

BLACKHEATH & BROMLEY HARRIERS AC

GAZETTE



Dina Asher Smith celebrating her 4x100m relay Bronze Medal at the Rio Olympics

A club well worth backing

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CONTENTS

Athletics Reports

- 1 Senior Men
- 5 Senior Ladies
- 8 Vets and Masters
- 9 U13 Boys UK UDL
- 15 U13 Boys Inter Counties
- 16 U13 and U15 girls
- 18 Kent YAL
- 24 Girls YDL
- 28 Girls YDL Final
- 31 Rio Olympics
- 33 Rio Recollections
- 36 Paris Handicap

Features

- 38 Dorando Pietri
- 41 The club in the 1930's

Obituaries

- 44 Jack Broughton
- 47 Gordon Hickey

From the Editor



As we are only just going into print in the late summer of this year (2017) the events described in this issue are no longer instant news but nevertheless fall into the period covered by the issue e.g. the summer season 2016. Prominent amongst these are the impressive performances of Dina Asher Smith

who won a bronze in the sprint relay team, and Adam Gemini who so narrowly missed out on a medal in the Final of the Men's 100 Metres.

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. As we are going to press the passing of Club secretary Hannah Cordell has been announced. A full obituary will be published in the next issue. However in this one we have detailed obituaries of two distinguished elder members, Jack Braughton, who ran in the 1948 Olympics and Gordon Hickey the high jumper who gained a new identity as a championship winning shot putter.

As I mentioned before we shall be requiring new personnel on the editorial team and this will be the last issue in which Peter Rogers will be contributing his talents both as a graphic designer and also selector of pictures, a role in which he has given me invaluable contribution since 2010. I would like to express my heartfelt appreciation and thanks for all he has done on the magazine, for taking on the layout of this issue at short notice and hope that we can find as committed and talented a designer to take over from him in the near future.

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

2016/7 President Bill Foster, Paul Astride VP, PP Dick Griffin, PP John Baldwin, John Wakeman VP, Kate Desborough, PP Mike Martineau, PP Tim Souter, Hugh Stanbury, PP Alison Brand, PP Brian Stone.

The next issue covering the winter 2016-17 is now in preparation and the deadline for submission of reports is November 2017.

The Senior Men in the British League 2016

The British League Mens' team continues to improve, with the squad increasing in quality and depth, writes Pat Calnan. We finished the season in third place in Division One. Going into the last match we could have got promoted whereas the previous two seasons at the last match there had been a chance we could have been relegated.



Match One – Watford 7th May

We started the season with a reasonable fourth place having led in the early stages. Ten members of the team were making their debuts for the British League team and pleasingly they all performed admirably.

Highlight of the afternoon was the performances of our horizontal jumpers. Tom French, on his Club debut, won the long jump with a personal best of 7.60, no doubt encouraged by John Wakeman's promise of a meal if he achieved the feat. Mark Cryer took runner up spot in the B string and then Jonathan Ilori (15.30) and Rob Sutherland (14.57) won both strings of triple jump. It was a welcome return for Jonathan who has been studying in America for the previous four years.

Also returning to the team was pole vaulter Scott Huggins but things didn't go to plan as he pulled up injured on his first attempt. This meant B stringer Lewis Church who cleared 4 metres moved up to the A string. Lewis, who competes for us as a Higher Competition athlete had a busy debut as he was also second in the B string 110 hurdles, cleared 1.95 in the high jump, took third in the B shot and ran a leg of the 4x400. As well as his long jump exploits Mark Cryer was also in action in the discus and javelin while Alex Pope scored steadily in all four throws.

On the track Phil Sesemann ran a new best of 1.52.69 to finish 2nd in the 800 and he also took the runner up spot in the 3000

metres. Not only this, he also came 6th in the B string hammer. He travelled down from Leeds with training partner James Habergham, another new HCA, who showed what an important member of both Senior and Junior teams he would be as he won the B string 800 metres and gained 2nd in the B string 1500.

Another HCA and Junior Joe Fuggle took third place in the 400 hurdles with 53.65 and Jack Messenger won the B string in a new personal best of 54.01. Both 400 metre runners made their League debuts with Elliott Holland running a useful 49.35 in the A string 400m for 6th place, and Ocean Schwartz timing a pb of 48.71 in winning the B string. Both steeplechasers Dan Kennedy and Charlie Davis also ran pbs.

Toby Olubi and new boys Shamar Thomas Campbell and Alex Skipp picked up some good points in the sprints as did Alex Bruce Littlewood in the 3000 metres, despite being under the weather. Work and family commitments meant he would have to rein in his Athletics for the rest of the year and we badly missed him. We hope he will be back in action for us in the not too distant future.

So not a bad day. We had some gaps at the start of the day but everyone mucked in to ensure every string of every event was filled and numerous personal bests were achieved. We would have preferred a top three place. Thames Valley won the match with Southampton runners up and Enfield & Haringey third.

Continued

Match Two - Linford Christie Stadium, West London 4th June

It's a long time since we've had a match at this venue and it didn't look like the grass had been cut in the meantime. To spectate at the pole vault the supporter had to wade through grass well above their knees and various plants and weeds hung over lane 8 on the first bend.

Again our best events were the horizontal jumps, this time with maximum points scored. There were no long distances recorded, possibly due to the state of the runway and pits. Tom French and Mark Cryer won both strings of the long jump and Jonathan Illori and Rob Sutherland the triple.

Lewis Church, Steve Timmins and Alex Pope all had a busy day in the field and there was also a debut for under 17 George Pope in the pole vault. He equalled his best of 3.20 and this proved a springboard to further improvement the following weekend.

On the track Graham Rush front ran the 5000 metres to take victory by the length of the straight in 14.35.74 and James Alaka won the 200 having been piped in the 100. Will Fuller couldn't have come much closer to winning as he was outdipped on the line in the 1500.

Debutant Joss Barber picked up useful points in the B string.

This wasn't an easy match and we were reliant on a number of athletes covering more than their normal events. Thanks



therefore to Richard Webb, Duayne Bovell, Marco Arcuri (on his debut for the team in the 5000) and James Habergham. When the dust had settled after a tough afternoon we had finished 6th on the day and due to a shuffling of placings from the first fixture we remained fourth. We were the third best field event team on the day but seventh on the track. We would need to improve on the track as just one league point separated 3rd and 7th in the table.

Match Three - Norman Park 2nd July

Now this was more like it. We took second place on the day to give ourselves an outside chance of promotion and little possibility of relegation. We had already scored more League points than the whole of the previous season.

Our track performances improved significantly with Phil Sesemann winning both the 800 and 1500 metre A strings and James Habergham and Will Fuller picking up maximum

point in the B strings. Kieran Daly scored a good victory in the 100 with Toby Olubi runner up in the B. Ocean Schwartz set a new best of 48.67 in the 400 and Mark Cryer made an impressive return to 400 hurdling picking up runner up spot with the ever reliable Jack Messenger fifth in the A string.

Mark was also part of our highly successful jumps squad. He and Jonathan Illori picked up good points in the long before Jonathan was pipped on countback in the A string triple and Rob Sutherland cleaned up in the B. This second place in the A triple was to prove the only points we dropped in the event all season.

Lewis Ely picked up a useful B string victory in the high jump with Jake Field going over 1.90 in the A string. We provided youth and experience in the pole vault as for the second year running the evergreen Allan Williams competed with a B string, on this occasion George Pope, who was less than a quarter of his age! Steve

Timmins and Alex Pope had busy afternoons in the throws with Alex Pope winning the B shot and Lewis Church scored useful points in the javelin, a foot injury prevented him from jumping and hurdling.

Hosting these matches is always a major exercise and so thanks and congratulations are due to all those who contributed to the organisation of such a successful fixture.

Match result.

- 1 Thames Valley 348
- 2 Blackheath & Bromley 298
- 3 City Of Glasgow 286
- 4 Southampton 276
- 5 Herne Hill 264
- 6 Harrow 256
- 7 Basingstoke & Mid Hants 235
- 8 Enfield & Haringey 209



Overall.

- 1 Thames Valley 24 (1032)
- 2 Southampton 19 (888)
- 3 Blackheath & Bromley 15 (831)
- 4 City Of Glasgow 13 (763)
- 5 Herne Hill 11 (793.3)
- 6 Harrow 10 (744.5)
- 7 Enfield & Haringey 9 (742.3)
- 8 Basingstoke & Mid Hants 7 (709.8)

Match Four - Basingstoke 6th August

Hmmm. Well it was an interesting match. It was a great example of what a club can do when it gets its best athletes out. Basingstoke & Mid Hants were bottom of the table after three matches. On home ground they won the fourth fixture and avoided relegation. It was Enfield & Haringey and Herne Hill who ended up relegated while we were seventh on the day but finished the season third overall.

It could have been a good day for us but we had too many athletes injured and ill. Having said that there were great performances in what was a high standard fixture with positions changing throughout the afternoon.

We scored 125 points in the field events a little bit down on the 134 we scored at the match at Norman Park. Yet in 8 of the strings we were better than the NP fixture, in 4 we were not so good and in 4 the performances were the same.

Our high jump performances were the same at each match but the points scored were hugely different. The weather did have some influence. At Norman Park, Jake Field was 3rd equal in the A string with 1.90 and Lewis Ely won the B string with 1.80. At Basingstoke, Lewis cleared an equal season's best of 1.90 and was last in the A string while Mark Cryer was 6th in the B string with 1.80. So at Norman Park we scored 23 points, at Basingstoke 7. This

was an example of the high standard of the match.

A big shout to the magnificent 7 who did all four matches, Toby Olubi, James Habergham, Mark Cryer, Lewis Ely, Jonathan Ilori, Rob Sutherland and Alex Pope. Jonathan's 15.76 won the triple jump by an astonishing margin of over two metres and he was second in the long jump with 6.96. Rob won every B triple jump at the four matches. They scored 110 out of a possible 112 in the triple over the season.

Toby probably had his best ever day for the team taking third in the A string 100 and fourth in the A 200. In both he beat athletes who have run faster than him over the season.

James made the long trek down from Leeds to compete in a loaded 800. With the heat and strong winds it was not a great day for doubling at. We had four middle distance runners on the day, three of them under 20s, to cover eight strings, that was a tough tough ask.

Mark had a busy day as he tried to finish as our top points scorer of the season but Alex just held on to his lead. Alex was omnipresent in the throws. Sometime we must have a contest to guess how many points he has scored in the League over the years. Steve Timmins did three throws. It's a strange year when Duayne Bovell isn't at all the matches but he was injured early season. Ever dependable he picked up some useful B 100 points.

Elsewhere Scott Huggins produced a classy 4.80 vault;

Continued

Luke Smallwood was third in the 400; and Jack Messenger had a good win the B 400 hurdles.

Joe Fuggle had the misfortune to have his blocks slip at the start A 400 hurdles while fellow first year under 20 Josh Barber had a very decent race in the 1500. Will Fuller broke two of the under 20 club records previously held by Olympian Mark Steinle over the course of the season. He doubled up with thirds in the B 800 and A 3000.

We had two under 17s making their debuts and they did fine. Femi Sofolarin threw the javelin the equal furthest by a Club member in the League this year. Frankie Scrivener equalled our best position this season in the B string pole vault. He would have needed to clear over a metre higher to move up a place!

It was good to have Shaun Cooke in the team as he returns from injury. Finally Dan Kennedy, who is on his way

back after injury. At the start of the week he was in the B 800 subject to availability of other middle distance runners. He ended up in the chase and also volunteered for the 3000. This was partly due to Alex Gibbins being involved in a car accident.

Thanks to John Wakeman for all his help over the season to all the supporters and to Jane Bradshaw who provided physio.

So the final League table is

- 1 Thames Valley 31 (1322)
- 2 Southampton 25 (1177)
- 3 Blackheath & Bromley 17 (1086)
- 4 City Of Glasgow 17 (1036)
- 5 Harrow 15 (1029.5)
- 6 Basingstoke & Mid Hants 15 (1023.8)
- 7 Enfield & Haringey 12 (1009.3)
- 8 Herne Hill 12 (996.3)

Third place in a tough division is pretty good for the season. It equals our position of two years ago which was our best placing in the League for over a decade. We are improving too. Match points in 2014 were 1019.5, and in 2015 1044.5, but I'm sure we can do better than this year's 1086!

Who were our top points scorers this year?

- 1 Alex Pope (97)
- 2 Mark Cryer (94.25)
- 3 Jonathan Ilori (88.75)
- 4 Phil Sesemann (63)
- 5 Toby Olubi (61.25)
- 6 Steve Timmins (61)
- 7 Lewis Church (57)
- 8 James Habbergham (53)
- 9 Rob Sutherland (48)
- 10 Jack Messenger (46.75)
- 11 Will Fuller (46)
- 12 Tom French (32)

- 13 Lewis Ely (31)
- 14 James Alaka (30)
- 15 Joe Fuggle (26.5)
- 16 Richard Webb (20)
- 17 Shamar Thomas Campbell (16.5)
- 18= Graham Rush, Kieran Daly, Ocean Schwartz (16),
- 21 Luke Smallwood (15.25),
- 22 Dan Kennedy (15)
- 23 Georges Vacharopoulos (14),
- 24 Jake Field (11)
- 25 Shaun Cooke (9.25)
- 26 Josh Barber (9)
- 27 Duayne Bovell (7.75)
- 28 Elliott Holland (7.5)
- 29 George Pope (7)
- 30= Peter Tucker, Alex Bruce Littlewood, Alex Gibbins (6)
- 33 Femi Sofolarin (5)
- 34= Frankie Scrivener, Allan Williams, Charlie Davis, Alex Skipp, Marco Arcuri (4)
- 39= Tom Desborough, Richard Holt (3)

What were our best events?

The maximum for an individual event is 112, and for relays 64.

