

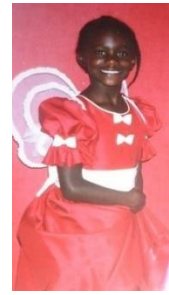


Blackheath & Bromley Courier

December 2015.

President 2015-16. Dave Cordell.

Editor. Pat Calnan (p.calnan@btinternet.com)



Editorial

This edition of the Courier starts to look at the National rankings for 2015 and top of the tree is Dina Asher Smith who has made History this year by achieving British Records for the 60, 100 and 200 metres. Not only that, she is the first British female to run under 11 seconds for the 100 metres and she is the fastest teenager over 200 metres in the World EVER. It is no surprise, therefore, to see her feature prominently in various end of year awards with perhaps the most prestigious so far being the Sky Sports and Sunday Times Young Sportswoman Of The Year. She has also switched on the Christmas lights in Orpington and Petts Wood which I expect is another Club first. But she is not a teenager anymore. Happy 20th birthday for the 4th of December Dina!



Dina is not the only History maker this year. He may not have had the season he had hoped for but, Adam Gemili became the first Briton to run under 10 seconds for the 100 metres AND under 20 seconds for the 200. Linford Christie never did it, nor John Regis nor Alan Wells. Perhaps the fact Adam got injured in the process of running sub 10 showed how difficult a thing it is to do. Congratulations on your graduation Adam. It has been a remarkable year for sprinting in the Club.

At the opposite end of the distance scale Scott Overall is the fastest Briton over the marathon this year and we hope is on his way to another Olympic selection. Serita Solomon had a big breakthrough year winning the bronze medal in the 60 metre hurdles at the European Indoor Championships and revising the Club 100 hurdles record. Then there is second claimer Isobel Pooley who is joint top of the high jump.

How many athletes from the Club will be competing in Brazil next August? (and that is not in a park run).

These are the tip of the iceberg. Dave Heath is Top of the World in the Masters over 50 age group, while many of our youngsters have gained International selections over the year. Congratulations to the two latest! Niamh Bridson Hubbard ran for England in Spain in November and Will Fuller has been picked to race for England in Brussels just before Christmas and is second reserve for the GB team at the European Cross Country Championships.

There IS a magic formula to this. Hard work, dedication..... but you know all this because we have Club members who wear the same vest showing us how. All the training over the Winter produces the new bests next Summer at whatever level you compete. It doesn't just happen, and it is easier said than done, but what better inspiration is there than the achievements of our top athletes this year and yesteryear ?

Thank you for those who offered feedback on the previous edition. Comments, articles and constructive criticism are always welcome. If she is still alive, thanks to Julie Asher Smith for the ok to use one of the photos in this edition! Happy Christmas!

Forthcoming fixtures

December

- 5th Kent Masters Cross Country Championships, Sparrows Den
- 19th – 20th SEAA Indoor Combined Events Championships, Lee Valley. Closing date 8/12/15
- 20th Christmas Yacht Handicap, Hayes, 10.30
- 26th Boxing Day Fancy dress Paperchase, Hayes, 11.00

January

- 3rd Metaswitch Games Open, Lee Valley.
- 9th. Kent Cross Country Championships
- 9th- 10th. SEAA U17 and U15 Individual Championships, Lee Valley. Closing date 29/12/15
- 16th – 17th. SEAA Senior and U20 Individual Championships, Lee Valley. Closing date 5/1/16.
- 17th. Open 10km, Hayes, 10.30
- 23rd-24th London Senior & Under 20 Games, Lee Valley.
- 24th. Mob Match South London Harriers, Hayes. 10.30.
- 30th-31st London Under 17 & Under 15 Games, Lee Valley
- 30th SEAA Cross Country Championships, Parliament Hill.

On the Social side

December

13th. Christmas Lunch, £20. Sold out

16th. Wednesday Nighters Christmas Supper. £15. A few tickets remaining. Contact Gerry Alger galger@hotmail.co.uk

26th. Boxing Day fancy dress paperchase, bar open from noon. Chase starts at 11, see below.

January

15th. Burns Night



2015 rankings. B&B athletes featuring in the top 50 in their event.

