



Founded in 1869

# Blackheath & Bromley Harriers AC

Jan to Mar  
2007

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#### 27/03/07

Michael Skinner was the second British man to finish at the World Cross Country Championships in Mombassa, Kenya. The Blackheath & Bromley man started steadily and gradually moved through the field to close in 62nd behind Britain's leading runner Mo Farah who had an outstanding run to place 10th.

With the heat and humidity Skinner started conservatively and lay in 127th position after the opening lap. He improved steadily moving up to 116th at the end of the next lap and then 97th, 86th and 74th before finishing off 62nd. His efforts helped the Great Britain team to place 8th overall, the highest placed non African team in the Championship.

Skinner was not the only Blackheath & Bromley member to be in action as second claim member Ella Baker, who is first claim South London Harriers, finished in 60th place in the women's race and helped the team to 5th place overall just 5 points behind 4th placed Spain.

A number of athletes from the Club were in action at the English Schools Cross Country Championships in Leeds. Danny Brewer (London) had one of his best ever races in the Senior Boys age group as he finished in 23rd place. Alex Bruce Littlewood had another useful run in 44th.

Highest placed Club runner of the day was Amy Smith who was 8th in the Intermediate Girls race with Rebecca Smith 216th.

Danielle Critchley took 42nd place in the Junior Girls race with Michelle Fewster 70th while Hector Kurtyanek was 96th in the boys race.

The Summer track and field season is fast approaching and the Club is keen to recruit new members in all events and age groups. For younger athletes the Club is hosting two open meetings for school years 6 to 11. The meetings take place on Good Friday the 6th of April and on Sunday the 22nd of April. Entry forms can be downloaded from the Club website at [www.bandbhac.org.uk](http://www.bandbhac.org.uk) or can be obtained from the Club's track and field secretary Joe Camacho on 0779 556 7 558 or [joe.camacho@ukonline.co.uk](mailto:joe.camacho@ukonline.co.uk) In addition the Club will be hosting its annual Ted Pepper 10km road race on Bank Holiday Monday the 7th of May at Beckenham at 11.00 am. Again forms can be downloaded from the Club website. Entries are available for all standards but runners must be a minimum age of 15 on the day of the race




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#### 20/03/07

Following his run for Great Britain over 3000 metres at the European Indoor Championships Scott Overall returned to America, where he is studying at Butler University, to race in the National Collegiate Championships in Fayetteville in Arkansas. The Blackheath & Bromley athlete improved his best for the mile by one hundredth of a second and his time of 4.00.52 qualified him for the final as a fastest loser.

In the final he finished 6th out of 11 runners in 4.01.24 a good effort and just one and a half seconds off the winner, and it is surely only a matter of time before he breaks the four minute barrier.

David Cluney is the latest Club member to gain International selection but not for Athletics. The 20 year old Law student at Kingston University has been picked for the England team for the World Indoor Lacrosse Championships which take place in Canada in May. The talented midfielder who plays for Purley is the youngest member of the squad.

One of the factors in his selection is his high level of fitness which has been aided by the regular speed endurance training which he has been undergoing at Norman Park track under the watchful eye of his father Steve.

Fortunately travelling to watch his son compete for his country will not be too major an expense as Steve is the fitness coach for the England team and is also able to help with Sports massage.

A large numbers of Club members took part in the Hastings Half Marathon. In a field of over 5000 the first home for the Club was Rob Hall in 50th place in 79.38 with Gary Cook 92nd and Mark Ellison 127th. Kate Jones led the women home in 672nd place in 99.46. followed by Annie McDonough 688th and Anne Cilia 1033rd.

Alex Bruce-Littlewood continued his recent good form by timing the second fastest time of the day in the East Surrey League Road Relays at Boxhill. Running on the opening stage for his second claim club Hercules Wimbledon he timed 10.47 to finish second on the stage and second quickest of the afternoon. The fastest leg of the day was just six seconds quicker.

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In addition the Club will be hosting its annual Ted Pepper 10km road race on Bank Holiday Monday the 7th of May at Beckenham at 11.00 am. Again forms can be downloaded from the Club website. Entries are available for all standards but runners must be a minimum age of 15 on the day of the race.



**13/03/07**

Blackheath & Bromley athletes were out in force for the National Cross Country Championships in Sunderland and although they did not feature in the medals there were, nevertheless, some good performances.

After picking up silver medals in the South Of England Championships last month the Senior Women continued their recent good progress with an 11th place in the team event. This was a good result as Shavaun Henry who was one of the scorers in the Southern Championships was missing through injury. First home was Jennie Butler in 48th place closely followed by Siobhan Budd in 49th who flew in from France to compete. Fran Green had her best ever run on the country finishing in 62nd place and Kirsty Philp completed the scoring quartet in 158th.

Alex Gibbins was the first home for the men for the second year running, his 122nd place being his best ever. Peter Tucker in 135th and Jon Thorpe 177th were also inside the top 200 as the team placed 15th, a massive improvement on last year when they were 53rd.

Bryony Proctor ran a well paced race in the Junior Women's race moving through the field to eventually place 24th compared to her 51st finish from last year. Having picked up bronze in the Southern Championships James Poole was looking for a high placing but had to be satisfied with 35th place which, although lower than he had hoped, still reflects significant progress over the last 12 months and promise of more to come. Andrew Conway (83rd), Jonathan Vintner (95th) and Richard Daniel (110th) were the other scorers as the team placed 9th.