- 1 Triple Jump (110)
- 2 Long Jump (100)
- 3= 100 and 800 (78)
- 5 1500 (70)
- 6 Hammer (69)
- 7 400 Hurdles (68)
- 8 3000/5000 (67)
- 9 Shot (56)
- 10 High Jump (55)
- 11 3000 steeplechase (52)
- 12= 200 and 110 hurdles (51)
- 14 400 and pole vault (45)
- 16 Discus (34)
- 17 Javelin (29)
- 18= 4x100 and 4x400 (17)

Bill Foster



You can't keep a good team down

Senior Ladies bounce straight back into the Premiership

On paper, few would disagree that we have one of the best senior women's track & field teams in the country. (Which is hardly surprising when one considers, by any measure, we've been by far and away the best Junior women's team in the country for more than a decade.) Yet we were relegated from the Premiership last year. How could that be? The answer is remarkably simple: we don't compete on paper and, like fine wine, we don't travel well. The goals this season were, therefore, to regularly turn out teams representing our real strength and thus ensure a return to the top division.



Bristol 5th June 2016

Our bid for promotion back to the Premiership needs to start with the first match, but a host of athletes are unavailable. On arrival at the Kip Keino Stadium, on what is already a bright sunny day, a dark metaphorical cloud appears: we're informed that one of our senior international athletes is ineligible. No valid explanation is provided – as there is none: she has been properly registered - but it is agreed she can compete, on the understanding that she may be subsequently disqualified. Knowing the rules better than the League officials, we decide to take the risk and she duly wins her event. Several days after the match, the League purport to disqualify her. It takes several weeks, and the intervention of England Athletics, to have her reinstated. All's well that ends well?

We appear to have a mental barrier with barriers and have been unable to field a single 400m hurdler or steeplechaser. Thus we give all the other teams a head start by having no-one in the first track event. In addition, although our throws squad is the strongest in living memory, one of our hammer throwers is missing, presumed lost - as a number of the team have had problems locating the stadium. Subsequently, it is discovered that she had sent a message informing of injury. Not the best of starts.

The 800s see us beginning the fight back, with a season's best

from Niamh and a B string win for HCA Caroline Ford on her return from injury. The 400s and sprint hurdles secure valuable points. (No barrier phobia here, thank goodness, and thanks to Juniors, Issie Hilditch and, B string winner, Annie Davies). We're still being written off in the team standings, but an exemplary 3000m from Jackie Montgomery (fresh from her win in the B PV) in support of Clare Elms, and a double win in the TJ from Chioma and Annie, see us eating into the points deficit. A double winning double in discus and shot, from Divine and Team Captain Shaunagh, underlines our throwing strength and gives us further hope, as do our 200m pairing of Maya and Rachel (another B win). Not to be outdone, our 1500m ladies also perform well, despite the heat, with Kelly Grant passing her Woodford opponent after an epic battle down the home straight. (Little do we know how important that will be!) Not to be outdone, our sprint relay team then eases to a comfortable win before our momentum comes to a shuddering halt as we have to watch a steeplechase devoid of any Club competitor.

Despite a good 3rd in the Javelin from HCA Ellie Jamieson, on debut, the match draws to a close with us feeling 'if only'. There are problems with the software and no results are available by the time we have to leave for our train. We receive them on our way home

Continued

and, remarkably, they show that we've climbed to 2nd. (No-one can recall playing our 'get-out-of-jail-free card', but it clearly worked.) It's not 'til the next day that we're informed there has been an adjustment and we have actually finished level on points with Woodford. For some reason, they are still held to have won the match and, despite much correspondence, it is not until half-an-hour before the final match that it is acknowledged that we finished 1st equal and a share of the points. (And during the interim, as a result of the unfounded disqualification, we had been relegated to 4th place - you really couldn't make this up!)

Lee Valley 3rd July 2016

This is the nearest we get to a home match and we have a slightly stronger team as a result – that fine wine again. Our barrier phobia continues: despite an extensive search, no-one from the Club's distance sorority is prepared to become



a steeplechaser and, as a result of European selection and the need to rest niggles in advance of the following week's English Schools, we have no sprint hurdlers. We do, however, have a brace of long hurdlers – Becky and Sarah (returning after some time away from the sport!) - and they get us off to a sunny start. In the field, the hammer also

gets us off to a much stronger start, with Divine, on her debut at the event, providing Shaunagh with solid support. It proves merely to be a warm up for the shot and discus where our dynamic duo once again ensure maximum points in both events. We're not quite as strong in the javelin, but another debutante, Maite, ensures we come away with solid points. It's a bit tougher in the jumps, though Chioma and Zara continue our dominance in the triple jump.

Back on the track, the sprinters, Maya, Viv and Rachel, are putting in some solid performances. We're struggling a bit in the 400s, but Sonia and Sarah, fresh (?) from her hurdles, agree to fill in and salvage some good points. Highlight of the middle distances is a new Club M50 record for Clare, ably supported



by a rare appearance from Kate, with Niamh also impressing over 1500m in her warm up for her final English Schools. With Kelly also running well in the 1500 and Jess and Leah maintaining the momentum in the 800s, it's the steeplechase no-show, that has us heading into the relays with work still to do.

The 4x100m doesn't let us down, with Maya, Rachel, Modupe and Viv leaving the other teams trailing in their wake. The meeting is then brought to a successful close by the 4x400 team, who secure a fine 3rd place, thanks, in no small part to an impressive debut by Maya, which is good enough to ensure we return home as match winners.



Manchester 7th August 2016

We head North for the last match sitting atop the League knowing that a top 3 finish will get the job done. Injuries and holidays have conspired against us: despite unstinting efforts, we're still under-represented

in too many events and we may well need that cushion. Most of us travel the afternoon before and are treated that evening by Chris Hilditch to an all-you-can-eat buffet. The Team Manager tries to dispel thoughts that he may be playing the condemned man!

And so to Sports City and a positive start to the day. Not only do we have a full complement of hurdlers – and Becky and Sarah get us off to another excellent start – but we might even have the steeplechase covered. We also have our former UK record holder with us and Montell doesn't let us down, cruising to victory in the 100m, ably supported by Modupe. With a solid run from Kelly in the 800 and help from Amber in the B string, the opening track events are going well, a trend which continues, through Issie and Annie, in the sprint hurdles and Niamh and Clare in the 3000m. The same cannot, sadly, be said of the field. We're missing our Captain and both our international triple jumpers. Divine produces another shot and discus double and Annie and Anna pick up good 3rd places in the TJ and discus, respectively, but most of the other events are make do and mend. Grace even abandons her physio's couch in order to ensure we have a B string high jumper.

Fortunately, the track continues to deliver: we do much better this match in the 400s and a 2nd from Kelly and B string win from Niamh in the 1500s

do us no harm at all. Despite turning her foot coming out of the blocks, Maya places well in the 200 with Issie producing a fine 2nd in the B. The sprint relay team, minus Maya, finishes out of the medals, but Amber ensures we're represented in the steeplechase and the 4x400 squad, anchored by Niamh, claim 3rd to ensure we finish on a positive note.

Rapid calculations suggest we're probably safe for promotion but may not go up as Division Champions as we finish behind Woodford. But Cardiff do us a favour by pipping Woodford and 3rd place is indeed good enough to win the League. Our major goal has been achieved, but we still need to work on fielding stronger teams if we're to do well back in the Premiership. However, that's for next year. For now, we deserve to savour the moment.

Thanks to all concerned, including our dedicated band of officials and travelling supporters and Grace for her healing hands. Thanks also to John Hubbard for his work in ensuring travel and accommodation worked as smoothly as they might. And thanks to the squad, who did the hard work: Yimika Adewakun, Zara Asante, Anna Barnett, Niamh Bridson Hubbard, Shaunagh Brown, Maya Bruney, Kate Curran, Kerri Davidson, Annie Davies, Rachel Dickens, Montell Douglas, Clare Elms, Leah Everson, Caroline Ford, Krystal Galley, Kelly Grant, Isabella Hilditch, Ellie Jamieson, Jess

Continued

Vets and Masters

Summer 2016



Keene, Imogen Levy, Sarah McLellan, Beckie McLinden, Debbie Martin, Chioma Matthews, Jackie Montgomery, Christina Moore, Divine Oladipo, Viv Olatunji, Amber Reed, Jamiyla Robinson-Pascal, Grace Sheppard, Modupe Shokunbi, Maite Vanucci and Sonia Woolhouse.

Tim Soutar

It was a year of highs and lows. The women's team, using 15 athletes, came 2nd in the league after 6 events and made the final yet again. Unfortunately, on the day, only 6 of the team managed to attend. However they covered nearly every event (over 40 in total) and did not finish last team. It was a truly fantastic achievement! Clare Elms covered 10 events, including walk and javelin, Helen Godsell and Maz Turner 8 events, Jackie Montgomery 6, Maureen Miller 5 and Barbara Terry, over 70, covered 4 throwing events including over 50 Hammer and over 35 Javelin.

Sadly the men's team did not fare so well despite fielding 24 athletes during the season. It

was difficult to get the younger men to attend. This meant that much of the time over 50s and over 60s were attempting to win points in the vet 35 age group. This they did with all their might but they were very weak at 2 of the meetings and were unable to recover, resulting in the men's team being relegated to division 2. They have the ability to compete well and we're sure the 2017 season will prove it.

The atmosphere and competition is superb at these meetings so if anyone aged 35 years plus has not tried it before give it a go. You may be a great hammer thrower or sprinter!!

Maz and John Turner



(l-r) Maureen Miller, Helen Godsell, Barbara Terry, Maz Turner, Clare Elms and Jackie Montgomery.

U13 Boys

UK Youth Development League 2016

Match 1

Palmer Park, Reading 23 April

The Blackheath and Bromley U13 boys' squad kicked off their summer track and field season at a cold and windy Palmer Park, Reading in the first round of the UK youth development league (UKYDI).



Jacob Byfield hurdling to a new personal best.

Ten boys covered all events with four of them making their BBHAC debuts and one his track debut.

The day started well with a victory for Jacob Byfield in the hurdles in a new personal best time of 12.8, knocking over a second of his previous best. Jacob also jumped a big 4.42 to come second in the long jump and was part of the relay team that finished in a great 2nd place. Barnaby Corry ran his first complete three stride hurdle race and also knocked a second off his old personal best (PB), timing 14.9. Barnaby also equalled his best in the high jump clearing 1.25.

Matthew Smith made a great

start to his BBHAC career getting involved on the track and in the field. Matthew began his day winning valuable points in the shot put then the high jump having never competed in either of these events before. Next up was the 1500m and Matthew ran with maturity, pacing himself well and knocking over 15 seconds off his PB. A fantastic debut.

Sam Reardon took it easy, resting up for the next day's London mini marathon 3 mile race but was still able to put the shot 6.00m, place 2nd running a quick 28.2 in the 200m and running a great leg down the back straight in the successful 4 x100m relay team. Sam's dad John also had a busy day out in the field catching, sorry collecting the javelins, as part of our field officials team.

Another debutant Callum Carlton had a busy day taking on the seemingly bigger sprinters from the five other clubs. Callum ran well in the 200m and the 100m scoring more needed points for the club before leading off the nippy relay team on the first leg.

Good to have Alex Sibley back competing again after an enforced break from running and he did well, running near to his

personal best time. Alex also stepped up to the mark when asked to have a go at the javelin despite never having thrown in competition before.

Brandon Back had a strong run in the 800m knocking over 6 seconds off his PB and then made his debut in the javelin throwing nearly 16m. Ben Campbell made an impact on his club debut running an impressive 2:35.4 in the 800m and running a quick 100m despite running against a huge boy, at least a foot taller, in the adjacent lane. Ben finished his day leading home the relay team to a classy second behind a strong Reading four.

Oliver Robertson, another making his debut, jumped just short of 4m in the long jump and this was good enough for second place. Oliver also ran well and earned himself a new PB in the 800m finishing with great speed. Eddie Sellar has competed this winter over the country but this was the first



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time on the track and a well paced race saw him finish just outside 5 minutes, in a tough 1500m race, for a great new PB.

The U13 boys' efforts, along with the U13 girls and U15 boys & girls collectively saw us finish in third spot on the day.

Match 2

Southampton 21 May

Difficult weather conditions had little effect on the Blackheath and Bromley young athletes as they ran, jumped and threw their way to a strong 2nd position in the UK Youth Development League, just behind the equally strong home club Southampton AC.

This great result left us in 2nd place in the league and with the next fixture being at our home venue of Norman Park, we hope to build on this, to hopefully finish in the top two at the end of the season, thereby qualifying for the National final in September.

The U13 boys had a very successful day with eleven boys braving the elements and all producing some outstanding performances.

First to compete was Robert Murray, making his UKYDL debut and he started his day putting the shot a massive 9.43 to win the competition by nearly 3m. Robert then powered his way to a new personal best in 200m



(27.9) despite there being a strong head wind in the home straight. Robert had to settle for 2nd in the 100m but more than made for any disappointment by bringing the relay team home to a brilliant but soggy victory. Revenge is best served wet.

Multi eventing Sam Reardon started his day coming 3rd in the shot put and then showed he has speed and strength as he eased past his rivals in the last 50m of the 200m, finishing a pleasing 2nd. Sam's real strength showed as he dominated the 1500m leading from the front and controlling the race, crossing the line just outside his best. An impressive performance considering the wind and rain. Then, with little time to recover, Sam sped down the back straight as part of the winning relay team.

Jacob Byfield started his day in victorious form, comfortably winning the hurdles, in unfavourable conditions, not far outside his best. This bodes well for Jacob and the rest of the season. Jacob's versatility helped at his next event, the high jump. With the high jump landing mat now soaking wet the athletes doing the Fosbury flop landed in puddles fully on their backs. Being wise to this Jacob opted for the scissor style jump, landing upright on his feet! Remarkably Jacob was able to add 10cm to his best and stay relatively dry!

This prepared Jacob well as he soared to a big new personal best and a win in the long jump before teaming up with the relay boys to post another victory.

Barnaby Corry had another great day of athletics coming

2nd in the 75m hurdles showing great technique against the wind. Bob (as many call him), then equalled his best in the damp high jump, Fosbury style, placing second again and then tasted winning ways in setting the relay team off to a great start.

Alex Sibley wiped a big chunk off his best in the 800m running 4 seconds quicker than ever before, in not the best conditions, winning valuable points for the team. Alex also did some speed work in his first club 100m race.

