

Blackheath & Bromley Harriers AC



Summer Programme 2010



President: Richard Coe

Club Headquarters

The Sydney Wooderson Centre
56 Bourne Way, Hayes, Bromley, Kent, BR2 7EY
Tel: 020 8462 3115

www.bandbhac.org.uk

Summer Events 2010

DAY	DATE	VENUE	MATCH
Mon	5 Apr	Tonbridge	Open T & F meeting (10.30)
Sun	11 Apr	Crystal Palace	Hercules Wimbledon Young Athletes
Sun	11 Apr	Canterbury	Kent Young Athletes league
Sat	17 Apr	Lee Valley	Alpha & Beta trophies
Sat	17 Apr	Sutton Park	National M12/W6 stage road relays
Sat	17 Apr	Kingston	Sward & Kinnaird trophies
Sun	18 Apr	Copthall	National Junior Athletic League
Fri	23 Apr	Sutcliffe Pk	Kent Masters' League (18.45)
Sat	24 Apr	Portsmouth	Southern Women's League (S)
Sun	25 Apr	Blackheath	London Marathon
Wed	28 Apr	Hayes	Parris Handicap (19.15)
Wed	28 Apr	Norman Park	W&NW Kent Schools Championships
Sat	1 May	Bedford	BUCS Championships
Sat	1 May	Battersea Park	Southern Men's League
Sun	2 May	Bedford	BUCS Championships
Sun	2 May	Norman Park	National Young Athletes League
Mon	3 May	Bedford	BUCS Championships
Mon	3 May	Beckenham	Ted Pepper 10km
Fri	7 May	Canterbury	Kent Masters' League (18.45)
Sat	8 May	Ashford	KCAA Championships
Sun	9 May	Ashford	KCAA Championships
Tue	11 May	Norman Park	Bromley Yr 7 Inter-sch's champs (G)
Sat	15 May	Sutton Park	British Masters Road Relay Champs
Sat	15 May	Walton	Southern Men's League
Sun	16 May	High Wycombe	National Young Athletes League
Mon	17 May	Erith	Kent Masters' League (18.45)
Wed	19 May	Hayes	Parris Handicap (19.15)
Sat	22 May	Milton Keynes	Southern Women's League (D)

Sun	23 May	Loughborough	International
Sun	23 May	Eton	National Junior Athletic League
Wed	26 May	Norman Park	Club 10000m Championship(19.30)
Sat	29 May	Ashford	SEAA U15/U17 Championships
Sun	30 May	Bedford	CAU Championship
Sun	30 May	Ashford	SEAA U15/U17 Championships
Mon	31 May	Bedford	CAU Championship
Mon	31 May	Erith	Kent Young Athletes league
Sat	5 Jun	Cardiff	British Athletics League (men)
Sat	5 Jun	Stoke	England Combined Ev. Ch. (Sen/U20)
Sat	5 Jun	St Mary's Col	Southern Men's League
Sat	5 Jun	Birmingham	UK Womens Athletic League
Sun	6 Jun	Stoke	England Combined Ev. Ch. (Sen/U20)
Sun	6 Jun	Ashford	SCVAC Championships
Wed	9 Jun	Norman Park	Club Championships (19.00)
Sat	12 Jun	Ashford	Kent Schools Championships
Sat	12 Jun	Crystal Palace	SEAA U20/Senior Championships
Sun	13 Jun	Crystal Palace	SEAA U20/Senior Championships
Mon	14 Jun	Gillingham	Kent Masters' League (18.45)
Wed	16 Jun	Norman Park	Brom Sch's Minors (yrs 7&8) Boys Ch.
Wed	16 Jun	Hayes	Parris Handicap (19.15)
Thu	17 Jun	Norman Park	Bromley Pri. Small Schools Champs
Sat	19 Jun	Bedford	England U20/U23 Championships
Sat	19 Jun	Brighton	Schools Intercounty match
Sun	20 Jun	Bedford	England U20/U23 Championships
Sun	20 Jun	Battersea Park	National Young Athletes League
Wed	23 Jun	Norman Park	Brom. Sch's Minors (yrs 7&8) Girls Ch.
Wed	23 Jun	Dartford	KCAA M10km/W3km Champs
Thu	24 Jun	Norman Park	Bromley Pri. Medium Schools Champs
Fri	25 Jun	Birmingham	UK Championships/Euro. Trials

Sat	26 Jun	Ware	Southern Men's League
Sat	26 Jun	Crawley	Southern Women's League (D)
Sat	26 Jun	Birmingham	UK Championships/Euro. Trials
Sun	27 Jun	Woodford	National Junior Athletic League
Sun	27 Jun	Birmingham	UK Championships/Euro. Trials
Mon	28 Jun	Ashford	Kent Masters' League (18.45)
Thu	1 Jul	Norman Park	Bromley Pri. Large Schools Champs
Sat	3 Jul	Sheffield	British Athletics League (men)
Sat	3 Jul	Cardiff	British Masters Championships
Sun	3 Jul	Manchester	UK Womens Athletic League
Sun	4 Jul	Cardiff	British Masters Championships
Wed	7 Jul	Norman Park	Club Walks Championships (19.30)
Fri	9 Jul	Birmingham	English Schools Championships
Fri	9 Jul	Norman Park	Kent Masters' League (18.45)
Sat	10 Jul	Birmingham	English Schools Championships
Sat	10 Jul	Gateshead	Grand prix
Sat	10 Jul	Norman Park	Southern Men's League
Sun	11 Jul	Ashford	Kent Young Athletes league
Mon	12 Jul	Norman Park	Brom. Pri. Schools individual finals
Wed	14 Jul	Norman Park	Club Championships (19.00)
Wed	14 Jul	Norman Park	Johnson Bowl (Road walk)
Sat	17 Jul	Gateshead	England Senior Championships
Sat	17 Jul	Glasgow	Schools International
Sun	18 Jul	Gateshead	England Senior Championships
Sun	18 Jul	Sutton Arena	National Young Athletes League
Wed	21 Jul	Hayes	Parris Handicap (19.15)
Sun	24 Jul	Eton/Copthall	BAL Cup (10 in 100) Semifinal
Sun	25 Jul	Norwich	National Junior Athletic League
Sun	25 Jul	Kingsmeadow	Under 13 Intercounty match
Sat	31 Jul	Norman Park	British Athletics League (men)

