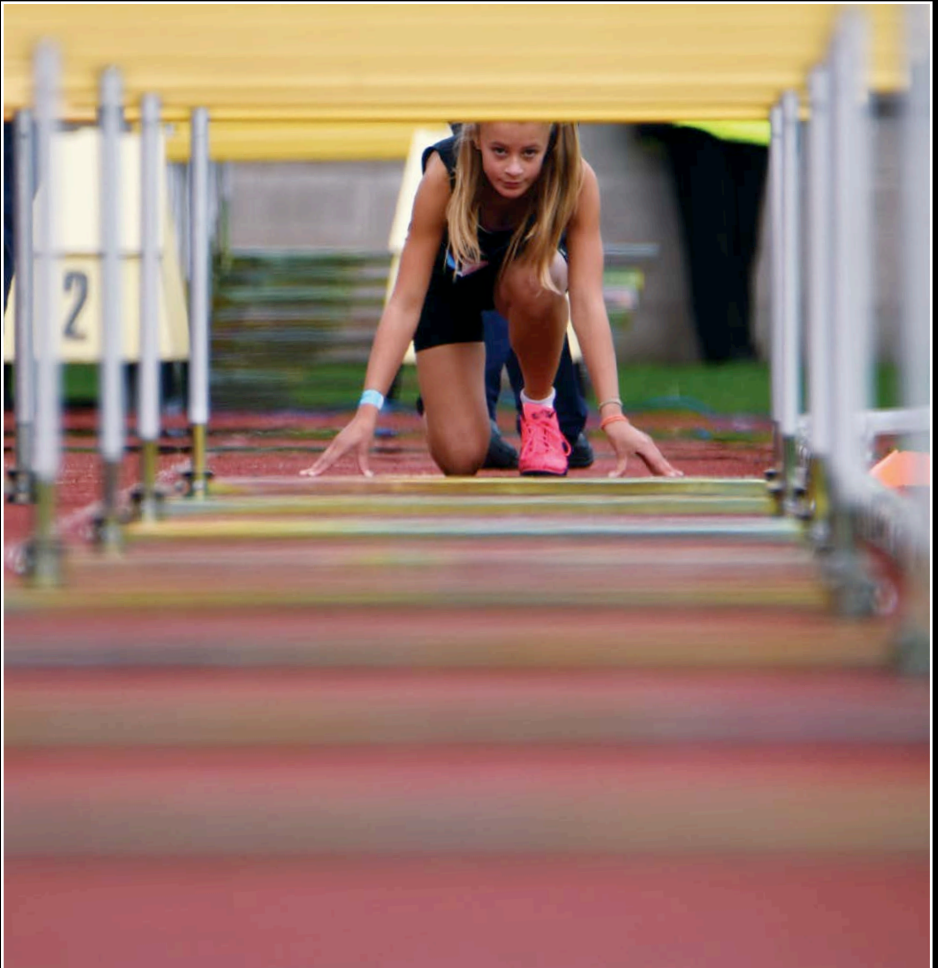


No.664 / Vol.125 Reports & News

Summer 2015

BLACKHEATH & BROMLEY HARRIERS AC

GAZETTE



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From the Editor



With Olympic year upon us the club will again no doubt be following the progress and continued rise of Dina Asher Smith who has in 2015 laid down markers to establish her credentials as the coming force in British Athletics, especially at the World Championships last summer. Hopefully Adam Gemili will no doubt be staking his claim for inclusion in the GB squad for Rio this summer.

Meanwhile the question of the move to new headquarters continues to provide a source of animated conversation as to when and in what form the premises will take shape. Further developments will be outlined at the club AGM in March at which time we shall know how far the project has been advanced. A report on this will feature in the next issue of the Gazette to be produced in the summer.

Another development for the future which has already been mentioned is the proposed celebrations for the club's forthcoming 150th anniversary in 2019. So far an ad hoc group has been set up to consider and promote the organisation of various events which would be fitting ways of marking this landmark. A resume of this committee in club news outlines what has been proposed and confirmed so far.

There have been the usual abundance of promising performances and once again I am indebted to Paul Austridge for his many and informative reports which once again give an optimistic picture of the club's future. A report from Joss Barber gives a first hand account of one of the many competitions in which our young athletes competed this summer.

In most issues of the Gazette it is unfortunate that we have to report the passing of those members who have made invaluable contributions to the club over many years. However the memories of their influence in the club is a cause to celebrate their lives, and this is so for the life of PP Gary Botley whose obituary appears in this issue. For those who knew him and remember his many qualities and achievements, it was he amongst others who was instrumental in moving the club on from its exclusivist past and bringing it into the modern era.

Before signing off I wish to offer grateful thanks to the following for willingly providing articles for this issue:

IPP Dick Griffin, Paul Austridge VP, PP Pat Calnan, PP Tim Soutar, Karen Desborough, Maz Turner VP, Joss Barber, PP Steve Hollingdale, Nick Swatton, Nick Kinsey VP, Nick Brooks VP, PP Ian Wilson, PP Chris Haines, and others.

The next issue covering the winter of 2015/6 is due for release in August 2016 and the deadline for submission is Late June 2016.

The British Athletics League 2015 season

In 2014 we surprised ourselves by finishing in third place in Division One of the British Athletics League, our highest position since being relegated from the Premier Division in 2000. A year on we scored more match points over the four fixtures but this did not translate into more League points as we finished 6th in the League. So some progress but not reflected in the table.



In a very competitive division we never looked like being relegated and it is probably fair to say that the two strongest squads, Liverpool and Windsor, were promoted. Local rivals Kent and Cardiff were relegated, both having spent brief time in the Premiership Division in recent years.

Going into the season we knew we had some exceptional talent in our squad but also weaknesses as well. In part this has been due to fewer youngsters coming through to the senior

ranks. So at the start of the Summer our first claim senior specialist field eventers, ie those between the ages of 20 and 35 consisted of one high jumper, three long jumpers, one triple jumper, one pole vaulter, a shot and discus thrower and a hammer thrower. Seven of the eight had joined us from other clubs. Of these, two were studying in the United States and of the other six, four began the season injured. To fill the events we would be dependent on multi eventers, higher competition athletes, Masters and youngsters.

Match One – Windsor 9th May 2015

After missing the whole of 2014 we welcomed back to the team James Alaka and Phil Sesemann, two athletes who have been competing for Club since they were Under 13s. They have been greatly missed and were quick to show everyone why. Phil, who is currently studying medicine at Leeds University, finished runner up in the 1500 metres and James was 4th in both the 100 and 200 metres A string races, before running legs in both relays.

That they didn't finish higher indicated how good a standard this Division was with many Internationals in action and we did not have any individual A string

winners. Plenty made the top three, however, and five of these were achieved by under 20s. Louis Mascarenhas was 3rd in both the discus and shot with distances of 47.55 and 14.28, the latter a new personal best. Stefan Amokwandoh had his first competition after injury and finished in second place in the triple jump with 14.48. Will Fuller was third in the 3000 metres in 8.31.6 as was Richard Webb in the 3000 metres steeplechase in 9.57.86 picking up the Club steeplechase challenge goblet in the process.

Dan Putnam opened his season with a 48.01 clocking to place second in the 400 metres but a toe problem after this restricted him to a leg in the 4x100. In fact this also marked the end of his Summer as the injury did not clear as quickly as hoped. This was a big blow to the team as he was our joint top points scorer in 2014. It was second also in the Hammer where Tom Parker travelled down from Cambridge University to record a distance of 54.33. Alex Bruce Littlewood enjoyed two B string victories in the 1500 and 3000 metres.

Mark Longhurst was down on his best in the pole vault as he cleared 4.20 for third place but he also picked up some important points by

Continued

covering the javelin and long jump events as well. Similarly Phil Sesemann also took part in the triple jump and Dan Kennedy came 2nd in the B string steeplechase almost immediately after running the 800 metres B string 800 runner Peter Tucker was racing considerably below distance as two weeks ago he was the Club's second finisher in the London Marathon in 2.24.00 Both Mark Cryer and Jack Messenger, on his debut, set personal bests in the 110 metres hurdles of 15.24 and 16.35 respectively, and Jon Pairman equalled his best of 3 metres in the pole vault. Richard Holt also made a return to BAL competition scoring some useful points in the 400 metres hurdles at the age of 43. Alex Pope racked up a lot of points in the B string throws.

All these efforts helped the team to finish in 4th place on the day, frustratingly 5.5 points behind Southampton with Windsor and Liverpool well clear.

Match Two – Southampton 6th June 2015

Our lack of depth in the field was exposed in the second match as we did not have a single jumper available due to athletes either being abroad, injured or doing exams. We were also light in the throws and only had one sprinter.

Yet despite this we made sure every event was filled and showed some great quality so much so that we proved to be the strongest track team on the day but the weakest in the field.

Best event of the day for us was the 5000 metres where Graham Rush took the lead half way through the race and just ran away from the field to win in 14.35.43. Alex Bruce Littlewood took maximum points in the B string and finished ahead of all the other clubs' A string runners in a time of 14.43.02. It was only half an hour after he had won the B string 1500 metres in 3.56.55 with Phil Sesemann second in the A string in 3.55.32. Between these two races James Alaka won the 200 metres in 22.26 to add to the second place he had achieved in the 100 metres earlier in the day.

Busiest man of the day, however, was Luke Smallwood. He was first to arrive at the venue bringing the Club tent but he didn't have much time to use it as he soon sprang into action to contest the long jump. Then he was onto the track to finish third in a very strong 400 metres hurdles in 53.41. He went on to win the 400 B string in 48.71 and take 4th in both the 100 and 200 metres B strings as well as being in both relay teams. He would



have done more but athletes are limited to competing in seven events.

He wasn't the only one to do more than their usual share of events. Tom Parker finished his exams at Cambridge University the day before but was up at the crack of dawn to head to Southampton for the first event at 11.30am, the hammer. He was third in the A string with 54.16 and was then happy to contest the remaining throws for a point and also the triple jump. However, as so often happens, he did better than expected as he was 6th in the B string triple jump and discus and 7th in the shot.

Likewise, the aforementioned Phil Sesemann scored important points in the long jump, triple jump and pole vault; Jack Messenger, whose main event was the 400 metres hurdles also competed in the 110 metres hurdles,



high jump and both relays; and Alex Pope was in action in the high jump, pole vault, shot, discus and javelin.

Junior Will Fuller set a new best of 1.55.85 in the A string 800 and Dan Kennedy's 2.01.63 in the B string was his fastest for three years. Elsewhere on the track Richard Webb and Alex Gibbins scored good points in the 3000 metres steeplechase; as did Shaun Cooke in the 400 and Kertis Beswick on his League debut in the 110 hurdles.

A hand injury meant Steve Timmins could only compete in the Hammer but he gained an important second place in the B string.

This meant that we were now 5th in the table, five points off a promotion place but three clear of the relegation positions. Among the other bright spots was to have Ali Coles along to support the team.

Match Three – Norman Park Bromley 11th July 2015

It wasn't so long ago we went over a decade without hosting a British League match. Now our reputation for putting on a good meeting means we are called to host regularly. We didn't disappoint either with the barbeque and beer tent well used and Mike Davies organization of the officials ensuring the Athletics ran smoothly.

While we were the hosts, some of the home advantage was taken away as it is actually pretty local for most of the other clubs as well. So despite four personal bests and eight seasons bests we had to settle for 5th place. Fresh from his victory over 10km in the United States the previous week, Scott Overall continued his winning form by claiming victory in the 5000 metres in 15.01.74.

Our other A string winner was James Alaka in the 100 metres, second in match two, he continued racing himself back to fitness with victory in 10.70. He may well have been under 21 seconds in the 200 metres but as he hit the straight the recall gun was fired. As it was he still won the restarted race in 21.26, a season's best.

Having been studying in the States for four years, Jonathan Ilori has had little opportunity to compete for the team. He finished second in the triple jump with a distance of 14.28, some way off his best but this was because he was changing his technique and taking off on his other leg. He was also part of

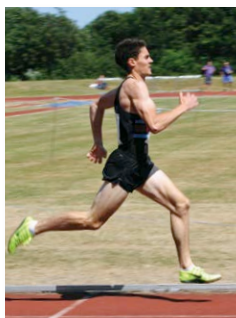
the 4x100 metre team with Duayne Bovell, Great Britain bobsleigher Toby Olubi and Ishmael Smith John who finished in second place; and ran the anchor leg of the 4x400 metres team that included Luke Smallwood, Jack Messenger and Matthew Jones.

Luke was providing the electronic timing for the meeting as well as competing in the 400 hurdles and 400 metres on the back of working a number of 100 hour weeks. Jack set two personal bests. The Southern Under 20 400 metre hurdles champion improved to 55.07 and produced a leap of 12.27 in his first proper triple jump contest. Kertis Beswick also achieved a best in the hurdles timing 15.0 to finish second in the B 110s, faster than Mark Cryer in the A string who aggravated a hamstring injury but not before he had



Richard Webb receiving the Steeplechase Challenge Goblet from President Dave Cordell at the British League match at Eton on 9 May 2015.

Continued



finished third in the long jump with 6.80 as well as claiming 6th in the high jump.

In the B string, one of the most pleasing aspects of the day was to see the return to competition of Lewis Ely.

After missing the whole of 2014 following major heart surgery he had been looking forward to competing this year but sprained his ankle in April and had to have his foot in a cast. His training took a further set back with a heavy cold. He cleared 1.75 but he thinks there will be much more to come. Phil Sesemann scored well in the 800 and 1500 metres, and Georges Vacharopoulos had a fine run in the B 800 setting a seasons best of 1.55.70 to finish third. Ever reliable Alex Bruce Littlewood took the runner up spot in the B 1500 before competing in the 5000 just half an hour later. Alex Gibbins and Dan Kennedy completed the middle distance success, Alex setting a seasons best and Dan a personal best of 10.36.05.

In the field Matt Blandford

made his debut finishing 5th in a high class discus contest as well as gaining important points in the shot. His efforts in the A string allowed Alex Pope to pick up two third places in the B strings to add to his haul of points in the hammer and javelin with Steve Timmins as his A string. Javari Cameron was 5th in the B long jump. The pole vault demonstrated the Club is one for all ages with A string Allan Williams being four times the age of B string Edward Adams. Allan is the top over 60 in the country just missing out on clearing 3.40 while talented multi eventer Edward, an under 17, was 4th equal in the B string.

So after all these efforts we were back up to 4th in the table. We weren't going to get promoted but we were five points clear of the relegation places.

Match Four – Liverpool 8th August 2015

With our place in the Division for 2016 virtually guaranteed, the pressure was off, which was probably just as well because we were not at full strength and were particularly short in the sprints. In contrast to match 2 we were last on the track but fourth best in the field.

There were still some good performances though, not least in the 800 metres where

both Phil Sesemann and Dan Kennedy set personal bests of 1.52.85 and 1.58.84, the first time Dan had broken two minutes. Phil also claimed third place in the 1500 metres in 3.57.16 while Dan helped the sprint section by running the 400 and 4x400 relay.

More good middle distance points came from youngsters Richard Webb and Will Fuller who were both fourth in the A string 3000 steeplechase and 3000 metres respectively. Alex Gibbins was second in the B chase while Alex Bruce Littlewood doubled up in the 1500 and 3000 metres despite there being less than half an hour between the two.

Jack Messenger was just outside his best in the 400 metres hurdles as he placed fifth in 54.90. He also set bests of 16.17 in the 110 metres hurdles and 12.58 in the triple jump. Richard Davies had his first races of the year running the 400 and 4x400 despite injury.

Captain Ed Harrison made a welcome return to competition and although he hadn't stepped on a track for a year he still ran 60.66 for the 400 hurdles. Duayne Bovell was under 11 seconds again in the 100 metres with Mark Cryer filling in the B string before contesting the 110 hurdles. Mark achieved the Club's highest individual

placing of the day when he finished in second place in the long jump with his last round leap of 6.82 and he was also fourth in the B string high jump and part of the 4x100 metres team. "A" string in the high was Lewis Ely who set two seasons bests on the day finishing with 1.85, welcome progress after his health issues. He had hoped for more but relieved some of his frustration with a run in the 200 metres.

Robert Sutherland set a seasons bests of 13.80 in the triple jump to finish in third place in the A string and he equalled his personal best of 6.21 in the long jump. Alex Pope was the Club's lone pole vaulter as he popped over a height for the points. His main contribution, however, came in the throws where he contested the shot, discus and javelin with Steve Timmins. They set season's bests in the discus and with Steve also third in the B string hammer, the duo contributed 53 of the Club's 229 points. Tom Parker was fourth in the A hammer despite sustaining an injury in the second round.

Steve was the biggest points scorer of the day with 29 but Alex was the top scorer for the season amassing 98 with James Alaka, who missed Liverpool because of work, second on 90.5 and Phil Sesemann third on 76.

