



Blackheath & Bromley Courier

June 2016.

President 2016-17. Bill Foster.

Editor. Pat Calnan (p.calnan@btinternet.com)

Editorial.

I must be getting old. Two days in a row I've been asked if I've retired yet. No chance, but I'm buying a lottery ticket each week. It reminds me of when I was in Birmingham for a British League match in the late 1980s/early 90s. The British Veteran Championships were also taking place in the Midlands. Heading back from breakfast to my room one guy said to his mate "there are some fit vets here". I was under 30 and vets Athletics started at 40.

The other sign of ageing is that you start looking back at the good old days. I remember being at the Kent Championships and the qualifying for the 800 final in the senior mens age group was the winner of each of the six heats and the two fastest losers to the final. Or perhaps I am really getting old and my memory is going.

Well done to Georges Vacharopoulos on winning the Kent title this year, a deserved reward for some hard training. Yet it was a straight final. We only had two other athletes compete in all the Senior Mens events, Ishmael Smith John and the evergreen Allan Williams. In 1991 Blackheath Harriers, then male only, had at least 30 competing.

In the Senior Women we had Jackie Montgomery, Jessica Jones and Donelle Yapp plus higher competition athlete Deborah Martin and that was it. This was over two days.

Over one and a half million people live in Kent so to be County champion must rank as an achievement. They have electronic timing, EDM, use wind gauges so what's the problem?

It wasn't so long ago 10,000 metre running in this country was in a bad way. Only one woman turned up to run the National Championships and was included in the mens race. Now with the Highgate Night of 10,000 metre running the event has been rejuvenated. Surely entries at the County Championships can be improved. I was going to say "answers on a postcard" but that's an outdated format.

This Courier is way way late so apologies for this. Hopefully it will catch up soon, and just to show how far behind, below is message from Mike Davies about next year.

Volunteering for officiating and coaching

With the track and field season now behind us, we are into the planning and preparation for summer 2017. Part of the preparation is trying to keep up with our requirement for match officials and coaches. To assist this, most of the courses for new officials and coaches are held in the winter months and many are already up on the England Athletics website. Although we do better than most clubs we always need to recruit new judges, timekeepers and starters to maintain a team of officials to adequately staff the forty track and field fixtures a year, home and away, for which we have to supply officials. Whether you want to get more involved in track and field, support the club and sport or just follow your children's competitions, you would find a welcome from athletes and officials and a more satisfying and enjoyable way of doing athletics than spectating. No previous experience required.



We do have coaches for all events but never enough to cater for all athletes and occasions. If you have a passion for athletics you may well have thought about helping others in the sport, whether or not you are still a competitive athlete. If so, talk about it with another coach and then take the next step – do the Coaching Assistant course.

The club needs and values its officials and coaches and, to back this up, will pay course fees for those who will judge and coach for the club. Interested? Contact Mike Davies, at mj.davies4@ntlworld.com

Results

30/4/16 – 2/5/16

BUCS Champs, Bedford. Men. 800. Ht6. 3. James Habergham 1.58.02. SF3. 6. James Habergham 1.56.50. 1500. Ht4. 2. Phil Sesemann 4.02.84. SF2. 6. Phil Sesemann 3.56.67. 5000. Ht1. 5. Will Fuller 14.49.91. Final. 7. Will Fuller 14.46.03. 10,000. 2. Graham Rush 30.02.45. 400H. Ht3. 2. Jack Messenger 55.95. Final. 6. Jack Messenger 54.96. 3000s/ch. Ht2. 7. Richard Webb 9.50.30, 13. Tom Desborough 11.05.50. Final. 12. Richard Webb 10.08.21. Long Jump. Q.A. 2. Mark Cryer 6.98 (0.6). Final. 12. Mark Cryer 4.35 (2.2). Triple Jump. Q.B. 3. Rob Sutherland 14.48 (2.3). Final. 3. Rob Sutherland 14.69 (0.9). **Women.** 100. Ht3. 3. Imogen Levy 12.71 (-0.2). Ht6. 3. Vivien Olatunji 12.43 (1.0). SF1. 6. Imogen Levy 12.94 (1.0). SF2. 5. Vivien Olatunji 12.50 (-0.4). 400. Ht5. 1. Rachel Dickens 56.34. SF. 1. Rachel Dickens 55.32. Final. 3. Rachel Dickens 55.22. 5000. Ht2. 10. Amber Reed 19.25.98. Triple Jump. Q.B. 10. Imogen Levy 10.09 (5.4). Discus. Q.A. 7. Gemma Brown 35.44. Q.B. 2. Sam Milner 42.71. Final. 7. Sam Milner 43.12.

1/5/16. YDL Upper Age group, Windsor. Under 20 Men. 100. A. 3. Shamar Thomas Campbell 10.79. (ws?) B. 3. Alex Skipp 11.25 (1.4). 200. A. 3. Shamar Thomas Campbell 22.27 (1.7). B. 1. Alex Skipp 22.35 (1.8). 400. A. 3. Ocean Schwartz 49.81. B. 1. Will Pope 52.47. 800. A. 6. Charlie Davis 2.15.41. B. 4. Lewis Mills 2.09.83. 1500. A. 4. Joss Barber 4.19.33. B. 3. Angus Harrington 4.23.40. 3000. A. 5. Marco Arcuri 9.38.44. B. 3. Charlie Davis 9.55.37. 100H. A. 5. Edward Adams 16.68 (2.4). B. -. 400 Hurdles. A. 5. Aleksander Wiltshire 65.04. B. Henry James Cowie 63.50. 2000 s/chase. A. 2. James Crawley 6.50.29. B. 2. Charlie Andrews 7.47.18. HJ. A. 5. Aleksander Wiltshire 1.65. B. -. LJ. A. 2. Elliott Thorne 6.75. B. -. TJ. A. Jacob Veerapen 14.38. B. -. PV. A. 3. Frankie Scrivener 3.05. B. -. SP. A. 2. Luc Durant 13.22. B. -. DT. A. 4. Dylan Reeves-Fellows 21.99. B. -. JT. A. James Whiteaker 69.22. B. -. HT. A. 5. Dylan Reeves-Fellows 20.52. B. -. 4X100. 2. Alex Skipp, Callum Gardner, Joe Freeman, Shamar Thomas Campbell 44.75. 4x400. 2. Shamar Thomas Campbell, Will Pope, Alek Wiltshire, Ocean Schwartz. 3.28.94. **Under 20 Women.** 100. A. 1. Maya Bruney 12.25 (2.6). B. 3. Isio Orugun 12.93 (0.9). 200. A. 4. Modupe Shokunbi 26.88 (0.3). B. 1. Parris Johnson 25.82 (2.7). 400. A. 3. Katy Ann McDonald 58.53. B. 3. Lizzi Ibdunni 63.21. 800. A. 2. Niamh Bridson Hubbard 2.18.50. B. 2. Leah Everson 2.22.90. 1500. A. 1. Niamh Bridson Hubbard 4.31.01. B. 1. Jessica Keene 4.42.09. 3000. A. 2. Jessica Keene 10.16.01. B. 2. Gen Allan 11.10.53. 100H. A. 2. Isabella Hilditch 14.25 (3.2). B. 1. Annie Davies 15.02 (1.5). 400H. A. 4. Isabella Hilditch 71.01. B. 1. Annie Davies 70.55. 1500s/ch. A. 4. Grace Scopes 6.15.52. B. -. HJ. A. 2. Jamilya Robinson Pascal 1.55. B. 1. Isobel Reeves 1.50. LJ. A. 2. Jamilya Robinson Pascal 5.41. B. 2. Toyin Orelaja 5.28. TJ. A. 1. Annie Davies 11.67. B. 1. Mary Adeniji 11.23. PV. A. 2. Sophie Dowson 3.75. B. -. SP. A. 1. Divine Oladipo 13.94. B. -. DT. A. 1. Divine Oladipo 47.86. B. 1. Anna Barnett 34.39. JT. A. 4. Carys Marsden. B. -. HT. A. 3. Emma James 35.07. B. -. 4X100. 1. Maya Bruney, Parris Johnson, Modupe Shokunbi, Isio Orugun 48.40. 4x400. 1. Lizze Ibdunni, Katy Ann McDonald, Niamh Bridson Hubbard, Leah Everson. 4.12.14.