Senior men. 60m. 21=. Tremayne Gilling 6.78, 36=. Kieran Daly 6.82. 100m. 2. Adam Gemili 9.97, 11. Kieran Daly 10.31, 26. James Alaka 10.45, 36=. Tremayne Gilling 10.51. 200m. 19. James Alaka 20.97, 23. Kieran Daly 21.06. 3000m. 24. Phil Sesemann 8.07.17. 5000m. 37. Graham Rush 14.09.19, 40. Phil Sesemann 14.11.09. Half Marathon. 28. Alex Bruce Littlewood 66.30. Marathon. 1. Scott Overall 2.11.24, 29. Peter Tucker 2.24.00. 60m hurdles. 30. Reece Young 8.28, 39. Mark Cryer 8.44, 40=. Kertis Beswick 8.47. 110m Hurdles. 47. Kertis Beswick 15.00. 400m hurdles. 31. Luke Smallwood 53.24, 47. Jack Messenger 54.30. Long jump. 10=. Jermaine Olasan 7.57, 13. Oliver Newport 7.49. Triple Jump. 11. Jonathan Ilori 15.75, 31. Stefan Amokwandoh 14.81, 41. Rob Sutherland 14.55. Pole Vault. 29. Scott Huggins 4.72, 31=. Mark Longhurst 4.70. Shot. 37. Matt Blandford 14.30, 40. Louis Mascarenhas 14.28. Discus. 8. Matt Blandford 55.10, 26. Louis Mascarenhas 47.87. Hammer. 29. Tom Parker 58.23. Indoor heptathlon. 10. Mark Cryer 5038. Decathlon. 24. Mark Cryer 6083. 4x100m. 20. B&B 41.78. 4x400m. 46. B&B 3.20.44.

Senior Women. 60m. 1. Dina Asher Smith 7.08, 11=. Shannon Hylton 7.46, 19. Serita Solomon 7.50, 29=. Cheriece Hylton 7.59, 38=. Maya Bruney 7.64. 100m. 1. Dina Asher Smith 10.99, 7. Lorraine Ugen 11.42, 10. Montell Douglas 11.48, 43. Shannon Hylton 11.92, 45. Jazz Crawford 11.93. 200m. 1. Dina Asher Smith 22.07, 5. Shannon Hylton 22.94, 13. Cheriece Hylton 23.58, 19. Lorraine Ugen 23.81, 39. Jazz Crawford 24.29, 43. Rachel Dickens 24.35. 400m. 17. Cheriece Hylton 53.16. 800m. 39. Katy Ann McDonald 2.06.45, 50. Carolyn Plateau 2.07.55. 3000m. 49. Niamh Bridson Hubbard 9.34.94. 3000m steeplechase. 38. Georgina Taylor 12.22.08. 60m hurdles. 2. Serita Solomon 7.93, 16=. Jahisha Thomas 8.60. 100m hurdles. 5. Serita Solomon 12.87, 17. Jahisha Thomas 13.83. 400m hurdles. 48. Becky McLinden 63.50. High Jump. 1=. Isobel Pooley 1.97. Long Jump. 3. Lorraine Ugen 6.92, 8. Holly Mills 6.29, 13. Jahisha Thomas 6.17. Triple Jump. 3. Chioma Matthews 13.53, 9. Zara Asante 13.00, 15. Kerri Davidson 12.45, 42=. Anastasia Davies 11.57. Shot. 4. Shaunagh Brown 15.55, 22. Divine Oladipo 12.80, 42. Sam Milner 12.08. Discus. 7. Shaunagh Brown 49.53, 10. Samantha Milner 46.41, 13. Divine Oladipo 45.63. 4x100m. 3. B&B Seniors 45.15, 6. B&B Juniors 46.18. 4x400m. 24. B&B 3.53.31.

Under 20 Men. 100m. 26. Cameron Starr 10.79. 200m. 50. Scott Barker 22.0. 400m. 10. Scott Barker 48.38, 11. Shaun Cooke 48.44. 1500m. 21. Will Fuller 3.51.77. 3000m. 11. Will Fuller 8.21.26. 2000s/c. 9. Richard Webb 6.05.54. Triple Jump. 2.

Stefan Amokwandoh 14.73. Shot. 5. Louis Mascarenhas 15.77. Discus. 2. Louis Mascarenhas 56.71. 4x100. 44. B&B 44.58. 4x400. 28. B&B 3.33.22.

