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# Blackheath & Bromley Harriers AC

Jul to Sep  
2013

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### 24/09/13

Blackheath & Bromley's under 20 womens team came within six points of being crowned European Champions when they finished in third place in the European Champions Club Cup for Juniors A final at Brno in the Czech Republic.

It was an outstanding effort which saw them break a UK record; set three meeting records; win seven events; and provide the track athlete of the match. Some set or equalled personal bests; others came close to their bests; and all battled hard to get the most points possible for the team. It was so close that it was the 4x400 at the end of the meeting that confirmed the final placings.

The UK record came in the 4x100 metres where the quartet of Vivien Olatunji, Shannon Hylton, Cheriece Hylton and Dina Asher Smith timed 46.28 to run the fastest ever time by a UK Junior Womens Club team, breaking the Club's own record set last year. All four are coached by John Blackie.

Three of these athletes also won individual events. As European Junior Champion, and already a Senior International, it was no surprise to see Dina first in the 200 metres. Her time of 23.38 was wind assisted but her effort was adjudged the best track performance of the day and was a meeting record.

Like Dina, Shannon has had a long but successful season which has included competing at the World Youth Championships, yet she too set a meeting record when she won the 100 metres in 11.71. Cheriece, another who has had a superb season, had to watch her twin sister's race through the call room window before taking to the track to secure victory in the 400 metres in 55.97. She and Dina then joined Rachel Dickens and Leah Everson as the Club won the 4x400 in 3.52.97.

Samantha Brown finished her career in the Junior age group by winning the 400 hurdles in 64.09, a fine effort in the blustery conditions. Likewise Jahisha Thomas struck gold in the long jump with a leap of 5.92. She was also second in the 100 metre hurdles in a personal best of 14.14. It was silver too for Kerri Davison in the triple jump with a distance of 12.04.

The aforementioned Leah Everson won bronze in the 800 metres, just outside her best with 2.15.04; and Amber Reed was also third in the 3000 metres steeplechase in a personal best of 12.46.41.

Yemisi Sofolarin also performed better than ever before in the Hammer and she was not far off her best in finishing 5th in the javelin.

Helena Coleman equalled her best of 3.20 in finishing in 4th place in the pole vault. Gemma Brown was another to miss out on a medal by a place as she was 4th in the discus with 38.72 and she was also 7th in the shot.

Charlotte Rhule (1500), Anna Myers (3000), and Alex Wheelwright (high jump) also scored important points for the team.

Despite all these fine efforts, the Club had to settle for third place behind winners AK Olympic, Brno and second placed Fenerbache from Turkey. It was a remarkable achievement, not just for the team, but also for team manager Tim Soutar and those who helped and supported at the final, the coaches, and all the families and Club members who have supported the squad in so many ways throughout the year.

Remarkably only three of the team are too old for this age group next year, but unfortunately the Club have not qualified to represent the UK in next year's final, bringing to an end a run of eight consecutive years of representing the nation. They gave a fitting team performance on which to bow out and they will look to become national champions next year and return to the competition in 2015.

Back home the SEAA Road Relays were taking place on Saturday and Sunday at Aldershot. The men qualified comfortably for the National Relays next month by finishing in 11th place thanks to the efforts of Colin Norris (19.24), Ben Harding (19.20), Phil Sesemann (19.15), Andy Rayner (19.59), Sam Barnes (19.09) and Peter Tucker (19.47).

The B team of Danny Brewer, Fintan Parkinson, Sam Proctor, Georges Vacharapoulos, Dan Kennedy and Steve Cooper finished 46th of the 80 finishing teams.

The women do not need to qualify for the National relays which is probably just as well since they did not field a team at Aldershot. There were also no representation in the Masters relays.

The under 17 men finished in 14th place after Richard Webb and Will Fuller had both run 12.09 on the opening two stages to lead the race. These were the 8th equal fastest times of the day. Jamie Gosnell and Tom Desborough completed the scoring team. The girls team of Niamh Bridson Hubbard, Jenny Sheasby and Chloe Haffenden placed 33rd.

Highlight of the weekend was the performance of the under 15 girls who won silver medals. Naomi Kingston brought the team in 7th on the first stage with 10.52 before Kelsey Fuss swept up to second on leg two with 10.56. Jessica Keene held this on the anchor leg with 10.54. Just five seconds separate the trio and their times were the 15th, 16th and 17th quickest of the day.

A strong B team of Yasmin Austridge, Shannon Risky and Amy Leach were 18th while the C team of Claire Springett, Darcy Kirwan and Natasha Hainsworth closed in 74th.

The boys team finished in a very useful 12th position courtesy of Alex Wiltshire, Marco Arcuri, Jake Potter and Will Pope while Scott Bulmer ran a solo leg for the B team.

The under 13 girls team of Alice Prentice, Imogen Duke and Imogen Meers finished in 36th and Emilie Penlington and Zoe Austridge ran well in an incomplete B team. Ben Gardiner ran well as the Club's sole representative in the boys race.

There was good reason for depleted numbers in the under 13 teams at Aldershot. The relay date had been brought forward a week from last year and clashed with the Kent Under 13 track and field Championships at Erith Stadium.

Some of the Club's current top athletes, such as Dina Asher Smith, Shaunagh Brown, Serita Solomon and James Alaka have tasted their first Championship success at the Kents and judging by the quality of some of the performances last weekend, the current under 13s have much to look forward to in the future. Ten gold medals, two Championship best performances, three Club Records and numerous personal bests made it a weekend to remember.

Both Championship Best Performances came from Eloise Locke. She won the shot with a throw of 10.23 and secured the javelin title with a distance of 33.70. Both were Club Records and she is now ranked 4th and 3rd respectively in these events in the country this year. To add to the celebrations she completed a hat trick of victories by winning gold in the discus.

Henry James Cowie also had a memorable weekend and like Eloise he won a hat trick of gold medals. His best performance was the high jump which he won with a leap of 1.55, the 6th highest in the country this year. His throw of 29.38 to win the hammer was a Club Record and he also won the discus with 26.70. He also gained silver in the shot; bronze in the 75 Hurdles and was 4th in the 1500. All of his performances were personal bests, a remarkable achievement from a youngster, who was in hospital after a serious car accident earlier in the year.

His fourth place in the 1500 was also notable as he was part of a Club clean sweep of the leading places. Michael Eagling won in 4.50.27 less than half a second clear of Angus Harrington with George Pope in third.

Angus did strike gold on the track, however, in the 800 which he won in 2.30.11, and also in the field where he claimed the javelin title with a distance of 32.56.

Karina Harris won the long jump with a leap of 4.63 with Tajera Baldie third with 4.31. Karina was also second in the 75 metres as was Mhairi Brooks in the 150 and Eve Keith in the shot with an impressive 9.63 that moves her to 10th in the country this year.

James Lancaster's throw of 26.26 for bronze in the discus was a big personal best and Millie Smith also won a third placed medal with 4.06.65 in the 1200.

The Kent Masters Championships also took place at the same venue and, while there was not a large Club contingent, a number won gold medals. Best performance of the weekend came from Allan Williams who set a Championship Best Performance of 3 metre 50 centimetres to win the over 60s pole vault contest. Jackie Montgomery is the womens over 40s champion as she cleared 2.40 for victory.

On the track Mark Watling did a middle distance double securing the over 50s 800 and 1500 metre titles. Barbara Terry went one better in the over 60s as she won the shot, discus and hammer titles and she was also second in the javelin. Gordon Hickey was second in the over 70s shot and hammer and third in the javelin.

Still on the track John Turner was in action at the Self Transcendence 24 Hour track race. He was the first over 60 completing 82 miles.

Back on the roads Michael Skinner finished in second place in the Richmond Half Marathon in a time of 70.06. Ben Cockburn was 4th in the Tonbridge Half Marathon in 78.29. Dick Griffin recently won the Southern Counties Vets AC over 60s Marathon title when he finished 143rd at the Kent Coastal Marathon in 4.19.17.

At the Jack Fitzgerald 6 mile race walk at Tilgate Park, Crawley, Shaun Lightman finished in 6th place in 1 hour 3 minutes and 50 seconds. Peter Hannell was 10th in 1.07.13 and David Hoben 12th in 1.04.04.

The Bromley Park run incorporated a mini Mob match with Croydon Striders, and the Club enjoyed victory scoring 1031 to the visitors 922. This is the third such match and currently B&B lead 2-1. Full Parkrun results are as follows

Bromley : 16 Andy TUCKER 00:19:26 18 Peter BROOKS 00:19:35 19 Steven PAIRMAN 00:19:39 20 Andrew LAWES 00:19:40  
 24 Robert PERRY 00:19:52 25 Graham John COATES 00:19:53 29 James PERRY 00:20:00 30 Keir LUNDY 00:20:03 34 Lewis  
 WARREN 00:20:12 47 Barry WETHERILT 00:20:44 48 Robert P BROWN 00:20:50 50 Iain SWATTON 00:20:54 51 Glen READ  
 00:20:54 52 Adrian PERRY 00:21:00 54 Sarah BELAON 00:21:04 66 David CARTON 00:21:30 73 Harrison PARKER 00:21:37 74  
 John FENWICK 00:21:39 78 Ian TAYLOR 00:21:52 80 Richard GRIFFIN 00:21:56 96 Justine EASTBURY 00:22:23 97 Austin  
 ADAMS 00:22:24 98 Tammy FALSHAW 00:22:25 130 John LEESON 00:23:23 135 Issy JACKSON 00:23:27 142 Claire  
 AUSTRIDGE 00:23:33 146 Helen GODSELL 00:23:41 178 Nick BROOKS 00:24:45 228 Peter LOVELL 00:26:19 234 Ore  
 OKIKIADE 00:26:34 280 Mike PEEL 00:28:57 293 Ife OKIKIADE 00:29:23 337 Honey OKIKIADE 00:31:42  
 Eastleigh : 45 Adrian HALEY 00:24:36 60 Carolyna HALEY 00:25:42  
 Greenwich : 20 Rich GRANT 00:21:56

Lloyd : 3 David BEADLE 00:20:18

Orpington : 11 Ian MONTGOMERY 00:21:19 20 Mick KEENE 00:23:04 21 Harry William KEENE 00:23:07 104 Karen DESBOROUGH 00:35:09



### 17/09/13

Four Blackheath & Bromley athletes came away from the Sainsbury's 2013 School Games in Sheffield with gold medals. Kerri Davidson not only set a personal best of 12.32 in the triple jump, her distance was also the second furthest of all time in the under 17s age group. It was also, of course a new Club Record for the John Vernon coached athlete. John also coaches the mens winner Stefan Amokwandoh who took the title with a leap of 14.37.

