

No.670 / Vol.128 Reports & News

Summer 2018

BLACKHEATH & BROMLEY HARRIERS AC

GAZETTE



Phil Sessemann in winning form in the British Athletic League at Bedford

A Club well worth backing

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From the Editor



We're looking back here on the events of Summer 2018, although I might be able to detect in a few readers a hint of suspicion that we are looking back from a slightly later time given the date when this issue finally comes out in print. I can hardly deny the fact but must do my best to give the impression that we are still back in the early autumn when the reports are just being written and the summer is a very recent memory.

Recalling those events special mention of course must be made of our international stars Dina and Adam who have continued to deliver at the highest level of competition, both in the Commonwealth and European Games and at the other prestige meetings. For Dina it has been a smoother year and her progress as well as Adam's are mentioned in a feature in this issue. May it lead to greater things in Tokyo in 2020.

Congratulations must also go to the Senior Men who have achieved promotion to the top division of the National League the first time they've been there since 2001, this a breakthrough for a new rising generation of premier athletes to join the seasoned familiar names of those whose exploits have been much reported in this magazine over the years. There's also been another commendable if not ultimately successful performance of the Junior Women in Europe and a remarkable retention by the Junior men of their national title and an equally commendable performance alongside the women in Castellon.

Meanwhile the objective of moving to a new club headquarters continues as resolutions have been passed to move this forward, planning applications submitted and a successful outcome hoped for, assuming there is no unexpected turn of events delay the move going ahead.

All this and the mounting anticipation of a highly eventful and memorable 150th anniversary year which will be starting next spring. The logo designed by former assistant editor Peter Rogers is now in use, the merchandise is now available and they key events are being finalised.

Wilf Orton, October 2018

Before signing off I wish to offer grateful thanks to the following for willingly providing articles and reports for this issue: PP Pat Calnan, PP Tim Soutar, Paul Austridge VP, Maz Turner VP, Brendan McShane VP, Rod Harrington, Nick Swatton, Len Dalmon VP, PP Mike Martineau.

The next issue covering the winter 2018/19 is in preparation and the deadline for submission of material is August 2019.

UK Women's Athletic League: 2018 Review

Brendan McShane reports...

Was it really ten months ago since the heroic achievement of our senior girls at Norman Park meant that we continued to compete in the Premier division? Oh well, time to start again! Every new season brings renewed hope that one of these days our girls are going to win the premier division. This is not just wishful thinking, I honestly believe they can given the talent we have at our disposal.

So how did we do?...

Saturday 2nd June – Eton

At our first match of the season, there were many welcome returns to the team with international sprinter Shannon Hylton winning the A string 100m in 11.51 and a great 2nd in the 200m in 23.21 – Beth Dobbin (Edinburgh AC) broke the league record in beating Shannon (22.84). Krystal Galley ran a superb new PB for third in the 400m with 54.69 and Katy Ann McDonald returned to form with a second place in the 800m in 2.08.20. Jess Keene ran seasons bests for 5th in the A string 1500 and 3rd in the B string 800m, while the remarkable Clare Elms clocked an impressive 10.14.70 in the 3000m A string for 4th showing a clean pair of heels to many athletes more than half her half her age. In the sprint hurdles both our athletes broke 14 seconds with Izzie Hilditch 3rd in the A string in 13.86 and Annie Davies winning the B string in 13.98.



A number of impressive performances contributed to a joint highest position in the Premier Division

It was also great to see England rugby international Shaunagh Brown back in action competing in multiple throwing events to give her enough points for second place in the Hannah Cordell trophy for most individual points scored, behind Shannon Hylton. Sarah Abrams and Holly Mills both won the long jumps by considerable margins with Zara Asante and Allison Wilder taking third spots in the triple jump, while Deborah Martin took 2nd in the high jump with

1.75m the same as the winner with Rebecca Hawkins winning the B string in 1.70m.

In both relays the teams were second losing narrowly to Birchfield in the 4x100m and then just coming up 1/100th of a second short in the 4x400m again to Birchfield who went onto to win the match with 239 points, with TVH last year's winners second on 203 and Blackheath & Bromley a mighty fine third on 195.5.

Eton Match Result

1. Birchfield Harriers	239.0 – 8pts
2. Thames Valley Harriers	203.0 – 7pts
3. Blackheath & Bromley	195.5 – 6pts
4. Windsor, Slough, E & H	176.0 – 5pts
5. Edinburgh AC	173.5 – 4pts
6. Trafford AC	163.5 – 3pts
7. Southampton AC	151.5 – 2pts
8. Swansea Harriers	125.0 – 1pt

Continued

Grangemouth Match Result	
1. Thames Valley Harriers	256.0 – 8pts
2. Edinburgh AC	207.5 – 7pts
3. Birchfield Harriers	188.5 – 6pts
4. Blackheath & Bromley	187.0 – 5pts
5. Windsor, Slough, E&H	163.5 – 4pts
6. Swansea Harriers	143.5 – 3pts
7. Trafford AC	139.0 – 2pts
8. Southampton AC	136.0 – 1pt

League Position	
1. Thames Valley Harriers	463.0 – 15pts
2. Birchfield Harriers	427.5 – 14pts
3. Blackheath & Bromley	382.5 – 11pts
4. Edinburgh AC	380.0 – 11pts
5. Windsor, Slough, E&H	338.5 – 9pts
6. Trafford AC	302.5 – 5pts
7. Swansea Harriers	267.5 – 4pts
8. Southampton AC	286.5 – 3pts

In view of the fact that we didn't have an athlete in five strings, coming third in this match with tough opposition was a creditable achievement. That said, I left Eton with the feeling of what if? We should have been able to fill all those positions, however injuries and athletes preferring to do open meetings meant we couldn't.

Saturday 7th July – Grangemouth

Unfortunately, I was unable to make the next match at Grangemouth having booked a holiday before the fixture were announced. In view of this, I left it to my trusty side-kick Tim Souther to team manage on the day!

In view of the distances involved, invariably any match north of the border is very difficult to organise. It's not just the transport and accommodation, but also the availabilities of the athletes as well as those willing to spend a couple of nights away from home. Grangemouth was no exception. The team had to get the train to Edinburgh, stay overnight there and then there was an hours coach journey in a westerly direction.

Although somewhat depleted, the girls gave an outstanding team effort and secured 4th place. Although individual wins were hard to come by on the day. Modupe Shokunbi and Parris Johnson took 3rd and

2nd in the 100m, Immanuela Aliu and Vivien Olatunji both took second in the 200m, and Rachel Dickens ran well for 3rd in the A string 400m. Mother and daughter Clare and Lucy Elms both doubled up in distance events as did Jess Keene for valuable points, and as usual Izzie Hilditch broke 14 seconds for 2nd in the 100m hurdles with Annie Davies again running brilliantly to win the B string. Our international rugby player Shaunagh Brown covered the discus and shot and Carys Marsden and Victoria Wiltshire also both doubled up in the throws, and Zara Asante doubled up on the jumps with a solid 2nd in the triple jump and also a good long jump effort.

The ladies were given 2nd in the 4 x 100m relay but given the same time as the winner, could have made a difference to finishing third in the match, followed by a comfortable 2nd in the 4 x 400m relay. A nice comfortable 3rd in the league with one match remaining.

As you can see from the match result, we finished painfully 1.50 points behind Birchfield. Again there's the feeling of what if? That said, I don't want to take away from the girls what was a great performance.

Saturday 5th August – Southampton

Going into this match, we were 2.5 points ahead of Edinburgh in 3rd place. Given the distance between Edinburgh and Southampton, it would be easy to think that we wouldn't have anything to worry about as Edinburgh will struggle to put

a team out. Big mistake! I knew that they wanted 3rd place as much as we did and they would compete all the way. To the neutral, this was going to be a good match.

Leading into the week before the match, we had a very strong team, however as we got closer, athletes were pulling out left, right and centre for a variety of reasons. Furthermore, we had gaps in the team which wouldn't be filled before the match.

Any doubts I may have had disappeared during the day as the girls pulled out all the stops.

There were two good third places in the 100m thanks to

Immanuela Aliu (11.68) and Vivian Olatunji (12.14). Vivian also did well in the A-String 200m. Louise Evans volunteered to run the B-string 200m at the last minute and stormed to victory with a very good PB of 24.64.

In the 400m, Rachel Dickens and Krystal Galley won the A and B-string with times of 54.27 and 54.84 respectively.

In the sprint relay (Vivian, Annie, Immanuela and Louise), our girls finished first with a good time of 47.33 and in the 4 x 400m (Alex Hill, Louise, Rachel and Krystal), we finished a very close second to Thames Valley Harriers.

In the rest of the track events, athletes competed for every point and doubled up where required.

Although there were no wins in the Field, there were still some very good and solid performances, Molly Walsh came second in the B-string Hammer with a throw of 51.74. Bekah Walton threw 44.72 to finish second in B-string Javelin. Sarah Abrams and Mary Adeniji came third (5.91m) and second (5.30m) in the A and B-String long jump. In the Triple jump, Allison Wilder came third in the A-string (12.13m) and Mary doubling up came second in the B-string with a hop, skip and jump of 11.43m. Our ever reliable high jumpers Rebecca Hawkins and Deborah Martin came third and second respectively in the A and B string, clearing 1.70m and 1.65m.

Overall, it was a very pleasing performance and credit to the girls for a great effort.

We finished the day in third place, beating Edinburgh AC by six points. This meant we finished the season in third place overall – Our joint highest position in the Premier division.

Southampton Match Result

1. Birchfield Harriers	249.0 – 8pts
2. Thames Valley Harriers	222.0 – 7pts
3. Blackheath & Bromley	196.0 – 6pts
4. Edinburgh AC	190.0 – 5pts
5. Trafford AC	166.0 – 4pts
6. Windsor, Slough, E&H	156.0 – 3pts
7. Southampton AC	143.5 – 2pts
8. Swansea Harriers	120.5 – 1pt

League Position

1. Thames Valley Harriers	685.0 – 22pts
2. Birchfield Harriers	676.0 – 22pts
3. Blackheath & Bromley	578.5 – 17pts
4. Edinburgh AC	569.5 – 16pts
5. Windsor, Slough, E&H	495.5 – 12pts
6. Trafford AC	468.5 – 9pts
7. Swansea Harriers	430.0 – 5pts
8. Swansea Harriers	388.0 – 5pts

The British Athletics League...

2018 Season

It has been a long time, but this was the season we were promoted back to the division many of us think we belong. In 2019 our Senior Men will be competing in the Premier Division of the British Athletics League, the same level at which we competed in the first season of the National League in 1969, our Centenary Year. I can almost hear late Past President Bob Taylor roaring his approval

Match One: 5th May 2018 – Eton

Thanks to the efforts of Dan Putnam, Phil Sesemann, and Will Fuller we had recruited some very useful Higher Competition Athletes over the Winter. With a number of talented youngsters coming through, our squad had more depth than for a long time. In 2017 we were coming out on the wrong end of close results. This year it all changed and in match one at Eton we were second but only 18 points ahead of 5th placed Sale. That is not a lot in a League where if your athletes win both A and B strings you score 28 points.

We had individual A string wins in the 400, Ethan Brown, 800, Alex Botterill, 3000, Phil Sesemann, Long Jump, Tom French, pole vault, Scott Huggins and the 4x100 quartet of Duayne Bovell, Dan Putnam, Kyle Reynolds Warmington and Toby Olubi.



Dan Putnam, one of the winning 4x100 quartet at Eton

There were lots of great performances but Ethan Brown's 400 topped the lot. A first year Under 20 he ran an outstanding personal best of 47.19 to head the National Under 20 rankings and also ran a 47.4 relay split. Four people broke 48 seconds, a high class field.

Other personal bests came from Will Ruiz and Lewis Mills in the 1500; Charlie Davis and Dan Kennedy in the 3000 steeplechase; and Angus Harrington in the javelin.

Both our 800 metre runners were juniors. Alex paced his race well to win in a seasons best and Angus had a great battle down the home straight to get second in the B race. Ben Sutton had a decent afternoon in the long jump as did Kelechi Aguocha in the high jump, Kyle in the relay, and the other Ethan... In the pole vault Ethan Kitteridge picked up four important points in the B string. There's more to come from him, he is only 14!

In the triple jump Rob Sutherland came over from Spain to compete and B string Patrick

Apantaku was working on the South coast until 11.30. His train was delayed and Past President Nick Brooks picked him up at Datchet station at 2.48 and whisked him to the stadium so he could compete at 3.20.

With the match very close, Phil Sesemann ran away with the 3000, Scott Huggins soared over 5.10 in the vault and we were boosted by a couple of big relay results. The fact we were able to bring in fresh legs was important. Duayne Bovell returned to the team after missing all of last year to help the 4x100 to victory and Adam Herring travelled from Norfolk to run a leg of the 4x400 and help us take second. He was rewarded with a best ever relay split of 50.4. Jordan Layne and Toby Olubi ran the relays with niggles but it didn't show.

And then there were all our other stalwarts, captains Dan Putnam and Alex Pope; Ross Braden, a rare occasion when he didn't set a PB, Luc Durant, Kieran Murphy and Richard Holt, as enthusiastic as ever even though he is an M45.

Thanks to Jane Bradshaw for her healing hands; Phil Sesemann and Dick Griffin for sorting the t shirts and President Paul Byfield for bringing them over; and to all the supporters who included Chris Haines who ran in the first ever British League match in 1969 and Callum Myatt who will no doubt run for the team in the future.