Alex Bruce Littlewood produced one of the best performances of the day as he finished in 17th place in the under 17 men's race. Outside the top 20 for much of the race he swept through the field in the last mile, to finish well inside his top 30 target at the start of the Winter, a massive improvement on his 99th place from last year. With Cameron Ward 141st, Sam Simpson 150th and Tom Andrew 17th the team were 15th.

Highest placed team of the day were the under 15 girls who finished in 8th place led home by Michelle Fewster in 51st and Danielle Critchley 56th. Sophia Maslin in 81st and Amy Dematos 116th completed the scoring.

Stephen Cavey was first for the boys in 47th place with Andrew York 97th, Phillip Sesemann 106th and Hector Kurtyanek 133rd. They came 12th in the team contest.

Oliver Taylor performed well in the under 13 boys race finishing in 57th with Greg Proctor 168th, Sam Jackson 180th and Tom Scott 236th. For the girls Georgina Chew was 195th and Holly Starling 236th.

Fresh from her personal best performances at the European Indoor Championships Montell Douglas was in unbeatable form at the British Universities Indoor Championships in Sheffield. Representing Brunel University she broke the Championship best for the 60 metres in each of her three races over the distance.

Winning her heat in 7.35, she improved to 7.33 in taking her semi and then clocked 7.31 to take gold in the final. She hadn't finished there, however, as she followed this by winning the 200 metres in 24.17 and anchoring the 4x200 team to victory.

Katy Benneworth (London) just missed out on the 60 metre final, her best time coming in her heat with 7.91 and she was also 7th place in the long jump. Ella Fisher (Brunel) timed a useful 4.57.04 in her heat of the 1500 metres.

For the men Daniel Haque (Imperial) was 5th in the 200 metres in 22.30 while Duayne Bovell (London South Bank) equalled his best of 6.96 in his heat of the 60 metres. A bad start in his semi meant he missed out on a place in the final by one hundredth of a second.

Blackheath Harriers and Bromley AC's top hammer throwers enjoyed a coaching master class from world record holder Yuriy Sedykh in Birmingham over the weekend, writes Trevor Frecknall. "In my experience, it's the biggest thing we have ever done for hammer throwing in Great Britain," said former Commonwealth champion Lorraine Shaw, who is now UK Lead Coach for the event and made sure every thrower had a one-to-one technical session with 'the master'.

The "Bees" to take advantage of the weekend - part of UK Athletics' campaign to improve standards in every event in every age group in every region on the way to London 2012 - were Alistair Williamson; Rachael Blackie and Victoria Thomas, who were among the UK's top three Under 20s last summer; South of England Under 17 champion Richard Al-Ameen; and AAA Under 15

champion Andrew Jordon.

"They are the best of the crop that I think we can develop towards global championships," Shaw explained. "We need to nurture and mentor them in the right mode."

Shaw added: "Yuriy got to see every one of them throw and pass comments to them and their coaches. It was a brilliant opportunity for our most promising hammer throwers to have input from the world's best. Now they want more of it."

"We also had 'Fuzz' Ahmed [coach to Welsh high jump record holder Julie Crane] to get the throwers working on fundamental movement skills because hammer throwing is not just about lifting heavy weights. It's mostly about learning the right technique."

"What we're doing is all about stepping stones. I find there is a massive area between the regional squads and the national squad. We are nurturing coaches as well as the athletes and I am encouraged by the feedback. We are sharing more ideas, which is good because we have to accept that we are behind in the world and we need to be pushing forward." Rachel, Victoria, Richard and Andrew were accompanied by their coach Mike Davies. Mike also used to coach Alastair who is now under the guidance of Paul Head.

The throwers also benefitted from the expertise of another B & B Club member as top sports psychologist and sprinter Dr Costas Karageorghis of Brunel University gave a talk on event preparation.

Full results of the London Borough of Bromley London Mini Marathon Trials are now available on the Club website at [www.bandbhac.org.uk](http://www.bandbhac.org.uk) The races took place at Norman Park last week and will be used to select the Bromley team for the London Mini Marathon which takes place over the last 5km of the London Marathon course on Sunday the 22nd of April.



## 6/03/07

To be selected for a major Championship and then setting personal best is always the mark of a top quality athlete. Montell Douglas not only did this but she actually set two personal bests in the European Indoor Championships in Birmingham.

Competing in the 60 metres the Blackheath & Bromley athlete set a new best in her heat of the 60 metres with a time 7.29. This qualified her for the semi finals where in a blanket finish she improved her time again to 7.28. She finished in 5th place which meant that she missed out on a place in the final by a hundredth of a second.

Scott Overall didn't make the final of the 3000 metres but, considering the steady start, his time of 8.06.88 was not a bad performance. He finished in eighth place after the lead group got away after 2k.

