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Summer 2017

BLACKHEATH & BROMLEY HARRIERS AC

GAZETTE



Dina Asher-Smith overcoming injury to make her mark at the World Championships 2017

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From the Editor



Here is the summer 2017 issue, coming a few months late but not so late that the events described continue to be of interest and topicality to the club as a whole. Chief of all is of course the events of the World Championships in London capturing some of the euphoria of the 2012 Olympics. Dina Asher-Smith and Adam Gemili are of course feted here and although I did not attend the championships I have tried to record the tragedies and eventual triumphs of both of them.

This summer we have seen the passing of Alan Brent, close on that of Brenda, so slowly the patriarchs of the club are no longer with us. Also no longer with us is Hannah Cordell, perhaps the epitome of dedication and service to the club, and who perhaps took on from Brenda Brent, the mantle of the club's leading lady.

Meanwhile there are other developments ahead. Prime amongst these is the proposed and many hope anticipated move to Norman Park, which at the time covered by this issue had seen some positive development, although discretion dictates that the finer details of these cannot be disclosed whilst nothing is certain even though there have been new proposals from architects and developers, for a variety of estimates, and for projects which could be profitable in the long run.

Also of interest to readers is a possible change in the format of this magazine with a new organisational structure and greater emphasis on IT. If so then in the due course of time I shall consider handing over the editorship of this magazine, and make way for a new format. But for the time being I shall continue as editor certainly up to the forthcoming 150th anniversary year.

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

PP Pat Calnan, Paul Austridge VP, Brendan McShane VP, Karen Desborough VP, PP Tim Souter, PP Dick Griffin, Rod Harrington, John Wakeman VP, David Appleton VP, PP Mike Martineau, Hugh Stanbury, Maz Turner VP, John Turner VP

The next issue covering the Winter 2017/18 is now in preparation and the deadline for submission of reports is August 2018.

The World Championships, London 2017...

Gold and silver linings from clouds of injury

A lot can happen in five years. In 2012 at the London Olympics there was no British women's sprint relay team but a new generation of sprinters both female and male were beginning to make a mark at junior level, ready to step forward and up to the higher levels of competition. Such were Desiree Henry and Dinah Asher-Smith who were present in London in 2012, in other capacities than as athletes. In 2012 Adam Gemili had been considering a professional soccer career but had now made his initial steps towards an international athletic career. They would be the forerunners in a new generation now emerging which might see British Athletics gain a supremacy on the world stage. Nonetheless for the two foremost Blackbeath athletes of this new generation, 2017 would see challenges and obstacles which they would need to face and overcome before the material success could be fully realised.

The Agony

In a year after he came within a whisker of Olympic bronze having finished just three-thousandths of a second off the 200m podium, a hamstring injury meant that Adam Gemili was unable to book his London 2017 place at the British Trials for the World Championships in July trailing in sixth.

Adam Gemili admitted he had no choice but to “pray for selection” after this injury left his hopes of making the British

team for the London World Championships hanging by a thread. This was made tougher by the competition he faced for selection, from such rivals as Nethaneel Mitchell-Blake who came first in the trials in 20.18 seconds – and second-placed finisher Danny Talbot both of whom secured automatic selection as well as Zharnel Hughes, who was hampered by a tight hamstring and finished fourth. Despite giving it his best shot Gemili, was grasping his right thigh after clocking 20.97sec, his slowest time in four years. “I’m not fit and where I need to be” he admitted. “I ran 20.97sec and that’s nowhere near my standard.”

Only one 200m berth remained open to be chosen at the selectors’ discretion. and to focus on the 200m, Gemili acknowledged he needed to be sure of near fitness, if he got selected, whilst sodjourning at the team’s holding camp. He admitted that missing out was harder to take because he believed the 200m – without superstar Usain Bolt (focusing on the 100m on his sprint swansong) was wide open and could see all three Britons challenging for the podium positions.

However he hoped his fans would remember what he was really capable of and that at major championships he always performed well “I’m so pleased I have the opportunity to compete in London and to showcase my talent in front of the world and I’m going for it.”

Meanwhile for Dina Asher-Smith the world championships year had begun with



Dina Asher Smith, agonisingly close to a medal in the 200m but winning one in the relays.

realistic hopes and expectations but, in February, during her last training session before the Müller Indoor Grand Prix meeting in Birmingham she landed awkwardly on her foot and fractured it. She looked unlikely to make these championships given their proximity and was unable to run on anything other than grass. By June she was only just back jogging.

Although she had acquired the distinction of becoming the fastest British woman of all time over 100m and 200m, Asher-Smith was a shadow of her former self as she made her seasonal debut at the British Trials in the 100 metres, trailing in sixth place behind winner Asha Philip and her time of 11.53 seconds was her slowest in three years. By failing to finish in the top two, Asher-Smith, 21, missed out on automatic selection for the World Championships which meant she had to gain selection through the discretionary third spot in the team.

Continued

Despite this she insisted that her London dream was still possible five months after breaking her foot and having a metal pin inserted. “Everyone had said that she not going to be able to run at all in 2017, but said Asher-Smith, “I just thought I couldn’t let that happen because it is the World Championships. I know the times were not good and the races were rusty, but I really don’t mind. When you have a really big injury it puts everything into perspective.”

Now she was engaged in the agonising process of rehabilitation. She had hoped that the path London was going to run smoothly. But “it was very hit and miss. Everything in my rehab programme had to go exactly to plan. We didn’t have a week or two weeks to mess about and get it wrong and have to re-adjust.” It was a very intense year for her especially with pressure of exams and graduating from university and one delay might lead to another.

With Philip, who ran 11.21sec, and second-place finisher Daryll Neita now guaranteed their places in the British team, Asher-Smith was given another three weeks to improve her form and prove her fitness before the final selections are made. It was not a good time to have recorded her slowest time of 11.53 seconds but she believed she could go so much faster with some training in her. Having come off grass she couldn’t finish her sprint sessions because of the pain in her foot. . . . “I was so scared, as you can imagine. I could not let a home World

Championships pass and for me not to be on the team.”

But her determination that this would not be allowed to happen meant she was able to convince the selectors and so gain selection for the 200 metres, and the 4x100 metre relay quartet; and in the men’s squad Gemili, was selected to be part of Britain’s 4x100m relay squad at the championships. He said: “I put in an appeal and just asked for slightly more time to prove my fitness”. Britain’s selectors made the decision after the trials despite giving themselves a deadline of July 24 before confirming the team. Gemili would be in the relay race but not in the individual event.

The Ecstasy

Encouraged by the depth of talent in the squad Gemili remarked that “We have a great chance of the gold in the relays We’ve never had an era of sprinters in this country running so quickly. “It’s just making sure we get it round on the day. We’ve had a lot of heroic near misses so hopefully it’s time for a successful one.”

Despite his setbacks the cloud threatening his chances of selection did have a silver lining, or in this case a gold lining as Adam was to run the second leg in the 4 x100m relay for the GB team in those championships. Qualifying was taken so seriously given the GBs track record in recent years in poor baton exchange that they put the strongest team out in qualifying and the final and like the ladies team ran superbly in both rounds.

Moreover, in the final the GB team held on to beat the USA team and win the gold medal in a new UK and European record. Adam ran brilliantly as did the rest of the team to give the GB team its first sprint relay gold at these championships completing the race in 37.47 seconds. It was something like redemption for him after he missed out on an individual place in the 200m following his hamstring injury. His bitter disappointment at being denied sufficient time to prove his fitness gave way to the kind of unbridled joy unique to triumphant sportsmen and women.

After facing the prospect of missing out on this the latest major championship Gemili could walk tall like a man destined for even greater achievements in track athletics. He can say things like “I never self-doubt, I always believe in my ability and if I’m fit I can try and run with the best in the world” without sounding remotely arrogant.

In the Championships having run a season’s best to get through the final Asher Smith came agonizingly close to a medal in the women’s 200 meters final, finishing fourth in a race dominated by Dafne Schippers of the Netherlands who retained her world title, leaving Marie-Josée Ta Lou of the Ivory Coast to settle for a marginal silver. She knocked another half a second off her semi-final time as the Netherlands’ Schippers held off Marie-Josée Ta Lou for gold with Shaunee Miller-Uibo coming through for bronze.



Carys Marsden about to part company with her discus (see report YDL final page 16).

Dina missed out on that bronze medal by 7/100ths of second to an athlete who should have won the 400m (Miller-Uibo), with Dina running 22.22 for 4th place and her third best time ever. It was a classic case of what might have happened had Dina been injury free all season. Yet this performance was outstanding whether Dina had been injured or not and will have given her a great sense both of achievement and hope for the future.

Any disappointment was short-lived as Dina ran the third leg of the 4 x 100m relay in both the qualifying rounds and the final where the team recorded fantastic times and more importantly in the final ran the US team close and won silver medals. So it would be hard to describe any individual result such as coming fourth in the 200 metres finals as a disappointment, and Asher-Smith was delighted to rescue something from a season that appeared wrecked.

But from here she would go from strength to strength. After London her season concluded on a high during which she continued to turn out stellar performances such as her 200m victory over Marie-Josée Ta Lou

at the IAAF Challenge meeting in Berlin. In a further triumph she signed off the season, winning over 150m at the Great North City Games on the 8th September 2018.

Looking back on that heroic performance in the 200 metres Dina reflected “To run 22.2 is faster than I ran last season and close to my PB so I am over the moon. We’ve have had a lot of fourth places (her finish was the fifth fourth place Great Britain have taken at these championships) but they’ve come from young people who will be at many championships to come.”

This comment is most prescient especially when considering the performance of another hopeful Blackheath Athlete, who has perhaps been overshadowed by the accomplishments of Dina or Adam. Whilst not possessing as high a profile as the leading players, Lorraine Ugen finished 11th in the Long jump following a hamstring and missing the Olympics in Rio, finished 11th in the Long Jump following a hamstring injury. Ugen is confident she can end her search for an outdoor medal ; even if it means breaking the seven meters barrier.

“I’m going out there trying to get a medal,” said Ugen, 25, who was the only Briton to make it through a rain-lashed qualifying round with a jump of 6.65m. “I want to battle for the medals, but I now need to hone in.“There’s no way I get on the podium if I don’t jump seven meters. If that’s my ambition, it has to be that.” Clearly she is one to notice for the future.

In the fullness of time

In battling against adversity both Adam Gemili and Dina Asher Smith, the foremost athletes of the present era in the club’s history, and already an established presence in British athletics, have shown admirable qualities of determination and maturity beyond their years. In deed it was observed that Dina had experienced an education about herself and discovered reserves of strength and energy she didn’t quite know she possessed. They have already had their experience of success and distinction in major championships at the senior level, as well as facing disappointments, threatening injuries and such tests of character that are the refining fire which prove what true gold and genuine value really are. Competing in a sport where many careers are cut short by injury, or fail to realize early promise with no guarantee of success even for the best and most committed of athletes, they know what the odds really are. Yet they have been prepared to dedicate themselves to whatever goals they feel they can accomplish whether that success may come sooner or later.

As with heroes of recent decades such as Linford Christie and Dame Kelly Holmes, the best may yet be to come and if it means a slow steady ascent towards that ultimate summit they will regard every experience whether in terms of winning medals or testing times as part of the maturing process the end product of which will stand the test of time.

Wilfred Orton

Adam's Golden leg(end)

Adam Gemili selected for the second leg of the relay, played a vital role in setting up what would be a famous victory for the British sprint quartet. But in training it has been revealed that there were still some technical difficulties with changeover of the baton, athletes colliding with each other, old fears from previous eras. Yet the quartet selected for this the 4x100 metres had worked hard and could now run as one. They had got to the final, could they reach the golden heights?

The gun goes off and CJ Ujah takes a fraction of a second to get off the mark and put the GB team in pole position. However will he make a smooth changeover with Adam Gemili? After the first leg from Ujah the first handover, from him to Gemili, is smooth, the baton being passed into the hands of a man whose anger at being overlooked for individual selection at those championships has completely galvanised his determination. Fresh and running with a point to prove, Gemili's acceleration along the back straight suggests that something special is about to unfold. This isn't lost on the anchor runner Nethaneel Mitchell-Blake, either. For he knows that Adam is a big competition athlete and as is watching him start to come past the Japanese. Mitchell-Blake starts to think with growing certainty, this is going to come down to himself. Meanwhile Danny Talbot waits for the next change. Though all sorts of different outcomes and scenarios start going through

his head he needs to dismiss such thoughts and focus on the next 100 metres for no more than 9 seconds.