Match Result

1. Harrow 380
2. Blackheath & Bromley 293
3. Southampton 285
4. Windsor Slough Eton & Hounslow 277
5. Sale 275
6. City Of Liverpool 266
7. Kingston & Poly 241
8. Herne Hill 142

Match Two:

2nd June 2018 – Portsmouth

Our team Thursday evening may have sneaked victory but there isn't a lot you can do when illness, injury and life gets in the way. What is worth thinking about is how well we coped with six late withdrawals. To pull off a second place showed the quality and character of the athletes we have in our squad and our great team spirit.

There were lots of highlights but seeing Scott Huggins clearing 5.23 in the pole vault was literally right up there. Absent with injury for some while, Kieran Daly won the 100 and 200 A strings. Jonathan Ilori won the triple jump by over a metre with 15.89; and Will Fuller edged first in the 1500 with Phil Sesemann making it



Jordan Laynes 'niggles' did not show when running at Eton

maximum points in the B string. For the second fixture in a row we won more A strings than any other club.

Just as thrilling for our supporters were B string victories for Dan Putnam in the 200 in 21.31; James Habergham in the 800 (he's competed at nine of the last ten matches); and Lewis Mills, 9.51.45 for his debut in the 3000 steeplechase.

Others making their debuts were James Lancaster, still an under 20 but 2nd in the A string hammer with 51.16; Alex Nwenwu, 4th in the 110 hurdles; Josh Schofield, 3rd in the 5000; Korede Awe in the 4x100; and Joe Rogers, 4th in the B 400 and also part of the 3rd placed 4x400 team despite tweaking his hamstring in warm up.

Josh Barber was close to his best as he ran 9.37.02 for second place in the steeplechase; another under 20, Ben Sutton, set new bests of 6.84 in the long jump and 11.31 in the non scoring

100; and Luc Durant was just outside his best with 14.69 in the shot.

And then there was Alex "I'll do anything" Pope competing in seven of the eight field events, scoring 35 points and setting seasons bests in the discus, long jump and pole vault in the process. Lewis Ely set seasons bests in the high and triple jumps. Ever dependable Jordan Layne was solid in the 400 and 4x400 and Adam Herring again travelled from Norfolk to run the 4x400. It was reassuring to have six non scoring 100 metre runners among whom were Camron Lyttle and Shamar Thomas Campbell in their first appearances for the team this season.

Unfortunately after rearranging his weekend to compete, Charlie Davis had to drop out the 5000 with injury. He will bounce back. It was great to see Alex Bruce Littlewood back in the League, albeit as a non scorer in the same race.

Continued

Years from now those present will tell of how they were at the match when James Habbergham threw the javelin and Duayne Bovell launched the discus. They will also reminisce of the occasion when the Club moved another step closer to gaining promotion back to the top division of the British League.

Portsmouth Match

1. Harrow 355
2. Blackheath & Bromley 309
3. Southampton 303
4. City Of Liverpool 296
5. Kingston AC and Polytechnic Harriers 240
6. Windsor Slough Eton & Hounslow 219
7. Sale Harriers 218
8. Herne Hill Harriers 214.

After Two Matches

1. Harrow 16 (735)
2. Blackheath & Bromley 14 (602)
3. Southampton 12 (588)
4. City Of Liverpool 8 (562)
5. Windsor Slough Eton & Hounslow 8 (496)
6. Sale Harriers 6 (493)
7. Kingston AC & Polytechnic 6 (481)
8. Herne Hill Harriers 2 (356)

Match Three: 7th July 2018 – Bedford

As with last year this fixture was the League's Big Day Out with all five divisions competing at the same venue. It generally ran well, the track staying to schedule but some delays in the field. But the main thing was we won a match in this division for the first time in a long time.

It was a great team result with some outstanding individual performances and some heroic efforts throughout the squad. Jonathan Illori, still looking for the qualifying distance for the European Championships, won the triple jump with 16.13, the furthest jump by anyone in any division of the League this year. It is the furthest a Club member has ever jumped in the League. Rob Sutherland, picked up 2nd in the B string

Our other field event win was a little unexpected. Kelechi Aguo-cha started the season with a best of 1.80 and had been making huge progress improving to 1.85, 1.90 and then up to 1.95. He was up against eight athletes who had bests of two metres or more, six of them over 2.05. He beat the lot. He was the only athlete to clear 2 metres first time and all went out at 2.05. Judging by his 2 metre clearance another PB is not far away. To add to the celebrations Lewis Ely set a seasons best of 1.95 to finish second in the B string.

Phil Sesemann completed a double double. He won the 3000 and 1500 at this fixture for the second year running. Will Fuller made it maximum points in the B 3000 and Josh Barber was runner up in the B 1500.

Andy Smith took 2nd in the 800 on his debut for the team and there was a sparkling run from Angus Harrington in the B string as he ran away from the 800 metre field to win by over three seconds. That was 80 points out of 84 in those three events.

Our other big points scoring event was the long jump where Oliver Newport returned from the States to leap 7.33 for second place and Tom French, in his first competition after injury, jumped 7.24 to win the B string. The jumps success continued in the pole vault where our youngest pairing of the day George Pope and Ethan Kitteridge had to cope with their event starting an hour and a half late. Both did well in the heat and with George in the A string, Ethan took second in the B string to claim a massive 10 points for the team.

The other Pope was also there doing what he does best, picking up point after point for the team. Alex competed in all four throws scoring another 26 points for the team. Not only this, he also acted as a chauffeur for our officials Karen Cosby and Mike Davies, at the age of 81, who gave up their whole day to support the meeting.

Accompanying Alex in the Hammer was Kieran Murphy, a hugely valuable member of the team. Angus Harrington, showed his versatility, by throwing 44.71 in the javelin, not far off his best in what were not ideal conditions. Luc Durant took a fine third place in the shot and hasn't missed a match since he joined us. The final field eventer was Dele Aladese in the discus. Coming back from injury, this was the first time he'd thrown the senior implement this season. In the last match we scored one point in the B string. This time Dele got eight and we won the match by seven points.

We were significantly stronger in the hurdles. In the first two matches we scored 5 points out of 56 in the 400 hurdles. Joe Fuggle returned to the team to compete in a tasty A string with times affected by the wind. Alex O'Callaghan Brown made his debut in the B string and gained a fine third place, a great performance as he was recovering from a chest infection and had been on antibiotics all week. We had our top pairing in the 110 hurdles with Reece Young gaining 5th in a strong field and Alex Nwenwu setting a seasons best of 15.28 in coming second in the B string.

The standard of the steeplechase was the best of the season with two athletes under 9 minutes.

Richard Webb, who took a tumble at a water jump, and Dan Kennedy, nevertheless, picked up some good points.

With a few injuries in the sprints, we were a little stretched so it was reassuring to have the services of Camron Lyttle, Duayne Bovell and Shamar Thomas Campbell. All three plus Alex Nwenwu helped us to fourth in the 4x100, having picked up useful points in their individual events.

Camron timed a useful 10.74 in the 100. Duayne was not supposed to run because of an abductor injury but risked making it worse by turning out. He pulled off a great third place in the B string and was under 11 seconds. Shamar ran a personal best in the 200 despite a troublesome groin niggle, and Adam Herring was there to run the B string before helping the



Tom French at Bedford overcoming injury to win the B string long jump

4x400 squad of himself Jordan Layne, Joe Rogers and Joe Fuggle to 4th place. Jordan had been troubled with injury recently and Joe Rogers had to visit the medical team after his individual race. The 400s were tough with everyone down on their bests.

Winning the third fixture put us in a very strong position to get promoted. Interestingly, looking at the table, we were one League point behind Harrow who had 126 more match points. We were four League points ahead of Southampton but had only scored 25 more match points than them. As well as big victories, we had scrapped and picked up important points in B strings.

Bedford Match

1. Blackheath & Bromley 329
2. Harrow 322
3. Southampton 318
4. Sale Harriers 308
5. City Of Liverpool 257
6. Kingston & Polytechnic 239
7. Herne Hill Harriers 192
8. Windsor Slough Eton & Hounslow 180.

After Three Matches

1. Harrow 23 (1057)
2. Blackheath & Bromley 22 (931)
3. Southampton 18 (906)
4. City Of Liverpool 12 (819)
5. Sale Harriers 11 (801)
6. Kingston AC & Polytechnic Harriers 9 (720)
7. Windsor Slough Eton & Hounslow 9 (676)
8. Herne Hill Harriers 4 (548).

Continued

Match Four: 4th August 2018 – Liverpool

There is little I can add to what we put on the Club website after the match. Slightly edited here it is.

WE DID IT! Our Club, my Club, your Club, have been promoted to the Premier Division of the British Athletics League. This will be the first time we have been in the top division of the mens National League since 2001, an Athletic generation ago. How fitting that we will be there as we celebrate our 150 years of existence as the League celebrates its 50th, more so because we were one of the six clubs who contested the first League title in our Centenary Year in 1969.

We had put ourselves in a strong chance of promotion as we were four League points ahead of third placed Southampton, but we still had to finish the job. A tight match between a number of clubs and a strong Southampton could have caused some problems. It WAS a tight match with just 12 points separating the top four teams but the South coast challenge did not materialise. We nicked second place just two points clear of joint third placers Sale and the City Of Liverpool; and were only nine points behind this years champions Harrow.

It was another great team effort with some top class individuals performing at the sharp end and everyone prepared to muck in and fill the gaps.

We didn't have just one England champion in the team. Jonathan



Promoted to the Premier Division of the British Athletic League

Ilori has again made a big contribution this year and a week after claiming his National crown he was winning the triple jump for us. Not only that, he also did the long jump. Our other champion Jacob Brown took second place in the 800 metres after winning the Mile the previous weekend.

Our middle distance racked up a stack of points with Phil Sesemann and Will Fuller winning both strings of the 1500 and Will taking to the track just 25 minutes later to win the A string 5000 as Ross Braden picked up the runner up spot in the B string. James Habbergham had earlier claimed third in the B 800 and our two under 20 steeplechasers Lewis Mills and Joss Barber scored well, (and better than in the pre race mini golf the night before!)

High jumper Kelechi Aguocha has had an outstanding season. At the last match he shocked everyone by setting a PB of 2 metres and winning the competition. Surely he couldn't do it again? Yes he could! After slipping in warm up, Jacob Brown

lent him some loose spikes, Will Fuller his spike spanner, and our rising star was ready for action. He won by 14 centimetres, improved his PB to 2.07 and had a good attempt at 2.10. His clearance is the equal 7th highest across all divisions of the League this year. (Oh and he also got 4th in the B triple). In the B string Lewis Ely had one of those days but still came third. He also picked up three more points in the 110 hurdles.

We welcomed back two athletes who won their events at the second match at Portsmouth. Kieran Daly picked up an injury there, and has barely raced since, but he answered the call and sneaked second place in the 100 behind a very swift 10.36 from Windsors winner Deji Tobias. Scott Huggins returned to the vault and in challenging condition claimed third place before hitting the road to attend a wedding reception in Scotland.

Also back in the team was Louis Mascarenhas with his first appearance of the season. He took third in the A discus and was second in the B shot with

“A” string Luc Durant, claiming third. Kieran Murphy was disappointed not to pick up a couple more places in the Hammer but he was there and has made a great contribution to the team over the last couple of years.

And then there was the Pope, Alex that is, a legend not only amongst his team mates but to other clubs managers as well. Omnipresent in the field and at the buffet in the restaurant the night before, he did long jump, pole vault, discus, javelin and hammer. He is not only our top points scorer of the season but also our number one of all time. I wonder if anyone from another club has scored more than him.

Back on the track and in the 400 hurdles we scored our best points of the season. A blustery wind meant times weren't quick but Joe Fuggle clocked a useful 53.44 for third in the A string and another debutant Richard Morris was fourth in the B despite clipping a hurdle. He quickly got into the spirit of things by running the 110 hurdles. Good man.

Camron Lyttle, still a junior, has made a massive contribution to the team over the last couple of years and he took third in the B string 100 and then joined Kieran, Duayne Bovell and Joe Rogers to gain fourth in the 4x100. Joe had earlier finished runner up in the B 400 with Jordan Layne 7th in the A and with Joe Fuggle and Jacob Brown they were fourth in the 4x400.

Duayne Bovell was under 11 in the non scoring 100 and then put himself forward to run his

first 200 of the season. B string 200 runner Adam Herring came for the 4x400 but, struggling with a cold, he withdrew having picked up two points, and we only secured second place in the match by two points. James Habergham picked up three in the B javelin. Looking to improve the PB he set at Portsmouth, he started with two no throws, and thinking of the team, launched a safety effort of 2.97. At least he would get one point, but no, one club had no B string and another athlete in the same situation as James messed up his safe throw. One point became three.

The match may have been in Liverpool but there were Chris Haines, Nick Brooks, Ken Daniel, Dave Huggins, and Mike Davies (officiating) to provide support and advice.

So there we have it, no prima donnas here, just a bunch of great athletes who recognise that personal and Club achievement go hand in hand, and some truly passionate Athletics supporters. We have all enjoyed the season and have been lucky to compete against some great clubs and their athletes. We wish them well.

After steady progression in the last few years, we achieved what we have because athletes, coaches, management, supporters and Club raised the bar to show we are one of the top 10 senior male track and field clubs in the country. Having secured promotion the challenge is now to raise that bar further to become one of the top six teams in the country. Can we do it?

To refer back to Kelechi, our youngest member of the team at Liverpool, YES WE CAN!

In 2019, for the first time ever, both our men and women will be in the Premier Divisions of the British Athletics League and the UK Womens League.

The seeds of this years success in the British Athletics League were sown on the train back from the final match of the 2017 season in Manchester. As the train left Liverpool Lime Street on Saturday the journey to the 2019 season began. All aboard!

The 2019 Season

Over the Winter months a National Athletics League has been formed with the British Athletics League and UK Womens League matches taking place under this umbrella. All matches are to be joint fixtures. Further to this, it is possible the two Leagues will merge and the League will become joint scoring as in the Southern Athletics League and the YDL Upper and Lower Leagues.