A number of the Club's athletes were in action at the Kent Indoor Championships at Sutton Arena. Katy Benneworth, celebrating becoming an auntie for the first time, struck gold twice in the Senior Women's age group. She won the 60 metres with some ease in a time of 7.86 before securing the long title with her first leap of the competition. She improved to 5.34 in the third round before withdrawing from the competition so that she could save herself for this weekend's British Universities Championships which take place at Sheffield. Two more gold medal winning sprinters will be joining her there as Duayne Bovell (6.96) and Daniel Haque (6.99) won the men's Senior and junior 60 metre titles.

Further wins in the Senior age group came from Sam Bobb in the triple jump with a leap of 14.80 and from under 20 athlete Alex AlAmeen who won the 110 hurdles. His time of 8.28 was only just outside the Championship best performance.

The 8.21 he ran over the lower 3"3 hurdles in his own age group was however a CBP completing a successful week which saw him climb to 10th on the under 20 all time list for the event.

There were Championship Bests also for Scott Huggins who equalled his best of 4.70 to win the pole vault, and for Shaunagh Brown who putt the shot 12.84 for victory. Other wins came from new member Liam Presnell who has joined the Club from Tonbridge and from Emily Godley. Liam won the under 20 men's shot with a putt of 13.11 while Emily added the County pole vault title to the Southern one she won last month with a clearance of 3.20. Neil Francis took silver in the Surrey 60 metres final.

There was more success in the under 17 age group with Dan Putnam winning the 60 metres in 7.24 and Simon Lloyd second in the 60 hurdles with 8.85. Marcus Morrison leapt a very useful 13.57 in the triple jump but such was the high quality of the competition he had to settle for the bronze medal.

For the girls Isobel Ivy leapt 10.69 in the triple jump for gold and also picked up silver in the long jump with a leap of 4.99. Grace Sheppard took bronze in the 60 metres with 8.00.

Ben Hopkins became National Under 15 Champion at 60 hurdles last week and he was an emphatic winner this setting a new Championship Best Performance of 8.94 with the joint fastest time in the country this year. Dominic Coelho took the 60 metres flat despite only placing second in both his heat and semi final. In the field Anna Huggins cleared 2 metres to claim the gold medal.

There were bronze medals too for Letitia Noel in the 60 metres and for Sian Hurlock in the long jump.

Bob Minting was in superlative form at the British Masters Indoor Championships at the newly opened Lee Valley Indoor Arena. He finished a busy weekend with three gold medals and a bronze in the over 55s age group. Most satisfying of his gold medals was in the 1500 metres where he defeated Club President Ken Daniel by less than a second in 4.33.63. He also won the 800, 400 and 200.

His sister Helen Godsell also had a busy time in the over 50's age group with golds in the 60 and 200 metres and also bronze in the 400. Clem Leon won the triple jump in this age group to add to his silver in the high jump and bronze in the long jump.

Jim Day won the over 70's pole vault with a clearance of 2 metres while Gordon Hickey took the shot with 11.38

Barbara Terry finished the weekend with three medals taking gold in the discus and silver in the shot and heavy weight contests in the over 60s age group.

Outdoors Alex Bruce Littlewood won an Inter Club match at Richmond Park competing for his second claim Club Hercules Wimbledon. He was the only athlete in the race who was under 20 but he nevertheless finished 18 seconds clear of the runner up timing 21.36 for the 3.83 mile course.

On the roads Chelsea O Rawe Hobbs was first in the Enfield & Haringey 5 mile road walk. She won impressively by over three minutes in 46.18.



## 27/02/07

Montell Douglas has received a late call up to the Great Britain team for the European Indoor Championships which take place this weekend in Birmingham. The Blackheath and Bromley athlete goes in the 60 metres and joins clubmate Scott Overall who has already been picked for the 3000 metres.

Danny Doyley is the fastest under 20 athlete in the world this year having timed 21.22 for 200 metres at the Norwich Union England Athletics Championships. His sparkling performance in Birmingham gave him the AAA's gold medal for the event and his time is the fourth fastest ever by a British Junior. Encouragingly for the Club, team mate James Alaka picked up the silver with 21.65 and it could have been a clean sweep of medals but, after winning his heat and semi final, Daniel Haque had to withdraw from the final.

The day before Doyley was second in the 60 metres in a new best of 6.69, just two hundredths of a second behind World Junior 100 metre champion Harry Aikines-Aryeetey. Alaka set a new best of 6.92.

Star performance on the Saturday came from Serita Solomon. She won the under 20 women's 60 metre hurdles in a new championship record of 8.38 to break Natasha Danvers 11 year old record by one hundredth of a second.

Ben Hopkins started the day off on just the right note as he won the under 15 boy's 60 metre title dipping under 9 seconds for the first time despite the distraction of there being three false starts.

It was a double celebration for his coach John Blackie as Matthew Fletcher won the under 15's long jump with a leap of 6.17 just outside the Championship record of 6.28 at the end of a week in which he had been unwell.

Also in the medals was Emily Godley who cleared 3.40 to claim bronze medal in the under 20 women's pole vault.

A number just missed out on medals or set personal bests. Dan Putnam timed an outstanding 50.06 in the semi final of the under 17 400 metres. Only a first year in this age group he then placed 4th in the final with 50.21 another fine effort especially considering he got blocked and boxed on a couple of occasions.

There were 4th places also for Scott Huggins (U20 men's pole vault) Jessica Saville (Under 17 women's 300 metres), and Isobel Ivy (Under 17 women's triple jump).