Under 20 Women. 60m. 3. Shannon Hylton 7.46, 10. Cheriece Hylton 7.59, 16. Maya Bruney 7.64, 22. Charmont Webster Tape 7.68, 23. Vivien Olatunji 7.69, 48. Parris Johnson 7.79. 100m. 10. Charmont Webster Tape 11.84, 15. Shannon Hylton 11.92, 16. Jazz Crawford 11.93, 27. Cheriece Hylton 12.02, 28. Vivien Olatunji 12.03. 200m. 1. Shannon Hylton 22.94, 3. Cheriece Hylton 23.58, 13. Jazz Crawford 24.29, 43. Holly Mills 25.28. 400m. 3. Cheriece Hylton 53.16, 23. Shannon Hylton 56.81, 44. Katy Ann McDonald 57.91. 800m. 8. Katy Ann McDonald 2.06.45, 46. Jessica Keene 2.12.44, 48. Niamh Bridson Hubbard 2.12.73. 1500m. 8. Katy Ann McDonald 4.22.96, 13. Niamh Bridson Hubbard 4.25.71. 3000m. 7. Niamh Bridson Hubbard 9.34.94, 13. Jessica Keene 9.41.35. 1500s/c. 1. Yasmin Austridge 4.54.82, 21. Naomi Kingston 5.16.01. 2000s/c. 17. Naomi Kingston 7.40.6. 42. Bethany Frost 8.25.93. 100m hurdles. 18. Anastasia Davies 14.55. 400m hurdles. 23. Isabella Hilditch 64.88, 30. Leah Everson 65.40. High Jump. 35. Robyn Pettit 1.69. Long Jump. 1. Holly Mills 6.29. Triple Jump. 3. Kerri Davidson 12.45, 16. Anastasia Davies 11.57, 33. Karina Harris 11.30, 42. Toyin Orelaja 11.16. Shot. 8. Divine Oladipo 12.80. Discus. 4. Divine Oladipo 45.63, 38. Eve Keith 35.90. Javelin. 40. Ali Higgins 35.16, 46. Zoe Fitch 34.30. Hammer. 16. Victoria Wiltshire 44.65, 42. Carys Marsden 40.54. 4x100 2. B&B 46.18 (Only the GB Junior team was quicker). 4x400m. 10. B&B 4.01.89.

More rankings next month.

Results for November.

1st. Bonfire Burns 10km, Histon. 1. Graham Rush 31.48.

Emer Casey 10km, Brockwell Park. 3. Dave Taylor 35.22.

7th British Athletics Cross Challenge, Milton Keynes. Under 20 women. 4. Niamh Bridson Hubbard 18.10. Under 15 girls. 19. Millie Smith 14.45, 26. Kelsi Cornish 5.06.

Kent League, Sparrows Den. Senior Men. 18. Andy Rayner 33.54, 24. Dan Kennedy 34.23, 30. Georges Vacharopoulos 34.52, 34. Fintan Parkinson 35.26, 42. Jon Vintner 35.17, 60. Neil Ayrton 37.47, 96. David McKinlay 39.56, 100. Graham Hollingdale 40.03, 109. Steve Pairman 40.54, 112. Richard Hall 40.59, 119. Andy Lawes 41.25, 143. Nic Corry 44.10, 149. Ian Taylor 44.43, 156. Chris Pike 45.47, 176. Luigi Arcuri 50.51. Team 4 to score 3rd. 12 to score 4th. Junior Men. 10. Bertie Harrington 19.26. Under 17 Men. 4. Joss Barber 17.29, 7. Marco Arcuri 17.55, 12. Lewis Mills 18.11, 20. Oscar Hussey 18.46, 25. James Crawley 19.06, 30. Charlie Davis 19.24, 32. Alex Leggatt 19.49. Team 2nd. Under 15 boys. 11. Michael Eagling 15.06, 12. Joseph Georgiades 15.10, 14. Callum Myatt 15.28, 17. Robert Suckling 15.34, 21. Charlie Andrews 15.41, 23. Kier Lundy 15.46, 24. Cameron Swatton 15.47, 33. Ben Gardiner 16.05, 40. Lewis Warren 16.45, 42. Lewis Stickings 17.05, 45. Matthew Pond 17.12, 53. Seb Large 17.53. Team 2nd. Under 13 boys. 1. Rowan Fuss 9.56, 4. Sam Reardon 10.34, 13. Justin Strover 11.01, 17. Thomas Penlington 11.11, 22. Alex Sibley 11.20, 23. Jake Leng 11.24, 30. Eddie Sellar 11.44, 31. Ethan Kitteridge 11.45, 36. Charles Winton 12.02, 40. Nicholas Paddington 12.16. Team 2nd. Under 20 women. 3. Charlotte Rhule 18.04. Under 17 women. 2. Jessica Keene 15.19, 3. Yasmin Austridge 15.43, 4. Amy Leach 16.00, 5. Kelsey Fuss 16.11, 6. Genevieve Allan 16.55, 10. Joanna Clowes 17.30, 13. Chloe Kibblewhite 17.48, 14. Mary Guy 18.30. Team 1st. Under 15 girls. 5. Stephanie Taylor 11.23, 7. Grace Scopes 11.28, 14. Imogen Meers 11.53, 17. Hannah O Flynne 12.02, 19. Lily Tappenden 12.11, 26. Isabelle Bridge 12.35, 27. Gracie Horton 12.37, 31. Claudia Pickup 12.58, 32. Zoe Austridge 12.59. Team 2nd. Under 13 girls. 1. Ellie Duffy 9.50, 2. Morgan Squibb 9.51, 3. Jessica Neale 9.52, 7. Rosanna Allan 10.18, 14. Danielle Harpur 10.48, 20. Niamh Milmo 11.09, 21. Ella Smith 11.10, 26. Abbie Leeves 11.30, 28. Emily Davis 11.34, 32. Heidi Forsythe 11.42, 34. Olivia Berry 11.43, 50. Daisy Bates 13.31. Team 1st.