Brandon Back knocked nearly 2 seconds off his best in the 800m as he took two scalps up the home straight to finish an impressive 2nd and again more valuable points towards the overall team score.

Matthew Smith looked dominant in his first 800m for the club and was pleased with his 2:38.6 time. It was then a quick turn around and change of number, with hardly enough time for a packet of crisps, before sprinting against the wind and the rain in the 100m.

Josh Buddle Smith also ran his first 800m for the club and recorded a new best of 2:48.2 and this was a great warm up for his javelin competition where he threw just a few cms short of his best but finished in a strong second place.

Nick Paddington added over two meters to his javelin personal best getting closer to the elusive 20m mark collecting more important points for the BB team.

Oliver Robertson had a difficult journey to Southampton getting caught up in a huge tail back on the motorway but unlike the weather this didn't dampen his spirits as he ran a quick 100m as a warm up for the long jump, where he leaped to a fantastic new best, over 4m for the first time and in doing so securing all important team points.

It was also great to have Thomas Penlington back in the team for his first competitive race of the summer season and he did well in a tough 1500m running close to his PB with a time of 5:11.8.

Match 3 Norman Park 19th June

Blackheath and Bromley HAC young athletes took full advantage of their home fixture, in the third round UKYDL National match, producing some fantastic results to comfortably win on the day. Many of BBHAC stalwarts had set the scene early, putting up team tents, stocking the beer tent and refreshment stall, lighting the BBQ and laying out all the generously donated second hand clothes and shoes.

Norman Park is one of the best tracks in Kent if not Nationally and was enhanced by some glorious weather and witnessed great competition of a high standard. BBHAC club records are all quality performances and to break one requires excellence, so particularly pleasing to see two club records broken and one equalled.

Ellie Dolby led from the front in the U13 girls 1200m and comfortably broke Naomi Kingston's strong 2012 record by nearly three seconds and the U15 boys' quartet of Peter Guy, Ben Bennett, Pedro Gleadall and Robert Suckling sliced two seconds from last years record breaking 4 x 300 m relay time, an impressive relay team. Ellie Barratt jumped brilliantly in the pole vault equaling the 3.0m U15 club record.

The U13 boys excelled and probably produced their best set of results so far this season.

Multi talented Sam Reardon had a bumper personal best day running and throwing bests in all four of his events. Sam started the day winning the B string 200m in a quick 27.7 then had a couple of hours rest before the javelin, where he threw a long 25.60m again winning the B string. Changing his focus Sam then lined up for the 1500m, possibly his strongest event. Having already reduced his best time by thirteen and half seconds this year another PB

Continued

looked hard to achieve but with great competition from the Southampton athlete Sam kept pushing on from the front and was delighted to cross the line in first place, in a winning time of 4:32.2, hacking another five seconds off his best, a truly stunning performance.

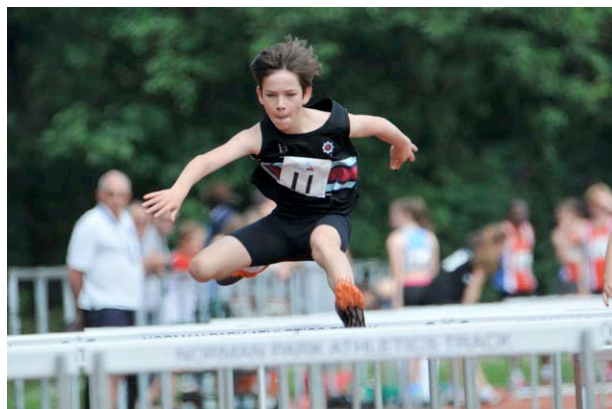
Without time to think about tired lactic filled legs Sam was then called upon to sprint the

an inspired decision that was as Charlie Adams excelled on his Blackheath and Bromley debut. Charlie had a great series of throws but saved the best until last as he launch the spear out to massive 26.19m, not bad in his first club competition. Charlie also scored valuable points in the shot, putting just short of 6m. I'm sure Charlie's parents and grand parents, there watching,

himself off and completed the race. Bitterly disappointed, Jacob was met with loads of encouraging words from team mates, parents and complete strangers but was reassured that if he runs at that pace next time the club record will surely go. Not letting disappointment get in the way Jacob then produced three lifetime best performances, first in the high jump clearing 1.40m. A great series of jumps in the long jump, just shy of the elusive 5m for his second PB and being part of the winning relay team his third PB. Well done to Jacob who didn't let his disappointment affect the rest of his day.

Robert Murray also had a PB bonanza as he recorded three new bests and one equal best. Robert started his day putting the shot out to a huge 10.88m and was rewarded with a fantastic fourth place in the National rankings. Two quick sprints from Robert up against a lightning fast Reading lad resulted in an equal best in the 100m of 13.3 and a great new best of 27.2 in the 200m. Robert capped his day leading the relay team home in a seasons best time.

Connor Sutton making his National team debut showed he has the potential to become a class athlete as he cruised to a new best 100m time of 13.7 placing second in the B string against boys a year older



second leg of the 4 x 100m relay. Three very efficient baton hand overs, practiced in training, saw the boys run a seasons best and win by over two seconds, a performance that may well earn them a Kent relay call up.

Sports teacher Steve Timmins encouraged one of his pupils to come to the track after seeing him "naturally" throwing the javelin a fair distance during PE and what

were as impressed as the BB contingent were.

Jacob Byfield had another busy day and is full of running. First up was the hurdles and Jacob soon had a massive lead on the field as he effortlessly glided over the hurdles at break neck speed, possibly a bit too fast as Jacob caught the sixth hurdle and his momentum took him crashing through the seventh but such is his maturity Jacob dusted

than him. Connor then led the victorious relay team off with a fast first leg run.

Barnaby Corry had a great start to the day with a personal best in the hurdles and finished his day performing in "Werther" at the Royal Opera House! In-between times Barnaby scored more valuable points for the club coming second in the B string high jump just short of his best height.

Alex Sibley ran a positive, determined 800m race and scored a fabulous victory, winning the A string, slicing more than three seconds off his previous best.

Max Gregson also ran superbly in the B string 800m, also slicing off more than three seconds from his PB, coming a great second earning valuable team points and was soon tucking into a burger, to aid recovery.

Oliver Robertson, having just got back from a holiday in France with his school, ran a great 800m finishing strongly and knocking over seven seconds off his best time. Oliver then used the 100m to warm up for the long jump where he had a good collection of jumps all just under 4m, fractional below his best.

Adam Parkinson looked strong in the 800m and was pleased to have taken two and half seconds off his previous best.



Eddie Sellar in only his second National league fixture for the club ran brilliantly placing third in the 1500m but as importantly smashing through the 5 minute barrier for the first time with a very creditable 4:57.7.

A fantastic set of results saw us winning comfortably on the day and now placed second in the league table behind Southampton but just in front of Windsor SEH who will host the final league match on Saturday 16th July. We want to get the best possible result from this fixture and hope to finish in the top two and this would be enough to make the National final in September.

Match 4 Eton, 16th July

Summer finally arrived just in time for the final fixture of the 2016 UK youth development league, held at the beautiful athletics track in Eton.



With a place in the National finals at stake, competition was fierce and BBHAC's U13 boys excelled once again, recording over a dozen personal bests, numerous individual wins and a stunning relay victory to end the day on a high note.

Jacob Byfield's season continues in winning ways as he equalled his hurdles best as he comfortably won the 75m hurdles. Jacob then won the B string high jump before smashing the elusive five meter mark in winning the long jump in a new best distance. Jacob's day was rounded off superbly as part of the impressive 4 x 100m relay team.

Barnaby Corry had a bumper PB day starting in the hurdles shaving another 0.2secs off his best. This obviously inspired Barnaby as he soared over a new best height in the high jump placing a great 2nd in the A string. Bob, as he's known to his Dad then braved an 800m and was rewarded with

Continued



yet another PB knocking a massive 14 secs off his previous best. Barnaby then had to dash to London for his evening performance at the Royal Albert Hall. (Presumably he had time to change outfits?)

Robert Murray had another solid day's athletics, winning all four of his events, starting in the shot put circle. Here he launched the 3.25kg put to a massive 11.16, leap-frogging him up to 3rd in the country. Next up the 200m victory in a new PB and a little while later winning the 100m, just shy of his best. There was no holding Robert back as he powered down the home straight well clear of all the opposition in the victorious relay race.

Connor Sutton ran a superb 100m race, running a new PB time and placing a great second. Connor was also the lead off leg in the relay and his great start made the task of winning a lot easier for the other three boys.

Charlie Adams seems to improve every time he competes and this week was no different with a great new best in the javelin followed by a good put in the shot earning more valuable points towards the team total.

Sam Reardon again showed his versatility running a new best in the 200m, ran a masterful 1500m dominating and dictating his way to a comfortable victory before showing he has nerves of

Robert Murray's shot-put lifted him to 3rd in the country.

steel in the javelin after a rare double no throw in his first two throws. With only one throw left to record a mark Sam let loose and safely made a mark not too far off his best and good enough to win the B string. If Sam was feeling nervous he didn't show it, unlike his mum! With little time to recover Sam helped the relay boys to victory.

Alex Sibley had a fantastic day picking up two new personal bests. Firstly he ran hard in the 800m getting a PB and essential team points then launched himself over the 4m mark for the first time in the long jump again winning valuable points for the team.

Under 13 Inter-Counties

First year in the U13 age group Max Gregson seems to improve every time he steps on the track and today was no exception as he ran a gutsy 800m placing a great second and was delighted to have run another new personal best time.

Eddie Sellar ran another mature 1500m race in the blistering summer sun (lovely for spectators, not so kind for the athletes and placed well up the field recording a fantastic second in the B string.

All these brilliant results along with a host of other great times, height and distances recorded by the U13 girls and U15 boys and girls left BBHAC firmly on top of the leader board and were well worthy of the day's victory. Add this to our home victory, 2nd place at Southampton and 3rd at the opening fixture in Reading has us in second place, just behind Southampton but with the same number of league points. Southampton's first ever league victory and our solid second are good enough to secure automatic qualification to the Bedford September final where we will take on the best teams from the Midlands, North and Scotland.

Paul Austridge

Kingsmeadow Stadium Sunday 31st July 2016

Six U13 Blackheath and Bromley boys made their Kent track debuts last week at the U13 Inter Counties match at Kingston Surrey.

Robert Murray had a great day running a fast 13.68 in the 100m and putting the shot well over 10m.

Sam Reardon threw a big PB in the javelin with 31.53 and ran well in the quick tactical 1500m.

Jacob Byfield was the quickest of the day over the 75m hurdles, running a fantastic new personal best into a head wind and just six hundredths short of the club record. Jacob produced another personal best, this time jumping 5.05m in the long jump.

Connor Sutton, in his first year in the age group, represented Kent in the 100m just outside his best ever time.

This quartet of Connor, Sam, Jacob and Robert then made up the sprint relay team and were proud to be running in their Kent colours. They recorded one of their fastest times ever but not quite as fast as the previous weeks best when representing BBHAC at the Olympic park in the Club connect relays, where they ran themselves high up the rankings with a rapid 51.87.

Alex Sibley won his first Kent vest and ran well in the 800m, as did first year in the age group Max Gregson who was rewarded with his Kent vest for his fantastic season also over 800m.

Paul Austridge



The quartet of Connor, Sam, Jacob and Robert are proud to be running in Kent colours.

Under 13 and Under 15 Girls 2016

Another fantastic season for the Young Athletes which started on 2nd April with the Alpha Beta Trophy Match. The Under 15 Girls came first which was a great start to the season.



On the 23rd April, we went to Reading for the first Youth Development League match of the season, with several of our distance athletes missing as they were taking part in the Mini London Marathon the next day we still managed to come 3rd.

The next event was the first Kent League at Norman Park on 7th May. We had a large number of athletes taking part. The Under 15 and Under 13 girls came first.

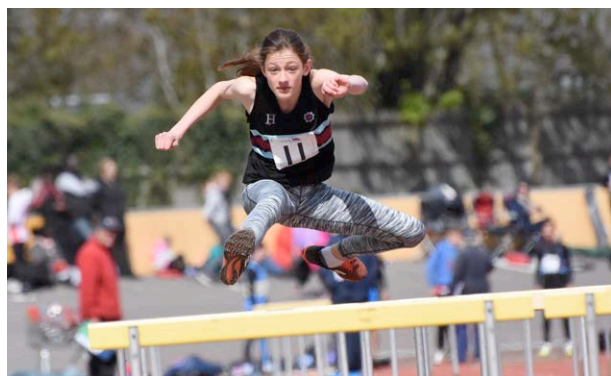
Our next Youth Development League fixture was at Southampton on 21st May and we came second putting us second in the league. All athletes competed to the best of their ability with many pbs on the day.

On 5th of June we went to Dartford for our second Kent League fixture where everyone competed to the best of their ability and more and we came first overall.

On 19th June, we went to Eton for the 3rd Youth Development League match. With all our athletes competing well and filling in for new events where we had gaps. We came 2nd overall

Our 3rd Youth Development League fixture was on the 19th of June at Norman Park, with a home fixture we were looking for great things and were not disappointed. We came first by just over 40 points. There were many PBs as well as a Club Record from Ellie Dolby in the 1200m with a time of 3.48.6. This puts us 2nd in the table with one more fixture to go.

On 3rd July, we had our third Kent League match at Ashford and again we had many athletes competing in a few different events, some of which they hadn't tried before. Eleanor Barrett got the club record in the Pole Vault with a height of 3.10m. We came first





with one more Kent fixture to go.

Our last YDL fixture was at Eton on 16th July and we needed to finish second in the table to guarantee us going to the Final in Bedford. Every athlete pulled out all the stops with the lead changing all day and only several points between first and third. We came second on the day, 7 points off the lead. We were going to Bedford for the final on 3rd September.

Our last Kent League fixture was at Medway Park and again we had many athletes attending, all be it some athletes were away on holiday. It was an excellent fixture with several PBs and we came first overall winning the Kent League for the season.