The previous weekend Scott Huggins and Emily Godley both won gold medals in the under 20's pole vault at the Scottish Indoor Championships in Glasgow. Scott cleared 4.60 to equal the Championship Best Performance while Emily went over 3.50 to claim the women's title.

A number of athletes from the Club were in action in the Inter Counties Championships in Nottingham. Michael Skinner's last race before he travels to South Africa to prepare for the World Cross Country Championships did not go quite as he had hoped. He finished in 12th place in the Senior Men's race, but consoled himself with the thought he had "got his bad one out the way" and that he had helped Kent win the silver medals. Jon Thorpe in his County debut for Surrey at the age of 37 finished in 144th place while Jennie Butler was 81st in the Women's race.

Highest place Club Member on the day was Amy Smith. She had another outstanding run to finish in 3rd place in the under 17 women's race just nine seconds behind the winner.

Danny Brewer had another good run to finish 30th in the Under 20 men's race and Alex Bruce-Littlewood who had been looking for a top 50 place excelled himself to finish in 23rd place, the first Kent runner to close.

Michelle Fewster was 55th in the under 15 girls race one place higher than Stephen Cavey finished in the boys race. Robert Yates was 138th in the under 13 boys while Hannah Cook's debut in the event saw her place 227th.

The Club were delighted to win the annual mob match against South London Harriers with one of the closest results ever. Peter Tucker and Darryl Hilliar took the first two places but SLH dominated the rest of the top 20 places. However further down the field the Club's runners excelled and they won by a mere 23 points. First woman to score for the Club was Jane Bradshaw.

The Club's women were in winning form at the Sussex Beacon Half Marathon in Brighton. Fran Green dipped under 90 minutes to time 89.46 in 215th place and with Kirsty Philp 425th, Annie McDonough 494th and Kate Jones 495th they won the team race.



## 20/02/07

Scott Overall has been selected to represent Great Britain at the European Indoor Championships which take place in Birmingham, the first weekend in March. The Blackheath & Bromley athlete has been picked for the 3000 metres following his recent performance over the event when he timed 7 minutes 55 seconds. He will be flying back from the States where he is currently studying at Butler University.

Two Club members were in action in the Norwich Union Grand Prix in Birmingham. Montell Douglas timed 7.40 in the 60 metres final while Jamie Atkinson was in the Devils mile a race where the runner in last place is eliminated after each lap. He did not get

to finish the race but benefitted from the experience.

The following day Montell was in action in the Inter City Challenge in Sheffield where she won the 60 metres in 7.36. Serita Solomon set a new best of 8.46 as she finished 4th in the 60 metre hurdles final.

Over in Belfast Danny Doyley warmed up for this weekend's Under 20 Championships with impressive runs in the 60 and 200 metres at the Irish Indoor Championships. The 18 year old timed 6.77 to finish third in the 60 metres and then went on to win the 200 metres in 21.56.

In Valencia, Spain last week GB International Dwayne Grant dipped his toe in the competitive water and clocked 6.78 for the 60 metres.

There was a good turn out from the Club in the last Kent Men's League race of the season at Swanley. Under 20 athlete James Poole continued his successful season as he finished in 5th place overall. With Peter Tucker 11th, Jon Thorpe 14th and Eamonn Prendergast 19th the Club finished in 4th place in the 4 to score contest and they won the 12 to score. Darryl Hilliar had one of his best ever runs as he finished in 20th place. Overall for the season the Club were 4th in the 4 to score and 3rd in the 12 to score.

Meanwhile a number of the Club's youngsters were in action representing Kent in the Southern Schools Inter Counties match at Bexhill. Alex Bruce Littlewood maintained his fine Winter form by placing 5th in the Senior Boys race with Alistair Cliff in 30th.

Amy Smith enjoyed an emphatic 32 second victory in the Intermediate Girls race finishing in 15.28 with Rebecca Smith 47th and Jessica Saville 52nd. For the Boys Stephen Cavey placed 35th with Andrew York 46th.

Danielle Critchley finished in 8th place in the Junior Girls race with Michelle Fewster 21st while Hector Kurtyanek was 31st in the Boys race.

Time is running out for youngsters who want to be part of this years London Marathon. Trials for the Bromley team for this years London Mini Marathon take place at Norman Park Track on Sunday 4th of March with the first race at 10.15. Races over 5km are open to any boys and girls aged between 11 and 17 on the 22nd of April and they must either live or receive full time education within the London Borough Of Bromley.

Eight athletes will be selected for each of the six age group teams and a minimum of four of those will be runners who take part in the Trials, including a "wild card" in each age group. This means that everyone who takes part in the Trials has the opportunity to gain selection for the Bromley team and be part of the Marathon day on the 22nd of April. The Trials are supported by Blackheath & Bromley Harriers AC in partnership with the London Borough Of Bromley and the Bromley Mytime trust. For an entry form please send a stamped addressed envelope to Dave Liston, 70 Serman Drive, Swanley, Kent. BR8 7HT. Entries close on Friday 23rd February.

Entries are FREE!