The full list of our points scorers for the season is:

1	Alex Pope	98
2	James Alaka	90.5
3	Phil Sesemann	76
4	Mark Cryer	74
5	Jack Messenger	71.5
6	Alex Bruce Littlewood	71
7	Luke Smallwood	60.5
8	Steve Timmins	48
9	Tom Parker	45
10	Duayne Bovell	34
11	Richard Webb	30
12=	Dan Kennedy	28
	Will Fuller	28
14=	Louis Mascarenhas	24
	Alex Gibbins	24
16	Shaun Cooke	19.5
17	Jonathan Ilori	19
18	Mark Longhurst	17
19	Dan Putnam	16.5
20=	Graham Rush	16
	Scott Overall	16
	Rob Sutherland	16
23	Kertis Beswick	15
24	Stefan Amokwandoh	14
	Matt Blandford	14
26	Lewis Ely	12
27	Toby Olubi	9.5
28	Georges Vacharopoulos	8
29	Ed Harrison	7
30	Jon Pairman	6.5
31	Richard Davies	6
32=	Allan Williams	5
	Edward Adams	5
34=	Javari Cameron	4
	Richard Holt	4
36	Ishmael Smith John	3.5
37	Sam Cartwright	3
38	Matthew Jones	2.5
39	Peter Tucker	1

What were our best events?

1	1500m	90
2	3000m/5000m	85
3	Hammer	71
4	3000m s/chase	70
5	100m	67
6	Discus	63
7	200m	62
8	Triple jump	61
9=	400m hurdles/Shot	58
11	400m	56
12	110m hurdles	53
13	Long jump	48
14=	High jump/800m	39
16	Pole vault	37.5
17	4 x 400m	34
18	4 x 100m	28
19	Javelin	27

Thanks to all those who put themselves out for the team in 2015 whether as an athlete, supporter, coach, or official. The squad now prepare for another competitive season in 2016 when they will face the City of Glasgow and Enfield & Haringey who were relegated from the Premier Division; Southampton, Basingstoke & Mid Hants and Herne Hill; plus Thames Valley and Harrow who have been promoted from Division Two. All the venues are fairly local so we would welcome your support. We look forward to seeing you on and at:
7 May, Watford
4 June, West London Stadium
2 July, Norman Park
6 August, Basingstoke

Pat Calnan

The Senior Ladies at the Southern Athletic League 2015

At times displays of talent and ability were very much in evidence and yet at other times it was to prove a stiff challenge to find the full compliment of personnel for the events competed for. However the senior ladies throughout the summer displayed great determination and versatility in a season which had an unfortunate outcome due to adverse circumstances, but the teams which could be put out for each fixture were not devoid of outstanding performances or without promise for the future.

SAL Norman Park 25th April

Our strongest Ladies team of the season containing most of John Blackie's best athletes turned out for the home fixture. There were plenty of wins on the day including Shannon Hylton running in the 100 metres with 11.92, and 200 in 23.38 who won the Sweat Shop award for the best track athlete of the season. There were also wins for Vivien Olatanji in the 100 metres and 200 metre B strings with 12.59, and 26.65, Cheriece Hylton in the 400metres with 53.91, and Rachel Dickens in the B 400 metres with 55.72.

The ever improving Anastasia Davies secured double wins in the 100m Hurdles with 15.32 and B Triple Jump with 10.76, and Leah Everson and Isabella Hilditch in the A and B 400 metres Hurdles. Leah qualified for the English schools with a Personal Best of 65.20. There were strong throws in the Hammer and PBs with the 4K for Victoria Wiltshire 44.65, and Carys Marsden with 40.54 taking maximum points.

Further good wins were recorded by for Kerri Davidson in the A string Triple Jump with 12.45, Jackie Montgomery in the B string

Pole vault with 2.40, and Jamiyla Robinson – Pascal in the A string long jump with 5.33. Our Ladies cleaned up in both relays winning the 4x100 by nearly 7 seconds, with a team which included Dina Asher Smith, and 4x400 by almost 25 seconds. We didn't quite manage the overall win, but this was a very encouraging start to the season.

Tonbridge 219.5, Blackheath & Bromley 188, Basingstoke & Mid Hants 165.5, Stevenage & North Herts 150

SAL Chelmsford 31st May

Many of our best Ladies made the journey to Chelmsford on a damp day in which the Pole Vault was held indoors. There were good early points here for us with Christina Moore taking the A string with 3.30, and Sonia Woolhouse being placed second in the B string with a seasons best of 2.60. There was a strong start also on the track with Becky Melinden winning the A string 400 metres Hurdles with a PB 64.6, and Leah Everson taking B string with 66.2 and a good day for Grace Sheppard winning the B 100 in 12.4, and finishing second in the A string 200 metres. In

addition there were wins also for Magda Cienciala in the B string 200 metres with 25.5, Jessica Keene, and Kelsey Fuss in the A&B strings 3000m.

Anastasia Davies impressed again winning the A 100H with 15.2, and second in the B string Triple Jump. Double wins were recorded by Jamiyla Robinson-Pascal in the B string High, and Long jumps and good points were also gained by our promising young thrower Carys Marsden winning the B string Hammer with 39.56, and B string Discus with 32.60. A special mention should be made for Sonia who competed in the Vault, Javelin, B400, 100H, and the 4x400. To give her relief for these achievements we had to stop at the first pub to replenish her fluid levels.

The performance of the day went to Divine Oladipo winning the Discus, and setting a PB of 45.63 which took her to the top of the rankings and gained her selection for the Commonwealth Youth Games in Samoa. It also won her the Sweat Shop Field Athlete of the season award.

Nene Valley 231, Chelmsford 195, Blackheath & Bromley 158, City Of Portsmouth 136.

SAL Southampton **20th June**

With only two specialist sprinters, no specialist high, long or triple jumpers, one thrower, and one hurdler this was a day that was always going to be difficult for the ladies. However those present worked hard to cover most events and none more so than Christina Moore who won the A string pole vault with 3.30, and also scored points in the long, high, and triple jumps. Christina also competed in the Discus, Javelin, and 4x100 metres. Jackie Montgomery was second in the Vault B, and scored points in the long jump, high jump, and shot, competing in all these events despite having a wrist injury.

Carol Pennington proved again what an excellent competitor she is with a second place in the 3000 metres timing 10.38, and third place in the 1500 metres with 5.09. Becky McLinden was second in the 400 metres Hurdles with 65.7, and also competed in the 100H, and 4x400.

Grace Sheppard, and Elizabeth Ibidunni's efforts in making the journey to Southampton resulted in Grace winning the 100 metres in 12.6, and finishing second in the 200 metres with 26.6

and Elizabeth was second in the B string 100 metres with 13.3, and B string 200 metres in 27.8. Both Ladies teamed up with Christina, and Becky in the 4x100 metres relay. Samantha Leighton won the B string 1500 metres, and ran a strong leg in the 4x400 relay. Thanks to all Ladies especially Grace Sheppard and Elizabeth Ibidunni for making the journey, and giving their best.

Southampton 209, Bedford & County 178, Colchester Harriers 176.5, Blackheath & Bromley 146.5.

SAL West London **4th July**

Unfortunately circumstances such as various fixture clashes and late withdrawals meant that we had our smallest team of the season on a hot sunny day in West London. However, and not to dwell on the negatives, there were many strong performances from the Ladies who battled through the London traffic as I did to witness double wins again for Grace Sheppard in the 100m with 12.7 and 26.00 in the 200m. This was backed up by Lizzy Ibidunni with a third place in the B string 100 metres with 13.4 and second place in the 200metres with 27.8.

Continued

Despite having competed in a triathlon the previous day Kate Curran registered a B string win in a time of 4:52.8, whilst Jessica Keene in her last competitive performance before the English Schools 3000 metres (which she would go on to win) won her A string race in 4:46.5. There were double wins in the 400 metres hurdles for Leah Everson and Abi Kingston. and Bethany Frost finished a commendable third in the 1500 Steeplechase with a seasons best of 5.59.2.

In the field Robin Petitt won the High Jump and set a PB in the Triple Jump of 10.13. Toyin Orelaja performed very well winning the A long Jump with 5.02 and placed second in the A triple jump with 10.75. However Danielle Critchley aggravated an injury in warming up and was unable to compete in the 800 metres. The disappointment was clear to see. Thanks to all who competed and congratulations to all the winners.

Thames Valley 215, Brighton & Hove 188, Marshall Milton Keynes 172.5, Blackheath & Bromley 138.5.

SAL Norman Park **15th August**

On a day where we needed to produce our best to avoid

relegation, many outstanding performances were achieved. Cheriece Hylton by winning the 100m in a new PB of 12.02, also winning the 200 metres with 23.94 was Female of the Match. Rachel Dickens won the B string 100 metres with 12.44 and the B string 200 metres with 25.18. It was another outstanding day for Anastasia Davies winning the Triple Jump with a huge PB of 11.57m, and another PB in the 100 metres Hurdles of 14.55 placing second.

There followed double wins in the 400 metres Hurdles for talented U17 Isabella Hilditch with a PB of 64.88, and Becky McLinden with 65.02. Furthermore there double wins again for our Pole Vault Ladies with Christina Moore winning A with 3.30, and Jackie Montgomery inspired by her World Masters silver medal setting another PB of 2.70 winning the B string. There were more wins for ever improving U17 Carys Marsden in the Discus with a PB of 33.98 and also scoring good points in the Hammer, and Shot. Lastly there were wins also for Toyin Orelaja in the B string triple jump with 10.66, and the B string long jump with 5.01, Samantha Leighton in the B string 1500 metres with 5.11.01, and Jamiyla Robinson-Pascal in

the B string high jump with 1.45.

Unfortunately despite winning the match this was not enough to keep us up in Division 1. We finished 13th with the same League points as the team in 9th position, but lost out on just 4 match points. Hopefully we can bounce back next season, see you all then.

Blackheath & Bromley 211,
Crawley AC 209, City of
Norwich 174, Walton 138.

John Wakeman

Senior Women in the UK Athletics League 2015

Our senior women's team track and field competed in the Premier Division this summer. Unfortunately it was a case of what should have been rather than what was. We were unable to field a strong enough team to really challenge at any of the 3 fixtures. Those who did compete did their best and there were some excellent individual performances and lots of heroes who did it for the team.

Our first fixture was a tough one in Edinburgh

It was a terrible day; so windy that the pole vault had to be cancelled. Our 100/200 team of Shannon and Cheriece Hylton, Viv Olatunji and Jazz Crawford took almost maximum points and Shaunagh Brown was strong in her field events. However we did not have sufficient strength in other events and could only manage 6th out of the 8 teams on the day. Thanks to the Griffiths, Brands, Lawries and Cordells who came up and supported/officiated despite the gale. Special thanks to Tim Soutar who helped me in my first event as team manager.

Next up was Birmingham

and it proved even tougher to get out a decent team for this fixture. Exams, injuries,

weddings, Saturday jobs, higher and lower level event clashes all contributed to making this a tough day. Of the few there several were competing at a much higher level than they were used to but the whole team did their best. Shaunagh Brown put in another strong performance earning a 2nd, 3rd and 4th in her field events. At least the sun shone but we came 8th.

Our last fixture at Eton

at which we really needed to excel, was going well until 2 days before the event. Unfortunately several key athletes dropped out through injury etc so once again it gave those there a lot to do. Shaunagh got two 2nds and a 3rd in her throws and second claimer Kelly Grant ran a great 2nd place 1500. Kelly and Niamh Bridson-Hubbard put in consistently good performances in the middle distances. Dina Asher-Smith and Serita Solomon were able to join us and won their events comfortably. Dina broke the 200m league record she set last year with 22.72. The highlight of the day was a 'scratch' team of Serita, Dina, Cheriece Hylton and Viv Olatunji winning the 4 x 100 in 45.15, a new club record and over a second ahead of nearest rivals. This match was quite close in the bottom half but unfortunately our 7th

place was not enough to avoid relegation.

Many thanks to all those who officiated and supported and to Tim for helping and coaxing. Most of all though, thanks to those who turned out particularly those unsung heroes who had to compete outside their comfort zones eg Carole Penlington, Jenny Neale, Natalie Jones, Charlotte Rhule, Abigail Kingston etc.

The future is simple to evaluate. If we can get out our strongest team we should breeze back into the Premier Division next year otherwise it could mean relegation again. Shaunagh, Kelly, Dina, Cheriece, Viv, Rachel and Jazz, Carole and Jenny, Tim, Supporters and Officials. Records broken.

Steve Hollingdale

Back on the Road to Europe

Our Junior Women on the YDL Trail

Another new season, but no significant changes to the League format, apart from switching the first two matches to Saturdays. We start the season as National Champions once again, so we have two goals: retain our title and perform well in Istanbul. But first we have to make sure we make the National Finals. September seems a long way away, but the journey starts here...



Stevenage 18th April

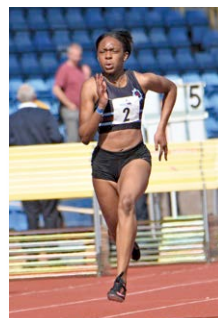
It's an early start: mid-April and a distance to travel, but at least the weather's kind (and much better than it will turn out at our July home match!). We're missing a number of girls who haven't yet started their competitive season and others who haven't been able to cope with the change to a Saturday match. But we also have some new recruits and, with everyone helping out – especially the middle distance girls – and the team manager bringing his juggling skills out of hibernation, all the

events are covered, apart from the vault. Though missing the Twins, we nonetheless achieve a clean sweep in the 100s with Charmont Webster-Tape, on her debut for the Club, moving up an age group to win the U20 A and Viv Olatunji, to be plagued by injury for most of the season, the U20 B, while Parris Johnson and Magda Cienicala take care of the U17 events. Even more pleasing, we repeat the clean sweep in the 1500, with Genni Allen, Sonia Woolhouse, Jess Keene and Naomi Kingston doing the honours, and in the triple jump, courtesy of Kerri Davidson, Annie Davies and Toyin Orelaja. Although we can't quite mirror this in any other events, we do produce the double of A and B string wins in the U20 3000m (Yasmin Austridge and Chloe Haffenden), 400H (Leah Everson and Annie) and long jump (Holly Mills – another debutant moving up an age group and recording a phenomenal 6.17m for a new League Record – and Toyin) and in the U17 200 (Parris and Olivia Richer), 80H (Isabella Hilditch and Holly) and 1500s/c (Naomi and Yasmin). And the role of honour continues with further U20 individual wins for Viv (B 200), Annie (100H), Carys Marsden (B discus) and Divine Oladipo (another

on debut, in the A shot) and, in the U17, Shannon Riskey (B 800), Jo Clowes (B 3000), Isabella (A 300H) and Anna Barnett (discus). The day is rounded off with wins in two of the relays: U20 4 x 100 (Jamiyla, Charmont, Isabella and Viv) and U17 4 x 300 (Megan Beaman-Browne, Holly, Annie and Isabella). But everyone contributes, including our new javelin thrower from Guernsey, Zoe Fitch, who comes 3rd, and we push Windsor in the overall match, finishing only 5 points behind them in 2nd place. As the boys struggle to field athletes in a number of events, it's probably safe to say we win the women's match.

Lee Valley 16th May

Exam revision and the Loughborough International have depleted the team. The holes in the Swiss cheese that passes for a team sheet in mid-week have almost all been filled by the time we reach Lee Valley: this time we're only a U20 steeplechaser



short. As we had anticipated, we are not the only ones to be suffering from the timing of the match, except for Windsor, who appear with a much strengthened team and fire a shot (plus a discus and hammer) across our bows. They've even brought along Morgan Lake, though she doesn't have the best of days at the office, being beaten by Holly Mills in the LJ (with a leap only 1cm below her league record in the previous match) and DQ'd in the sprint hurdles, so, beaten also by Annie (recording a PB).

The match begins with the debut for our latest recruit, Shaye Emmett from Sutton, in the pole vault. After the all too common opening height stuttering – do vaulters just do this to reduce team managers to jabbering wrecks? Shaye improves her PB by 20cm to 3.70 – a new Club record. With Helena Coleman clearing 3.35, for an outdoor PB, vaulting appears to be on the up! But the 'team within a team' award has to go to the sprint squad with a clean sweep of both the 100s and 200s from Viv, Jazz Crawford, Charmont, Parris, Magda and Olivia. Back in the field, Divine clears 14m in the U17 shot and Tabitha Lisciotto and Robyn Petitt take joint honours in the high jump. Other U20 wins come from Niamh Bridson

Hubbard in the A 1500 and Jenny Sheasby in the B 3000 and in the U17s from Jo in the B 3000, Holly in the B 80H, Anna in the discus and Victoria Wiltshire in the hammer. (Not as many wins for the middle distance squad this match, but a batch of good performances nonetheless. And, in the throws, Emma James makes good contributions on her first appearance for the team.) We close out the match with a win in the U20 4 x 100 and three 2nd places in the other relays. It's 2nd again in the overall match, but this time by almost 80 points. No official confirmation, but as the boys again struggle to contest a number of events, likely that we win the girls' match, but it's much closer: we have been warned!