Birmingham League Division One, Leamington Spa. 1. Graham Rush (Cheltenham, 2nd claim), 6. Will Fuller (Loughborough Students) 34.08.

Podium 5km, Barrowford. 1. Phil Sesemann 14.43.

Parkruns. Bromley. 12. Matthew Pond 19.57, 13. Andy Tucker 19.58, 30. Ian Montgomery 20.56, 77. Scott Bulmer 22.39, 91. Mike Simms 23.05, 118. Nigel Bulmer 24.12, 182. Jackie Montgomery 25.56, 219. Tim Ward 27.03, 221. Richard Griffin 27.06, 272. Julia Pairman 28.04, 296. Claire Springett 28.31, 301. John Leeson 28.42, 342. Bernard Wilson 30.24, 453. John Bugler 47.42. **Greenwich.** 26. Barry Wetherilt 22.52. **Crystal Palace.** 9. Carole Penlington 19.37 (1st woman), 80. Glen Read 24.42, 160. John Fenwick 29.25. **Killerton.** 12. Bob Minting 22.37. **Riddlesdown.** 15. Mark Ellison 23.13, 43. Anne Cilia 26.36. **Orpington.** 10. Harry Keene 22.19, 24. Dave Leal 24.18, 41. John Butler 26.34, 45. Mick Keene 26.55, 47. John Isaacs 26.58, 56. Austin Adams 28.08, 117. Karen Desborough 36.28. **Peckham Rye.** 91. Maz Turner 32.20. **Hastings.** 40 Steve Hollingdale 27.02. **Malling.** 20 Paul Ross Davies 22.02, 126. Andy Kingsmell 28.52, 132. Zoe Kingsmell 28.56.

8th. Beckenham Running Club 10km trail. 3. Tim Nash 38.33, 8. Chris Tuck 39.23, 9. Bertie Harrington 39.29, 63. Will Slack 49.34.

14th. London Cross Country Championships, Parliament Hill. Men. 23. Ross Braden 35.53, 75. Fintan Parkinson 38.53, 79. Jon Vintner 38.58, 132. Chris Tuck 40.48, 161. Richard Byford 41.46, 264. Andy Lawes 46.25, 292. Ian Taylor 48.25. Team 12th. Women. 25. Carole Penlington 25.32, 60. Jennie Butler 27.06, 69. Sarah Belaon 27.28, 74. Sara Elmqvist 27.38, 92. Jane Bradshaw 28.15, 98. Jessica Jones 28.31. Team 8th.

London Youth Games Cross Country Championships, Parliament Hill. Under 17 Men. 4. Josh Barber 17.48, 7. Marco Arcuri 18.00, 14. Lewis Mills 18.14, 26. James Crawley 18.49, 29. Frankie Scrivener 18.52, 31. Oscar Hussey 18.55, 68. Harry Keene 20.19, 98. Tom Mills 21.40. Under 15 Boys. 18. Robert Suckling 11.37, 21. Callum Myatt 11.39, 33. Keir Lundy 11.52, 41. Ben Gardiner 11.56, 44. Charlie Andrews 11.59, 55. George Pope 2.07, 69. Cameron Swatton 12.19, 73. Lewis Warren 12.23, 95. Lewis Stickings 12.52. Under 13 17. Samuel Reardon 8.01, 26. Justin Stover 8.19, 34. Thomas Penlington, 67. Ethan Kitteridge 8.38, 151. Barnaby Corry 9.50. Under 17 women. 3. Katy Ann McDonald 11.43, 5. Jessica Keene 11.50, 6. Yasmin Austridge 11.53, 7. Amy Leach 12.04, 8. Kelsey Fuss 12.24, 10. Georgina Taylor 12.32, 16. Joanna Clowes 13.06, 27. Mary Guy 13.33, 28. Chloe Kibblewhite 13.36, 50. Shannon Risky 14.55. Under 15 girls. 3. Yasmin Marghini 7.56, 9. Millie Smith 8.11, 13. Magdalena Samoila 8.20, 18. Grace Scopes 8.23, 39. Lily Tappenden 8.49, 47. Hannah O Flynn 8.58, 57. Isabelle Bridge 9.08, 65. Zoe Austridge 9.14, 67. Claudia Pickup 9.16, 100. Lauren Goddard 9.42. Under 13 girls. 2. Jessica Neal 7.59, 3. Morgan Squibb 8.00, 5. Ellie Dolby 8.04, 34. Daniella Harper 9.02, 38. Holly Sutton Trott 9.07, 42. Niamh Milmo 9.09, 61. Abigail Leeves 9.23, 67. Emily Davis 9.28. Under 11 girls. 1. Amaris Sibley 5.57, 7. Lily Meers 6.12.