### 13/02/07

Following his 4th place in the trials last week Michael Skinner has been selected to represent Great Britain at the World Cross Country Championships at Mombassa in Kenya in March. The Blackheath & Bromley athlete is part of a 9 man British team which will fly out to Durban for an acclimatisation period prior to the Championships.

Montell Douglas was Blackheath & Bromley's star performer at the Norwich Union European Trials. She took a bronze medal in the 60 metres with a new personal best of 7.33. She qualified easily from the first round with a time of 7.38 and replicated this again in the semi final. Her time is three hundredths of a second outside the elite standard for the European Indoor Championships which take place in Birmingham at the start of March which means she is still in with a chance of being selected for the Great Britain team. Elsewhere Jamie Atkinson finished 9th in the 1500 metres final while Vicki Cole (7.81), Danny Doyley (6.84), Duayne Bovell (6.97), and James Alaka (7.12) were in action in the 60 metres heats and semi finals. Bella Clayton timed 2.16.59 in the heats of a highly competitive 800 metres.

Out in the States Scott Overall just missed out on a sub four minute mile at the Tyson Invitation Meeting. After a fast start the pace dropped a little and although he went through 1200 metres in 3.02 he was not able to break through the elusive barrier. A couple of the Club's athletes were in action at the Birmingham Indoor Meeting. Ian Allerton and Dominic Parsons who travelled up from Bath University where they are studying both clocked useful times over 400 metres of 50.42 and 50.83. Dominic also timed 22.70 for 200 and 7.30 for 60 metres while Ian clocked 23.11 for 200.

On the roads Chelsea O'Rawe Hobbs was in winning form in the latest round of the Cambridge Harriers Winter Walks League at Bexley. Still an under 17, she won on the 5km course by 80 seconds in 27.34. Peter Tucker set a new personal best in the Sidcup 10 mile road race. He clocked 53.58 to finish in 4th place. The Crowder brothers Len and Tony finished in 50th and 53rd places.

Two of the Club's athletes finished in the top three of the latest London Colleges League race at Prospect Park in Reading. Bryony Proctor, representing St Mary's, was a runaway winner finishing over a minute clear in 15.07. Ella Fisher (Brunel) placed third in 16.52 and had the satisfaction of leading her team to victory.

Time is running out for youngsters who want to be part of this years London Marathon. Trials for the Bromley team for this years London Mini Marathon take place at Norman Park Track on Sunday 4th of March with the first race at 10.15. Races over 5km are open to any boys and girls aged between 11 and 17 on the 22nd of April and they must either live or receive full time education within the London Borough Of Bromley. Eight athletes will be selected for each of the six age group teams and a minimum of four of those will be runners who take part in the Trials, including a "wild card" in each age group. This means that everyone who takes part in the Trials has the opportunity to gain selection for the Bromley team and be part of the Marathon day on the 22nd of April. The Trials are supported by Blackheath & Bromley Harriers AC in partnership with the London Borough Of Bromley and the Bromley Mytime trust. For an entry form please send a stamped addressed envelope to Dave Liston, 70 Serman Drive, Swanley, Kent. BR8 7HT. Entries close on Friday 23rd February. Entries are FREE!




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**6/02/07**

Michael Skinner will find out later this week if he has been selected for the Great Britain team for the World Cross Country Championships in Mombasa, Kenya next month. The Blackheath & Bromley athlete placed 4th in the Trial race which was incorporated in the British Universities Cross Country Championships at Bath. Only the first three gain automatic selection so Skinner will have to wait until the middle of this week to see if he has made the squad.

Meanwhile training partner Scott Overall has been in fine form in the United States where he is studying at Butler University. At the Notre Dame Indoor meeting he clocked an outstanding 7.55.36 for 3000 metres which is fractionally outside the qualifying time for the European Indoor Championships. It also breaks his own Club record. The previous weekend he timed 4.01 for the mile at Bloomington, Indiana despite getting tripped at the start, and next Friday he travels to the Tyson International at Arkansas where he is hopeful of running inside 4 minutes for the mile for the first time.

Meanwhile in Germany Montell Douglas set a new best in the 60 metres of 7.36 fractionally improving on the 7.37 she ran at the Inter City Cup at Lee Valley last week.

In Cardiff four of the Club's talented under 20s were in action at the Celtic Games with three representing the Great Britain Junior team. Unfortunately the electronic timing broke down so Serita Solomon's and Danny Doyle's victories in the women's 60 hurdles and the guest 60 metres were hand timed. Serita clocked 8.6 to Danny's 6.9 and he returned later to help the England team win the 4x200 metres.

In the field Emily Godley cleared 3.40 in the women's pole vault while training partner Scott Huggins guested in the men's event clearing 4.50.

The Club enjoyed an emphatic victory in the annual Mob Match against Ranelagh Harriers. B & B athletes filled the first three places with Peter Tucker first home followed by Alex Gibbins and Joe Mills. Jennie Butler was the first woman home in 25th place overall followed by Fran Green 39th and Jane Bradshaw 46th.

The race incorporated the latest of the Bennett Cup Handicap Series of races and winner here was Jane Bradshaw with Abi Brown second and Steve Fletcher third. After 7 of the 9 events completed Steve Pairman leads overall on 234 points hotly pursued by Barry Fisher 231 and Mike Cronin on 227. There is everything to play for with 11 athletes having scored 200 or more points and a maximum of 120 points up for grabs in the remaining two fixtures.