Under 17 Men. 100. A. -. B. 5. Robert Abbott 12.65 (2.9). 200. A. 1. Matthew Knight 22.82 (0.2). B. 3. Chizute Ogbedeh 24.1 (0.9). 400. A. 2. Ben Sutton 52.47. B. 5. Charlie Scrivener 59.39. 800. A. 4. Angus Harrington 2.03.96. B. 4. Coleman Corry 2.14.62. 1500. A. 3. Lewis Mills 4.20.30. B. 3. Charlie Andrews 4.48.86. 3000. A. Michael Eagling 9.41.17. B. 2. Callum Myatt 10.14.52. 100H. A. 3. Josh Watson 14.84 (2.5). B. 1. Femi Sofolarin 15.55 (2.5). 400H. A. 2. Josh Watson 60.73. B. 1. Coleman Corry 63.08. 1500s/c. A. 5. Frankie Scrivener 5.25.65. B. 3. Charlie Scrivener 5.55.60. HJ. A. 2. Henry James Cowie 1.65. B. 1. Edward Adams 1.60. LJ. A. 1. William Adeyeye 6.77. B. 1. Edward Adams 6.04. TJ. A. 2. Elliott Thorne 13.18. B. 3. Max Dowling 11.51. PV. A. 5. George Pope 3.05. B. 2. Lewis Stickings 2.90. SP. A. 2. William Adeyeye 14.79. B. 2. Henry James Cowie 10.17. DT. A. 5. Nathan Sureshkumar 28.64. B. 2. Coleman Corry 20.54. JT. A. 2. Femi Sofolarin 48.45. B. 1. Nor Kasem 45.04. HT. A. 3. James Lancaster 51.53. B. 3. Charlie Short 27.43. 4x100. 2. William Adeyeye, Chizute Ogbedeh, Robert Abbott, Matthew Keene. 46.77. 4X400. 3. George Pope, Lewis Stickings, Edward Adams, Ben Sutton. 3.45.02.

Under 17 Women. 100. A. 1. Charmont Webster Tape 12.24 (3.2). B. 1. Katie Woolcott 12.52 (1.8). 200. A. 1. Immanuela Aliu 25.05 (0.6). B. 1. Magda Cenciala 25.83 (1.6). 300. A. 5. Grace Scopes 44.18. B. 2. Olivia Richer 43.73. 800. A. 4. Kelsi Cornish 2.28.8. B. 1. Stephanie Taylor 2.31.57. 1500. A. 2. Millie Smith 4.57.02. B. 1. Gen Allen 4.57.34. 3000. A. 2. Amy Leach 10.44.32. B. 1. Millie Smith 11.00.81. 80H. A. -. B. 1. Kate Purser 12.55 (2.1). 300H. A. 4. Kate Purser 48.70. B. 2. Catrin Murphy 49.11. 1500s/ch. A. 1. Yasmin Austridge 5.07.16. B. 1. Amy Leach 6.11.12. HJ. A. 6. Magda Cenciala 1.35. B. -. LJ. A. Holly Mills 6.17. B. -. TJ. 1. Karina Harris 11.27. B. -. PV. A. 3. Yasmin Austridge 2.15. B. -. SP. A. 1. Eloise Locke 13.03. B. 2. Emma James 9.51. DT. A. 2. Carys Marsden 34.42. B. -. JT. A. 1. Eloise Locke 40.57. B. 2. Ellie Moore 21.02. HT. A. 1. Victoria

Wiltshire 52.99. B. 1. Carys Marsden 34.78. 4x100. 1. Charmont Webster Tape, Magda Cienciala, Katie Wollcott, Immanuela Aliu. 48.00. 4x300. 2. Catrin Murphy, Olivia Richer, Kate Purser, Holly Mills. 2.52.80.
Team Result. 1. Blackheath & Bromley 816. 2. Reading 719. 3. Windsor Slough Eton & Hounslow 697. 4. Shaftesbury Barnet 627. 5. Tonbridge 462. 6. Enfield & Haringey 409.

Richmond Half Marathon. 35. Tony Crowder 81.02.

2/5/6.

Ted Pepper 10km, Norman Park. 8. James Crawley 38.03, 9. Chris Tuck 38.09, 12. Len Crowder 38.30, 13. Clare Elms 38.48 (1st woman), 15. Angus Harrington 39.03, 23. Matthew Pond 40.48, 32. Dave Beadle 42.01, 34. Jessica Keene 42.23, 41. Con Griffin 42.54, 42. Sarah Belaon 43.04, 43. Rod Harrington 43.06, 50. Nick Barber 43.55, 52. Alex Sibley 43.59, 64. Steve Evenden 45.13, 65. Matthew Smith 45.14, 68. Adrian Stocks 45.23, 74. Sara Elmqvist 45.49, 90. Barry Wetherilt 47.32, 99. James Neylon 48.25, 101. Will Slack 48.31, 102. Scott Bulmer 48.34, 112. John Isaacs 48.49, 126. Nigel Bulmer 50.01, 135. Amaris Sibley 50.36, 136. Luigi Arcuri 50.39, 174. Mick Keene 53.39, 178. Isobel Harrington 53.51, 195. Dick Griffin 55.53, 205. Karen Perry 56.17, 209. Andy Kingsmill 56.29, 262. Janet Ricketts 60.59.

Herne Hill Open, Tooting Bec. 100. Race K. 5. Shayone Simao 12.21 (1.5). L. 3. Mhairi Brooks 12.70 (3.5). M. 4. Rachel Yeldham 13.56 (3.5). N. 4. Zoe Martial 13.72 (1.2). P. 4. Alexandra Kelsey 14.52 (1.4). 200. A. 1. Dean Hylton 22.04 (4.2). I. 6. Alexandra Kelsey 30.80 (0.1). K. 2. Zoe Martial 28.14 (2.4). L. 2. Gabrielle Dalsan 29.23 (1.9). 400. B. 5. Adeyinka Adeniran 54.69. C. 2. Richard Holt 58.87. 800. A. 7. Robert Suckling 2.10.45. C. 2. Samuel Reardon 2.23.94. Mile. A. 1. Dan Kennedy 4.30.62. D. 6. Nick Swatton 6.09.48. Long Jump. U20W. 1. Sophia Harper 4.90.

Mile End Open. 300. Race 2. 2. Sarah McLellan 44.21, 4. Yasmin Marghini 47.89. R3. 1. Lia Radus 47.88. 800. R1. 4. Yimika Adewakun 2.18.70, 6. Yasmin Marghini 2.20.70, 8. Amy Miller 2.22.26. R2. 1. Lia Radus 2.20.98, 7. Holly Sutton Trott 2.43.51. R3. 1. Parris French 2.32.63. Mile. 8. Kelsey Cornish 5.34.01.

Pednor 5 Mile Race Walk, Chesham. 23. David Hoben 60.10.

3/5/16

Norman Fowler & Avril Bowring Open Meeting, Tonbridge. 100. R4. 3. Olivia Richer 13.08 (-1.0). R5. 1. Lewis Church 12.00 (-1.8). Mile. 3. Ellie Dolby 5.31.14.