On 2nd September, we met at The Clubhouse to travel up to Bedford for the final, we stayed at Bedford University Campus and after a good night sleep we travelled to

Bedford Stadium where we were competing in the YDL final. Each athlete competed well with several good performances, notably Akeiyla Robinson-Pascal who broke her own Club Record in the high jump with a jump of 1.54m. The lead changed a number of times during the day, but when all the results were counted at the end of the competition we came 3rd just 11 points off the lead a great result well done to all who competed.

Under 15 Girls

Zoe Austridge, Eleanor Barrett, Lani Bakewell, Isabelle Bridge, Katia Cienfiala, Greta Elliott, Grace Goddard, Lauren Goddard, Sophie Hoare, Yasmin Marghini, Zoe Martial, Imogen Meers, Niamh Milmo, Holly Mpassy, Jessica Neal, Alice Prentice, Kamiyla Robinson-Pascal, Imogen Sears, Morgan Sears, Elise Swatton, Zoe White,

Meeka Duhaney-Pinnock, Grace Fullerton, Alexandra Kelsey, Lia Radus, Rosanna Allan, Rashidah Ayinbode, Abigail Leevess, Achieng Oneka, Morgan Squibb, Eva Stephanue, Hannah MacAulay, Daisy Dowling, Kareena Galley, Sky Cook, Gracie Horton, Holly Mpassi, Isabelle Bridge, Lily Tappenden, Imogen Meers, Rahmat Ottun, Esther Oniwinde, Zsiriah Thomas, Ella Brown, Emily Purser, Rochelle Taylor, Kendaa Cameron-Chavannes, Amy Miller, Emily Davis, Isabelle Mitchell, Sanmi, Odiase.

Under 13 Girls

Amerisa Sibley, Lily Meers, Rose Meers, Sofia Elliott, Renee Bel-Momodu, Akeiyla Robinson Pascal, Freya Marsden, Olivia Howlett, Olivia English, Shakanya Osahon, Maayan Radus, Kelsey Pullin, Ellie Dolby, Daniella Harper, Abigail Smith, Georgina Sullivan, Eve Ward, Tianna Lewis, Achieng Oneka, Daiza Foster, Chloe Skipp, Alexandra Sewell, Rianna Rennie, Heidi Forsyth, Parris French, Holly Sutton-Trott, Ella Smith, Hannah Clark, Ruth Chappell.

Karen Desborough

Kent Young Athletes League 2016



Norman Park 8th May

The Kent Young Athletes League kicked off its season in glorious weather at our home fixture at Norman Park. Ken Daniel (track manager), Dave Cordell (Immediate Past President) and their team did a wonderful job preparing both the track and the field for a busy program of events. Great to see amongst these so many of the older BBHAC athletes (U17-U20) there supporting the youngsters and special thanks go to Marco Arcuri and Lewis Stickings who helped out on the day in many ways making the day run smoothly for all concerned.

Blackheath and Bromley HAC U13 and U15 boys and girls are so strong, with great depth, that we are able to field two teams in the same league. We took full home advantage

coming out on top of the table with the first team and a great 5th place for the second team.

The thirteen U13 boys competing, included five boys making their club debut, and all made a great show of themselves, earning many points towards the teams total. Jacob Byfield began his day with a convincing win in the hurdles, recording a quick time, despite the strong head wind down the home straight, proving why he is currently ranked 3rd in the country. Jacob continued his day with further wins in the long jump and B string high jump. Jacob was also part of the 4 x 100m relay team that crossed the line in first but were deemed to have made an illegal hand over and were subsequently disqualified. Something for us to work on.

Alex Sibley had a great day winning the B 200m in a new

personal best and came 2nd in a tough 1500m knocking 10 seconds off his previous best. Alex also placed second in the B long jump in his first long jump competition and was also part of the DQed relay team. Sam Reardon showed his range of talent once again, leading a high class field in the 1500m from start to finish, knocking 5 seconds off an already classy personal best, placing him an impressive 4th in the country. Sam was then just short of his best in the windy 200m placing 3rd in the A string and equaled that with another 3rd place in the shot. Sam was also part of the doomed relay team!

Barnaby Corry continues to improve week on week with three fantastic new personal bests. Most satisfying was his high jump PB of 1.30, closely followed by a hurdles best and shaving half a second off his

100m time. Most disappointing for him was being part of the DQed relay team but this didn't have an adverse affect on the final result.

First year in the age group Matthew Smith showed maturity beyond his years with four great performances throughout the afternoon. Starting with his first race over 100m and his first javelin competition winning valuable points for the club, followed by a great 200m against the wind but still knocking two and a half seconds off his PB. Matthew was then part of a non scoring relay team put together to gain experience, who collectively ran superbly, unexpectedly crossing the line as winners in front of all the other clubs relay teams.

Brandon Back had a busy day running his first 1500m in a good 5:25 before throwing the javelin and coming 3rd in

the B string and being part of the surprise package that was the winning relay team. Young Max Gregson made his BBHAC debut in great form in the tough 1500m to record a new personal best time.

Callum Carlton dashed straight to the track after a morning football match in time to cruise around the blustery 200m and was part of the second team relay squad who safely got the baton round scoring more valuable team points. Josh Buddle Smith, making his BBHAC debut also had a morning football match but had enough energy left to throw the javelin just short of 16m and was part of the successful relay team.

Another year young athlete to have a busy day was Oliver Robertson running the 100m sprint and then the middle distance 1500m clocking up more points for the club.



Oliver was also part of the triumphant relay team and managed to come 2nd in the A string long jump rounding off a successful days athletics.

Tom Brash made his BBHAC debut in some style competing in four events starting with 2nd place in A string discus, a PB 5:23 in the 1500m, a long 16.51 in the javelin and then running a leg in the relay team that got the baton home safely.

Nick Paddington was another competing for us for the first time and also had a busy debut running in the 200m, throwing the javelin just short of 16m and helping the relay team complete their lap of the 4 x100m race, securing loads more points for the team.

Robert Murray only joined us this week and on the back of only two training session made his mark on the team and in the league. Robert began his day putting the shot an impressive 9.85 which currently puts him 4th in the country. A strong display in the 100m and 200m look promising for the rest of the season but more importantly earned the club more team points.



Continued



Dartford 5th June

The superb weather at Dartford on Sunday was matched by many superb performances at the 2nd Kent Young Athletes League fixture of the season.

Blackheath and Bromley U13 and U15 boys and girls once again came out on top in a very competitive match. Brilliant sunshine and hot conditions were as unusual as the colour of Dartford running track, royal blue!

At the first KYAL fixture at Norman Park, U13 Akeiyla Robinson-Pascal broke the long jump Kent league record with a huge 4.65m and she was suitably rewarded at Dartford collecting a fabulous looking medal.

The U13 boys squad hit the

ground running as Jacob Byfield ran a brilliant new personal best in the first event of the day and was delighted to be told that he had also broken the Kent league record with a fast (and the fastest ever in the KYAL) 12.3 in the 75m hurdles. The personal bests continued as Jacob knocked nearly a second off his 100m time and was a fraction under his best in the long jump to place 2nd in both events. Jacob was presented with his handsome medal in front of a busy crowd before taking part in the successful winning 4 x 100m relay team. A great day's athletics.

Barnaby Corry was up next and comfortably won the B string 75m hurdles, scored valuable points putting the shot and high jumping and brought the victorious relay

team home on the fourth leg, all having only just recovered from a broken collar bone!

Oliver Robertson had a great day, running a new best in the 100m, coming first in the B string long jump with a plus 4m jump and leading the relay team off on leg one. Ben Campbell has recovered from his ankle injury well and had a busy day sprinting the 100m, throwing the javelin for the first time and running a great 2nd leg in the 4 x 100 relay. Brandon Back showed he can sprint as well do middle distance with a personal best in the 100m and running a leg in the relay.

Alex Sibley showed his versatility with two new bests in the long jump and the 200m sprint and then ran the anchor leg in the sprint relay. Nick Paddington started his day with a PB in the 200m and was cms away from his best winning the B string javelin. Connor Sutton made his Blackheath and Bromley debut in some style easily winning the B string 200m and in a time faster than older brother Ben, at the same age!! Connor showed his natural talent as he strode out effortlessly on the last leg of the relay team. A great debut performance. Callum Carlton equalled his 200m best with a strong determined run and was lead off leg in one of the U13 boys relay teams.

Matthew Smith continues to improve weekly and with a determined run in the 800m was rewarded with a big 5 second PB. Another personal best in the long jump followed by a leg in the relay completed a great day athletics for Matthew. Sam Reardon ran himself into the top 20 in the country with a strong 2:20 in the 800m, coming first, ran a fast 200m and threw the javelin over 20m in his first javelin competition for the club, also coming first. Sam wrapped up his day as part of the winning relay team.

Eddie Sellar, running in only his 2nd track event for the club, ran his first 800 and was rewarded with a quick 2:32.9 and a second place, earning loads of team points. Great to



see Thomas Penlington run his first 800m of the season and he did brilliantly to finish in such a good time despite pulling a muscle and limping across the finish line. Let's hope Thomas recovers quickly. Another personal best in the 800m was run by Max Gregson

recording 2:34.9 and Max also ran a leg in one of the relays. Adam Parkinson made his full BBHAC debut running his first ever 800m and also took part in the sprint relays.

Many thanks go to young athlete Marco Arcuri who spent the whole day with the U13 boys squad, checking numbers, making sure athletes were in the right place at the right time and even controversially helped out the U13 girls team manager, after she was held up in a very long tuck shop queue!!

Julie Rose Stadium Ashford 3rd July

Blackheath and Bromley's young athletes showed great strength in depth at the latest



Continued

Kent league fixture despite the clash of fixtures with the London Youth Games. Our U13 and U15 boys and girls are talented and flexible and this combination was enough to win the third fixture at a sunny Julie Rose stadium in Ashford.

Ellie Dolby ran a very well paced 1200m and was rewarded with a new Kent league record while Ellie Barrett cleared 3.10m in the pole vault, a new personal best and new club record out right, having equalled the old mark the previous week.

The U13 boys were once again out in large numbers with 14 competing in all track and field events. Barnaby Corry led the charge with some inspired performances starting with a win in the A string 75m hurdles in a personal best time. This was followed by another personal best and A string victory, winning a close high jump competition. Barnaby was also part of the victorious relay team.

Sam Reardon also finished the day with three wins under his belt, with a quick 200m victory, a huge new 4m personal best in the javelin and a leg in the 4 x 100m relay. Not wanting to waste his time Sam also opted to have a go at the hurdles and did well finishing 3rd.

Charlie Adams in only his second competition for the

club did well in all throws starting with a 3rd in the discus, 1st in the B string shot and then saving his best for last, won the javelin B string with a great new personal best.

Middle distance runner Eddie Sellar showed he has more strings to his bow as he won valuable points for the team in the first event of the day, the discus and followed this up with a solid performance in the 1500m again securing vital team points.

Robert Murray had a difficult and busy day starting with the shot put and 100m both scheduled for the same time. A big 10m plus put in the first round was ultimately enough for victory but a rapid footwear change with the whole sprint field waiting and watching wasn't ideal preparation. However, Robert fought hard down the straight but couldn't quite catch the Medway and Maidstone athlete. Robert then had the 200m and a chance to reverse the result but the Medway lad was very strong and just managed to hold on leaving Robert frustrated in second. The relay presented one last chance for Robert to equal the score but he had loads to do as we were a couple of meters down on the Medway team coming off the final bend. This must have spurred Robert on as he powered past the red vest of Medway to win a magnificent

relay race and helping towards the final result. Robert was very pleased.

Oliver Robertson continued his fine season with a good showing in the 100m and long jump, just short of his best and then led the winning team off on leg one of the relay.

Alex Sibley tried his hand at a field event and did well in the discus and then ran in the 3 & 3/4 lap 1500m race scoring valuable points, he also gained some great experience running a leg in the relay team.

Brandon Back came second in the shot put and had a great leg in the sprint relay team.

Nick Paddington had a busy day starting with the shot put, scoring good points, followed by the 100m sprint and then gaining a big 1cm personal best in the javelin, they all count! Nick then ran a great bend in the relay team.

Another busy athlete was Callum Carlton who started his day long jumping, before running near to his best in the 1500m and with little time to recover straight over to the 200m start for the long sprint. Callum finished his day off as part of the relay team. Max Gregson had a strong run in the 1500m timing a fraction outside his best he also ran the anchor leg in the sprint relay.

Matthew Smith is always willing to give events a go and

Sunday was no different when he was asked if he could do the high jump for a point, along with his three other events. Without hesitation Matthew agreed and was pleased to equal his best. Matt also long jumped and ran the 200m and took the top bend in the relay race.

Ben Campbell ran his first 1500m for the club and will be pleased with his 5:20.4 time and strong finish. Ben also led the 4 x 100m relay team out.

Josh Buddle Smith enjoyed a great day's athletics with a quick sprint over 200m, nearly a 3m improvement in the javelin with a great new PB and running a leg in the relay.

Medway Park **7th August**

We became official champions of Kent after winning our final Kent league fixture at a sunny Medway Park. Despite all clubs fielding depleted numbers due to holidays, standards were still high and the Blackheath U13 boys once again produced personal bests by the bucket loads.

Tom Brash had a busy but successful day's athletics getting new personal bests in the discus and shot and then breaking the elusive 2:30 barrier in the 800m, wiping 4 seconds off his previous best, wearing trainers! Tom finished

his day with a rapid leg in the 4 x 100m relay.

Barnaby Corry showed why he is such an important part of the boys' team with great runs in the 75m hurdles, a PB jump in the long jump, just short of his best in the high jump and contributing to the winning sprint relay team.

Sam Reardon used his wide range of skills to good effect winning the B string 200m, just shy of his best time, ran a PB in the hurdles and then went to the top of the club rankings throwing the hammer 14.99. Sam's final effort of the day was running the 3rd leg in the victorious relay.

Robert Murray seems to improve every time he sets foot on the track and his blistering win in the 200m saw him carve over half a second off his best along with a more modest two tenths improvement in the 100m. Just short of his best in the shot still had Robert a clear winner by nearly 4m! Robert also led the relay team with another impressive win.

Matthew Smith is always willing to try new events and did well in the competitive hurdles race, firmly placing himself in the club rankings before recording a new PB in the long jump. Matt also came third in the B string 800m and

was part of the sprint relay team.