He sees Adam coming in to him and from where he waits arm out to receive the baton Adam seems to be flying, the momentum hurtling him forward with such force that Talbot fears he's going to run straight into the back of him if he doesn't get out of the way.

At the changeovers he must keep his head when all around in the stands, and throughout the world people watching on TV, are losing theirs. Now he has to find a level of concentration that will enable him to pick out just one voice above all others, the voice he must hear. All his senses have been finely tuned to do just that and the voice which he hears is that of the incoming runner, whose voice is the only one that matters, and now that voice, the voice of Adam Gemili shouts "hand", and his recipient's hand is there, the baton firmly grasped and into that hand.

By the time the baton reaches Mitchell-Blake, Britain's lead is

even clearer but the race is still open with America were not far behind in second place while third-placed Jamaica had Usain Bolt, competing on a track in a global championships for the very last time. GB have a great break when Bolt breaks down with injury. It offers a very realistic chance of victory now to the British quartet.

Mitchell-Blake drives on down the home straight and over the line. The British team clock 37.47, a European record. They have put in the practice, they've trained, they've sacrificed. They know it would have to be perfect but in the end it was perfect.

It is the first relay win for a British team since 2004 and veterans of that triumph are saluting them and recognising what they have done. This is a new dawn for British sprinters. They have the achievement but they have youth on their side, too, and undoubted potential. Whatever the future brings, however, CJ Ujah, Adam Gemili, Danny Talbot and Nethaneel Mitchell-Blake will always have London.

Hugh Stanbury



The gold medal winning GB relay quartet....the first of many?

The Senior Men...

British Athletic League 2017

A frustrating season perhaps? Frustration more often comes from gaining great results without the satisfaction of a tangible reward and there was much to be encouraged by, together with a slow improvement from the team year by year, which made one feel that the Senior Men would gain that coveted promotion to the top flight which they justifiably would have merited. But it was not to be. Blackheath and Bromley have in the past had to re-locate when circumstances demanded it. Maybe in the light of what eventually happened this season the club needs to re-locate to Wales!
Pat Calnan reports...

Match One, Basingstoke 6th May.

Fourth in the first match wasn't really one thing or the other. We weren't far off third place but well adrift of the two Welsh clubs. We were the second best team in the field events two points behind Cardiff, but the fifth best on the track.

Obvious highlight of the day was James Whiteaker's performance in the javelin. He won with a distance off 77.03. This was a qualifying performance for the Commonwealth Games though did not guarantee selection. It broke Peter Yates Senior Club record which had stood for thirty years and was of course a Club Junior record as well.

This was James first appearance for the team and there were some more fine debuts too from

Camron Lyttle (sprints), Jordan Layne (400), Adam Herring (4x400), Pedro Gleadall (pole vault) and Luc Durant (shot). Scott Huggins had an impressive win in the pole vault and we surprised ourselves with victory in the 4x100. It was great to have Louis Mascarenhas back in action after missing all of last season.

Thanks to Dave Cordell for bringing the tent along.

Final Result:

1. Cardiff 318, 2. Swansea 316, 3. Harrow 291, 4. Blackheath & Bromley 283, 5=. Sale Harriers 265, 5=.Windsor Slough Eton & Hounslow 265, 7=. Basingstoke & Mid Hants 208, 7=. City Of Glasgow 208.

Match Two, Swansea 3rd June.

Flashback to January and I'm wondering why there seems to be no accommodation available for a Friday night in Swansea. In fact there doesn't seem to be any in South Wales at all. Ah, the Champions League Final is taking place in Cardiff on the Saturday. This could be a problem, but as the football clubs get knocked out, the accommodation opens up. Arsenal are dispatched 10-2 by Bayern Munich and we're in business.

We welcomed a number of the new athletes to the team, Ross Braden, Tim Ayres, Kieran Murphy and youngster Lewis Mills. Fortunately we had old crusty Ken Daniel in our party. He was able to pass on his experience and also act as unofficial

tour guide giving his definitive perspective on the South Wales towns. Port Talbot came in for particular abuse, did he lose in love here in his distant past? We tried to keep him humoured and hoped the refreshments stall would be open the next day or we'd never hear the end of it.

After recent terrorist attacks, every station we stopped at in Wales was patrolled by armed police, and, when we arrived at our Premier Inn, the receptionist informed us that sniffer dogs had been through the premises earlier in the week and that we had 24 police officers in residence.

This was a tricky fixture for us and we had gaps to fill. Team spirit was good, however, and the train journey had given us the opportunity to address most of the issues. One of these was not just who would compete in the vault but would we be able to find a pole for them to use.

We finished in 5th place scored more points than we did in the first fixture where we came 4th. It was a great result partly because we achieved this with a number of people missing but more importantly everyone who was there made it happen. All events were filled, and athletes achieved personal bests, seasons bests and bonded as a team.

Dan Putnam set a personal best to win the 200 metres, having been pipped in the 100 by a hundredth of a second. Our best event was the triple jump where Jonathan Ilori took the A string with 15.11 and Rob Sutherland made it maximum

Continued



One of many performances at Bedford which earned Blackheath third place.

points in the B string. There was also a personal best from Ross Braden in the 5000 on his debut. The other debutants also did well. Tim Ayres brought all the enthusiasm which he shows at Southern League matches competing in the high jump, pole vault, 400 hurdles, 3000 chase and the 5000. Kieran scored a good 4th place in the A string hammer, not far off a personal best; and Lewis ran a solid 1500 in blustery conditions to also finish just outside his best.

Two other under 20s also made impressive contributions. Cameron Lytle gained two second places in the B string sprints; and Luc Durant gained another fine third place in the A string shot.

James Habergham hasn't missed a fixture since he joined as an HCA and he made another big contribution by running both the 800 and 1500 plus a strong leg in the 4x400. The other members of the relay quartet are also relatively new to the squad.

Jordan Layne ran a great 400 to finish 2nd in the A string with Shaun Cooke 4th in the B and Adam Herring travelled all the way from Norwich to Swansea to run a leg of the relay. He also travelled on the tube for the first time!

Tom French travelled from Brighton on the day for his first competition of the season and was rewarded with a 7.16 leap. This saw him gain 2nd place with Mark Cryer winning the B string. Unfortunately Mark's achilles was causing him pain but he still threw the discus before having to withdraw from the days proceedings. Mark was supposed to be running the 110 hurdles so we moved the ever-green Richard Holt up to the A string and the ever reliable Lewis Ely to the B string. Richard had earlier run a seasons best in the 400 hurdles and Lewis had finished equal third in the high jump with 1.93.

The most local athlete was Richard Webb who is at Cardiff University. He managed to break through the security around the Champions League final to get down to do the steeplechase and picked up a useful 5th place. Finally there was Alex Pope. He reckons he has now done 55 League matches for the Club. I don't doubt it. He remains invaluable. Sausages went down like oysters at breakfast, together with an EU cereal mountain. He needed it as he set seasons best in the shot, discus and pole vault.

It was a routine trip home and sitting on the train at London Bridge at 10.07 with one stop to go to Orpington, I reflected on a weekend that had run smoothly, a good team performance that kept us well clear of the relegation and still in with a shout of promotion. Get home and on to the computer to see if any results are up on the internet and find that a terrorist attack had started at London Bridge at 10.08...

The Match Result and League Table:

1. Swansea Harriers 337.0, 2. Harrow AC 317.0, 3. Cardiff AAC 297.0, 4. Sale Harriers 295.5, 5. Blackheath & Bromley H & AC 286.0, 6. Glasgow City AC 222.0, 7. Windsor Slough Eton & Hounslow AC 208.0, 8. Basingstoke & Mid Hants AC 202.5

Table After Two Matches:

1. Swansea Harriers 15.0 (653),
 2. Cardiff AAC 14.0 (615),
 3. Harrow AC 13.0 (608), 4.
 Blackheath & Bromley H &
 AC 9.0 (569), 5. Sale Harriers
 8.5 (560.5), 6. Windsor Slough
 Eton & Hounslow AC 5.5 (473),
 7. Glasgow City AC 4.5 (430), 8.
 Basingstoke & Mid Hants AC
 2.5 (410.5).

**Match Three, Bedford.
 15th July.**

And so we came to the Big Day Out with all five divisions competing at one venue. Bedford was chosen because, not only does it have an outdoor throws circle, it has an outdoor javelin runway. So with an early start technically the field events could run to time. Neither it nor the track did so for various reasons. I suspect that those in favour of the concept took lots of positives from the day while those who were sceptical about its viability could take lots of negatives away. I'm with the former, and the AGM voted for another one in 2018.

Our day could not have started better as, not only did Phil Sesemann win the 3000 metres, he did so with a League Record. To add to the celebrations Ross Barden set a pb in the B string. We had the most number of A string wins as Phil Sesemann again in the 1500, Dan Putnam (200), Jonathan Ilori (triple jump), Scott Huggins (pole vault), Matt Blandford (shot) and the 4x100 quartet of Dan Putnam, Dean Hylton, Camron Lyttle and Shamar Thomas

Campbell all added to our haul.

We also had the most number of grade one performances from Dan Putnam (twice), Camron Lyttle, Dean Hylton, Phil Sesemann, Tom French, Scott Huggins, Matt Blandford (twice), Jonathan Ilori, Rob Sutherland. Coleman Corry, Peter Guy and Reece Young all made good debuts. It was a great team effort. But for a couple of weak events we would have been higher still. In the hammer and javelin we scored 12 points in total. Cardiff scored 52 and Sale 46.

Our score of 318 points was the highest we have scored in this division since 2000, the last time we were promoted to the top division. No one who had scored that number of points in a match had not finished in the top two in the last 10 years.

Final match score. 1. Sale. 354, 2. Cardiff. 328.5, 3. Blackheath & Bromley 318, 4. Windsor Slough Eton & Hounslow 281. 5. Harrow 259, 6. Swansea 227, 7. Glasgow 216.5, 8. Basingstoke 183.

Table After Three Matches:

1. Cardiff 21. (943.5), 2. Swansea 18 (880), 3. Harrow 17 (867), 4. Sale 16.5 (914.5), 5. Blackheath & Bromley 15 (887), 6. Windsor 10.5 (754), 7. Glasgow 6.5 (646.5), 8. Basingstoke 3.5 (593.5)

So unless Cardiff had a complete disaster at the final match, they would be promoted. Us or one of three other clubs would go up with them.

**Match Four, Manchester.
 20th August.**

In the end it didn't happen. We finished in 6th place in the final match which left us 5th overall. With a number of people missing with injuries and others ill or unavailable this was not a surprise. What was a bit of a surprise was that the two teams who came up got promoted again. I can't remember that happening before and they were both Welsh!

Although we didn't have a lot of athletes we did have a lot of quality. Pleasingly there were personal bests for Rob Sutherland (long jump) and Luc Durant (shot), Adam Herring ran his fastest outdoor electric time and James Habbergham ran his fastest 4x400 split. What have they got in common? They all did all four matches this season as did the ever dependable Lewis Ely and Dan Putnam. There was also a pb for Ross Braden in the 5000, his third middle distance pb in three matches.

Everyone did well with Dan Putnam gaining two second places in the sprints and confirming himself as our top points scorer this year. Phil Sesemann and Will Fuller doubled up in the middle distance with Will running the 5000 just 25 minutes after the 1500. Both had actually run the previous day at the BMC meeting at Stretford (where Will improved his best to 3.45 in the 1500 and was fastest Briton). So too did James Habbergham before racing the 800, 400 and 4x400.

Continued

Others had done the Southern Athletics League at Norman Park the day before. Despite having been injured and short of training Louis Mascarenhas won the shot and discus at Bromley, then went to his grandma's 86th birthday party before driving to Manchester. Likewise Kieran Murphy, Steve Timmins and Adam Herring. Reece Young was just outside a pb as he came third in the 110 hurdles and Shamar Thomas Campbell was 3rd in the B 100 as well as running two great relay legs. There was disappointment for Matthew Knight as he pulled up injured in the

200 on his debut for the team. It's one of those things. He will be back.

We are steadily getting better. We have been in this division for the last four years and our record is 2014. 3rd 18 League points. (1019.5 match points), 2015. 6th. 14 (1044.5), 2016. 3rd. 17 (1086), 2017. 5th. 18 (1125). So year on year we have scored more match points.