7/5/16

British Athletics League Division One, Watford. 100. A. 4. Toby Olubi 10.80 (0.4). B. 5. Shamar Thomas Campbell 11.08 (-0.1). N/S.R3. 4. Alex Skipp 11.34. 200. A. 7. Toby Olubi 22.43 (-0.1). B. 5. Alex Skipp 22.48 (-0.6). 400. A. 6. Elliot Holland 49.35. B. 1. Ocean Schwartz 48.71. 800. A. 2. Phil Sesemann 1.52.69. B. 1. James Habergham 1.55.55. 1500. A. 5. Georges Vacharopoulos 4.02.47. B. 2. James Habergham 4.06.57. 3000. A. 2. Phil Sesemann 8.24.71. B. 4. Alex Bruce Littlewood 8.44.47. 110H. A. 6. Mark Cryer 15.57. B. 2. Lewis Church 15.42. 400H. 3. Joe Fuggle 53.65. 1. Jack Messenger 54.01. 3000 s/chase. A. 6. Dan Kennedy 10.23.67. B. 5. Charlie Davis 11.07.12. High Jump. A. 6. Lewis Church 1.95. B. 4=. Lewis Ely 1.85. N/S. Jake Field 1.95. Long Jump. A. 1. Tom French 7.60 (-1.2). B. 2. Mark Cryer 6.42. Triple Jump. A. 1. Jonathan Ilori 15.30. B. 1. Rob Sutherland 14.57. Pole Vault. A. 5. Lewis Church 4.00. B. Scott Huggins NH injured. Shot. A. 6. Alex Pope 12.17. B. 3. Lewis Church 11.17. Discus. A. 8. Alex Pope 34.06. B. 7. Mark Cryer 29.94. Javelin. A. 7. Alex Pope 36.87. B. 6. Mark Cryer 35.49. Hammer. A. 5. Alex Pope 39.52. B. 6. Phil Sesemann 4.12. 4x100. 6. Blackheath & Bromley 45.38. (Joe Fuggle, Jack Messenger, Elliot Holland, Toby Olubi). 4x400. DQ. Blackheath & Bromley (Jack Messenger, Ocean Schwartz, Lewis Church, Elliot Holland). Match Result. I. Thames Valley Harriers 339, 2. Southampton 316, 3. Enfield & Haringey 295, 4. Blackheath & Bromley 273, 5. Basingstoke & Mid Hants 267.5, 6. Herne Hill 263, 7. Harrow 212.5, 8. City Of Glasgow 186.

Parkruns. Bromley. 6. Roger Beswick 18.03, 10. Tim Nash 18.33, 15. Clayton Aves 19.09, 22. Jake Leng 19.36, 24. Sarah Belaon 19.42 (first woman), 27. Stuart Cullum 19.48, 30. Nick Barber 19.56, 63. Adam Parkinson 21.04, 88. Chloe Kibblewhite 21.37, 104. Barry Wetherilt 22.09, 141. Robert Perry 23.04, 150. Jamie Muir 23.18, 176. Isabelle Mitchell 23.45, 180. Chris Swinfen 23.48, 184. Nigel Bulmer 23.52, 191. Jobey Mitchell 23.59, 243. Mark Compton 25.01, 249. Austin Adams 25.11, 338. David Appleton 27.05, 350. Leszek Malynicz 27.31, 367. Andy Tucker 27.47, 371. Zoe Kingsmill 27.57, 431. Bernard Wilson 29.10, 583. Adrian Perry 35.04. **Braunstone.** 1. Ian Frith 16:17. **Bath Skyline.** 140. Chloe Haffenden 27.02.

Crystal Palace. 2. Angus Harrington 18.24, 7. Carole Penlington 19.48, 11. Lewis Warren 20.24, 20. Rod Harrington 20.59, 41. Nigel Wood 22.39, 52. Glen Read 23.14, 106. John Fenwick 26.10, 108. Isobel Harrington 26.11. **Lloyd park.** 22. Andrew Lawes 21.26. **Killerton.** 15. Bob Minting 21.27. **Dulwich.** 6. Niamh Bridson Hubbard 17.58 (first woman). **Orpington.** 7. Harry Keene 20.04, 15. Matthew Smith 21.14, 38. Andrew Clowes 24.43, 43. John Butler 25.37, 51. Mick Keene 25.58, 83. Sally Smith 27.52, 139. Karen Desborough 34.14. **Margate.** 6. Peter Hamilton 21.46. **Tonbridge.** 53. Mark Ellison 22.21, 162. Anne Cilia 25.58.

Orpington Marafun & Half Marathon. Half Marathon. 74. Andy Kingsmill 2.24.48.