Sat	31 Jul	Cambridge	Southern Men's League
Sun	31 Jul	Eton	UK Womens Athletic League
Sun	1 Aug	Copthall	National Young Athletes L. Area final
Sat	7 Aug	Stoke	England Combined Ev. Ch. (U17/15)
Sat	7 Aug	Bedford	Southern Women's League (D)
Sun	8 Aug	Stoke	England Combined Ev. Ch. (U17/15)
Sun	8 Aug	Sutton Valance	Kent Young Athletes league
Sun	8 Aug	Hemel Hempstead	U17 Inter-county match
Mon	9 Aug	Norman Park	B&B Open track & field meeting (19.00)
Wed	11 Aug	Norman Park	Club 5000m Championship (19.15)
Wed	11 Aug	Norman Park	Surrey WC Open 5km walk (19.40)
Fri	13 Aug	Crystal Palace	Grand Prix
Sat	14 Aug	Crystal Palace	Grand Prix
Sun	15 Aug	Bedford	International Games (BIG)
Sun	15 Aug	Ashford	Senior Intercounty match
Wed	18 Aug	Hayes	Parris Handicap (19.15)
Wed	18 Aug	Sutcliffe Park	Sydney Wooderson Memorial 800m
Sat	21 Aug	Liverpool	British Athletics League (men)
Sat	21 Aug	Bedford	England U15/U17 Championships
Sun	22 Aug	Bedford	England U15/U17 Championships
Mon	23 Aug	Norman Park	B&B Open track & field meeting (19.00)
Sun	29 Aug	Copthall	SEAA U15/U20 Intercounty match
Wed	1 Sep	Hayes	Parris Handicap (19.15)
Sat	4 Sep	Copthall	BAL Cup (10 in 100) Final
Sat	4 Sep	Norman Park	Southern Women's League (D)
Sun	5 Sep	Manchester	National Young Athletes Lge Final
Sun	5 Sep	Ashford	SCVAC Inter-club finals
Wed	8 Sep	Norman Park	1 hour run (19.30)

Sun	12 Sep	Sutton Valance	KCAA Relays Championships
Sun	12 Sep	Derby	National Junior Athletic Lge Final
Sat	18 Sep	Poland	Euro Junior Clubs Champs
Sat	18 Sep	Erith	KCAA Comb. Ev., U13 & Masters Ch.
Sat	18 Sep	Sparrows Den	Will Bolton CC relays
Sun	19 Sep	Erith	KCAA Comb. Ev., U13 & Masters Ch.



Summer Supper 2009 - The 'under the clock at one o'clock' photo...



Our winners at the European Junior Clubs Cups - Tuzla Bosnia 19/9/2009

League Fixtures at a glance

British Athletics League www.bal.org.uk – (Senior and Junior Men. U17 used occasionally)

Team Manager. Pat Calnan - **07779 052286 (m)** patrick.calnan@msb.com

Captain. Michael Skinner. Vice Captain. Ed Harrison

Sat 5/6/10 Cardiff	Sat 31/7/10 Norman Park
Sat 3/7/10 Sheffield	Sat 21/8/10 Liverpool

Southern Men's League Div 3S (Seniors, U20 and U17 Men)

Acting Team Manager. Pat Calnan. Details as above

Sat 1/5/10 Battersea Park	Sat 26/6/10 Ware
Sat 15/5/10 Walton	Sat 10/7/10 Norman Park
Sat 5/6/10 St Mary's College	Sat 31/7/10 Cambridge

UK Women's League www.ukwal.org.uk (Seniors and Under 20 Women only)

Team Manager. Michael Champion - 01689 600118 (h) **07779 052285 (m)**
chocmushroom@hotmail.com

Captain. Liz Hughes

Sat 6/6/10 Manchester	Sun 31/7/10 Copthall
Sun 3/7/10 Eton	

Junior League www.nationaljuniorathleticsleague.co.uk (U20, U17 Men and Women)

Team Managers: Jonathan Stockdale (men) - **07792 427688 (m)**

jonathan.s@stockdaleuk.com

Women: Alison Brand - **07983963832 (m)** ali.brand@ntlworld.com and Tim Soutar Tim - **07896 309708 (m)** member@tsoutar.freeserve.co.uk

Sun 18/4/10 Copthall	Sun 27/6/10 Woodford
Sun 23/5/10 Eton	Sat 25/7/10 Norwich
Sun 12/9/10 Final - Derby	

National Young Athletes League www.natyal.co.uk (U17, 15, 13 Boys and Girls)

Team Managers:

Heather Williamson (U17 Men U15 Boys) - **07890 571391 (m)**

hwilliamson5@aol.com

Linda Pettet (Assistant for U15 Boys) - **07792 449143 (m)**

lindapettet@btinternet.com

Keith Lyston (U17 Women) - **07890 571403 (m)** k.lyston@ntlworld.com
(U15 Girls) TBA

Michelle Bovell (U13 Boys) **07930191345 (m)** mbovell1@hotmail.com

Sue Rhule (U13 Girls) - **07940 358347 (m)** caultonr@aol.com

Captain: Jonathan Pettet

Sun 2/5/10 Norman Park	Sun 18/7/10 TBC
Sun 16/5/10 Handy Cross	Sun 1/8/10 TBC
Sun 20/6/10 Battersea Park	
Sun 5/9/10 National Final, Manchester	

Kent Young Athletes League (U15 and U13 boys and girls)

Team Managers:

