Hi all

Last Monday we had another of our summer open graded meetings at Norman Park where we were once again treated to some magnificent athletics with many personal best and even a new club record.

Rowan Fuss ran a positive 1500m right from the gun and crossed the line a massive new personal best and more important a new BBHAC U13 boys club record. The old record of 4:35.20 was set 20 years ago, back in 1994. Rowan's time of 4:29.64 not only smashed that record but also places him firmly on top of the National rankings, by over 4 seconds.

Two interesting points to note are that Rowan, at only 11years old,  still has another summer in the U13 age group and also that a certain Steve Cram only managed to run 4:31.0, as a 12 year old!

The out going club record holder, Abi Madar, once coached by Andy Frankish, works in the Beckenham running shop. Who will be the first the tell him?

Another of our tough club records to be challenged was the U13 boys 800 m, 2:13.5 setback in 2004 by Stephen Cavey . Peter Guys gutsy run on Monday left him within half a second, but his 2:13.95 was still a superb personal best and this was on the back of a tough 1500 m victory over the weekend in the National league.

Cameron Swatton 2:33.84, Robert Suckling 2:21.03, and Ben Gardiner 2:27.36 also ran the 800m and all recorded great new bests with Keir Lundy 2:26.51 just outside his new acquired PB.

Myles Xavier had a good evening in the sprints with 13.25 and 27.01in the 100m and 200m.

Tom Mills, having never run for the club before, only thrown, ran a very rapid 27.03 in the 200m with Myles Duffus getting a new best and going under 30secs for the 1st time with 29.36.

In the 100m Caelan Raju ran a life time best of 13.55, nearly half a second improvement. Myles Duffus again ran a new best of 14.91and Phil Tenyue 14.05 and

Nathan Urwin 14.32 both just outside their bests.

Billy Keene and Matthew Proctor both contested the 1500 m and were just outside their bests with 5:11.14 and 5:17.99 respectively.

Only one field event athlete for the U13 on the night and that was Cameron throwing the discus 14.27.

Paul