Allianz Park 28th June

Yet again, we're missing the Twins, who are in the final throes of preparation for the European Junior Championships (from which they will return with silver medals from their individual events of 200 and 400 and relay golds from the 4 x 100 and 4 x 400, respectively). Though other absences leave us a little stretched, we still cover all the events except for the U17 vault. We duly maintain our clean sweep of the 100s (Viv, Charmont,



Parris and Magda) and match this in the discus (Divine, Carys and Anna) and triple jump (Kerri – in her last match for us before heading off to college in the US – Toyin and Annie). The double is achieved in the U17 200 (Parris and Charmont, nursing a slight foot injury, but not that anyone would have noticed) and 3000 (Jess and Amy Leach) and individual wins are added, in the U20s, by Niamh (A 800 and 1500), Emma (B hammer) and Helena (A PV) and, in the U17s, by Jess (adding the A 1500 to her 3000), Isabella (A 300H), Yasmin (A 1500 s/c), Divine (shot – not far shy of 15m but a new League Record all the same) and Jamiyla Robinson-Pascal (LJ). And we finish strongly: despite only having one U20 sprinter available, we win both sprint relays, plus the 4 x 300 (Lizzie Ibidunni, Roisin Atkins-Dykes, Georgina Taylor and Katy-Ann McDonald). But we can only finish 3rd in the overall match behind Windsor and Shaftesbury and can't afford to slip up in the final match if we want to secure a place in the final outright.

Continued



Norman Park 26th July

Even before the first event, it's been a busy weekend. On the Friday evening, our U20 4 x 100 team of Parris, Jazz, Cheriece and Viv defied the elements (après le deluge doesn't tell the half of it!) to win the UKA Club Connect race at the Anniversary Games, in the process setting a new Club record. (Not only that, but the time is faster than any club senior team in the country during the season, other than our own!). Dina and Shannon then went on to compete for the GB 'A' and 'B' Teams, respectively, in the main event. But, for Dina, that was merely a warm-up for her sensational record-breaking performance less than 24 hours later, when the sun shone and sub 11.00 history was made.

But the rain and gloom returns for our final league match the following day. Some had foreseen the likely conditions and gone off on holiday. The vaulters may as well have done, as it's too wet

for vaulting! And, for the first time all season, we fail to win all of the 100m races, though Cheriece and Parris do win theirs. But, a change is as good as a rest: we win all the 200s instead (thanks to Cheriece, Charmont, Parris and Olivia). No more clean sweeps, but we do have a goodly number of wins, including a double in the U20 javelin from our Guernsey girls, Ali Higgins and Zoe, and in the U17 1500 (Jess and Amy), 3000 (Jess, repeating her winning form of the previous week at the Schools' International – and Genni), and 80H (Isabella and Holly), plus individual successes in the U20s for Kate Curran (A 3000 – nice to see her back from triathlon, if only fleetingly), Annie (A 100H and U17 TJ), Sonia Woolhouse (B 400H), Divine (A discus and U17 shot, warming up nicely for her trip to Samoa to represent England in the Commonwealth Youth Games), Emma (B hammer), Robyn (B TJ) and Toyin (B HJ), as well as in the U 17s for Catrin Murphy on debut (B

300), Katy-Ann (A 800 – in a new League Record), Isabella (A 300H), Carys (discus) and Holly (LJ – another new League Record, to go with the U20 record she set at Stevenage). With another solid performance from the middle distance squad – special recognition for the efforts of Naomi and Sam Leighton, who finish 2nd in both their events) – we look well set going into the relays. A somewhat different U20 sprint squad (Jamiyla, Charmont, Isabella and Viv) nevertheless repeats its Friday victory with the U17s finishing 2nd, but their colleagues in the 4 x 300 (Roisin, Kate Purser, Lizzie and Isabella) go one better for the win. The U20 long relay team, however, has a 'blue line' problem and are DQ'd. But it doesn't matter, because we win anyway and not just the women's match (by 65.5 points: official results received!) but overall. No paper match for us, then. Birmingham here we come!

YDL Finals, Alexander Stadium 6th September

The omens aren't good in the build up to the match, we lose not just one Twin, but both, to injury and illness. What would Oscar Wilde have made of losing your two European Junior silver medallists? And that isn't all – Divine has been rewarded for a successful



season by gaining selection for the Commonwealth Youth Games in Samoa, the limit on 2nd claim members means we aren't able to include Charmont in the team, Kerri has begun her studies in the States and a number of others are unavailable through injury at the end of a long season. Add to that that our Schools Games competitors are required to be up at the crack of dawn to travel down from Manchester and one can almost be forgiven for thinking the odds are being stacked against us. But we've coped with worse (haven't we?). The other challenge in the run up to the event has been the sudden unavailability of the external throwing area due to subsidence! At one stage, there has been talk of cancelling a number of the long throws, including the javelin, which would have been more than a bit of a blow for our Guernsey girls. In the end, all events survive, though with all athletes limited to four throws.

However, the sun is shining when we arrive at Alexander Stadium and who needs omens? The U20 javelin is in fact the first event on the amended programme and Ali and Zoe get us off to a strong

start with 3rd and 1st in the A and B strings, respectively. We go one better in the U20 LJ, with Holly winning the A and Toyin 2nd in the B. Nor are we slow out of the blocks in the first track events, the long hurdles, with Leah 3rd and Kate Purser, in her first outing over the full lap, a highly commendable 2nd in the 400H and Isabella and Annie (by a whisker) completing our first double win of the day in the 300H. A win by Niamh in the U20 A 1500 and a 3rd from Georgina in the U17 B maintain the momentum going into what has been our strongest event all season: the 100m. But we haven't factored in the omens! Viv gets us under way nicely with a comfortable win in the first race and Molly repeats this in the U17 A, but false starts in both the B strings have us beginning to think about what might have been. We can't come back from that, can we?

Meanwhile, in the vault, the competitors are doing their best to shred the TM's nerves again, but all emerge with medals and good points (Helena 3rd, Sonia 1st and Shaye 3rd). The throws aren't going quite so well, it being a hard task to try to compensate for the missing Divine. Jamiyla produces a silver lining to this passing cloud in the U17 LJ and then, again, in the U20 B HJ and the clouds part with Isabella

taking another gold in the 300, before Holly and Annie produce our second double of the afternoon in the 80H. Another silver, in the 100H, from Molly Scott in her debut over the distance, continues the fightback as we near the meeting's half-way point.

Better news then arrives from the throws, with Victoria and Emma both taking 3rd in the U20 hammer and Toyin adding a 2nd in the U17 TJ. Another winning double – from Jess and Amy in the U17 3000 – and two silvers (from Annie and Nicole) in the U20 TJ, and perhaps we aren't out of it after all? And that's before Viv, Magda, Parris and Olivia come away from the 200s with two more wins and two 2nd places. With Niamh and Jess both back to winning ways in the 800s and three medals in the steeplechases (1st for Yasmin and 2nd places for Charlotte and Lottie, despite full immersion in the water jump!) it's beginning to look more promising!



Continued



With just the relays to come, we need a big finish. Not for the first time this season, we only have one U20 sprinter still standing, but the Coach/TM brains trust are quietly confident that they still have the girls to do the job. Jamiyla, Molly, Olivia and Viv duly stroll to victory in the U20 4 x 100 but then the omens just can't resist one more appearance: clearly not having made Magda's day difficult enough, they conspire to ensure she injures herself just before the end of her warm up for the U17 race. Cue full "don't panic Captain Mainwaring" mode for the TM, but, as ever, a willing volunteer leaps (and the word is used advisedly) to the



rescue in the shape of Holly. Together with Lizzie, Parris and Isabella they too ensure maximum points. The 4 x 400 is a different story, with too many absences to enable us a 'podium finish' but, in the last race of the day, the 4 x 300, Isabella, Roisin, Holly and Lizzie win quite comfortably to ensure we finish on a high. All we can do now is wait.

As is the practice, all the overall team results have to be announced – and trophies awarded – (we finish a very respectable 3rd), before we get the women's match result... and we've done it, by no less than 32½ points from Windsor. National Champions once more. Spain here we come! Omens? Who needs them?

In closing, thanks, as ever, to all those who have supported us, in so many ways, and contributed towards another successful season – you know who you are and so do we, which is what really counts – and, not least, to the girls themselves:

Squad list

Genni Allan, Roisin Atkins-Dykes, Yasmin Austridge, Anna Barnett, Megan Beaman-Browne, Niamh Bridson Hubbard, Magda Cienciala, Jo Clowes, Helena Coleman, Jazz Crawford, Pippa Croft, Kate Curran, Annie Davies, Kerri Davidson, Shaye Emmett, Leah Everson, Nicole Farmer, Zoe Fitch, Beth Frost, Kelsey Fuss, Mary Guy, Chloe Haffenden, Ali Higgins, Isabella Hilditch, Brooke Hollett, Cheriece Hylton, Shannon Hylton, Lizzie Ibdunni, Emma James, Parris Johnson, Nat Jones, Jess Keene, Naomi Kingston, Amy Leach, Sam Leighton, Tabitha Lisciotto, Katy-Ann McDonald, Carys Marsden, Holly Mills, Catrin Murphy, Divine Oladipo, Viv Olatunji, Toyin Orelaja, Kate Purser, Robyn Pettitt, Isobel Reeves, Charlotte Rhule, Olivia Richer, Shannon Riskey, Jamiyla Robinson-Pascal, Molly Scott, Jenny Sheasby, Georgina Taylor, Charmont Webster-Tape, Lottie Weitzel, Victoria Wiltshire, Sonia Woolhouse.

Tim Soutar

Good to be Back in Europe: Our Girls Do Us Proud in Istanbul... the 2015 Champions Clubs Cup

After an unscheduled interruption to proceedings last year, we resumed our annual foray into Europe in mid-September for this year's Champion Clubs Cup for Juniors.



In keeping with, and perhaps even exceeding, the magical mystery transport arrangements of recent years, by arriving at the City's Sabiha Gokcen airport, we also managed to visit Asia! After a not inconsiderable delay in retrieving Helena's poles, and a lengthy ("are we there yet?") coach journey back across the Bosphorus, which rivalled the worst of days on the M25, we reached our hotel a little later than planned, but, fortunately, still in time for 'dinner'.

Sightseeing and rugby watching Friday 17th

Friday morning had been reserved for a sightseeing trip to the historical Sultanahmet district of the city. Even with the Blue Mosque being closed

for Friday prayers, there was still far too much to see in the limited time available. We therefore made do with a visit to the underground Basilica Cistern – where some unusual fashion photo opportunities were sampled by some – and a tour of the Aya Sofiya (built as a church, converted to a mosque and now, officially, a museum), before adjourning in small groups to a number of local restaurants.

The end of the afternoon provided an opportunity for everyone to visit the track. This had originally been built as the warm up area for the adjacent Ataturk Olympic Stadium, but has recently been re-designed as a competition venue. Conditions were always going to be on the warm side, but we hadn't planned for the stiff breeze that was in evidence (reaching +9m/s at one stage!), nor the slick surface of the throwing circle. But that's why we do the due diligence: we could now plan how best to address these problems and forewarned was definitely forearmed!

Friday evening was spent in contemplation of the following day's competition. Some sought the distraction of the opening game of the Rugby World Cup on Eurosport with German commentary. Certain members of the management team considered it only appropriate while doing so to sample the local beer and the President's



generous provision of a seemingly limitless quantity of crisps. A win for England, if not a terribly convincing one, sent us off to bed in a positive frame of mind.

Sizing up the opposition Saturday 18th Morning

Saturday morning saw everyone up bright and early – though one or two of the management were, perhaps, not so bright: clearly the effects of a surfeit of crisps. As those involved in the initial field events headed off to the track soon after breakfast, the temperature was already in the mid-20s and, unfortunately, the previous evening's headwind had not significantly decreased. It was to remain at between 3m/s and 6m/s for the rest of the day: there would not be many PBs! Our opponents were: the hosts, Fenerbahce Sport Club, and AK Olymp



Continued

Brno from the Czech Republic (both of whom had beaten us in Brno in 2013) as well as Sparta AM from Denmark, Playas de Castellon of Spain, Pro Sesto Atletica from Italy and the Slovenian and Slovakian teams, AD Kladivar and SK Sog Nitra. All we could now do was our best.

Opening leaps and throws in the field

Boosted by the receipt of a good luck tweet from Jess Ennis, though neither of them feature in the heptathlon, we started solidly in the opening field events, with Victoria Wiltshire and Helena Coleman both mastering the tricky conditions and finishing 4th, in the hammer and pole vault, respectively. Jamiyla Robinson-Pascal found the going rather tougher in the long jump and a leap not too far from her season's best was only good enough for 7th. The track programme kicked off with the '100m Extra' (or non-scoring, if you prefer) and an encouraging win for Parris Johnson, with Magda Cienciala taking 4th. Next up, Divine Oladipo, fresh (or perhaps not so fresh!) from her recent trip to Samoa for the Commonwealth Youth Games, produced a fine 2nd place in the discus, despite the wind playing havoc with her flight, and Annie Davies wrestled 3rd in a very competitive triple jump, where the difference between 2nd and 6th was a mere 15cm.



Hard earned points on the track

The first available points on the track came in a high quality 400H, where an under the weather Isabella Hilditch nevertheless secured a hard-earned 5th. Niamh Bridson Hubbard went one better, picking up 4th in a tactical 800m, before Viv Olatunji, for so long the understudy to Dina Asher-Smith and the Hylton twins, grabbed her chance to demonstrate what a fine sprinter she is and followed in their footsteps with a win in the 100m. Further wins followed from Cheriece Hylton: in her own speciality, the 400m, and then, standing in for injured sister, Shannon, in the 200m. In the interim, Georgina Taylor made her debut in the 3000m steeplechase, twice the distance that she normally competes at, and called on all her reserves to make it home in 6th place. Niamh also returned to contest the 1500 and fought back bravely up the home straight to secure 3rd. Molly Scott was another venturing outside her comfort zone: in only her 2nd competitive outing over the U20 heights, and into what must have felt like the teeth of a gale, she finished a very creditable 4th in the sprint hurdles.

As the afternoon began to draw to a close, the final event scheduled before the relays was the 3000m, where Jess Keene rounded off a very successful summer with an extremely gutsy, front-run win, taking 50m out of the field in the first two laps and holding that lead all the way to the tape. Interviewed afterwards – it's all out there on YouTube – she was asked when she realized she had the race won. As is often the case in life, it was only later that she realized that what she could have replied was: "I knew I had won the race when my team manager shouted at me to slow down and save myself for the relay!"

Meanwhile, out in the field, Divine's jet lag had finally caught up with her, but she still threw the 4kg shot far enough to secure 5th, the same placing as Tabitha Lisciotto in the high jump. Things didn't go smoothly either for Ali Higgins in the javelin. Having brought





her favoured spear all the way from Guernsey, it wasn't held to be compliant and she had to use one of the pool implements. Undaunted, a solid series, just below her best for the season, saw her finish 6th.

Bringing on the relay teams to keep 3rd place

With just the relays left to be contested, things were becoming, as they say, 'interesting'! While it would have taken a major disaster on their part for us to have overhauled the Turks, and it was unlikely we'd catch the Danes – where did they come from (apart from Denmark!)? – we were lying 3rd, a handful of points ahead of the Czechs. Even without the Twins (competition rules limit everyone to three events, so Cheriece had to sit this one out), we knew we had a good sprint relay squad (thanks, as ever, to John Blackie) and, with a demonstration of leg speed and workmanlike changes, their baton was duly delivered across the line by Viv (following sterling work from Parris, Molly and Magda) in first place. Not giving up without a fight, AK Olymp Brno followed us home in 2nd, but we'd gained another point. Our 4 x 400m team (Niamh, Leah, Cheriece and Jess) comprised some very tired athletes – between them, they

had already raced no fewer than 5,900m during the afternoon – and they were just pipped for 5th on the line, with the Czech quartet winning impressively. There ensued a good ten minutes of uncertainty during which basic arithmetic skills were stress-tested as attempts were made to reconcile and project forward from the interim points scores that had been published. Resigned to having finished 4th, it was thus a great feeling to discover we'd actually hung on to finish in the medals by ½ a point! Cue much celebration, presentations and photo-taking.

Much of the early evening seemed to be spent in the stadium car park waiting for transport back to the hotel. Once back, the President and Team Manager were sent out to reconnoitre possible venues for the evening's entertainment, but they failed to find any. It was thus a case of making our own within the hotel. For some, this involved a reflection, with the aid of more beer but fewer crisps, on the day's performance and how we might do even better next year! For others, well that's another story!

The joys of travelling home Sunday 19th

There was little time for anything on Sunday morning other than breakfast and packing. The journey to Istanbul's other main airport was, thankfully, much shorter, but Ataturk International was much busier. We nevertheless checked in without too much

of a problem except, once again, for the poles. If you've never carried pv poles through an airport (through passport control, all the way to the original, and then the revised, boarding gate and then on a bus out to the 'plane – were they going to be put in the aisle?), get it on your bucket list, as it's quite an experience! Definitely better than searching for a lost passport, as happened on our last trip!

The verdict

This was a truly impressive result from a very young team: only two of the girls will be too old to take part next year and we had a number of girls who were good enough but had to be left at home as they were too young to compete this year. Twelve months is a long time in athletics, but we embark on next year's road to Europe from a very good place!