(U15 Boys) TBA

(U13 Boys) TBA

Sharon Hylton (U15 Girls) – 02088514156 (h) sharon.hylton@btinternet.com

Paul Risky (U13 Girls) **07711169326 (m)** paul.risky@sky.com

Sun 11/4/10 Erith	Sun 11/7/10 Ashford
Mon 31/5/10 Canterbury	Sun 8/8/10 Sutton Valance

Southern Women's League www.swtfl.co.uk (Senior, U20, U17 women)

Team Manager. Michael Champion - 01689 600118 (h) **07779 052285 (m)**

chocmushroom@hotmail.com

Sat 24/4/10 Portsmouth	Sat 7/8/10 Bedford
Sat 22/5/10 Milton Keynes	Sat 4/9/10 Norman Park
Sat 26/6/10 Crawley	

Kent Masters League (Men over 35, women over 35)

Team Managers:

Tom Phillips (Men) - **07711 433122 (m)** tomp2@tiscali.co.uk

Anne Cilia (Women) - 01959 562522 (h) **07733 335759 (m)**

acilia@oxted.surrey.sch.uk

Fri 23/4/10 Sutcliffe Park	Mon 14/6/10 Gillingham
Fri 7/5/10 Canterbury	Mon 28/6/10 Ashford
Mon 17/5/10 Erith	Fri 9/7/10 Norman Park
Sun 5/9/10 Southern Counties Masters Final, Ashford	

Club Championships 2010

Weds 26 May 19:30 10,000*

Weds 9 June 19:00 Mile*, 200/150, 400 hurdles/300 hurdles, triple jump, hammer, discus, shot. U13s Minithon

Weds 7 July 19:30 3,000* Club Walks

Weds 14 July 19:00 100, 100mh/110mh (70/75mh), 400M, LJ, JT Johnson Bowl (road walk)

Wed 11 August 19:15 5,000*

Sat 9 August 13:00 Open Meeting, including 800m club champs

Wed 11 Aug 19:30 5000m club champs

Mon 23 Aug Open Meeting

Wed 8 Sep 19:30 1 hour run

Club Championship awards

One medal will be awarded to the winner of each Championship event. Additionally, if there are five or more competitors a 2nd place medal will be awarded and a 3rd place medal will be awarded if eight or more athletes compete.

Entries beforehand for 9 June and 9 August. Forms will be available on the Club website, from Norman Park and team managers and coaches. If you haven't got one please ask!

200/150 for example, indicates different distances for younger age groups. Starred events (*), as well as being a Club Championship, make up a middle distance Grand Prix and will incorporate a handicap competition.

Coaching

Norman Park. Various groups from 18:00 – 20:30 Monday, Tuesday, Wednesday & Thursday. Contact John Blackie (see below for details)

Ladywell – Monday and Wednesday 18:00 – 19:45 Age 11 upwards. Contact Michelle Bovell 07930 191345.

Crystal Palace – Tuesdays 18:00 – 19:30 for athletes who have been sent by team managers or other coaches. Contact Michelle Bovell 07930 191345

Bees Academy – School years 4, 5, 6 and 7. Norman Park Athletics track. www.thebeesacademy.com for details or contact John Blackie (see below)

Coaching Co-ordinator – John Blackie 020 8325 0241 (h) 07768 120519 (m) john@johnblackie.com

Which age group? Track and Field age groups for 2010

Senior men and women – born before 1/1/91

Under 20 men and women – born between 1/1/91 and 31/8/93

Under 17 men and women – born between 1/9/93 and 31/8/95

Under 15 boys and girls – born between 1/9/95 and 31/8/97

Under 13 boys and girls – born between 1/9/97 and 31/8/99

Masters – age on date of competition from 35 years upwards

Want to find a running track?

www.runtrackdir.com

County, Area and National Championship Entry Forms:

These should be available from the Club website, Norman Park track, the Clubhouse and your team manager. Note entries often close early so be prompt in entering.

Read the weekly Press Reports in the:

Biggin Hill News, Kent Messenger, Kent on Sunday, Kentish Times, Lewisham Mercury, News Shopper, South London Press and their respective websites.

Plus regular features in: Athletics Weekly, Running Fitness, Runners world

Norman Park Track

Annual season tickets for the use of Norman Park track are available to Club members at a special reduced price. Tickets run from 1 April 2010 and application forms, which require a passport photo, can be obtained from the Track Manager during opening times.

12 Months Adult	£150.00 (£250 for non Club members)	Under 18's	£100.00 (£165)
6 Months	Adult £100.00 (£170)	Under 18's	£70.00 (£115)
Alternatively daily tickets are available as follows:			
	Adult £3.20	Under 18's	£2.30

Please ensure your Club subscriptions are up to date when applying for a reduced rate pass as the rejection of a pass application can offend!

Summer Opening Times

Monday	18:00 to 21:00
Tuesday, Wednesday, Thursday	12:00 to 21:00
Saturday	09:00 to 13:00
Sunday	09:00 to 13:00

Norman Park Track Tel: 020 8462 5134

normanpark@btconnect.com - www.nptm.co.uk

Child Protection

In accordance with the guidelines issued by the England Athletics, the Club have drawn up a Policy and Procedures, and appointed a Child Officer. The procedures will apply to any Club member, or volunteer helper, who works with or is involved with children (under 18) during activities in athletics.

All our coaches have been or are being subjected to a CRB check.

The Club's Welfare Officer is Brian Power 142 Sevenoaks Road, Orpington, Kent BR6 9JZ 01689 602788 07919490365 (m) power.b@sky.com, assisted by Helen Godsell 18 Church Road, Warlingham, CR6 9NU. Tel. 01883 622573.

Club Kit

The official Club Kit is obtainable from Margaret Baldwin on 01825 768193 moo.b@tiscali.co.uk. Kit will also be available at the Clubhouse at various home matches and at Norman Park track on the last Tuesday of each month.