So come and celebrate the Club 150 Years, and the British Athletics League 50 years. It could be the last time you see matches in the current format. Dates and venues are

- Sunday 12th May, Swansea.
- Sunday 9th June, Allianz (Cophall that was).
- Saturday 6th July, Sheffield.
- Saturday 3rd August, Alexander Stadium, Birmingham.

Pat Calnan

Nothing Succeeds Like Success...

The Junior Men 2018

The 2018 season was a particularly memorable one for the junior men's team and certainly one of the most successful in living memory. The previous season had seen us overtake Shaftesbury Barnet Harriers, a team that have been as dominant on the men's side for the past decade as our B&B junior women have been on theirs. That meant starting the summer as favourites to achieve our goal of retaining our national title, but also carrying the pressure that comes with being the number one ranked junior squad in the country.

Victory at Reading

The season started well, the side having been bolstered by some excellent first year under 17s that had come through the ranks added to a handful of talented new second claimers. The first match, away in a chilly Reading saw a dominant B&B clinch victory by more than 100 points. A-string wins by Ollie Bright (3000m) and Ben Hawkes (SP) on their squad debuts were highlights as were double A-string wins for Harrison Thorne (HJ and SP). The day ended on a high with a huge win in the 4x4 for the U20 lads.

Total domination at home

The second match was on our home turf and not surprisingly produced one of our most dominant performances of the summer. The total score of 869 was a league record, overtaking the record we had set in the same fixture the year before. Spurred on by home support, the junior



The 4x4 team's time of 4.17 was the fastest by a B&B junior squad for 20 years

men recorded 16 A-string wins. We were particularly dominant in the middle distance events winning both strings in 800, 1500, 3000 and the 'chase at U20 level. At U17 level one of the highlights of the day was a fine win in the 400 hurdles by Oscar Heaney Brufal (who also set the fastest U17 time in the country for the season so far), although star performer was probably Pedro Gleadall who took A-string wins in Pole Vault, discus and the javelin (with a 61m PB effort).

Winning streak at Eton

Match 3 saw the club's junior athletes maintain a winning streak that stretched back three seasons and that helped ensure their place in the national final for another year. Unlike the home fixture, the match at Eton was close however, with injuries and absences beginning to take their toll. Just a handful of A-string wins included PBs from Angus Harrington in the

800m and Kelechi Aguocha in the high jump, while for the U17s Ollie Briars impressed in the 400m and there was a convincing win for the 4x1 team.

Dead rubber at Shaftesbury

The final group match at Shaftesbury came in the middle of summer holiday season and was essentially a dead rubber. Sadly the aforementioned unbeaten record finally came to an end. A depleted squad, many of whom were having to double or even triple up in their events, battled hard but ultimately were overturned by the home side by just 10 points. Wins were hard to come by but Ethan Brown, recent winner of an U18 European silver medal, took the 200m and the U20 sprint quartet anchored by Camron Lyttle took the 4x1 win. Performance of the day went to Kelechi who leapt to a huge 2.06m win in the high jump.



Ethan Brown producing his trademark surge to take victory in the 400m.

Collecting the trophy at Bedford

The national final at Bedford saw us pitted against teams from Rugby & Northampton, Bath, Glasgow, Edinburgh and our North London nemesis Shaftesbury. On paper it looked like the junior men could have a real fight on their hands if they were to retain their title and gain the opportunity to represent GB in Europe for another time. Cometh the hour as they say...what happened next has to go down as one of the most remarkable performances by the squad in a very long time.

Across every event the B&B lads were immense, battling for every point with real determination and showing a fantastic team spirit and sportsmanship throughout the day. From the very first event when Alex O'Callaghan Brown and Josh Watson took both string wins in the 400 hurdles it was a dominant performance. There were double A string wins for Ethan (400/200), Kyle

Reynolds-Warmington (U17 100/200), Pedro (PV and javelin) and Ben Hawkes (HT and DT) as well as countless other wins and great performances. Against the best teams in the UK the B&B boys amassed an astonishing 18 A-string wins and 11 B-string wins. All that was left was for captain Matt Knight to collect the trophy and the celebrations could begin.

Success throughout the season was thanks to the entire squad of around 80 committed athletes ranging from internationals to those stepping up from parkrun, as well as the support and encouragement of their dedicated coaches, family and other supporters. It was never going to be easy selecting just 20 or so for the trip to Spain and for the many athletes that had given their all for the side but weren't on the plane, ultimately a huge disappointment. Their chance will come if they continue to perform as well as they did this season.

Admirable acquittal in Castellon

Finally the big day came. The first time ever that both junior men and women's squads from the same British club have represented the country in the European Clubs final. For the B&B junior men it represented a massive step up in class against the top 8 clubs in Europe, many of them with pockets far deeper than our own and squads littered with full internationals. For the entire squad though, including the travelling reserves, the whole weekend was an amazing experience both on and off the track and one that all will want to do again next year in Portugal.

Despite the shocking weather in Castellon the squad acquitted themselves admirably, cheered on by coaches, family and club supporters in the stands; and by others back home watching on Eurosport. There were three terrific 2nd places for Alex O'CB (400H), Angus (800m) and Ricky Lutakome (1500m) and just two wins on the day. Ethan Brown produced his trademark late surge to take victory in the 400 and he later returned to anchor a win with Ollie, Ricky and Oscar in the 4x4. Their time of 3:17.51 was the fastest by a B&B junior squad for 20 years and put them second in the national rankings (to the GB squad). In the end we were just 4th by a single point but nevertheless a performance of which the entire squad can be proud.

Rod Harrington

The Masters Summer 2018

Maz Turner reports

In 2018 both the Men's and the women's teams were in the first division. Only 5 of the 6 matches took place as the first match at Sutcliffe Park was cancelled at the last minute because of an amber weather warning. Unfortunately no alternative dates could be found. The Team Manager was away for this match and Anne Cilia had volunteered to cover so many thanks go to Anne for informing all Blackheath athletes in time.

14th May 2018 – Ashford

Our first match was held at the Julie Rose Stadium in Ashford on 14/5. We had 7 men and 4 women. John Turner ran in the A String 200m with 535k in his legs having just completed a 6 day race in Hungary. He also ran in the B String 1500m and threw the discus for M35. Our other competitors in the men's team were Luca Ercolani who ran A String 1500m and 4x100 relay; Tim Nash in the 4x100 relay, M50 1500m and M50 long jump; Clem Leon in 4x100 relay, M50 200m, M35 long jump and M50 discus; Tom Phillips 4x100 relay; Peter Hamilton M60 1500m; Richard Coe M60 discus. Sadly we had no one to run in B String 200m as they were delayed by traffic.

In the women's competition Louisa Vallins ran in the A String 200m and made her debut in the B String 1500m. She was also in the 4x100 relay but was unable to run in the final leg as Maz stumbled and fell at the start of the 3rd leg. Jo

Machado-Costa made her debut as a Blackheath and Bromley Harrier at this match. She competed in B String 200m, 4x100 relay, and W35 long jump; Sara Elmquist ran A String 1500m, 4x100 relay and threw discus; Maz Turner covered W50 200m, W50 long jump, W50 discus and W60 1500m.

Both teams finished in 6th position.

25th May 2018 – Tonbridge

The 2nd match was on 25/5 at Tonbridge. This time we had 6 men and 6 women. The men competing were Daniel Marks – A String 100m and 200m, 4x100 relay and M35 long jump; John Turner – B String 100m, M50 800m, M50 high jump and shot putt; Adrian Stocks- B String 800m and 4x100 relay; Tom Phillips – 4x100 relay and M60 100m (1st); Stephen Langdon – 4x100 relay, M50 100m, M50 javelin and M60 shot; Andy Kingsmell- M35 shot and javelin.

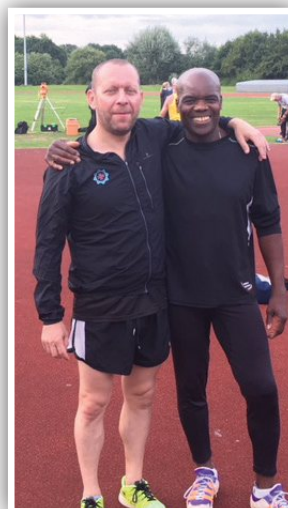
The women's team were Louisa Vallins – A String 100m; Jo Machado-Costa – B String 100m (1st), 4x100 relay, and W35 javelin; Marie Cartwright, a new member, – A String 800m, 4x100 relay, and W 35 shot; Maz Turner – B String 800m, W60 100m, W60 shot and javelin; Zoe Kingsmell – 4x100 relay, W50 shot and javelin; Helen Godsell – 4x100 and W50 100m (1st).

Men finished in 6th position and women in 5th.

15th June 2018 – Norman Park

At our home match in Norman Park on 15/6 we had 9 men and 10 women participating. In the men's match Daniel Marks competed in A String 200m, M35 high jump and shot; Luca Ercolani in B String 200m and B String 1500m; Gareth Evans A String 1500m and M35 javelin; Rob Brown M35 2000m walk; Clem Leon M50 200m, and M60 high jump (1st); Tim Nash M50 1500m and M50 2000m walk; Stephen Langdon M50 high jump and M60 javelin; Richard Coe M50 shot and M50 javelin; Tom Phillips M60 200m (1st).

They finished 4th in the match but, sadly, still remained in 6th position overall.



Clem Leon and Siamese twin getting ready for the three legged race

The women's team finished 5th in their match and remained in 5th position overall. Louisa Valins ran the A String 200m; Carole Pennington A String 1500m; Sara Elmqvist B String 1500m, W35 shot; Anne Cilia W35 2000m walk, W35 pole vault, W50 javelin; Jo Machado-Costa W35 javelin; Jackie Montgomery W50 200m, W50 2000m walk, W50 pole vault (1st); Zoe Kingsmill W50 1500m; Barbara Terry W50 shot; Helen Godsell W60 200m (1st). Maria Cartwright ran the B String 200m but was unable to finish due to a severe muscle pull.

2nd July 2018 – Dartford

Our penultimate match was on 2/7 at Dartford. We had 10 men competing: Daniel Marks A String 400m, 4x400 relay, M35 triple jump; Tim Nash B String 400m, 4x400m relay, M50 3000m; Alex Gibbins A String 3000m (1st); Gareth Evans B String 3000m, 4x400 relay; Clem Leon 4x400m relay, M50 pole vault, triple jump and hammer; Alan Hardy made his debut in M35 pole vault and Eugene Lawlor in the M35 hammer; Tom Phillips M50 400m; Rob Brown M60 3000m (1st). Despite pulling out all the stops the men's team finished 5th on the day remaining in 6th position overall.

There were 5 women at the Dartford match. Carole Pennington ran in A String 400m, A String 3000m, 4x400m relay; Maz Turner B String 400m, 4x400 relay, W60 3000m; Jackie Montgomery 4x400 relay, W35 hammer, W50 400m, made her

debut in W50 3000m, W50 high jump, W50 triple jump (1st); Barbara Terry W50 hammer; Helen Godsell 4x400 relay. We finished 5th in the match and 5th overall.

16th July 2018 – Medway Park

The final match was at Medway Park on 16/7. Both the men's and women's team were facing relegation. The team of 8 men did their best but remained in 6th position overall and will be competing in the 2nd division this season. Luca Ercolani A String 100m, A String 800m, 4x200 relay; Stephen Langdon B String 100m, 4x200 relay, M60 long jump; Tom Phillips M50 100m (1st), 4x200 relay; Andy Kingsmill M35 long jump; Eugene Lawlor M35 discus; Tim Nash M50 800m, M50 long jump; Mark Ellison M50 discus; John Turner M60 800m.

The 5 women managed to cover all the events and finished 3rd in the match giving them an overall position of 4th so they will remain in the 1st division this season. Jo Machado-Costa A String 100m, 4x200 relay, W35 high jump, W35 long jump; Maz Turner B String 100m, 4x200 relay, W60 long jump, W60 discus, Sara Elmqvist A String 800m, 4x200 relay, W35 discus; Sarah Belaon B String 800m; Jackie Montgomery 4x200 relay, W50 100m, W50 800m, W50 high jump, W50 long jump (1st) and W50 discus.

Thanks go to...

...all the competitors many of whom competed in lower age group categories to ensure those essential extra points were gained. Many thanks as well to John Turner for his amazing help, encouragement and support at all the matches.

Maz Turner



Zoe Kingsmill in action

Spoiler Alert!

Our Girls (and Boys) are National Champions Again

It's been another fine year for our Junior Athletes and we arrive at Bedford in early September to defend our National titles, once more, as Southern Premiership Champions. The future looks bright, that is, if there is a future. At last year's YDL AGM a resolution was proposed to cancel the Finals until future notice on financial grounds. After much discussion, the resolution was deferred for a year in order to enable the League to demonstrate that sufficient savings could be made to make subsequent finals viable. Which is why we're in Bedford with only 5 other teams and not 7 – there's been no paper match and, thus, no Windsor, which has to make life easier for us – and the call room has been dispensed with, but last year's message has got through and there will still be medals. Fortunately, most of the athletes are blissfully unaware of the Sword of Damocles suspended over the competition and are able to focus on contesting another Finals Day.

The propensity of fate

We must be the bookies' favourites, but there is no place in our sport for bookies and we know better than to take anything for granted: 2013 remains a blot on our escutcheon and fate has the propensity to be outrageous if you let it. Shaftesbury ended the Premiership season strongly so we know we have to be on song from note one.