8/5/16

Kent Young Athletes League, Norman Park. Under 15 Boys. 100. A. 1. Kyron Morgan 12.6, 3. Nana Okwesa (2) 12.8. B. 1. Myles Xavier 12.2, 5. LJ Wright (2) 13.9. 300. A. 1. Peter Guy (2) 39.9, 2. Ben Bennett 40.2. B. 1. Joshua Gbago (2) 39.0, 5. Rowan Fuss 43.9. 1500. A. 1. Rowan Fuss 4.22.4, 7. Keir Lundy (2) 5.12.7. B. 2. Oscar Heaney Bruford 4.43.8. 80H. A. 1. Rico Cottell 11.9, 2. Caelan Raju (2) 12.7. B. 1. Pedro Gleadall 12.9, 5. Cameron Swatton (2) 14.3. HJ. A. 1. Pedro Gleadall 1.80, 3. Caelan Raju (2) 1.55. B. 1. Rico Cottell 1.80, 2. 4. Cameron Swatton (2) 1.35. LJ. A. 1. Myles Xavier 5.54, 2. Nana Okwesa (2) 5.01. B. 1. Joshua Gbago (2) 4.61, 2. Kyron Morgan 4.60. PV. A. 1. Pedro Gleadall 2.90. B. 1. Ethan Kitteridge 2.00. SP. A. 1. Michael Burfoot 11.05, 8. Sean Lancaster (2) 5.93. B. 2. Harry Jack Cowie 8.82. DT. A. 3. Harry Jack Cowie 23.43, 6. Sean Lancaster (2) 20.99. B. 2. Oscar Heaney Brufal 20.86, 4. Peter Guy (2) 15.59. JT. A. 4. Joseph Georgiadis (2) 26.63, 6. Harry Jack Cowie 24.53. B. 4. Rowan Fuss 19.77, 6. Keir Lundy 7.10. 4x100. 1. B&B (Kyron Morgan, Myles Xavier, Rico Cottell, Ben Bennett) 48.2, 4. B&B2. (Nana Okwesa, LJ Wright, Edwin Roberts, Joshua Gbago) 51.0. 4x300. 1. B&B (Ben Bennett, Rowan Fuss, Oscar Heaney Brufal, Robert Suckling) 2.48.5. DQ. B&B 2. (Cameron Swatton, Peter Guy, Benjamin Gardiner, Joshua Gbago). Team. 1. B&B. 195, 2. Tonbridge 153, 3. Medway & Maidstone 112, 4. B&B 2 109.5, 5. Bexley 104, 6. Cambridge Harriers 96, 7. Dartford/Swanley 74, 8. Ashford 64.5. **Under 15 Girls.** 100. A. 4. Katia Cienciala 13.6, 8. Madeleine Bonner (2) 14.1. B. 4. Esther Oiwinde 14.1, 8. Emily Purser (2) 14.8. 300. A. 5. Lauren Goddard 44.5, 6. Lily Tappenden (2) 47.2. B. 3. Zoe Martial 45.7, 5. Eva Stephanou (2) 46.0. 1500. A. 1. Lia Radus (2) 4.50.7, 2. Amy Miller 4.57.1. B. 1. Jessica Neal 5.03.9, 3. Niamh Milmo (2) 5.35.7. 75H. A. 4. Grace Fullerton 13.0, 6. Ella Brown (2) 14.6. B. 2. Zoe Austridge 13.2. HJ. A. 3. Alice Prentice 1.53, 8. Elise Swatton (2) 1.05. B. 2. Isabelle Bridge 1.40. LJ. A. 5. Zoe Martial 4.18, 8. Philippa Widdows (2) 3.69. B. 4. Ella Brown 3.63, 5. Zoe Austridge (2) 3.60. PV. A. 2. Eleanor Barrett 2.70, 4. Elise Swatton (2) 2.00. B. 2. Zoe Austridge 2.00. SP. A. 2. Kareena Galley 9.99, 7. Philippa Widdows (2) 6.41. B. 5. Daisy Dowling 6.78, 7. Kendaa Cameron-Chavannes 5.50. JT. A. 1. Daisy Dowling 30.06, 5. Madeleine Bonner (2) 16.68. B. 3. Kareena Galley 13.94, 4. Kendaa Cameron-Chavannes 10.99. HT. A. 3. Sanmi Odiase 20.41, 6. Eva Stephanou (2) 16.65. B. 2. Skye Cook 19.18. 4x100. 2. B&B (Katia Cienciala, Holly Mpassy, Ruchelle Taylor, Grace Fullerton) 53.3. 3. B&B 2 (Lani Blackwell, Ella Brown, Madeleine Bonner Rashida Akinbola) 55.5. 4x300. 2. B&B (Lauren Goddard, Zoe Martial, Zoe Austridge, Amy Miller) 3.04.0. DQ. B&B 2 (Eva Stephanou, Lily Tappenden, Kendaa Cameron-Chavannes, Ella Brown). Team. 1. B&B 160, 2. Medway & Maidstone 146, 3. Tonbridge 142, 4. Bexley 115, 5. Ashford 103, 6. Dartford/Swanley 89, 7. Cambridge Harriers 86, 8. B&B 2 83. **Under 13 Boys.** 100. A. 4. Barnaby Corry 15.0, 6. Oliver Robertson (2) 15.2. B. 1. Robert Murray (2) 13.8, 6. Matthew Smith 15.5. 200. A. 3. Sam Reardon 28.5, 6. Callum Carlton (2) 32.9. B. 1. Alex Sibley 30.8, 5. Nicholas Paddington (2) 32.4. 1500. A. 1. Sam Reardon 4.46.1, 7. Max Gregson (2) 5.31.1. B. 2. Alex Sibley 5.12.1, 5. Oliver Robertson (2) 5.49.1. 75H. A. 1. Jacob Byfield 13.1, - (2). B. 1. Barnaby Corry 14.5 - (2). HJ. A. 3. Barnaby Corry 1.30, - (2). B. 1. Jacob Byfield 1.25, - (2). LJ. A. 1. Jacob Byfield 4.36, 2. Oliver Robertson (2) 3.82. B. 2. Alex Sibley 3.63, - (2). SP. A. 1. Robert Murray (2) 9.85, 3. Sam Reardon 6.11. B. -, - (2). DT. A. 2. Tom Brash (2) 12.80, -. B. -, - (2). JT. A. 6. Josh Buddle Smith (2) 15.85, 8. Matthew Smith 13.83. B. 2. Nicholas Paddington (2) 15.77, 3. Brandon Back 13.24. 4x100. 5. B&B (2). Oliver Robertson, Callum Carlton, Tom Brash, Nicholas Paddington 61.5, DQ. Barnaby Corry, Alex Sibley, Jacob Byfield, Sam Reardon. Team 1. Cambridge Harriers 130, 2. Medway & Maidstone 128, 3. B&B 1 117, 4. Tonbridge 115, 5. Dartford/Swanley 94, 6. Bexley 90, 7. B&B 2 78, 8. Ashford 36. **Under 13 girls.** 75. 1. Achieng Oneko (2) 10.7, 5. Olivia English 11.0. B. 1. Daiz'a Foster 11.1, 4. Alexandra Sewell (2) 11.9. 150. A. 1. Shakanya Osashaon 20.8, 8. Kasey Walters (2) 24.0. B. 2. Kelsey Pullin 22.6, 6. Sofia Elliott (2) 24.4. 1200. A. 1. Ellie Dolby 3.59.1, 5. Ella Smith (2) 4.19.5. B. A. 1. Amara Sibley 4.12.1, 2. Lily Meers (2) 4.24.4. 70H. A. 2. Olivia English 12.9, 8. Sofia Elliott (2) 16.0. B. 3. Renee Bel- Momodu 14.0, 4. Olivia Howlett (2) 14.1. HJ. A. 1. Akeilya Robinson Pascal 1.45, 3. Rianna Rennie (2) 1.25. B. 1. Daiz'a Foster 1.25, 3. Kasey Walters (2) 1.20. LJ. A. 1. Akeilya Robinson Pascal 4.65, 4. Achieng Oneko (2) 3.76. B. 1. Heidi Forsyth 3.85, 3. Olivia Howlett 3.53. SP. A. 1. Renee Bel - Momodu 8.28, 4. Sofia Elliott (2) 6.46. B. 1. Akeilya Robinson Pascal 7.60, 4. Rose Meers (2) 4.92. DT. A. 3. Renee Bel - Momodu 17.18, 6. Rose Meers (2) 8.38. B. -, - (2). HT. A. -, - (2). B. -, - (2). 4X100. 1. B&B. Shakanya Osashaon, Daniella Harper, Akeilya Robinson Pascal, Renee Bel - Momodu. 55.4, 6. B&B (2). Olivia Howlett, Rianna Renee, Achieng Oneko, Lily Meers. 61.0. Team. 1. Blackheath & Bromley 146, 2. Tonbridge 128, 3. Medway & Maidstone 116.5, 4. Bexley 116, 5. B&B (2) 92, 6. Dartford/Swanley 87.5, 7. Ashford 61, 8. Cambridge Harriers 50. Overall Points score. 1. B&B 643, 2. Tonbridge 563, 3. Medway & Maidstone 527.5, 4. Bexley 445, 5. B&B 2 387.5, 6. Cambridge Harriers 377, 7. Dartford/Swale 364.5, 8. Ashford 289.5.

Ivy League Championships, Princeton, NJ, USA. Triple Jump. 3. Stefan Amokwandoh 15.08 (0.5).

Newham Open Series. 100. Senior Men. 5. James Alaka 10.63 (-2.2). Ht 1. 4. James Alaka 10.61, 8. Dean Hylton 10.94 (-1.4). Ht 2. 5. Kieran Daly 10.71, 7. Oweka Wanogho 10.93 (-1.9). Senior Women. 8. Shayone Simao 12.35 (-2.6). Ht2. 1. Shayone Simao 12.22 (-0.3). 200. Senior Men. Race 1. 4. James Alaka 20.91. R2. 7. Oweka Wanogho 21.99. R4. 5. Ishamel Smith John 22.86. 300. R1. 4. Jazz Crawford 39.14. 400. Senior Women. R1. 3. Yimika Adewakun 55.78.

9/5/16.

Kent Masters League, Canterbury. Men. M35. 200. A. 6. Nigel Wood 31.9. B. -. 1500. A. 2. Gareth Evans 4.30.3. B. 5. Mark Ellison 5.39.7. LJ. 4. Adrian Stocks 4.76. DT. 6. Adrian Stocks 15.10. 4x100. 6. Gareth Evans, Rob Brown, Nigel Wood, Adrian

Stocks 58.1. M50. 200. 6. Rob Brown 29.6. 1500. 4. Alan Camp 5.07.0. LJ. 5. Rob Brown 3.62. DT. 6. Mark Ellison 11.32. M60. 1500. 1. Rob Brown 5.37.5. DT. Jim Phelan 18.08. Match. 1. Medway & Maidstone 51. 2. Dartford 50. 3. Ashford 47. 4. Cambridge 46. 5. Bexley 45. 6. Blackheath & Bromley 28. League after two matches. 1. Dartford 11 (111). 2. Medway & Maidstone 10.5 (99), 3. Cambridge 7.5 (94), 4. Ashford 6 (93), 5. Bexley 5 (92), 6. Blackheath & Bromley 2 (61). **Women.** W35. 200. A. 4. Jenny Neal 32.4. B. 3. Jane Bradshaw 36.4. 1500. A. 3. Jane Bradshaw 5.30.6. B.1. Jenny Neal 5.48.1. LJ. 4. Anne Cilia 3.55. DT. 4. Anne Cilia 10.72. 4X100 3. Jenny Neal, Jane Bradshaw, Caroline Morten, Jackie Montgomery 65.0. W50. 200. 1. Jackie Montgomery 31.8. 1500. 4. Anne Cilia 6.59.6. LJ. 2. Jackie Montgomery 3.82. DT. 3. Jackie Montgomery 8.53. W60. 1500. -. DT. -. Match. 1. Dartford 73. 2. Bexley 46. 3. Blackheath & Bromley 45. 4. Bromley Vets 39. 5. Cambridge 26. League after two events. 1. Dartford 12 (137), 2. Blackheath & Bromley 8 (92), 3. Bexley 8 (81), 4. Cambridge 7 (83), 5. Bromley Vets 5 (65).