Subscriptions

Members are reminded that Club annual subscriptions are due on 1st January of each year. Members whose subscriptions are in arrears **will not be eligible** to participate in any Club fixture or be selected to represent the Club; in particular they will not be eligible to win any Club Championship.

The current rates of subscription are displayed on the website and in the Clubhouse.

For more details please contact **Hon Asst Treasurer (Membership):**
Steve Pairman 37 Beechwood Rise, Chislehurst, Kent BR7 6TF – 020 8295 0514 (h) stevepair@aol.com

The 200 Club

A valuable contributor to Club funds. Prizes - for ten months 1 x £50 & 2 x £25 plus two biggies (summer & christmas) of around £400 Full details from Roger Counter 01689 827447 info@sdcbuilding.co.uk

Lottery

The members National Lottery Syndicate raises funds for the Club and gives subscribers the opportunity to benefit if or when we are fortunate to have another big win. Details from Brian Hartley 020 8325 7984 june.brianhartley@ntlworld.com



Another year, another trip to La Santa...

Social Programme

At the Club Headquarters

Wed April 28	London Marathon Steak Supper
Fri June 25	Quiz Night Contact Rob Brown or Steve Hollingdale
Sat July 17	Summer Supper (Bumper 200 Club Draw)
Sat September 18	Winter Relays Supper

All functions are 19:30 for 20:00 sit down unless otherwise advertised.

Hot meals are served at 20:30 on Wednesday evenings and should be booked at the Club House by 19:30 the same day, if necessary by 'phone 020 8462 3115.

Please note the following carefully as failure to do so can cause considerable difficulties for the Wine Committee and may lead to disappointment.

- Members wishing to attend the social functions should inform the Wine Committee AT THE VERY LATEST by the Wednesday evening prior to the event.
- Members must also ensure that the Wine Committee is informed whenever they book places but subsequently change their mind. Failure to do so may result in members being expected to pay the wastage costs incurred by the Club. Please bear this in mind particularly when booking for other members or allowing yourself to be booked in by others.
- Remember to sign-in your guests (non-members) in the visitors book at the Clubhouse bar.

The Club House is sometimes available for private functions. For details contact a member of the Wine Committee at the Club on Wednesday Evenings.

**Interested in helping out at the Clubhouse?
Call Denis Lawrie on 020 8462 1162**

Club Officials

President: Richard Coe 226 Mottingham Road, London SE9 4SZ - 020 8299 7353 (h) **07814 038144 (m)**

Club Secretary: Hanna Cordell 35 Hayes Wood Ave, Hayes, Kent BR2 7BG - **07905458678 (m)** cordellhc@ntlworld.com

Hon. Treasurer: David Appleton 6 Elwill Way, Beckenham, Kent BR3 3AD - **07768 538 339 (m)**, dlappletonbbhac@me.com

Wine Committee Enquiries: Denis Lawrie 4 Gates Green Road, West Wickham, Kent, BR4 9JW - 020 8462 1162 (h)

Development Chairman: John Baldwin, 25 forge Rise, Uckfield, East Sussex TN22 5BU – 01825 768193 (h) johnrbaldwin@tiscali.co.uk

Hon. Publicity and Press Officer: Pat Calnan 57 Crofton Road, Orpington, Kent BR6 8AE - 01689 828169 (h) or **07779 052286 (m)** Send your results and reports immediately after the event

Officials Secretary: Mike Davies 21 Tudor Way, Petts Wood, Kent BR5 1 LH - 01689 602038 (h)

Head of Athletics: Paul Byfield - **07921 039818 (m)** pbyfield@hotmail.com

Track & Field Secretary: Mark Purser 14 Purley Park Road, Purley, Surrey, CR8 2BS - **07932 111912 (m)** milkypurser@yahoo.com

Volunteers Coordinator: David Cordell 35 Hayes Wood Ave, Hayes, Kent BR2 7BG cordelld@ntlworld.com

Would you like to be more involved - but don't know how?

Ring Paul Byfield, 07921 039818 (m), he will help you.

As we begin the Club's 139th Track & Field season we want to enlarge our group of dedicated helpers, team managers and officials to lighten the load. We are looking for enthusiastic people, female or male, administrators, co-ordinators, people with commitment who would like to be part of our ongoing success.

HOW BROMLEY WILL BE AN OLYMPIC WINNER



With its emphasis on private and business charter aviation, the airport can benefit from significant Olympic traffic. To meet the challenge, Biggin Hill has plans in place to expand its terminal, passenger handling and engineering facilities - creating new jobs and much spin-off business.

The 2012 Olympics will undoubtedly give the Capital's economy a very large injection of income. With a successful local airport geared to the Games, the Bromley area will be ready to take its share.

www.bigginhillairport.com

London Biggin Hill Airport



CLOSE TO THE HEART OF LONDON

Club Records as at 18 March 2010

Current UK, European or World records are in **BOLD**

Under 13 Girls			
75m	9.8	Dina Asher Smith	21/09/2008
80m	10.9	A Martin	1992
		L Fleet	1993
		N Nathan	1995
100m	13.02	Dina Asher Smith	27/07/2008
150m	19.28	Dina Asher Smith	07/09/2008
200m	26.45	Dina Asher Smith	27/07/2008
600m	1.42.50	F Green	1992
800m	2.22.30	Rebecca Taylor	2002
1000m	3.07.50	Rebecca Taylor	2002
1200m	3.54.3	Amy De-Matos	27/06/2004
1500m	4.54.8	Gemma Viney	1995
70mH	11.5	Amy Gibbs	2001
1000mW	6.03.2	Charlotte Ayres	10/04/1994
2500mW	15.47.38	L Fitzgerald-Smith	1999
Pentathlon	1973	H Eade	1983
HJ	1.5	Nenisha Nelson Roberts	01/05/2005
PV	2.2	Siobhan Parr	25/08/2007
LJ	4.96	L Hawkins	1999
DT	24.2	Shaunagh Brown	2002
SP	9.57	Shaunagh Brown	2002
JT	27.74	S Kaufmann	1987
4x100m	52.6	Jasmyn Raikes, Nenisha Nelson-Roberts, Sheridan Lewis, I Hurlock	26/06/2005
3x800m	7.32.00	G Stacey, J Stacey, K O'Mahoney	1985