The timetable bears only scant resemblance to that used during the regular season, but variety is the cinnamon of life, and we begin the day's campaign with the long jump. It could hardly be better for us but no chickens are being counted. It's not a great day for jumping (or most other events) with a blustery wind making its presence felt. With her first jump in the U17 pool, Funminiyi Olajide, fresh from her English and Schools Games victories, produces a solid mark that, while a little below her best, no-one else comes close to matching. Jade Oni and Mary Adeniji (a double Cambridge Blue this summer) are suitably inspired and share the spoils in the U20 event. Maximum points in the first event. Perfect! And, with a smile on our faces, it's off to the hammer, where Victoria Wiltshire, for once, isn't finding too much to smile about, but with new member, Molly Walsh, proving a danger to low-flying aircraft in launching her implement out to 52m, we have another win and a silver medal for Victoria as well. And there's more good news to come from the pole vault where Lois Warden wins the U20 and Ellie Barrett and Zoe Austridge complete the clean sweep in the U17s.

Long hurdles haven't been our strongest track events of the summer, but Steff Fisher and Grace Scopes (at the beginning of a busy day) emerge with silver and bronze medals, respectively, in the U20 and Holly Platt has a fine win in the B 300H to take us into the 1500s with a spring in our step. Katy-Ann



Bekah Walton attempting to break the 50m barrier in the Javelin

McDonald (along with Issie Hilditch and Immanuela Aliu) has already left for a college life in the US, but Jess Keene steps in to take second in the U20 'metric mile' with Sabrina Mannes, Lily Tappenden and Jess Neale all producing bronze medal performances in their events. And there are more good points in the 100m as Parri Johnson and Team Captain, Anastasia Davies, both take 2nd places and Katia Cienciala is 3rd in the U17 to maintain the momentum.

Rising to the challenge

Back out in the field, there's a bit of a scare with Hannah Macaulay having had traffic problems and arriving just as her first event, the shot, is starting. Completely unflustered, multi-eventer and ever-reliable Lauren Farley rises to the challenge, winning the U17 A string with Hannah warming up as she goes and coming through to win the B string and Anika Olalere completing another clean sweep

with a win in the U20. And so to the 400s, for which we have high hopes. South of England champion, Louise Evans, has had a fine first season with the Club and it's about to get even better with a convincing win, backed up by Grace, with another medal, this time silver, in the B race. It's almost a repetition in the 300m with SIAB champion Holly Mpassy winning and Natasha Bennett taking bronze in the B string. And they're no sooner off the podium than our two 80m hurdlers, Ruby Bridger and Zoe Austridge, are stepping up to receive a silver medal apiece.

Last year we got the Final off to a great start with two firsts and a runner-up in the javelin. Can we replicate that this year? Not quite, but Bekah Walton and Eloise Locke are the two best throwers in the U20 competi-



Yasmin Austridge on her way to a silver medal and new Steeplechase record in Castellon

tion. Bekah improves her PB once again and fails by just 6cm to reach the magic 50m target. But it's nevertheless a CBP! Meanwhile, they've got

more hurdles out on the track and it's time for our indoor and outdoor National champion and Team Captain to show us how it should be done. If it's possible to stroll to a sprint hurdles victory, Anastasia does just that. An honourable mention also for U17 Ella Brown, who rises (quite literally and more than once!) to the challenge to take bronze in the B string. In the U17 3000m we repeat this result, so almost a White-wash with Ava winning and Zoe in 3rd. Bethany Panton moves up an age group to win the U20 B string.

A clean sweep in the steeplechase

It had to happen at some stage and if it was going to it would probably be in the High Jump, in which, it has to be said, we've struggled for most of the season:



Natasha Bennett moving smoothly to a 300m bronze at the YDL final at Bedford

Continued

we finally have a sub-par event, but all is not doom and gloom, all three girls contribute and Alice Prentice comes away with a bronze. But we're quickly back into our stride in the 200m:

Parris picks up another medal in 3rd while Megan Walsh wins the B string and Holly completes the flush with 2nd in the U17.

We're off on a roll again and looking forward to a strong finish, which kicks off with a second place from Iyata Santos and a B string win from Ava White in the U20 800m, while Amy Miller wins the U17 supported by a 2nd from Lucrezia Polloni. You may think that you can't do much better than that, but you'd be wrong and, in the last track event before the relays, we produce a clean sweep in the steeplechase courtesy of English Schools champion, Yasmin Austridge, Lucy Elms (on debut,

following her earlier 3kl), U17 National and School Games winner, Morgan Squibb, and Ellie Osmond.

Retaining the title

A bronze medal and two silvers in the discus from Carys Marsden, Anna Barnett and Hannah Macaulay lead us also into the final field event of the day, the triple jump. Jade adds another win to her good day's work and Karina Harris is pre-eminent in the B string. And it's relay time. (Where has the day gone?)

In the sprint relays, the U17 team come a fine second and the U20s, with a new combo – Mhairi Brooks, Anastasia, Megan and Parris – as a result of Transatlantic absences, still bring us home where we've grown used to being for some time now for a great win. In the longer relays, the U17s

battle round for bronze and the U20s (Grace, Megan, Yasmin and Louise) send us all home happy with a dominant, winning performance. Our athletic day is done and now we must wait for the final results. We're more than quietly confident and not at all quiet when it's announced that we have retained our National League title by the remarkable margin of nearly 150 points and that we'll be off to Europe again next year, with the boys, in our 150th year.

Before then, we have 6 days before our season finale in Castellon. Work still to do! But, in the meantime, on behalf of all the girls, our thanks, as ever, to everyone who has been with us and helped us on our journey this season.

Tim Souter

Immanuela Aliu
Zsiriah Thomas
Parris Johnson
Katia Cienciala
Megan Walsh
Ofejiro Otomewo
Louise Evans
Holly Mpassy
Katy-Ann McDonald
Natasha Bennett
Grace Scopes
Amy Miller
Iyata Santos
Jess Neal
Eloise O'Shaughnessy
Lily Tappenden
Lucy Elms
Sabrina Mannes
Magda Cienciala
Ava White
Steph Fisher
Sophie Hoare
Amy Leach

Lucrezia Polloni
Yasmin Austridge
Morgan Squibb
Millie Smith
Ellie Osmond
Jess Sellar
Ruby Bridger
Annie Davies
Grace Fullerton
Issie Hilditch
Holly Platt
Jade Oni
Lauren Farley
Anika Olalere
Zoe Austridge
Eloise Locke
Zoe Martial
Carys Marsden
Alice Prentice
Anna Barnett
Ellie Barrett
Bekah Walton

Hannah Macaulay
Yinka Shokunbi
Daisy Dowling
Mhairi Brooks
Lois Warden
Madelina Samoilă
Bethany Paton
Jess Keene
Ella Brown
Karina Harris
Funminiyi Olajide
Victoria Wiltshire
Alexadra Kelsey
Rebecca Hawkins
Charlotte Kerr
Mary Adeniji
Zoe White
Molly Walsh
Morgan Squibb
Charlotte Faries
Kamiyla Robinson-Pascal
Eva Stephanou
Titobioluwa Akinrele

Third Time Not So Lucky

For our Junior Women in Castellon

We like it in Castellon. This will have been our third trip in seven years. The sun always shines and the food is recognisable. And our record here is good: our previous visits in 2011 and 2016 both produced third place finishes. But this trip proves to be a little bit different, to say the least. Not only are we accompanied by the Boys (who will no doubt provide their own, first time, take on proceedings) but, on the big day, it rains and it rains with a vengeance – mainly on the plain my aspidistral! (What have we done to deserve this? Which had also been a recurring question during the build-up to the event, as we lost not one, nor even two, but three of our best athletes to colleges in the U.S.) We, of course, look for the positives: this should make us feel right at home. But we didn't come to Spain to get rained upon (though at least it's warm rain).

First to have to brave the elements is Rebecca Hawkins in the high jump. Luck of the draw? Not much. Although the precipitation eases off during warm up, it comes back strongly once the competition starts, to such an extent that it triggers the crash of the system feeding all the infield scoreboards, making it extremely difficult, not only for the competitors, but also for spectators to follow the competition. Rebecca battles on regardless to finish in a tie for 2nd and a good start to the match. Meanwhile, Victoria Wiltshire is faced with a wet circle in the hammer but, using all her experience, ensures she masters the conditions and produces some solid throwing, just missing out on 3rd spot.

Moving to the first track event of the day, the sprint hurdles, Anastasia Davies, our Team Captain, has tough competition from Fenerbahce and, with a true skipper's performance, comes very close to beating her, finishing in a fine 2nd place. Moving swiftly on, the non-scoring 100m race proves to be a rather select one. Mary Adeniji, despite running in her jumping spikes, leads the field home and, although it delivers no points, her win is well received. (Something clichéd could be observed here about momentum, but let's just say it reflects our promising start to the match.)

Out in the field, Hannah Macaulay would have had to throw a big PB to finish any higher in the discus than she does, but she is competing against girls two years her senior and more progress will doubtless mean more points next year. Then we experience our first disappointment of the day: Parriss Johnson succumbs to cramp nearing the finish of the 100m. Her day is done and our already depleted sprint relay team is left with only Anastasia from the squad that started the season.

Over to Jade Oni in the triple jump to lead our fightback. Improving with each of her four rounds, she does just that and secures another fine 2nd spot, while Louise Evans times her finish in the 400m to perfection, overhauling everyone but the Turkish winner, to replicate this position. In the 800m, despite going with the pace at the bell, Iyata Santos runs out of legs and has to settle for a battling 6th place. With events coming thick and fast, we're soon into the 400mH, where Steff Fisher's lack of competition at the back end of the summer means she's never really in the race, which is probably one of the most competitive of the afternoon.

Continued

Time, therefore, for another fightback, but points are beginning to be hard to come by. Ellie Barrett extends her recent run of good performances in the pole vault (being held in the indoor warm-up area due to the inclement weather – oh to have that option at Norman Park!), but even equalling her previous week's PB wouldn't improve on her 5th place, a performance being equalled out on the track by Amy Miller in a tactical 1500m race. With Hannah again facing strong opposition in the shot, we need a strong finish and we need it now.

Bekah Walton has been delivering outstanding performances all summer and is focussed on ending her season by breaking the elusive 50m barrier in the javelin (which she'd just missed out on when breaking the championship record in the previous week's YDL Final). Sadly, that will have to wait until next season, as she again comes within touching distance, and just misses out on the win to the defending, Turkish champion. Another silver medal. Next up and stepping down in distance to 200m, Megan Walsh has a fine run and, although given the same time as the third-placed athlete from Sparta Denmark, she's adjudged to finish 4th. To compensate, another silver medal is soon on its way courtesy of Yasmin Austridge, who shatters the Club Junior and Senior 2000m steeplechase records in the process. And so to the final individual track event. Jess Keene has won the 3000m at these championships twice and was runner-up last

year, but, despite a season's best, unfortunately, can't replicate those performances this year and, for the first time, finishes out of the medals.

That leaves the final field event of the day, the long jump. And we've saved the best 'til last, with Funminiya Olajide, who is another to have had a successful summer (during which, as a U17, she has leapt over 6m more than once) and wins by a comfortable margin. We have a gold medal at last! But no time to celebrate yet: her day isn't over as she's straight back out onto the track, with hardly time to change her numbers, to lead home the rest of the 4x100m relay team, now consisting of Louise, Anastasia and Megan, in a very respectable 2nd place. It's a fairly remarkable performance for a scratch squad.

Can we go one better in the 4x400 and finish with a bang? The Czechs are always strong and must start as favourites. And the Turks are, well, the Turks and not to be underestimated. After great runs from Megan, Grace Scopes and Yasmin, we're in contention, but from Louise's first few strides it's obvious she's in trouble: her back has gone into spasm after the sprint relay and she bravely struggles through the pain to ensure we get the baton home. So there's not to be a fairy-tale finish and we find ourselves out of the medals in 4th, a commendable performance and close, but, as they say, 'no cigar' (and, more importantly, no medals).

The standard seems to increase in this event year on year and, in a number of previous years, this team would have finished on the podium. But such is the challenge of this competition and it shouldn't be forgotten that we're up against the best in Europe. As a result of our great YDL performance, we have the chance to do it all again next year. Can we keep the team together for the entire season and climb back up the rankings in 2019? We'll certainly do our best, as always.

In closing – last but by no means least – on behalf of the team, our thanks to all those who made the whole trip possible: our sponsors; those who gave donations (you know who you are!); those who raised funds; those whose advice and support enabled the athletes to perform; those who helped with travel arrangements; those who supported the team; and, the members of the management team. See you all again next year, wherever we may be.

Tim Soutar

The Mini Olympics for English Schools

Birmingham 12th and 13th July 2018

Blackheath and Bromley HAC athletes were all over the 88th English Schools track and field championship, held over two days in glorious weather, at Birmingham's Alexander stadium. These "mini Olympics" attracted the best young athletes from all of England's counties from Cornwall to Northumberland and Kent to Cumbria and all inbetween not forgetting the Channel Islands and the Isle of Man. A massive number of over fifty BB athletes were selected for their schools counties but were often hard to spot as they were sporting the not so familiar colours of their counties.

The age groups are divided into three with junior (school years 8-9), inter (years 10-11) and senior (years 12-13), with the added excitement for the inters of the top two finishers being automatically selected to compete for England in the following week's home international.

Inter boys

Oscar Heaney Brufal (coach Roy Dickens) fresh from representing Gibraltar in the European U18s Championship, took his opportunity well to win the 400m hurdles, earning himself another international vest.