Final Table:

1. Cardiff 29. (1306.5), 2. Swansea 24. (1171), 3. Sale 23.5 (1268.5), 4. Harrow 22 (1150), 5. Blackheath & Bromley 18 (1125), 6. Windsor, Slough,

Eton & Hounslow 14.5 (1031), 7. Glasgow City 8.5 (819.5), 8. Basingstoke 4.5 (730.5)

Thanks to all those who contributed to the success of the team in 2017, whether as an athlete, coach, official or supporter. The teams in our division in 2018 will be Blackheath & Bromley, City Of Liverpool, Harrow, Herne Hill Harriers, Kingston & Polytechnic, Sale, Southampton, Windsor.

Pat Calnan

SCVAC Track Competition 2017

Kent League

It was a successful season for the men who dominated the division 2 competition to finish first and be promoted to division 1. There were 19 competitors in total which included 2 60+ athletes, Ken Daniel & Peter Hamilton who came to some matches as reserves. Ken & Peter ran as guests in 800m at Gillingham and Peter also guested 3000m at Erith and 1500m at Dartford. The other competitors were (in order of appearance) Luca Ercolani, Stephen James, Alex Gibbins, Gareth Evans, Steve Timmins, Paul Stack, Tim Nash, Rob Brown, Richard Coe, Clem Leon, Reynaldo Guevara, Jesse

Bailey, Paul Kerekgyarto, Mark Ellison, Adrian Stocks, Bob Minting, Alan Camp. There were 6 matches and we fielded between 7 and 10 athletes.

The women's season was not what we had hoped for. We finished 4th out of 6 teams. Many of our athletes were missing due to illness, injury, hip replacement and family commitments. There were 12 competitors in all who were (again in order of appearance), Louisa Vallins, Sara Elmqvist, Sarah Belaon, Jen Neal, Jackie Montgomery, Maz Turner, Anne Cilia, Helen Godsell, Tamsin Culmer-Guevara, Jane Bradshaw, Maureen

Miller, Lindsay Alger. We fielded between 5 and 8 athletes in the 6 matches.

Thanks must go to all our dedicated team members who were willing and prepared to step in where necessary. Hopefully for the next season we can have more athletes at each match (preferably 10) which would ensure that all events are covered without some team members having to compete in 4 plus events.

Maz and John Turner
Team Managers

UKWAL

2017 Review

Match 1 - Birmingham 6th May 2017

Due to there only being three matches in the season, it's always important to get off to a good start.

Thanks to past President Bill Foster, we'd acquired two new middle distance athletes in Carolyn Johnson and Jo Hickman-Dunne. Carolyn was first claiming for Loughborough, but she's now joined us first claim!

What this meant was that for the first time, we had a great pool of middle distance athletes able to compete for us in the UKWAL. Sadly the reality was that due to injuries and illness, we didn't have one single middle distance athlete available for our first match. In addition to this there were other gaps in the team as well.

Match 2 - Eton 3rd June 2017

Following the match in Birmingham, I was confident that we would finish in a higher position. Whilst we didn't have a full complement of middle distance athletes, we did have both strings in the 800m covered as well as a single athlete in the 3000m and 2000m steeple-chase.

Unfortunately for us, the other clubs were equally able to put out stronger teams. So our girls were competing against Megan Beesley, Zoey Clark, Jade Lally and Morgan Lake to name a few!

Unfortunately at this level you cannot afford to give away points. With no athletes at all in the 800m, 1500m, 2000m Steeplechase, 3000m, Pole Vault and only one in the 400m hurdles, our depleted team did well to finish in 7th of the 8 teams. In fact that was the one consolation as I honestly thought that we would finish last!

As far as the actual match was concerned, Holly Mills winning the long jump in 6.18m was

a shining light and our only winner on the day. However there were good performances from Annie Davies in 3rd and Isabella Hilditch 2nd in the 100m hurdles, Anna Short taking 2nd place in the B string triple jump, and Rebecca Hawkins 4th and Deborah Martin 2nd in the high jump strings, both very close to the winning heights.

Match 1 Result:

1. Thames Valley Harriers	234.5	-8pts
2. Edinburgh AC	217.0	-7pts
3. Birchfield Harriers	216.0	-6pts
4. Windsor, Slough E&H	179.0	-5pts
5. Swansea Harriers	167.0	-4pts
6. Shaftesbury Barnet	157.0	-3pts
7. Blackheath & Bromley	126.5	-2pts
8. Woodford Green EL	112.0	-1pt

This made our task considerably difficult.

Notable performance on the track were as follows:

Isabella Hilditch winning the B-string 100mH in a time of

13.95 and Modupe Shokunbi finishing 2nd in the B-string 100m (12.16). Caroline Ford ran well to finish 3rd in the A-string of a fast 800m (2:08.02).

Match 2 Result:

1. Birchfield Harriers	218.5	-8pts
2. Thames Valley Harriers	211.5	-7pts
3. Edinburgh AC	204.0	-6pts
4. Windsor, Slough E&H	201.0	-5pts
5. Shaftesbury Barnet	165.5	-4pts
6. Swansea Harriers	152.5	-3pts
7. Blackheath & Bromley	145.0	-2pts
8. Woodford Green EL	129.0	-1pt

Continued

As far as the field was concerned: Chioma Mathews came first in the Triple Jump A-string (13.00m) while Zara Asante came second in the B-string (12.16m). Holly Mills (6.02m) and Sarah Abrams (5.54m)

Match 3 - Norman Park 16th July 2017

Going into the final match of the season, we knew exactly what we had to do.

To avoid relegation we had to beat either Shaftesbury or Swansea by 4 points. On the basis that we only had 4 points from our first 2 matches this was a near impossible task.

In order for us to achieve the near impossible, we had to fill every single event. One person, who I had been nagging all season to compete for us was Divine Oladipo. Understandably she had the excuse of studying in the U.S. which is why she couldn't do the first 2 matches. However she very kindly agreed to compete for us the day before she was due to fly out to represent the GB Juniors - This added much needed support to our throwers.

finished 2nd in the A and B-strings respectively in the Long jump. Rebecca Hawkins found herself competing with Olympian high-jumper Morgan Lake and so did well to finish 3rd in the A-string with a jump

Wins were hard to come by as many clubs were able to field their international athletes, but strong performances across the board meant that B&B were well placed in most events.

With athletes like Jess Keene, Niamh Bridson Hubbard and Caroline Johnson coming back to compete as well as Divine, we had far greater cover on the events this time. Katy Ann McDonald continued her return to full fitness in the A string 800m while Caroline Ford took out the B string event strongly and only just got pipped at the end but ran a massive new pb of 2.06.48.

Rebecca Hawkins won the high jump with Deborah Martin 2nd in the B string, good 2nd places for Zara Asante and Chioma Matthews in the triple jump, Viv Olatunji 2nd in the B string 100m in 12.15, and Sam Milner 2nd in the B string discus. Isa-

of 1.70m. Debbie Martin won the B-String with 1.65m

Despite our best efforts, we finished in 7th place again. Again we were undone by gaps in our team as well as the quality of the other teams.

bella Hilditch having won the England Schools the previous weekend ran well with 14.00 in the 100m hurdles but found the competition far tougher than last week

Our girls showed what a difference it can make having a full complement of fit athletes and filling places in every event by finishing a fantastic third place. This was an incredible result and all credit to all the athletes who competed.

So the season has ended and we finished 6th overall which means we retained our league status.

Thanks to all the athletes who competed throughout the season and thanks to our physio Grace Shepherd for providing much needed support to our athletes.

Brendan McShane

Match 3 Result:

1. Thames Valley Harriers	234.0	-8pts
2. Birchfield Harriers	226.0	-7pts
3. Blackheath & Bromley	176.0	-6pts
4. Windsor, Slough E&H	171.0	-5pts
5. Edinburgh AC	167.5	-4pts
6. Swansea Harriers	163.5	-3pts
7. Shaftesbury Barnet	149.0	-2pts
8. Woodford Green EL	142.0	-1pt

League Position:

1. Thames Valley Harriers	680.0	-23pts
2. Birchfield Harriers	660.5	-21pts
3. Edinburgh AC	588.5	-17pts
4. Windsor, Slough E&H	551.0	-15pts
5. Swansea Harriers	483.0	-10pts
6. Blackheath & Bromley	447.5	-10pts
7. Shaftesbury Barnet	471.5	-9pts
8. Woodford Green EL	383.0	-3pts

Ladies Southern Athletic League

Summer 2017

It was argued last summer that we have one of the best Senior Women's track and field teams in the country with a huge reservoir of talent coming up through the juniors below. And this season presented a real opportunity to excel, the team having been promoted back to the top flight last year. Even so, as Tim Soutar observed then, much work was needed on fielding stronger teams to ensure that the return to the elite would be a lasting one. Well, let's say that those concerns would be answered in the course of a highly promising season filled with outstanding performances and wins and even when the hopes of fielding strong teams were in doubt at times, the depth and versatility of the squad ensured that it was still able to win events and points to keep up amongst the elite clubs in the country. Such performances were delivered by an ever maturing and experienced collection of highly talented and versatile athletes as was observed and commented on by John Wake-man in this his last season as team manager.

Norman Park 15th April:

This was a great start to the season for Blackheath & Bromley Ladies at Norman Park, winning 28 of the 36 events including both relays. The outstanding performance of the day came from Maya Burney winning the 400m in 54.74, getting the woman of the match award. Elsewhere on the track Megan Walsh won the

B string 200m in a pb of 25.24, while Danielle Critchley won the 800m, Yasmin Austridge the 1500m and Kate Curran won the 3000m by almost 45 seconds.

Other great performances came from Immanuela Aliu winning a string 100m, and 200m the latter in a new pb of 24.39, Anastasia Davies in the 100h and A string triple jump; Anna Short won the A string Long Jump in an impressive 5.55m, and there was a great contribution from Shaunagh Brown winning the A string Shot Put, Discus Throw, Hammer Throw, and the B string Javelin Throw.

Over the barriers Annie Davies and Mark Cryer both won the sprint hurdles, while Millie Smith won ladies 2000m steeplechase events by a big margin, while the ladies team won both relays.

In the field events Ellie Barrett and Jackie Montgomery won the High Jump and Pole Vault in the ladies event, and Anna Short won both the ladies long jump events. In the throwing event Eloise Locke threw a new pb of 37.14 in the A string javelin for 2nd place.

With one match down and 4 to go and with the final match at Bromley also, BBHAC now sits top of the league after beating some good teams in Colchester, Belgrave and Thames Valley.

Match Scores:

B&B 274;
Colchester 200;
Belgrave 166;
Thames Valley 124.

Bracknell 21st May:

A good away performance from our Ladies in the second match at Bracknell. Magda Cienciala won the B 100m, Megan Walsh the A string 200m Danielle Critchley the 800m, and Anni Davies the 100mh and Triple Jump double. There were also wins for Tabitha Lisciotto in the High Jump, Sophia Harper B string in the Triple Jump, Anna Barnett B string in the Discus, and Victoria Wiltshire in the A string of the Hammer Throw with 44.60. Well done to Millie Smith in winning the 1500sc and setting a PB of 5.21.71.

Carys Marsden turned out several commendable performances winning B string of the Hammer Throw, finishing 2nd in the A string Javelin, and 3rd in the Javelin, and 4th in the Shot Put.

Match Scores:

Bracknell 217;
B&B 196;
Southampton 183;
Herts Phoenix 168.

Continued

Chelmsford 17th June:

This was the most pleasing team performance for me as team manager, with so many of our Ladies filling in other events. It was a depleted team but one with a great team spirit that performed admirably at Chelmsford to secure 2nd place on 204 points behind the home sides 213 points in a very close fought match.

With key athletes missing the match there was much doubling and tripling up as others covered diverse events. So that lady distance runners were also high jumping, which made it an entertaining afternoon. Lady pole vaulters were also running the steeplechase to secure much needed points such ladies being Elise Swatton and Sonia Woolhouse. Danielle Chritchley won the 800m, also won the B 200m, was 2nd in the A string 400m, and ran a leg in winning the 4x400. Grace Scopes doubled in the 400, and 1500m, Lily Tappenden did the 800m, the 1500m, and both these girls ran the 4x400. Sonia Woolhouse in addition to the Pole Vault did the 100mh, and 2000sc and Elise Swatton also doubled in the barrier event (we do breed our pole vaulters tough!) Sarah McClellan did the 400mh, 100mh, the Javelin and the 4x400 metres. Well done Sarah as always. With Becky McLinden and Sarah McClellan winning both 400m hurdles races and the ladies winning both relays it was a great day on the track. Sophie Keller did the 3000m and High Jump. Modupe Shokunbi and Becky

McLinden won the 100m and 200m respectively,

In the field Nicole Farmer won the triple jump with a new pb of 11.03m and Sophia Harper won the B string, Sam Milner and Carys Marsden both won the discus strings with Sam also winning the B string shot. Grace Scopes ran a new pb in the 1500m with 5.29.9

This was a fantastic team effort, which is what the Southern Athletic League is all about

Match Scores:
Chelmsford 213;
B&B 204;
Milton Keynes 196;
Woking 174.