**These are the fastest electronic times by a Club member and are recognised as such by the stats people.

Under 15 Girls			
100m	12.1	Laura Cross	23/07/1989
	12.1	Dina Asher Smith	08/08/2009
150m	19.33	Dina Asher Smith	13/04/2009
200m	24.83	Dina Asher Smith	09/08/2009
300m	39.16	Dina Asher Smith	04/08/2009

800m	2.12.50	Rebecca Taylor	14/06/2004
1000m	2.54.50	J Stacey	1987
1500m	4.40.30	G Stacey	1987
75mH	11.17	C Cooper	2002
2000m W	11:33.8	Holly Williams	04/07/2004
Pentathlon	2890	L Hawkins	2001
indoors	3131	Jessica Matthews	08/01/2006
HJ	1.7	Jessica Matthews	04/09/2006
LJ	5.38	Jessica Matthews	27/05/2006
TJ	10.64i	Lauren Blackie	06/03/2004
PV	3	Jessica Nicol-Smith	19/08/2007
DT	37.19	Shaunagh Brown	11/09/2004
SP	11.03	Kelly Davey	14/06/2008
JT	31.23	Helen Silvester	30/04/2006
JT (old spec)	36.5	S Kaufman	1988
4x100m	49.56	Georgine Middleton, Dina Asher-Smith, Rachel Dickens, Charlotte Colegate	06/09/2009
	49.7	G Middleton, D Asher-Smith, R Dickens and C Colgate	02/08/2009
4x200	1.48.30	Sarah Harrison, Ruby Samuels, Isobel Ivy, Katrina Cosby	11/09/2005
3x800m	7.01.00	J Stacey, G Stacey, K O'Mahoney	1987
2000mW	12.59.80	S Pailthorpe	1994

Under 17 Women

100m	11.77	Montell Douglas	2002
200m	24.33	Montell Douglas	2002
300m	39.16	Dina Asher Smith	04/08/2009
400m	55.9	Sam Singer	1998
800m	2.09.78	S Burtonwood	1984
1500m	4.23.11	G Stacey	1989
3000m	9.46.00	G Stacey	1989
80mH	11.1	Serita Solomon	10/07/2005
	11.04 (w)	Serita Solomon	14/08/2005
100mH	14.14	Serita Solomon	10/09/2006
300mH	43.1	P Byford	1989

400mH	62.61	Katie Murray	29/08/2005
Heptathlon	4521	J Kelly	1986
HJ	1.71	S Spackman	1984
LJ	5.86	J Oladapo (Hepher)	1980
TJ	11.93	Sandra Alaneme	2002
PV	3.4	Rachel Arnheim	20/08/2006
SP	12.15	U Efobi	1991
JT	42.8	Jade Dodd	11/06/2005
JT (old spec)	36.12	K Hardy	1994
DT	46.01	Shaunagh Brown	29/07/2006
HT	48.06	Rachel Blackie	09/07/2004
4x100m	49.04	C Robinson, S Salt, K Lawrence, A Lowdell	1987
4x200m	1.42.50	???????	2002
3x800m	6.46.50	S Burtonwood, J Hewitt, A Bedford	1984

Under 20 Women

100m	11.56	Montell Douglas	29/08/2005
	11.53 (w)	Montell Douglas	03/09/2005
200m	23.93 (i)	Montell Douglas	20/02/2005
	23.86 (w)	Montell Douglas	03/09/2005
400m	55.31	Sam Singer	2000
800m	2.08.29	G Stacey	1991
1500m	4.21.70	J Stacey	1991
3000m	9.28.79	Tanya Blake	1992
5000m	16.35.56	G Stacey	1990
100mH	13.89	Serita Solomon	04/07/2009
400mH	61.9	Clare Cooper	17/06/2006
2000 s/c	7.38.95	Shavaun Henry	2003
Heptathlon	5459	J Kelly	1988
HJ	1.75	J Kelly	1989
LJ	6.55	J Oladapo (Hepher)	1983
TJ	12.55	Sandra Alaneme	2003
PV	3.6	Hannah Olson	03/07/2005
	3.6	Rachel Arnheim	14/09/2008
SP	17.1	M Augee	1984

JT	44.24	Christine Lawrence	03/07/2005
DT	51.18	Shaunagh Brown	?/05/2007
HT	56.78	Victoria Thomas	22/07/2006
4x100m	46.67	Clare Cooper, Serita Solomon, Amy Godsell, Montell Douglas	11/09/2005
3x800m	6.46.50	S Burtonwood, J Hewitt, A Bedford	1984
4x400m	3.54.92	Clare Cooper, Katie Murray, Rebecca Syrocki, Montell Douglas	11/09/2005

Senior Women

100m	11.05	Montell Douglas	17/07/2008
200m	23.2	S Joseph	1985
300m	37.31	J Stoute	1986
400m	52.52	S Joseph	1985
600m	1.26.80	S Bailey	1985
800m	1.58.97	S Bailey	1987
1000m	2.35.32	S Bailey	1986
1500m	4.02.32	S Bailey	1988
1 Mile	4.31.45	S Bailey	1989
3000m	9.17.72	Tanya Blake	1993
5000m	16.09.30	J Stacey	1993
2000 s/c	7.15.316	Shavaun Henry	18/06/2006
3000 s/c	10.54.60	T Blake	1993
100mH	13.89	Serita Solomon	04/07/2009
400mH	59.3	M Barnes (Miller)	1984
Heptathlon	5765	J Kelly	1990
HJ	1.94	D Marti	1996
LJ	6.75	J Oladapo (Hepher)	1988
SP	19.03	Myrtle Augee	1990
JT	48.13	Christine Lawrence	17/05/2009
JT (old spec)	42.56	U Efobi	1995
DT	51.18	Shaunagh Brown	?/05/2007
HT	56.78	Victoria Thomas	22/07/2006
TJ	13.64	R Kirby	1994
PV	4.16	E Hughes	2002
4x100m	46.67	Clare Cooper, Serita Solomon,	11/09/2005

