Hi all

Erith was the venue for the latest fixture in the Kent league and the cold wind was more suited to cross country than track and field.

However, President Dick Griffin said it was " positively tropical " compared to the previous days weather in wet and windy Swansea!

Dick, along with Mrs President Sheila had made the long journey west to support our senior ladies in the opening premier league fixture and it was great to have them and Past President Steve Hollingdale at Erith supporting our young athletes.

The weather did affect times and distances but it didn't stop some great performances and a handful of personal bests.

The U 13 boys had three boys making their Blackheath and Bromley debut. Ben Ward, having only done two or three training sessions with the club, enjoyed a great run out over 200 m clocking a respectable 31.1 before taking on the 800 m and timing 2:54.2, a good solid start to his athletic career.

Bees Academy LJ Wright was another debutant, only recently back in training having suffered with painful knees for many months.Taking precautions LJ raced in flats but still managed to clock 15.0, a great first time run and we look forward to seeing him fully fit and sprinting very soon.

Matthew Proctor also made his debut for BBHAC and first time out in the long jump soared over 4 m. Matthew then raced over 800 m and finished showing great speed coming down the home straight recording a best time of 2:47.5

The Kent league enables us to give the athletes a chance to try events they don't normally do so it was brilliant to see Peter Guy flying around the bend in the 200m and powering down the windy straight in 28.0 sec a PB. Peter then tried the hammer for the very first time and won the competition in a strong 16.79. Peter completed his day coming second in the shot and running the second leg in the 4 x100m relay.

Ben Gardiner had a busy day having his first attempt at hurdling but was disappointed to lose the lead clipping the final hurdle and slightly losing his balance

but holding onto second place in 16.6. Ben was just below his best in the long jump but had a strong run in the 800m running a new PB time 2:37.9 before running the third leg in the 4x 100 m

The windy conditions did nothing to stop Billy Keene hurdling his way to a personal best in the 75 m Hurdles, a well deserved best as Billy really attacked each hurdle.

He then improved his 800m best by 10 seconds finishing strongly in 2:41.0 and was also the lead off runner in the 4 x100 relay

Leo McCallum was as busy as ever and has now perfected his finishing dip, running a fine 15.0 in the 100m, jumped over 3m in the long jump, threw over 14m in the javelin and then sprinted down the home straight as the final leg runner in the relay, just being pipped by the Tonbridge athlete, who was approx 18" taller.

Our relay boys disappointment at coming second was soon lifted as Tonbridge were disqualified ( not for having tall boys!) for an illegal baton change.

Myles Xavier, one of the countries furthest long jumpers turned his hand to the vertical jump and despite the competition starting 1 1/2 hours late, managed to jump 1.30. Myles' 13.6 sec in the windy 100m and 4.44 in the long jump show what great form he is in and we look forward to to seeing Myles compete in better conditions.

Hurdler Caelan Raju turned his attentions to jumps and a sprint and was just over 30 sec in the 200 m, jumped a great PB of 4.14 in the long jump and showed consistence in winning the high jump with a PB equalling 1.40m.

Most spectacular U13 race of the day saw Keir Lundy power through the last bend in the 800 m and go from third to first and finish a comfortable winner, recording a negative split (75 sec 1st lap,74sec 2nd lap ) PB time of 2:29.0. Keir was so happy he wanted to do it all over again.

Cameron Swatton spent his Sunday morning helping his football team secure third place in their league in a 3-3 draw, before racing over to Erith to put the shot, with only minutes to spare. His reward was 2nd place, he then threw the javelin just over 1m further than his previous best.

The only real drama of the day was when the U15 boys team manager Nic Corry, bellowed across the track, for all to hear,( without the aid of a mega phone)

" Blackheath have wrong lane, Blackheath lane 1". Halting the race. Nic's instructions, being clearer than the public address system, ensured no confusion and so the relay could start and what a race it was. From the side lines it looked a dead heat but the result was eventually given to Bexley but with the same time as us.

Paul Patten was once agin on hand advising and coaching all our long jumpers as was Nigel Stickings who always gives positive words of encouragement to all the boys and girls in the team.

The U 13 boys again won on the day and this result along with the U15 boys and girls gave us overall victory,  seeing BBHAC  on top of division one.

Fantastic result and lets hope we can keep the memento going for the National League.

See all results attached.

Next Kent league fixture is out home fixture at Norman Park on Sunday 15th June but before that is our next all important National league match at Reading on 31st May.

Monday 19th May we have the first of our open graded summer meetings and it would be great to see all the U13 boys there competing.

Paul Austridge

U13 Boys Team Manager