Crawley 8th July:

Another great team effort from our Ladies and a very enjoyable day. Wins from Yimika Allewakum in the 200a, and 400 A, Lily Tappenden winning B 800 and 1500, Danielle Chritchley the 200m in 26.5, Niamh Bridson Hubbard in the 1500m A, and Amy Leach winning B 5000m. Well done to Ruby Woolfe making her debut for the club and taking the 5000m a string. Much thanks was due to Ellie Barrett winning the Pole Vault, then stepping into the 100mh, and running a leg in the 4x100 m, and Elise Swatton winning the B string Pole Vault and again covering the 1500sc. A great effort from Carys Marsden doing all the throws which was a great effort, and again to Sarah McClellan in the 400mh, 100mh, Javelin and both relays, an inspiring team member.

Match Scores:

Nene Valley 244;
B&B 222;
Crawley 157;
Dartford 147.

Norman Park 19th August:

In the final meeting of this season the ladies turned in a solid team performance would see BBHAC finish 2nd in the league out of 16 teams. They duly obliged winning the meeting with 221.5 points from Bedford on 206 points.

In the ladies A string events there were wins for Immanuel Aliu in the 200m, Krystal Galley in the 400m, Jess Keene the 1500m, Isabella Hilditch in the 100m hurdles, Zara Asante both the long jump and triple jump and Sam Milner the discus.

There were notable B string wins for Jess Keene won the 800m, Niamh Bridson Hubbard the 1500m, Emma Rowland the 3000m, Parris Johnson the 100m, Jamiyla Robinson-Pascal the triple jump and Carys Marsden the discus.

Match Scores:
B&B 221.5;
Bedford 206;
Basingstoke 166.5;
Harrow 40.

Good luck to Nick Swatton who takes over as Mens and Ladies manager for next summer.

John Wakeman

YDL FINAL 2017

Our Junior Women Lead the Way Again

We arrive back in Birmingham – its previous year's sink hole problems now apparently resolved - for this year's Final following a season in which our dominance in the Southern Premiership has been unprecedented: every match won by a significant margin (an astonishing 150 points at Norman Park), such that we'd already qualified for the Final before the last of the four matches. But the relevant data represents only the combined men's and women's scores. While we can, therefore, approach the day with a degree of confidence that we're in good shape to retain our overall National title, the gender specific competitions to qualify for Europe are much closer than one might otherwise expect: the men know they can't take anything for granted in the case of SBH and, closer inspection of the season's results shows that, as Windsor's U17 men have been so weak and despite the vast points differences, their women had actually been on a par with us in the last couple of matches. We have a fight on our hands. Just as well, then, that we have an almost full strength team, with only one or two last minute absences. But it's the absence of our long-term timekeeper and supporter, Hanna Cordell, that affects us the most.

Punching history on the nose with javelins

And, it's a miserable, grey day at the Alexander Stadium, which, as we know of yore, despite its facilities, can do a very good

miserable! So we need to get off to a good start to lift the spirits. Javelin hasn't traditionally been one of our stronger events, but today the girls punch history on the nose and, making light of the weather and the sub-standard outside throwing area, Bekah Walton, Eloise Locke and Daisy Dowling come away with two golds and a silver between them. (Yes, they will get medals: despite the YDL Management decision not to provide any, as an ill-judged cost-saving measure, the clubs have come together to fund and supply replacements themselves. And thanks should be recorded here to Dave Cordell and his support team for ensuring all were delivered appropriately.) Next up, it's the long jump. Although this sees a rare defeat for Commonwealth Youths Games champion, Holly Mills, whose calf, after a long summer, doesn't take well to the conditions, great jumping from Jamiyla Robinson-Pascal and Funminiyi Olajide produces a similar medal haul as achieved in the javelin.

Back on track in the track events

The first track events, the long hurdles, don't go so well, but Kate Purser, with a pb (on a day when they're as rare as hen's teeth), grabs a very good 2nd in the U20 B string. However, we're soon back on track with the 1500: Katy-Ann McDonald is an impressive winner of the U20A, matched by Niamh Bridson-Hubbard in the B, Sophie Hoare takes bronze in the U17A

and Kelsi Cornish is another winner in the U17B string. It's then another U20 double, this time in the 100, from Immanuel Aliu and Modupe Shokunbi. A late illness withdrawal affects the U17 event, but Funminiyi steps in at short notice and just misses out on another medal.

Getting well into stride

Meanwhile, over in the pole vault, our girls are coping better than most with the conditions: Sophie Dowson (experiencing the meteorological challenges she will, sadly, also have to face in Brno) takes the U20A, with Shaye Emmett completing the U20 double, and Ellie Barrett sets a pb to take silver in the U17. The triple jumpers don't let us down either: Annie Davies, still battling with the foot injury she's had all season, finishes 2nd in the U20A, Nicole Farmer wins the U20B and Karina Harris takes silver in the U17. In the U20 400, it's the same U20 result: Megan Walsh with silver and Belinda Clark winning the B. Natasha Bennett, who has also had injury issues, just misses out on a medal in the 300. The day is passing quickly, but we're now well into our stride and the points are racking up. To demonstrate that nothing is ever predictable, we come a little unstuck in the hammer, with a couple of below par performances in the U20s, though Yinka Shokunbi sets a pb, leaving her just outside the medals in the U17 event.

Keeping up the pace

Moving on, the sprint hurdles

Continued

see us dominate the U20 event with wins for both Issie Hilditch and Annie Davies and the 3000m produces the same result for Jess Keene and Niamh, while, in the U17 race, Eloise O'Shaughnessy is clipped early on and takes a tumble, hitting her head on the kerb, but re-joins the fray to finish a gutsy 4th as Madalina Samoila takes the bronze in the B string. In the meantime, over in the high jump, Funminiya records another win, with Alice Prentice joint first in the B string. In the shot, Hannah Macaulay, competing in the U20 event in preparation for Brno, finishes in 4th place, as does Eloise Locke in the U17, but pride of place goes to Lauren Farley with a win in the B string. Two fourth places also follow in the U17 200, for Natasha Bennett and Grace Fullerton, but we win U20 silver and gold thanks to Immanuel and Parris Johnson.

Don't Count the Chickens Yet

It's around this stage in the afternoon that the Windsor team manager acknowledges defeat, but we're still not counting chickens, even though we do have a strong finish lined up, if only because it's never over until it's over. Katy-Ann, with another dominant performance (different tactics, same result) breezes the U20 800, winning by more than 10 seconds, and is supported by Nicole Toft with 3rd in the B string. Sophie and Kelsi add two more bronze medals in the U17 race. This brings us to the last field event, the discus, and silver medals for

Carys Marsden in the U20A and Hannah Macaulay in the U17, as well as a win for Anna Barnett in the U20B. And so, also, to the last track event before the relays, the steeplechase. We have (or rather don't have) missing athletes in this event, but Jess Keene and Lily Tappenden step in with medal winning performances (silver and gold in the U20A and U17 B, respectively). Yasmin Austridge adds another gold in the U20B and Millie Smith finishes a good 4th in the U17 A race.

The rest of the meeting is all about GTBR. Which we do in contrasting fashions in the 4x100: the U20 team (Annie, Parris, Modupe and Maya Bruney) win with ease, while the U17s (Mhairi Brooks, Katia Cienciala, Sophia Harper and Funminiya) have a changeover malfunction but rescue the situation and make the finish. The 4x400 squad of Belinda, Katy-Ann, Issie and Megan warm up for Europe with an emphatic victory and the 4x300 girls (Natasha, Karina, Grace Goddard and Alice) bring down the curtain with a solid 4th place. Our day is done and all we can do now is wait for the results.

The Title Regained

The overall team positions are the first to be announced. It's not remotely close: we win by 167 points from Shaftesbury Barnet. And we've also regained our Women's National title, so it will be Europe again for us in 2018. But we still have the countdown to the men's result.

When SBH are announced as finishing 2nd, the celebrations begin, but in moderation, as the best of our season still awaits us in the Czech Republic.

Thanks, as usual, to everyone who helped our season be the success it has been.

YDL Squad 2017: Mary Adeniji, Antonia Alapafuja, Immanuel Aliu, Genni Allan, Yasmin Austridge, Zoe Austridge, Anna Barnett, Ellic Barrett, Natasha Bennett, Isabelle Bridge, Niamh Bridson Hubbard, Mhairi Brooks, Maya Bruney, Katia Cienciala, Magda Cienciala, Belinda Clark, Kelsi Cornish, Annie Davies, Daisy Dowling, Sophie Dowson, Shaye Emmett, Lauren Farley, Nicole Farmer, Stephanie Fisher, Grace Fullerton, Kareena Galley, Grace Goddard, Sophia Harper, Karina Harris, Isabella Hilditch, Sophie Hoare, Lizzie Ibdunni, Parris Johnson, Jess Keene, Amy Leach, Tabitha Lis-ciotto, Eloise Locke, Hannah MacAulay, Katy-Ann McDonald, Yasmin Marghini,, Carys Marsden, Zoe Martial, Holly Mills, Funminiya Olajide, Anika Olalere, Isio Orogun, Toyin Orelaja, Eloise O'Shaughnessy, Alice Prentice, Kate Purser, Jamiyla Robinson-Pascal, Kamiyla Robinson-Pascal, Madalina Samoila, Grace Scopes, Imogen Sears, Jessica Sellar, Modupe Shokunbi, Yinka Shokunbi, Millie Smith, Elise Swatton, Lily Tappenden, Nicole Toft, Megan Walsh, Bekah Walton, Lottie Weitzel, Victoria Wiltshire, Katie Woolcott.

Tim Soutar

Back in Brno:

Déjà vu All Over Again

The Blackheath & Bromley Junior Women returned to Brno in the Czech Republic in mid-September intent on improving upon their 3rd place result the last time the European Champion Clubs Cup was held there in 2013.

The trip out to Vienna was largely uneventful - only one passport was misplaced between immigration and the plane at Gatwick (always good to get the team manager's adrenalin flowing early) - as was the coach journey on to Brno, apart from the increasingly poor weather the nearer we got to our destination. The evening's entertainment consisted of a trip to Lidl: sadly, the catering at our student accommodation hadn't changed much in the intervening four years.

The day of the competition dawned grey and wet, again, and hardly conducive to athletic performance, but not too different from too many evenings at Norman Park, so, although not entirely in our element, we weren't exactly in uncharted territory.

Early Encounters in the Rain

The first two events were those possibly most affected by wet weather: nevertheless, in the hammer, Victoria Wiltshire threw further than in Spain last year only to finish one place further down the field in a solid 3rd place, a position replicated by Sophie Dowson in the pole vault by keeping her head and beating more fancied vaulters, who couldn't cope with the

conditions. Triple Jump came next and Annie Davies, who has struggled with a nagging foot injury all season, produced a SB in round one, just shy of 12m, to take the lead, which she held until the end of round 3. Annoyingly, two more athletes squeezed past her in the final round of 4 (European field rules applying) and she ended up just outside the medals. As light rain continued to fall, attention moved to the High Jump. Rebecca Hawkins, wrapped in a blanket when not actually jumping, literally took it all in her stride and gained a fine 2nd place behind a very accomplished Danish jumper. Meanwhile, Hannah Macaulay, a first year U17 and youngest in the field, commenced battle in the discus. She threw well, but, in a tightly packed field ended on the wrong end of the results in 7th.

Leading The Field

That finally brought us to the track programme with the 400H. Steph Fisher had missed a chunk of training during the late summer while she participated in a world challenge event in Asia, followed by illness. Recent training suggested she had recovered sufficiently to take this on and she was in the mix for 300m only to run out of legs, resulting in an altercation with the last hurdle and another 7th place. Moving to the 800m, Katy-Ann McDonald controlled the race from the front for 700m only to miss out on 1st place in the run-in, but still securing our best result so far in 2nd. More good points then followed from Modupe Shokunbi in the 100m.