The other two gold medallists are both coached by John Blackie and are the Hylton twins. Shannon won the 200 metres in 23.87 while Cheriece won a close fought 300 metre race by six hundredths of a second in 39.33.

More National success for Club athletes came at the British Masters Championships at a windy Alexander Stadium in Birmingham. Mike Van Den Dobbelen won the over 40s javelin with a throw of 53.78; Allan Williams won the over 60s pole vault with a clearance of 3.40; and Roger Michell took the over 65s 5000 walk title in 29.27.72.

Roger also won silver in the 3000 walk as did Alex Gibbins in the over 35s 1500 metres. Alex also won bronze in the 5000m.

In the States Alex Bruce Littlewood won the Justin F. Cooper memorial Rice invitational 6k cross country race at Rice university, Houston, Texas on Friday, having finished 2nd and 3rd in 2011 & 2012. After two of his highest-ever mileage training weeks he had no great expectations for the race, but after working through to 2nd place at the final turn with 200m to go, he easily sprinted clear and was able to jog the last 50m, finishing in 16.44.

The good news for the Club is that Alex will be moving back to the UK at that start of the year with the Kent County Championships set to be his first race back on home soil.

The Club hosted it's annual Will Bolton Relays at Sparrows Den but it was visitors Tonbridge who dominated supplying the first three teams home. B&B's mens team of Andy Rayner, Steve Cooper, Ben Harding and David McKinlay finished in 4th place while the womens dream team of Carole Pennlington, Fran Green, Jane Bradshaw and Jennie Butler were the second female team to finish.

The race also incorporated the first Bennett Cup event of the season, a series of nine handicap races which take place throughout the Winter months. First in this was Gareth Evans with youngster Will Fuller second and Carolyn Jones Baldock third.

Prior to the Senior race, a separate relay took place for the under 15 and under 13 age groups. The B&B girls team of Naomi Kingston, Kelsey Fuss and Jessica Keene won the under 15s race with the B team of Shannon Riskey, Georgina Taylor and Yasmin Austridge in second.

The Club also won the under 13 boys race thanks to the efforts of Angus Harrington, Michael Eagling and George Pope.

A number of these athletes were back in action the following day at the Kent Relay Championships at Sutcliffe Park. Shannon Riskey, Georgina Taylor and Jessica Keene won the under 15 girls 3x800 metres in 7.16.5.

There was also victory for Olivia Richer, Nicole Farmer, Megan Beamon Browne and Magda Cienciala in the 4x100, and the sprint relay success continued in the under 13s age group with a win in the 4x100 for the girls team of Antonia Alapafujia, Karina Harris, Gabrielle Dalsan and Mhaira Brooks. Karina picked up another gold as part of the winning 4x300 metres team along with Eloise Locke, Alice Prentice and Laura Goddard.

The boys team of Henry James Cowie, Peter Guy and Dillon Robertson won the 3x800 and in second was the B team of Michael Eagling, George Pope and Angus Harrington.

57 runners competed in this year's summer series of races for the Parris Memorial Shield. Each of the 6 races is approximately 5km on the road on a yacht handicap basis whereby the slowest runner sets off first and the fastest sets off last with everyone else setting off in between. In theory, all runners should finish more or less together. Points are earned by competitors in each race based on their finishing position with the winner being the person that has accumulated most points over the course of the six races. The trophy is in honour of Roy Parris, a former member who died of cancer in 1998.

The final race of the series was won by John Leeson, outwitting the handicapper by over a minute and a half. Fastest lady on the night was Sally Haffenden in 21:53 and fastest man was under 15 Marco Arcuri in 18:15. The contest for the overall Parris Memorial Shield was close throughout the season and 2 points separated the top six going into the final race. But in the end the winner was Clem Leon thanks to a substantial PB in the last race, with Neil Roberts second and Andy Lawes third.

The club and the race organisers are most grateful to everyone who took part throughout the summer and special mention must go to the following who competed in all 6 summer races: Scott Bulmer, Nigel Bulmer, Richard Granieri and Mike Simms.

Next year, the club has a new handicapper with Dick Griffin taking over the helm.

The Club one hour race saw only one runner, Dave Beadle take part. He completed 14,480 metres There were, however, three walkers from the Club competing. First home was Shaun Lightman who covered 9,720m followed by Peter Hannell with 9400m and David Hoben 8495m

### Parkruns

Braunstone : 31 Peter HAMILTON 00:20:21

Bromley : 2 Georges VACHAROPOULOS 00:17:43 5 Marco ARCURI 00:18:39 17 Andrew LAWES 00:19:50 20 Andy TUCKER 00:20:02 26 Lewis WARREN 00:20:59 34 Glen READ 00:21:17 38 Adrian PERRY 00:21:24 103 Imogen DUKE 00:23:31 121 Mike SIMMS 00:24:04 195 Peter LOVELL 00:27:04 232 Mike PEEL 00:28:44

Greenwich : 19 Rich GRANT 00:22:24

Orpington : 6 Joseph GEORGIADIS 00:21:22 10 Harry William KEENE 00:22:26 13 Mick KEENE 00:22:38 17 Andrew CLOWES 00:23:39 72 Karen DESBOROUGH 00:34:59

With thanks to Rob Brown and Stuart Littlewood for their help with this report



### 10/09/13

Blackheath & Bromley finished in 5th place in the first ever Youth Development League, Upper Age Group Final at Birmingham. There were plenty of good performances on the day and many athletes prepared to compete in more than their own individual event.

Leading the way was Dina Asher Smith who won the 100 and 200 metres in the Under 20 age group. She picked up her third gold medal of the afternoon with Natalie Jones, Rachel Dickens and Amara Lalemi Jacobs in the 4x400 metres and also won a silver in the 4x100.

More sprint success came in the mens 100 where Kertis Beswick took the honours and he was also second in the 110 hurdles.

As well as winning both short sprints, the Club also enjoyed wins in both under 20 long jumps. Jahisha Thomas set a new best of 6.03 in winning the womens event while Oliver Newport secured the mens title with a leap of 7.00. He had earlier set a new best of 1.90 in the high jump while Jahisha leapt 11.50 for third in the triple jump.

Men's team captain Craig Morten was also in triple jump action to score points for the team but his main contribution came on the track where he was second in the 400 hurdles; won the B string 400 and 110 hurdles races and contributed a leg of the 4x400.

Like Dina in the under 20s, twins Shannon and Cheriece Hylton came away with a hat trick of gold medals in the under 17s age group. Shannon won both the 100 and 200 and joined Vivien Olatunji, Maya Bruney and sister Cheriece in the winning sprint relay in a splendid 46.71 seconds.

Cheriece won the 300 in 38.47 and also anchored the winning 4x300 squad of herself, Leah Everson, Sonia Woolhouse and Janae Galley.

The Club also won both strings of the triple jump in this age group. In the mens event Stefan Amokwandoh leapt a personal best of 14.62 while Club record holder Kerri Davidson won the womens event with 11.69.

On the track, Richard Webb enjoyed a comfortable victory in the 1500 steeplechase, having already raced the 400 hurdles and 800; and the 4x100 team of Jed Botham, Dotun Ayodele, Ife Okokiade and Alex Skipp won in a useful 44.54.

All of these fine efforts and those of their team mates were not enough to win a match which went to the Windsor, Slough, Eton & Hounslow squad. Neither, when the scores were divided in mens and womens points, was it enough for the women to qualify to represent the UK in next years European Champions Club Cup for Juniors. That honour again went to the Windsor team.

The Club had been the best womens squad at the previous National Junior Athletics Final for the last eight seasons and travel to Brno in the Czech Republic in ten days time to represent the UK in this years competition.

### Parkrun results

Barnstaple : 14 Barry WETHERILT 00:21:22

Braunstone : 107 Savannah ECHEL-THOMSON 00:23:58

Bromley : 5 Aleksander WILTSHIRE 00:18:35 11 Kelsey FUSS 00:19:15 17 Joshua DOWLING 00:19:38 19 Andrew LAWES

00:19:44 21 Mick JONES 00:19:47 28 Andy TUCKER 00:20:06 34 Keir LUNDY 00:20:26 35 Iain SWATTON 00:20:29 44 Sarah

BELAON 00:21:05 45 Adrian PERRY 00:21:06 52 Lewis WARREN 00:21:21 56 Ian MONTGOMERY 00:21:31 70 Mike SIMMS

00:22:04 76 Richard GRIFFIN 00:22:10 80 Joanna CLOWES 00:22:21 83 Andrew CLOWES 00:22:29 87 Austin ADAMS 00:22:38

98 Chloe KIBBLEWHITE 00:22:52 100 Alice PRENTICE 00:22:54 116 John FENWICK 00:23:08 123 Imogen DUKE 00:23:21 127

Claire SPRINGETT 00:23:30 230 Peter LOVELL 00:27:32 237 Ore OKIKIADE 00:27:51 271 Mike PEEL 00:29:00 300 Anthony

PONTIFEX 00:29:55 301 Honey OKIKIADE 00:29:56 322 Leszek MALYNICZ 00:30:35

Crystal Palace : 24 Mary GUY 00:23:01

Eastleigh : 49 Adrian HALEY 00:25:37

Edinburgh : 20 Steven PAIRMAN 00:19:26

Greenwich : 11 Lewis STICKINGS 00:20:43 27 Rich GRANT 00:22:24

Hackney Marshes : 2 Fintan PARKINSON 00:17:18

Mile End : 24 Peter HAMILTON 00:20:30

Orpington : 7 Joshua Henry DAVIDSON 00:20:05 29 Anne CILIA 00:25:34 74 Karen DESBOROUGH 00:35:20

Shorne Woods : 6 Jessica Zara KEENE 00:20:26 13 Mick KEENE 00:22:34 15 Harry William KEENE 00:22:44



### 3/09/13

Adam Gemili and Dina Asher Smith continued their exciting Summer seasons at the Diamond League meeting at Zurich in Switzerland. Both Blackheath & Bromley athletes ran in the 100 metre races and Dina was also in the 4x100 metres.