It only remains to thank all those who helped make the trip such a success: the management team and supporters; coaches (those present and those left at home); all those who helped fund the trip and, of course, the girls themselves (including those who didn't travel but made sure we qualified last year!).

Tim Soutar



Kent Young Athletes League 2015



Medway Park – 10th May

Blackheath and Bromley U13 and U15 boys and girls were once again triumphant in Sunday's Kent league, fixture No2, at a sunny but blowy Medway Park. Our President and first lady, Dave and Hanna Cordell were at the track early and selected the best possibly site for the club tent, out of the wind but with a great sunny aspect. On to the action and loads of great performances contributed to BBHAC comfortably winning the overall combined match by over 80 points. The U13 boys produced 17 personal best performances, had two boys competing on the track for BBHAC the first time and were top of the U13 boys league table.

Harry Cowie was first to compete and started his day well with a personal best 18.05 to finish 3rd in the hammer. This was followed by another personal best coming 2nd in the shot before finishing the day winning the Javelin B string with a throw of 19.09. Field events are

often over shadowed by the more visible track races but Harry's performances prove how important they are as he scored 26 points for the club, nearly 20% of the total points scored.

Sean Lancaster continues to score valuable points for the club putting the shot just shy of his best Archie Shipley tried his hand at hurdling for the first time and was rewarded with a win in the B string. Archie then produced another personal best, shaving a couple of tenths off his 100m time, placing second in the B string.

A good series of jumps with a best of 4.17, was good enough for 3rd in the long jump and Archie finished his day with a rapid sprint down the back straight as the relay boys posted their fastest time of the year and a win.

Jacob Byfield improved his 75m hurdle best by over a second (he must be getting some great coaching?), was just short of his best in the long and high jump but had a great second bend in helping the relay team to victory.

Tareq Bannour ran two great new personal bests in the 100m (12.52) and 200m (26.05) to place himself 2nd and 3rd in the National rankings, not bad for a 12 year old. Tareq also used his strength to put the shot a

good distance but was marked down as a no throw on a technicality! With a throw that could have put him in the top 20, we will definitely be working on that one!

Tareq made up for the shot disappointment by storming down the home straight on the final leg of the relay. Sam Reardon made up for his disappointment of being knocked off the top of the Parkrun grand prix league table (by a girl!) by running two new personal bests in the 200m sprint and the tough two lap 800m. Sam knocked well over a second off his 200mm running a rapid 27.88 and had a strong race winning the 800m in 2:27.87. Sam was also the lead off leg in the relay team and had a good series of jumps in the long jump.

Rowan Fuss had a busy hour and three quarters squeezing in three events, starting with a second place in the 200m before dominating the 800m and running a strong but totally controlled 2:22.46. After barely catching his breath it was over to the javelin where he managed to get in a fantastic 25.90 on his second attempt, also finishing second.





Ethan Kitteridge had another busy day starting with a personal best in the 75m hurdles (could be the coaching!). A timetable clash again gave Ethan the difficult job of doing both the 800m and high jump at the same time but with the 800m completed, just outside his best, it was straight over to the high jump (after a fast number change). A couple of clearances later but a slight disappointment for Ethan just below his best. It might be good one day for Ethan to high jump on a fresh pair of legs and with a steady pulse!

Jake Leng made his debut on the track despite taking most of the skin off his knee and elbow in training on Thursday when a hurdle got in his way! Jake's only concern as he hobbled his way over to the compassionate Ken Daniel (our first aider, amongst other things) was that he would still be able to hurdle at the weekend. So lining up on the start, with fresh scabs aplenty, it was great to see Jake finish safely and in a very good time. Jake also ran a very competitive 800m finishing with speed down the home straight in 2:36.18.

Barnaby Corry, in his first year was another busy athlete starting his day early with a good run over the hurdles followed by a PB in the 200m and a big 5m improvement in the javelin. Thomas Penlington was also making his track debut for the club and was also involved in the 800m running a very good 2:35.54 in his first ever club track race.

With a great number of U13 boys competing for the club we were able to field a second 4 x 100m relay team, so it was great experience for Ethan, Barnaby, Jake and Thomas as they safely and skilfully got the baton around the track in a very respectable time.

Kent YA League Norman Park – 14th June

Norman Park was packed with athletes, officials and spectators as Blackheath and Bromley HAC hosted the third fixture in this season Kent young athletes league. Many great performances ensured BB finished on top winning three of the four age groups contested by U13 and U15 boys and girls. The U13 boys dominated in many areas getting clean sweeps in the discus, 1500m, and 200m and achieving loads of personal best throughout the day.

Michael Burfoot, on only his second appearance for the club had a great day

winning the discus with a great 24.35, putting the shot 7.57 and launching the javelin 15.07. Michael is a great new addition to the team. Harry Cowie also had a great day in the field, despite having his biggest discus throw ruled illegal as it landed just outside the sector. However, Harry still won the B string with 20.96, threw 7.87 in the shot and 22.16 in the Javelin. It was good to see Harry and Michael practising their long and triple jumps in between their throws ready for other competitions to come! Sean Lancaster was just short of his best in the discus and shot but still had a good series of throws in the discus 17.73 and shot 4.72.

Jacob Byfield began his busy day with a new personal best in the hurdles knocking half a second off his time. Jacob then threw himself over 4m in the long jump and 1.25m in the air over the high jump bar for another great PB. His last effort of the day was part of the winning 4 x 100m relay team.



Continued



Ethan Kitteridge also had a busy but successful day getting two PBs and equaling another. He began with a new best in the hurdles breaking 16 seconds for the first time before clearing 1.30 in the high jump, matching his best. The high jump started late and so overlapped the javelin competition and the relay but Ethan just about had enough time to throw a big new best of 18m but then dashed off again to run in the B team relay.

Jake Leng bounced back to form also breaking 16 seconds for the first time in the hurdles. He then had a gutsy run in the 1500m, the first time over the distance in a BB vest. Jake also played a part in the relay B team leading the team off.

Another busy athlete was Barnaby Corry competing in four events, starting with a determined run over the hurdles, a consistent series of leaps in the high jump and a rapid sprint in the 100m dash. Barnaby completed his day running the second bend in the B team relay.

Tareq Bannour was head and shoulders above the opposition in the 100m and 200m running very near to his best and had the lovely job of bringing the team home to victory in the relay.

It was great to have Leo McCallum back in the team after a few weeks off with injury and he hasn't lost any form sprinting down the home straight in the 100m just outside his best ever. Leo also ran the last leg of the B team relay and seems now to have fully recovered from injury.

Exam season ties many of the athletes up but it was great that Archie Shipley could mix both and turned up to compete in the long jump posting three consistent jumps all over 4m with the longest being 4.20 just shy of his best.

Thomas Penlington threw himself in the deep end running in the 1500m and the doing the long jump, both at the same time. However, the task didn't bother him as he ran a very strong personal best in 1500m and managed to get a jump in either side of his track race.

Sam Reardon continues to race well as he cruised to a strong new personal best and victory in a closely fought but tough 1500m. Sam never seems to give up, as his competitors found out, as they tried to out sprint him

the home straight. Sam also used his sprint legs winning the B string 200m and leading the relay team off in their winning run.

Rowan Fuss, despite a recent illness showed his class in the 1500 m leading from gun to finish, equalling his best and strengthening his grasp on top of the National rankings. Rowan also showed his sprinting prowess powering round the bend in the 200m and down the straight in a rapid 28.40. Rowan was also part of the victorious relay team and managed the get a big javelin big in as well, 24.07 to win the A string.

Kent Young Athletes League 5th July

Blackheath and Bromley HAC young athletes proved they are the best team in Kent by winning the Kent league title at Erith yesterday and such is our strength and depth that our second team also gained promotion to the top league. After four matches throughout the summer the U13 and U15 combined boys and girls team finished firmly at the top of the Kent Young Athletes League. In addition our division 2 team finished second in the table and so gain promotion to Division 1, making for an interesting season next summer with lots of head to head encounters to look forward to.



The U13 boys were once again a solid team and were bolstered by debut performances from new boys Kyron Morgan and Alex Sibley. Kyron, having only just joined BBHAC, had a busy day sandwiching his athletic events in between dance performances at Crystal Palace in the London Youth Games. Having won the Kent schools 100m, running for Bromley, it was no surprise to see Kyron win the 100m in a fast 12.68 and the 200m (his very first 200m) in a comfortable 27.29. Showing his versatility he then put the shot over 9m, placing him firmly inside the top 10 in the country.

Alex Sibley, in his first club race and in his first year in the age group showed great character and strength as he held off fierce competition at the start of the 800m. Alex could have easily been daunted and knocked off his feet as the eight runners hustled for position on the first bend but instead he fought like an experienced middle distance racer using strong arms and elbows. Pleased with a personal best he then ran a good leg in the winning relay team.

Harry Cowie had another busy day in the field throwing two new personal bests in winning the B string discus and in the shot. His third place in the A string hammer was just short of his best but still won valuable team points. Michael Burfoot added nearly a metre to his shot put best winning a tough shot competition and his 9.68 places him equal 12th Nationally. Michael made it a clean sweep winning the A discus just 10cm short of his best.

First year in the age group Thomas Penlington had his busiest day yet starting with a 2nd place debut in the hurdles, a PB in the long jump and remarkable one, one hundredth of a second off his best in the 800m. Finishing his great day with a leg in the relay. Also in his first year and having a busy day was Sam Reardon. A strong 2nd in the 200m, a gutsy win in the 800m followed by a PB in the high jump, rounded off with the lead out leg in the relay.

Sean Lancaster, also in his first year scored great points in the field placing 2nd in the shot put and 3rd in the discus. Ethan Kitteridge started his busy day hurdling then jumping 1.30 in the high jump before running the third leg in the 4 x 100 relay.

Tareq Bannour continued his impressive consistent form winning the 100m in 12.75 and

the 200m in 26.06 then ran a quick final leg in the 4 x 100m relay. Leo McCallum, recently back from injury, showed great form sprinting down the track in both the 100m and 200m and lead the team home to victory in the relay.

Next seasons U13 boys are looking good as yet another first year Barnaby Corry also had an event filled day. A PB equalling 100m sprint followed a half a metre improvement in the long jump, just below his best in the high jump and a good start off leg in the relay. I'm not sure who was more tired at the end of the day his 5 year old sister Luna or his dad Nic!!

Jacob Byfield was due to compete all over the arena but a sore knee after a fall and the prospect of a big primary school meeting on Monday saw him only compete in two events. However, a great PB run in the 200m and a fast back straight leg in the relay kept him busy enough.

Paul Austridge



Under 13 and Under 15 Girls Summer Season 2015

A highly satisfying summer season in which "Blackheath and Bromley Under 15 Girls are officially the best team in England 2015".



Having won the Southern League Champions title they qualified for the National Final in Birmingham, whilst in the Kent League the Under 13 Girls were Division one winners and in Division two the second teams were promoted. Thanks to the contributions of a large pool of athletes as well as the back up team they were able to gain distinction in the Final in a highly competitive field.

The season started in great fashion with the first of 4 Kent League Fixtures at Ashford on 19th April.

We had a large number of athletes competing with two teams in each age group one

in Division 1 and one in Division 2. Some of the girls were new to competition and many were giving new events a try. It was a cold and windy day but everyone competed to the best of their ability.

In Division One the U15 Girls and Under 13 Girls came first and in Division 2 the U15 Girls came third with the Under 13s second which made us second overall.

The second fixture was the first YDL of the season at Southampton on 2 May. Again on a cold day we had a large number of athletes competing and we finished the day in second place just 8 points behind Southampton which put us in a good position for the rest of the season.

Next came the second Kent League Fixture at Medway Park on 10th May. We again had a large number of athletes competing in scoring and non-scoring events with a large number of relay teams.

In Division One the U15 Girls came first but the Under 13 girls came a disappointing 5th (A number of the under 13s were new and trying out events, some to build on for the rest of the season) but we were first overall. In Division 2 both the Under 15s and 13s came second.

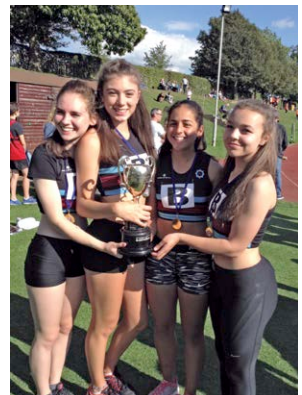
On 30th May we had the second YDL fixture this



was on home soil at Norman Park and again there were a large number of athletes competing. We came first by 40 points which put us joint leaders with Southampton.

The third Kent League fixture was also held on home soil and we had our biggest number of athletes competing yet, with many of them again trying different events.

In Division One the U13 Girls came 6th with the Under 15 Girls coming 1st so making us first overall and in Division Two Under 13s were





Blackheath and Bromley Under 15 Girls and Boys are officially the best team in England 2015

third and Under 15s 1st so we came second overall.

The next fixture was the 3rd YDL fixture at Reading on 21st June and we travelled there with high hopes for carrying on our winning ways. This was a hard fought fixture with the lead changing a number of times during the day by a few points. We came second in the end just five and a half points behind Southampton. All to play for in the last fixture.

Our last Kent League Fixture was at Erith 5th July and again we had a large number of athletes taking part and still trying different events for points.

In Division One the Under 13 Girls were 2nd with the Under 15 Girls 2nd but were first overall and League Winners in this division along with the Boys.

In Division Two the Under 13 girls were first with the Under 15 Girls 1st as well, we came

2nd in this division and this means our second teams are promoted to Division One next season. So we have two teams in Division One for both Girls and Boys.

Our last YDL fixture was at Croydon on 18th July this again a great match with a number of athletes pulling out all the stops. We ended the day in second place by just 2.5 points. But this result meant we were Southern League Champions and were off to the Final in Birmingham on 5th September.

The Final in Birmingham was a great event which started with a coach journey from the Club House on Friday. There were a lot of excited athletes a number of who had not competed in a Final before.

After a good night sleep (for some) the athletes were raring to go. Each and every one of them competed to the best of their ability and more and were all encouraging and cheering their fellow athletes

on. At the end of the day we waited with great anticipation for the result as the lead had changed a number of times during the day. We were second by just 9 points to Edinburgh AC. Blackheath and Bromley Under 15 Girls and Boys are officially the best team in England 2015.

I would like to thank everyone involved in making the season possible, of course the athletes and Parents, Coaches, Team Managers and Officials. I would also like to thank Mr and Mrs President Dave and Hannah Cordell for getting to each fixture early, putting up the club tent thus making sure we have somewhere dry for us all.

Karen Desborough

Under 13 Girls Team

Rosanna Allan, Rashidah Ayinbode, Rene Bel-Monodu, Ella Brown, Kendaa Cameron-Chavannes, Ellie Dolby, Olivia English, Heidi Forsyth, Daniella Harper, Olivia Howlett, Abigail Leeves, Niamh Milmo, Holly Mpassy, Jessica Neal, Ella Osborn, Shakanya Osahon, Abigail Prifti, Emily Purser, Akeiyla Robinson-Pascal, Ella Smith, Morgan Squibb, Eva Stephanou, Holly Sutton-Trott

U15 Boys Season 2015 Review

When I was asked to write a review of the track season I reflected on how best to summarise the achievements of the year. Rather than bring together a summary of the different match reports I thought a summary of highlights would allow me to better reflect the outstanding achievements of the boys and hence the club. Apologies up front if there is anyone I don't mention but I think most of you know how proud I was of all of the athletes throughout the season.



YDL Final Presentation – we are the best club in England!

In no particular order my highlights are as follows:

Outstanding throwing!

So often the heavy throws are consigned to the 'nether-regions' of the track and field time table which was a real shame for the boys who competed this season. A combination of James Lancaster, Charlie Short and Nathan Suresh Kumar insured that BBHAS set the benchmark for the rest of the team totally dominating both the KYAL and YDL

matches. The boys supported and encouraged each other throughout the whole season and showed the importance of team spirit (more on this later).

Whilst on the subject of throws, the level of performances in the javelin was also outstanding! We were lucky to have four throwers who were ranked as some of the best in the country leaving me with a team manager's dilemma on more than one occasion. The consistently high levels of performance from everyone selected to compete was a joy to behold!

Middle distance domination

BBHAC have a great history of outstanding middle distance runners and we were fortunate to continue this throughout the season. In addition to the 'home banker' of Henry-James Cowie who was outstanding over two laps we were fortunate to have Peter Guy, Angus Harrington, Michael Eagling, Joe Georgiadis, Keir Lundy and Coleman Correy to name but a few to maintain our reputation for excellence. Determination, speed and sheer class are only some of the adjectives I could use to describe the efforts everyone put in to their races.

4 x 300m relay team(s)

We went through the whole season unbeaten in the longer relay which is a credit to all of the boys who were asked



Henry-James in action – unbeaten over 4 x 300m

to compete and finished ranked second in the UK at the end of the season. The whole squad was, quite simply outstanding.