		Amy Godsell, Montell Douglas	
4x200m	1.37.60	S Joseph, J Oladapo, M Barnes, J Stoute,	1985
4x400m	3.44.50	L Thompson, M Barnes, C Robinson, J Stoute	1987
3x800m	6.46.50	S Burtonwood, J Hewitt, A Bedford	1984
4x800m	9.56.00	W Laws, W Willis, K Wade, K Charnell	1976
1600m Medley	4.11.10	Eisenberg, Reed, Douglas, ?????	1976
Marathon	2.58.44	Janida Williams	1989

Women Masters 35-49

60m	8.1 (wr)	Helen Godsell	1995
100m	12.86	Helen Godsell	2000
200m	26.71	Helen Godsell	2000
400m	58.4	Maureen Miller	2003
800m	2.15.48	Maureen Miller	01/06/2002
1500m	4.52.7	Jennie Butler	28/06/2008
3000m	10.36.0	Jane Bradshaw	26/07/2008
5000m	18.23.0	Rosie Ferguson	27/06/2007
100mH	18.1	Angie Alstrachan	2004
400mH	72.74	Angie Alstrachan	2004
1500 S/c	6.58	Angie Alstrachan	2004
2000 S/c	8.45.22	Angie Alstrachan	2004
2000m W	13.17.2	Anne Cilia	2005
HJ	1.35	Caroline Nyamusi	09/06/2008
LJ	6.34	Joyce Hepher	2000
TJ	8.79	Angie Alstrachan	2004
PV	1.7	Anne Cilia	2005
HT	37.98	Beatrice Simpson	2004
Weight 9kg	9.76	Beatrice Simpson	2004
(Heavy Hammer)			
Dt	38.21	Augee Myrtle	2004
JT	26.75	Beatrice Simpson	2004

SP	13.71	Myrtle Augee	2004
Relay 4x100	57.8	Anne Cilla, Mel Healey, Maureen Miller and Helen Godsell	19/08/2007
4x200	1.57.7	D.Ballard, A.Alstrachan, H.Godsell, M.Miller	2004
4x400	4.32.2	D.Ballard, A.Alstrachan, M.Miller, H.Godsell	2004

Women Masters 50

60m Indoors	8.25 (er)	Helen Godsell	05/02/2005
100m	13.26	Helen Godsell	12/06/2005
200m	27.6	Helen Godsell	12/06/2005
400m	63.9	Helen Godsell	2004
800m	2.43.9	Helen Godsell	30/08/2008
1500m	5.46.4	Annie McDonough	15/06/2007
3000m	12.25.8	Annie McDonough	21/05/2007
5000m	23.59.8	Anne Cilla	12/08/2009
2000m W	13.03.4	Anne Cilla	13/07/2009
HJ	1.2	Beatrice Simpson	20/08/2007
LJ	3.82	Helen Godsell	19/05/2008
TJ	8.45	Helen Godsell	19/05/2006
PV	1.6	Heather Symons	19/05/2006
	1.6	Anne Cilla	18/05/2009
SP	8.77	Beatrice Simpson	27/04/2007
HT	38.4	Beatrice Simpson	15/08/2007
DT	27.22	Beatrice Simpson	03/09/2006
JT	28.24	Beatrice Simpson	10/09/2007

Womens Masters 60

100m	17.85	Nanette Cross	12/06/2005
200m	39.5	Nanette Cross	2004
400m	1.35.1	Nanette Cross	09/05/2005
800m	3.42.7	Nanette Cross	2005
1500m	7.24.1	Nanette Cross	03/06/2005
3000m	15.23.4	Nanette Cross	2005
2000m W	13.58.7	Nanette Cross	2005

HJ	1.05	Nanette Cross	20/08/2007
LJ	3.02	Nanette Cross	03/09/2006
TJ	6.36	Nanette Cross	2005
SP	9.32	Barbara Terry	03/09/2006
JT	19.44	Barbara Terry	09/06/2008
HT	25.27	Barbara Terry	27/06/2008
DT	23.01	Barbara Terry	25/08/2007

Under 13 Boys

100m	12.2	Laurence Rogers	1985
**	12.4	Elliott Cox	05/09/2004
200m	25.1	Matthew Dafedjaiye	1989
**	25.35	Elliott Cox	05/09/2004
400m	57.9	Matthew Dafedjaiye	1989
800m	2.13.50	Stephen Cavey	11/05/2004
1500m	4.35.20	Abdi Madar	1994
3000m	10.48.00	Lee Cooper	1993
75mH	12.11	Aaron Lloyd	02/09/2007
80mH	12.9	Alex Sharp	1985
HJ	1.63	Narayan Brewer	1989
LJ	5.37	Reon Gowan Wade	10/08/2008
TJ	10.46	John Jackson	1988
SP (4kg)	10.22	Jason Mulcahy	1985
(3.25kg)	10.49	Fabrice Serybi	2000
DT	28.04	Alex Al-Ameen	2001
JT	40.84	Danny Duffin	29/08/2004
4 x 100m	50.5	Leon Connike, Jothan Brown, Dean Scantlebury, Wayne Gray	1993
4 x 400m	3.36.20	Nicky Daniel, Abdi Madar, Leon Connike, Stephen Holmes	1993

**These are the fastest electronic times by a Club member and are recognised as such by the stats people. They are 10th and 7th fastest on the all time list.