Of the nine athletes who lined up in the mens 100, eight had personal bests of under 10 seconds. The only one who hadn't was Adam and his aim was to break the magic barrier and become the first Briton to run under 10 seconds for the 100 and under 20 for the 200.

That he didn't achieve this was probably due to his start, but his time of 10.06 for eighth place was a seasons best and just one

hundredth of a second off his fastest ever time. He should, therefore, be pleased not only with this, but also with the comments of Usain Bolt who, in his post race interview, said that Adam had the potential to be great.

Dina was in a similarly loaded 100 metre race and finished in 7th place in 11.43. She was back in action later in the evening in the sprint relay along with her fellow team mates who won bronze in the World Championships in Moscow. They finished in 6th place in a time of 43.78.

Elsewhere on the Continent, James Alaka set a seasons best of 20.86 for the 200 metres at Tampere in Finland, while in Amsterdam Luke Smallwood ran a personal best of 1.54.50 for the 800 metres.

Three of Dina's training partners under coach John Blackie enjoyed a very successful weekend at the England Under 17 & Under 15 Championships at Bedford. Shannon Hylton won both the Under 17s 100 and 200 metre titles in times of 11.73 and 23.67. Her twin sister Cheriece won the 300 metres in a new Championship Best Performance of 37.91. Vivien Olatunji set a new best of 12.09 in finishing in 5th place in the 100 metres.

A fourth gold of the weekend came courtesy of Stefan Amokwandoh in the triple jump with a leap of 14.56.

Elsewhere in the under 17s Leah Everson was 7th in the 300 metre hurdles final and also ran 2.18.30 in the heats of the 800, while Will Fuller was 10th in the 1500 metres.

In the under 15s Isabella Hilditch was 7th in the final of the 75 metre hurdles.

There was a nail biting finish to the Southern Counties Vets AC Final at Ashford where the mens team missed out by one point on winning the Area title. After nearly eight hours of competition they scored 244 points to winners Southampton's 245.

On the track Alex Gibbins enjoyed a double victory in the middle distance winning the 800 metres in 2.05.72 and the 3000 metres in 9.15.65. The other track winner was Bob Minting who took the honours in the over 60s 400 metres in 62.80.

In the field Mike Van Den Dobbelsteen set a new personal best of 54.10 to win the over 35s javelin and Steve Langdon took the over 50s title with 41.52.

Allan Williams showed he is recovering well from injury as he won the over 50s pole vault title with a clearance of 3.50. Clem Leon cleared 1.45 to win the over 50s high jump.

It was all not quite enough and the squad were just pipped at the end of the meeting by their South Coast rivals, but they will be looking forward to regaining the Southern crown next year.

The women finished in third place in their Final thanks to some fine team performances by athletes who ensured all events had Club members competing.

The only winner on the day was Barbara Terry in the over 60s discus with a throw of 21.80. Many athletes achieved personal bests including Jen Neale, Caroline Penlington, Tracey Ashenden, Tina Harradine, Justine Eastbury, Caroline Morten and team manager Maz Turner, who did so in five events.

The Club has been saddened recently to hear of the death of Past President Ken Johnson. He had been a member for 72 years having run cross country in his younger days before becoming the Club's Chief Trail Layer and then officiating in track and field. It was also sorry to learn of the death of the great rugby player and broadcaster Cliff Morgan, who was the Guest of Honour at the Club's Annual Dinner over 20 years ago, speaking most eloquently on the importance of Sport and Sportmanship in our society.




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## 27/08/13

After the excitement of the exploits of Blackheath & Bromley's athletes at the IAAF World Championships in Moscow, this week it was the turn of some of the Club's other Internationals to take centre stage.

Scott Overall, who represented Great Britain at last years Olympics, continued his preparations for the Berlin Marathon in six weeks time with another race in Germany at the small German town of Schortens. He finished in 4th place in the 10 mile event over a four lap course in a time of 48.44. This was a little slower than he had hoped for but it was just preparation for his main target over the Marathon distance.

Like Scott a number of the Club's athletes who were in action at the Inter Counties will be looking at gaining selection for next years Commonwealth Games. Serita Solomon, who was unfortunate to miss out on a place at the World Championships, won the 100 metre hurdles in 13.17. She remains third ranked in the country this season.

Also third ranked is Shaunagh Brown in the Hammer and she claimed victory in her event with a distance of 63.44, over four metres clear of the runner up.

Montell Douglas' season has been hampered by injury problems but the British 100 metre record holder cruised to victory in 11.72, despite running into a -1.4 headwind.

Craig Morten set a new best of 53.96 in the 400 hurdles, while Krystal Galley was 5th in the 400 metres and Tom Parker 9th in the hammer.

Meanwhile Carolyn Plateau finished in third place in the 800 metres at Antwerp, Belgium in a time of 2.04.54 and Shaun Lightman was 12th in the 5km walk at the London Inter Club Challenge at Allianz Park in a time of 29.53.10.



**20/08/13**

It has been a sensational few days for Blackheath & Bromley teenagers Adam Gemili and Dina Asher Smith at the IAAF World Championships in Moscow. Adam was just four hundredths of a second off a bronze medal in the 200 metres while Dina did pick up a third place medal in the womens 4x100 after the disqualification of the French team elevated the British quartet from fourth place.

Adam missed out on a medal in the mens relay as, although the British team were third across the line, they were also disqualified due to an infringement on the second changeover.

Going into these Championships, Adam had run the fastest 200 metres by a Briton for five years when he timed 20.30 at the England Under 23 Championships in June. Few could have predicted what was to follow.

Quick out the blocks in his heat, he ran a fine bend and powered down the home straight to win the race and set a new personal best of 20.17. It was the fastest time from all of the seven heats. This broke 1998 Commonwealth Games champion Julian Golding's Club Record by one hundredth of a second and moved him up to 5th on the British all time list.

He was back for the semi final that evening, where he produced an astonishing performance, dipping on the line to win his race in 19.98, not that he even knew he had won. "I was in shock going over the line to see the time" yet initially he did not know it was his. The scoreboard soon revealed it was and he could celebrate that he was now the second fastest Briton of all time.

Only John Regis has run faster and he only ever ran under 20 seconds twice, once in 1993 before Adam was born and then in 1994 when he was less than a year old. The only other teenager to have broken 20 seconds is Usain Bolt who Adam was now set to meet in the final.

Seven of the eight finalists had personal bests of under 20 seconds so the field was of the highest quality. He just missed out on a medal finishing in 5th place in a time of 20.08, yet it was another outstanding performance and he was only four hundredths of a second off 3rd place.

"It's an unbelievable experience to be in that final on the outside of Usain Bolt and just being in the top eight and finishing fifth. I'm just very proud, very happy and very grateful to be in this position," said the 19 year old.

What would have been the icing on the cake would have been success in the 4x100 metre relay, but this was not to be. Adam was rested for the heats, but ran a strong first leg in the final. However, an error at the second changeover saw the team disqualified. Cruelly the quartet did not find this out until they were on the way to the medal presentation.

Back home Clubmate Julian Golding tried to sum up Adam's individual performance "What can you say about that? He was phenomenal. It is 15 years ago that I set the Club Record at the Commonwealth Games but it seems like only yesterday. I'm gutted it's been broken but the it couldn't have gone to a nicer lad. Although it's seven years since I retired, seeing his performances made me want to run again, although realistically I haven't the time now."

He continued "It was 2001 when Christian Malcolm ran 20.08 so it is time for event to move on. To run 20.17, 19.98 and 20.08 over two days is incredible. It shows that he has the ability to win medals in major Championships over the coming years. It is great for British sprinting. Obviously having run these times there will now be a higher level of expectation when he goes to Championships but I am sure he will be able to handle this. He has a good coach in Mike Afilaka and so long as he stays fit and healthy his future is bright."

Prior to Moscow, Julian was the last Club member to win a medal at a World Championships when he was part of the Great Britain quartet who won bronze in the 4x100 in 1997. Now the most recent medallist is 17 year old Dina Asher Smith!

The European Junior 200 metre champion, who was the youngest member of the British squad in Moscow, had not necessarily been guaranteed a place in the relay team. However, her and the teams performance at the Anniversary Games last month, showed that, if called upon she was ready.

And so in the first track event on the last day of the Championships, the John Blackie coached athlete stood on the start line with the whole world watching. She did not disappoint. A fine leg and changeover to Ashleigh Nelson launched a tremendous team performance with Annabelle Lewis and Hayley Jones bringing the baton home to secure first and a place in the final with a time of 42.75. However, they were only the sixth fastest qualifiers from the three heats.

The same team ran in the final and Dina again delivered a fine opening leg, her reaction time being the second quickest of the eight first leg runners. A good changeover to Ashley and then to Annabelle saw Hayley Jones take the baton in second place. Despite her best efforts she was swallowed up by the field and crossed the line fourth in 42.87.

Although they thought they had not won medals the quartet were justifiably proud of their efforts, especially as Britain did not qualify to compete in this event in the London 2012 Olympics. Then came the news that the French team who had crossed the line second had been disqualified. Exceeding all expectations, they were the 2013 World bronze medallists. "It means so much to us. I'm over the moon. It's such a shock" said Dina. When she returns to Newstead Woods school next month there won't be many people who will need to ask her if she did anything special over the Summer holidays.