English Schools Cup Regional Final, South East, Bexley. Under 15 boys. 5. Joseph Georgiadis 14.17, 14. Michael Eagling 14.48, 15. Coleman Corry 14.50, 19. Angus Harrington 14.55. Under 13 boys. 1. Rowan Fuss 9.41.

British & Irish Masters International, Dublin. Women Over 50s. 1. Clare Elms 22.43.

15th. Cross Internacional De Atapuerca, Burgos. Under 20 women. 2. Niamh Bridson Hubbard (England) 13.33.

Age UK Leeds Abbey Dash 10km. 7. Graham Rush (Cheltenham 2nd claim) 30.04, 18. Phil Sesemann 30.29.

Westrin London 10km, Fulham. 1. Scott Overall 29.53.

Brooks Brighton 10km. 83. Elaine Rayner 37.33 (5th woman).

Enfield Open 7 mile walk. 18. Shaun Lightman 70.29.

21st Orion Mob Match. 4. Fintan Parkinson 53.13 (Handicap 4th), 17. Jessica Keene 57.14 (2) 1st woman 20. Richard Byford 59.12 (7), 25. Steve Pairman 60.41 (1), 26. Andy Tucker 61.22 (15), 28. Alexis Tobin 61.31 (13), 30. David Beadle 62.18 (17), 33. Mark Ellison 62.50 (11), 38. Ian Taylor 63.59 (5), 41. Iain Swatton 64.55 (8), 44. Sarah Belaon 65.49 (10), 46. Nic Corry 66.37 (21), 49. Mike Simms 66.54 (3), 51. Nick Barber 67.36 (20), 52. Chris Pike 68.07 (6), 54. Simon Lloyd 68.20 (19), 56. Rob Brown 68.22 (14), 58. David Leal 68.32 (12), 59. Graham Coates 68.34 (9), 75. Nigel Bulmer 75.55 (16), 78. Jim Phelan 76.26 (18), 83. Scott Bulmer 81.19 (22). Team result. 19 a side. 1. Orion 212, 2. Blackheath & Bromley 731. Vets 14 a side. Orion 116, B&B 335. Club 7.5 Mile champs. 1. Fintan Parkinson, 2. Jessica Keene, 3. Richard Byford. Women. 1. Jessica Keene, 2. Sarah Belaon. Bennett Cup standings. 1. Ian Taylor 155, 2. Jessica Keene 148, 3. Steve Pairman 147, 4. Nic Corry 145, 5. Richard Byford 144, 6. Chris Pike 140, 7. Fintan Parkinson 138, 8. Mike Simms 132, 9. Sarah Belaon 128, 10. Rob Brown and Iain Swatton 126.

Parkruns. Wimbledon Common 212 Chris Hogg 33.00. **Bromley** 2. Tim Nash 18.05, 6. Frankie Scrivener 18.45, 7. Callum Myatt 19.08, 9. Amy Leach 19.31 (First woman), 31. Matthew Pond 21.34, 94 John Butler 24.49, 98 John Isaacs 24.53, 146. Andrew Kingsmill 26.48, 154. Austin Adams 27.05, 189. Zoe Kingsmill 28.34, 217. Glen Read 30.16, 260. Bernard Wilson 32.31, 298. Aleksander Wiltshire 41.07. **Greenwich.** 78. Isla Oliver 29.28. **Wanstead Flats.** 3 Kelsey Fuss 19.54 (First woman). **Riddlesdown.** 10. Bob Minting 23.03, 36. Anne Cilia 27.20. **Dulwich.** 12. Cameron Swatton 19.24. **Burgess.** 33. Nigel WOOD 23.13. **Orpington.** 63. Karen Desborough 37.04.

22nd. Midland Winter League 5km walk, Coventry. 6. Roger Michell 30.01.

28th. British Athletics Cross Challenge incorporating European Trials, Liverpool. Senior Men. 30 Graham Rush (Cheltenham) 31.21, 43. Alex Bruce Littlewood 31.51. Under 20 Men. 8. Will Fuller 21.10, 69. Richard Webb 22.51. U20W. 11. Niamh Bridson Hubbard 15.59. Under 15 girls. 9. Yasmin Marghini 11.17, 12. Sophie Hoare 11.21, 13. Lia Radus 11.22, 36. Kelsi Cornish 11.55. Under 13 girls. 8. Maayan Radus 11.53.