Blackheath & Bromley are on the look out for people interested in taking up pole vaulting. The Club's has enjoyed much success in this event in recent years with youngsters Scott Huggins, Rachel Arnheim and now Emily Godley all gaining International recognition.

The Club will be aiming to put on an introductory session during the half term break. No previous experience is necessary although there are certain attributes which are useful to succeed at the event such as speed and jumping ability.

A good gymnastic background has proved to be an advantage to vaulters and people who have grown too tall to become truly successful gymnasts may enjoy this opportunity to change events. However, interest, enthusiasm and enjoyment are as important for this as any event.

To register an interest and too obtain further details budding Bubkas and Isinbayevas should contact the Club's coaching co-ordinator John Blackie on 020 8650 4262 or e-mail him at [john@johnblackie.com](mailto:john@johnblackie.com)

The Club will be hosting the first of the 2007 Nike Challenge Cross Country races this Sunday at Norman Park. Registration takes place on the day at the track from 10.30 at a nominal cost of £1. Timetable is as follows 11.00. under 11 girls and boys (2000 metres), 11.15. under 13 girls and boys (3000m), 11.40. Under 15 girls and boys (3880m), 12.05. Under 17 girls and boys (4880).

There will be a second race in the series on the 25th of February.




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**30/01/07**

Blackheath & Bromley's Senior Women excelled themselves to win silver medals at the South Of England Cross Country Championships at Holkham Hall in Norfolk. This was a historic occasion as it is the first time the women have won medals at these championships.

Undeterred by the race being held in one of the most remote locations in the region, they turned out in force and at the top of the first hill were packing well. Shavaun Henry was in the top 10 early on but a leg injury forced her to slip back. It was Siobhan Budd who had flown back from France to compete who eventually led the team home in 19th with Jennie Butler 29th, Shavaun 36th and Fran Green 45th.

New girl Jane Bradshaw made a promising debut for the Club in 84th with Clare Lodwig 96th, Carolyn Jones Baldock 103rd, Kirsty Philp 109th and Annie McDonough 119th.

Medals were a possibility but the squad were shocked to hear it announced they had won. However, there had been an error in the results but the team, under manager Kate Pratten, were, nevertheless, still delighted when it was confirmed they had won silver medals.

In contrast the Senior Men failed to finish a team for the first time since they first competed in the Championships in 1884 (Eighteen Eight Four) and in a race they have won eight times in the last 20 years. Peter Tucker was first home in 56th followed by Richard Hall 318th, Nick Barber 395th and Tom Sutton 399th.

There was hope for the future, however, with the performances of some of the Club's younger athletes. James Poole was one of seven Under 20 men in action and he had an outstanding run to take the bronze medal supported by Andrew Conway 33rd, Jonathan Vintner 41st, Richard Daniel 43rd, Adam Atkinson 56th, Jack Cornish 60th and Richard Davies 62nd. Bryony Proctor had her best ever run in these Championships to finish an excellent 7th in the women's race.

In the under 17 age group Amy Smith finished a fine 6th place in her first year in the age group and Alex Bruce Littlewood was delighted to place 13th in the men's event.

The Under 15 girls team of Michelle Fewster 18th, Danielle Critchley 30th, Jessica Saville 40th, and Sophia Maslin 57th were just 6 points off medals as they finished in 4th place and there was strength in depth in this age group with Rebecca Smith 68th and Sophie Gordon 85th despite turning her ankle. Stephen Cavey had a fine run in the boys race as he placed 15th and Robert Yates had a good run in the under 13s to finish in 33rd after being in the leading group at the top of the first hill with Greg Proctor a useful 74th.

A number of the Club's athletes were in action representing South London in the Inter City Challenge at the Lea Valley Indoor Arena. Outstanding performance here came from Montell Douglas in her first competition of the season. She set new best of 7.39 and 7.37 in the 60 metres the latter being the third fastest in the country this year. Vicki Cole clocked 7.87 in her heat.

Danny Doyley equalled his best in the 60 metres as he timed 6.75 just three hundredths of a second behind Olympic 4x100 metre gold medallist Mark Lewis Francis. Duayne Bovell (7.03) and Tyrone Swaray (7.09) were also in action.

South Of England outdoor champion Jamie Atkinson gained an indoor best of 3.55.42 as he placed 2nd in the 1500.

Three of the Club's athletes have been selected for the England Junior Team at the Indoor International Meeting in Cardiff this weekend. Following her championship best at the South Of England Championships last weekend Emily Godley has been selected in the pole vault. Another Southern champion Serita Solomon goes in the 60 metre hurdles while Danny Doyley is in the 60 metres, after he represents England Seniors Tuesday (tonight) in the 200 metres in Vienna.



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### 23/01/07

A number of Blackheath & Bromley athletes enjoyed breakthrough performances at the South of England Indoor Championships at the new Lea Valley Athletics Centre. None more so than Emily Godley in the Under 20 women's pole vault. In her first year in the age group she set a new Championship Best performance of 3.51 to win the gold medal and was close to breaking Hannah Olson's Club Record of 3.60.