Ollie Briars (coach Jay Galley) ran superbly to claim silver in the 400m (new PB of 49.04) and will also collect his England vest ready to compete next Saturday in Grangemouth, Scotland, in the home international. Multi eventer Harrison Thorn (Carol Jackson) jumped a new massive personal best and first time over 2m, clearing 2.01 in the high jump, will also be rewarded with an England vest. Pedro Gleadall (Neil Gleadall) was just outside the medals in coming 4th in the Javelin, throwing 57.22. Oliver Bright (Nigel Stickings) ran brilliant and bravely to secure a great 4th in the inter 1500m. Kyle Reynolds Warmington (Phil Kissi) ran well through the heats of the 100m sprint placing 4th in the final and dipping under 11sec running 10.98 in the semi. Myles Xavier (Paul Patten) picked a fine time to do a PB 6.61m, finishing a high 5th in

the final of the long jump. Rico Cottell (John Blackie) had a difficult time in the hurdle heat hampered by a leg injury and would have qualified comfortably injury free. Peter Guy (Nigel Stickings) earned his right to compete for London schools and ran hard in the heats, just missing out on a place in the finals. Matthew Francis (Nigel Stickings) sliced over 3 second off his personal best in the 1500 heats (4:00.58) to qualify for the final where he finished 8th. Ben Gardiner (David Liston) ran well in his first English schools finishing 9th in the tough 1500m steeplechase.

Inter girls

The inter girls also had the prospect of an England vest if placing first or second and Holly Mpassy (Jay Galley) ran superbly to claim silver and an England call up.

Hannah MacAulay (Herbie Kuenstlinger) was at her best in the discus collecting a fine bronze. Morgan Squibb (Andy Frankish) ran a committed 1500m Senior steeplechase taking it out from the gun and with four athletes still it at the final straight Morgan did well to place third, winning a great English school bronze. Ava White (Phil Kissi) ran well in 1500m final placing 5th in a very competitive race. Eleanor Barrett (John Wakeman) continued her good form placing equal fifth in the pole vault, her highest English schools placing and Lois Warden (Gordon John

Continued

Lillis) was equal 7th, with five girls finishing with the same height of 3.25. Multi eventer Lauren Farley was below her best in the javelin but adds this English schools to her previous javelin and shot competitions at this level and must now look forward to the up coming English schools combined events.

Junior boys

In the junior boys age group Amir Sultan Edwards (Phil Kissi) looked superb in the heat and final of the 300m as he smashed the Championship best record going under 35 for the first time (34.81) also dragging the silver placed athlete under the previous record. This time places Amir on top of the All time list in the 300m.

Jacob Byfield (Paul Patten) jumped liked a seasoned pro to claim a brilliant English schools silver in the triple jump much to the enjoyment of dad, BBHAC president Paul Byfield. Dillon Claydon was a little down on his best in the discus placing 6th in the junior discus but going forward will use this great experience. Barnaby Corry (John Wakeman) did really well qualifying for the English schools on the last day of qualifying and did himself proud in the final clearing 3.20m, placing a solid 7th.

Junior girls

Zakia Mossi (Phil Kissi) ran with the confidence of being number one in the county and she led her 800m final from start to finish, winning by a clear 2 seconds, very impressive. Naomi Toft (Phil Kissi) also made for the 800m junior final despite the qualification being tough with only 1st in each heat and 4 fastest loser qualifying. Naomi was 7th in the final. Lara Mannes (Phil Kissi) did well to qualify for the championships and ran in the tough qualifying heats placing. Kate Price (Phil Kissi) ran close to her PB in the heats of the junior 1500m qualifying for the final where she was 10th in a very fast final. In fact it was faster female 1550 of the weekend, quicker than both the inter and senior girls races! Emily Kerr (Rose Bennett) did very well qualifying for her first English schools, in her first year in the age group and ran well in the 200m, but wasn't able to qualify for the final. Any disappointment was soon lifted by a super anchor leg in the 4 x 100 relay heat that brought the Kent team in first, easily qualifying for the final. Emily helped Kent to a good 5th place finish in the final. Ellie Dolby (Andy Frankish) ran determinedly from the start of her 1500m heat despite having the countries number one in the race, but tailed off towards the finish and missed out of qualification for the final. Shakanya Osahon (Jay Galley) ran near to her best in the junior 300m but with tough marks to get into final, she just missed reaching the final.

Senior boys

Fresh from his silver winning European U18 travels, senior boy Ethan Brown (Lloyd Cowan) set about his English schools campaign with real style. A solid win in the heat followed by a well-paced run to secure gold in the final, well-measured and impressive to watch. Lewis Mills (Dave Liston) had a superb run in the senior 2k steeplechase and ran hard down the final straight securing a brilliant English schools silver. Ben Sutton (Paul Patten) chose a great time to PB in the long jump and this was good enough to place a great 4th. James Lancaster (Michael Davies) was 6th in the final of the senior hammer and was disappointed not to be on over 60m as he has been consistently doing 60mplus this season.

Senior girls

Immanuela Aliu (John Blackie) had a double gold ESAA champs winning both the senior girls 100m and 4 x 100m relay. Immanuela comfortably won her heat in 12.00 before taking victory in the final in 11.85. Yasmin Austridge (Nigel Stickings) took an early lead in the senior 1500m steeplechase and was soon joined by GB International from Somerset, playing cat and mouse for two laps. Yasmin seemed finally to have run her rival down when the Hampshire girl came past at pace just before the final water jump. With just 120m and one barrier to go Yasmin was a few meters behind but still looking good, only for the Hampshire girl to hit the barrier hard and

fall to the ground creating another obstacle for Yasmin, that she was fortunately able to negotiate! A final sprint to the line for victory slicing 4 seconds off her previous best. Jade Oni (Mark Chapman) had a great series of jumps in the senior triple jump and finished fourth, agonisingly only 1cm behind bronze. Bekah Walton (Dave Turner) had another great javelin competition winning great silver, less than 1m behind her rival. New recruit Molly Walsh was a good 4th in the senior hammer throwing over 50m and last season Kent school's captain Victoria Wiltshire (Michael Davies) a few meters off her best placed 9th. Louise Evans (Carlo Monticolumbi) had a busy and successful weekend running a new personal best in the 400m final breaking 55sec for the first time (54.92), less than 0.2 second off a medal. This was after 400m heats and semi final and a leg in the 4 x100m relay heat. Louise didn't go home empty handed as she helped her Kent team win gold in the relay. Megan Walsh (Roy Dickens) also had three hard 400m in two days negotiating the heats, semis and final and should be pleased with her efforts resulting in a 7th place finish in the final. Eloise Lock (Mark Chapman) was a couple of meters down on her best nursing an injury but place 8th in the javelin final and still has next year in the age group. Another with next year in the senior age group is Karina Harris (Paul Patten) and she will look to better this years 13th

place finish, jumping just below her best. Stephanie Fisher (John Blackie) placed 5th running for Surrey in her heat of the 400h but unfortunately didn't progress to the final.

Second claimers

A few of BBHAC second claim athletes also competing including Rebecca Hawkins (John Bancroft) 2nd in the senior high jump, Theo Adesina 2nd in the inter long jump, Funminiya 3rd in the inter long jump, Ben Hawkes 3rd in the senior hammer, Ricky Lutakome 5th in the senior 800m, Ruby Bridger who progressed to the 80m hurdle semi final and Korede Awe who pulled a muscle in the semi final of the 100m.

Senior girl Katy Ann McDonald (Phil Kissi) would have been attempting to win her first track English schools title but was selected for the World U20 Championships and this trumps the ESAA! Kay Ann had superb U20 world Championships coming 7th in the final but running a fantastic new personal best (2:03.20) in the heat taking her to the very top of the rankings.

Postscript

The English schools can be a pressure pot for our young athletes to compete in and some feel the massive pressure while other seemingly shrug it off but all of them will gain loads from their experiences.

Paul Austridge

The U13 and U15 boys and girls

UK Youth Development League 2018

2017 was a great year for our young athletes and despite only coming 2nd in the Southern premier league, we went on to perform superbly in the final, placing 2nd overall, just 3 small points behind National champions Sale Harriers from Manchester. So, this year expectations are high, but with a good number of our athletes unavailable due to their selection for the London boroughs mini marathon three mile championships (an event that doesn't affect our rivals) the day was always going to be tough. But on the positive side we were lucky enough to have last year boys winter team captain Marco Arcuri on hand to help and inspire, due to his University's ridiculously long end of term break!

Match One:

21st April 2018 – Bracknell

The U13 boys team was made up of eleven boys of whom nine were making their track club debuts. Ethan Alapafuja, a relatively seasoned campaigner having competed all last summer, had a busy day placing 2nd in a fast 200m and also ran the 100m sprint and anchored the 4 x100m relay team. Ethan just about had time to squeeze in the high jump as well.

Another experienced U13 is Oles Chaban and he showed his range running the tough 800m less than an hour after sprinting the 200m and also ran a leg of the relay.

The rest of the squad were all making their club debuts and all performed well in tough competition. Jonny Ellerton had a busy day clearing the eight barriers that make up the 75m hurdle race and was rewarded with a personal best time. Jonny then ran hard in the 100m sprint but slightly twisted his ankle ruling him out of the relay.

Zach Mathews -Mansour ran a brave 800m leading from the start but said afterwards that he had gone off too hard. However, his time sees him heading the Blackheath rankings. Arthur Starvis and Alex Middleton took on the 3 and 3/4 lap 1500m race and both competed well, working hard in the middle part of the race, both clocking new personal best times. Judah-Pharez Star Osahon, know to us as Star completed his first race over the challenging hurdles before sprinting the individual 100m

and running the 3rd leg of the relay. Star also competed in the high jump.

Marley Byfield started his BBHAC career well, despite being in the shadow of his father, our new Club President! Marley drew the attention away from his dad with a great run over 100m clocking a fast 14.85, a great first 3.52 long jump and the lead off leg in the relay. Max Kennedy and Finn Kitteridge were our burly throwers on the day and with them both still at primary school and having two years in this age group, the future is looking good. Max and Finn matched each other in the javelin and shot put sharing the spoils with Max getting the edge in the shot and Finn getting the edge in the javelin. Archie Whitehead mad a great debut winning his 800m in a new best time and sportingly did the long jump competition when asked at short notice.

The U13 boys and girls results, along with the U15 boys and girls are combined and gave us 3rd on the day behind Reading AC and last years Southern champions Southampton AC.

Match Two:

19th May 2018 – Norman Park

Round two of the UKYDL was our home fixture at a beautifully sunny Norman Park and we took full advantage, winning the fixture and propelling ourselves to the top of the league table. At the end of round one, the initial result placed BBHAC in third, but after the results were officially scrutinised by the league, we were elevated to second. New league rules this season mean that only the top two clubs from our Southern Premier division will qualify for the National final in Bedford in September, making every match result crucial. After a relatively slow start at Norman Park the team soon started massing points on a large scale, comfortably winning by 30 points but more importantly putting us on top of the league, after two rounds.

The U13 boys squad of fourteen competed superbly with most securing new personal bests and the others just a whisker from their bests.

New to the squad and making his BBHAC debut was Dylan Carroll and what a day he had. Dylan began his day winning the 100m in some style and a quick time, good enough to place him in the top 30 in the country. Dylan then used his speed to launch himself a long way into the sand recording a great 4.54m personal best in the long jump.

Rayhan Mourtada showed great form running two new personal best times in the 100m and 200m and Ethan Alapafuja also sprinted to a new best time in the 200m and scissored his way over the high jump bar, just below his best.

Jamie Sears had his 1st club race of the season and shows great promise finishing less than a second off his last years best in a very competitive 800m.

Oles Chaban committed well early on in his 800m race and held on to a great 3rd place and running a season's best time.

In the very competitive 1500m, in brilliant sunshine, Oscar Witcombe ran bravely and was rewarded with a massive 6 second personal best and Arthur Starvis was equally impressive knocking two-seconds off his best.

Jonny Ellerton continues his improvement shaving more time off his bests competing over the hurdles and on the flat in the 100m sprint. Another personal best was achieved over the hurdles in the form of Star Osahon slicing a further 0.3 sec off his previous best time.

Marley Byfield had a busy day sprinting, long jumping and running the top bend in the 4 x 100m relay. Another busy athlete was Max Kennedy putting the shot, throwing the javelin just short of his best and then admirably filling the high jump vacancy and claiming a new outdoor PB for his efforts. Finn Kitteridge continues his fine form in the throws, darting the javelin close to his best and put the 3kg shot further than before for a nice new PB.

Alex Middleton and Harry Burgess both made their competitive 800m debuts and both performed well giving them a great start to the difficult two lap discipline.

The final event for the U13 boys was the 4 x 100m relay and the team were led off by Dylan handing to Rayhan on two passing to Marley on three and finally to Ethan to run the baton home, posting a season best time.

The BBHAC team is made up of U13 and U15 boys and U13 and U15 girls and many fine performances were made by many of the athletes but the highlight must be from U15 boy Amir Sultan Edwards who ran 35.54 for the 300m. This not only breaks the very strong club record but also now ranks Amir at the very top of the National rankings.

Continued

**Match Three:
17th June 2018 – Reading**

Last weekend BBHAC U13 and U15 boys and girls travelled to Reading for round 3 of the UK youth development league and had a fantastic day, winning overall and now sit comfortably at the top of the league table with a clear gap between us and second placed Reading AC. Avoiding a match day disaster at the final league fixture on 21st July we should now have booked our place in the National finals in Bedford on Saturday 8th September.

The U13 boys once again performed well helping the team to a superb victory. The day started with the hurdlers and a new personal best for Jonny Ellerton in the A string and another solid run from Star Osahon in the B. More PB's for Dylan Carroll in the 100m and long jump, Ethan Alapafuja in the long jump, Arthur Starvis in the 1500m, Oscar Witcombe in the Javelin, Jamie Sears in the Shot and Rayhan Mourtada in the high jump.