Ben Campbell did his first ever long jump competition and scored valuable points coming 3rd in the B string then ran hard in the 800m very close to his PB and then led the relay team off on the all important first leg.

Josh Buddle Smith had a bumper PB day posting new best in both the 200m and 800m and was also the led of leg in one of the sprint relay teams.

Thomas Penlington showed he has fully recovered from a recent injury with a strong personal best run in the 800m. Brandon Back had a good day knocking 2 and half seconds off his best in the 800m and was part of the sprint relay team.

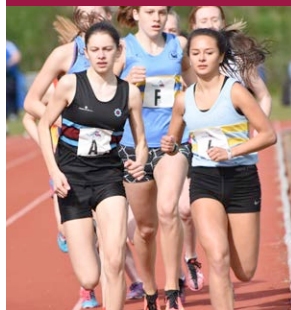
These collective results along with the U13 girls and U15 boys and girls were good enough for us to win the match and the overall league title. Well done to all involved.

Paul Austridge



National Champions again – Our Girls just get better and better

It's tough at the top, beginning with the constant battle to defy gravity! But it's still better than all the other options! And so we start another season in the YDL. Surely we can never tire of being National Champions? Or of the annual opportunity to represent GB in foreign parts? So we long ago added complacency to gravity on our list of potential foes. We have an influx of new athletes – most of them 'home grown' and moving up an age group - and renewed enthusiasm and thus embark upon the path to our usual goals for the season: to qualify for, and win, the National Finals and do well in Europe.



Match 1: Windsor 1st May 2016

We should have been in Reading, but a last minute change of venue has been enforced by a tottering light pylon at Palmers Park. The first match of a new season is always a bit of a step into the unknown, with new team members and little indication of how well everyone has wintered. And there is even less to go on in respect of the strength of the other teams. It soon becomes apparent that we've wintered pretty well, on the whole, but especially: new member, Sophie Dowson, who sets a Junior Club record of 3.75m in the pole vault; Holly Mills, who posts a new U17 League record of 6.17m in the long jump, which also equals her Club record; Victoria Wiltshire, who breaks the Club U17 hammer record, for the first, but not the last, time this season, with 52.99m and, together with Carys Marsden, achieves a perfect score in the event; Divine Oladipo, with a PB of 47.86m in the discus (ably supported in the B string by Anna Barnett) and who is also only cms behind her shot PB; Annie Davies, with three wins (in the A TJ – Mary Adeniji also wins the B on debut - and B sprint and long hurdles); the relay teams, winning three out of four; Charmont Webster-Tape, Katie Woolcott, Immanuela



Aliu and Magda Cienciala, with their clean sweep in the U17 sprints; and, Eloise Locke with a double victory in the U17 shot and javelin. In addition to winning both U20 1500ms (Niamh Bridson Hubbard and Jess Keene) and U17 steeplechases (Yasmin Austridge and Amy Leach), Stephanie Taylor (B 800m), Genni Allan (B 1500m) and Millie Smith (B 3000m) all win their events and, between them, with further help from Grace Scopes, they cover almost all the gaps in the middle distance programme resulting from an early start to the revision season. With a regenerated boys' team producing some great results, we win the match comprehensively by just shy of 100 points from Reading, who demote stand-in hosts Windsor to 3rd and SBH to 4th.

Part 1 The Southern Premiership title

Match 2: Norman Park 29th May 2016

It would be extremely difficult to improve upon our result in the first match, but we always aim to improve and this is, after all, our home match and we need to keep the fans happy! Even with home advantage, we have exam revision absentees again, but all but two of the events are covered.

The first event, the pole vault, sets the tone: we have a full complement of vaulters and Sophie wins the U20 and Shaye Emmett and Caitlin Chick both finish 2nd in their respective U17 strings. On the track, the long hurdlers put in another solid performance. Kate Purser and Catrin Murphy finish in

2nd and 3rd in the 300mH and Annie has a Groundhog Day, of the welcome sort, not only winning the B 400mH but again taking the TJ and B 100mH. In the U20 sprints, Viv Olatunji, Modupe Shokunbi and Parris Johnson between them win three of the four races and take second in the other. In turn, Charmont and Katie win both U17 100ms and Magda and Olivia Richer place 2nd and 3rd in the 200ms. This only encourages the middle distance squad: in the U20s, Jess and Leah Everson are 2nd in both 800ms and Niamh and Jess go one better in the 1500m, with Georgina Taylor and Mary Guy providing two more 2nds in the steeplechase. In the U17s, Katy-Ann McDonald and Grace are

winners in the 800m and Yasmin wins the 1500m (as well as the B 300m) with Stephanie Taylor 3rd (as she is in the B 3000m). We also win 3 out of the 4 sprint hurdles, courtesy of Isabella Hilditch, Annie and Holly, with Kate 2nd.

Meanwhile, the throwers really are having a field day! Divine and Anna win the U20 discus with Eve Keith 2nd in the U17 and Divine, Eloise and Eve achieve a clean sweep in the shot. Eloise also wins the U17 javelin with Ellie Moore 2nd, only to be bettered by Victoria (who improves her PB to 54.08m) and Carys, who gain maximum points in the hammer. We also bank a brace of 2nds in the U20 HJ (Jamiyla Robinson-Pascal and Isobel Reeves) and Tabitha Lisciotta repeats the position in the U17. Holly and Nicole Farmer win the U17 LJ and TJ respectively.

With wins in the U20 4x100m and U17 4x300m, a 2nd in the U17 4x100m and a 3rd in the 4x400m, we end the meeting on a high and we don't just improve on the first match but, with the boys continuing their new-found form, we increase the winning margin to 172 points from Windsor! SBH can do no better than 4th again. With only 2 matches gone, if not quite a foot, we certainly already have a toe or two in the final!



Our shot putters achieved a clean sweep in their event.

Continued

Match 3: Allianz Park 26th June 2016

Now we're approaching what is known in common parlance as the 'business end' of the season. We've got off to a great start, but it's time to consolidate and not give anything away. It's also that time of year when other events begin to syphon off some of the more successful athletes and we have a number of girls at the British (Senior) Championships. Just as well that we have a great squad!

Sophie (1st) and Shaye (2nd) get us off to another good start (though we're a vaulter short again). We're missing a long hurdler as well, through injury, but we soon put that behind us, with wins for Modupe and Isio Orogun in the U20 100m and a 2nd from Magda in the U17, as well as 1st for Niamh in the U20 1500m and two 2nds in the U17 for Millie and Genni. The remaining middle distance events also pick up good points: 2nd for Jess and Stephanie and a 3rd for Sam Leighton in the 800ms, 2nds also for Jess, Jo Clowes and Millie in the 3000m and a 1st, 2nd and 3rd in the steeplechase from Yasmin, Lottie Weitzel and Georgina. Pride of place on the track, though, goes to the 200m runners with Immanuella and Parris winning the U20s and Magda and Mhairi Brooks taking 2nd and 3rd in the U17.



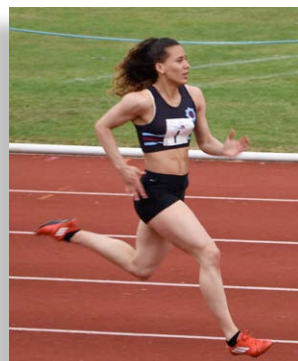
Despite Divine's absence, we still put on a great show in the throws. In the U20s, Carys takes 2nd in the discus, Emma James 3rd in the hammer and new member, Maite Vanucci, 2nd and 3rd in the javelin and shot. We're even better in the U17s: Victoria and Carys are both 1st in the hammer and Eloise wins the javelin and shot (where Emma also wins) and finishes 3rd in the discus (with Emma 2nd). Good results also in the jumps with Jamiyla and Toyin Orelaja both 2nd in the U20 LJ, Annie (also 1st in the 100mH) and Toyin winning the TJ and Maite and Jamiyla 2nd and 1st in the HJ. Karina Harris adds a win in the U17 TJ and is 3rd in the LJ.

In the relays, we win both 4x100ms with scratch teams and finish 2nd in both the 4x300m and 4x400m. Thus, despite the absences and a few resulting vacancies, we win again, if 'only' by 87 points from Windsor. As SBH manage to beat Reading, we really do now have that foot in the final.

Match 4: Eton 24th July 2016

Déjà vu all over again, as the man said. But first we should note the success of our U20 sprint relay team at the Anniversary Games Club Connect competition the previous Friday evening - well done Parris, Maya, Modupe and Viv - and an honourable mention too for our U17 team who were just edged into 2nd place - well done, also, to Mhairi, Magda, Katie and Immanuella. But back to Windsor...

With exams and most of the clashing competitions behind us, holidays are commonly the main cause of absences for the last match. Nevertheless, we've still got a respectable team and we'll no doubt want to finish the 'regular season' in style. And we welcome back our recently crowned European Youths long jump champion, Holly, who, although taking a well-deserved rest from her



specialist event, celebrates by winning both the sprint and long hurdles. However, to begin at the beginning, as Dylan Thomas would have it: we are down to one pole vaulter, though Shaye finishes her season with a solid 2nd place. Having lulled the opposition, albeit briefly, into a false sense of security, we bring out our big guns for the long hurdles: Yasmin, making her League debut at the event, finishes a fine 2nd and Catrin wins the B, before Holly and Kate take maximum points in the 300mH. With three wins out of four also in the 100ms, thanks to Isio, Charmont and Katie (and a 3rd from Modupe), and a clean sweep of the 1500ms (Katy-Ann, Jess, Kelsi Cornish and Millie), we lay down a fairly fearsome statement of intent... and then reinforce it: we again win three out of four of the sprint hurdles (Isabella, Annie and Holly, with Kate 3rd) and three out of four of the 200s (Maya, in a PB, Isio, again, and Immanuela) and both the U17 3000ms (Kelsi and Amy Leach), with Niamh taking 2nd in the U20. Add to that a 1st and 3rd in the 300m from Megan Walsh, returning successfully from injury, and Olivia and we've got real momentum as we head in to the final track events. The 800ms don't disappoint: Jess and Amy place 2nd and 3rd



in the U20 and Yasmin and Eloise O'Shaughnessy, making her YDL debut, win both U17 races. Not to be outdone, we then take 2nd in both strings of the U17 steeplechase, courtesy of Millie and Grace (matching her earlier run in the 400m).

While all this has been going on, out in the field points are being grabbed by the handful. In the U20 throws, Divine again wins both the shot (with Maite taking the B, as well as 2nd in the javelin) and discus (where Anna is runner-up) and Emma is 3rd in the hammer. It's the same glad story in the U17s: Eloise wins shot and javelin, where Carys is 2nd, as she is in the hammer, and 3rd in the discus. Another newcomer, Yinka Shokunbi takes silver in the B string hammer. And as we are a well-balanced and rounded

team, the jumpers also make a healthy contribution by leading in all three triple jump competitions (Annie, Karina and Nicole Farmer) and taking two 2nd places in the long jump (Jamiyla and Karina) and two 1sts and a 3rd in the high jump (Jamiyla, Antonia Alapafuja and Maite).

It may come as no surprise that we carry this form to the tape by winning both sprint relays and the 4x400, with a 3rd for the 4x300 team, but even so our winning margin of 150 points from Windsor is quite remarkable. For the first time in the League's history (ok, it's only been going 4 years, but still) we win the Southern Premiership title. That's the preparation done. We're in good shape. Now for the Big One at Bedford!

Tim Soutar

National Champions again – Our Girls just get better and better

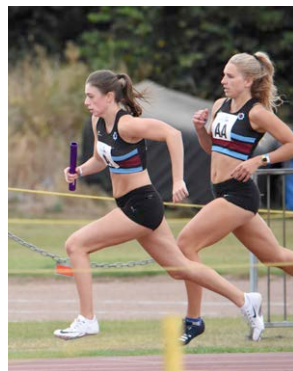
Well, having achieved the first of our goals, we arrive at Bedford – a sink hole has saved us from the cavernous delights of Alexander Stadium – to nail the second. Despite, undoubtedly, given our domination of the Southern Premiership, starting as favourites, not just for the women's match but for the overall title, we're taking nothing for granted: this has been the year of the sporting underdog (just think Leicester City or Iceland) and no doubt Shaftesbury, scraping through via the paper match, will call up the cavalry from somewhere. We're missing our junior international thrower: in these days of improved equality, the advice has become 'go west young woman' and she has, to university in the States. It's been a long season and there are a few broken bodies, especially among our pole vaulters, so there's been some last minute work for John Wakeham to ensure we can plug gaps. But we have a great squad and we're a great team: bring it on!



Against all the odds, we start with a full complement of vaulters: not the ones we'd planned to have, but Pippa emerges from retirement, Yasmin provides another cameo and Grace demonstrates her newly acquired skills. Although we may not win any medals, they provide a huge psychological boost for the team. In the hammer, on the other hand, Victoria wins the U17 with Carys 3rd in the B. (Emma finishes just out of the medals competing up an age group in the U20). On the track, the 400mH has turned into something of a problem event this season but, although we can't raise a B string (neither can 4 other clubs), Yasmin abandons the pole to finish a fine 2nd and Catrin wins the B 300mH, with Kate just pushed into 4th in the A. That's actually a very respectable start in this company and we'll only get stronger... as we quickly demonstrate in the U20 1500m where Katy-Ann McDonald runs a tactically astute race to sprint to victory and Jess Keene begins an afternoon of Zatopekian proportions by winning the B string. With solid points from Kelsi and Millie in the U17 race, we're progressing nicely.

Next in the field is LJ – Holly duly delivers the U17 gold and Jamiyla the U20

B with Annie a close 4th in the A) – and shot, where Annie again fills in for a late illness withdrawal, allowing us to pick up 3rd and 1st in the U17, courtesy of Eloise and Emma. And then it's sprint time, where we really make a statement of intent as Charmont, Viv,



Immanuela and Magda sweep all four 100m races. We can't quite manage that in the 400ms, though silvers from Isabella and Megan are great performances, only to be bettered by Holly and Olivia who win both 300s. Hardly has Holly got her breath back than she's leading the rest of the field home in the 80mH and Kate grabs silver in the B with a dip finish of which anyone would have been proud. Annie and Isabella go one better, with both winning in the 100mH. We've really cranked up the momentum and it's an absolute joy to watch.