Apart from their performances in Moscow, what also impressed many was how the two teenagers conducted themselves when speaking with the media. Adam highlighted the fact that while there have been some high profile drugs problems recently, it remains a great Sport and that anyone interested in running, jumping and throwing should head down to their local Athletics track.

Norman Park track was where Dina started her Athletics career as an under 11 member of the Bees Academy and there are others who started from here who are now blossoming.

Of course there was also disappointment at these Championships for Lorraine Ugen who had three no jumps in her qualifying pool of the long jump. The other disappointment was the non selection of Serita Solomon in the 100 metre hurdles despite having met the IAAF qualifying standard.

Highlighting her, and eight other athletes being overlooked, Peter Matthews, co-editor of Athletics International wrote in Athletics Weekly magazine, "Due to the myopia/bureaucracy/stupidity - call it what you will - of UK Athletics...athletes who could have been

added to the UK team, will not be competing in Moscow at the World Championships.”

Having overcome two serious injuries as she progressed from under 13 through to Senior level, selection for Serita for the Worlds would have been a just reward for her dedication and perseverance. Still it is the Commonwealth Games next year and this quartet and hopefully other Club members will be challenging for selection for Glasgow.

Some of the Clubs future stars were contesting the South Of England U15 and U17 Championships at Ashford. The move of the date from May to the Summer Holiday period appears to have reduced the number of those competing. Nevertheless the Club did have some success.

In the under 17s age group, Stefan Amokwandoh returned from holiday to take second place in the triple jump with a leap of 13.46. Many of the jumps in the competition were wind assisted, and had the contest only included legal efforts Stefan would have won with 13.42.

Richard Webb continued his best ever Summer season as he also won silver in the 1500 metres steeplechase in a time of 4.38.42.

Maya Bruney is getting back into form after early season injury and she won bronze in the girls 100 metres in a time of 12.66. It was bronze too for Leah Everson in the 800 metres in 2.16.60. The day before she was fourth in the 300 metre hurdles in 48.56.

Elsewhere Will Fuller was 6th in the 1500 metres and Alex Skipp, Bailey Sticking and Jessica Keene 7th in the 200 metres, 400 hurdles and 800 respectively.

Isabella Hilditch won the bronze medal in the under 15s long jump with a leap of 5.11. Shannon Risky missed out on a top three placing in the 800 by just three tenths of a second in 2.22.25 and it was 4th also in the boys discus for Dele Aladese with 38.86. William Pope was 7th in the 300 metres in 39.54.

Meanwhile Jim Phelan was the first over 65 year old in the Salford Triathlon over the Olympic distance. He timed 29.44 for the swim, 1.17.59 for the bike and finished with 56.35 for the run. He was 250th overall out of 522 finishers.

Further afield David Hoben took part in the 44th Dodentocht “Death March” 100k endurance event over 24 hours at Antwerp in Belgium. He timed 17 hours and 54 minutes.

#### **Parkruns**

Barnstaple : 15 Barry WETHERILT 00:21:32

Bexley : 20 Christopher PIKE 00:22:03

Bromley : 10 Kelsey FUSS 00:18:46 12 Joshua Henry DAVIDSON 00:19:08 14 Jennie BUTLER 00:19:17 23 Andrew LAWES 00:19:49 28 Nick PERRY 00:19:55 29 Adrian STOCKS 00:19:57 31 Andy TUCKER 00:20:00 42 Robert PERRY 00:20:34 43 Jamie GOSNELL 00:20:34 54 Nigel HAFFENDEN 00:21:02 64 Adrian PERRY 00:21:31 65 Glen READ 00:21:35 78 Justine EASTBURY 00:22:04 84 John FENWICK 00:22:18 89 Nigel BULMER 00:22:24 93 Richard GRIFFIN 00:22:37 103 Mike SIMMS 00:22:58 107 Austin ADAMS 00:23:04 115 Alice PRENTICE 00:23:20 122 Scott BULMER 00:23:31 145 Chloe KIBBLEWHITE 00:24:13 152 Andrew PINO 00:24:31 194 Imogen DUKE 00:25:50 209 Leszek MALYNICZ 00:26:13 325 Honey OKIKIADIE 00:30:30 for Eastleigh : 83 Carolyn HALEY 00:27:35 88 Adrian HALEY 00:28:45

Finsbury : 2 Glen TURNER 00:16:57

Frimley Lodge : 1 Peter TUCKER 00:16:25

Greenwich : 16 Rich GRANT 00:21:16

Killerton : 28 Bob MINTING 00:20:52

Orpington : 10 Joseph GEORGIADIS 00:21:12 12 Billy KEENE 00:22:11 22 Harry William KEENE 00:24:12 23 Mick KEENE 00:24:29



#### **13/08/13**

There was disappointment for Lorraine Ugen at the IAAF World Championships in Moscow. The Blackheath & Bromley athlete was unable to record a valid effort in her qualifying pool of the long jump. Three no jumps will be a big blow for the US Collegiate champion, who last year missed out on a place at the London Olympics by a single centimetre, but the youngster has plenty of time left to progress in her career.

Likewise the Club's other two athletes at these Championships. Adam Gemili is in action in the heats of the 200 metres on Friday morning at 07.35 GMT. Dina Asher Smith is in the squad for the 4x100 metres on Sunday although she is not necessarily in the team.

Dina's Club U17 200 metre record was equalled at the Sweatshop Southern Athletics League match at Milton Keynes as Cheriece Hylton timed 23.49 to win by over two seconds. This is the fastest time in the country this year and leaves her as a Club Record holder in the 200, 300 and 400 in the under 17s and also in the 400 in the under 20s.

Second ranked in the 200 in the country this year is now her twin sister Shannon, the previous leader. She won the 100 metres in 11.80 and with Vivien Olatunji taking both 100 and 200 B strings and victory for the 4x100 team, the women achieved maximum points in the sprints. Duayne Bovell won the mens 100 metres.

Further track success came with victories for Peter Tucker (5000), Danielle Critchley (800) and Jahisha Thomas (100 hurdles) while wins in the field came from Lewis Ely in the high jump and Steve Timmins in the shot.

Despite these efforts the Club finished in fourth place on the day, but the hard work had been done prior to the match and they ended the season in 6th place in the 16 team division.

Zara Asante was not able to be at Milton Keynes as she was contesting the Scottish Championships at Scotstoun. She was rewarded with a silver medal in the triple jump with a leap of 12.57.

A number of the Club's athletes were selected for the Southern Inter Counties match for under 20s and under 15s at Allianz Park, Cophall.

In the under 20s Oliver Newport won the mens long jump with a leap of 7.06 while on the track Samantha Brown took the 400 hurdles in 63.79. Her sister Gemma was second in the discus with a very useful 41.20 and she was also 6th in the shot. Leah Louise Everson was 3rd in the 800 in 2.15.90.

Isabella Hilditch won the under 15s long jump with a distance of 5.15 and she was also 4th in the 75 metre hurdles in 11.66, having timed 11.57 in her heat.

Highlights of the most recent Club Open Meeting came in the under 13s age group. Eloise Locke smashed her own Club record in the javelin with a throw of 33.36. This is the third furthest in the country this year. In the triple jump Karine Harris leapt 10.24 which is only 40 centimetres off the under 15s record.

Peter Hannell finished in 11th place in the Veterans AC 5 Mile walk at Battersea Park. He timed 52.36 with David Hoben 15th in 56.44.

Club members have been in action around the country in the latest round of Parkruns.

#### Results are below

Bexley : 18 Christopher PIKE 00:22:05

Bradford : 14 Nigel HAFFENDEN 00:20:10 151 Chloe HAFFENDEN 00:27:03

Bromley : 15 Andy TUCKER 00:18:42 18 Kelsey FUSS 00:18:59 26 David BEADLE 00:19:28 39 Barry WETHERILT 00:20:20 40

Iain SWATTON 00:20:25 41 Keir LUNDY 00:20:30 42 Mike SIMMS 00:20:30 80 Alice PRENTICE 00:22:15 95 Richard GRIFFIN

00:22:40 101 Austin ADAMS 00:22:53 119 Helen GODSELL 00:23:29 127 John LEESON 00:23:46 186 Andrew PINO 00:25:53

214 Peter LOVELL 00:26:25 250 Ore OKIKIADE 00:27:53 332 Honey OKIKIADE 00:32:35

Crystal Palace : 34 John FENWICK 00:22:59

Dulwich : 4 Fintan PARKINSON 00:17:33

Eastleigh : 11 Adrian STOCKS 00:20:51 70 Carolyn HALEY 00:28:32

Greenwich : 27 Rich GRANT 00:22:21

Ipswich : 4 Steve COOPER 00:17:32

Little Stoke : 14 Joshua Henry DAVIDSON 00:18:47

Orpington : 13 Billy KEENE 00:24:00

Preston : 1 Glen TURNER 00:17:15

Whitstable : 27 Nigel BULMER 00:22:25 39 Scott BULMER 00:23:33



#### 6/08/13

Last Saturday saw a small piece of Athletics History as Blackheath & Bromley hosted the first ever UK Womens League match at Norman Park. It had the right result as well with the hosts avoiding relegation from the Premier Division.

With the top 8 teams in the country competing, it was always going to be a tough match but this did not stop Internationals Serita Solomon and Izzy Jeffs winning the 100 metre hurdles and javelin competitions with performances of 13.29 and 47.46 respectively. The javelin provided one of the other dramas of the day as the meeting was held up when one of the officials was speared in the leg.

Also in the field Shaunagh Brown scored big points in the throws with runner up spots in both the shot and hammer with distances of 15.96 and 60.62. She was also 5th in the discus with 47.92.

It was a difficult day for Montell Douglas who was disqualified for a false start in the 100 metres and then picked up an injury running the non scoring race. This ended her day.

Although they were some way off winning their events, both Danielle Critchley and Kate Curran achieved personal bests. Danielle timed 2.14.59 in the 800 while Kate improved to 4.36.83 in the 1500. In the field Jackie Montgomery also set a new best in the pole vault, clearing 2.50 to finish second in the B string competition.