10/5/16

Vets AC 5 Mile Race Walk, Battersea. 3. Shaun Lightman 52.39, 4. Pete Hannell 53.48, 6. David Hoben 57.50.

11/5/16

Brighton Open. 800. Race E. 6. Genevieve Allen 2.24.4. Race B. 4. Kelsi Cornish 4.44.3. Long Jump. U17M. 1. Max Dowling 4.98. U20W. 1. Mary Adeniji 4.92.

Loughborough Students v Army v Police v Birmingham University plus U18s match. 800. A. 2. Will Fuller 1.56.95. 400 Hurdles. 1. Jack Messenger 54.13.

Rosenheim League, West Division. Kingston. 400 non scoring. 6. Richard Holt 58.4.

West London Pole Vault, Eton. Women. 5. Sophie Dowson 3.51.

14/5/16

British Masters Road Relay Championships, Sutton Coldfield. M35. 10. B&B. 1.41.37. Fintan Parkinson (29th) 17.03, Peter Tucker (15) 16.01, Luca Ercolani (18) 17.54, Alex Gibbins (11) 15.55, Steve Cooper (12) 18.31, Michael Skinner (10) 16.13. W35. 13th. B&B. 1.21.37. Carole Penlington (7) 18.14, Jennie Butler (11) 21.12, Sara Elmqvist (12) 21.22, Jenny Neal (10) 20.49. Clare Elms (Dulwich Runners) 17.56.

EMU 6 Day World Trophy, Balatonfured, Hungary. John Turner 202.460754 miles.

EA Combined Events Championships, Bedford. Senior Men. 2. Lewis Church 6889. 100. 11.69 (1.2), 400. 51.36. 1500. 4.37.23. 110H. 15.23 (1.2), High Jump. 1.97. Long Jump. 6.74 (-0.2). Pole Vault. 4.30. Shot. 11.57. Discus. 37.98. Javelin. 41.75. Mark Cryer. 100. 11.40 (2.3). 400. 51.77. 110H. 15.88 (1.2). High Jump. 1.82. Long Jump 7.04 (1.6). Shot. 10.81. Discus 25.27.

Kent Championships, Day One, Ashford. Senior Men. 100. 3. Ishmael Smith John 11.23 (1.6). Pole Vault. 3. Allan Williams 3.30. **Senior Women.** 800. 2. Jessica Jones 2.25.81, 4. Donelle Yapp 2.39.36. High Jump. 1. Deborah Martin 1.55. **Under 20 Men.** 100. Ht2. 5. Callum Gardiner 12.26 (1.6). Ht3. 6. Joe Freeman 11.92 (3.7). 400. 2. Will Pope 52.41. Shot. 2. Luc Durant 11.85. **Under 20 Women.** 200 (1.6). 1. Parris Johnson 25.54, 3. Isio Orogun 26.45, 4. Elizabeth Ibdunni 26.55. 800. 1. Jessica Keene 2.18.02, 2. Georgina Taylor 2.21.48, 3. Leah Everson 2.22.67. Long Jump. 3. Toyin Orelaja 5.37, 4. Jamilya Robinson Pascal 5.35. Triple Jump. 2. Toyin Orelaja 11.05. **Under 17 Men.** 100. 1. Matthew Knight 11.18 (1.1). Ht1. 1. Matthew Knight 11.37 (1.7). 400. 2. Ben Sutton 52.04, 5. Vishnu Dier 56.14, 6. George Pope 57.38, 7. Robert Abbott 60.03. 1500. 3. Lewis Mills 4.14.08. Javelin. 1. Femi Sofolarin 48.66. **Under 17 Women.** 200. Ht1 (2.5). 3. Olivia Richer 26.21. Ht2 (0.6). 1. Immanuela Aliu 25.19, 2. Magda Cienciala 26.07, 8. Gabrielle Dalsan 29.46. Final (2.7). 1. Immanuela Aliu 24.53, 3. Magda Cienciala 25.59, 6. Olivia Richer 26.05. 800. 4. Millie Smith 2.25.84, 5. Grace Scopes 2.25.86, 6. Stephanie Taylor 2.26.84. 1500 s/chase. 1. Yasmin Austridge 4.58.09 (Championship Best). Shot. 1. Eloise Locke 12.47. Discus. 1. Carys Marsden 34.58, 2. Eve Keith 33.87. Hammer. 1. Victoria Wiltshire 52.01, 2. Carys Marsden 39.04. **Under 15 Boys.** 100. Ht1. (1.6) 1. Rico Cottell 11.85. Ht3 (0.2). 1. Kyron Morgan 12.20, 5. Leo McCallum 14.24, 6. Jonathan Abbott 14.65. Final (0.5). 3. Rico Cottell 11.80, 4. Kyron Morgan 12.07. 300. Ht2. 6. James Gregory 47.34. 1500. 10. Joseph Georgiadis 4.51.10, 13. Cameron Swatton 4.59.21. 80H (0.5). 1. Caelan Raju 12.33. High Jump. 1. Rico Cottell 1.80, 2. Pedro Gleadall 1.65, 5. James Gregory 1.30. Long Jump. 1. Myles Xavier 5.70, 15. James Gregory 4.14. Javelin. 1. Pedro Gleadall 47.39. **Under 15 Girls.** 200. Ht3. (1.7) 3. Eva Stephanou 28.48, 6. Greta Elliott 30.50. 800. Ht2. 2. Lily Tappenden 2.26.85. Final. 4. Lily Tappenden 2.26.21. 75H. Ht2. (1.2). 3. Zoe Austridge 12.79, 6. Ella Brown 14.41. Final. 3. Zoe Austridge 12.56 (1.6). Pole Vault. 3. Eleanor Barrett 2.70, 6. Zoe Austridge 2.10, 7. Eloise Swatton 1.95.

ACC Championships, Tallahassee, FL, USA. Long Jump.3. Oliver Newport 7.78 (1.2).

BMC Grand Prix, Stretford. 1500. Race B. 2. Phil Sesemann 3.45.98. Race D. 3. Will Fuller 3.50.97.

Parkruns. Banstead Woods. 35. Bob Minting 21.07. **Bromley.** 4. Roger Beswick 18.31, 6. Robert Perry 18.53, 8. Matthew Pond 19.02, 10. Clayton Aves 19.08, 11. Jake Leng 19.09, 15. Max Gregson 19.22, 31. Steve Pairman 19.57, 32. Mike Simms 20.01, 46. Stuart Cullum 20.53, 53. Chris Gentle 21.18, 58. Adrian Stocks 21.26, 59. Chris Swinfen 21.35, 68. Niamh Milmo 21.59. 80. Scott Bulmer 22.32, 99. James Neylon 23.13, 105. Izabelle Mitchell 23.21, 108. Nigel Bulmer 23.27, 121. Luigi

Arcuri 23.43, 122. Tim Ward 23.45, 147. John Butler 24.26, 152. Mark Compton 24.32, 159. Adrian Perry 24.45, 164. Jobey Mitchell 24.56. **Greenwich**. 28. Barry Wetherilt 22.18. **Bath Skyline**. 129. Chloe Haffenden 26.28. **Crystal Palace**. 36. Nigel Wood 22.38. **Lloyd park**. 23. Andrew Lawes 21.00, 126. John Fenwick 27.07. **Orpington**. 13. Oliver Robertson 20.23, 18. Matthew Smith 21.46, 21. Harry Keene 22.17, 48. Andrew Clowes 24.48, 68. Mick Keene 25.53, 90. Sally Smith 27.30, 99. Natasha Nelson 28.24, 174. Karen Desborough 34.05. **Pegwell Bay**. 14. Paul Ross-Davies 21.17. **Lullingstone**. 6. Nick Barber 22.19.