Part 2 YDL Final – Bedford 4th September 2016

Javelin and HJ haven't traditionally been among our strongest events, but Eloise wins the U17 spear and Jamiyla and Antonia both make the podium in the HJ. Time now to bring out our captain, Niamh, to hit the track and she runs the legs off the field to win the 3000m with another fine B string win from Jess. Amy (4th) and Kelsi (2nd) provide great support in the U17. Absences from the discus mean we're not as strong as usual, but Carys and Emma pick up 3rd and 4th to ensure we maintain the pressure. It takes a league record to beat Annie in the TJ, but Karina and Nicole win both U17 events to finish our day in the field on a high. However, we're far from finished on the track. As the girls walk out from the call room for the 200m, there's only one question: can Team Blackie produce as dominant a performance as they did in



Niamh Bridson Hubbard playing a captain's innings with great runs, not on the pitch but on the track on the 3000m

the 100m? How could there have been any doubt? Maya, Parris, Immanuela and Magda dismantle the opposition and again produce maximum points. Which raises another question: how do you possibly follow that? The answer is that you unleash the captain again, who duly delivers a win in the 800m together with Grace, who runs a blinder – as much a reference to her dayglow spikes and socks combo as her leg speed – to finish 2nd. But that's just the warm-up act for Katy-Ann in the U17, where she continues her rich vein of form with a dominant, front-running performance, which sees her win by almost 10 seconds in a new League Record. We're still recovering from that as Eloise posts a solid 4th in the B string.

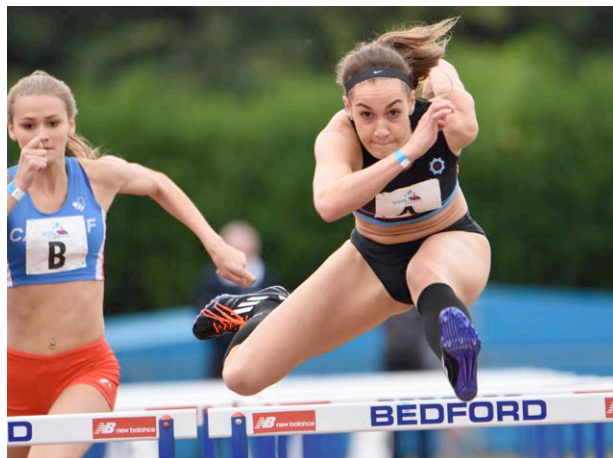
It's relentless. We're straight into the steeplechases, which

provide, as far as the team manager is concerned, having run the odd 'chase himself in a former life, the highlight of the afternoon. Both age groups run together and, only two days after her win in the School Games, Yasmin leads the field home. Jess, on debut at the event and in her 3rd race of the day, also wins the U20 race with Lottie (thankfully avoiding her water-jumping mishap of last year) and Millie also winning their races within a race. Not only have we fielded a full complement of chasers but they're all winners!

And so to the relays – where has the day gone? Only a lack of baton care is going to stop our sprint squad completing a perfect day. Swift and clinical propulsion of the baton round the track by both teams despatches the opposition, with the U17



Continued



team of Charmont, Magda, Katie and Immanuela just shading the bragging rights by 0.20 secs over Parris, Maya, Modupe and Viv. Take a bow ladies: what a shame you couldn't have raced each other! The 4x300m relay proves to be one of the most competitive races of the day and the squad of Kate, Catrin, Olivia and Holly just miss out on a podium placing. All season we've struggled with the 4x400m, frequently having to ask tired middle distance legs to manage one last lap. Not so today. With what will turn out to be our European team, Isabella, Katy-Ann, Megan and Maya dominate the race. Only Glasgow can stay with them, but they have no answer to Maya's finish and we end on just the right note with a final win. We don't need the scores

to be added up to know that we've had a fantastic time and it's been incident free – no DQs, no no-heights and no no-throws. Even so, our winning margin of 96 points from Team Edinburgh (a composite team) is nothing short of astonishing and a trip to Europe again in 2017 will be just reward for those efforts.

There's more good news: the boys have had a great afternoon too. Sadly not good enough to withstand the anticipated SBH onslaught, but easily sufficient to ensure we win the overall match for the first time and with another enormous margin of 111 points. What more can one say (except, as ever, thanks to everyone who contributed to our success this summer)? Two down, one to go: Spain here we come!

2016 Squad: Mary Adeniji, Antonia Alapafuja, Immanuela Aliu, Genni Allan, Yasmin Austridge, Anna Barnett, Niamh Bridson Hubbard, Mhairi Brooks, Maya Bruney, Magda Cienciala, Jo Clowes, Kelsi Cornish, Pippa Croft, Annie Davies, Sophie Dowson, Shaye Emmett, Leah Everson, Nicole Farmer, Kelsey Fuss, Mary Guy, Isabella Hilditch, Lizzie Ibdunni, Emma James, Parris Johnson, Jess Keene, Eve Keith, Chloe Kibblewhite, Amy Leach, Sam Leighton, Tabitha Lisciotto, Katy-Ann McDonald, Carys Marsden, Holly Mills, Catrin Murphy, Divine Oladipo, Viv Olatunji, Isio Orogun, Toyin Orelaja, Eloise O'Shaughnessy, Kate Purser, Isobel Reeves, Olivia Richer, Jamiyla Robinson-Pascal, Grace Scopes, Modupe Shokunbi, Yinka Shokunbi, Georgina Taylor, Maite Vanucci, Megan Walsh, Charmont Webster-Tape, Lottie Weitzel, Victoria Wiltshire, Katie Woolcott.

Tim Soutar



Disappointment and encouragement in Rio

In the Olympics in Rio Blackheath and British fans finally had their chance to witness two of the Nation's rising track stars make their mark on the greatest sporting stage of all. Dina Asher Smith in her first Olympics at age 20; and in the mens 200 final and up against Usain Bolt, Adam Gemili Captain of the Team GB athletics squad, and already a veteran of the 2012 Olympics.

Unfortunately he was edged out into fourth place by a margin of 3/1000s of a second by France's Christophe Lemaitre as Andre De Grasse finished second behind the unassailable Bolt. Gemili confessed: "I am heartbroken. I put so much into that run and getting so close at the end I am absolutely gutted. I was on the inside, I knew Bolt would go and a lot of others would try and go with him."



Adam Gemili planned to start conservatively and then rely on a fast finish.

Going into that final he had sat down with coach Steve Fudge and planned to start conservatively and then rely on a fast finish.

Gemili trailed in seventh place as he came off the bend in his tight inside lane, but finished strongly and then dipped for the line in textbook fashion, along with France's Christophe Lemaitre and

Churandy Martina of the Netherlands. Martina was clocked at 20.13, but Gemili and Lemaitre recorded the same time of

Adam Gemili... out of the medals by 3/1000s of a second.

20.12, only for the Frenchman to claim the bronze medal in a photo finish.

Reflecting on his desperate dip for the line, Gemili said: "I thought it was close. I knew I was in the mix but it is hard to tell. Lemaitre was on the other side of the track so I couldn't tell what happened. It is probably the worst way to go out when you finish in fourth. When it's down to thousandths of a second it is hard to take."

At his post race interview an emotional Gemili said "I knew it was me but I saw his name come up and I just fell to the floor. I gave it so much and I know I can run faster but today is not about the times, it is about medals."

However he recovered and running last in the final of the 4x100m relay Adam anchored

Continued



Dina's calves were loose but her third leg was tight enough to ensure the GB sprint relay team won the bronze medal.

the GB team to 5th place in the final, again behind Bolt's Jamaica team,

Meanwhile Dina Asher Smith, never one to be under any illusions about meteoric success, had already made clear her attitude towards finding herself on the big stage so early in her senior career. "I'm a really naturally positive person and we're getting there. And as a competitor I love to run, I absolutely love running. What attracted me to the sport is the adrenaline rush you get when you compete and that's always gonna be there for me."

Dina missed out on a medal after finishing fifth in the final of the 200m sprint. But she said: "I was quite happy with

that, considering my rounds didn't go exactly as my coach and I had planned. I pulled a fifth back and was mixing it until near the end. I was really happy and I'll take that.

For her the Olympic experience was as yet a learning curve as she grows in maturity, in fact displaying a much more mature approach to relative success than those who have flattered to deceive despite premature glory. "This year I've learned not to freak out when I see other people do what they're going to do."

Nevertheless there would be for her a medal later after she ran the tight third leg to ensure that GB came home with a bronze medal and new

UK record in the women's 4x100m relay.

These two outstanding performances exceeded all expectations and although they may not have won individual medals they have age on their side and Tokyo 2020 will be a very exciting prospect.

Wulf Orton



2016 Olympics...

The President's personal recollections

Unlike the London Olympics of 2012 when many club members were able to experience the thrills and atmosphere of the competition near to hand the 2016 Olympics were an experience reserved for relatively few. One of those was our club president Bill Foster for whom the time spent in Rio and other places was also a time to re-new old friendships and associations with athletes against whom he competed against, and those he has influenced in coaching. Here are his memories of those games.



President Bill Foster with friend Chris McGeorge on the beach.

Appreciating Brazil

When I look back, I realise that I was very lucky to visit Rio de Janeiro, who put on an excellent Olympic Games. It was a fantastic show and allowed the World to appreciate this wonderful city, the Brazilian people and their way of life. There were the usual negative press comments before the Games started but the worries about security and the Zika virus disappeared, as everything ran smoothly and there weren't any mosquitoes.

I had never been to South America before, so took the opportunity to have a week's holiday before heading to the Games. Two of the highlights were the visits to the 15th Century Inka city ruins at Macchu Pichu, in Peru, and the amazing Iguazu Falls on the Argentina/Brazil border.

I then arrived in Rio on 11th August in time for the start of the Athletics programme, staying in a small hotel that was a short train journey from the Athletics stadium. The US Volleyball teams also stayed in the hotel, to avoid the long journey from the Olympic Village, and their players made me feel very small at Breakfast, with their women and men towering over me!

It was quite expensive, as not surprisingly the hotels were making the most of hosting the Olympics. My friends Chris McGeorge (B&B Club record

holder at 800m and 1500m), and his wife Sonia, stayed in Air B&B accommodation which worked out really well and was a lot cheaper, so maybe they were the sensible ones! It was great to do some sightseeing with them, including visits to "Christ the Redeemer" and "Sugarloaf Mountain" which have spectacular views of the City.



Watching the competition

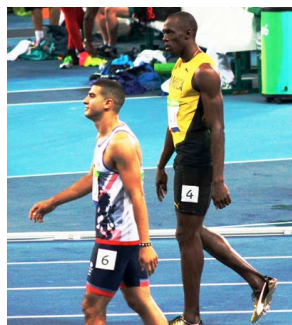
For the first time in the Olympics, some of the finals were held during the morning sessions and the women's 10000m produced a fantastic race on my first visit to the stadium. The weather conditions were very good for distance running, being cool and not humid. The 10000m is usually a slow tactical race at major championships but in Rio the Kenyan athlete Alice Aprot Nawowuna led through the first 5000m in 14.46, and then Almaz Ayana from Ethiopia took it on and ran an amazing 29:17 World Record! The atmosphere built up as the race progressed and people realised the record was possible - it was a great start to the Athletics.

Continued

Usain Bolt was definitely the star of the Games, winning both the 100m and 200m for the third consecutive Olympics. The stadium was always full when Bolt was competing and the atmosphere was fantastic, he always seems to be enjoying the experience and having a great time. I'm so lucky to have been in the stadiums for his three Olympic 100m Gold medal winning races.

Supporting our stars

Adam Gemili ran brilliantly to finish 4th in the 200m in the same time as Lemaitre from France, the bronze medallist, losing out by three one thousands of a second after the officials spent a long time studying the photo finish. How unlucky was that! It was great to see Adam doing so well although he was understandably very disappointed to just miss a medal. Adam is still very young and it is exciting to think about what he could go on to achieve in future Games.



With Olympian Adam Gemili.

I was pleased to be able to chat with Adam after his heat and then, a few days later, to meet his parents and Elliya, his sister, for a couple of hours in the executive lounge at the airport before our flight home! Jack Buckner invited me in as a guest, and it was quite an experience with Usain Bolt, the BBC commentary team and many other well known athletes also on our flight.

Dina Asher-Smith also had a fantastic Olympics, coming 5th in the 200m and winning a bronze medal in the 4x400m relay, with the team setting a new British record. These are incredible achievements for such a young athlete and it was great that John Blackie, her coach since she was 10 years old, was in Rio to witness these brilliant performances.

I was so pleased to be in Rio to see Dina and Adam doing so well during my reign as Mr President! They both come over so well in all their interviews and press conferences. We are very fortunate to have them as members of Blackheath and Bromley and I was able to get tickets for all of their races to

cheer them on. I have been to watch seven Olympics, starting with Seoul in 1988, and Rio has definitely been the highlight from a Blackheath and Bromley perspective!

Other Athletics highlights included the 5000/10000 double from Mo Farah and the amazing 400m World Record from Wayde Van Niekerk, in 43.03, I wasn't expecting that! The 800m win by Kenya's David Rudisha was another great performance, by an all-time great athlete.

Many wonderful memories

I went to watch both Marathon races which were held on a loop course along the roads close to the beaches. The quiet roads provided a welcome change from the usual hustle and bustle of Rio life. Callum Hawkins has become a top class athlete, finishing in 9th place, whilst in the women's race I was supporting Loughborough's Sonia Samuels who also ran very well.



Douglas Wakihuri (above), the 1987 World marathon Champion and also the winner of the World Cup marathon which I ran in Athens in 1995, was in the stadium for some days and I had a good chat with him which I really enjoyed.

Roll of honour for Blackheath Harriers selected to compete in the summer olympics



Although I spent most of my time at the athletics, meeting up with various friends in the stadium each day, I did also manage to get to see Gymnastics, Volleyball and Triathlon. The Brownlee brothers took gold and silver medals in the Triathlon and it was brilliant to witness Yorkshire's finest showing the way home! Jack Buckner is the CEO of British Triathlon and he invited me to their "after party" at Copacabana beach, it was a very enjoyable evening.