Serita Solomon retained the under 20 title that she won last year when she was still an under 17. She timed 8.68 in the final, although she was quicker in the heat. She also placed 4th in the 60 metres flat final. Ben Hopkins was a class apart in the under 15 boys 60 metres hurdles winning in a very useful 9.21.

The Club's most bemedalled athlete of the weekend, however, was Isobel Ivy. She took the under 17 girls triple jump title with a leap of 11.12, the only competitor to exceed the 11 metre barrier. She was also third in the long jump with 5.08 an event she took part in during the gap between her heat and semi of the 300 metres. Qualifying for the final she then picked up the bronze medal in 42.82 one place behind clubmate Jessica Saville another athlete who had had a busy weekend as the day before she had been in action in the Kent Schools Cross Country Championships at Tonbridge.

Danny Doyley would have had a gold in the Under 20 men's 60 metres had he not been up against World Junior Outdoor 100 metre champion Harry Aikines-Aryeetey. Nevertheless Danny's time of 6.75 for the silver medal is one of the quickest in the country this year.

There were silvers too for Scott Huggins who cleared 4.30 in the pole vault and for Alex AlAmeen in the 60 metre hurdles with 8.24 plus second claimer Emily Martin who was second in both the under 20 long and triple jumps.

A well earned bronze behind Emily in the triple came from Lauren Blackie with a leap of 11.25.

Only Senior medal of the weekend came from the vastly improved Vicki Cole who took bronze in the 200 metres with 25.34. She also clocked a new best of 7.72 in the 60 metres. It was bronze also for Amy Godsell and Daniel Haque in the under 20 women and men's 200 metre finals.

A number of the Clubs youngsters were in action at the Kent Schools Cross Country Championships at Tonbridge. Alex Bruce-Littlewood was the leading Senior Boy finishing in third place. Finishing in 11th and 35th places was not enough for Alistair Cliff and Darren Ko. Having completed their races they rushed back to Hayes to run in the 7.5 mile Mob Match against Orion Harriers. Debbie Shearing was 14th in the Senior Girls race.

The Club had three finishers in the top 10 in the Intermediate Girls race. Rebecca Smith placed 5th with Jessica Saville 8th and Amy DeMatos 9th while Stephen Cavey led the boys home in 18th place.

Highest placed of the day was Michelle Fewster who took 2nd place in the Junior Girls race, hotly pursued by Danielle Critchley who finished third. Sophia Maslin finished in a useful 8th place. First boy to finish was Hector Kurtyanek in 12th while Jessica Jones and Hannah Cook placed 7th and 8th in the year 7 girls race.

Blackheath and Bromley were narrowly beaten in the annual mob match against Orion Harriers at Hayes as they scored 3053 points to the 2624 scored by the visitors. Some consolation was that the Club had the first two finishers with Jon Thorpe just getting the better of Alex Gibbins. Neal Humphries was third finisher for the Club in 6th place.

First woman finisher for the Club was Viv Mitchell in 69th with Clare Ludwig 79th and Annie McDonough 85th. The race incorporated the latest round of the Bennett Cup Handicap series and winner of this was Jim Bailey with Joe Clare second and Kate Jones third.

After 6 of the 9 races Steve Pairman leads on 197 points with Jim Bailey and Neal Humphries just behind on 194 points



### 16/01/07

Michael Skinner finished an excellent third in the 4km race at the BUPA cross country meeting at Holyrood Park, Edinburgh beaten only by the current European Cross Country champion Mo Farah and the five times previous winner Sergiy Lebid.

The Blackheath & Bromley athlete was in the lead group from the start and the pack also included last years winner Nick McCormick from Morpeth. A surge from Farah split the group leaving he and Lebid to contest the individual title and Skinner isolated in third, clear of some of Britain's top distance runners, but unable to stay with the two European champions. He finished just five seconds down on the winner Lebid in 12.25 and just four seconds behind second placed Farah.

Roused by the midweek rise in interest rates, Club members were out in force for the annual cross country fixture against the Bank Of England that was incorporated in the Club's Open10km and veterans' championship.

The Club had the first ten finishers led home by Alex Gibbins with teenagers Alex Bruce Littlewood and Alastair Cliff second and third. Jennie Butler was first woman home for the Club in 22nd overall with Fran Green second and Viv Mitchell third.

Ian Taylor capped a recent run of good form taking first place from Gary Cook in the over 40's race with Mark Ellison third. First over 35 woman was Viv Mitchell with Gary's wife Angela second and Tara Emery third.

First over 50 for the men was President Ken Daniel with Mike Cronin taking the over 60s title and Ron Chambers the over 70s. Annie McDonough was first woman over 45.

The race included the latest of the 9 race Bennett Cup Handicap contests and winner on this occasion was Angela Cook with Mike Cronin second and Adam Atkinson third.

After 5 races just 15 points separates the top 10 runners with Alastair Cliff leading on 161 with Mark Ellison second (159) and Andy Tucker third (156).

The indoor track and field season is underway and there have already been some significant performances. First medal to a Club athlete went to Ben Hopkins who picked up the silver medal in the South Of England under 15 championships scoring 2451 points.

Two of the Club's top male sprinters opened their seasons in fine form at the Open Meeting at Windsor. Danny Doyley clocked 6.81 for the 60 metres the fourth fastest in the country this year with Tyrone Swaray just behind with 6.88.