Isolated in lane 8, she nevertheless ran a measured race to secure 3rd.

So, no wins yet, but a series of fine performances saw us leading the other teams after 9 events. That lead improved further with Euro Junior 200m Champion, Maya Bruney, securing our first win, in the 400m. But then we stumbled. Our premier long jumper, Holly Mills, hoping to defend her title from 2016, had picked up a suspected calf tear in the YDL Finals and had been, in her own words, 'gutted' not to be able to make the trip. With Funminiyi Olajide just too young to be eligible, Jamiyla Robinson-Pascal stepped in at late notice. But, having thought her season had finished 2 weeks earlier, she wasn't quite able to produce the kind of jump she'd been reeling out earlier in the summer and ended up in 8th, less than 20cm behind 3rd. At the same time, Hannah Macaulay was producing a PB with the 4kg shot, but it was only good enough for another 7th place. Her time will come.

Feeling The Strain of Competition

Back on the track, Yasmin Austridge was negotiating the extra distance of the 3000m s/c and ground out a gutsy 6th place. (Having never understood why European Athletics always insisted on Junior Women, who could be as young as 16, taking on an event that can reduce grown men to tears, it is hoped that the survey of teams carried out during the competition, suggesting a move to 2000m from next year, will meet with

Continued

overwhelming support.) Such is the level of competition that we had now slipped to 4th equal in the standings. The team manager had also downgraded his prediction of the winning score to 112 points (which had been good enough in 2013), a score we could still meet, but, with seven events to go, we would need to medal in every one of them and we couldn't afford too many of them to be bronze or for our closest competitors to match us!

The fight back begins

And so our fight back began. In the 200m, Immauela Aliu was just run out of 2nd place, but we had the first of those medals. Katy-Ann McDonald was next back on the track. Again she controlled the race from the front, ensuring the early pace was manageable after her earlier 800m, and again she led into the final straight. In the closest race of the day there was nothing between her and her Danish opponent over the last 80m, with the latter just squeezing in at the finish. Another fine silver for Katy-Ann. We were still in with a chance.

The last field event of the afternoon saw almost half the field take a liking to Bekah Walton's javelin. She remained completely unfazed by this and ensured it was available for each of her 4 throws, allowing her to put together one of her best ever series. There was clearly a really big throw in there trying to get out and maybe two more attempts might have released it, but Bekah had to settle for 3rd. We weren't giving up and the

travelling supporters had more to cheer with Issie Hilditch dominating the sprint hurdles to produce a comfortable defence of her title.

Checked by the Czechs

It was now between us, the Turkish defending champions and the local hosts from Brno and they weren't about to make things easy for us. We were picking up the medals we needed but every time we seemed to be joined by those two teams on the podium. Jess Keene, winner in both Istanbul and Castellon, was our rep in the final individual event of the day, the 3000m. In the previous races, Jess had led from the front and ground down the field before romping to victory. She applied the same tactics this year almost to the same effect, but she couldn't shake off the Turkish runner who made an early run for home with 800m to go, opening a gap that Jess was unable to close. The Czechs could 'only' manage 4th.

Thus, with only the relays to go, we were still in the hunt, but the odds were beginning to look against us. We don't usually think about losing the 4x100m, but we all know it's all about GTBR and our quartet of Parris Johnson, Maya Bruney, Immauela Aliu and Modupe Shokunbi didn't disappoint, bringing us home comfortably, followed in by... Fenerbahce and AK Olymp Brno. The game was, barring something extraordinary, pretty much up and with Maya Bruney deciding she was unable to take her place in the long relay, even a miracle might not be enough.

But we're not a team that gives in. Despite having undertaken one of the most gruelling doubles on offer and having had little recovery time, Katy-Ann volunteered to step in. After fine legs from Belinda Clark, Issie Hilditch and Megan Walsh, she ran a consummate anchor to bring us home in 2nd place... behind a very strong Czech quartet.

Déjà vu but a Better Performance

We'd won all the seven medals but had come up just short again: Fenerbahce had won with 110 points, AK Olymp Brno had 107 and we had 104, with a significant gap to the Danes, Sparta AM in 4th. The points gap between 1st, 2nd and 3rd was identical to that in 2013! Déjà vu all over again, indeed.

The team manager, summed up the day: 'This was another magnificent performance from the girls and I'm immensely proud of them. We just missed out last year and, after what was an even better performance this year, we've done so again. But, they deserve to be European Champions and we'll go away and see if we can't make it actually happen next year, when we'll have the boys there too to cheer us on.'

It is a measure of the standards we set for ourselves that we could be disappointed having finished in the top three in the top European clubs competition. But it will only make us try all the harder next year. Look out Castellon!

Tim Soutar

2017 Youth Development League...

Under 17s

The 2017 season saw the culmination of a resurgence of the junior men's squad which had begun the previous season. Two years before at the National Final in September 2015, the B&B lads, only managed to field 23 athletes against 68 places on the team sheet and came last of the 8 teams present. The following winter the rebuild began. The goals were simple: Win the YDL Southern Premier League, get to and win the National Final and emulate our girls by being the highest scoring boys squad to go on and represent GB in Europe. Shaftesbury Barnet Harriers were a massive obstacle in our path.

The 2016 YDL league fixtures had witnessed a huge step forward by the B&B lads – a talented squad of U17s came through. The team captained by Shamar Thomas-Campbell made it all the way to the final – helping the club to lift the national title for the first time in many years. But despite the overall final win, in the men's competition we were taught a harsh lesson by Shaftesbury as to what it would take to get to Europe.

However another fantastic crop of U17s came through from the lower age group ranks whilst many of the previous season's squad were maturing into fine junior athletes. On top of this we were picking up lots of talented new members such as English Schools' 100m winner Camron Lyttle - confirming the adage that success breeds success.

With a super motivated and talented squad, competition for places was becoming an issue yet we used the

full depth and breadth of the squad. Ominously though SBH, were also looking very strong. Our North London nemesis had evidently been into the "transfer market" during the winter as at the first fixture at Norwich our lads found themselves lining up against athletes from as far apart as Scotland and the Channel islands, sporting the famous black and white stripes.

Nevertheless the season and squad captained by Will Pope started well with a win in Norwich where James Whiteaker broke the club and league Javelin record. As in 2016, together with the girls we subsequently went on to win all four of our league fixtures. We also broke the league points record in our home fixture at Norman Park and encouragingly the B&B combined squad were no longer overly reliant on our talented girls, the boys were becoming just as successful outscoring the best teams in Southern England. Throughout the season there were too many outstanding performances to mention. But one that particularly stands out was at the Olympic Stadium in July when the 4x1 squad of Camron, Matt Knight, Femi Sofolarin and Rhys Francis set one of the fastest U20 times in the country and the fastest time by an U20 B&B squad since 2012 when Adam Gemili was on anchor.

Despite our league success, the National Final in Birmingham would be a sterner challenge. Shaftesbury had a habit of pulling athletes out of nowhere and indeed the previous September they had managed to induce several junior internationals to switch clubs to them just days before the final. On the big day no less than five of our potential A-string winning athletes were out due to injury. Nevertheless the remaining lads were really fired up. The day went brilliantly with athlete after athlete giving their absolute best. The day was summed up by the performance of young Ben Gardiner who, like several other athletes, had travelled with the squad as a non-competing reserve. But on the morning of the event when a first choice athlete had to withdraw, Ben was asked to cover the steeplechase. Whilst not everyone's favourite event, Ben was absolutely delighted to be asked to tackle one of the most gruelling races of the day. Not only that but he responded by running a 30 second PB to take a memorable B string win and add important points which might have otherwise gone begging.

The end came, the scores were being read out in reverse order, we knew it would be close... in third place with 418 points Team Edinburgh. In second place with 450 points... Shaftesbury Barnet Harriers... The rest, as they say, is history. Look out Europe, here come the boys of Blackheath & Bromley!

Rod Harrington

Under 13 and Under 15 Girls Season 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 of 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. Every athlete pulled out all the stops with the lead changing all day. 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. It was an excellent fixture with several PBs and we came first overall winning the Kent League for the season.

On 2nd September, 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 Cienciala, 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 Leeves., Achieng Oneka, Morgan Squibb, Eva Stephanue, Hannah MacAulay, Daisy Dowling, Kareena Galley, Sky Cook, Gracie Horton, Holly Mpassy, Isabelle Bridge, Lily Tappenden, Imogen Meers, Rahmat Ottun, Esther Oniwinde, Zsiria 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

The UK Development League Under 13s

Summer 2017

Bracknell: 22/04/17

The 2017 track and field season started at Bracknell with the first UK youth development league fixture and BBHAC secured a solid 2nd place finish behind current National Champions Southampton. The U13 boys had a mix of athletes, some experienced and others making their Blackheath and Bromley HAC debuts.

Oliver Robertson started his day off winning the 75m hurdles with a fantastic new personal best time, followed by another win and PB in the high jump. Then a good long jump competition and a second place finish before running a great leg in the winning relay team. A great start to the season. Connor Sutton had a great days racing, winning both the sprints and the relay. Connor equalled his PB in the 100m but ran a new best in the 200m. Matt Smith started his day with a brilliant new best in the 75m hurdles smashing the 14 second barrier comfortably. Matt was also 3rd in the javelin and 4th in the high jump scoring valuable points for the team.

Josh Buddle Smith was just short of his best in the javelin and scored more points in the shot put and ran close to his best in the 800m. Ben Campbell ran a superb 1500m breaking the elusive 5min mark for the first time. Ben also put the shot ensuring we had no gaps in the field events. Oles Chaban making his track club debut showed his range of talent sprinting a new personal best in the 200m and then running very close to his best in the 1500m securing a fine second spot in the B string race. Max Gregson ran a deter-

mined 800m race and finished a strong second clocking a new personal best time. Jamie Sears, making his track club debut lead from the gun in his 800m race and crossed the line in first place with an impressive debut time.

Sam Stuart also made his debut in the 800m and was rewarded with a great opening season time. Ethan Alapafuja opened his BBHAC account in some style coming second in the 100m in a quick time before helping the relay team to their great victory. Another debutant was Jack Horn and he made his mark with a fast 100m and a quick leg in the victorious relay team. Emmanuel Oniwinde jumped a new personal best in the long jump securing a fine second place and ran a new fast personal best in the 100, making for an impressive debut performance.

LAG Southampton: 20/05/17

Southampton was the venue for the second match in this season's UKYDL lower age group fixture and last year's wet weather was repeated, making conditions far from ideal. Athletes being a hardy bunch coupled with Dave Cordell's perfect siting of the club tent meant we coped well and should be well pleased with our strong second place finish, behind hosts and current National champions Southampton AC.

The day began in winning ways with Oliver Robertson, seemingly ignoring the head wind, running near to his best and winning the 75m hurdles. Survival instinct kicked in for Ollie during the rain sodden high jump as he adopted the scissor technique, landing on the wet

mat feet first but still recorded a great 2nd. Ollie's second win of the day came in the long jump where he smashed his previous best by a big 16cm.

Matt Smith had a difficult day beginning with a strong second place in the 75m hurdles followed by a new personal best in a wet and windy 800m also placing 2nd. The timetable didn't favour Matt as the high jump clashed with the 800m and by time Matt had returned, the competition had moved on and with heavy legs Matt was unable to get a height, but had three valiant attempts.

Ben Campbell looked comfortable winning the 800m by 5 seconds and also won valuable points in the shot put. Josh Buddle Smith did well in both the javelin, throwing a seasons best, and the shot again winning precise points in the field.

Connor Sutton dominated the sprints once again with fine victories in the 100m and 200m. Emmanuel Oniwinde had a great day running near his best in the 200m placing 3rd followed by a great long competition that saw him propel himself over 4m for the very first time placing him a solid 2nd.

Jake Anthony made a great National league debut knocking 10 seconds off his 800m best and throwing a new javelin best despite only having had two coaching sessions, more valuable points earned.

Jack Horn battled well into the wind to record a fine 2nd place in the 200m sprint and helped the relay team including Connor, Emmanuel and Oliver to 2nd just 0.3sec behind the winners.

Continued

Max Gregson continues to improve and will be delighted with smashing the 5 minute barrier for the first time placing 4th in a very competitive 1500m race.

George Shaw had a memorable National debut winning the B string 1500m in a great new personal best and had a quick sprint in the 100m for fun.

LAG Eton: 18/06/17

Glorious weather welcomed us to the scenic venue of Thames Valley Athletics Centre at Eton for the third fixture in the UKYDL lower age group. Dave Cordell and Steve Hollingdale were first on site to cherry pick the best pitch for our large team tent and this provided an essential shady retreat for our athletes before and after their events.