Oxford Championships. 3000 walk. 4. David Hoben 21.51.1

Sparkassen Meeting, Ellwangen Germany. Men. 100 R2. 4. Kieran Daly 10.67 (2.2). RB. 4. Kieran Daly 10.69 (2.9). Triple Jump. 2. Jonathan Ilori 15.26 (0.0). Women. 100. R5. Montell Douglas DQ.

15/5/16 Kent Championships, Day Two. Ashford. Senior Men. 200. 4. Ishmael Smith John 23.52 (-1.6). 800. 1. Georges Vacharopoulos 1.57.57. **Senior Women**. Pole Vault. 1. Jackie Montgomery 2.60. **Under 20 Men**. 200. Ht2. 2. Alex Skipp 22.9 (1.1). Final. 1. Alex Skipp 22.43 (1.6). 400H. 1. Bailey Stickings 57.17. **Under 20 Women**. 100. (-0.7) 1. Parris Johnson 12.47, 3. Isio Orogun 12.92. 1500. 1. Niamh Bridson Hubbard 4.31.07, 2. Jessica Keene 4.47.91. Shot. 1. Divine Oladipo 13.70. Discus. 1. Divine Oladipo 47.01, 2. Anna Barnett 33.55. **Under 17 Men**. 200. 1. Matthew Knight 22.75 (0.0). 800. Ht2. 1. Angus Harrington 2.03.88. Final. 4. Angus Harrington 2.02.45. 400H. 3. Coleman Corry 59.61. Pole Vault. 2. George Pope 3.15, 3. Frankie Scrivener 3.00. Discus. 3. Nathan Sureshkumar 32.12. **Under 17 Women**. 100. Ht1. (0.8) 2. Katie Woolcott 12.85, 3. Mhairi Brooks 12.99, 6. Sophia Harper 13.79, 7. Gabrielle Dalsan 13.80. Ht2. (0.5). 1. Immanuela Aliu 12.23, 2. Magda Cienicala 12.66. Final (0.9). 1. Immanuela Aliu 12.02, 2. Magda Cienicala 12.52, 3. Katie Woolcott 12.92, 4. Mhairi Brooks 13.02. 1500. 4. Kelsi Cornish 4.50.22, 6. Millie Smith 4.59.01, 8. Amy Leach 5.01.58, Genevieve Allan 5.04.29. Long Jump. 7. Sophia Harper 4.40. Triple Jump. 2. Karina Harris 10.90, 3. Nicole Farmer 10.38. Javelin. 1. Eloise Locke 44.08 (Championship Best Performance). **Under 15 Boys**. 200. (-1.0). 2. Myles Xavier 25.00, 3. Kyron Morgan 25.18. 800. Ht1. 1. Robert Suckling 2.16.24. Ht3. 1. Rowan Fuss 2.14.90. Final. 1. Robert Suckling 2.11.51, 3. Rowan Fuss 2.14.41. Pole Vault. 1. Pedro Gleadall 3.10, 5. Ethan Kitteridge 2.10. Shot. 1. Michael Burfoot 11.30, 5. Pedro Gleadall 9.66. Discus. 2. Michael Burfoot 32.87. **Under 15 Girls**. 100. Ht1. 3. Katia Cienicala 13.36 (0.2). Ht2. (0.8) 2. Holly Mpassy 13.42, 4. Rahmat Ottun 13.93. Ht3. (0.8) 5. Esther Oniwinde 14.07, 6. Lani Bakewell 14.26. Ht4. (0.8). 4. Zoe Martial 13.63. SF1. (0.9). 3. Holly Mpassy 13.48, 8. Zoe Martial 13.85. SF2. (1.6). 5. Katia Cienicala 13.46. Final. (1.7). 6. Holly Mpassy 13.23. 300. Ht1. 3. Lauren Goddard 46.01, 5. Kendae Cameron Chavannes 49.55. Final. 5. Lauren Goddard 45.32. 1500. 2. Morgan Squibb 4.53.88, 4. Jessica Neal 4.58.30, 11. Rosanna Allan 5.27.17, 12. Emily Davis 5.36.60. 3000 walk. 2. Isabelle Bridge 18.23.94. High Jump. 3. Alice Prentice 1.50. Long Jump. 10. Zoe Martial 4.30, 15. Zoe Austridge 4.16. Javelin. 1. Daisy Dowling 30.99. **ECAC/IC4A Champs, Princeton, NJ, USA**. Triple Jump. 8 Stefan Amokwandoh 14.71 (-1.1).

14-15/8/16

Essex Championships, Chelmsford. Under 20 Women. 100. 2. Modupe Shokunbi 12.30 (2.2). **Under 17 Men**. 100 Hurdles. 3. William Adeyeye 13.62 (2.9). Shot. 2. William Adeyeye 14.24.

Middlesex Championships, Lee Valley. Senior Men. 3000 walk. 3. Shaun Lightman 18.34.75. Under 15 girls. 1500. 1. Lia Radus 4.55.72, 2. Yasmin Marghini 4.57.45. Under 13 Girls. 1500. Maayan Radus 5.12.02.

Norfolk Championships, Norwich. Senior Men. High Jump. 1. Lewis Ely 1.85. Under 20 Men. 400. 1. Elliot Holland 50.5. Under 20 Women. 400. 2. Belinda Clark 60.0.

Somerset Championships, Yeovil. Under 17 Men. 800. 1. Henry James Cowie 2.00.97.

Surrey Championships, Kingston. Senior Men. 100. 2. Dean Hylton 11.08 (-2.5). Ht 1. 2. Dean Hylton 11.03 (-1.3). 200. (-2.2). 3. Oweka Wanogho 22.24, 5. Dean Hylton 22.60. Heat 1. 1. Dean Hylton 22.28 (-1.7). Ht2. 2. Oweka Wanogho 22.35 (-1.6). 400H. 4. Richard Holt 63.27. Senior Women. 2. Shayone Simao 12.67 (-2.4). Ht2. 1. Shayone Simao 12.39 (-1.8). Under 20 Men. 200. 1. Ocean Schwartz 22.72 (-3.1). Ht1. 1. Ocean Schwartz 22.49 (-0.6). 400. 1. Ocean Schwartz 49.7. Triple Jump. 1. Jacob Veerapen 14.00. Javelin. 2. Ocean Schwartz 37.33. Under 20 Women. 100. 1. Maya Bruney 12.40 (-2.7). Under 17 Men. 400H. 2. Josh Watson 62.75. Under 17 Women. 100. 1. Charmont Webster Tape 12.10 (0.5). 200. 1. Charmont Webster Tape 25.69 (-2.0). Ht1. 1. Charmont Webster Tape 25.70 (-3.3). 800. Ht2. 6. Eloise O'Shaughnessy 2.32.78. 80H. 4. Kate Purser 12.80 (-2.3). Ht1. 3. Kate Purser 12.91. 300H. 3. Kate Purser 46.51, 5. Catrin Murphy 48.07. Under 15 Girls. 100. 7. Grace Fullerton 13.69 (-2.5). Semi Final. 4. Grace Fullerton 13.75 (-2.5). Ht1. 3. Grace Fullerton 13.62 (-1.9). 800. 5. Amy Miller 2.21.83. Ht4. 3. Amy Miller 2.23.91. 1500. Ht1. 1. Sophie Hoare 4.45.67. 75H. Ht2. 3. Grace Fullerton 12.9. Under 13 Girls. Ht2. 5. Holly Sutton Trott 2.41.44.