Kent League, Danson Park. U20 men. 20. Bertie Harrington 18.55. (6th overall for season). U17 men. 12. Marco Arcuri 16.58 (3), 17. Charlie Davis 17.04, 20. Lewis Mills 17.11 (5), 22. Oscar Hussey 17.24 (13), 26. Frankie Scrivener 17.55 (16). Team 4th. Overall 3rd. U15 Boys. 6. Angus Harrington 13.25, 9. Joseph Georgiadis 13.35 (4), 14. Robert Suckling 13.58 (11), 17. Charlie Andrews 14.25 (13), 22. Ben Gardiner 14.31 (15), 26. Kier Lundy 14.37 (16), 32. Lewis Stickings 15.16, 36. Matthew Pond 15.38, 37. Cameron Swatton 15.43 (19), 41. Seb Large 15.57 (28). Team 3rd. Overall 2nd. U13 Boys. 3. Rowan Fuss 10.22 (1), 4. Sam Reardon 10.31 (4), 12. Justin Stover 10.50, 13. Thomas Penlington 10.52 (10), 19. Eddie Sellar 11.00, 21. Jake Leng 11.07, 26. Charles Winton 11.27 (17), 31. Tom Brash 11.44, 34. Nicholas Paddington 11.54. Team 2nd Overall 2nd. Senior Women. 7. Carole Penlington 19.02, 14. Samantha Leighton 20.03, 16. Sara Elmqvist 20.15, 20. Lisa May 20.47, 22. Jenny Neal 20.52, 25. Jessica Jones 21.00. Team 3 to score 3rd, 6 to score 2nd. U17 Women. 2. Jessica Keene 14.15 (1), 3. Yasmin

Austridge 14.24 (2), 4. Amy Leach 14.32 (3), 5. Kelsey Fuss 15.03 (4), 6. Genevieve Allan 15.10, 8. Carlotta Weitzel 15.27. Team 1st. Overall 1st. Under 15 Girls. 8. Stephanie Taylor 11.18, 10 Lily Tappenden 11.25 (8), 12. Grace Scopes 11.30, 22. Isabelle Bridge 12.31(14), 23. Zoe Austridge 12.38 (16). Team 2nd. Overall 2nd. U13 Girls. 1. Ellie Dolby 8.31 (1), 2. Morgan Squibb 8.39 (4), 3. Jessica Neal 8.46 (3), 5. Rosanna Allan 8.57, 16. Danielle Harper 9.27 (13), 17. Ella Smith 9.35 (15), 19. Niamh Milmo 9.40 (17), 24. Abbie Leeves 9.55 (19), 28. Emily Davis 10.07 (20), 29. Olivia Berry 10.14 (22), 43. Daisy Bates 12.25 (30). Team 1st. Overall 1st.

Enfield League 10km walk, Hillingdon. 15. Peter Hannell 67.00, 18. David Hoben 73.22.

Parkruns. Bromley 6. Robert Perry 18.42, 7. Clare Elms 18.47 (1st woman), 9. Luca Ercolani 18.58, 14. Cornelius Griffin 19.45, 23. Joseph Folkes 20.29, 71. Jason Short 22.25, 86. Tim Ward 22.42, 88. Graham Coates 22.51, 128. Scott Bulmer 24.11, 179. Nigel Bulmer 25.43, 223. Gareth Griffin 26.35, 225. Richard Griffin 26.37, 242. Adrian Perry 27.20, 263. John Isaacs 27.46, 266. Julia Pairman 27.49, 275. John Leeson 28.04, 307. Andy Tucker 28.47, 322. Claire Springett 29.31, 343. Steve Lake 30.08, 383. Rob Brown 31.10, 443. Zoe Kingsmell 33.50, 446. Sharon Jackson 34.03, 470. Iain Swatton 34.56, 492. Steve Pairman 36.09, 493. Mike Simms 36.10, 499. Fiona Patel 36.37, 514. David Appleton 36.53, 545. Claire Austridge 40.41, 544. Andrew Kingsmell 40.41, 547. Bev Powell 41.40, 551. Samantha Barnett 43.36, 557. Peter Lovell 48.38.

Bexley. 41. Chris Pike 23.41

Crystal Palace. 51. Nigel Wood 23.14, 128. John Fenwick 28.19.

Barnstaple. 16. Barry Wetherilt 22.12.

Orpington. 4. Harry Keene 20.54, 16. Dave Leal 24.28, 102. Karen Desborough 36.29.

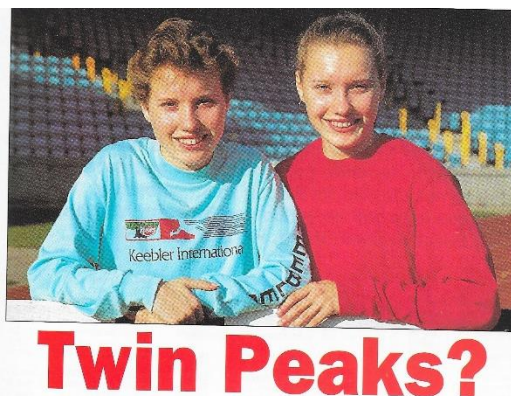
Enniskillen. 18. Brendan McShane 26.46.