As a result of the first two fixtures BBHAC were currently in second spot behind National Champions Southampton and a solid result at Eton would help us get closer to our goal of making the 2017 National final, being held this year in Birmingham in September. Havering AC and Bracknell AC started the day in 3rd and 4th and keeping ahead of them would be crucial as only the top two in the league are guaranteed automatic places in the final.

The glorious weather was superb for us spectators but not so friendly for the athletes as the temperature must have been well into the 30's!

The U13 boys began the day well with two 2nd place finishes for Oliver Robertson and Matt Smith. Oliver smashing his personal best and Matt Smith back near to his quickest best. Ollie and Matt both had to then endure long spells in the beating

sun during a tough high jump competition and both did well securing 3rd spots. Oliver's day continued in the sand, jumping well to place 3rd again while Matt had to endure 3 and 3/4 laps in the sun doing the 1500m coming 4th. Ollie's final effort of the day was running leg 2 in the sprint relay.

Ben Platt made his National league debut putting an equal best in the shot followed by a great 23 m gaining valuable team points. Josh Buddle Smith was just short of his pb also in the shot and then threw the javelin over 20m again scoring vital team points.

At the half way stage we were a little surprised to hear that BBHAC were leading by over 10 points with Southampton and Havering tied for 2nd but with a loads more events to be contested.

Connor Sutton had a fantastic day winning all three of his individual events starting with a massive PB in the 200m smashing through the 27 sec barrier and slicing 0.6 sec off his best. Next up was the 100m and another great personal best performance winning in 13.2. Fairly new to the long jump but taking to it well Connor then leaped over 4m equaling his best, winning again and finally racing the final leg in the 4 x100m sprint relay. Ethan Alapafuja looked good in the 200m placing 3rd and ran a quick 100m sprint equaling his best and was start off leg in the sprint relay.

The 800m were up next and Max Gregson continued his great season with a mature a well paced race finishing with style in a great 2nd, just outside his best. Jake Anthony making his National track debut lead from the front in his race and held off the fast finishing Windsor athlete to secure a brilliant win.

Two first year in the age group athletes battled it out well in the heat of the day over two laps of the 800m, both just outside their best with Jamie Sears posting 2:35.3 and Oles Chaban 2:37.4. Great times especially in those temperatures. Oles also sharpened up his sprinting, racing well over 100m.

Emmanuel Oniwinde was just outside his best in a quick 100m and helped the boys to a fourth place in the 4 x 100m relay running the 3rd leg on the top bend.

Finally completing our strong squad Ben Campbell ran a solid 1500m during the hottest part of the day and should be pleased with his performance and time placing a respectable 4th in a very tough race.

With two events left to score BBHAC were 9 points in front of Southampton but 10 minutes later with all events recorded Southampton had clawed themselves in front to win the match by a single point leaving us in 2nd with Havering 3rd and Bracknell 4th. At the beginning of the day we would have been happy with this result but felt slightly deflated having been in the mix all day. However, that result strengthens our position in the league table and with just our home fixture to go on

Saturday 15th July we are in a very strong position to qualify for the National final.

There were many fine performances throughout the day from our U13 and U15 boys and girls but the highlight must be the club record breaking quartet of the U15 girls 4 x 300m relay team. A fabulous collective effort from Zakia Mossi, Shakanya Osahon, Daniella Harper and Holly Mpassy rounded off a fine days athletics setting a new best time of 2:51.13.

UKYDL LAG Norman Park: 15/07/17

We saved the best to last, comfortably winning our final UKYDL fixture. The scene was set early with club tent, beer tent and BBQ all in place ready for the day's action and our young athletes weren't to disappoint. With over 40 personal bests, two new club records, club debuts and great team spirit our U13 and U15 boys and girls did the club proud securing a place in September's National final.

The U13 boy's day began with Oliver Robertson showing great determination in winning a fast 75m hurdle race and as impressively, Emmanuel Oniwinde placing second in the B string hurdles having only ever hurdled in training the week before. Emmanuel also had a good run out over 100m as did Jack Horn in what turned out to be a good warm up for the relay. Ben Platt was just short of his best in the shot and javelin but scored many valuable points for the club in the process. Great to have Matt Smith back in the team despite still recovering

from a foot injury again scoring good points in the shot put. Josh Buddle Smith put his recent training to good practice placing 4th in the javelin just short of his best.

Next up were the sprinters and Connor Sutton tore apart the opposition winning the 200m by over 1.5 seconds and recording a huge new personal best of 25.82, that now places him well inside the top 10 in the country. Young Ethan Alapafuja continues to impress despite being a year young, running well and aggressively in the B string 200m. Connor continued his great form winning the 100m with another big new PB while in the B string new boy Tom Afelumo was making his mark with a fantastic debut performance, winning in a fast 12.67 and jumping straight into the top 20 in the national rankings.

Oliver Robertson again cleared 1.40 in the high jump to secure 3rd in the A string and Jamie Sears showing great clubmanship stepped up to fill the B string slot not only making his field debut but also his high jump debut. Jamie's efforts earned him 3rd place in the B string and a nasty cut on his thigh from his own spike, proving that track and field can be dangerous!

It was a double win in the 800m as ever improving Max Gregson ran the perfect race beating his Bracknell AC rival who was hoping to make it 4 wins in 4! However, Max had other plans as he tracked his opponent for 400m before pressing at the bell then finally opening up with 200m to go creating a sizeable 3.5 sec gap and breaking the

2:20 barrier for the first time clocking 2:19.68. Equally impressive was Jake Anthony as he flew off from the gun leaving the field in his wake and crossing the line 5 seconds up from 2nd place and getting a new PB for his efforts.

Over at the long jump Oliver Robertson and Connor Sutton finished 2nd and 3rd respectively despite being slightly down on their best but both had already excelled in two previous events each.

Back to the track and the 1500m and a great run from Bren Campbell breaking 5 minutes once again securing 4th in the A string and Jamie Sears sporting a rather large plaster on his thigh ran determinedly placing a fine 2nd in the B string and topping it with a great new PB.

Last event of the day for the U13 boys was the 4 x 100m relay and debutant Tom Afelumo speed off on leg 1 handing to Oliver down the back straight then to Jack Horn on the top bend leaving Connor Sutton to bring the team home in 1st having run a seasons best time.

A fantastic collective effort from the U13 boys but both our U15 boys and girls 4 x 300m relay teams smashed club records in winning both their relays.

Blackheath won five of the six relays events at the end of the day rounding off a superb victory that now sees up travelling up to Birmingham for the final on Saturday 2nd September 2017.

Paul Anstridge

UKYDL National Finals Birmingham

September 2017

Blackheath and Bromley Harriers Athletics Club are officially the best young athletes track and field team in Great Britain having competed in both lower and upper finals in Birmingham over the weekend.

BBBHAC were the only club to have teams in both finals and while our LAG (lower age group) U13 and U15 boys and girls placed a fantastic second in their final, the UAG (upper age group) went one better winning their final, securing a place in the European final, completing a historic weekend for the club.

The UAG girls were current champions and excelled once again to retain the title but the UAG boys were outstanding and went one better than last year to grab the title for themselves and in doing so earning the right to represent Great Britain in the European Champions Clubs Cup Final in 2018 alongside our girls. Britain has never had just one club representing them in both boys and girls and this represents a massive achievement.

BHAC LAG team qualified for their final as South region runners up to Southampton AC and were also up against the Scottish champions and last years runners up Edinburgh AC, along with the other best club teams from across Great Britain. The competition was fierce and four teams crept ahead with Southampton leading early on followed by North region champions Sale Harriers, BBHAC and Edinburgh. As the afternoon progressed BBHAC and Sale pulled level in front with Southampton dropping back to 3rd. With the final few events being contested and no one club dominating the result was going to be tight.

A tense wait for the final results saw Edinburgh AC 4th with 536 points, Southampton in 3rd with 594.5 points, BBHAC second with 599 points and Sale 1st with 602 points proving what an exciting and tense competition it had been. Just 71/2 points separated the top three teams and only three points between BBHAC and Sale. A truly memorable final.

There were many outstanding moments including Holly Mpassy's impressive 300m race, earning her the "Norma Blaine MBE Award" for the most outstanding performance of the day and Lily Meers had the stadium on their feet as she showed so much guts and determination in holding off her rival for most of her 1200m, with the last 100m being the most exciting end of the race, that saw Lily win by the smallest of margins. It brought a lump to

most people's throat.

The U13 boys as ever were a tight bunch and supported each other well through the ups and downs of a National final. Being multi talented Oles Chaban and Emmanuel Oniwinde were on hand all day warmed up and ready to go at short notice if needed in any event. They shadowed the boys during warm up and Oles even provided replacement spikes when one of the boys realised that most of his had fallen out!!

First out on the field were Oliver Robertson and Ethan Alapafuja in the high jump. Ethan, in only his third high jump competition ever jumped well equalling his personal best as did Oliver before dashing off for the start of the hurdles. Oliver is ranked 4th in the country over 75m hurdles and was all fired up for his race but unfortunately hit the first hurdle moving at pace and stumbled losing a bit of ground, recovered well but was disappointed to just miss out on the medals. Undeterred Oliver ran back to the high jump competition where the bar had risen considerably and was now at a new PB height. Oliver had two great attempts at it but had to settle for an equal PB and silver, still impressive in the circumstances. In the shot putt Ben Platt just missed out on a medal with his 7.12m throw. Sprinter Tom Afelumo made his field event debut putting the shot over 8m to win his first medal of the day, a silver.

Matt Smith back on the road to recovery lined up for the B string hurdles having missed a good chunk of training and despite a shaky start finished well securing more valuable points for the club.

Connor Sutton began his busy day breaking the 26 sec barrier again but just losing out on gold by the narrowest of margins 5/100ths. Tom Afelumo ran the B string for his first competitive 200m and our faith in what we had seen him do in training paid off as he stormed to victory also going under 26 seconds, winning gold by nearly 2 seconds.

Ben Platt was back in action again in the javelin and was rewarded for his effort in training with a big new PB of 33.87. Josh Buddle Smith has also been javelin training regularly and his improvement of over 1m earned him a great silver medal in the B string.

Next up on the track were the 800m boys and regular team members Max Gregson and Jake Anthony once again showed their class both running hard and winning fabulous silver medals.

The sprinters were back on the track and both Connor and Tom dominated the 100m taking full honours winning gold with Tom posting a quick new PB.

With little time to recover Oliver and Connor were back out competing in the long jump. Connor on somewhat of a high soared out to a fantastic new personal best of 4.68m nearly

half meter improvement and a fine bronze in the A string. Oliver had a great opportunity to make up for his disappointment in the hurdles and didn't waste the opportunity leaping to gold in the B string with a 4.47 jump.

Ben Campbell and George Shaw had waited patiently all day for their opportunity to shine and they both did with Ben digging deep to run a best ever 4:53.81 a big new PB. George ran a well paced race keeping in touch throughout and had the determination to pip his rival on the line and was rewarded with gold in the B string and a huge new best smashing the 5 minute barrier for the first time clocking 4:56.60.

Last event of the day for the U13 boys was the 4 x 100m relay and with Connor and Tom in great form and joined by Ethan fresh from the high jump and multi talented Oliver, surely all they had to do was to get the baton around safely to secure a win. This is exactly what they did and in a superb season best time of 52.39. The relays are always exciting, risky and are on a knife edge as the U13 boys from Sale proved after being disqualified for an infringement.

A fantastic 16 medals won in total, three golds and a silver for Tom, two golds, silver and bronze for Connor, two golds and silver for Oliver gold for Ethan, gold for George, and silvers for Max, Jake and Josh. Plus loads of personal bests and season's bests all helped contribute to a tremendous team result and if we all keep

on training over the winter, next year we will be another great position to compete to be the the best junior club in the country. Well done all.

We wouldn't have been able to achieved as much as we have without the great support we've had from BB club officials, coaches, team managers, parents, grandparents, families and friends and a special thank you goes to Marco for all the time, care and effort he has put into the LAG teams over the last three years. Marco in his role as winter captain fully embraced the task of mentoring out young athletes through the highs and lows of our sport and has been (and still is) a fantastic role model for our young athletes and he will be massively missed as he embarks upon his university pathway. We hope to see Marco during terms breaks but wish him all the very best for his time at Durham University.