Ethan had a busy day also running both sprints and the relay. Marley Byfield sprinted well in the 100m and ran leg 3 in the 4 x100m relay. Oles Chaban continues to race well over the two lap 800m as did Jamie running just outside his best. Oscar had another gutsy run in the 1500m gaining more valuable racing experience. Rayhan added to his high jump PB by leading out the relay team taking on leg 1. Dylan finished his day on the last leg of the relay clocking a season best time for the team.

Max Kennedy had his usual busy day earning great points in all three of his events, the javelin, the shot and high jump. Star stepped up to take on the challenging 800m and Jonny also sprinted the straight in the 100m.

**Match Four:
21st July 2018 – Hornchurch**

After a hot, sticky day at the intimate Havering track it seemed as though BBHAC had won their final UKYDL fixture only to hear hours later that we had finished 2nd to Reading by the smallest of margins, half a point!

1st Reading	542.5 points
2nd BBHAC	542 points
3rd Havering	524 points
4th Tonbridge	480.5 points
5th Southampton	453.5 points
6th Bracknell	410.5 points

This disappointment soon passed on the realisation that Blackheath and Bromley were Southern Champions and so now go into the September National final, where we have a great chance of competing for the honour of becoming National champions. The U13 boys once again played their part in the U13 and U15 contest but this time the squad were bolstered by three boys making their club league debuts.

First of the debutants was Mike Sudolski and he showed his speed clocking a fast 100m PB and ran a great bend in the relay. Next "newbie" was Draven Paulsen who also showed great pace in the 100m and our third athlete making his debut was also a sprinter in the form of Timon Thomas and all three are a great addition to the U13 squad.

Oscar Witcombe's great training ethic is paying off as he sliced over 6 seconds off his 1500m best, but more impressively smashed the 5 minute barrier clocking a fast 4:56.4. In the same race Arthur Starvis showed his maturity as he ran a well paced race and was rewarded with yet another personal best, great running.

Jamie Sears ran in his normal determined style and should be well pleased with his great new personal best time of 2:28.7. Also good to have Archie Whitehead back in the team, having missed some of the season through injury, running a solid 800m.

Ethan Alapafuja had a busy day, running a quick 200m, jumping over 4m in the long jump and running leg 4 in the relay in what turned out to be a season's best time. Noah Cooper was equally busy, sprinting hard to win the B string 200m, put the shot the furthest he ever has and contributing to the season's quickest clocking by the relay team.

Rayhan Mourtada, still on a high following Frances World cup victory ran a PB over the 75m hurdles, ran the tough 800m and led the 4 x100m relay team off. Star Osahon also ran over the hurdles, clocking his 2nd fastest time ever and he also ran the 800m having a private battle with Rayhan, finishing just a second behind.

Max Kennedy had a double personal best day staring with a new best in the shot going over 6m for the first time, followed by a near 2m improvement in the javelin. Max's third event of the day was scoring more points in the high jump. Finn Kitteridge scored a 100% PB effort over his two events, first in the high jump clearing 1.25m followed by another 2m improvement throwing the javelin 27.48.

Youngest in the squad, Marley Byfield celebrated his birthday having a great day sprinting well in the 100m and jumping well in the long jump, just short of his best.

We go into September's final as Southern Champions and with our full squad fit, healthy and competing we must surely be in with a great chance of success.

UKYDL National Final: 8th September 2018 – Bedford

The money raised at our home fixture directly helped our young athletes going to Europe this year and also, to help fund the weekend trip to Bedford for the National finals.

The Blackheath and Bromley HAC U13 and U15 boys and girls team excelled in Bedford over the weekend, coming a fantastic 2nd in the UK youth development National final, just a few points behind Southern rivals Reading. The U17 and U20 athletes went one better winning their final and also earning the right to represent Great Britain in the European Champions Club Cup in 2019.

Many thanks to the officials and volunteers who help make all matches run smoothly and special thanks to those helping out at Norman Park on the BBQ, cake stall and 2nd hand kit sale stall.

Paul Austridge

The Southern Athletics League 2018

A season of outstanding success

As we embark on the 2019 track and field season I wanted to share some reflections on our performance in the Southern Athletics League in 2018. The SAIL team comprises male and female athletes with anyone in the U17 age category and above being eligible to compete. We are in division one which covers the whole of the south of England which sits about two division two leagues (east & west) and three division threes (north, east and west)

Our final league position was second in our division finishing one league point behind Chelmsford although with more league points. All in all this was an outstanding performance from the team as a whole, more of which later!

For those of you who weren't aware, I took over the running of the teams from John Wake-man and Mark Purser who had set a high bar by finishing second the previous year. With this in mind we went into the first match with some trepidation and an eye on the extremely high bar they had set.

Match One: 18th April 2018 – Norman Park

We started with a home match and had a terrific turnout, ending up winning the match with a massive 253 points which left us 52 points ahead of 2nd place Crawley. A great way to start the season with terrific performance across both the track and field where we won 18 of the A string events and 20 of the B string events as well as all of the relays.

Special shout out has to go to Isabella Hilditch who won female athlete of the match for her outstanding performance in the 100mh.

Match Two: 20th May 2018 – Battersea

A month later we headed to Battersea Park which somewhat bizarrely was the home match for Chelmsford Athletics club. This was our most difficult match of the season as we were impacted by a combination of exams on some of the younger athletes and other events which depleted the team. Despite this we still managed to finish the match in second place 13 point behind the eventual league winners and 19 points ahead of Belgrave Harriers with 10 A and B string wins over the course of the day.

Highlight of the match was Caelan Raju beating Will Sharman over the 110mh (Caelan's first time at the event)!

Match Three: 23rd June 2018 – Norman Park

Smarting from the defeat we moved on to the third match back at Norman Park and against three other members of the British Athletics league – a really tough ask. A lot of time was spent getting the athletes ready for this match and it really paid off when we finished first again with a total of 233 points, 23 ahead of City of Norwich.

There were many highlights at the match, 11 A string wins, 14 B string wins as well as winning all of the relays. This included an amazing series of throws in the javelin by James Whiteaker with a winning throw of 72.49m (not enough to win athlete of the match!), and female athlete of the match for Isabella Hilditch (again).

This was capped by an amazing performance in the women's 4 x 400 where a quartet of Krystal, Rachel, Megan and Holly smashed the club and league records. A great way to cap an extremely competitive day of athletics.

Match Four: 14th July 2018 – Colchester

On to match 4 at sunny Colchester. It was a slightly unusual day where all of the blocks were locked away and inaccessible... except for those being used by the home club! This was added to by a call from the men's middle distance squad who claimed to be on their way to Windsor! Not wanting to be left out, Carole thought it would be fun to join in who told me she was on the train to the same place! A "slightly flustered" team manager went back to check all of his emails to understand how he could have made such a catastrophic mistake to realise he had been well and truly "had". The good thing is all of the athletes arrived.

This was an extremely tight match where we came second by a single point to Colchester which effectively handed the league to Chelmsford. We had 15 A string and 17 B string wins on the day contributing to the highest second place points total all season and the seventh highest points total in all division one matches but not quite enough to win on the day. The team manager walked away from the match reflecting on the one or two places where we might have eked out an additional point but realising there was nothing that could be done about it.

Match Five: 18th August 2018 – Eton

This drove us on to the last match at Eton hoping that we would be able to do enough to get the win and hoping that Chelmsford would slip up. Once again, we put out a strong team and worked hard to get the win by one point. A series of outstanding performances on the day including another great series of throws by James Whiteaker in the javelin with a winning throw of 75.27m (enough for athlete of the match this time!) and an outstanding performance by Annie Davies in the 100mh to win athlete of the match. We had tried hard to get Isabella to come along to compete on her way to the airport as she left the UK to study in the US but Chris didn't seem too keen on the idea!

I would like to personally thank every single athlete, official and supporter who contributed to our success in this league – we would not have achieved what we did without you all!

Nick Swatton

The Parris Handicap Series 2018

The monthly handicap race series started in 1993 when a decision was made to hold a race in place of the usual Ted Pepper 10km which was cancelled from the early May bank holiday. A replacement race was held instead on a Wednesday in the late summer. It became in 1998 the Roy Parris Memorial Handicap, club member and social runner Roy Parris having died of cancer that year and in his memory the annual Parris Handicap was then established.

After there had been a few unofficial winners an official trophy, the Parris Shield was presented to its inaugural winner Mark Ellison, and over the years a succession of runners of varying abilities have claimed it after a series of six 5k races held in the months from April to September.

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 10 and 24 runners turned out for each event and 48 different runners made at least one appearance during the summer with 4 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 Rob Brown followed over the next 5 months by wins for Hugh Haffenden, Anita Evenden, Tom Leeson twice in June and August, and Maz Turner. The fastest man over the course was Marco Arcuri in a time of 17:24 and the fastest lady was Amy Peach in 19:35. The course record remains at 15:13, which was set by Barry Stephenson in June 2004.

At the end of the series the overall winner for 2018 was Tom Leeson who has been a regular competitor in these events in recent years so very well done to him.

His performances steadily improved over the course of the season with times ranging from 31:32 to 26:35. Interestingly enough his net time improved in each race from one event to the next over the six months of the series. Apart from the first two races, his placings in the individual races were, always thereafter, in the top 4, including two wins and a third place.

The early lead was taken up by Rob Brown who after winning the first race was comfortably ahead of Steve Evenden after two events with the eventual winter Tom Leeson some way behind after an average start. However his first of two wins in June moved him up to join the leaders who now started to dominate the rest of the series. For the second half of it, a leading pack of five runners steadily moved away from the rest of the field, with Rob Brown still

holding his lead narrowly over Steve Evenden, Heath Griffin and father and son team Tom and John Leeson. Steve gained a narrow lead next over Rob with Tom moving into the top three in July, but it was Tom's continued improved effort in the fifth race which pushed him up to first place and in position to take the series with a six point lead over Steve.

In the last race the top places were taken by outsiders, but Tom managed another decent performance to stretch his lead and win the Shield comfortably by eight points over Steve who deservedly clinched second place. Third on the podium was Heath Griffin who at nine years old attained an impressive follow up to his second place for last year. The pack of five remained well ahead of the rest of the field in the final placings.

There were plenty of tight finishes and as with last year the Leesons went head to head for the finishing line. They were separated by 3 seconds in June and went even closer in August as Tom Leeson beat his dad John (again) this time by only 1 second. There was another very tight finish in the April race when Rob Brown and George Collins were also separated by a margin on 1 second.

It is always the aim of the handicapper to achieve the objective of all of the runners returning within a small time-band. This year the narrowest interval between the arrival of the first and last finishers was 2 minutes and 36 seconds in the April event. In the other events the broadest time-band was 8 minutes and 43 seconds in the June race.

The event generated about £400 profit although more was originally raised before the organisers bought new trophies for the first, second and third overall finishers.

One of the big highlights of the 2018 series were the barbeques that Deniz Mehmed and Gareth Griffin arranged for every Wednesday night of The Parris Handicap. These proved to be enormously successful and attracted not only the runners but also non-runners and guests alike. Deniz and Garry have already indicated that they will run these events again for the 2019 event. Not only is the catering first class but our bar profits increase considerably on these nights! When concern is being expressed about the declining attendance on Wednesday evenings, the barbeques 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 2019 series will be on Wednesday 10th April at 7.15pm.

Richard Griffin



Runners waiting nervously before the start of a race in Teiwegs Lane.

Running for more than just goody bags...

Reflections on the London Marathon Supper 25th April 2018

For those might have read certain editions of the Courier and the Gazette in recent years, you may well remember certain write ups of the annual London Marathon Supper, a light hearted evening during which individual runners who had completed the event gave their own snapshot recollections in which they spoke in turn about their experiences of the day. The evening is itself an entertaining affair of course, perhaps second only on Wednesday evenings to the Christmas Supper, and since its revival in 2001 it has become a well established evening in the club social calendar.

However on attending this year's evening on the 25th of April, the occasion seemed to have more poignancy than other previous ones. The event is still well attended as new faces appeared in the club and new interest had been generated in marathon running by runner young and old. This is ironic because the numbers of club athletes training for and running the London Marathon appeared to be in steady decline over the last 15 years since the guaranteed entry scheme was scrapped in favour of new ways of offering race entries.

In the heyday of the club's involvement in the marathon, there were over 100 runners competing in club colours; in 1991 the club was represented by 103 runners, 19 of whom broke the three hour mark. This year the number of finishers was

27 with only 1 finishing under 3 hours. The falling number of finishers reflects the now prevailing difficulty of obtaining a race place and there are other events to be run if runners seek better times in smaller fields, but this year it was the weather conditions which affected many runner's performances and targets.

True the weather on the days leading up to and on the day of the marathon itself was unseasonably hot and this was not lost on those who ran. On a deeper level certain conclusions could be drawn from those who recalled their race experiences.

Firstly the performances were significantly slower from previous years. PP Dick Griffin in his 37th 'London' said he had just jogged around, whilst his erstwhile training partner Dave King on his 278th marathon found he was an hour slower than the previous year. Will Brindley's performance was speedier although five minutes down on the previous year, but he did observe that he was 2,000 places quicker possibly due to the field having slowed down. As it was only one runner Peter Tucker managed to break three hours and even he, running from the champions start considered his time of 2 hours 30 minutes disappointing. Most finishers, all but 2, ran in times of over 3 and a half hours.

Then there were cases of suffering due to the conditions, as noticed by our runners. Steve Evenden was on pace for the

first half of the marathon but said he could see other runners suffering even at the half way point whilst remarking "it's hell out there"; Tracey Ashenden described people collapsing and being given oxygen by the emergency services, whilst a fellow runner exclaimed that next to the Marathon de Sables this was the hardest run she had ever done. The club's runners were not exempt from suffering themselves; Peter Tucker whose performance won him the club marathon championship complained of a stretched calf at 23 miles, and pulled his hamstring later on; for him it was damage limitation. Dave Beadle described the second half of the race as horrible, and Paul Kerekgyato was forced to stop for a while due to heat exhaustion.