I made it no secret that I wanted the boys to set a new club record and they did at the YDL final when a combination of Henry-James, Ben Sutton, Ben Bennett and Peter Guy powered round for a 60m victory and a new club record. Job done I thought but the boys decided to go one better at the Kent championships where Coleman, Henry-James, Tom Mills and Ben Sutton decided to take another chunk off the record. This was a fantastic way for the team to round off the season!



Henry-James and Peter win again!



Henry-James shows his versatility

Other relays

A number of athletes had the opportunity to compete at the anniversary games at the Olympic Stadium, a great experience for all of them. In addition to this, we consistently improved in the sprint relay throughout the season and I sense we will set new standards in 2016.

Another challenge I set the boys was the 3 x 800m relay (I know, I was greedy). I spoke to the 800m runners who appreciated that it was rare to have such a good group together at the same time so we targeted the Kent Relay Championships to put this record to bed for a few years.

On the day, a team of Henry-James, Coleman and Angus smashed the club and Kent record with an outstanding time of 6:24.53. I think we were also close to the UK record but what a way to end the season!



Coleman and James dominate the throws!

High jumpers!

We were fortunate to have an outstanding squad of high jumpers throughout the season which allowed me to start with the older age group boys for the first couple of matches and then to continue to 'blood' the younger boys as the season progressed. A combination of Henry-James, Coleman and Ben Edozie at the upper end of the age group and then Rico Cottell, Pedro Gleadall and Caelan Raju who will still be U15 this year all developed and improved their bests.

Credit to Rico who managed to beat one of the Southampton athletes who had won every single high jump competition he had entered at the Croydon YDL only a few weeks after the first time I 'persuaded' him to give the event a try. An outstanding performance.

Pole vault expertise

George and Lewis consistently improved throughout the season, quietly 'strutting their stuff' on the back straight. I was able to assess how well they were doing by their absence from the club tent, simply because they were always in the mix as the bar went higher.

Open meetings

I am unable to name check everyone who set best performances in the various open meetings but hope that all of the athletes realise how important these are as they continue to develop and improve as athletes. There were too many great performances to shout out but one that did was Ben Bennett chasing Vishnu



Kent 3 x 800m Champions and club record holders

Dhir down in the home straight in his first run over 300m. I wasn't sure who would have crossed the line first if Ben hadn't tripped but what a way to make your mark. Vishnu also set a season's best in the race which he won!

They proved a rich source of new members with a number of boys joining or being asked to join after impressing in these events!

Selfishly, as a team manager, being able to check who was doing what via Power of 10 made my life so much easier.

KYAL

The KYAL is designed to give as many of the athletes as possible the opportunity to compete and to try new events. To summarise, we dominated and won division one and were so strong that our second division team were also promoted to division one. This was as a result of terrific performances from all of you who competed.



Peter, Angus and Robert finish in front in another 800m race

Continued

YDL final

This was the pinnacle of the season with so many of the boys showing how much they had improved throughout the year. The day was a roller coaster of emotions for me – the team as a whole worked so hard for each other and there were so many performances to be proud of so finishing second to Edinburgh left me feeling I had let the boys down. Had I made the right calls at the right time!

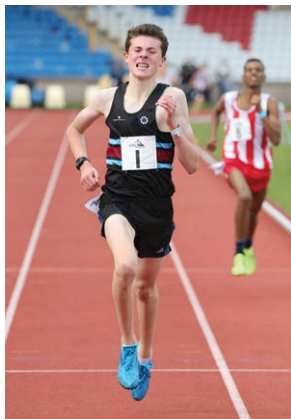
However, after a few moments of wallowing in self-pity I could see that they had all given everything they had and was immensely proud of our achievements.



Told you they wouldn't catch us!

The match itself had a number of highlights but I will always remember the 'champagne' moment where Angus gave Zak from Southampton a masterclass in 1,500m running, showing what a class athlete he is, Henry-James dominating the 800m and a fantastic 4 x 300m relay (and club record) at the end of the event.

I was equally pleased that the league allowed the hammer to go ahead after the normal cage sank into the ground leaving



Angus wins the YDL 1500m final

the threat that they might have to cancel the hammer. A number of protestations from all clubs saying that all of the athletes had earned the right to compete resulted in the right decision being made and the timetable being adjusted to allow this.

Let's try and go one better this year!

Feels like team spirit

I think I have left the best and most important takeaway for me of the season to the end. I was genuinely overwhelmed at the way the whole team came together to support, help, coach, cajole and mentor each other over the course of the year.

We have a number of hugely talented athletes who have come together as an amazing group of boys/young men who were a pleasure to work with. I was told a number of times that it must be hard to manage a track team – not with this group it wasn't.

They all showed maturity beyond their years and could always be relied on to be in the right place at the right time. They were there for each other to share success

and to commiserate when things didn't go as well as they had hoped. To you all, a huge thank you – I am looking forward to working with you again this season!

Thank you!

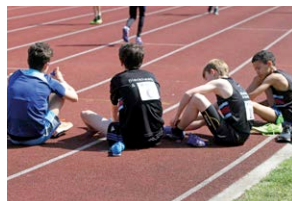
A massive thank you to everyone who contributed to making the season happen. I don't think we thank the coaches enough for giving up their time to help develop the athletes in the way they do – without their dedication and commitment we would not have the fine sport and club we have.

Also, a thank you to all of the officials who run the open meetings and leagues – without this group we would not have the sport we all love.

Parents, thank you for bringing your sons down on a regular basis, for encouraging them and for being used at times like a taxi service. Your commitment to their sport has helped make them the fine athletes they are.

Last but not least (and repeating myself here), a huge thank you to all of the athletes – you should be proud of all you have achieved!

Nick Swatton



Feels like team spirit

U13 boys Kent League Ashford

The new track season kicked off in style at the Julie Rose stadium in Ashford with the first track and field match of the Kent league 2015. Blackheath and Bromley HAC had eight boys competing in the U13 boys age group, 6 of whom were making their club track debuts.

Tareq Bannour dominated the sprints, comfortably winning both the 100m and 200m and also brought the relay team home to victory. Tareq's 200m performance was a grade 1 standard run and currently places him 2nd fastest boy in the country. A fantastic early season achievement and a great debut. Rowan Fuss also ran a grade 1 performance, winning a very controlled and evenly paced 1500 m in 4:39.6. Earlier in the day Rowan had clocked 15.1 in the 75m hurdles showing his range of talents. Leo McCallum was having a great morning, running close to his best in the 100m and jumping a personal best in the long jump, but a swollen ankle forced Leo to reluctantly pull out of the 200m and relay. Leo wasn't concerned for himself but he didn't want to let the team down. Hopefully Leo will recover quickly and we look forward to seeing him competing again very soon.

Sam Reardon had a busy debut day having first played for his local football team in the morning. Sam, a first year U13 ran a strong 1500 m winning the B string in 5:01.7, broke 30 seconds for 200 m coming 2nd in the B string, managed to squeeze in one jump in the long jump and finished his day with a great leg in the victorious relay team.

Jacob Byfield, another first year U13 making his debut showed great promise, (as did his dad Paul 30 years ago!). Jacob began with a strong run over the hurdles coming 2nd in the B string, jumped an impressive 3.82 in the long jump and ran the third leg in the winning relay team.

The U13 boys team is full of talented, enthusiastic athletes, all willing to give events a go, if required and Barnaby Corry was a fine example of this doing everything asked of him and more. Barnaby, first year U13 started with his debut run over the hurdles, stepped up to throw a javelin to gain extra valuable points for the team before being involved in an exciting high jump competition that had been delayed for an hour and half, due to an athlete needing medical assistance on the high jump fan. Unlike most events the high jump finishes on a failure so athletes are often dejected but Barnaby should be very

pleased with his performance and his great team spirit.

Ethan Kitteridge, on his debut was also involved in the delayed high jump competition and with good numbers watching enjoyed success up to 1.15 just clipping the bar at 1.20. Ethan did well to get off the ground at all having run the 75m hurdles in the morning and the 1500m in 5:29.0 shortly before the high jump. Ethan finished his day with a great second leg in the winning relay team. Sean Lancaster in his first year made a great start to his athletics career coming second in the A string discus and showed great team spirit having a go at the shot despite never lifting a shot before, but gained more valuable points for the club. Blackheath and Bromley U13 boys were second on the day just 6 points behind Tonbridge AC but when combined with the U15 boys and girls teams we came out on top winning the first fixture by over 24 points.

Paul Austridge

U13 boys UK Development League

Southampton 2nd May 2015

Southampton played host to the first fixture of this season UKYDL lower age group on a cold blowy day, far removed from last years mini heat wave. Eight U13 Blackheath and Bromley boys put in a great team and individual effort to help the overall team to a solid 2nd place on the day, only 8 points behind Southampton, who took advantage of their home fixture. A few last minute changes were taken in stride as the boys rallied collectively to try and fill all places both on the track and in the field.

Tareq Bannour showed again that he is going to be hard to beat this year as he powered to victory in both the 100m (12.9) and 200m (26.5) and made up several places in the relay to secure a great second place. Tareq showed his commitment to the team and great character stepping up to do the javelin having never thrown one before, a great



example to the other boys. Tareq is currently ranked 5th Nationally in both the 100m and 200m.

Ethan Kitteridge proved to be a tough competitor excelling in two events both at the same time. Having cleared the opening height of 1.05 and 1.10 in the high jump Ethan then dashed to the start of the 800m where he stormed off in determined fashion, crossing the line in 3rd having just run a great personal best. Then without a chance to catch his breath it was back to the high jump for Ethan where the competition had moved on and the bar was now at a lofty 1.25. With seemingly little effort Ethan flew over the bar and he was then able to start to recover from his two lap race. A great competition saw Ethan clear the next height as well to finish with a big new personal best, a great double effort.

Three of the boys competing are still at primary school and have another year in the age group so it was great to see brilliant performances from Sam Reardon, Jacob Byfield and Barnaby Corry.

Sam started his day smiling all the way through the 200m posting a new personal best time and a 2nd place finish. Next up was the difficult task of running the A string 1500m, where he found himself leading the pack with

3 laps to go. A steady rhythm saw Sam and the Reading athlete pull away from the rest of the field but with the Reading lad poised ready to attack. Sam sensed this as the paced quickened down the home straight, both athletes were now at full pace with positions jostling back and forth, before one final effort and a dip had Sam as winner but recording exactly the same time as second place. A fantastic race and even more special having just knocked off another 9 seconds from his newly acquired PB and going under 5 minutes for the 1st time 4:52.2. Sam only had a few minutes rest before Paul Byfield started the relay drills that ultimately helped the team to finish a strong 2nd with Sam running a great first bend.

Jacob Byfield proved that training pays off as he produced another personal best in the 75m hurdles. All Jacob's practice over the hurdles will soon have him hurdling like his dad and we are sure to see many more PB's coming from this naturally agile hurdler. Soon after, Jacob lined up for the long jump where his consistency paid off with three big jumps, a new best of 4.17 and a great second place. Jacob also ran a fast top bend, running the third leg of the second placed 4 x 100m relay team.



Barnaby Corry stood up and got counted as his duties changed as the day proceeded, another great example to the team. Barnaby started his day with a determined run over the hurdles before taking on his new favourite event, the high jump. After a great warm up Barnaby was unlucky not to clear his best but with more training will soon be soaring over new heights. Barnaby's final effort of the day was a huge one running the 1500m for the very first time. As Barnaby rounded the top bend for the final time he sprinted down the home straight like a 400m runner and crossed the line collecting even more valuable points for the team.

U13 boy Sean Lancaster, watching his brother James score maximum points, winning the U15 discus, hammer and shot put, had another good day also scoring valuable points for the team

putting the shot just shy of his best. Blackheath & Bromley had two U13 boys making their club debuts in Southampton both scoring loads of points for the team.

Sprinter Archie Shipley began his day with a quick dash down the track coming 3rd in the 100m, before putting in three consistent 4m-plus jumps in the long jump. Archie's furthest jump of 4.23 was good enough to finish second in the B string. Archie's speed then helped the relay team, where he ran the second leg down the long back straight. Paul Byfield's relay drills certainly helped as the baton was safely passed from Sam to Archie to Jacob and finally to Tareq.

Our other debutant was Harry Cowie, (whose older brother Henry does a bit of running, jumping and throwing!) and his first outing was very successful putting the shot over 7m and the javelin over 20m chalking up more vital points for BBHAC. Not content with just throwing Harry put himself forward for the non scoring 100m giving him the opportunity to prove that throwers can run as well. This team performance matched last seasons start and we look forward to building on this with our ultimate goal being to reach the National final.

Norman Park 30th May 2015

A buzzing Norman Park was the venue for Blackheath and Bromley HAC's home fixture in this season's UK youth development league and the fantastic atmosphere there was matched by the fantastic winning result. Our first place yesterday has us sitting at the top of the league on equal match points with Southampton. With the top two teams at the end of the season going to the National final in Birmingham in September, we need to keep up the high standard to secure our place.

Numbers were slightly depleted for the U13 boys due to holidays, injuries and illness, however the eight boys who made up the team put on a sterling effort, recording many personal bests and filling all spaces. New member Michael Burfoot, having only recently joined the club, produced two great performances on his BB debut. In the shot put Micheal threw a big 8.32 placing him just outside the top 20 in the country and threw a personal best in the javelin. This was Micheal's first javelin competition and two days before was the first time Michael had actually thrown a javelin, after a few valuable pointers from coach Herbie. Great to have Michael in the team. Harry Cowie had only

Continued

been back in the country for a couple of hours after a school trip to France but was soon heading to Norman Park to compete in the Javelin. His efforts were well worth it as he threw a great new best of 22.76m.

Ethan Kitteridge cut short his important Band practice to help the team out and run in the early hurdles event and was rewarded with a new PB having run a very balanced race. After a short break it was back to doubling up with the 800m and high jump, both at the same time. This is not ideal but Ethan coped well, getting in a couple of jumps early before heading out onto the track and winning valuable points for the team in the A string 800m, just running outside his best time.

Barnaby Corry also took on the tough task of doing both 800m and high jump at the same time and did well, just missing out on a PB but like Ethan earning valuable points for the team. Hopefully Ethan and Barnaby will soon be able to fully concentrate on the high jump where I'm sure they will soar to new heights.

Rowan Fuss has been injured in recent months but it's great to have him back fully fit. Rowan used the Bromley parkrun to warm up in the morning, strolling around in

just over 17 minutes before dominating the 1500m cruising around to win in a seasons best 4:32.1. Rowan then warmed down, sprinting the lead-off leg in the 4 x 100m team who ultimately placed second but ran another season's best time.

Archie Shipley had a very busy PB busting day starting with a personal best in the 75m hurdles followed by another PB coming second in the B string 100m, followed by another PB coming second in the A string long jump. Archie finished his successful day running the third leg of the relay team.

Sam Reardon also had a very busy day, although this was looking unlikely as Sam took a heavy knock to the knee during hurdle training on Thursday. An ice pack and a days rest did wonders as Sam stormed around the bend coming second in the B string 200m. Sam then squeezed in a quick long jump competition before having to go to the start of the 1500m. Another gutsy but controlled race saw Sam win the B string adding

to his tally of match points. Sam's final effort was running leg two of the 4 x 100m relay. Tareq Bannour continues to show why he is ranked in the top 3 in the country with great performances in the 100m (12.9) and 200m (26.0) both of which he won comfortably. His personal best in the 200m was matched by a brand new best in the shot put with a big 8.31 winning the B string event. Tareq's last run of the day was powering down the home straight as the last leg in the relay team.

Not only was the track and field athletics excellent so was the performances of BB members and parents as they set up and manned a second hand kit stall, the



BBQ and the refreshment stall selling lovely bacon rolls. President Dave Cordell started preparing the track the week before and many were at the track at the crack of dawn pitching tents, filling hot water urns and priming the BBQ. The parent council set up a fantastic stall selling new and second hand kit, spikes and trainers for ridiculously cheap prices raising over £200 and giving loads of people a real bargain. Many thanks go to Claire (my lovely wife!), Sue Pope, Isobel Harrington, Belinda Bridge and Charlotte Stickings for all their efforts on the Friday evening and Saturday. The Leach family of Trevor, Wendy, Dan and Amy made and sold over 100 bacon rolls, teas, coffees and various other goodies raising over £700. Alison Brand, Dave White, Dick Griffin and many other Heathens cooked and sold dozens of burgers and sausage and raised over £500. Nearly £1500 was raised by all our volunteers, a truly fantastic effort. Many thanks to everyone.

Well done to Ken Daniel and his team for presenting the track to such a high standard and the results service was the best I have seen and this was thanks to Rob Brown, Steve Hollingdale, Andy Tucker and Wendy Daniel among others.

This small but successful U13 boys team are backed up by

some brilliant parents, all of whom were there supporting both their sons and Blackheath and Bromley HAC. Michael Burfoot's parents David and Lynn helped out on the BBQ and clothing stall, Archie's dad Adam also took his turn flipping burgers. Ethan's mum Teresa did a stint on the 2nd hand clothes stand while dad Mike flipped burgers and turned sausages. Sam's mum Marilyn did her turn on the clothes stand and dad John enjoyed his time cooking burgers. At the end of the day many parents and BB members packed away the tents and at the forefront was Barnaby's dad Nick and Emily Purser's dad Mark, having spent the day on the track officiating.