Continental 100 Mile/24 Hour race walk and supporting races. Schiedam, Holland. 50km. 7. David Hoben 7.16.02.

Big Ten Conference Championships, Lincoln NE, USA. 100H. Ht1. 5. Jahisha Thomas (2.0). Long Jump. 7. Jahisha Thomas 5.96 (0.7). Triple Jump. 4. Jahisha Thomas 12.72 (0.7).

17/5/16

BMC Gold Standard Races, Stretford. 800. 5. James Habergham 1.53.49.

18/5/16

Beckenham Road Relay. 4. B&B Marco Arcuri 14:20 Callum Alyatt 15:35 Angus Harrington 14:10 44:05, 14. B&B Beckenham Chapter Richard Byford 15:49 Tim Ayres 16:25 Chris Tuck 15:01 47:15, 23. B&B. Roger Beswick 15:24 Luca Ercolani 15:39 Jenny Neal 17:36 48:39, 40. B&B. Sarah Belaon 17:09 Sara Elmqvist 18:15 Carole Penlington 16:57 52:21, 43. B&B Andy Lawes 17:19 Tracey Ashenden 19:36 Marc Knowles 15:48 52.43. 50. B&B Adrian Stocks 16:43 Angela Powell 20:18 Brian Donnelly 17:03 54:04. 59. B&B Robert Minting 17:22 Luigi Arcuri 19:54 Chris Pike 18:04 55:20, 60. B&B Graham Hollingdale 16:02 Neil Roberts 20:59 Barry Wetherilt 18:23 55:24, 62 B&B. Alex Tobin 17:32 Ozzie Adams 19:39 Nigel Wood 18:33 55:44. 63. B&B Steve Pairman 16:45 Mark Compton 20:22 Paul Kerekgyart 18:43 55:50, 64. B&B Mike Simms 17:35 Dave Leal 19:24 David Carton 19:01 56:00. 66. B&B Clayton Aves 15:58 Andy Kingsmell 22:09 Nigel Haffenden 18:09 56:16. 67. B&B Paul Sharpe 15:45 Zoe Kingsmell 22:35 Steve Evenden 17:59 56:19, 77. B&B David Beadle 16:35 Jannet Ricketts 22:54 Rob Brown 18:52 58:21.

Watford Open Meeting. 800. R7. 7. L Radus 2.22.41.

20/5/16

AAC Championships, Tallahassee. Long Jump. 3. Oliver Newport 7.78 (1.2).

20-22/5/16

European Veterans Non Stadia Championships, Vila Real, Portugal. 10km walk. M65. 4. Roger Michell 63.13. Team. M65. 1. Great Britain inc Roger Michell. 30km walk. M65. 4. Roger Michell 3.27.33. Team. M65. 1. Great Britain inc Roger Michell. 10km. 16. Clare Elms 40.28. Half Marathon. 11. Clare Elms 87.35.

21/5/16

UK Youth Development League, Lower Age Group, Southern Premier 1, Southampton. Under 15 boys. 100. A. 2. Kyron Morgan 12.5, B. 2. Myles Xavier 12.9. N/S. 1. Caelan Raju 13.2, 3. Nana Okwesa 13.4. 200. A. 4. Myles Xavier 25.7, B. 4. Kyron Morgan 26.2. 300. A. 3. Ben Bennett 40.0, B. 3. Peter Guy 40.7. 800. A. 3. Peter Guy 2.11.5, B. 3. Oscar Hussey 2.21.4. 1500. A. 6. Cameron Swatton 4.56.9, B. 6. Keir Lundy 5.08.4, 80H. A. 1. Rico Cottell 12.6, B. 1. Caelan Raju 12.5, High Jump. A. 1. Rico Cottell 1.70, B. 1. Pedro Gleadall 1.60. Long Jump. A. 2. Nana Okwesa 5.46, B. 1. Myles Xavier 5.39. Pole Vault. A. 3. Ethan Kitteridge 2.00, B.-. Shot. A. 1. Michael Burfoot 11.31, B. 4. Kyron Morgan 8.67. Discus. A. 3. Michael Burfoot 32.54, B. 3. Oscar Heaney 22.60. Javelin. A. 2. Pedro Gleadall 38.10, B. 5. Joseph Georgiadis 23.01. Hammer. A. 4. Michael Burfoot 25.21, B. 4. Cameron Swatton 18.54. 4x100. 2. B&B 50.3 Kyron Morgan, Nana Okwesa, Caelan Raju, Rico Cottell. 4x300. 3. B&B 2.50.8 Peter Guy, Ben Bennett, Keir Lundy, Myles Xavier. Under 15 girls. 100. A. 5. Grace Fullerton 14.0, B. 2. Katia Cienciala 13.8. N/S. 5. Ruchelle Taylor 15.5, 6. Rianna Rennie 15.6. 200. A. 6. Eva Stephanou 29.0, B. 4 Holly Mpassy 28.1. 300. A. 5. Lauren Goddard 45.5, B. 5. Lily Tappenden 46.4. 800. A. 1. Yasmin Marghini 2.22.2, B. 2. Amy Miller 2.22.2. 1500. A. 1. Sophie Hoare 4.49.1, B. 1. Lia Radus 4.51.7. 75H. A. 4. Grace Fullerton 13.2, B. 4. Zoe Austridge 13.3. High Jump. A. 5. Alice Prentice 1.45, B. 2. Isabelle Bridge 1.35. Long Jump. A. 5. Grace Goddard 4.48, B. 4. Ella Brown 4.28. Pole Vault A. 4. Zoe Austridge 2.00, B. 3. Elise Swatton 2.00. SP. A. 6. Kareena Galley 10.02, B. 2. Alexandra Kelsey 9.19. Discus. A. 3. Kareena Galley 23.83, B. 3. Daisy Dowling 18.41. Javelin. A. 3. Daisy Dowling 26.90, B. 5. Kareena Galley 13.96. Hammer. A. 6. Skye Cook 22.81, B. 6. Eva Stephanou 17.03. 4X100. 5. B&B. 54.8 Katia Cienciala, Holly Mpassy, Ruchelle Taylor, Grace Fullerton. 4X300 3. 3.05.0 Lily Tappenden, Eva Stephanou, Amy Miller, Lauren Goddard. Under 13 Boys. 100. A. 2. Robert Murray 13.9, B. 6. Matthew Smith 15.9. N/S. R1. 4. Alex Sibley 16.7, R2. 1. Oliver Robertson 15.7. 200. A. 2. Sam Reardon 29.3, B. 1. Robert Murray 27.9. 800. A. 4. Alex Sibley 2.32.8, B. 2. Brandon Back 2.37.5. N/S. 1. Oliver Robertson 2.38.6, 3. Josh Buddle Smith 2.48.2. 1500. A. 1. Sam Reardon 4.50.8, B. 4. Thomas Penlington 5.11.8. 75H. A. 1. Jacob Byfield 13.1, B. 2. Barnaby Corry 15.0. High Jump. A. 4. Jacob Byfield 1.35, B. 2. Barnaby Corry 1.30. Long Jump. A. 1. Jacob Byfield 4.76, B. 4. Oliver Robertson 4.07, Shot. A. 1. Robert Murray 9.43, B. 3. Sam Reardon 5.54. Javelin. A. 5. Nicholas Paddington 17.91, B. 2. Josh Buddle Smith 15.50. 4X100. 1. B&B. 55.8 Barnaby Corry, Sam Reardon, Jacob Byfield, Robert Murray. Under 13 girls. 75. A. 3. Achieng Onkeno 11.0, B. 4. Olivia Howlett 11.4. N/S. 1. Shakanya Oshason 11.2, 6. Rianna Rennie 11.6. 150. A. 4. Shakanya Oshason 22.0, B. 4. Renee Bel-Momodu 22.5. 800. A. 5. Parris French 2.38.5, B. 1. Daniella Harper 2.32.4. N/S. 1. Holly Sutton Trott 2.37.6, 2. Amarisa Sibley 2.38.9. 1200. A. 1. Ellie Dolby 3.57.6, B. 2. Maayan Radus 4.16.5. 70H. A. 2. Akeiyla Robinson Pascal 12.6, B. 2. Olivia Howlett 13.4. High Jump. A. 2. Akeiyla Robinson Pascal 1.43, B. 2. Rianna Rennie 1.25. Shot. A. 4. Renee Bel-Momodu 7.89, B. 5. Sofia Elliott 5.66. Javelin. A. 6. Renee Bel Momodu 15.03, B. 6. Sofia Elliott 11.22. 4x100. 3. 57.6 Shakanya Oshason, Daniella Harper, Akeiyla Robinson Pascal, Achieng Onkeno. Match. 1. Southampton 556, 2. Blackheath & Bromley 534, 3. Windsor Slough Eton & Hounslow 481, 4. Bracknell 470.5, 5. Tonbridge 449.5, Reading 449.