The Brazilian people really came to life when they won the football gold, that was definitely the highlight for the home nation. The Brazilians are not generally big track and field supporters but there was an excellent atmosphere in the stadium, even on the occasions when it wasn't completely full.

I shall look back on my visit to Rio with many wonderful memories - it was a great experience and a fantastic Olympic Games.

Bill Foster

Olympiad	Name of athlete	Event	Performance
1908	TE Hammond	10 mile walk	6th Q/heat round 1 (1hr23)
1908	AH Healey	110m H	SF, finished 2nd in heat
1908	SC Schofield	10 mile walk	6th Q/heat 2 (1hr21)
1912	CN Seedhouse	200/400m	3rd 200m SF, DNF 400m SF
		1600 med relay	Bronze medal in relay
1912	JT Soutter	400/800m	Withdrew 800m for personal reasons
		1600m med relay	Bronze medal in relay
1912	FT Browne	200m	
1912	RG Rice	100/200m	3rd SF 100m, DNF SF 200m
1920	RA Lindsay	4x400m relay	Gold medal
1924	HB Stallard	800/1500m	4th 800m final Bronze medal 1500m
1928	RD Bell	1 mile	
1928	H Dauban De Silhouette	Javelin	DNQ for final round
1932	EL Page	100m	QF 100m
		4x100m relay	Gold medal relay
1936	CA Wiard	4x100m relay	Team 4th heat 2
1936	SC Wooderson	1500m	DNF qualifying heats
1948	J Braughton	5000m	8th in qualifying heat
1964	JB "Kipper" Herring	5000m	6th qualifying heat 1 (14.07m)
1968	S Lightman	50k walk	18th in 4h.59m
1968	DA Harris (Mantoura)	Breast Stroke	
1972	MT Coomber (Baldwin)	800m	6th in qualifying heat 2
1972	J Watts	Discus	24th in final pool (b.53.86m)
1980	B McStravick	Decathlon	15th with 7,616 points
1984	L "Buster" Watson	200m	7th in QF
1988	MS Augee (MBE)	Shot putt	17th qualifying round (17.31m)
1992	MS Augee (MBE)	Shot putt	14th qualifying round (17.80m)
1988	J Stoute	200m	
1988	S Bailey	800m	
1992	DJ Marti	High Jump	9th in final (1.91m)
1996	DJ Marti	High Jump	18th but didn't qualify for final
1996	Tawanda Chiwira*	400m	Reached QF
2000	J Golding	4x400m relay	Selected but didn't run in heats
2000	MR Steinle	Marathon	56th in 2hr 54.42
2000	S Brice	Womens Tri	Did not finish
2004	D Grant	4x100m relay	
2008	M Douglas	100m	QF in 100m
		4x100m relay	Team DQ in final
2012	S Overall	Marathon	61st in 2h 22.37
2012	A Gemili	4x100m relay	Team DQ in round 1
2016	A Gemili	200m/4x100m	4th 200m F, Team 5th Final
2016	GR (Dina) Asher-Smith	200m/4x100 (B)	5th 200m F, Bronze medal relay

* Representing Zimbabwe

The Parris Handicap 2016



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. Full details of Roy's story can be read in the Summer 2007 gazette.

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 2016 series. We had

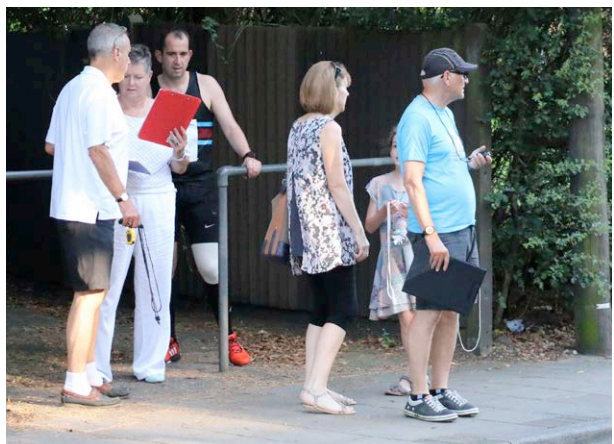
several regular juniors taking place and it's always great to see them turning up and running the fastest leg. The fastest race of the series was won by Angus Harrington in a time of 16:35. The fastest ladies time was run by another junior runner, Amy Leach, who finished in 19:50. This year seven year old Heath Griffin ran the race three

times and actually won the handicap race in May in which the narrowest winning margin of one second was incurred

The April race was won by Gerry Alger followed over the next 5 months by wins for Heath Griffin, Dave Leal, Ozzie Adams, John Leeson and Marc Knowles. The fastest man over the course was Angus Harrington in a time of 16:35 and the fastest lady was Amy Leach in 19:50. The course record remains at 15:13, which was set by Barry Stephenson in June 2004.

At the end of a great series of events the overall winner for 2016 was Ozzie Adams who had improved considerably during the season, so very well done.

Where would we be without the organisers and time keepers?





Ozzie Adams taking time off his rigorous editorial duties to complete a memorable winning of the Parris shield.

His performances steadily improved over the course of the season and ranged from 17th to 1st with times ranging from 23.31 to 21.47.

Second, only three points behind, was Adrian Stocks with a dead heat for third place between Dave Leal and Paul Sharpe.

The event generated over £450.00 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 2016 series were the BBQs

that Deniz Mehmed and Gareth Griffin arranged for every Wednesday night of The Parris Handicap. These BBQs proved to be enormously successful and attracted not only the runners but also non-runners and guests alike. The BBQ numbers increase every time we hold them which indicates how popular they are with everyone. They have already indicated that they will run these events again for the 2017 event so many thanks as not only is the catering first class but our bar profits increase considerably on these nights!

These events could not take place without volunteers so many thanks to our 'Time

Keepers Mike and Terri, Records Steve Hollingdale, Denise King and Peter Lovell and of course my wonderful wife Sheila who takes the entries and helps calculate the winners at the end of the evening.

The first race of the 2017 series will be on Wednesday 12th April at 7.15pm.

Richard Griffin

Dorando Pietri

A modern Roman Olympic hero

Good heavens, he has fainted: is it possible that even at this last moment the prize may slip through his fingers? Then a great sigh of relief goes up....Thank God, he is on his feet again....There is a groan as he falls once more and a cheer as he staggers again to his feet....Again, for a hundred yards, he ran in the same furious and yet uncertain gait. Then again he collapsed, kind hands saving him from a heavy fall.

Sir Arthur Conan-Doyle, the creator of Sherlock Holmes, writing for the Daily Mail had expressed it thus about the dramatic events of 24 July 1908 when an Italian distance runner had entered the White City Stadium aiming to win the Olympic Marathon. His name was Dorando Pietri.

Gaining a reputation

He had for four years been gaining a reputation as a highly promising distance runner. In September 1904, whilst working as a shop assistant, Pietri was attracted to an event in Carpi in which the most famous Italian runner of the time, Pericle Pagliani, was due to compete. Still wearing his work clothes, he ran to finish ahead of



Pietri being helped over the finishing line at the 1908 Olympic Marathon.

Pagliani. A few days later Pietri debuted in a distance race, finishing second in the 3,000 meters of Bologna. The following year he achieved his first international success, winning the 30 km in Paris and attaining the credentials needed to become a genuine Olympic competitor.

On 2 April 1906 Pietri won the qualifying marathon for the unofficial Olympic Games to be held in Athens that same year. In the Olympic race he retired due to intestinal illness when he was leading by 5 minutes. In 1907 he won the Italian championships, and was by then the undisputed leader of Italian long distance races from 5000 meters to marathon distance.

Going in the wrong direction

He went on to compete on the official games in London in 1908 and be famously

disqualified after being helped over the finishing line at the end of the 1908 Olympic Marathon in London. The event was held on a hot summer day in the afternoon with temperatures reaching 91° Fahrenheit, enough to produce a high level of fatigue and dehydration later on.

Pietri began his race at a rather slow pace, but in the second half of the course accelerated to move into second position after 20 miles, 4 minutes behind South African Charles Hefferon. When he sensed that Hefferon was struggling, Pietri further increased his pace, overtaking him at the 24 mile mark.

The effort took its toll and with only two kilometers to go, Pietri began to feel the effects of extreme fatigue and dehydration. When he entered

the stadium, he turned in the wrong direction to the finish line and when umpires redirected him, he fell down for the first time.

He got up with their help, in front of 75,000 spectators. He was by now seriously dehydrated and took 10 minutes to finish the last 350 meters before being helped over the line by two officials in first place.

Conan-Doyle continued... He has gone to the extreme of human endurance. No Roman of the prime ever bore himself better than Dorando of the Olympics of 1908. The great breed is not yet extinct.

The runner-up was the American Johnny Hayes, less than a minute behind Pietri who had crossed the line in 2.54.46. The Americans

protested and this was upheld with the gold medal going to Hayes. However as a mark of recognition for having been the would be winner, Queen Alexandra subsequently presented Pietri with a special gilded Cup.

Turning professional

Following these games Pietri raced as a professional for three years. His first income came from a collection proposed by the Daily Mail and organized in 1908 by Sir Arthur Conan-Doyle which raised the equivalent of £28,248 today to help Pietri set up in business as a baker. Pietri suddenly became an international celebrity. Composer Irving Berlin dedicated a song to him entitled "Dorando" and he embarked on a tour of exhibition races in the United States, in a busy program of 22 races of which he won 17, including a race between Hayes and himself on 25 November 1908, in Madison Square Garden, New York. Pietri won the race as well as a second similar race on 15 March 1909.

A two horse race

Another such event was a Marathon race that December 1909 at the Royal Albert Hall. There were just two runners at the Royal Albert Hall in

this professional race. The first was Pietri, The other competitor in the 1909 race at the Royal Albert Hall



Gardiner and Pietri line up at the start of the race.

was C W Gardiner from London who won the race in 2 hours 37 minutes. Pietri did not finish, dropping out in his 24th mile. He had problems, having run in new shoes a mistake many people still make competing in marathons today! The lap was boarded, with the boards covered in coconut matting. There were doubts expressed and many believed the course was short. In fact the marathon distance had not properly been standardized and would not be so until 1924, although the course for the recent Olympic Marathon had effectively set the distance of the marathon at 26 miles, 385 yards.



Loss of the gold medal was compensated by the award of a special gilded cup.

Continued

The Intercalated Games

He continued racing professionally in his native country and abroad for two more years and earned over 200,000 lira, a considerable sum in those days. He ran his final marathon in Buenos Aires, on 24 May 1910, where he achieved his personal best of 2 hours 38minute 48:2seconds. His final race was in Sweden and he then retired from Running in 1911 at the age of 26

The anti climax

Pietri embarked upon a new career as an entrepreneur and invested his earnings in a hotel which he opened in collaboration with his brother. He was not as successful an entrepreneur as he was athlete, and the hotel went bankrupt. He moved to Sanremo, where he directed a car workshop. Pietri lived in Sanremo until his death, of a heart attack, at the age of 56

It was a ignominious end to a life of significant athletic achievement. Fortunately for those who love stories of unlikely heroes, such achievements have not been forgotten.

Hugh Stanbury

Mention having been made of an unofficial Olympic Games held in 1906 it is worth mentioning what this was.

The Olympic Games are held every four years in a leap year but in the early years of the modern era it was envisaged that they should take place every two years. Baron Pierre De Coubertin, the founder of the modern games, apparently wanted the first Olympics to be in Paris but as is well known, they were first held in Athens in 1896.

That city wanted to be the permanent host of the Olympics, and having successfully staged the games in 1896 they considered that, after the disappointing hosting of the second Olympiad by Paris in 1900, they should retain the honour. As a compromise it was agreed in 1901 that in the intervening years Athens should host an intermediate Olympics Games and so in 1906 an Olympiad was staged there.

At the time, the 1906 Games were approved by the IOC but they are not now considered to be part of 'official' Olympic history. They had 200 more competitors than St Louis in 1904 from 8 more competing Nations. The first

and last of these was held in 1906 and was subsequently renamed the 'Intercalated' Games.

The 1906 games would in hindsight be considered to be far better than the 1900, 1904 and 1908 Games that were all spread over several months and linked to an International Exhibition. By contrast the format in 1906 was crisp and took just 10 days. For the first time teams paraded at an Opening Ceremony and also, for the first time, flags were flown at medal presentations. Other firsts were the Olympic Village and march past during the parade. Although the status of the intermediate games was eventually downgraded it has been accepted that because of the success of those games, the Olympic movement was kept going at a time when it could have easily been abandoned and discontinued. Many of the innovations introduced in Athens in 1906 were adopted into the official games.

Unfortunately the intermediate Olympics had a short lifespan. There was no event in 1910 due to problems in the Balkans and when the outbreak of the First World War intervened the concept went into abeyance.

Hugh Stanbury

Blackheath Harriers in the 1930s

Looking through old issues of the Gazette a past president has discovered some interesting little gems of club history. The 1930s was a promising decade for a club which seemed destined to fade away only ten years before. It was the time for emerging talents such as Ernie Page and Sydney Wooderson who came to dominate that era. There were however other lesser lights such as Ronald Philo who became Club Captain in 1937 and John Poole who was also a steeplechaser and Cross Country man, scoring twice in the National team and achieving a best of 58th place. There was also L D Butler who was in the London Empire Games of 1934 (BH President at the time was Chair of the Entertainments Committee for those Games).

But what else do the 1930 Gazettes contain?

I Came across an interesting 1936 letter from Sydney who wrote to the Club members thanking them for paying for his coach Albert Hill (himself a top International Athlete and double Olympic Gold Medallist) to go to Berlin where he managed to stay in the Athletes Village and was "very useful". Sydney referred to this as a great oversight by the AAA. Also stated what a wonderful experience the Berlin Olympics were.

Albert Hill used to write in the Gazette on training. The bit that stood out was as follows: "One run a week, which is the amount undertaken by a big majority of the members, is hopeless and will get you nowhere". In 1930, track training for the Club under Albert took place at Battersea Park!