Under 15 Boys

100m	11.14	James Alaka	09/07/2004
	11.04 (w)	Joe Brown	1996
200m	22.54	James Alaka	08/08/2004

400m	50.88	Aaron Evans	17/08/1996
800m	1.59.27	Jon Murray	1988
1500m	4.07.30	Rob Farish	1979
3000m	8.58.60	Rob Farish	1979
80mH	11.32	Ben Hopkins	14/07/2007
HJ	1.97	Wayne Gray	1995
LJ	6.5	David Gilkes	1992
TJ	13.86	Jamie Quarry	1987
PV	3.4	Steven Foster	1989
SP	16.39	Peter Waterman	1994
DT	50.76	Emeka Udechuku	1993
JT	52.31	Stuart Harvey	2002
HT	64.14	Andrew Jordon	08/07/2006
4 x 100m	44.8	Leon Connike, Daniel Plummer, Wayne Gray, Russell Johnson	1995
4 x 400m	3.36.20	Richard Holt, Grant Williams, Laurence Rogers, John Forrest	1986
Decathlon	5459	Jamie Quarry	1987

Under 17 Men

100m	10.67	Michael Nartey	1991
200m	21.68	James Alaka	06/08/2006
	21.50 (w)	Darren Burley	1996
400m	48.55	Dan Putnam	31/08/2008
800m	1.51.30	Julian Spooner	1977
1500m	3.53.20	Rob Farish	1981
3000m	8.39.30	Mark Steinle	1991
5000m	15.22.90	Mark Steinle	1991
100mH	13.19	Nange Ursell	1998
	13.11 (w)	Nange Ursell	1998
400mH (3'0")	54.2	Noel Levy	1991
400mH (2'9")	53.26	Nange Ursell	1998
1500mSC	4.19.54	Daniel Moore	1998
HJ	2.03	Trevor Llewelyn	1977
		Bomeme Barikor	1998
LJ	7.17	Mark Awanah	1999

	7.25w	Mark Awanah	1998
TJ	15.14	Marvin Bramble	1993
	15.25 (w)	Marvin Bramble	1993
PV	4.41	Mark Longhurst	06/09/2009
SP	18.14 (i)	Emeka Udechuku	1995
	18.43	Emeka Udechuku	1995
DT (2.00kg)	48.96	Emeka Udechuku	1992
(1.75kg)	54.96	Emeka Udechuku	1995
(1.50kg)	62.22	Emeka Udechuku	1995
JT (700g)	64.69	Stuart Harvey	09/07/2004
HT (5kg)	69.28	Andrew Jordon	07/09/2008
4 x 100m	42.59	Scott Blackwell, Alex AlAmeen, James Alaka, Danny Doyley	04/09/2005
4 x 400m	3.22.69	Scott Blackwell, Robert D'Angelo, James Alaka, Danny Doyley	04/09/2005
Octathlon	5059	Noel Levy	1991
Decathlon	6007	Jamie Quarry	1988
Under 20 Men			
100m	10.22	Dwayne Grant	2001
200m	20.4	Dwayne Grant	2001
400m	46.64	Alloy Wilson	1998
800m	1.47.70	Julian Spooner	1980
1500m	3.48.00	Julian Spooner	1979
3000m	8.22.96	Mark Steinle	1992
5000m	14.23.05	Mark Steinle	1993
10000m	30.43.00	Mark Steinle	1993
110mH (3'6")	14.51	Jamie Quarry	1991
110mH (3'0")	14.01	Jamie Quarry	1991
400mH	50.7	Noel Levy	1994
2000mSC	5.50.60	Lance Wright	1986
3000mSC	9.23.49	Alex Bruce Littlewood	27/06/2009
HJ	2.15	Trevor Llewelyn	1978
LJ	7.9	Nathan Morgan	1997

TJ	15.7	Nicholas Thomas	1998
PV	5.1	Scott Huggins	18/05/2008
SP (7.26kg)	17.25	Emeka Udechuku	1997
(7.26kg)	17.02 (i)	Emeka Udechuku	1998
(6.25kg)	17.74	Emeka Udechuku	1998
DT (2.00kg)	60.97	Emeka Udechuku	1998
(1.75kg)	64.35	Emeka Udechuku	1998
JT (800g)	66	Stuart Harvey	03/07/2005
HT (6kg)	68.98	Amir Williamson	18/06/2006
(7.26kg)	60.86	Amir Williamson	11/06/2006
(6.25kg)	61.58	Andrew Benn	1996
4 x 100m	41.35	Mark Findlay, Darren Burley, Daniel Plummer, John Skeele	1997
4 x 400m	3.15.41	Nicholas Hamilton, Chris Moss, Ruben Tabares, Alloy Wilson	1997
Decathlon	7112	Gavin Sunshine	1993

Senior Men

100m	10.26	Dwayne Grant	May-07
	10.13 (w)	Jonathan Barbour	2000
200m	20.18	Julian Golding	1998
400m	46.04	Tawanda Chiwira	2002
800m	1.46.99	Chris McGeorge	1987
1500m	3.39.41	Chris McGeorge	1986
3000m	7.48.92	Scott Overall	26/07/2008
5000m	13.28.33	Scott Overall	18/04/2008
10000m	28.04.48	Mark Steinle	2000
110mH	13.79	Mohammed Sillah-Freckleton	2003
	13.69 (w)	Mensah Elliott	2000
400mH	50.7	Noel Levy	1994
3000mSC	8.31.22	Dave Lee	1992
HJ	2.2	Trevor Llewelyn	1983
		Warren Caswell	1990
LJ	7.9	Nathan Morgan	1997
TJ	16.6	Mike Makin	1988
PV	5.25	Allan Williams	1977