Greenpoint. 2. Tim Nash 17.56.

Exeter Riverside. 26. Bob Minting 21.17.

Hastings. 44. Stephen Hollingdale 25.31.

25 years ago 1990



Dave Heath wins the South Of The Thames Junior Cross Country Championships at Havant.

In the Youths race at the Roeselare International in Belgium, Blackheath athletes fill the top three places. 1. Jonathan Murray, 2. Mark Steinle, 3. Anthony Draper.

Athletics Today interviews the Stacey twins Gillian and Julie. The Bromley ladies duo have been selected to run for the England junior team in an Ekiden Relay in Honolulu.

The annual rankings show Commonwealth Games champion Myrtle Augée top of the shot list. Blackheath Harriers have the fastest male under 20s, under 17s and under 13 4x400 metre teams and Bromley Ladies have the fastest under 15s 4x200 metre team.

20 years ago 1995

Dave Taylor, representing England, wins the South Of England Margate International race to secure selection for Great Britain for the European Cross Country Championships. Tim Dickinson also representing England is 11th. In the younger age groups Matt Hill wins the under 13s race and Steve Holmes the under 15s. Mike Skinner is 9th in the under 17s.

In Athletics Weekly, high jumper Debbi Marti's response to the question "What is the favourite moment in your career up to this point?" "Getting to the Olympic final in Barcelona in '92. It was quite something to realise here were 65,000 people there just watching us. I still get goose pimples when I think about it now".

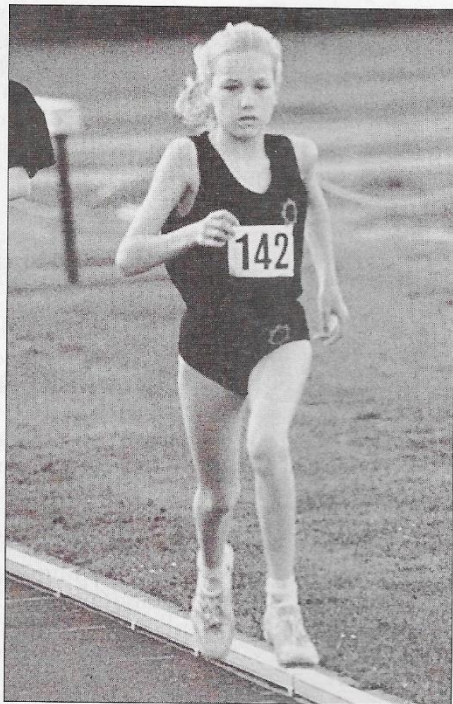
"Heathens help England to a clean sweep" is the headline in Athletics Weekly from the Belgian Cross Cup in Roeselare where Tim Dickinson is 5th in the Senior Mens race and Mark Steinle is 10th. In a subsequent interview Tim revealed the money he won in Belgium paid the rent on his digs in Loughborough for a month. His first race abroad was at a World Cross in Ninove "I paid my own way there, finished in the last quarter of the field two minutes behind the winner of the juniors' race Jon Gascoyne and enjoyed every minute of the whole weekend." Mark states his support for the establishment of a British series of Cross Country races.

Spencer Newport finishes second in the Safeway International cross country meeting in Gateshead.

In the rankings Emeka Udechuku is top of the under 20 discus and the under 17 shot and discus lists. Elizabeth Gibbens, Bromley Ladies, is the top under 20 triple jumper. Other ranking leaders are Adrian Cluskey U15 Shot, Wayne Gray U15 High

Jump, and Chris Gay U13 boy 3000 metres. Remarkably, Blackheath Harriers are fastest in the country in the 4x400 in the male U20m, U17, U15 and U13 age groups. Plus.....

Gemma Viney tops the Under 13 girls 1500 metre rankings for the year with 4.54.8.



Distance star – Gemma Viney

■ 200

26.8	Sophie Allen	Ipswich
26.96w	Nicola Jarvie	L & L
27.0	Miranda Woodruff	Sutton

■ 800

2:22.8	Samantha Cochrane-Dyet	Aldershot F&D
2:23.7	Joanne Bradford	Lancaster & M
2:24.2	Louise Whittaker	Sale
2:24.39	Iona McIntyre	Dundee HH
2:24.4	Kelly Deacon	Phoenix
2:25.1	Viktoria Boyle	Rowntree
2:25.4	Sarah Reeve	Shaftesbury B
2:25.5	Lorraine McAuley	Irvine
2:26.2	Minna Kane	Stockport
2:26.4	Catherine Roberts	Wigan & D
2:26.5	Lorna King	Banbury
2:26.8	Alice MacGregor	Lancaster & M
2:27.0	Holly O'Connor	St Helens & S
2:27.8	Amanda Lucas	Redhill & SB
2:27.8	K Rhodes	Wakefield & D
2:27.95	Stephanie Cooper	Peterborough
2:28.2	Adele Bevan	Crawley
2:28.3	Emma Chambers	Aldershot F&D