However there were more positive aspects of the race. Most were running for charity raised impressive sums; Will Brindley raised £3,600 for arthritis research, Zoe Kingsmill raised £2,000 for Juvenile Diabetes fund, Paul Kerekgyato raised £1,4000 for his chosen charity, and the grand old timer Stan Ridgewell raised £3,167 for a Charity started by an Afghanisthan War Veteran.

On the other hand some runners were able to overcome the heat to produce some highly decent performances; Zoe Kingsmill beat her own personal best by 34 minutes, and Jenny Neal at 3 hours 41 minutes (the fastest woman) managed a few fast miles and remarked that later on in the race with the heat appreci-

ating, she overtook several other championship runners. Steve Evenden, despite earlier travails was able to manage a sprint finish. Paul Kerkgyato in his first London Marathon come in in 3 hours 33 minutes, and found the experience 'surreal', so a number of experiences were surprisingly positive.

On the whole most of the Heatherns running had positive experiences of this 'London' because they had firstly prepared well for it, and secondly had the good sense to adapt their expectations to the existing circumstances on the day. Paul Kerekgyato could point to his achievements in the Bennet Cup which he had recently won and the training which allowed him to prevail over the heat, whilst Dave Beadle mentioned the helpful training and speed sessions of Dave Liston at Norman Park as a key factor allowing runners to rise to the occasion.

One aspect of good preparation was undoubtedly the capacity of runners to be able to pace themselves and if necessary to adapt to conditions. Many runners did just that, one of whom had come into the marathon on the back of only two weeks training. He rather sensibly settled for a time of 4h 35 minutes, and was content with that knowing he could do better next time. A similar time was recorded by marathon vet John Turner, running sensibly and at times with Peter Rogers who decided just to enjoy the day aware of the conditions. Clearly all Blackheath Harriers respected the marathon by good

preparation and sensible attitude which is sadly missing in many other runners these days.

Some years ago in 2011, Colin Poole observed at a previous London Marathon Supper that those Blackheath runners completing the marathon were to be commended for their professional approach to it, praising those who had trained properly for the event, hydrated sufficiently, and had bothered to pace themselves for its entire duration. "You've finished it because you've treated it with respect and you've treated it correctly". He further mentioned a higher than usual drop out rate due to exhaustion and dehydration from those who simply hadn't read the advice literature or treated the marathon seriously. One 'Blackheath' runner in last year's race was clearly shocked by seeing some runners who were after only five miles unable to muster even a light jog.

Colin for many years one of the management team in the Help Desk is as much an authority as many of the names associated with the event from its founders Chris Brasher and John Disley to Dave Bedford and Allan Storey. Chris Brasher's brainchild of the family of man and a race designed for true runners, especially the traditional harrier variety has seen many changes over nearly forty years of its existence and has by improving its format over that period become one of the great sporting success stories of modern times. A founding generation of organisers and

administrators has given way to new ones, and now many familiar faces in the Marathon's management have moved aside to allow another generation to come forward whose inheritance is to maintain the standards set by their forebears, and to take the events, on into the future.

In time this generation will fill the space left by the past one although they face challenges made by the very success of the event itself. The sheer size of the operation and numbers running in the event is testament to that success, but it must face an influx of newcomers to marathon running, many of whom may not have always actually paused to consider the whole meaning of commitment to training, sound preparation, or taking the event seriously. For many of the more traditional class of runner the decline availability of places for serious and committed runners is a serious matter and it is no longer a race solely for the clubmen and women, nor is there the same quality throughout the field of participants as there was in the marathon's earlier days. Mike Peel commenting on this in *Athletics Weekly* expressed a view that there were fewer quality or competent runners and more dilettantes running for charities on little or virtually no training.

Being a former marathon runner myself and one who tended to do things by the book be it the *Complete Runners Guide* or *Runners World*, I would echo such a sentiment since I feel that

Continued



Mike Peel's medals, ever present for the first three decades in the London Marathon.

the days of the London Marathon being run by experienced sensible runners with adequate fitness and a fair understanding of challenges seems to belong to a different age. It seems consigned to the past by a variety of factors such as the influx of dilettantes, and by the tendency of many people today to ignore the printed advice sent to them or not use their common-sense in matters of training and preparation. They certainly don't do things by the book! One encouraging thing in dealing with this is that the marathon organisers have for several years now been holding public sessions at the Expo which include lectures and multi-media events which give guidance to participants on how to 'do' the marathon properly. Let's hope that such attempts to educate the masses do not fall on stony ground.

Having not run the race since 2001 my efforts have been mainly centred around the four day gathering known as registration in the days immediately leading up to the race itself. I've always considered in the past that registration has been a generally enjoyable affair, signing in hosts of amiable, well mannered and congenial people who are with positive values, all keen to run and grateful for what we did at registration. It could be a relaxed and pleasant time, manning the issue desks with your clubmates, not particularly arduous work and plenty of time to wander around the Expo and take in the mounting atmosphere of excitement building up to the marathon itself.

Perhaps this in not something which was planned but the atmosphere has subtly changed even though runners are consid-

ered to be of more good natured temperament than other sports such as cycling. Now a small but growing element are clearly showing no sense of propriety, or consideration, and displaying an inflated degree of entitlement. If like me you found yourself placed in the final desk on the conveyor belt, the goody bag distribution point, you might encounter a hoard of avaricious individuals, grabbing the bags without waiting to offered them, and then tossing them aside when they saw what was in them,

At this point I wish to say that despite my consternation at the way the London Marathon has changed in shape and character, this consideration is not meant to be a criticism of the way it is now organised but really a lament for a time long past and a culture which seems

under threat, as an unwanted by-product of increased professionalism and commercialism. It's probably inevitable that the event would become more of a business and a highly efficient machine, in the way that the Olympics moved on from being a bastion of amateurism to an institution striving for excellence. I don't blame the 'management' as such who have the best interests of the marathon at heart, and accept that it has continue to maintain its position as the leading marathon in the world, as well as ensuring that it can continue to attract the world's finest athletes.

Maybe in lamenting a lost past I sound like an old testament prophet bemoaning this metamorphosis but I do have concerns about it as an increasing number of runners are disposed to be fiercely competitive, or inclined to bad behaviour. There have of course in the past often been those who have displayed behaviour which is highly unacceptable (such as relieving themselves in people's gardens along the route, and being offered places through guaranteed entry but not putting the work in).

Then again if more people are being inspired to run marathons this should not be discouraged and London Marathon should be applauded for being a major enabler in this progress. No one wants to see the marathon decline and fade away due to lack of interest. If it keeps its place as a major sporting event it will be inevitable that a new wider field of runners will join the

marathon fraternity, particularly those unused to the lifestyles of the more traditional runners and their presence should not be execrated. It's a bit like the BBC Proms Season changing to embrace a wider audience by including a greater variety of musical styles; purists will need to get used to audiences applauding between movements in piano concertos and symphonies.

If the running community is increasingly infected by a loutish culture the marathon organisers cannot realistically be expected to legislate against it, but clubs such as ours can in their own way act as beacons of good form and propriety even if Blackheath's influence in terms of numbers might be declining. Blackheath Harriers can set a good example to others in the way it respects the marathon and shows commitment to training and preparation, and attitude to fitness not as a driven obsession which dehumanises mankind but is there to make us whole and balanced human beings. Our great asset in the athletic world is that we a diverse collection of individuals with a variety of qualities and characteristics which should make Blackheath an attractive club to join but also to be accepted in.

Amidst the slough of despond that I seemed to experience whilst giving out goody bags to the 'swinish multitude' there were welcome moments of hope when I recognised the familiar faces of 'Heatherns' coming to collect these trifles, and to express their appreciation for one's

efforts. It was a comfort for me to serve such good folk as the Turners, Dave Beadle, and others who came to collect their goody bags. These were given to those who presented their running numbers at the counter and in a lot of cases they had already been creased, spoiled or part mutilated by being dragged out of the bottom of some vast reticule as if the individual had no sense of its real value. However those from the Blackheath Harriers or any other reputable athletics club presented their numbers, undamaged and in pristine fashion as if they believed them to be the pages of sacred scripture. For them it was the number and not the goody bag which had real value, but the way that the masses treated there numbers you'd think that it was the cheap tat which held their attention and not the serious business of running the race which really mattered.

There may be many who will run the marathon once and it never really changes their lives or character, but for others it should be a catalyst for improving the quality of their existence. What it means in essence that in running marathons, or any race for that matter we should be looking to become a better person than the one we were yesterday or what we were before that. Run the race properly and at the end of those 26 miles you'll gain rewards far more permanent and of value than one of those tatty goody bags.

Wilfred Orton

Doing England and Great Britain proud in Queensland and Berlin

Dina and Adam at the Commonwealth Games and European Championships 2018

Having graduated in 2017 from London University with a 2:1 History degree Dina Asher-Smith in 2018 could concentrate on her next objective, the Commonwealth Games in the Gold Coast in Queensland, Australia. "I have finished university which is one stress out of the way, even if I did love it" she remarked. "The impending doom of dissertation and exams has gone and my foot is no longer broken so that worry is gone, too."

She was also able to put two years of injuries behind her after being hindered by a hamstring injury in 2016 and a broken foot the following year. This year she faced a different kind of challenge that of needing to reach a peak of form relatively early in the year. "You have to remember that in a typical European season you peak in August" she said "around the European Championships and the Diamond League finals this year... It will be interesting to see if we can all be at that point in April. Hopefully we can have some fun and do England proud."

This was because she was heading to the Gold Coast, where she would compete in the 200m and 4x100m relay, Dina could draw on her experience of winning a Commonwealth youth gold in 2011 to give her confidence in the Gold Coast. This was her first Common-

wealth Games at a senior level and she opted not to double up in the sprints, competing in only the 200m. She chose the Gold Coast over Birmingham, which hosted the World Indoor Championships in March. She admitted to wanting to do both but she wanted the opportunity to do the Commonwealth Games because it had "a lot of pedigree to it. It is an opportunity to hone my skills, learn more and race against the fastest in the world, which is what I love doing."

In building form for the Gold Coast she posted some impressive performances in the run up to those games. At the Indoor Grand Prix in Glasgow in February, she clocked two sub-7.10 seconds 60m times for the first time in a one-day meeting and finished ahead of Olympic 100m and 200m champion Elaine Thompson and world 200m champion Dafne Schippers her long standing rivals. In the final, Asher-Smith was a narrow second behind Marie Josee Ta Lou. Then in March at The Sydney Grand Prix albeit against weaker opposition she won the 100m in a time of 11.24secs and a week later won a 200m in 22.90 into a headwind at a meeting in Nathan Queensland.

Now in Australia she was ready for the competition. Firstly the 200 metres. She qualified by winning her heat and finishing second in the semi final; in the final, Dina ran brilliantly for a bronze medal with a time of 22.29 beating Olympic champion Elaine Thompson into 4th place, and finishing only 2/10th of a second behind the winner, Miller-Uibo of the Bahamas. Having normally been training at this point in the year she "just wanted to get (myself) out of the fourth and fifths and make it".

Later in the week Dina ran in England's 4 x 100m relay team running a strong second leg giving England an unassailable lead going into the last leg which was run by Lorraine Ugen a former B&B athlete to anchor the team to winning gold medals, where they won gold in a time of 42.46 seconds, beating one of the favorites, Jamaica.

The next objective would be the European Championships in Berlin, and she set about the task of gaining selection for it. In the Diamond League events in June Dina clocked 10.92 for a new 100m UK record in finishing second in the Oslo event, and went on to win the Stockholm 100m in 10.93. Her selection for the Europeans was secured at the British Championships in Birmingham in July when she broke the championship best performance with a clear win in the 100m in 10.97 for her third sub 11 second clocking of the season. She rounded off this pre-games campaign at the Diamond League Anniversary Games in late July with a season's best of 22.25 even though she only finished fourth.

And so on to Berlin where Dina was competing in both sprint distances this time. She smashed her own UK record with 10.85 and became the joint fastest women in the world this year when she won the European 100m title, thus becoming the first British woman to win this event since 1962. Then in the 200m she ran arguably even better beating Dafne Schippers into second place smashing her own British and club record and dipping under 22 seconds for the first time with 21.89 such performance being the world fastest this year by a female athlete.

And there was more to come in the 4 x 100M relay. It was the first time that Dina had run an anchor leg but she did so with devastating effect for the British team, taking over the baton in fourth place. She cruised past three other athletes to easily bring the team home first and by some margin to earn her third gold medal of the championships.

Meanwhile Adam Gemili continued to make steady progress from his own injury setbacks of previous years although 2018 would bring for him mixed fortunes. He was anxious to compete in the Commonwealth Games and like Dina was aware of the challenges of having to peak early in the year. "You don't want to kill yourself" he said. "It [the Commonwealth Games] is quite an early season thing; it changes the preparation. You have to try to run fast in April and then really try to run fast in August at the European Championships".

At the Gold Coast however his hopes were not realised. Adam qualified as second fastest athlete for the Commonwealth Games 100m final in 10.11 but had to be withdrawn with an abductor strain on doctors' advice, which meant then he could not also be part of the England team in the 4x100m relay. He revealed after the race – which was won by Jamaica's Yohan Blake – he had been struggling with a thigh injury.

Although in danger of being in Dina's shadow for much of the year Adam continued to show fine form throughout the summer leading into the European Championships clocking 20.21 in Oslo in the 200m. At the British Championships he won a silver in the 200m in 20.26 narrowly losing out having led until the final few strides.