Reading 21st June 2015

The third fixture of the 2015 UKYDL was held inside the Palmer Park cycle track that is home to Reading AC. With a few late withdrawals due to illness and some absent competing for schools, we knew the day was going to be tough. It turned out to be tougher and closer than any one could have imagined.

After 10 events Blackheath and Bromley were trailing



in 3rd behind Southampton AC and Reading but only a few points adrift. As the afternoon progressed Reading and Southampton swapped places, but we remained in 3rd. After some great track results and loads of fantastic throws and jumps in the field we briefly took the lead but soon dropped back to 2nd with only 2 relays and 2 javelin results to come in.

A few hardy supporters waited patiently while the last results were typed into the computer, all eagerly waiting for confirmation of the final result. Eventually the result was announced and had BB in 2nd place just five and half points behind Southampton. We were a little disappointed but ultimately happy with a solid result, all things considered.

However, later that evening, after the results had been double checked by the Reading result team it seems we actually WON the match by the smallest of margins,

Continued

half a point. Scrutinising the results it seems Southampton were initially awarded 35 points for supplying officials but should have only been awarded 30. This highlights how important and vital our team of officials and volunteer parents really are.

This fantastic result sees us sitting at the top of the league with one fixture remaining. If we compete like this at Croydon on the 18th July, we will surely be going to the National final in Birmingham on September 5th.

The U13 boys were once again up for the challenge and willing to take on whatever was asked of them for the team. The day started with a personal best from Jacob Byfield in the hurdles, followed by scissoring 1.20 in the high jump and then launching himself to a big PB of 4.44 into the sand of the long jump. Jacob completed his fine day powering around the bend in the relay.

Archie Shipley began his busy day hurdling just outside his best then sprinted 13.7 in the 100 and jumped 4.41 in the long jump to record two great

new personal bests. Archie's last effort was a quick leg down the back straight in the 4 x 100 relay. Michael Burfoot put the shot 8.78 for a big PB and then turned a difficult javelin competition into success with a last round throw of 18.35 to gain valuable points for the club and another PB.

Harry Cowie continues to impress not only with his throwing ability in the Shot and Javelin (and discus) but with his attitude towards competition, gaining experience and getting fitter. Harry asked if there were any non scoring events and when told " sorry only 800m available" his reply was "yes please I'll do that". Harry did indeed do the 800m, running a new best in the process.

Sam Reardon had the difficult task of filling both Tareq and Rowan's boots! But Sam bravely stepped up and ran in the A string in the 200m and the 1500m. Not daunted by the task Sam held his own sprinting down the home straight to place 3rd in the 200m before going one better in the 1500 coming a fine 2nd. Sam couldn't rest until he had led the relay team off on the first bend.

With Tareq being unavailable due to illness it was great that we had Leo McCallum back fit again and keen to go as he ran just outside his best in the

200m and the 100m before taking on the final leg in the 4 x 100m relay. Leo was walking normally after his exploits so I'm pleased to say he is fully recovered from his injury now.

Ethan Kitteridge had his usual day compacting two events into one slot. Starting at the high jump Ethan got an early jump in to open his account before jogging down the track ready to take on the tough 2 lap 800m. After another gutsy run he crossed the line near to his best. Barely time for a breather before jogging back to the high jump and seeing the bar had risen to personal best height of 1.30! Not put off by this Ethan propelled himself high into the air, sailing over the bar with a comfortable clearance. A well earned rest and the prospect of a PB had Ethan bouncing about like Skippy in preparation for another jump. Like a seasoned high jumper Ethan sailed over a new best of 1.35 much to the delight of his mum and fellow supporters.

Jake Leng had a gutsy run in the 800m running close to his best and then showed real sprinting speed as he clocked a fast time in the open 100m. Thomas Penlington showed real form and maturity as he ran a well paced 1500m race near to his best and also showed great speed alongside Jake in the open 100m. With





only nine U13 boys covering all events they did superbly well and were a credit to the club as they supported all events throughout their long day.

This extremely tight result emphasises the importance of every single point and this was highlighted at Reading in many ways, from our top class U15 shot put and javelin thrower Eloise Locke taking on the gruelling 800m, when asked to, as no one else was available, Shakanya Osahon also doing the 800m at short notice, Eleanor Barrett pushing herself over great heights in the pole vault but ending the day with a cast on her foot, sprinter Katie Woolcott dipping hard at the line to secure second but pulling a ham string 'Adam Gemilli style' in the process, Zoe Austridge dipping at the finish to secure 5th place given the same time as 6th but gaining the extra point.

Every athlete did their bit and their best and each securing valuable, valuable points. Well done all a superb team effort.

Blackheath and Bromley HAC are lucky enough to have some of the best track and field officials around but they always need additional help, either raking a sand pit or collecting a discus or measuring the javelins. So it was great to have Archie's dad Adam and Jake's dad Paul jumping in to help out in the field (I think they even enjoyed it!)

Final fixture Croydon 18th July 2015

The final UKYDL fixture was a local match at our neighbours, Croydon Harriers track but looked more reminiscent of a building site than a running track! However, this didn't stop our U13 and U15 athletes from producing some terrific

performances that saw us just miss winning on the day by two and half points but left us firmly on top of the league for the season.

We can now rightly call ourselves Southern Champions. Our reward for this is a trip to Birmingham to contest the National final on September 5th 2015.

Tareq Bannour and Kyron Morgan dominated the sprints winning both A and B string 100m and 200m. Tareq ran a fabulous PB in the 200m dipping under 26 for the first time, clocking 25.90 and wasn't far off his best in the 100m despite straining a muscle in the 100m. As a precaution Tareq stepped down from the relay but with our current talent, filling the space was no problem. Kyron also ran a fabulous new best in the 200m clocking 26.40, was only 0.1sec off his best in the 100m, put the shot a big 9.70cm just a few cms off his best and ran a strong leg in the relay.

Alex Sibley made his National league debut running a great personal best and coming 2nd in the B string 800m. Jake Leng also posted a new PB in the A string 800m, albeit only 0.01 sec. Thomas Penlington continues to impress placing a fantastic 2nd in a tough 1500m A string and slicing a massive 8 sec off his best time.

Continued



Ethan Kitteridge had his usual busy day but as ever proves to be a team player through and through. Third in the B string 1500m, a new best of 19.93 in the javelin followed by 1.30 in the high jump rounded off his day.

Jacob Byfield also had a busy day standing in for Tareq in the relay but not before running a rapid 13.76 PB in the hurdles, breaking 14 seconds for the first time, equalling his PB in the high jump and jumping over 4m in the long jump.

Michael Burfoot had a great day winning the B string shot, just a few cms short of his best but smashed his javelin best by over 3m, throwing 21.84.

Archie Shipley jumped himself to well inside the top 100 in the country with a big 4.58cm to place second in the A string long jump. Archie also equalled his PB in the hurdles and ran a quick leg in the relay.

Leo McCallum ran a new PB in the 100m, getting closer

and closer to the elusive 14 sec barrier and ran a quick leg in the 4 x 100m relay team.

Brandon Back had a baptism of fire making his club debut in a National league fixture but wasn't daunted by the occasion running a respectable 2:46, very good in his first major race.

Many thanks go to Nic Corry who managed the team on the day (despite being temporarily side tracked by the global warming debate!), Paul Byfield for drilling the relay team and generally ensuring the boys got to their start positions on time, Mark Purser for making the phone call that also ensured our two sprinters didn't miss their race and to all the coaches who voluntarily gave up more of their time to support our athletes including Steve Timmins, Herbie Kuenstlinger, John Wakeman, Keith Liston and Jay Galley (who also takes lots of great photos for our website). Thanks also to Rod Harrington who also takes many of our great photos.

National Final Birmingham September 5th

Blackheath and Bromley Harriers AC officially have the best U13 and U15 combined boys and girls team in England, despite narrowly missing out on winning the National title, trailing

Scotland's Edinburgh AC by a mere 9 points. Eight of Britain's best athletic clubs battled it out for the honour of becoming champions but by the afternoon Sale Harriers (last years winners), Edinburgh AC (Scottish champions) and BBHAC had opened up a small lead on the rest. With only a few points separating the top three and positions constantly changing, it was clear the result would be tight.

The final result read as:

Edinburgh AC	608
Blackheath and Bromley HAC	599
Sales Harriers	591
Southampton AC	549.5
Cardiff AAC	527.5
Rugby and Northampton	507.5
Reading	448
Preston Harriers	405.5

This result, along with our U17 and U20 placing 3rd in their final, makes BBHAC the best young athletes club team in Britain. The twelve U13 boys that made up their team once again competed out of their skins and produced some excellent results including a few personal bests. Birmingham arena with its High Performance indoor

centre is a great venue and B&B set up home in prime position above the finish line. First into the arena were Ethan Kitteridge and Jacob Byfield in the high jump. Ethan has had a great season improving steadily throughout the season but was unfortunate to twist his knee on his very first jump and wasn't able to improve on his best. Jacob's mind was taken off his competition when he remembered that his spikes were still on the coach in his suitcase. Unfortunately for us the coach had already returned to the hotel!! Such is team spirit that all the boys were rallying around offering the use of their spikes. Jacob settled on Pedro's Nike pair

and he even suggested they were more comfortable than his own (as his own were a little tight!). Jacob may have been a bit distracted but it didn't show as he jumped just short of his best.

Michael Burfoot and Kyron Morgan were next up and they scored maximum points winning both A and B strings in the shot with massive puts, as they have done all season. First event on the track was the 75m hurdles and a great technical run by Jacob just off his best and a great new personal best for Barnaby Corry got us off to a good start.

Tareq Bannour with his first race of the day and Kyron were next up on the track in



the 200m and once again maximum points were scored with blistering wins for both. Tareq's 25.53 was a PB (albeit windy) and Kyron's 25.98 just a fraction outside his best.

Thomas Penlington and Jake Leng, running in their first National final were up next in a highly competitive 800m. Thomas ran a gutsy run and did well finishing 5th in a new personal best of 2:32.77. Jake ran equally well in the B string also finishing 5th in 2:38.27. After their race they



Continued

were now both free to get full use out the indoor soft play area otherwise known as the high jump mat!

Michael and Ethan were back in action in the field in the javelin. Micheal got in a safe throw to secure valuable points before trying a new run up technique (that may have seen on youtube!) that could have seen the javelin orbiting mars but sadly didn't. Ethan struggling with his knee was only able to throw with a restricted approach but scored more valuable points.

Back on the track were the sprinting boys and two more great victories and more maximum points in the 100m. Tareq 12.55 and Kyron 12.49 (windy) were classy performances. The 1500m was the next event and Rowan Fuss and Sam Reardon

continued to do what they have done all season, win, both strings and in fantastic style. Rowan powered away from the gun and looked controlled in all the 3.75 laps. Rowan crossed the line 20 seconds clear of second place and in doing so set a new league record of 4:31.20. A brilliant run despite having just climbed down from Gemma's physio bench after treatment for a back spasm! Sam Reardon has really taken to the track season and runs with more maturity than his years as he comfortably won the B string.

Sprinter Archie Shipley had to wait all day to compete in his first event as the long jump didn't start until 4pm. Archie wasted no time leaping to a great 4.34 in the first round but wasn't able to improve on

this further. Jacob sporting a new pair of spikes having returned the borrowed pair, took a while to settle in with two no jumps. The pressure was on as he faced his final jump but we needn't have worried as he nailed the board and flew to a big 4.15 winning the bronze medal in the process.

The last event of the day for the U13 boys was the 4 x 100 and three strong legs and three safe change overs from sprinter Leo McCallum, Kyron and Archie left Tareq only 10m down on the very strong Cardiff quartet. Tareq took the baton and flew down the track gaining on Cardiff with every stride but unfortunately ran out of track and crossed the line just 2/10th of second behind but still winning a superb silver for the team.

Blackheath and Bromley HAC are one of the best supported clubs and that was evident on the day with Mr and Mr President and many BB members and parents there in large numbers. I would especially like to thank Ethan's mum Teresa, Barnaby's dad Nic and Jacob's dad Paul for all their help in ensuring the weekend was safe and fun. Thanks also to Jay for all he does behind the scene (and that is loads) and for his great work behind the camera.



ESAA Championships

After enduring the 8 hour coach journey, and a good night's rest, the training group saw Henry, Yas, Angus, Coleman and myself compete at the English Schools Championships – with Angus and Coleman competing for Surrey, and the remainder with Kent.

T77: Inter Girls 1500m SC		8.6
Final		3:35.84
1 Yasmin Austridge	KEN	4:54.82
2 Holly Page	KEN	4:57.25
3 India Weir	LON	4:57.46
4 Kosana Weir	LON	5:08.26
5 Alexandra Barbour	BER	5:09.01
6 Maisie Grice	HAM	5:11.76
7 Martika Gallagher	DEV	5:14.76
8 Caitlin Wosika	WIL	5:16.46

On the first day, Angus, Coleman and Henry all competed in the Junior Boys 800m. Angus went off in the first heat – and also arguably the hardest, containing the eventual champion and silver medallist. They hit the bell in an astonishing 59 seconds with the field spread. Angus attacked the last 200m hard but unfortunately just missed a qualifying spot.

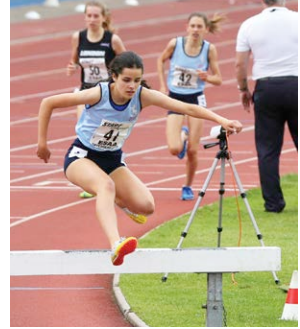
Coleman going in the second heat, ran bravely taking the first lap out in the lead. The race was a typical box 800m, and as a result meant it was slowed down. This made it all the harder to qualify, being first 2 per heat and 2 fastest losers. Coleman held the lead until 250m to go but the field came through, and only

the first two from the heat managed to qualify.

In the final heat, Henry was left in a difficult situation when a rival ran hard from the start, running a PB in the process. Effectively leading the field the whole way, Henry gave chase in the final 300m and began closing the gap. However, as he had done the majority of the work, runners from further back overtook – unluckily running him out of qualification.

Strong runs from all three of the boys, in their first English Schools track and field showed that there is a lot of future potential amongst them in championship events.

After refuelling at the hotel, it was down to the Steeplechasers on day two, myself and Yas. Personally, in a stacked field, containing a 6 second gap between 1st rank in the race, and 8th – I managed an incredible bronze in the 1495m Inter Boys 1500SC. Unfortunately for me, the race was actually 1500m, and I ended up 5th.



In a weekend of good runs, the undoubted highlight was Yasmin Austridge. Going in the Inter Girls 1500m SC, there was considerable pressure on her, being ranked 2nd in the UK at her event. Teammate, and fastest in the field, Holly Page ran strongly and worked up a sizeable gap on the rest of the group – for the majority of the race. At 300m to go, it seemed Yas was in a battle for 2nd. However, Yasmin had run one of the most tactically astute races of the day. She gave chase fiercely, and a technically amazing last water jump saw her storm through, drawing Holly in, and taking the lead with 100m left to run. Safely over the last barrier, Yas kicked again to win in a massive PB of 4:54.82. English Schools champion is an incredible feat, not to mention she managed to do this a year young – making it all the more special. Yasmin rightfully earned a call up to represent England next week in Scotland, in the SIAB international.

Well done to all in the group who competed!

Joss Barber

BBHAC young athletes at the Virgin Mini Marathon 2015

Blackbeath and Bromley HAC young athletes excelled at the 'Virgin Money Giving Mini London Marathon' borough challenge on April the 26th, most running for Bromley but others for Bexley, Wandsworth, Croydon and City of Westminster. Bromley had a massively successful day winning four of the six age groups and coming third and sixth in the other two.



Over 1500 young London athletes lined up to race the final three miles of the main London marathon course. After running along the Embankment, they soon passed the London Eye then Big Ben and the Houses of Parliament and then through Parliament Square, then down Bird Cage Walk heading directly for Buckingham

Palace, racing through thousands of cheering supporters up to the finish halfway along the Mall. A great experience.

The winning U13 boys team were led home by a great run from Peter Guy in 5th and Joseph Georgiadis, just behind in 6th. Sam Reardon, with two more years in this age group came a brilliant 14th. Justin Strover was 16th, Leo Braden 33rd, Robert Suckling 39th, Jake Leng 44th (both of Jake's parents were running the full marathon) and Keir Lundy 56th. Ben Gardiner running for Bexley was a great 30th.

The Bromley U13 girls were 3rd team overall but BBHAC's Yasmin Marghini running for City of Westminster was a great individual winner. Ellie Dolby, remarkably with two more years in this age group was a fantastic 13th followed closely by a great run from Jess Neal in 14th. Morgan Squibb was a fine 25th, Gracie Horton 28th, Lily Tappenden (chief face, arm and leg painter) 35th, Niamh Milmo 59th, Alice Prentice 69th and Zoe Austridge on her mini marathon debut was 178th.