This weekend's travel and hotel accommodation was solely organised by John Reardon and he had the difficult task of coordinating 8 teams requests along with coaches, team managers and parents requests. Thank you John.

Paul Austridge

The Under 13 boys...

Elsewhere

Kent Young Athletes League, Ashford

Some fantastic performances were recorded at Ashford in the Kent young athletes league on Sunday. Highlight must be Oliver Robertson smashing the Kent league and club 75m hurdle record in a very fast 12.0. Connor Sutton was rewarded with two great new bests in both sprints.

A PB bonanza in the 1500m with five boys all running new best times, Ben Campbell well under 5 mins again, George Shaw knocking 9 seconds off and getting near to 5 min, Oles Chaban slicing 7 seconds off his previous best, Jamie Sears with a 3 second improvement and Sam Stuart dipping inside his PB.

Team Selection

The relay team chosen for the Anniversary Games was selected on performances throughout the season and was a difficult task with so many of the U13 posting respectable times and all boys worthy of selection based on team spirit and commitment to the club. However, we can only select four and they were Connor Sutton, Oliver Robertson, Ethan Alapafuja and Jack Horn, subject to fitness.

The Kent U13 team has been announced for the annual inter counties fixture at Kingsmeadow, Kingston on Saturday 29th July 2017 and we are please to say that BBHAC athletes have been selected in large numbers.

Well done to all who have been selected and to all the reserves. Kent is one of the strongest sporting counties so making this team, even as reserve is a great achievement.

The following BBHAC athletes have been selected...

U13 Boys

Ethan Alapafuja	4 x 100m Relay, 100m, 200m reserve,
Max Gregson	800m
Jake Anthony	800m
Ben Campbell	800m
Jamie Sears	800m
George Shaw	800m, 1500m reserve
Matt Smith	1500m
Oliver Robertson	75m hurdles, long jump, 4 x 100m relay
Ben Platt	javelin, shot reserve
Josh Buddle Smith	javelin reserve
Tomiwa Afelumo	4 x 100m Relay
Jack Horn	4 x 100m Relay

U13 Girls

Sophie Kerr	100m, 200m, 4 x 100m Relay
Tianna Lewis	100m, 200m reserve
Rianna Rennie	100m, 200m, 4 x 100m Relay
Amerisa Sibley	800m
Lily Meers	800m
Emily Kerr	75m hurdles, long jump, 4 x 100m Relay
Syrianne Diete Spiff	4 x 100m Relay



Our victorious sprint relay team: Parris, Maya, Immanuela and Modupe (see report Back in Brno final page 18).

Kent Track Relays 2017

The Kent track relays were the last team event of the 2017 summer season and with them being held at our home track at Norman Park, we took full advantage.

Of the 24 finals BBHAC athletes contested, our teams won 18 gold, 7 silver, 3 bronze and were 4th in another 10. This represents a fantastic achievement and clearly shows that BBHAC are not only strong but that we have great strength in depth right through the age groups.

The U13 boys had great numbers out competing and we able to enter three teams in both the 4 x 100m and 3 x 800m and two teams in the 4 x 200m. Blackheath and Bromley U13 boys proved they are the strongest in Kent winning all three relays and also picking up a silver in the 3 x 800m.

In the 4 x 100m the quartet of Ethan Alapafuja, Tom Afelumo, Oliver Robertson and Connor Sutton qualified for the final comfortably winning their heat in their second fastest time of the year. The final wasn't going to be as straight forward as they were up against a strong Bexley team, but our boys got the baton around slickly with great change overs and powered across the line in a best time for the season, just 0.3 sec ahead of Bexley, who also ran a seasons best. The B team of George Shaw, Ben Platt, Oles Chaban and Emmanuel Oniwinde combined well to finish 7th in the final having come third in their

heat to qualify. Our C team of Sam Stuart, Ben Campbell, Josh Buddle Smith and Jamie Sears just missed on making the final.

In the 4 x 200m both the A and B team ran well enough to make the final and again Ethan, Tom, Oliver and Connor held off a very strong Bexley challenge and were deserving winners crossing the line in a fast 1:49.9 just 0.6 sec ahead of Bexley. The B team of George, Ben, Oles and Emmanuel closed in 7th but combined well to make the final.

In the 3 x 800m BBHAC U13 boys were able to field A, B and C teams and the A team stormed to victory led out by Ben Campbell passing to Oliver Robertson who handed to Max Gregson to finish off in

style. The B team were equally impressive winning a fine team silver, led out by Jamie Sears followed by George Shaw and then on last leg Oles Chaban. The C team ran a strong race and did well finishing a creditable 7th with Sam Stuart taking leg 1 passing to debutant Arthur Starvis, who ran positively on this first run for the club, leaving Josh Buddle Smith to bring the team home on leg 3.

A fantastic day for BBHAC teams and also individually as Oliver Robertson won three Kent golds, Ethan, Tom and Connor all won two Kent golds and Ben Campbell and Max Robertson both won gold, while Jamie Sears, George Shaw and Oles Chaban all won Kent silver medals.

Paul Austridge



Holly Mills being a long jump star (see report YDL final page 16).

The Parris Handicap Series

2017

The monthly handicap race series started in 1993. It was renamed in 1998 after Roy Parris who sadly died after a heroic fight against cancer. This event is an apt tribute to Roy.

The event is a series of 5km handicap races, which take place every month between April and September.

James Ingram won the very first race in a time of 18:45 and Graham Fee was the overall winner for that year.

It is a testament to the success of this race that in 1993 the maximum number of runners in any race was 19 whilst 34 different runners took part in the series. This year between 20 and 30 runners turned out for the events and 51 different runners made at least one appearance during the 2017 series with 6 of them completing all 6 races. We had several regular juniors taking place and its always great to see them turning up putting in creditable performances.

The April race was won by Neil Ives followed over the next 5 months by wins for Scott Bulmer, Marc Knowles, Tom Leeson, Graham Hollingdale and David Leal. The fastest man over the course was Ross Braden in a time of 16:37 and the fastest lady was Chloe Haffenden 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 2017 was Neil Ives whose performances steadily improved over the course of the season with times ranging from 29.47 to 22.56

Ironically it was his slowest time that gained him that win in the individual race in April, whilst the fastest time allowed him to secure the overall victory of winning the series. Moreover his placings in the individual races were always in the top 8, including a win and a second place.

In fact due to such an impressive early showing Neil Ives was ahead of the field throughout the season, retaining first place going into the last event in September. At one stage he held a commanding lead of 13 points over the second placed competitor, who this season was Paul Kerekgyarto who in his second season turned in an impressive series of performances mostly under 20 minutes. In July he reduced the lead to only six points but then a spirited challenge from Heath Griffin further reduced the lead to 2 points, making the competition open, but Neil's best performance in terms of time allowed him to pull away again and take the series by a comfortable 10 points.

Second, was Heath Griffin a remarkable performance for one who is only eight years old, and Dave Leal who was joint third last year gained another thirds place, this time outright.

The tightest finish came in the July event when 7 seconds separated Father and Son, as Tom Leeson beat his dad

John, but otherwise most wins were achieved by comfortable margins.

The event generated about £500 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 2017 series were the BBQs that Deniz Mehmet 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, and our bar profits increase considerably on these nights! When Concern is being expressed about the declining attendance on Wednesday evenings, the BBQs provide a welcome boost of popularity and numbers in what should be the focal point of the club's week.

These events could not take place without volunteers so many thanks to our Time Keepers Mike and Terri, Recorders 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 2018 series will be on Wednesday 11th April at 7.15pm.

Richard Griffin

Hanna Cordell

1946–2017

It is with much regret that I have to report that the very popular Hanna Cordell has passed away recently after battling illness, having given her life for and so much to the sport of athletics.



The late Hanna Cordell.

Hanna was the club secretary for Blackheath and Bromley Harriers AC for many years and has also been a team manager for the many BBHAC track and field teams, a regular time-keeper and a track judge, and brought her strong organisational skills with her every time to the events she would attend. Prior to that Hanna had held a series of management positions with Bromley Ladies. With husband Dave to who she was married to for 49 years, Hanna met many new friends from the world of travelling officials who went on to become good friends from many different clubs.

Hanna (nee Grundlehner) was born in Arbon in Switzerland in April 1946 and met Dave when she was a student staying in London with Dave's parents, never returning home in the 1970s. Although not a serious athlete herself, Hanna did run events like the 7 Sisters, and 10km and half marathons, but her true love was officiating in the many capacities whether it be track and field, cross country or road events. Always up early on competition day, Hanna would accompany Dave to wherever they were going to be ready to pitch the club tent in a favourable location to provide much needed shelter and a base for the club athletes who would turn up later in the day as the following tributes have testified to...

“Often they would provide a dry and welcome shelter on match days. For one event at Parliament Hill Hannah and David got to the course early, erected the tent, provided a few chairs, collected the race chips and numbers to hand out and later on dismantled the tent and got it back to the club house where it was cleaned and repacked ready for the next meeting. On another occasion On Parliament Hill the day started early for Hanna and Dave and after surveying the site found the perfect lofty spot to position the club tent, affording spectacular views over the London skyline and relatively dry under foot.

“At the Kent Championships Hanna and Dave arrived at Hythe at 8am in the morning, set up the tent in heavy rain (not an easy task), Dave spent the day officiating the races and Hanna spent the day handing out 10 sets of team numbers and pins and generally taking charge in the tent. Once all the races were complete they then dismantle the now sodden and muddy tent, fold away and transport back to the club house, where they get it all out once again and hang it up to dry. They have a very full, long day and we genuinely could not do without the Cordells.

Continued

“At Mansfield Dave and Hanna were first up for breakfast and were already en route to set up our tent before many were even awake. Many thanks once again go to Hanna and Dave who work tirelessly to set up our base at all our athletic events. It was a great sight seeing our huge black tent flanked by BBHAC banners on arrival and in a prime location at the front of a very busy team tent area.

Many a weekend was a great success in no small way to Hannah’s great organisational skills and her culinary abilities. Like her husband she performed sterling duties driving athletes in blizzard conditions to events as far afield as Sunderland.

Due to family commitments she was only able to follow the progress of the club from afar for several years. Then in 2006 she and husband Dave renewed their interest when a grand daughter joined the Bees Academy. Hannah took over the office of Honorary Secretary in 2010 followed by Trophy Secretary when the previous holder called it a day. For the next six years she ensured that all club committee meetings ran smoothly and that minutes of previous meetings were circulated to the committee ahead of meetings, and was a solid presence at a number of AGMs, her administrative skills having been honed for many years working as the head receptionist at a local GPs surgery.

Hanna will be a tough act to follow as Club Secretary and also Trophy Secretary as the club has many trophies which have all been photographed and catalogued by Hanna.

Although she initially refused the honour of being created a vice president because she believed that she had not done enough to deserve it she was finally persuaded to accept the rank from President Steve Hollingdale in 2013, although he admitted that the task of persuading her had been an extremely difficult one. When husband Dave came to the Presidency in 2015 she took on another role, that of consort and accompanied her husband everywhere in that year. It produced a unique partnership of President and Club Secretary, although a similar partnership had been seen with the Baldwins some years earlier.

Living close to BBHAC in the Bromley, Kent, area for the past 20 years, Hanna leaves behind her husband Dave, two children Alice and Tom and two grandchildren Shannon and Joe. Hanna. More importantly it is known that Hanna made tea in bed for Dave everyday of their married life, not sure what happens now !

Hanna never expected thanks or praise for her efforts and was always seen at the club events throughout the year, quietly going about her job. Hanna’s life was devoted to our much loved sport and is a great loss to her family, her friends, BBHAC and the sport of athletics.

Wendall Cooper

Alan Brent

18/11/1918 to 1/6/2017

When Sydney Wooderson was alive it was very fair to say that he was the 'Greatest living Heathen'. When Sydney died at the end of 2006 that title quite rightfully passed to Alan Brent.

Alan joined Blackheath Harriers on 4th March 1946 at the age of 27. He has died at age 98 after 71 years of extremely distinguished service to his Club and to Athletics. His wife, Brenda, had died at age 96 less than 4 months previously. Her support of Alan and her service to the Club had also been legendary.