SP	19.53	Mike Winch	1982
DT	62.07	Emeka Udechuku	2000
JT	76.84	Peter Yates	1987
HT	63.46	Karim Chester	10/05/2009
4 x 100m	40.34	4x100 Danny Doyley, Jonathan Barbour, Julian Golding, Dwayne Grant	30/07/2006
4 x 400m	3.12.45	Alloy Wilson, Chris Moss, Ruben Tabares, Nigel Keogh	1997
Marathon	2.9.17	Mark Steinle	2002
Decathlon	7610	Jamie Quarry	1994
Men Masters 40			
100m	11.9	Dave Gale	13/08/1978
	11.9	Robert Minting	14/07/1990
200m	23.8	Robert Minting	23/06/1990
400m	52.1	Robert Minting	17/06/1990
800m	1.54.06	Dave Taylor	06/09/2006
1500m	3.49.7	Dave Taylor	04/08/2004
1 mile	4.23.3	John Herring	30/07/1975
3000m	8.12.69	Dave Taylor	17/07/2004
5000m	13.53.13	Dave Taylor	22/05/2004
10000m	29.45.0	Dave Taylor	12/06/2004
110H (106.7cm)	16.5	Dave Gale	17/06/1978
	16.40 (w)	Paul Sutherland	03/06/2006
(99cm)	15.9	Paul Sutherland	08/07/2006
400H (91.4)	56.87	Paul Sutherland	30/07/2006
3000SC	9.36.21	Les Roberts	17/06/1984
3000WIk	12.53.0	Peter Hannell	30/10/1985
5000WIk	22.25.3	Peter Hannell	25/08/1984
HJ	1.8	Gordon Hickey	19/08/1978
PV	4.5	Allan Williams	16/08/2002
LJ	6.61	Dave Gale	08/07/1978
TJ	12.17	Dave Gale	07/08/1976
SP 7.26Kg	13.58	Chris Ellis	03/06/1984
	15.14 (i)	Mike Winch	26/03/1989

HT 7.26Kg	40.68	Chris Ellis	28/06/1987
DT 2Kg	49.3	Chris Ellis	17/05/1987
JT	63.11	Daryl Brand	04/07/2009
JT old 800g	50.52	Colin Brand	07/05/1977
4X100m	48.1	Dennis Wallington, C Monks, Robert Minting, Doug Cocker	03/09/1995
4X200m	1.41.0	Paul Sutherland, Tom Phillips, Neil Ayrton, Ricky Fox	05/06/2006
4X400m	3.35.0	Robert Minting, Ken Daniel, Richard Coe & Doug Cocker	29/05/1992
Medley	3.52.6	Dennis Wallington, Colin Monks, Graham Coates, Robert Minting	01/09/1996

Men Masters 50

100m	12.15	Tom Phillips	01/08/2009
200m	24.99	Tom Phillips	24/07/2008
400m	54.09	Robert Minting	17/07/2000
800m	2.05.01	Robert Minting	22/07/2004
1500m	4.18.4	Hugh Morten	04/07/1998
1 mile	4.39.6	John Baldwin	1987
3000m	9.11.50	Bill Foster	12/08/2008
5000m	15.31.6	John Baldwin	17/05/1987
10000m	33.30.1	Barry O'Gorman	15/06/1988
110H (99cm)	17.3	Dave Gale	20/07/1985
400H (84cm)	67.32	Robert Minting	30/07/2000
3000SC	11.10.4	Mike Cronin	02/07/1994
3000W	13.43.8	Peter Hannell	27/03/1993
HJ	1.65	Gordon Hickey	04/06/1984
PV	4.20 (i)	Allan Williams	21/01/2006
	4.4	Allan Williams	12/06/2005
LJ	5.64	Dave Gale	20/07/1985
TJ	10.79	Clem Leon	06/09/2009
	11.08 (i)	Gordon Hickey	
SP (7.26Kg)	11.62	Gordon Hickey	22/07/1989

SP (6Kg)	12.7	Gordon Hickey	25/05/1988
	13.69 (i)	Gordon Hickey	
HT (7.26Kg)	32.12	Mike Davies	23/05/1987
HT (6Kg)	34.28	Mike Davies	05/09/1993
DT (2Kg)	39.94	Chris Ellis	18/06/1994
DT (1.5Kg)	46.52	Chris Ellis	10/08/1996
JT	52.63	Steve Langdon	04/07/2009
4X200m	1.47.1	Clem Leon, Rob Brown, Tom Phillips, Bob Minting	12/06/2009
4X400m	3.51.5	Doug Cocker, Dennis Wallington, Ken Daniel, Robert Minting	15/06/2001
Medley	4.04.2	Dennis Wallington, Tom Phillips, Clem Leon, Robert Minting	24/06/2008

Men Masters 60

100m	13.5	Jim Day	18/09/1999
200m	29.65	Peter Baigent	19/07/1992
400m	67.3	Peter Hamilton	02/05/2008
800m	2.31.0	Peter Hamilton	20/09/2008
1500m	5.01.77	Peter Hamilton	05/07/2008
1 mile	5.29.0	Peter Hamilton	04/06/2008
3000m	10.54.3	Peter Hamilton	02/05/2008
	10.47.57 (i)	Peter Hamilton	24/02/2008
5000m	18.16.0	Peter Hamilton	15/06/2008
10000m	38.10.1	Peter Hamilton	10/09/2008
100m H (84cm)	17.94	Jim Day	22/07/1996
300m H (76.2cm)	62.1	Mike Martineau	21/09/2008
2000m SC	no mark		
3000m W	15.18.0	Roger Michell	01/07/2009
5000m W	26.5	Peter Hannell	14/12/2002
HJ	1.38	Jim Day	17/09/1994
PV	3.01	Jim Day	12/07/1996

LJ	4.27	Jim Day	11/09/1993
TJ	9.9	Mike Davies	10/05/1997
SP (5kg)	13.3	Gordon Hickey	
HT (5kg)	37.5	Mike Davies	10/05/1997
DT (1kg)	40.86	Colin Brand	09/06/1996
JT	43.12	Colin Brand	07/09/1997
4x100	no mark		
4x400	no mark		



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