The U15 boys also won the borough title with Henry Cowie continuing his fine form placing 2nd. Great runs from Micheal Eagling and Angus Harrington 13th and

14th respectively backed up by Lewis Mills in 16th. Oscar Hussey was 51st, Robert Perry (whose dad was doing the London) 71st, Coleman Corry 77th, Callum Myatt 84th. Lewis Stickings 95th and Harry Keene 106th both ran for Bexley while Lewis Warren, 112th ran for Lewisham.

The U15 girls title also went to Bromley with all eight girls from BBHAC. Gold was secured for the team by great runs from Yasmin Austridge 12th, Millie Smith (2 i/c face paint) 18th, Amy Leach 26th, Stephanie Taylor 34th, Grace Scopes (i/c face paint) 35th, Tammy Falshaw 51st, Megan Bullen 55th, and Carlotta Weitzel 96th.

The race was comfortably won by our own Katy-Ann McDonald running for Wandsworth, Naomi Kingston running for City





of Westminster had a great run in 13th. Also representing Wandsworth, Madalina Samoila was 23rd and hurdler Kate Purser ran for Croydon coming 178th.

The Bromley U17 boys came a fine 6th and were led home by a strong run from SLH William Bardsley in 3rd. Joss Barber running for Bexley was a great 6th place. Charlie Davis coming back into form was a well placed 38th, Alek Wiltshire 69th, James Crawley and Bertie Harrington on their debuts were 71st and 103rd. More of a sprinter these days Will Pope came in 141st, Finley Baldwin 161st and Scott Bulmer on his debut mini marathon was 191st.



To top Bromley's successful day the U17 girls also won team gold with great runs from Niamh Bridson Hubbard in 2nd and Jess Keene in 4th. Kelsey Fuss was 16th, Shannon Risky 24th, Georgina Taylor 35th, Charlotte Rhule 37th, Joanna Clowes 56th and Mary Guy 82nd. A great set of results.



Paul Austridge

Kent Track relays

The sun continued to shine and helped to make the last track meeting of 2015 a memorable one. Tonbridge school track is a great setting anytime but the Kent track relay championships benefited further by the glorious autumn sun that lasted all day. In previous years this meeting has been poorly attended but large numbers this year made for a great track finale and BBHAC had huge success winning trophies, golds, silver and bronze medals, breaking club records, season bests and the odd disqualification!

The U13 boys had an up and down day. Up, winning gold in the 4 x 100 and silver in the 3 x 800 and down being disqualified in the 4 x 300 for a marginally early lane break. The quartet of Leo McCallum, Kyron Morgan, Archie Shipley and Tareq Bannour ran a season's best by half a second in winning gold in the 100. The same four were then whisked at very short notice into the 4 x



300, which they comfortably won before harshly being disqualified for a lane encroachment! Alex Sibley, Barnaby Corry and Sam Reardon had all competed in the southern road relays yesterday running a tough 3k leg each but were still able to put together another great team effort to take the Kent silver medals.

The sprinters and field event athletes now have the next 6 months to prepare for the 2016 season whilst the middle distance athletes look forward to competing in the winter in the busy cross country season that started last week end and continues into March.

Well done to all the U13 boys who have had a great track season and proved themselves to be the best club in the country. I have thoroughly enjoyed the season and seeing you all develop into great athletes and young men.

Paul Austridge

Parris Handicap 2016 Series

The monthly handicap race series started in 1993. It was renamed in 1998 after Roy Parris who sadly died after an heroic fight against cancer. This event is an apt tribute to Roy. The event is a series of 5km handicap races, which take place every month between April and September. James Ingram won the very first race in a time of 18:45 and Graham Fee was the overall winner for that year.



It is a testament to the success of this race that in 1993 the maximum number of runners in any race was 19 whilst 34 different runners took part in the series. We now regularly have over 30 runners turning out and 64 different runners made at least one appearance during the 2015 series. In June 2015 the race attracted 37 runners the highest of all 6 races over the summer. The



number of competitors in all races was never lower than 23, with an average of 30 competitors per race.

This was the second season that my wife Sheila and I had organized the event and we have to say a huge thank you to our regular volunteers, Time Keepers Terri Shotton and Mike Peel and Recorders Denise King, Peter Lovell and Steve Hollingdale, without their help every month it would be impossible to stage this event.

As to the race winners the April race was won by Chris Tuck followed over the next 5 months by wins for Daniel Avila, Bernie Bater, Gerry Alger, Dave Leal and James Neylon. The winning margins ranged from over 1 minute 10 seconds in the last race in September to 15 seconds in July.

However there was no shortage of fast times during the summer. The fastest man over the course was Chris Tuck in a time of 17.59 (in April) and the fastest lady was Sophie Kelleher in 18.57 in the August race. A special mention must go to young Amy Leach who scorched around the course in 20.03 on the 17th of June.

Going into the last race Dave Leal had a slender lead of one point over joint second placers Zoe Kingsmill and



Bob Minting on 109 points each. However in that last race Bob secured a ten second advantage over Zoe and gained the necessary points to win the 2015 series. Second was Zoe Kingsmill with Dave Carton in third place. Bob won the Parris shield with a combination of solid results including four top five placings, and net times just either side of 20 minutes to remind us of his pedigree. His best performance was achieved in August with a time of 19.40 to claim third place his best position.



The event generated over £450.00 of profit and all the proceeds were donated to The House and Social Committee to be used for the benefit of us all.

One of the big highlights of the 2015 event were the barbeques that Deniz Mehmet and Gareth Griffin arranged for every Wednesday night of The Parris Handicap. These barbeques proved to be enormously successful and attracted not only the runners but also non-runners and guests alike. They have already indicated that they will continue to run these events again this year so many thanks as not only is the catering first class but our bar profits increase considerably on these nights! The first barbeque will be on Wednesday, 18th May.

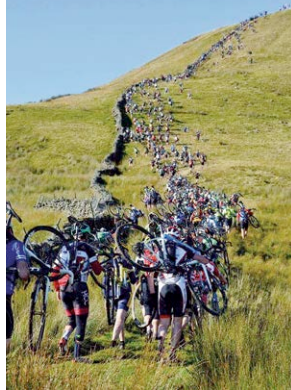
The first race of the 2016 series will be on Wednesday 6th April at 7.15pm.

Richard Griffin

The Iron man returns...

The Alternative Kinsey Report

Whatever the rest of the Tri-Club is up to in the summer Nick Kinsey never ceases to amaze or inspire by road, cross country, over the Peaks or the Pyrenees, in such glamorous locations as North Yorkshire, The Isle of Thanet or Herne Hill Velodrome. Why jet around the world when the fleshpots of Blighty await! Even with the lure of the sun bed threatening to dampen the competitive edge of most mad ultra runners, bikers and swimmers, Nick did not lose his winning touch.



You may remember that after a tough race in Lanzarote I finished the last report with the 'sun bed beckons'... well it did... pretty much, with a well earned holiday in June, followed by a walking / hiking trip to watch the Tour De France in the Pyrenees in July (see photo with fellow 'Heathen' John McConville at

the top waiting for 'Froomie' at Arête Pierre Saint Martin) a short 7hr hike from Lescun that morning!

Next up on the multisport racing front, was a summer of cyclo cross skills training at the London League Summer Cyclo-cross Series (like X-country running but with a bike). Popular local venues produced keen racing with over 70 vets entering the 4 round series, which I managed to win with some consistent top 5 places and a win in the last race at the Herne Hill Velodrome circuit.

This successful foray lead to a moment of madness and a hastily posted entry for the 3 Peaks Cyclocross Challenge, a 'Monumental' event on the Cyclocross calendar. During the 61km of off road action, cyclists climb the peaks of Ingleborough (723mts); Whenside (736mts) and Pen-Y-Ghent (694mts). Here is my blog from the day...

3 Peaks X... Oh such a GR8 day! The weather... The event is just stuff of legends! So tough and technical. I was up into 65th place before a



puncture and crash (faceplant ouch!... lucky it was grassy or I would have required new teeth!!!) dropped me down to 84th in 3hrs 44mins. Next time disc brakes and tubeless tyres!! Respect to John Dowell who completed his 25th 3 peaks cyclo X race just 80yrs young!

Last but not least I've just had my first win of 2016... A Race winner! Yippee! My first race in 2016.

Phil and Paul, the organisers of Thanets Toughest race, the off road Mountainbike Duathlon, kindly gave me bib number 1 (because of my past form in the event), seemingly oblivious to the fact it was almost 10 years ago. Thankfully I didn't let them down... or get cold feet!! It started with a 2.5mile road run, followed by a very muddy 9 mile MTB, and a 4.5 mile off road run. I won outright and even just pipped the first relay team.

Nick Kinsey

Graham Botley

17 April 1944 – 30 August 2015



It is with great sadness that we have to inform you that Past President Graham Botley passed away after a long fight with cancer in August.

There is so much to write about this great club man that it has taken three of us to pool our thoughts. Graham, or Gary as some of you will have known him by, touched us all; with his open personality and friendship he enriched our lives. We all carry memories of great discussions and shared experiences with him ... one of Chris's own cherished memories is of making short work of a bottle of port with Graham and Ian Wilson whilst planning the Pilgrims Way Relay in 1974 ... while the past seven years have been something else In conversations with Graham during August 2015 it was clear that his brave and courageous battle could only have one end ... and soon... and yet even during this time he believed he might make one last trip to China ...he didn't stop planning. Over a beer in Bromley he explained a wish early in 2016 to bring together athletes from the incredibly successful period enjoyed by Blackheath Harriers in the 1990's and during which time he was team manager and President of Blackheath Harriers in 1990. He didn't quite make it that far.

We would like to highlight three qualities shown by Graham throughout his life; of course there are many other qualities than the three we have chosen as each of us will have particular fond, cherished or loving memories.

Firstly, in his company he exuded a spirit of familiarity and trust between friends, a camaraderie that characterised his travel groups, his teams in Blackheath & Bromley, his coaching of youngsters and other areas of his working environment. This was clear and experienced by all who attended his various 70th birthday parties up and down the country last year. His enthusiasm for athletics and supporting athletes at all levels was infectious and well known. Many here will have read on the web the moving tributes paid to Graham by those within the British Athletics community and further afield. Of course this bonhomie embraced other sports including bowls and cricket. How delighted we were that he managed to make the trip to the Caribbean this year with the cricket aficionados, the sunshine and warmth and being amongst great people certainly gave him a lift. A trip to watch the Derby at Tattenham Corner in 2012 set him thinking about

Continued

organising groups for a day at the races too, while Nick bumped into him at the Henley Regatta in 2009.

Secondly, Graham was deeply understanding in nature. He was sympathetic, tolerant and wise in his dealings with people. Amongst other things he was a caring and a responsible godfather, turning up unannounced at important times...birthdays, Christmas...with presents for godsons and real interest in their latest achievements. Despite his illness he made the long trek to Newcastle to see his godson Peter in 2015 for a match at St James Park where much beer was consumed apparently. He made telephone calls from far away to comfort the bereaved and their children too. He also raised money in the early days of fun runs for St Christopher's Hospice in



Sydenham. He showed compassion for others as his recent visits to Tony Weeks-Pearson in Hastings and to Alan and Brenda Brent in Beckenham testify.

Together with Graham's infectious camaraderie and his understanding nature he had a third quality, that of determination and stamina. Whilst Graham qualified as a PE teacher at St John's College, York, he began his business career in men's fashion clothing before moving on to sports clothing and his travel business at Crystal Palace. He gamefully employed many budding athletes at his sports shop in Crystal Palace so they could earn money and continue to train. At this time he was a promising club athlete, runner-up in the Kent steeplechase in 1972 squeezing under 9:30, the Blackheath club 800m champion in the same year. He competed as a member of the club teams in the Kent, Southern and National Cross Country Championships. He was in the early days an active coach with the younger members of the club. He later confided that for him, his best performance was in the 24 hour 10 man X 1 mile relay on 13th/14th April 1973. As one of the team that set a world best time that year, Graham was the last member of the

Team to be selected, and on the back of what was by any standards very little training astonished more celebrated team members including internationals by completing 30 individual miles with just over 40 minutes rest between them in an average time of 4:54.8. A proud record of determination and stamina. One of his major disappointments was that he never broke 2 minutes for 800 metres but came close with 2.00.3 which Nick witnessed in 1974.

Ian knew Graham first from the mid 1960's but really got to know him well at the 1970 Commonwealth Games in Edinburgh. Ian was staying in a B&B close to the stadium and when he met Graham he told him that he was staying at the main line station! One morning he joined the group at their B&B for breakfast and the landlady was giving him some strange looks but said nothing. Later they found out that she thought he was the Australian, Malcolm Baird, who was second to David Hemery in the 110m hurdles that had been held the day before. Both were a similar size and shape! Ian often wonders if this was when he got the idea of a sports tour business.

Those who went on his tours will be aware that his



relaxed, laid back manor did cause some of his “travellers” concern when they still had not received their tickets and travel details a few days before they were due to travel. I don’t know of anyone who was let down and as a regular “traveller” you got used to this approach. Ian and Nick often used to reassure others that “it would be alright on the night” and that they could be assured that they would enjoy the tour!

One image Ian still has in his mind is Graham being man-handled by an equally tall but much heavier Boston police man at the 1992 World Cross Country Championships. Just before the finish there was a very large area roped off to ensure a clear view by the TV cameras. The U20 women’s race was finishing and Paula Radcliffe was leading going into this area. Graham was enthusiastically shouting at Paula and ran across this

roped off area chased by this very large police man who wanted to arrest him. Fortunately, he did not.

Apparently not having enough to do Graham took over as Winter Captain in the early 1990’s and built a senior men’s endurance team that was the most successful in the B&B history, so far at least. We had some very strong runners and Graham thought that a “team building” event would be helpful. So, in November 1991 he entered 2 teams in the High Peaks Relay in Derbyshire. The idea being that the teams and supporters would assemble in a nearby hotel on Saturday for a social gathering ready for the race on Sunday morning. Graham seemed to be unaware of the amount of strategic planning that the event required. The course was out and back along the High Peaks Way, 4 legs each way and a total of some 35 miles. Change overs being where roads cross the course. The strategic planning was required to drop runners off for the start of their leg and collect them at the finish. I know of at least one runner in the B team who had to run back over his 5-mile leg to collect his car as no transport was available at the finish! Still the A team won in a course record and set many individual stage records on the way. This team

building obviously worked as in 1994 and 1995 we won the National cross country team race and in 1995 won the National 12 stage road relay in what I think is the 9th = fastest time ever and the 2nd fastest since 1988. Ian remains convinced that all this could not have been achieved without Graham’s foresight and enthusiasm.

As you can imagine this was a very special period for the endurance runners of the Club and was achieved by Graham making use of his qualities of understanding and determination together with his ability to develop camaraderie amongst a group of people. Great times which I for one am glad I was part of.

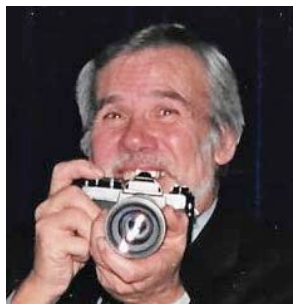
For us these qualities in him of camaraderie, understanding and determination serve as an inspiration. At 6ft 6in, Graham was of commanding stature, if you stood up straight you might have been able to look Graham in the eye, but he would have had to be sitting down.

In offering our condolences to his family, his dear mother Nesta, sister Sue and brother Robin, the Tall Man remains in our hearts forever and we remember him with joy, with affection and with love.

*Nick Brooks, Chris Haines,
Ian Wilson*

Bill Graham

1941 to 2016



It is with deepest regret that we report that Bill Graham sadly succumbed to cancer at the age of 74. Bill joined the Club in October 1987. After playing football at a very decent level, he competed in a large number of races at different distances, particularly at cross country in the late 80s and early 90s. These included an impressive 61.1.00 at the Mob Match at Ranelagh in January 1991 for which he gained a 2nd place in the handicap, a decent 35.28 at the Club 5 in October 1988, and several runs just over the hour in other mob matches. His best for the half marathon was 1.39.58 and these performances should include the marathon where his best performance at this distance was in the 1992 London in which he recorded a very respectable 3.32.55.

However his really great contribution to the club was in the field of photography. He was an excellent photographer having worked for many years with the Express Group of newspapers. His work often featured in the Gazette and included many events such as the day Dame Mary Peters in 1996 graced us by opening the ladies changing facilities. He recorded for posterity a wide variety of family occasions such as weddings, significant birthdays, anniversaries or

birth of a new child. His generosity with this particular skill of his was legendary.

He had a wonderful sense of humour and it was always a pleasure to speak with him. He was a warm, loyal man of immense integrity who when he retired and moved to Whitstable, with wife Val, worked with those with special needs at a wild life centre and in carpentry. Both he and Val successfully made a new life for themselves in Whitstable and it was only a few years ago that he became a local hero when abseiling down a tall building on the sea front for charity.

As an athlete, he may not have achieved the heights of the elite but his attitude to clubmanship was par excellence. Amongst those of a particular era and age but particularly by Val and his family Bill will be greatly missed.