■ 1500

4:54.8	Gemma Viney	Blackheath
4:57.5	Samantha Cochrane-Dyet	Aldershot F&D
4:57.8	Louise Whittaker	Sale
4:58.3	Sarah Raven	Southend
5:01.5	Kelly Deacon	Phoenix
5:01.9	Layla Hall	Shaftesbury B
5:02.9	Lorna King	Banbury
5:03.0	Gemma Taylor	North SP
5:03.3	Helen Armitage	Teeside
5:04.0	Kimberley Read	Darlington
5:05.3	L Michaelson	S Liverpool
5:06.4	Michelle Hudson	Morpeth
5:07.0	Catherine Terry	Southport W
5:07.1	Stephanie Cooper	Peterborough
5:07.2	Helen Lister	Sunderland
5:07.2	Kerry Thomas	Southport W
5:07.4	Amanda Lucas	Redhill & SB

At the Heathrow Youth Games at Parliament Hill, Abdi Madar wins the under 15 boys race and Will Bolton is runner up in the under 13 boys race, just one second behind Mo Farah and 20 seconds clear of third.

15 years ago 2000

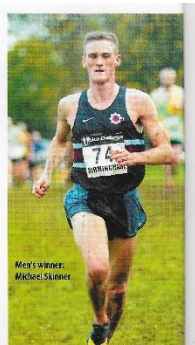
Dave Taylor finishes 5th in the Reebok International cross country race at Margate. He is subsequently selected to represent Great Britain at the European Cross Country Championships at Malmo, Sweden.

At the British Veterans cross country relays the M50 team of Jim Phelan, Ken Daniel, Peter Hamilton and Hugh Morten finish with silver medals. Blackheath under 13 boys 4x400 team is fastest in the country.

10 years ago 2005



better than I thought it would be – I didn't mind it at all!" Skinner's win sealed a memorable 'double' for his coach, Wilson, as his training partner Eyley Yalçin lived up to expectation to take the women's race. Both of Wilson's winners have the European Cross Country Championships in their sights for this winter, but while Yalçin will opt to prepare overseas for her title defence, Skinner will compete in Mansfield on Saturday and the European trials in Liverpool before heading to Tißing, provided he makes the team. "After Christmas I'll probably compete indoors," added Skinner. Unlike last year, there was only a small amount of rain but, as Humphries found out, the slippery patches were still in abundance. Halfway round the course, the 21-year-old found himself almost crashing to the floor when coming off the bend and then later fell in the brook. "My line instantly went tight



A busy month for Michael Skinner. He wins the opening race of the UK Cross Challenge at Senneleys Park, Birmingham, despite taking a bath on the way. He also runs the third equal fastest leg of the day at the National Cross Country Relays at Mansfield. He finishes November by gaining selection to represent Great Britain at the European Cross Country Championships after coming 4th in the Trials race in Liverpool, a race won by Mo Farah.

Nanette Cross represents Northern Ireland in the Masters Home Countries International Cross Country meeting in Dublin. She was first scorer for her team in the over 55s race.

Montell Douglas is top of the under 20 rankings in the 60, 100 and 200 metres and the Club are first in the U20W 4x100 and 4x400. Serita Solomon tops the under 17 womens 80 metre hurdles rankings and is the fastest under 17 over 100 hurdles. Katie Murray is the number one U17 at 400 hurdles. Helen Godsell tops the w50 60 and 100 metre lists. Beatrice Simpson is 1st in the W50 Hammer and Heavy Throw. Dave Taylor tops the M40 Marathon list with 2.18.47. Sheridan Pritchard-Lewis is number 1 U13 girl at 75 metres. The U13 boys are top of the 4x100 list.

BBC Athletics Commentator Paul Dickinson is the Guest Speaker at the Club Dinner.

5 years ago 2010

At the National Cross Country relays at Mansfield the Senior mens team of Scott Overall, Alex Bruce Littlewood, Michael Skinner and Andy Rayner finishes 2nd. Scott runs the third fastest individual leg of the day.

Michael Skinner presents the awards at the Bromley Primary Schools Cross Country races at Crystal Palace and then wins the Orion Mob Match in the afternoon.

Ken Livingstone is principal guest at the Club Dinner

Bill Foster represents England at the British Masters Home Countries International . He is 12th in the over 50s race.

In the rankings Scott Overall is 1st over 10 miles on the road; as is Andrew Jordon in the under 20 mens hammer, Katrina Cosby U20W 400 Hurdles, Lorraine Ugen U20W long jump, and the U20W 4x400 team.

Dina Asher Smith is the fastest under 15 girl at 60, 100 and 200 metres.

President's Postscript – “Merry Crispmas!”