Sydney missed the 1938 Empire games which were in Australia. You had to sail there and back in those days which took about 6 weeks each way. Why did he miss them? He had his Law finals to sit. At that time he was anticipating doing the 800/1500 double at the 1940 Olympics in Tokyo.

His World Mile Record at Motspur Park was on the first day of the Football season. A lot of money had been put into staging this meeting and there was nervousness about the size of the crowd that would turn up. It all worked out OK with, at that time, the best ever attendance for a meeting at that venue. Legendary Past President, Tom Crafter, was there. He had also witnessed W G George's World mile record



Sydney Wooderson (raised centre) after setting the World Mile Record at Motspur Park gust 1937.

Continued

in August 1886 and led the Club Cry after Sidney had broken the record with the words: "Gentlemen, this is an occasion..." Tom was founder of Kent County AAA and its first President, was also VP of Surrey Walking Club and kept the Club going during the First World War

The Walter Cups (presumably after Walter George) get a few mentions. Wonder where

buy three different brands of cigarettes at the Club. Annual Dinners were held at the Waldorf Hotel and in 1929 a Diamond Jubilee Dinner was held there. Marriages and births were announced in the Gazette, the bride's first name was always given but never the groom's. Usually some humour was included at

Indoor Athletics surprisingly featured in the 1930s and there is a record of the AAA Indoor Championships in 1936. And Veteran Athletics also gets a mention. A newspaper in India had a photo of a 70 year old Marathon runner from Blackheath Harriers.



The Swan, in West Wickham, hiding behind the Old Stocks Tree (above).

The clubhouse buildings were derelict when discovered by the President as a potential HQ (left).

they are today. Another distinguished member was the Earl of Dartmouth who was one of the oldest members. He played Cricket for Eton and was President of the MCC.

There was also a meeting on Coronation Day in 1937 and a moving poem was written on the death of the King in the previous year. Regular requests are made for 'artistes' to perform at 'smoking concerts', and, would you believe, you could

the expense of the Club member, ie the groom (we were all male then!).

The AGM in 1933 was attended by just 40 members. The editor was obviously disgusted and pointed out quite forcefully that the Club had 753 members. Nothing seems to have changed much in 80 years although at recent AGMs with the all pervading issue of the club's intended move to Norman Park the attendance has exceeded 50 members!

In 1934 'Pole Jumping' is referred to. League Athletics had started and we needed competitors for all events. This event's inclusion was considered most unfair but it was hoped that the BH spirit would prevail and that there would be plenty of volunteers to take part in this novelty and somewhat precarious event.

There was also concern in the 1930s that taking part in Athletics would shorten your life! Much discussion in

the 1930s about amateurism and professionalism and also the use of psychologists. BH was considered to be one of the Clubs that had money and could fund development of Athletics by a more professional approach and the establishment of Centres of Excellence.

The South London Harriers HQ was bought and opened in the 1930s and there is mention of a visit to Hayes by Gordon's Mum, Mrs Pirie. Two of the mob matches from that era against SLH had fields of 208 and 225. There were many passionate entreaties in the Gazette for people to turn out for mob matches and a note to members informing them that it was "their duty" to support the Club at The National Cross Country Championships. Past President

George Brooks, features quite prominently as does another PP, Don Gillate.

The Club had moved to Hayes in 1927 from the Swan at West Wickham. The Club address was originally Station Road, Hayes, then Station Road, Hayes, Bromley. Then Station Road was changed to Bourne Way and finally number 56 was given to the Club. Incendaries landed in the Club Car Park during the 2nd World War. Outside the Swan used to be a large tree. It was called the 'Old Stocks Tree' and had been there for over 100 years. The Village Stocks were beneath it. Sadly, it was cut down in the 1930s so that road improvements could be made. Hard to visualize this at such a busy junction in 2017!

Other odds and ends include The collection box for

the Bromley and District Hospital was emptied and it contained £1.1/11d. The recipe for Punch for Punch Bowl evening is in the March 1933 edition. In 1932, congratulations were given to someone who escaped danger on the water. W W Davis was on board a pleasure steamer off Weymouth when it was rammed by a submarine! A Rugby match against Park House and Cricket against Addington. Encouragement from a young spectator: "Daddy, they're just starting the low jump". A Reference in a 1939 issue mentions a "horrible blot on the landscape, the new Addington Building Estate" which was described as a "most distressing sight".

Mike Martineau



A club photo from the 1930s

Jack Broughton 1921-2016



"If I die tomorrow I have had a good time. That's what life is all about. Not to have won but taken part".

As the story goes on July 31st 1948 Jack Braughton took the morning off work and caught a No 12 Bus from Peckham Rye and then a tube to Wembley. He was going to race in heat one of the 5000 metres for Great Britain at the Olympic Games. Although this would be the greatest track event he would take part in, all he can remember was "I just went in to register and did my race and went. It was just another athletics meeting to me". He came eighth in his heat and ran the 3 miles in under 14 minutes, but failed to qualify for the final.

After the race he changed and then caught the bus home for tea with his wife who had not gone to watch him at Wembley as she was not particularly interested, but asked if he had enjoyed it. His mother even refused an offer from a local newspaper in Grimsby to take her down to London. His games were over.

Despite this Jack remains philosophical about his performance. "I did not get much out of it. I was just not fit enough. I ran much slower than I did normally". As he latter commented "We didn't really prepare ourselves for the Olympics. We were beaten by the teams who didn't go to war".

Nor was he ostracised by his club. The Gazette for September 1948 adjudged that the fact that even if "he did not come through his heat reflects no discredit: he ran very well but like the other English runners found himself unable to sustain a pace such as he had never encountered. Let him rest assured that the club thinks very highly of him."

The long journey to his 14 minutes of fame commenced as a junior for Cleethorpes Harriers in the 1930s. He chose running over a possible career with Grimsby Town FC

His first trophy was as Juvenile Champion in 1935. When the club closed down he joined Grimsby Harriers for whom he won the Eastern Counties Junior Cross Country title in 1939.

He did some competition during his army service in World War Two as a warrant Officer in India but hadn't done any serious running for some time when encouraged by Jacob his bearer he took it up again. After the war he went down to the Tooting track in South London.

Having met some Blackheath Harriers including Charles Wiand, he was persuaded to join the club in 1947. He then met Sydney Wooderson who was nearing the end of his athletic career. After training against him at the Ladywell track at Catford he was noticed by Jack Crump the British team manager who ranked him fifth best on merit in Britain. He then competed against Wooderson in the 1948 National XC championships finishing 28th in a race which Wooderson won as his swan song on the competitive stage.

But of course Jack will be best remembered for the 5,000 metre heat at the 1948 Olympics in which he had difficulties obtaining leave from work in which to compete.

At the time of the Olympiad he was working as a building site manager and the fact that he had been selected for the Great Britain team did not universally attract much support. As he recalled to the *Gazette* in 2012 "I had no time off work so was not able to attend pre-games training". His boss in the building firm would not even give him time off for the games. Telling his story to *Athletics Weekly* in 2011 he said "The team manager got in touch with him and was told that 'if he wants to run, he runs in his own time not mine'. I asked him and he said the same".

In the end he took two days off unpaid. There was no help with training or food parcels and no special diets were available; this was just after the War and austerity defined these games, especially for countries such as Great Britain struggling to recover from the loss and damage of six years of war. In issue 658 of the *Gazette* covering the Summer of 1912 I ran a feature article called 'The Games they are a-changing' which compared the various Olympic experiences of four athletes at different eras of Olympic competition after the War. Jack's own experience was certainly in contrast to

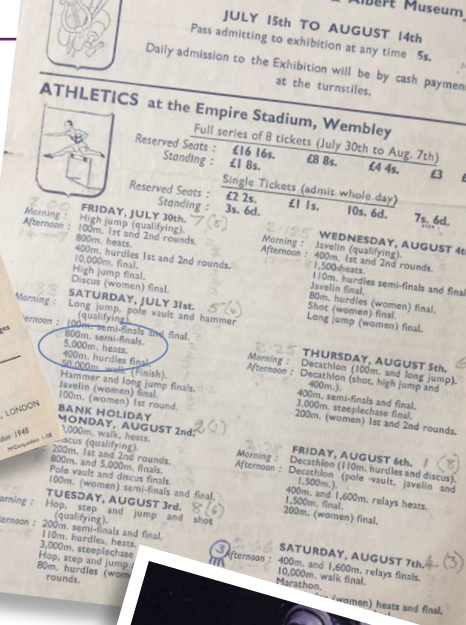
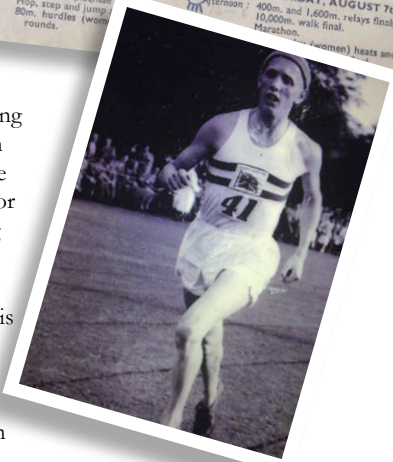
those who came after him.

He gained his selection for the Olympic team by finishing in the top three in the Open Championships at the White City Stadium. His training for the games varied, consisting of distance for stamina or repetitions of routes at various speeds with emphasis on stride patterns. He asked the B.A.A.B for a coach but they couldn't supply him one so he would rely on advice from such athletes as Sydney Wooderson although he did not agree with all of his recommendations for a training program prior to the games. Training time was when not at work such as weekends and evenings,

After the 1948 Olympics he was to compile many achievements. He won the Surrey 3 miles title and held it until 1952 being succeeded by Gordon Pirie. At the AAAs 3 miles championships he ran a lifetime best of 14:24.4, (20 seconds better than

"His 14 minutes of fame."

his previous) and finished fourth behind Dutchman Wil Slijkhuis. Other personal bests included 2:36.44 for the Poly Marathon in which he finished 6th and 13:51.10 for the Southern 3 miles, both of which were held within a week of each other in 1955. By now he was being trained by Franz Stampfl the famous Austrian athletics coach who also trained Roger Bannister and pioneered interval training.



Continued

But there would be disappointments too: he did not run in the Inter-Counties for his then county, Surrey and was never picked for them. The team manager George Pallett doubted his fitness despite the overwhelming evidence in his current form. There were offers for him to step up his training program and particularly an offer from the AAA to go to New Zealand for six months but he had to refuse it "I could not afford to take six months off. You had to be able to afford it".

His best years came in the early 1950s when he was rated as the most outstanding distance track runner for the

club, and he was described as having the kind of action normally associated with Finnish track runners. He also became well known for his distinctive trademark bobble hats.

He remained a senior figure in the club and continued running actively until he was 80 when, as he said, he 'ran out of opponents', competing in vets championships and was an ever present in the London marathon during its first years. He could still be a winner in his age group for instance in March 1991 when he was first V70 in the 5km at the BVA National Vets championships at Amptill when he was aged 70.

He remained fit, keeping up his training by racing between lamp posts or jogging around his local park, although rather amusingly a neighbour seeing him out one day remarked "he doesn't seem to be getting any faster"! If he wasn't going out sprinting or jogging he could keep fit by going ballroom dancing four times a week.

In 1980 he was made a vice president and became active in the management of the club being a director of BHHQ Management and Norman Park track management.

His has been a long life where he seems to have been prepared to face its end with equanimity. "If I die tomorrow" he said at 90, "I have had a good time. That's what life is all about. Not to have won but taken part".

He survived his wife Marjorie and perhaps a fitting final word are those which were read out at his memorial service in December last year.

*Our love is anchored in my heart
which means we'll never be apart
In time the sun will shine once more
and all the pain that's gone before
will surely then subside and leave
a warming glow inside.*



Club Post-Olympic dinner 2012. Jack, the standard bearer of a long gone age passing the torch to a new generation.

Gordon Hickey 1932-2016



As there were many other sources of information about Gordon Hickey which are yet to be tapped the following is a brief resume of his achievements . A full obituary will appear in the next gazette.

Gordon Hickey will always be remembered as the veteran shot putter who dominated his event over many years, at different levels apart though from international, gaining a host of titles including British Record holder for the M70's shot, and setting plenty of records in the process.

He won his first National Shot Put title when he was an over 50 and has set British Records in all age groups up from there. Since turning 40 it's something like "10 high jump titles and 14 for the shot."

Before his 40th birthday however he was better known as an accomplished high jumper. The Highlight of this career was winning the Southern title. He constantly cleared 6 feet 2 inches, although perhaps it was unfortunate that work commitments prevented him from going higher or training specifically for the event, partly due to his job as a film and tape editor with ITN. Nightshifts every other weekend and travel could intrude. He recalled an assignment in Belfast in 1970 where the only thing that

didn't seem to get bombed was his hotel. Therefore despite being one of the top jumpers in the country he never gained an International vest. The only times he competed abroad were with the Club on tours to Switzerland and Northern Italy.

Hickey had always put the shot in Club matches but in his 40's, as his spring deserted him, he began to take the event more seriously. "I cleared 1.81 as an over 40, 1.75 as an over 45 and 1.70 as an over 50 but then my hips just went"

What he enjoyed was the wide variety of throws competition available. He has set a British record for the throws decathlon and was a dab hand at the Greek discus which is basically doing a standing throw with an overweight implement. "If I do a spin in the Southern League with the 2kg" he remarked "it goes about 25.10. When I do the standing throw it goes about 25.00 which shows how good my turn is!"

Even to the end he was bluntly philosophical about his achievements. "It's not a case of how good you are it's more a matter of whether you are still alive. You may be the most talented athlete in the world but it's no good if you're pushing up daisies"

Mike Martineau

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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).
Claire Austridge (2016), Shaunagh Brown (2016), Andy Rayner (2016), Steve Timmins (2016).

Photographs

John Baldwin: p4

Bill Foster: p1-3, 5-7, 33-35

Jay Galley: p9-10, 12-14, 16-21, 24-30

Mike Peel: p36-37, 44, 46-47

Marilyn Reardon: p15

Peter Rogers: p45

John E Turner: p8 (bottom right)

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.