Graeme Williams

Scott in frame for another Olympic selection whilst Dinah breaks records at Beijing



As in 2011 Scott Overall achieved the Olympic marathon qualifying time at the Berlin marathon, on September 27th 2015, by finishing 10th in a race won by Kenya's Eliud Kipchoge, while Scott was the third European athlete to finish.

Of real significance though his finishing time of 2 hours 11 minutes and 24 seconds was well inside the qualifying time 2.17.00 and only 29 seconds off his personal best. Hopefully it will enable him to gain selection for team GB in the Olympics in Rio.

In Beijing at the World Championships in August Blackheath and Bromley were represented by Dina Asher-Smith in the sprints and Lorraine Ugen in the Long Jump.

To begin with Asher Smith ran the fastest first round 200 metres heat in World Championship History with a personal best of 22.22. Then in her semi-final she was far

too good for twice Olympic Champion and several times World Champion Jamaican Veronica Campbell-Brown, and Olympic medallist the American Jeneba Tarmoh, who was also left in her slipstream.

"I was quite nervous," said Dinah, who was the only British woman to reach the final, "Campbell-Brown and Jeneba are such inspirations and Olympic Champions. So I was quite happy I was able to ease down. And you kind of have to when you have one of the biggest races ever the next day."

Dinah went on to run another personal best in the final on August 28th clocking a time of 22.07 seconds to eclipse Kathy Cook's previous mark set at the 1984 Olympic Games.

To achieve this suggests that she had competed in one of the quickest races of all time, and it was, being won by Dutchwoman Dafne Schippers in 21.63sec with all medallists finishing under 22 seconds. Dinah herself finished fifth and said she was "absolutely over the moon" at her performances. "I've run three personal bests three days in a row and ended with a 22.07, which is also a British record, so I'm a really, really happy girl."

Having declared in an interview covered by the

Gazette that she was not worried about winning medals at the highest level of competition, "I'd love to have got a medal but to be in that calibre of race, seeing Dafne run 21.63, I'm really not disappointed," she said. "I gave it my all, which is all I could ask for. "To be in a race when two of the girls were running 21.6, I was thinking, 'I know I'm really trying my best... when I crossed the line I was just open-mouthed. I'm flabbergasted, it's absolutely amazing."

Meanwhile Lorraine Ugen qualified for the final of the long jump with a confident 6.79m. Into the final she had mixed success with her various jumps, registering 6.85m in her second jump and progressing to the final three rounds. However a couple of no jumps prevented her from finishing in the medals and in the end she secured fifth place.

Ad Hoc Group recommends 150th season celebrations

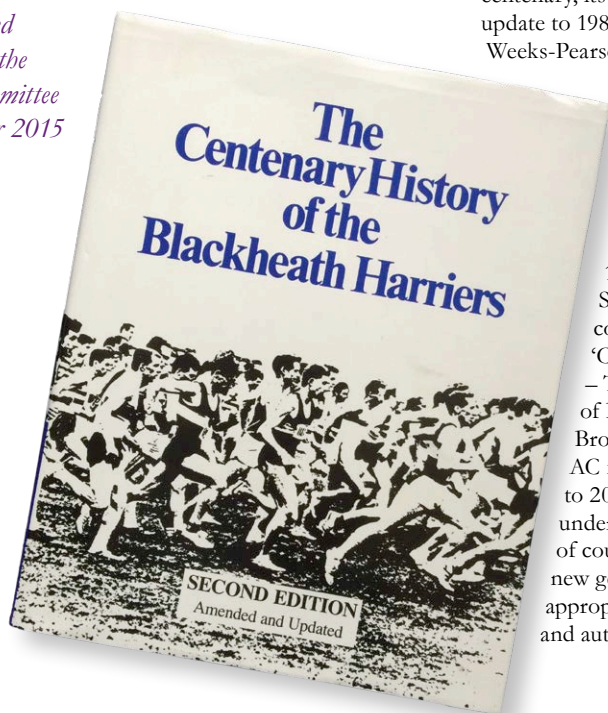
In connection with the proposals for celebrations of the Club's 150th anniversary in 2019 an ad hoc group has been formed in order to make proposals to the Executive Committee on how the club may wish to celebrate the 150th anniversary. The group considered such matters that covered a full range of activities which could form the structure of a season lasting one year and through its spokesman, Past President Chris Haines presented its proposals to the Executive Committee at its November 2015 meeting.

Being mindful of the last time such a significant event in the Club's history was observed, back in 1969, the Centenary Year, the group looked at the precedents of club history and considered what would be fitting events to mark this landmark. Since the Centenary celebrations extended for a whole year from April 1969 to March 1970 it was proposed that the 150th season should run from the AGM in March 2019 through to the following year's AGM. Such a period would coincidentally include the quadrennial club photograph which would be due in 2020.

Also discussed at length was the matter of the design of a suitable logo to be used, with different designs being needed for such diverse purposes as club clothing and kit, trophies, and the website. Peter Rogers and other club members with graphic design skills would be consulted on this.

Being aware of the importance of club history in organising a program of anniversary celebrations, the group recognised both the existence of an extensive published club history, originally produced by D.K. Saunders and A.J. Weeks-Pearson in 1969 for the club centenary, its subsequent update to 1989 by Tony Weeks-Pearson and Peter

Baigent, and the as yet unfulfilled need for a further update to take it up to the 150th season. Such an update could be called 'Changing Times – The History of Blackheath & Bromley Harriers AC from 1989 to 2019'. Such an undertaking would of course require a new generation of appropriate researchers and authors with the

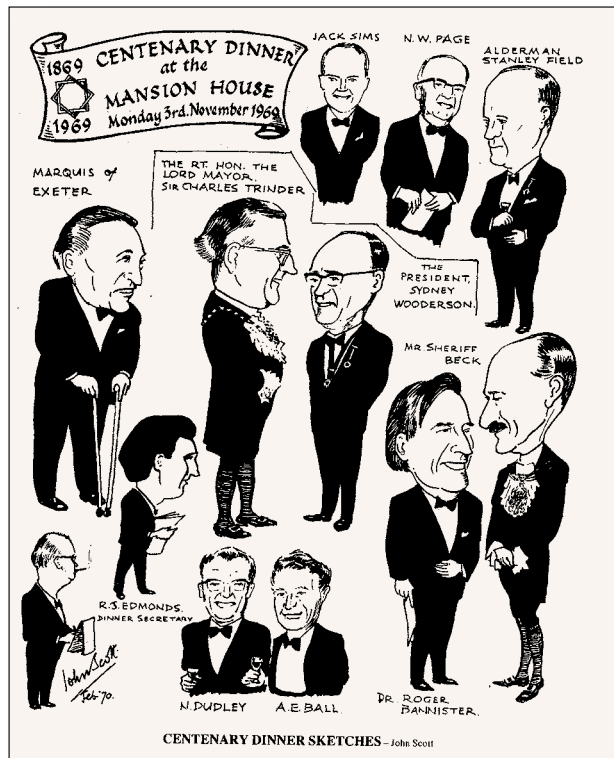


skill to produce a chronicle in the true spirit of the club.

Remembering such appropriate events as marked the centenary celebrations, particular athletic and social events were considered, although not as carbon copies of those held in 1969. After considering a repeat of the 100 x 1 mile relay, it was generally accepted that this would not be appropriate and a quite different mass participation event involving all ages was considered more relevant. However an Invitation 150th Anniversary Meeting at Norman Park Track should be arranged to include 150m sprints and the Sydney Wooderson Memorial 800m races to reflect the club's strengths and standing in athletics.

Two main social events would be held one of which would be the Club Dinner, to take place at a prestigious venue, similar to such previously used venues as the Mansion House and the House of Commons, but not necessarily these two in present times. By having prestigious venues it would be easier to attract official guests of some standing. The other would be a Dinner Dance to be held at a more local venue such as the Warren or the New Inn.

In summary the recommendations of the Ad Hoc Group were as follows:



CENTENARY DINNER SKETCHES - John Scott

- 1 The 150th Season would run from March 2019 to March 2020.
- 2 Two logos to be designed with a 150th season theme, for clothing and for other items including the website.
- 3 An update to the club history will be published.
- 4 An invitation Anniversary Meeting will be arranged
- 5 The Club Dinner in 2019 would be held at a prestigious venue.
- 6 A dinner dance or modern equivalent should be held at a local venue.

These recommendations were placed before the Executive Committee at the November 2015 meeting and were endorsed accordingly. There would be no formal stipulation as to when the Club History update might be completed but Chris Haines suggested it would be a five year project to allow for research into subjects with very little formal records. Andy Edwards, PP Pat Calnan and VP Wilf Orton have expressed an interest in taking this on.

Pat Calnan revives the Courier



For over 40 years the Courier or its predecessors provided a valuable source of information about the performances of the club's athletes in all competitions and at all levels. But after its editor produced his last issue in September 2010 no further issues were produced for five years and for a while the magazine was discontinued due to the use of alternative methods of recording results. So it was with some relief that last year the Courier re-emerged in a new format and style, thanks to the enthusiasm and willingness of PP Pat Calnan.

There had always been a means of recording the results and achievements of the club's athletes and from the late 1970s this was primarily done by the Courier through its successive editors. The September issue, however, proved to be the last one produced for five years as its editor relinquished the role to take on editorship of the Gazette. After the new editor

quit due to professional and personal commitments there then followed a period during which various attempts were made to recruit a new editor but without success and in 2013 the committee decided to discontinue the publication due to lack of a need for it.

However Pat Calnan, having stood down as Press Officer, decided that such a need still existed, especially as the internet could not be relied upon to find results easily. They might be found on the website but not in one place and finding races might involve a fiddly process of opening up large numbers of files. *"The older the event, the more chance that the link to a website won't work"* and athletic press reports might not give the results of grass roots level races. It seemed therefore to Pat that the revival of the Courier was necessary because it would bring all club results together, including something it has in the past done well, reporting on obscure results from those members of the club such as older members whose performances do not get the coverage from the athletic press.

Bearing these things in mind Pat has set out to revive the Courier and the result is, on the whole, a well produced magazine full of useful information including social

events and forthcoming fixtures, just as the old Courier did in its previous incarnation but with a different layout. One feature which was incorporated from the old Gazettes are the news flashbacks going back 25 years, and makes for interesting reading if you wish to trace the beginnings of current major athletes or the exploits of senior figures in the club, and there are plenty of archival photos to jog the memory.

As someone has commented on the issues which have so far come out *"They make for very entertaining reading, as well as giving us results."*

The new Courier was produced in October 2015. When it was last produced the Courier came out every two months but Pat's aim is that it should be published monthly. so, after a long established club institution was deemed to be unnecessary in this digital age, it has been proved that with a certain amount of drive and enthusiasm there is still a place in the club for a publication that covers the progress of its members at the grass roots level and remembers with affection the exploits of athletes in past days.

Ferdinand Alf

Sport Bromley honours John Blackie

Sport Bromley presented their annual awards for Coach and Volunteer of the Year on Monday 5th October at the Pavilion in Bromley. The Mayor plus Council leader and also the Chief Executive attended the Bromley celebration of their 2015 London Youth Games participation and Sport Bromley used the occasion to make their awards.

The Coach of the year award was presented to John Blackie by Sport Bromley President, Bernard Holley. John is the Coach to local lass Dina Asher-Smith who this year at

19 has become the fastest ever British lady sprinter. John is a well renowned and extremely successful sprint, hurdles and jumps coach and has won this award previously. His squad includes English Schools Champions, National and International medalists at all ages, even over 60 years of age! It was acknowledged that if Dina is as successful in Rio in 2016 as we all hope then Sport Bromley will have not much option but to present John with the same trophy again next year!

Volunteer of the year was Manola Toschi-Restivo but not for her work in her chosen sport of Fencing for which

she is well known. A Bromley team was required for indoor rowing for the London Youth Games and Manola, starting from scratch, very successfully put together and trained a team of 10 pupils from years 7 to 11 that placed a very creditable 13th out of the 30 odd London Boroughs. But this in no way was allowed to impact on her fencing commitments. Indeed, Manola has previously won the Coach of the year award for her work in that Sport.



Executive Committee 2015/16

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David Cordell

Immediate Past President:

Dick Griffin IPP

Chairman of Committee:

Andy Tucker VP

Hon Secretary:

Hanna Cordell VP

Hon Treasurer:

David Appleton VP

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Summer – Tim Soutar PP

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Stephen Hollingdale PP

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Wilf Orton VP

3 ordinary members:

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Track & Field Secretary:

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Cross Country Secretary:

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Past Presidents

Existing Past Presidents of Blackheath Harriers AC:

Alan J Brent (1966/7), Peter J G Baigent (1971/2), John R Baldwin (1975/6), Colin M Brand (1978/9), Brian G Stone (1979/80), Ian C Wilson (1981/2), Derek L Gregory (1986/7), Alan M Pickering (1992/3), Steve H Cluney (1994/5), David White (1995/6), Mike J Mahoney (1997/8), Chris R Haines (1998/9), Richard J Coles (1999/2000), Mike Davies (2000/1), Mike Peel (2001/2), Pat Calnan (2002/3).

Existing Past Presidents of Bromley AC: (to 2003)

Daphne Reed, Joyce Hepher, Junior Field, Paul Jearum, Maureen Miller.

Past Presidents of Blackheath & Bromley Harriers AC:

John Robinson (2003/4), Margaret Baldwin (2004/5), Anne Cilia (2005/6), Ken Daniel (2006/7), Les Roberts (2007/8), Tim Soutar (2008/9), Alison Brand (2009/10), Richard Coe (2010/11), Denis Lawrie (2011/12), Steve Hollingdale (2012/13), Robert Cliff (2013/14), Dick Griffin (2014/15).

Vice Presidents

Existing Vice Presidents of Blackheath Harriers AC:

George H Smith (1960), John E Lindblom (1962), Derek F E Hogg (1964), Tony V Hayday (1968), Richard J Edmonds (1969), Robert Richardson (1969), John Lissaman (1972), Barry M Shapcott (1973), Geoff R Last (1974), Gordon Hickey (1975), Frank C Rogers (1976), Frank J Dyter (1977), Jerry C W Friend (1977), Andy W Frankish (1979), Peter E Shephard (1979), Jack Braughton (1980), Peter C Hannell (1980), Mike A Winch (1981), Ian K Young (1982), Gordon Brooks (1986), Simon Parsons (1990), Jim Phelan (1990), Nigel Keogh (1991), Trevor Llewelyn (1991), Nick Brooks (1992), Bill R G Foster (1992), Mark I L Watling (1993), Steve J Freemantle (1995), R Colin Poole (1995), Alan R Stevens (1995), Peter A Long (1996), Nick Nuttall (1997), John E Turner (1997), Peter Lester (1998), Garry F P Spencer (1998), Bill Clapham (1999-2013), Mike J Cronin (1999), David Liston (2000), Roger A Michell (2000), Brenda Brent (2001), Paul Byfield (2001), Roger Counter (2002), Len Dalmon (2002), Roy Smith (2002).

Existing Vice President of Bromley AC:

David Green.

Vice Presidents of Blackheath & Bromley Harriers AC:

John Blackie (2003 ex BAC), Willem Buttinger (2003 ex BH), Ian Dibbens (2003 ex BAC), Hilary Gibbs (2003 ex BAC), David Taylor (2003 ex BH), Simon Tolson (2003 ex BH), Myrtle Augee (2004), Julian Golding (2004), Helen Godsell (2004), Simon Lloyd (2004), Anthony Pontifex (2004), Brian Power (2004), Nick Gasson (2005), Brendan McShane (2005), Brian Hartley (2006), Paul Patten (2006), Kate Pratten (2006), Michael Skinner (2006), Ray Gibson (2007), Richard Holt (2007), Mark Purser (2007), Rob Brown (2007), Bob Minting (2007), Costas Karageorghis (2008), Tom Phillips (2008), Terri Shotton (2008), Andy Tucker (2009), Roy Watkins (2009), Allan Williams (2009), David Appleton (2010), Peter Lovell (2010), Steve Pairman (2010), Colin Rowe (2010), Paul Austridge (2011), Con Griffin (2011), Deniz Mehmed (2011), Wilf Orton (2012), Hanna Cordell (2013), Mick Jones (2013), Mike Sheppard (2013), Dave McKinlay (2014), Alex Gibbins (2014), Richard Hall (2014), Jane Bradshaw (2014), Julie Asher-Smith (2014), Marion (Maz) Turner (2015), Sheila Griffin (2015), Jackie Montgomery (2015), Adrian Stocks (2015), Tim Ayres (2015).

Photographs

Karen Desborough: p22/23.

Jay Galley: f/c, p1, 2, 4, 10, 12-21, 30-32, 35.

David Griffiths: p26 (middle top)

Chris Haines: p3.

Rod Harrington: p11, 18, 21 (top right), 24-26, 28-29, 33-34, 36-40

Nick Kinsey: p42.

Mike Martineau: p46.

Mike Peel: p40 (right), 41, 50

The editing team wish to express their thanks for all those who contributed articles and photographs for this issue. The editorial team make every effort to correctly identify and credit all the photographers but occasionally this is not possible. If you took a photograph but haven't been credited please let us know and we will publish the details in the next Gazette.