Super vet Clare Elms showed again why she has been such an important higher claim athlete this season as she ran both the 800 and 3000 setting a seasons best of 2.17.81 in the former.

Earlier this year she broke Jennie Butler's over 35s 1500 Club record and Jennie also exceeded her previous record with 4.52.63. Seasons bests were also achieved by Savannah Echel Thompson (400), Serita Solomon (200), Christine Lyston (High jump) and Rachel Arnheim (pole vault).

It was, however, a very close match and as the afternoon neared its close Shaftesbury Barnet, who at the start of the day were in a relegation position, led by a small margin. This would have meant Blackheath & Bromley would have been relegated. Thankfully a shuffling of the match positions saw Shaftesbury slip from the top and B&B's 6th place meant they finished in 5th for the season.

Team manager Brendan McShane was delighted with the result. This was his last match in charge as he has to step down due to work commitments.

There were more celebrations for the senior mens team who won their British Athletics League Division Two match at Allianz Park (Cophall). This not only saw them promoted, but promoted as champions.

It was a very tense match with B&B, Gateshead and Notts AC so close going into the fixture that it was all down to who beat who on the day.

It started in the best possible way as, on his Senior Club debut, Oliver Newport won the long jump with a leap of 7.23. Further A string victories came from Mark Longhurst in the pole vault with a clearance of 4.40; James Alaka in the 200 (21.61); and the



4x100 metres team of James, Ed Harrison, Duayne Bovell and Dan Putnam in a time of 42.01.

James and Dan had been racing in Denmark on the Thursday night so were obviously running tired, but James was also second in the 100 while Dan was runner up in the 400, won both the B string 100 and 200 races and was also part of the 4x400 quartet who came 4th. For this he was awarded the Club's Athlete of the Match.

Athlete of the Season, however, went to Ed Harrison, one of six ever presents in the team this year, and always ready to help out in a crisis. On Saturday he ran both long and short hurdles, both relays and did the triple jump. Off a modicum of training during the Winter, he scored more points for the team over the season than any other athlete.

Other ever presents were Steve Timmins, Lewis Ely, Phil Sesemann, Mike van den Dobbelsteen and Mark Booth.

A number of others have also made invaluable contributions to the team such as B string winners on Saturday, Sam Brown (pole vault), Alex Pope (shot) and Mark Cryer (110 hurdles), but everyone has played their part.

With 16 of the 19 events completed just 14 points separated the three top teams, but after a 4th in the 4x400, a third and first in the shot and double win in the pole vault gave Blackheath & Bromley an emphatic 40 point victory.

The Club will now compete in Division One of the League in 2014 against Saturday's runners up Gateshead, plus Herne Hill, Woodford Green with Essex Ladies; Kent AC, Thames Valley, Windsor Slough Eton & Hounslow, and the City of Glasgow.

#### **Parkrun results**

Bexley : 22 Christopher PIKE 00:22:22

Bromley : 6 Fintan PARKINSON 00:17:27 9 Rowan FUSS 00:17:55 18 Kelsey FUSS 00:19:30 31 Andrew LAWES 00:20:05 36

Keir LUNDY 00:20:23 40 Iain SWATTON 00:20:35 63 Justine EASTBURY 00:21:46 64 David CARTON 00:21:48 68 Barry

WETHERILT 00:21:55 111 Austin ADAMS 00:23:25 119 Helen GODSELL 00:23:39 144 Alice PRENTICE 00:24:41 148 Claire

AUSTRIDGE 00:24:46 164 John LEESON 00:25:28 175 Jennifer SHEASBY 00:26:13

Bryn Bach : 11 Mike SIMMS 00:21:16

Greenwich : 17 Rich GRANT 00:22:19

Killerton : 25 Bob MINTING 00:20:48

Orpington : 46 Karen DESBOROUGH 00:34:53

Riddlesdown : 62 Clive PAINTER 00:26:03

Whitstable : 27 Scott BULMER 00:23:20 29 Nigel BULMER 00:23:29

Wycombe Rye : 1 Glen TURNER 00:17:09



#### **30/07/13**

A year on from the London Olympics, the Sainsbury's Anniversary Games took place over the weekend at the Olympic Park and Blackheath & Bromley are very much part of the legacy with four of its members taking part.

First up on Friday was Adam Gemili in an all domestic field in the 100 metres B race. The European Under 23 champion did not have the best of starts but powered through to pip Sutton's Harry Aikines-Ayretey on the line with both timing 10.16. This was a seasons best for Adam by two hundredths of a second. Harry contests the 100 at the World Championships in Moscow in two weeks time while Adam goes in the 200 metres.

Joining them in Russia will be Dina Asher Smith, who at 17 is the youngest member of the Great Britain Senior party. As European Junior 200 metre champion she will be a great asset to the squad and showed this as she was part of the GB 4x100 team who ran the fastest time by a British quartet for 12 years. They won the race in 42.69 and this was nominated as the British performance of the night.

The 4x100 did not go so well for the men on the Saturday as they did not get round. The change from Adam on leg two to James Ellington saw the baton fall to the track and the GB challenge was over.

Meanwhile in the field Lorraine Ugen leapt 6.44 in the long jump to finish in 3rd place just two centimetres off the winning distance, but some way further than Olympic Heptathlon champion Jessica Ennis Hill. At the same time Izzy Jeffs was finishing in 8th place in the javelin with a throw of 51.65.

Izzy will be in action for the Club this Saturday as Blackheath & Bromley make a small piece of Athletics History as they host the first ever UK Womens League match at Norman Park Track. It is not just a National League match, it is a Premier Division match featuring the top eight clubs in the country with many Internationals set to compete.

Among those returning to the Norman Park track where they trained and competed for B&B as youngsters will be Senior Internationals such as UK record holder for the 100 metres Montell Douglas, plus Club record holders Shaunagh Brown (Discus and Hammer) and Serita Solomon (100 hurdles and 4x100).

To add to the celebrations the Club will be providing a beer tent and BBQ. First field event is at 12 noon with the action starting on the track at 1pm. Admission is free.

At the same time the men will be competing in the final British Athletics League Division Two match of the season at Allianz Park (Cophall). Currently they top the table but only on match points from Gateshead as both have 20 League points. With third placed Notts on 19.5 any two of these three will be promoted.

The fact that the Senior Womens team is in the Premier Division is in no small part to the Club being National champions for eight years in a row. They will have the chance to make this a ninth occasion after the combined mens and womens team qualified for the UK Development League Upper Division National Final which takes place at Birmingham on the 8th of September.

Although a joint scoring event, the best mens and best womens teams on the day of the Final are regarded as the best in the land and will represent the UK in the European Champion Clubs Cup for Juniors the following season. Having won last year the

women compete at Brno in the Czech Republic on the 21st of September to see if they can become champions of Europe.

The last Southern Premier Division One match at Allianz Park saw the Club finish in third place on the day and this left them in second place overall to take one of the two automatic places in the Final.

Shannon Hylton returned from the World Youth Championships in fine form to win both the 100 and 200 metres in the under 20 age group, despite being an under 17. She was also part of the under 17's winning 4x100 metre team along with her sister Cheriece, Maya Bruney and Vivien Olatunji.

Cheriece had earlier also stepped up an age group to win the under 20s 300 metres in 55.63 and she was also part of the winning under 17s 4x300 team with Leah Everson, Niamh Bridson Hubbard and Janae Galley.

It was a busy day for Jahisha Thomas who won both the under 20s 100 hurdles and long jump competitions with performances of 14.98 and 5.82 and she was also second in the triple jump.

More hurdles success came with Craig Morten winning the mens one lap event in 55.39 and Samantha Brown the womens in 62.95. The under 20 men enjoyed victory in the 4x100 metres courtesy of Ishmail Smith John, Javari Cameron, Alex Skipp and Kertis Beswick.

In the under 17s Vivien Olatunji won both the 100 and 200 metres which, taken with the sprint relay, gave her a hat trick of wins on the day. Middle distance success came with wins for Will Fuller in the 1500 and from Niamh Bridson Hubbard in the 3000 metres.

Further victories came from Aine Hurlock in the 300 metre hurdles and from Helena Coleman in the pole vault.

Some of the Club's youngest athletes were selected to compete at the Under 13s Inter Counties match at Kingston. A number of these achieved personal bests including Angus Harrington who timed 2.19.93 in the 800 metres and Mhairi Brooks and Antonia Alapafuja who ran 13.81 and 14.11 in the 100 metres. Angus was also 6th in the javelin with 32.50.

Eloise Locke was 2nd in the shot with 9.49 as well as coming 10th in the discus. Karina Harris was 3rd in the long jump with 4.58 and others in action included Dillon Robertson, Caelan Raju, Oliver Lucas Head, James Lancaster and Michael Eagling.

The previous weekend Michael was first home in the Family Anniversary Run over 2.5km at the Olympic Stadium. Not only did he win but he was greeted by one of Britain's greatest ever runners Paula Radcliffe, who congratulated him on his performance.

Peter Tucker has continued his busy recent race programme with a win in the Club 5000 metre championship at Norman Park. He timed 15.43.7 with Alex Gibbins second in 15.50.6 and young Richard Webb third in 16.00.8.

Peter also recently won the Bawl Water 15 in 1.30.16 and with Fintan Parkinson in 15th and Len Crowder 52nd the Club were runners up in the team race.

Peter Hannell was 8th in the penultimate Vets AC 5 Mile road race at Battersea Park. He timed 52.23 for the distance with David Hoben 11th in 57.46.

At the London Inter Club Challenge at Allianz Park, Shaun Lightman was 9th in the 5km in 30.57.