However he would save his best for later at the European Championships. Moments after the women had secured their victory in the relays, the men's 4 x 100m relay teams were on the track and with Adam running the third leg. Right from the gun the Great Britain quartet were in pole position and poised to take the lead when Adam took the baton. A powerful leg from him put them into a comfortable lead and ensured that they won the gold medal from South Africa and Jamaica. For him the cloud of the Gold Coast in April would have a gold lining.

Wilfred Orton

The Club AGM 24th March 2018

...passing of resolutions for the proposed Development of Norman Park Community Sports Facility

A meeting having been held by the Directors on Thursday 15 March 2018 at which the architect and building contractor had presented the plans for the development of the Norman Park proposal, for club members to discuss those plans, several resolutions were presented at the club AGM on the 24th March. If such Resolutions were approved the plans would be presented to the Council the following week and it was hoped that approval of these would be forthcoming by July when an order would be placed for the steel required for the building which will be acquired by the company. It would then be necessary to enter into an agreement to sell the club house to release the funds to acquire the steel and begin the construction work.

It was anticipated that building work at Norman Park will begin in August with completion in Spring 2019. The fit out will be a major operation and all members of the club were encouraged to offer their help in terms of time and expertise. The company had applied to HM Revenue & Customs (HMRC) for the construction work to be zero rated but HMRC might require some of the building costs to be VATable

The company was also considering raising some funds from members by way of debentures along similar lines to the debentures issued in the 1970s when the original 1920s club house was extended. David Appleton speaking on the business plan

said the major costs were going to be around £3,100,000 of which the build costs would be about 2,400,000. To meet the overall costs there was an agreement for the contractor to buy the Bourne Way site for £2 million. To make up the total there are cash reserves in the club of about £150,000 and funds in the Jack Sims Trust which were £350,000 but are now somewhat less in the light of recent falls in the Stock Exchange. The company has also got the offer of a £250,000 loan facility from the Charity Bank.

The Business Plan has been put to Bromley Council and independently verified by them and approved. A pessimistic assessment of the annual surplus is £70,000 and over a 25 years cycle the company will have to provide for the renewal of the track at a current cost of £600,000 and building maintenance costs, over the same period, of £250,000. An annual surplus of £70,000 leaves a significant margin compared with those costs and even if the surplus were to be no more than £35,000 that would still provide the necessary funds for track renewal and building maintenance costs.

These resolutions were then discussed from the floor. There was now greater support for the Resolutions and the move but there should be provision for a community sports and recreation facility at Norman Park. Most of the questions were met with answers relating to the resolutions:

Denis Lawrie asked about the staffing arrangements at the new facility at Norman Park and was told that the club would use some volunteers if that proved possible but had budgeted for a number of full time employees. As in resolution C, this would be covered by the ability to employ staff on the premises

Chris Haines asked about the confidence of the Director/ Trustees that the contractor would honour his word and pay the promised £2 million for the Bourne Way site. It was noted that we had spoken with a number of the very substantial sporting organisations which the contractor had worked with in the past and with some of which the contractor had continuing relations. That was a very clear indication of his bonafides and if he let down Blackheath Harriers he would suffer considerable damage to his, currently, very high reputation.

Roger Beswick raised the possible threat of compulsory purchase by the Council of the Norman Park site as had happened to a local football club. In response it was noted that the company would be granted a 125 year lease by Bromley Council at a peppercorn rent and we would take legal advice to ensure that the position of the club was appropriately safeguarded against compulsory purchase or any other potential threat.

Derek Gregory asked what security would be required by Charity Bank if it made the company a loan. He was told

that no security would be required as the Charity Bank was set up to make loans to charities that did not generally have assets to offer as security for such loans. There would be no potential liability for members of club members.

Chris Haines asked about plans for encouraging cross country running and the arrangements for that section when the club moved to Norman Park. The club has had meetings with the manager at the Warren who is very keen to accommodate the club for its fixtures at no direct cost and the Old Beccehamians, at Spring Park, will allow their facility to be used on Wednesday evenings.

In support of the move Julie Asher-Smith noted that the Directors/Trustees of whom she is one were very excited by the prospect of the future development which will create a sustainable future for the club and it needed the enthusiasm and trust of the club members as well if this crucial development was going to go ahead and achieve all its potential. Paul Patten, one of the Director/Trustees, said that he had consulted informally with the young athletes, some of whom he has helped to coach over the past 17 years, and he has gathered signatures from 97 of the young athletes in favour of the current proposals and the move to Norman Park.

Ian Young introduced Resolution 6.1 and said that it had been put forward to make it absolutely clear that a major disposal of property required to

be approved by way of special resolution of the members in general meeting. The advice from the company lawyers, Muckle, was that the terms of the existing Articles have exactly the same effect

but the Director/Trustees wanted the wording to be absolutely clear on this point

Once the Directors were satisfied that (i) adequate funding is available or committed to enable completion of the project in accordance with the current budget (including the designated contingency amount and the amount of any VAT payable on the construction); and, (ii) planning permission has been granted for the new facility. The matter was put to the vote. The Resolution was approved 107 in favour and 7 against. This included 50 proxies in favour and 4 proxies against. Resolutions 6.2 A to 6.2F were then taken on a single vote with 109 in favour and 8 against. There were 49 proxies in favour and 5 against.

The resolutions put at the AGM were as follows:

Resolution 6.1. The wording of Article 21.3 in the Company's Articles of Association should be amended to read: "The Trustees may not dispose of any asset(s) of the Club, which has or have, as at the proposed date of disposal, an aggregate market value which exceeds that defined in the Finance Policy, without obtaining the approval by way of special resolution of the Members in general meeting." *

Resolution 6.2. That the Directors be, and are hereby, authorised to do the following in relation to the proposed development and completion of a new Community Sports and Recreation Facility at Norman Park, substantially in accordance with the plans and designs presented to the meeting, all documentation relating to these matters to be in such form, including any conditions and undertakings, as the Directors consider to be appropriate, having taken such professional advice as they consider fit:

Resolution 6.2 (A). To enter into (a) an agreement for lease and (b) a lease, each with the London Borough of Bromley, for a period of 125 years in relation to the track and new facility at Norman Park.

Resolution 6.2 (B). To sell the Company's land and clubhouse at 56, Bourne Way to The Construction Project Limited, or its nominee, for an amount not less than £1,750,000 and to apply the sale proceeds towards funding the new facility at Norman Park.*

Resolution 6.2 (C). To acquire Norman Park Track Management Limited ('NPTM') as a wholly-owned subsidiary and to delegate to NPTM the day-to-day operation and maintenance on behalf of the Company of both the track and the new facility at Norman Park (including the ability to employ and remove staff and enter into licences for use of parts of the premises) and permit the appointment to the Board of

Continued

NPTM of one or more 'independent' directors.

Resolution 6.2 (D). To enter into such agreements as may be necessary with The Construction Project Limited and others for the construction and all related works (including fit-out) required for the completion of the new facility at Norman Park, substantially in accordance with the plans and designs presented.

Resolution 6.2 (E). To apply such amounts from the Club's capital reserves, to enter into credit facilities or otherwise agree to borrowings (such borrowings not to exceed £250,000) and to raise such additional funding as may be required through the issue of debentures, in each case towards funding the construction and completion of the new facility at Norman Park.

Resolution 6.2 (F). To do such other acts and things, including agreement to reasonable amendments to the plans and designs for the new facility to meet planning and funding conditions, the execution of such other documents and the taking out of such insurances, as the Directors shall consider necessary or advisable in relation to the conduct and completion of the project and the operation and maintenance of the track and new facility.

Harriers on the move!

April 2018

For more than 90 years Blackheath & Bromley Harriers AC have operated from their headquarters in Bourne Way, Hayes, but changes are afoot to move their base to Norman Park to be closer to their training track. At last month's AGM, Club members overwhelmingly voted in favour of developing a new community sports centre adjacent to the athletics track in Norman Park, Hayes Lane, Bromley. The decision was reached after years of investigation and consultation with interested parties.

This is a big commitment for the club as it will mean selling their existing freehold clubhouse and investing the sale proceeds and reserves as well as undertaking major fundraising activities to raise sufficient funds to enable them to complete the project in time to celebrate the Club's 150th anniversary in 2019.

Whilst ensuring the long term future of athletics in the borough the club also aims to provide a venue for other local community groups which run sports, leisure and fitness classes. The centre will provide catering, toilets, changing rooms, a strength & conditioning suite and a number of multi-purpose rooms available for hire for meeting or by medical practitioners to provide physiotherapy

and sports massage.

Alan Pickering, Chairman of the trustees, said "Sadly, good news stories are rare these days. However, athletics in the London Borough of Bromley is a beacon of optimism. Not only did the Club have its best ever year in 2017, the Norman Park development will secure our pivotal position in British Athletics and be at the heart of the local community. Every family in the local community will receive a warm welcome when they visit the new home of Blackheath and Bromley Harriers AC."

The planning application for the building has just been submitted to Bromley Council Planning Department by Architect, Zareen Rahman of Zendium Design and a successful outcome is hoped for this summer to enable work to commence by the Contractor, Paul Barthorpe of The Construction Project Limited at the beginning of September.

"The new facilities at Norman Park will, when completed provide an excellent, modern, indoor space for athletes to train in during the winter months and in addition offer fantastic leisure and fitness opportunities for the wider community." Said new Club President, Paul Byfield.

The Club would be interested in talking to potential users and funders of the centre.

Peter Long VP

1927 – 2018

Peter Long, who sadly died recently, was just short of his 91st birthday. He had joined the Club on 2nd April 1979 so had been a member for 39 years. He became an excellent and diligent Club Treasurer when he retired from his job at St Pauls Cathedral at the age of 65 and continued in that role for a quite amazing 15 years. Dave White made him a Vice President in 1996, a very well deserved honour.

At the AGM when Peter assumed the position of Treasurer he wore a Sports Jacket and someone suggested he looked more like a bookmaker than a Club Treasurer. He never again wore anything other than a Blazer at the Club AGM! He greatly enjoyed a trip with our young ladies to one of the European Club Championships that they qualified for. He had been managing the finances for these trips for some time. When Athletics' Governing Body was in difficulties and the Club was owed a sizeable sum he attended a creditors' meeting in Birmingham to ensure that the Club's claim was not forgotten and the Club was eventually paid.

He was a delightful man and very good company and always knowledgeable and good to talk to on a variety of Sports. Peter became a life member of Kent County Cricket and spent a lot of time at their ground in Canterbury. He had an almost encyclopedic knowledge of

Kent Cricket and always took delight in gathering as many of his friends as possible when Kent played for a week in Tunbridge Wells. Very happy days spent with Peter, with excellent picnics and fine Ale.

He enjoyed many aspects of Club life including Wednesday night runs with his friends, mob matches, Club Dinners and other social functions. He did long distance walks with other Club members and one particularly memorable walk in 1991 being the 100 mile Cotswold Walk with Derrick Brickwood, Len Dalmon and Ray Gibson. He was part of the Club's 'Geriatric' Sunday Times National Fun Run team and he completed one London Marathon, his time being 4.11.12. He loved everything about Club life. He briefly took up timekeeping and could be seen at Club fixtures with his stopwatch. He also occasionally acted as a Marshall at home Cross Country fixtures. His 80th birthday party at the Clubhouse was a most enjoyable occasion shared with family and friends. He greatly enjoyed going to the Commonwealth Games when they were in Manchester with friends from the Club. He was an excellent Clubman who had many friends and admirers.

National Service was done between 1946 and 1948 in the Army Pays Corps in Ghana. Peter reckoned he spent most of the time playing Cricket and Football! He joined St Pauls

as an Accountant in 1949 and spent his working life there. He was promoted to the position of Registrar and after retirement he was called back to help them out. His work at St Pauls was highly regarded and he was rewarded by an invitation to lunch with the Queen Mother just before he retired. He had a son who lived in Zimbabwe and Peter and wife Jean made several trips there. Also jaunts to Dubai, and again to spend time with their family. His daughter Janet was a Club member and was one of Anne Cilia's early team members in the newly formed Ladies Vets Track team. Janet always had a smile on her face and Peter was often there to support her.

His decline in the past few years was very sad to witness. He still came on a Wednesday morning to join his friends for a jog/walk and always wanted to shake everyone's hand and had a snippet of conversation prepared on something of mutual interest. Quite often this was about his favourite football team, Charlton Athletic.

Peter was a lovely man with great warmth and intelligence and an excellent but quiet sense of humour. He is much missed and we send our deepest condolences to his wife Jean, their children Stephen and Janet, their grandchildren and their great-grandchildren. It was a privilege and a real pleasure to have been his friend.

Len Dalmon and Mike Martineau

Executive Committee 2018/19**President:**

Paul Byfield

Immediate Past President:

Nick Brooks

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:

Vacant

Three Ordinary Members:

Adrian Stocks VP

Paul Austridge VP

Maz Turner VP

Chair of Development:

Paul Byfield

Sponsorship/Fund Raising:

Vacant

House and Social:

David Cordell PP

Membership Secretary:

Rob Brown VP

Track & Field Secretary:

Wendy Daniels

(died 18th September 2018)

Cross Country Secretary:

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

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 (1992/93), Steve H Cluney (1993/94), David White (1994/96),

Mike Martineau (1996/97) 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), Nick Brooks (2017/18).

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), 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), 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), Clem Leon (2018), Jay Galley (2018).

Photographs

The editing team wish to express their thanks for all those who contributed articles and photographs for this issue. We have made every effort to correctly identify all the photographers but sometimes 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.

Thanks for photographs to all who took them.



Ethan Brown anchoring victory in the 4x400 metres relay