Serita Solomon, a first year under 20 ran the third quickest time in the country so far this year in the 60 metre hurdles with 8.61. Alex AlAmeen is currently the fastest under 20 male with 8.29. At the open meeting at Brunel University, Doyley timed 6.84 twice for the 60 metres and there were also a number of personal bests. Another under 20, new member Neil Francis improved his 60 metre best to 7.38 and then to 7.29. There were new bests too for Daniella Annon 8.11 and Grace Sheppard 8.05, while the Godsell's were in good form with Amy timing 7.83 and mum Helen recording 8.40.

More good performances came in the field from two more talented under 20s. Scott Huggins cleared 4.40 off a short run up in the pole vault while training partner Emily Godley set a new best of 3.40 in the women's event.

Full results are not yet available form this meeting.



### 9/01/07

Blackheath & Bromley enjoyed a successful day at the Kent County Championships which took place at Detling Showground. On a wet and, at times, very foggy day, the Club had three individual wins from the ten age group races and seven sets of team medals of varying colours. They were also the only Club to finish a team in every age group race.

Two of the golds came in the under 20s age group where returning students James Poole (Loughborough) and Bryony Proctor (St Mary's) enjoyed gun to tape victories. It was double gold for both as each led their teams to victory. For the men Danny Brewer took a well deserved medal as he closed in third and another St Mary's student Andrew Conway placed 8th despite being involved in a car accident the day before. Encouragingly the Club had eight athletes toe the line in an age group race where numbers are normally lower than others. Ella Fisher (7th) and Debbie Shearing (10th) secured the gold medals for the women.

It was business as normal for Amy Smith. She went to the front from the start and won the under 17 women's race by over a minute to collect her third successive Kent County title. With Rebecca Taylor 4th and Sarah McLellan 10th the trio were edged out of the gold medal place by Tonbridge, who also scored 15 points but who won as they had the highest placed third scorer. It was deja vu in the Senior age groups also as both the men and women finished in the same position for the third year in a row. Shavaun Henry led the women home in 6th place and with Siobhan Budd 8th and Bella Clayton 18th the team picked up the silver medals.

Jamie Atkinson was first home for the men in 7th place as he sprinted clear of Andy Rayner in the home straight. Peter Tucker, David McKinlay, Dan Ryan and Neil Ayrton completed the scoring places and the team finished 4th.

Alex Bruce Littlewood showed just how much he has improved over the last twelve months by taking the silver medal in the under 17 men's race. Last year he placed 15th. Alistair Cliff 11th, Tom Andrew 16th and Cameron Ward 27th helped the team secure silver medals.

It was silver too for the under 15 boys led home by Stephen Cavey in 5th with Andrew York 8th, Justin Warren 12th and Hector



Kurtyanek 14th. The girls team of Danielle Critchley 6th, Michelle Fewster 7th and Jessica Saville 13th took bronze medals.

Robert Yates showed that he well on the way back from injury as he finished 7th in the under 13 boys race. Greg Proctor (31st) Anthony Moore (40th) and Sam Jackson (41st) completed the scoring as the team place 5th. Hannah Cook led the girls home in 8th place and with Jessica Jones 10th and Kayleigh Leonard 18th they finished 4th in the team contest.



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### 3/01/07

John Blackie has been named Kent County Athletics coach of the year. The Blackheath & Bromley coaching co-ordinator receives his award for the sterling work he does for the Club and his athletes. As well as administering the Bees Academy for Primary School children at the Club he is also coach to a number of the Club's most promising athletes such as English Schools Internationals Daniel Haque and Rachel Arnheim.

John was taken aback at his award and on being presented with a substantial trophy said "You could have knocked me down with a ton of bricks" John's acceptance speech can be viewed on his training groups website at [www.johnblackie.com](http://www.johnblackie.com)

It has been a quiet time over the festive period. Both the Christmas Yacht Handicap and Boxing Day paperchase were well attended by a whole range of Club members. Winner of the handicap was Dick Griffin who fooled the handicapper by losing a stone and a half in weight in the weeks leading up to the event. Fastest time of the day came from Jon Thorpe with the quickest woman being Jennie Butler.

Alex Bruce Littlewood set a new under 17 course record when he finished 5th in the Hercules Wimbledon/Lauriston RC 7 mile run around Wimbledon Common. Alex timed 39.12 for the puddle strewn course a performance that also ranks him 3rd on the under 20 all time list

The Club are currently taking bookings for the Spring Term of its Bees Academy. This scheme is for Primary School children and is designed to give youngsters a broad introduction to the Athletics in a fun environment. Youngsters can either enrol for Monday, Wednesday or Saturday sessions which last an hour. All coaches involved in the Scheme are licensed by UK Athletics and have been subject to a Criminal Records Bureau check.

A number of the Club's Senior athletes such have progressed through from this coaching. Athleticism forms the basis of all Sports and former B & B members who have gone on to excel in other Sports include England International and Manchester United footballer Kieran Richardson, and Sale rugby International Andrew Sheridan. Further details can be obtained at [www.blackheathandbromley.com/bees](http://www.blackheathandbromley.com/bees)