#### **Parkruns**

Barking : 34 Glen TURNER 00:25:00

Bromley : 10 Andy TUCKER 00:18:31 14 Steven PAIRMAN 00:18:52 23 Nick PERRY 00:19:34 26 Rowan FUSS 00:19:46 27

Joshua DOWLING 00:19:51 32 James PERRY 00:20:02 38 Andrew LAWES 00:20:20 42 Adrian STOCKS 00:20:33 51 Mike

SIMMS 00:20:57 71 Jon PAIRMAN 00:21:45 76 David CARTON 00:21:53 117 Richard GRIFFIN 00:23:29 127 Imogen DUKE

00:23:52 145 Cameron SWATTON 00:24:38 151 Robert PERRY 00:24:45 175 Stephen HOLLINGDALE 00:25:40 190 Claire

AUSTRIDGE 00:26:07 195 Ore OKIKIADE 00:26:31 197 Peter LOVELL 00:26:34 309 Honey OKIKIADE 00:34:21

Dulwich : 6 Fintan PARKINSON 00:17:52

Finsbury : 69 Austin ADAMS 00:24:32

Greenwich : 15 Rich GRANT 00:21:35

Orpington : 1 Peter TUCKER 00:16:32 14 Robert P BROWN 00:21:35

Poole : 63 Ian YOUNG 00:20:48

Riddlesdown : 25 Steve HALEY 00:23:13



#### **23/07/13**

Dina Asher Smith enjoyed an outstanding European Athletics Junior Championships at Rieti in Italy. Not only did the Blackheath & Bromley athlete win the 200 title, but, she was also part of the Great Britain quartet who won gold in 4x100 metres, breaking the British record in the semi final and then again in the final.

The Newstead Woods schoolgirl showed her intent by winning her heat of the 200 in a time of 23.14. This equalled her best for the event despite being into a -0.5 metre per second headwind.

The breeze was even stronger for the final as it hit -2.2 m/s but this did not stop Dina timing 23.29 to secure victory with fellow GB athlete Desiree Henry finishing second.

It was a proud moment for the 17 year old and also for her mum Julie and coach John Blackie who were there to watch. "As a young athlete you always watch these people who come here and win gold and just think, I want to be like that. To be one of them is just out of this world and I'm so happy."

She did not have much time to relax, however, as she was back at the track the next morning for the heats of the 4x100 relay. To the astonishment of many, Dina and her team mates Steffi Wilson, Yasmin Miller and Desiree Henry won their race in a new National record of 43.89.

Though delighted with this performance, the quartet needed to keep their feet on the ground and concentrate on the final. This they did with Dina picking up her second gold of the Championships as they again broke the National record lowering the mark to 43.81.

It was a remarkable few days for Dina and her wonder season will continue with a place in the GB Senior squad for the World Championships which take place in Moscow in three weeks time.

Dina's introduction to Athletics at the Club came through the Bees Academy and another product of this scheme, and a training partner of Dina's, Cheriece Hylton, was also on winning International duty. She was first in the 300 metres at the SIAB Home Countries Schools International in Dublin by over half a second in a time of 38.10, her third quickest ever time.

She was also part of the 4x300 metre team who won in a new meeting record of 2.37.66 over two seconds quicker than the previous best set in 1997.

It was gold as well for Stefan Amokwandoh. He went to the meeting intent on achieving a personal best and succeeded in his quest. It is always a great feat to improve one's best when wearing an International vest and he leapt 14.44 in the triple jump to win the competition by an impressive 80 centimetres.

Kerri Davidson was so close to making it a hat trick of victories for Club members. She had to settle for second place in the womens triple jump with a leap of 11.44 into a minus headwind. This left her just 4 centimetres shy of the winning distance by Ireland's Maria Carey.

More success came at Hendon where the South Of England multi events championships took place along with the Area 3000 metres championships for under 15s and under 17s.

In his first year in the age group, Mark Cryer won bronze in the Senior Mens Decathlon with a points score of 5994. Jessica Keene was 2nd in the under 15 girls 3000 metres in 10.19.66 while Naomi Kingston was 4th in 10.55.28.

Many more of the Clubs under 15s and under 13s were in action in the final Kent Young Athletes League match of the season at Ashford. It proved another successful occasion with the under 13 boys and girls, and the under 15 girls winning and the under 15 boys coming second.

In the under 15s Megan Beaman-Browne won the 75 metres hurdles in a grade one time of 12.06 and she was also part of the winning 4x100 team. Also in the team were Toyin Orelaja who had earlier won the high jump and Magda Cienciala who ran a grade one of 26.18 to finish second in the 200 metres. Olivia Richer completed the victorious quartet.

In the field Anna Barnett set a personal best of 28.64 to win the discus as did Korede Osibini in the boys javelin with a throw of 38.58.

The throws success continued in the under 13s age group as Eve Keith won both the girls shot and discus events, and Daisy Dowling the javelin. James Lancaster was first in the boys discus and hammer while Henry James Cowie won the shot. Also in the field Tajera Baldie took the honours in the girls long jump.

Mhairi Brookes may have come second in the 150 metres but her time of 20.62 was a grade one. She was also in the winning 4x100 metres team along with Antonia Alapafuja, Karina Harris and Gabrielle Dalson . They won by almost three seconds in 56.27.

These strong performances meant that the combined girls under 13 and under 15 squad were League winners for the season while the boys finished in second.

It has been a busy few days for the walkers. The National 10km Championship took place at Hillingdon on the 20th with Peter Hannell finishing in 22nd in 1 hour six minutes and 17 seconds. Shaun Lightman was next in 23rd. He started cautiously because of an injury and moved through the field strongly.

He may also have been saving himself for the Masters Inter Area Challenge Match at Solihull the next day. Here he won the over 60s 2000 metre track walk in a time of 11.47.70.

The previous week Peter Hannell was 6th in the British Milers Club 1km at Sutcliffe Park in a time of 5.48.33.

The weekends Parkrun results are listed below and show a remarkable set of results from the Stickings family with sons Bailey and Lewis first and second at Shorne Woods and dad Nigel in third. Ninth overall and first woman was mum Charlotte.

Bexley : 30 Christopher PIKE 00:23:23

Bromley : 6 Aleksander WILTSHIRE 00:18:18 10 Alex LEGGATT 00:18:57 29 Sarah BELAON 00:20:30 34 Nick PERRY 00:20:49 38 Scott BULMER 00:20:52 39 Iain SWATTON 00:20:53 48 Glen READ 00:21:06 50 Mike SIMMS 00:21:09 65 Nigel BULMER 00:21:41 74 John FENWICK 00:21:50 140 Austin ADAMS 00:23:59 147 Jennifer SHEASBY 00:24:10 152 Richard GRIFFIN 00:24:26 200 Nigel HAFFENDEN 00:26:34 204 Chloe HAFFENDEN 00:26:40 207 Peter LOVELL 00:26:43 283 Steven PAIRMAN 00:29:07 309 Leszek MALYNICZ 00:31:32 333 Honey OKIKIAD 00:35:46

Greenwich : 23 Rich GRANT 00:22:55

Ipswich : 12 Angus HARRINGTON 00:20:17

Killerton : 18 Bob MINTING 00:20:59

Kingston : 1 Glen TURNER 00:17:00

Lloyd : 50 Clive PAINTER 00:26:38

Orpington : 2 Joshua Henry DAVIDSON 00:18:58 5 Joseph GEORGIADIS 00:19:13 21 Billy KEENE 00:22:32 30 Mick KEENE 00:23:32 79 Karen DESBOROUGH 00:34:18 87 Martin LUNDIE 00:38:24

Riddles down : 65 Helen GODSELL 00:25:48

Shorne Woods : 1 Bailey STICKINGS 00:19:27 2 Lewis STICKINGS 00:20:59 3 Nigel STICKINGS 00:21:01 9 Charlotte STICKINGS 00:22:20



**16/07/13**

Three members of Blackheath & Bromley have been selected to represent Great Britain at the IAAF World Athletics Championships in Moscow from the 10th to the 18th of August.

Adam Gemili, the world junior 2012 100 metre champion, has been chosen for the 200 metres and the 4x100 metres. The Michael Afilaka coached athlete earlier this season ran 20.30 for the 200, the fastest by a Briton for five years. He is also selected for the 4x100 metre relay.

Lorraine Ugen missed out on a place in the long jump at last years London Olympic Games by just one centimetre. Having leapt inside the qualifying mark for Moscow with a 6.77 distance in the United States last month, the Frank Attoh coached athlete will look forward to her first full Senior GB vest.

Dina Asher Smith is, at 17, the youngest member of the Great Britain squad. Coached by John Blackie, she is the National Under 20 100 and 200 metre champion and the English Schools 200 title holder. She has been selected as part of the 4x100 squad. The Newstead Woods schoolgirl is currently in Italy where she is representing Britain at the European Under 20 Championships.

Adam Gemili came away from the European Under 23 Championships at Tampere in Finland with two gold medals, and a European record.

First up was the 100 metres where he cruised through his heat in 10.42. In the semi final he set a seasons best of 10.18 to make him favourite for the final. He did not disappoint winning in 10.20, nine hundredths of a second clear of fellow Briton Deji Tobais.

The 19 year old was obviously delighted with his performance "This is the main championships of the year for me so to come here and win gold is a brilliant feeling".

Prior to the 100 final he had also won his heat of the 200 in a time of 20.46. Doubling up in a Championship such as this is a tall order and, in his fifth race in three days, he finished in 4th place in the final in 20.51.

Recognising his fatigue, the British management rested him for the heats of the 4x100 metres, in which the GB quartet qualified with ease. Adam was back for the final though and he anchored the team home for victory. The icing on the cake was a new European Under 23 record of 38.77.

The Club were proud to have three members selected for these Championships but, unfortunately, things did not go quite so well for its two other representatives. Having qualified for the final of the long jump with the fourth furthest leap of the qualifiers (6.32), Lorraine Ugen withdrew as a precaution.

Izzy Jeffs just missed out on a place in the javelin final. Her distance of 51.88 in the qualifiers was the 13th best overall which meant she missed the final by one place, the top 12 going through.

Meanwhile in Donetsk in the Ukraine, Shannon Hylton was representing Great Britain at the World Youth Championships. The John Blackie coached athlete started with a win in her heat and was just outside her best with a time of 23.58.

Onto the semi final where she qualified for the final by finishing in second place in 23.94. She finished in 6th place in the Final in a time of 23.64, the race being won in a Championship record of 22.92 by Sweden's Irene Ekelund.