Alan joined as an Athlete shortly after the War so it is probably best to start by giving a brief summary of his career as a runner. He ran in the Blackheath team in 20 consecutive Southern Cross Country Championships and in 20 consecutive National Cross Country Championships (1946/7 to 1965/6, so 47 years of age on his last appearances). He was in the scoring 6 on 18 times in the National and 16 times in the Southern. Just 3 team medals though, bronze in the 1948 National (the race being won by Sydney Wooderson) and silver and bronze in the 1948 and 1950 Southern. His best National saw him finish in 32nd place and he managed 15th in the Southern. His first Club win was in the 1946 'Closing 5' where a far too generous allowance of 5 minutes was given to him. Newcomer having it over on the handicapper! It has ever been thus! He ran

regularly for Kent in the Inter Counties and did very well on the Road in events like the News of the World London to Brighton which became the National 12 stage. He had been known to win Club events by 5 minutes and famously in the Club 'B' team with Braughton and Scotting "gleefully defeated" the 'A' team Club road specialists in the 1952 Mitcham 15. He later made his mark with other "geriatrics" in the Sunday Times Fun Runs. 'Fun' seeming a misnomer as the Club History records that these events were fiercely competitive.

The Club History records that what was "more impressive than his consistent running was his continued industry for the Club". He created "an impression of integrity, understanding and dedication not readily matched". He was Club President in 1966/7 leading an administration including Tony Hayday, Geoff Last, Bob Taylor, Alan Ball, Brian Stone, Bob Richardson, Norman Page, Jim Day and Peter Baigent. Alan was for 5 years the Club's Cross Country Captain. For 11 years he did penance for his win in the 1946 Closing 5 by being George Brooks' Assistant Handicapper.

He was President of the South of Thames Cross Country Association in 1966. Also President of the Southern Counties Cross Country Association, Kent County Athletics in 1979, and the English Cross Country Union or ECCU (now ECCA) in 1989. He was presented with the Queens Jubilee Medal in 1977 and was recognized by Bromley Sports Council with an award in 1989 recognising his service to Sport in the Borough. More recently he won a prestigious London Sports award for his outstanding contribution to Athletics over so many years.

He reckoned he had been to 50 consecutive Nationals and it was ironic that the first two he missed were in 1994 and 1995 when the Club won the team title. He also missed seeing the under 17s win the team title in Havant in 1997.

He attended every day of Athletics at the 1948 London Olympics and could point out on photos exactly where he and Brenda sat. He was asked once to point out Jack Braughton in the 1948 Olympic Men's Athletics team photo. "Jack wasn't in the photo", he said, "he couldn't get time off from work". He served with Jack on the Board for Norman Park Track Management until they were both in their 90s and Alan was a regular at Club Track events where he took responsibility for all the field equipment. Meanwhile, wife Brenda worked in the Track café with Anne Cilia's Mum, Vi Stenning, and Ken Johnson's wife Hilary serving tea and wonderful cake

Continued

baked by Brenda. You felt quite deprived if you found that they had sold out and you hadn't had a piece.

Club committee meetings with Alan in attendance were quite a lesson. He was never rattled and never lost his rag. His contributions were always measured, thoughtful and intelligent. A great man with great knowledge and great judgement.

20 or so years ago, Club Dinners were more frequent and he and Brenda sat with others of their age group. Brenda ran the raffles bringing her 'old bag' which was eventually replaced by a 'new old bag'. At one of these dinners he was ambushed so we could properly celebrate his 80th birthday. Peter Lovell provided some fine artwork and Alan, giving an impromptu speech, gave younger members the benefit of his advice: "retire early and hammer the pension fund"! His 90th was a very special Club occasion with a full house greatly enjoying some fabulous tributes to a very special man. Brenda also made it upstairs for the first time in years. The ECCA President was there and Alan was showered with gifts and praise. Mike Peel took a brilliant photo of Alan and Brenda, printed it, framed it and presented it to them that very same evening. It was a proud possession in their home.

As they both became household they were delighted to receive visits from Club members and these were always happy occasions. The owner of the garage around the corner from whom they bought all their cars visited one day bringing lots of photos. He had been one of Alan's pupils and had been away on a School trip abroad with both Alan and Brenda. When Graham Botley made his farewell tour, one of his demands was to be taken to visit Alan and Brenda. Another very special and happy occasion. On one occasion Alan was asked whether he would be going to the Club photo shoot. He hadn't realized it was taking place. Denis Lawrie and Steve Hollingdale did the honours so Alan featured in the 2012 Club photo.

When he could no longer run, he swam. Often with PP Vic Beardon. Just a couple of days after his 80th, Alan celebrated by competing in the Maryon

Wilson swimming race. The Blackheath Harriers Social Club was formed in 1973 and this was chaired by Brenda. Ladies competed in their table tennis team using the Blackheath Harriers name. With barn dances, raffles, jumble sales and tombolas the Social Club, including the likes of Maggie Haines, raised an awful lot of money that enabled much needed work to be done in the Clubhouse and at the Track. Brenda's reward was being made an Honorary Life Member and later a Vice President.

They both gave great encouragement to Youth and the Club History records that "many can testify to their encouragement of youth, not only officially or on coaching courses, but morally and always cheerfully". He was a very special man, they were a very special couple. Not sure we will ever see the likes of them again!

Mike Martineau



The 'Middle Distance Engine Room' – Niamb Bridson-Hubbard and Jess Keene (see report Back in Brno page 18).

The Club Integration

2017

At the AGM on 18th March 2017, club members voted to integrate the activities of the Club with those of BHHQ Ltd which changed its name to Bromley & Blackheath Harriers AC.

This is a company limited by guarantee rather than with shareholders. Each “full” club member over 20 years old is a member of the company and individually liable for up to £1 in the event of the club becoming insolvent. Apart from this members are protected by the limited liability nature of the company

This process of integration involved adopting new company Articles of Association and revising the format of the Club Rules, supplemented by Terms of Reference for the Club Management Committee (previously the Executive Committee) and a Finance Policy. Together these cover all the elements that were previously in the Constitution. They also provide more constraints on both the company directors and the Management Committee in terms of disposing of club assets and other financial matters. This will allow the Club to apply to be a full charity, with additional tax advantages over its existing Community Amateur Sports Club status.

This incorporation of the club does not affect the terms of membership, disciplinary procedures etc. The Management Committee has the same officers on it as the Executive Committee used to have so from a day to day operational point of view it is business as usual.

The Board of Directors/ Trustees

As with all companies, the club is headed by a board of directors, who are accountable for long term strategy, custodian of the company’s assets (primarily the clubhouse) and assuring we retain our status as a Community Amateur Sports Club with the Charities Commission and HMRC. As also agreed on 18th March 2017, they will apply to the Charities Commission and HMRC for full charitable status.

The Management Committee

This is accountable to the board of directors for the day to day running of the club, as it was previously as the Executive Committee. Indeed the

positions on the Management Committee are exactly the same as they were on the Executive Committee. These positions are Chair, Club President, Immediate Past President, Hon. Secretary, Hon Treasurer, Membership Secretary, Head of Active Athletics, Head of Track & Field, Head of Cross Country & Road Running, the Chairs of the other sub committees (i.e. Finance, Development, Communications, House & Social) and up to 3 ordinary club members. With the exception of the President and Immediate Past President, these positions are elected each year at the AGM.

The new directors of Blackheath & Bromley Harriers AC are Alan Pickering, Paul Patten, Ian Young, Tim Soutar, Chris Hilditch, John Baldwin (Chair of the Management Committee) and David Appleton (Club Treasurer). A full list of officers for the year 2016/17 is displayed on the back inside page of this issue.

David Appleton



The Junior women squad winners of the National Title at Birmingham (see report YDLfinal page 16).

Executive Committee 2017/18**President:**

Nick Brooks

Immediate Past President:

Bill Foster

Chairman of Committee:

John Baldwin PP

Hon Secretary:

Vacant

Hon Treasurer:

David Appleton VP

Chairmen of Active Athletics:

Summer – Tim Soutar PP

Winter – Robert Cliff PP

Chair of Finance:

Stephen Hollingdale PP

Chair of Communications:

Wilf Orton VP

Three Ordinary Members:

Adrian Stocks VP

Daniel Ryan

Maz Turner VP

Chair of Development:

Paul Byfield VP

Sponsorship/Fund Raising:

Vacant

House and Social:

David Cordell

Membership Secretary:

Rob Brown VP

Track & Field Secretary:

Wendy Daniels

Cross Country Secretary:

Vacant

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Bromley, Kent BR2 7EY

Past Presidents**Existing Past Presidents of Blackheath Harriers AC:**

Peter J G Baigent (1971/72), John R Baldwin (1975/76),

Colin M Brand (1978/79), Brian G Stone (1979/80), Ian C Wilson (1981/82),

Derek L Gregory (1986/87), Alan M Pickering (1992/3),

Steve H Cluney (1994/5), David White (1995/6), Mike J Mahoney (1997/98),

Chris R Haines (1998/99), Richard J Coles (1999/2000),

Mike Davies (2000/01), Mike Peel (2001/02), Pat Calnan (2002/03).

Existing Past Presidents of Bromley AC: (to 2003)

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

Past Presidents of Blackheath & Bromley Harriers AC:

John Robinson (2003/04), Margaret Baldwin (2004/05),

Anne Cilia (2005/06), Ken Daniel (2006/07), Les Roberts (2007/08),

Tim Soutar (2008/09), Alison Brand (2009/10), Richard Coe (2010/11),

Denis Lawrie (2011/12), Steve Hollingdale (2012/13), Robert Cliff (2013/14),

Dick Griffin (2014/15), David Cordell (2015/16), Bill Foster (2016/17).

Vice Presidents**Existing Vice Presidents of Blackheath Harriers AC:**

George H Smith (1960), John E Lindblom (1962), Derek F E Hogg (1964),

Tony V Hayday (1968), Richard J Edmonds (1969), Robert Richardson (1969),

John Lissaman (1972), Barry M Shapcott (1973), Geoff R Last (1974),

Frank C Rogers (1976), Frank J Dyter (1977), Jerry C W Friend (1977),

Andy W Frankish (1979), Peter E Shephard (1979), Peter C Hannell (1980),

Mike A Winch (1981), Ian K Young (1982), Gordon Brooks (1986),

Simon Parsons (1990), Jim Phelan (1990), Nigel Keogh (1991),

Trevor Llewelyn (1991), Mark I L Watling (1993), Steve J Freemantle (1995),

R Colin Poole (1995), Alan R Stevens (1995), Peter A Long (1996),

Nick Nuttall (1997), John E Turner (1997), Peter Lester (1998),

Garry F P Spencer (1998), Bill Clapham (1999-2013), Mike J Cronin (1999),

David Liston (2000), Roger A Michell (2000), Paul Byfield (2001),

Roger Counter (2002), Len Dalmon (2002), Roy Smith (2002).

Existing Vice President of Bromley AC: David Green.**Vice Presidents of Blackheath & Bromley Harriers AC:**

John Blackie (2003 ex BAC), Willem Buttinger (2003 ex BH), Ian Dibbens

(2003 ex BAC), Hilary Gibbs (2003 ex BAC), David Taylor (2003 ex BH),

Simon Tolson (2003 ex BH), Myrtle Augee (2004), Julian Golding (2004),

Helen Godsell (2004), Simon Lloyd (2004), Anthony Pontifex (2004), Brian

Power (2004), Nick Gasson (2005), Brendan McShane (2005), Brian Hartley

(2006), Paul Patten (2006), Kate Pratten (2006), Michael Skinner (2006), Ray

Gibson (2007), Richard Holt (2007), Mark Purser (2007), Rob Brown (2007),

Bob Minting (2007), Costas Karageorghis (2008), Tom Phillips (2008), Terri

Shotton (2008), Andy Tucker (2009), Roy Watkins (2009), Allan Williams

(2009), David Appleton (2010), Peter Lovell (2010), Steve Pairman (2010),

Colin Rowe (2010), Paul Austridge (2011), Con Griffin (2011), Deniz Mehmed

(2011), Wilf Orton (2012), 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), Karen Desborough (2017), Chris Hilditch (2017), Mark

Steinle (2017), Nick Corry (2017).

Photographs

Nick Brooks, Rod Harrington, Tim Soutar and Mike Shearman.

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.

The Editor wishes to mention that the provision of photographs other than those generously supplied by the contributors mentioned above was sadly less than in previous issues, and not enough to illustrate all the reports featured in this issue.

There was however a decent number supplied by the manager of the Junior Women, which could not all be placed with the reports written by him due to constraints of space by the already established layout of the text. They have therefore been distributed more evenly in other spaces left available in other items, where photos for these teams were not provided.

For anyone observing this I have endeavoured to clarify the position by providing cross references of those pictures to the pages and reports to which they belong.