Shannon would have liked to have set a new best but thoroughly enjoyed representing her country in a Championship event.

Second claim member Robyn Pettit cleared 1.74 for 8th place in the qualifying pool of the high jump.

Shaunagh Brown is the British Hammer champion. She won her title at the World Championship Trials, which were incorporated in the Sainsburys British Championships at Birmingham's Alexander Stadium, with a distance of 62.71. Not only this, she also picked up silver in the shot with a distance of 15.76.

In the 100 hurdles Serita Solomon donned her lucky socks and broke her own Club Senior record yet again in winning her heat in 13.09. This is inside the B standard for the World Championships. In the final she won silver in 13.18.

It was silver too for Chioma Matthews in the triple jump with a leap of 13.38 while there were bronze medals for Scott Overall in the 10,000 after a frantic last 400 metre burn up; and for Samantha Milner in the discus with a throw of 47.38.

Montell Douglas was 4th in the womens 100; James Alaka 6th in the 200; Zara Asante 7th in the triple jump; and Oliver Newport 10th in the long jump.

Although they did not qualify for the finals Jahisha Thomas in the 100 hurdles and Grace Sheppard in the 100 metres set personal bests of 14.24 and 11.99 respectively.

After their exertions in Birmingham on Friday and Saturday, Grace and Zara were back in action again on the Sunday as the Club finished in second place in the 4th round of the Southern Athletics League at Harrow. With one match to go there is now no danger of them being one of the four teams relegated from the 16 strong division. In fact after a poor first match they are now 4th in the table.

Grace won the A string 100 while Zara won the triple jump by over two metres with a leap of 12.66. Further wins came from Krystal Galley (400), Anna Myers (3000), Leah Everson (400 hurdles) and the 4x400 quartet of Krystal, Leah, Charlotte Colegate and Natalie Jones.

Luke Smallwood's work commitments mean he is limited in his appearances for the Club but he more than made up for this in the sweltering conditions. He not only won the A string 400 hurdles, but also scored important points in the 110 hurdles, 3000 steeplechase, 200, high jump, long jump, hammer and both relays!

Mark Cryer was another busy athlete. He won the A string 110 hurdles as well as competing in the 100, 400 hurdles, high jump, long jump and shot.

Steve Timmins enjoyed wins in the shot and discus while Georges Vacharapoulos won the 800.

While this is a senior league a number of under 17s competed for the Club performing well in the difficult conditions.

One of the most pleasing aspects of watching the World Trials and hearing the subsequent selections was to see so many of the Clubs former young athletes blossoming into Seniors. It was not so long ago that the likes of Shaunagh Brown, James Alaka, Serita Solomon and more recently Dina Asher Smith proudly held Kent County Under 13 winners trophies.

The Clubs future Seniors were in action at the final UK Youth Development League Lower Age Group Premier Division One match at Eton. In the blistering heat they finished in third, their highest placing of the season, and, although this will not be enough to gain them a place in the National Final, there were plenty of promising performances.

Amongst these was a win for Magda Cienciala with a Grade 1 25.9 in the under 15 girls 200 metres and she was also part of the victorious 4x100 team along with Olivia Richer, Nicole Farmer and Megan Beaman- Browne who clocked 50.8. Further A string wins came from Jessica Keene in the 1500 and Toyin Orelaja in the high jump.

Megan Beaman-Browne may not have won the 75 metre hurdles but her time of 11.9 was a National Grade One performance. Star athlete of the day, however, was Eloise Locke in the under 13 girls age group. Not only did she win the javelin and shot with Grade One performances, her distances of 28.40 and 9.90 were new Club Records. She is now ranked 4th in the country this year for the shot. Karina Harris added to the celebrations with victory in the long jump with a leap of 4.54.

Henry James Cowie had a remarkable afternoon as in only his second appearance for the Club he won three events while competing in them all at the same time.

He started the high jump at 1.15pm then the shot put at 1.45pm, sprinting the length of the in field to get both a throw and a jump in. His throw of 9.61 was a Grade One. Then at 2.15pm he ran and won the B string 800m in an impressive 2.24.4 before jogging back to the high jump to win the B string in 1.40.

A string winner of the high jump was Oliver Lucas Head whose clearance of 1.45 was a grade one and he also won the A long jump with 4.35.

More field success came courtesy of Angus Harrington who set a best of 33.65 to win the javelin and then ran a pb of 4.50.6 in the 1500. His javelin throw was a grade one and his 1500 was just one tenth off the same standard, great versatility.

Michael Eagling was involved in one of the most exciting finishes of the day, setting a new grade one best of 4.46.9, the same time as the winner. Dillon Robertson also ran a grade one of 2.21.8 in coming second in the 800.

Under 13s team manager Paul Austridge was also hugely appreciative of the efforts of James McGruer, Myles Xavier, Dominic Mulhall and Lewis Stickings plus George Pope and Caelan Raju who with Oliver and James gained third in the 4x100 despite dropping the baton.

If these youngsters were wondering where they should go after tasting senior success they need look no further than the Masters age groups where the Club is celebrating both its men and womens teams qualifying for the Southern Area Final on the 1st of September.

They did this at the final Kent Masters League match of the season at Dartford led in the mens match by former stalwarts of the Clubs Young Athletes and Junior teams Michael Champion and Steve Timmins who won the 100 metres and the discus respectively.

Further victories came from Mark Watling and Graham Coates who won the over 50s and over 60s 800 metre races. This helped the team to second place on the night which was enough to ensure they won the League title by 2.5 points from Cambridge Harriers.

Going into the womens match, it was a battle between B&B and Cambridge as to who would join leaders Dartford in the final. It was a tense affair but ultimately Blackheath & Bromley came second on the night pipping their rivals by four points.

They were helped in no small part by Helen Godsell and Maureen Miller who won the over 50s 100 and 800 metres races but also by others such as Jackie Montgomery who competed in the 100, discus and 4x100 and Maz Turner who as team manager led by example scoring points in the 800 and long jump in the over 60s.

On the roads Peter Tucker continued his prolific race schedule with victory in the Dartford Half Marathon. Defying the sweltering conditions, he crossed the line in 75.09.

At the Bill Collins 3km walk at Tonbridge School, Peter Hannell finished the twisting course in 4th place in 18.38 with David Hoben 6th in 21.05.

#### **Parkruns**

Bromley : 5 Andy TUCKER 00:18:33 11 Steven PAIRMAN 00:18:59 18 James PERRY 00:19:41 24 Nick PERRY 00:19:55 29 Nigel HAFFENDEN 00:20:11 30 Alex LEGGATT 00:20:14 33 Robert P BROWN 00:20:22 40 Keir LUNDY 00:20:35 44 Iain SWATTON 00:20:42 50 Sarah BELAON 00:21:00 58 Harrison PARKER 00:21:21 86 Nigel BULMER 00:22:22 148 Austin ADAMS 00:24:23 152 Scott BULMER 00:24:28 170 John LEESON 00:24:54 179 James TUCKER 00:25:05 183 Adrian PERRY 00:25:11 231 Peter LOVELL 00:26:51 265 Ife OKIKIADE 00:28:20 266 Ore OKIKIADE 00:28:22 364 Honey OKIKIADE 00:36:57  
Chelmsford Central : 11 Adrian STOCKS 00:19:51  
Dulwich : 16 Peter HAMILTON 00:19:42  
Eastleigh : 73 Carolyn HALEY 00:28:38  
Greenwich : 17 Christopher PIKE 00:22:07 40 Rich GRANT 00:25:01  
Huntingdon : 1 Glen TURNER 00:17:37  
Lloyd Park : 53 Clive PAINTER 00:27:33  
Orpington : 13 Mick KEENE 00:22:22 18 Harry William KEENE 00:23:09 22 Dave LEAL 00:23:40  
Woodlands : 4 Bob MINTING 00:22:25



**9/07/13**

Blackheath & Bromley's senior womens team finished in 5th place in the second of the three UK Womens League matches of the season at Manchester. This leaves them in 6th place in the eight team division with just one fixture remaining.

With the match featuring the top eight clubs in the country, Serita Solomon was the only A string winner. She took the 100 hurdles in 13.39 just days after breaking the Club record at the Cork City Sports meeting with a time of 13.21. Runner up places went to Montell Douglas in the 100; Shaunagh Brown (shot), Lauren Blackie (triple jump), and the 4x100 quartet of Serita, Montell, Lauren Stevens and Grace Sheppard.

Shaunagh was also third in the hammer, as was Abigail Kingston in the 2000 metres steeplechase.

Clare Elms tripled up in the middle distance and in the process broke both the womens over 35 Club 1500 and 3000 metre records with times of 4.49.63 and 10.04.92.

As with the first match, the squad was stretched and a number of athletes did more than their fair share of events. So the crowd was treated to the sight of Montell Douglas competing in the shot and producing a useful 8.57; and Rachel Arnheim throwing the javelin for a new best. Athlete of the Match award went to another athlete who put herself out for the team. Young Jess Jones ran both the 800 and 1500 metres and contributed a leg in the 4x400 when no one else was available to compete.

The final fixture, on the 3rd of August makes a small piece of Club History as it will be the first ever UK Womens League match to take place at the Club's home base at Norman Park.

The men finished second in their British Athletics League Division Two match at Eton and now head the table but by a very small margin. They have 20 points, the same as second placed Gateshead and only lead on match points. Notts AC are third on 19.5 and with only the top two promoted it promises to be a tense last match at Allianz Park (Cophall) on the 3rd of August.

Individual A string wins came from James Alaka in the 200; Scott Overall (5000) Mark Longhurst (pole vault) and the 4x100 quartet of James, Femi Owolade, Duayne Bovell and Toby Olubi.

Femi was also second in the 100 metres as was Steve Timmins in the shot with a seasons best of 13.95. Third placings came courtesy of Phil Sesemann in the 800, Ed Harrison (110 hurdles), Mike Van Den Dobbelsesteen (javelin) and the 4x400 quartet of Femi, Ed, Richard Davies and Craig Morten, who had an exhausting day racing the 400 hurdles and 400.

Mark Cryer was the Club's athlete of the match competing in five events and scoring 42 points for the team. This included a personal best to win the B string 110 hurdles, an equal best in the high jump and a runner up spot in the B string vault.

The Club's Senior athletes of the future enjoyed a very successful couple of days at the English Schools Championships in Birmingham. They won four individual gold medals, three silver and three bronze and three athletes gained International vests on the back of their performances.

Dina Asher Smith won the Senior Girls 200 by over a second in 23.63 and Oliver Newport produced a seasons best of 7.44 to win the long jump.

Stefan Amokwandoh took the Intermediate Boys triple jump title with a leap of 14.33 and his reward for this is an England vest in the forthcoming Home Countries International. Joining him there will be Cheriece Hylton who won the Intermediate Girls 300 metres in 37.93 and Kerri Davidson who was second in the IG triple jump with new personal best of 12.19.

Other silvers came from Kertis Beswick in the Senior Boys 110 hurdles with a pb of 14.22 and from Gemma Brown in the Senior Girls discus with a throw of 41.21.

Elsewhere in the Senior age groups Jahisha Thomes won bronze in the long jump with a leap of 5.95, yet another personal best. Just outside the medals was Tom Parker who was 4th in the Hammer with 60.57 while Rhiannon Jones was 5th in the 100 hurdles and Rachel Dickens 8th in the 400. Max Mondelli timed 11.09 in the heats of the 100.

Richard Webb won a well deserved bronze in the Intermediate Boys 1500 steeplechase timing 4.23.05, a new best. Vivien Olatunji in the 100 and Yemisi Sofolarin in the discus both finished in 4th place. Will Fuller was 5th in the 1500; Bailey Stickings 8th in the 400 hurdles and Helena Coleman 9th in the pole vault.

Alex Skipp made the semi finals of the 200 after running a best of 22.68 in the heats.

More medals came in the Junior age group as Isabella Hilditch struck bronze in the long jump with a leap of 5.27. Dele Aladese was 4th in the boys discus while Anna Barnett was 11th in the girls. On the track Jessica Keene was 12th in the 1500 while Shannon Risky ran 2.21.99 in the heats of the 800.

While the youngsters were celebrating in Birmingham, there were similar shows of jubilation at the Kent Masters League at Ashford where the men consolidated their position at the top of the table and the women leap frogged into second place, a position, which if they stay there, will take them to the Southern Final.

Although the men were second on the night, the result leaves them on 26 points, 3.5 clear of second placed Cambridge with Dartford third on 21. They only need to come 5th in the last match at Dartford next Monday but will want to finish the League season with something special before they travel to the Southern Final in September.

At Ashford fast improving Gareth Evans warmed up for the following days British League by winning the 3000 metres in the over 35s age group. Likewise, Steve Timmins who won the Hammer by over 11 metres.

In the over 50s Clem Leon was victorious in the 400 metres while in the over 60s Peter Hamilton won the 3000 metres by half a minute.

Meanwhile in the womens match the B&B team were having a great evening eventually running out winners by three and a half points. Jennie Butler and Andrea Pickup snapped up maximum points in the over 35s 3000 metres while Jackie Montgomery soared over 2.30 in the pole vault for victory (the first of four consecutive days of competition).

In the over 50s Helen Godsell dominated the 400 winning by nearly five seconds, and Anne Cilia was similarly superior in the 2000 walk as she came home over half a minute clear of the field.

With one match to go the Club go head to head with Cambridge to determine who will secure the second place in the Area Final, Dartford having already secured the Kent title.

Off the track Ben Cockburn led home a field of 111 runners in the Highway 10km. His winning time was 36.44 while Tom Desborough was 14th in 43.14.

#### Parkruns

Bromley: 6 Marco ARCURI 00:17:52 7 Aleksander WILTSHIRE 00:17:55 18 Robert PERRY 00:19:03 23 Niamh BRIDSON HUBBARD 00:19:23 28 Keir LUNDY 00:19:39 31 Jamie GOSNELL 00:19:57 36 Barry WETHERILT 00:20:14 42 Adrian PERRY 00:20:32 43 Mike SIMMS 00:20:37 44 Iain SWATTON 00:20:39 46 Sarah BELAON 00:20:41 59 David CARTON 00:21:11 60 Glen READ 00:21:12 63 Nigel BULMER 00:21:15 66 John FENWICK 00:21:22 78 Nigel HAFFENDEN 00:21:48 79 Ian MONTGOMERY 00:21:49 211 Jackie MONTGOMERY 00:25:47 227 Peter LOVELL 00:26:09 342 Ore OKIKIADE 00:32:58 371 Honey OKIKIADE 00:44:20  
Greenwich : 1 Fintan PARKINSON 00:17:50  
Richmond Park : 2 Glen TURNER 00:17:00  
Woodlands : 4 Bob MINTING 00:22:36



#### 2/07/13

Adam Gemili continued his build up for the European Under 23 Championships in Finland in two weeks time with his fastest legal 100 metres of the year. Competing in the Ostrava Golden Spike meeting in the Czech Republic, the Blackheath & Bromley athlete timed 10.19 into a -0.5 metre per second headwind to finish 4th in his race.

However, this was only half the story as he had raced the 100 metres just 10 minutes previously! The athletes did not hear the recall gun and both Adam and Jamaica's Asafa Powell ran the whole distance only to find there had been a false start. Others in the race did not do the full distance before pulling up. His 10.19 could, therefore, have been quicker but for this.

More good news came from Germany as Dina Asher Smith set a new personal best for the 100 metres at the Mannheim International. Her time of 11.38 into a mild headwind moves her to top of the UK Under 20 rankings and is a new Club Junior record.

In France, at Castres, James Alaka ran a seasons best of 20.95 for the 200 metres and also ran 10.34 for the 100. Chioma Matthews set a new best of 13.50 in the triple jump and is now just 14 centimetres shy of the Club Record.

The Club's Under 20s and Under 17s took a step closer to securing a place in the National Final of the UK Development League when they finished in third place in the Premier Division One match at Reading. After three matches they are second in the table with the same number of League points as leaders Shaftesbury Barnet. Crucially they have a three point cushion over third placed Windsor.

Shannon Hylton celebrated her selection for the World Youth Championships by winning both the under 20s 100 and 200 metres in times of 11.81 and 23.67, a notable achievement considering she is still an under 17. Had she not run the 200 the Club's fortunes would have been in safe hands as her twin sister Cheriece's time of 24.09 in the B string would also have won the A string. Both sisters were also members of the winning under 17s 4x100 quartet along with Vivien Olatunji and Aine Hurlock, and their time of 48.28 would have won the under 20s race. Vivien had earlier won the under 17 100 and 200 metre races.

The Hylton sisters were not the only siblings to enjoy victories as while on the track Samantha Brown won the under 20s 400 hurdles in 62.63, her younger sister Gemma enjoyed victory in the discus with a throw of 40.17.

More hurdles success came in the under 17 age group with Bailey Stickings winning the 400 hurdles in 59.15 and Leah Everson the 300 hurdles in 47.84. Leah also joined Sonia Woolhouse, newly crowned Kent 3000 metre champion Niamh Bridson Hubbard and Janae Galley for victory in the 4x300 metres in 2.53.34.

Still on the track Will Fuller took the honours in the 800 metres in 1.59.97 as in the field Yemisi Sofolarin won the discus and Kerri Davidson the triple jump.

Barring a disaster in the last match at Allianz Park (formerly known as Cophall) on the 28th of July, the squad should qualify for the National Final but nothing is guaranteed so another strong performance is required.

Niamh's winning time in the Kent under 17 championships at Dartford was a new personal best of 10.42.4 and there was gold too for Amber Reed in the under 20s race.

Also on the winning trail this week was Peter Tucker in the Orpington 10km, a multi terrain race around the High Elms area. His winning time over an undulating course was 36.16.

Shaun Lightman finished in 8th place in the Enfield League race at Allianz Park. He timed 30.00.19 for the 5km walk.

#### Parkruns

Andover. 11 Peter HAMILTON 00:20:11  
Bexley : 24 Christopher PIKE 00:22:16  
Bromley : 7 Fintan PARKINSON 00:18:03 13 Andy TUCKER 00:19:07 15 Steven PAIRMAN 00:19:20 19 Nigel HAFFENDEN 00:19:38 20 Andrew LAWES 00:19:44 25 Keir LUNDY 00:19:57 26 Adrian STOCKS 00:20:11 27 Graham John COATES 00:20:12 33 Barry WETHERILT 00:20:40 39 Iain SWATTON 00:21:03 42 Glen READ 00:21:07 48 John FENWICK 00:21:14 62 Scott BULMER 00:21:55 65 Nigel BULMER 00:21:58 73 Ian MONTGOMERY 00:22:18 74 Harrison PARKER 00:22:19 141 Mike SIMMS 00:24:13 145 Richard GRIFFIN 00:24:18 163 Jackie MONTGOMERY 00:24:55 169 John LEESON 00:25:03 171 Austin ADAMS 00:25:05 177 Adrian PERRY 00:25:25 227 Peter LOVELL 00:27:38 324 Leszek MALYNICZ 00:34:30

Gladstone : 2 Glen TURNER 00:17:07

Greenwich : 9 Lewis STICKINGS 00:20:19 19 Charlotte STICKINGS 00:21:59

Lloyd Park : 7 Georgina TAYLOR 00:20:12 23 Ian TAYLOR 00:22:35

Maidstone : 10 Jessica Zara KEENE 00:20:07 24 Mick KEENE 00:22:12 27 Harry William KEENE 00:22:25

Orpington 1 Peter TUCKER 00:18:05 16 Robert P BROWN 00:21:15 22 Joseph GEORGIADIS 00:22:12 92 Karen  
DESBOROUGH 00:35:51

Whitstable : 4 Neil AYRTON 00:19:36 6 Mark ELLISON 00:20:23 8 Paul ROSS-DAVIES 00:20:46

Woodlands : 3 Bob MINTING 00:22:25



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