Parkruns. Richmond . 5. Jonathan Vintner 18.19. **Bromley**. 17. Clayton Aves 18.43, 20. Matthew Pond 19.02, 25. Max Gregson 19.18, 38. Mike Simms 19.46, 43. Stuart Cullum 20.02, 55. Chloe Kibblewhite 20.18, 57. Nigel Haffenden 20.25, 73. Barry Wetherilt 21.04, 86. Abigail Leeves 21.31, 98. Sally Haffenden 21.56, 99. Chris Swinfen 22.03, 117. Isabelle Mitchell 22.27, 123. Jessica Sellar 22.35, 135. Luigi Arcuri 22.59, 137. Jobey Mitchell 23.01, 141. Austin Adams 23.06, 184. John

Butler 24.02, 253. Nigel Bulmer 25.30, 259. Scott Bulmer 25.37, 322. Leszek Malynicz 27.10. **Greenwich.** 17. Jennie Neal 21.16 (first woman), 19. Adrian Stocks 21.20. **Bath Skyline.** 117. Chloe Haffenden 27.14. **Crystal Palace.** 117. John Fenwick 26.06, 244. Glen Read 42.33. **Lloyd park.** 14. Andy Lawes 21.09, 15. Sarah Belaon 21.25 (first woman), 20. Bob Minting 22.04. **Newbury.** 12. Robert Perry 20.01, 105. Adrian Perry 24.32. **Orpington.** 6. Harry Keene 20.38, 61. Mick Keene 26.10. **Southwark.** 32. Peter Hamilton 21.11. **Tonbridge.** 233. Andrew Kingsmell 28.17. **Peckham Rye.** 53. Peter Rogers 22.49. **Chelyabinsk.** 53. James Perry 26.43

22/5/16

Southern Athletics League, Hornchurch. Men. 100. A. 4. Callum Gardiner 12.4, B. 4. Lewis Stickings 13.3. 200. A. 4. Callum Gardiner 25.2, B. 4. Lewis Stickings 27.1. 400. A. 4. Ben Sutton 53.2, B. 4. Tim Ayres 56.9. 800. A. 2. Angus Harrington 2.03.0, B. 2. Tim Ayres 2.12.8. 1500. A. 2. Angus Harrington 4.31.3, B. 2. Gareth Evans 5.01.2. 3000. A. 1. Peter Tucker 9.17.4, B. 1. Gareth Evans 9.59.2. 110H. A. 3. Lewis Ely 26.9, B. -. 400H. A. 1. Bailey Stickings 56.0, B. 3. Tom Desborough 69.6. 3000s/ch. 2. Tom Desborough 11.08.4, 2. Gareth Evans 11.37.0. High Jump. A. 2. Lewis Ely 1.87, B. 3. Tim Ayres 1.23. Long Jump. A. 2. Ben Sutton 6.21, B. Callum Gardiner 5.31. Triple Jump. A. 3. Patrick Apatanku 12.62, B. 3. Lewis Ely 10.20. Pole Vault. A. 3. Lewis Stickings 3.00. B. -. Shot. A. 1. Alex Pope 12.76, B. 1. Steve Timmins 12.10. Discus. A. 3. Steve Timmins 37.67, B. Alex Pope 37.64. Javelin. A. 3. Angus Harrington 42.65, B. 2. Alex Pope 37.37. Hammer. A. 2. Steve Timmins 43.55, B. 1. Alex Pope 41.44. 4x100 3. B&B 46.5. 4x400. 2. B&B. 3.42.2. **Women.** 100. A. 1. Vivien Olatunji 12.4, B. 1. Modupe Shokunbi 12.6. 200. A. 1. Immanuela Aliv 25.3, B. 1. Isio Orogun 26.7. 400. A. 1. Becky McLinden 58.5, B. 1. Krystal Galley 58.5. 800. A. 1. Leah Everson 2.24.3, B.-. 1500. A. 2. Jessica Jones 5.08.1, B. 2. Danielle Critchley 5.38.8. 5000. A. 2. Carole Penlington 18.25.1, B. 2. Amber Reed 19.42.8. 100H. A. 1. Anastasia Davies 14.5, B. -. 400H. A. 3. Abigail Kingston 83.3. B.-.1500 s/ch. A. 3. Ambr Reed 6.19.6. High Jump. A. 2. Tabitha Lisciotta 1.58, B. 1. Jamilya Robinson-Pascal 1.58. Long Jump. A. 2. Jamilya Robinson Pascal 5.36, B. 1. Toyin Orelaja 5.15. Triple Jump. A. 1. Anastasia Davies 11.90, B. 1. Toyin Orelaja 10.39. Pole Vault. A. 1. Jackie Montgomery 2.70. B. 1. Caitlin Chick 2.30. Shot. A. 1. Shaunagh Brown 13.16, B. 4. Eve Keith 6.35. Discus. A.1. Shaunagh Brown 47.45, B. 2. Anna Barnett 33.22. Javelin. A. 3. Ellie Moore 23.02, B. 3. Shaunagh Brown 22.46. Hammer. A. 1. Shaunagh Brown 53.75, B. 4. Jackie Montgomery 13.26. 4X100. -. 4X400. 1. B&B. 4.11.1. Male Athlete of The Match. Bailey Stickings. Female Athlete of the Match. Shaunagh Brown. Match Score. 1. Havering 205, 2. Blackheath & Bromley 198, 3. Luton 141, 4. Ashford 130.

Loughborough International. Senior Men. 100. B. 2. James Alaka 10.56 (0.3). 200. 4. James Alaka 21.00 (4.0). 3000. 8. Will Fuller 8.14.08, 12. Phil Sesemann 8.17.87. Long Jump. 7. Tom French 7.23 (0.4), 9. Mark Cryer 6.93 (0.1). **Senior Women.** 100. 2. Montell Douglas 11.52 (1.0). A. Montell Douglas DQ. C. 4. Maya Bruney 12.10 (1.7). 200. 1. Shannon Hylton 23.48 (3.2). B. 1. Montell Douglas 23.66 (1.9). 400. A. 7. Yimika Adewakun 57.05. 3000. 4. Niamh Bridson Hubbard 9.33.63, 13. Jess Keene 9.59.02. Long Jump. 1. Holly Mills 6.24 (-0.1). Triple Jump. 3. Chioma Matthews 13.20 (-0.2). Shot. 7. Divine Oladipo 14.05. Discus. 4. Divine Oladipo 45.14, 7. Sam Milner 43.39.

Chislehurst Half Marathon. 4. Tony Crowder 1.23.28, 51. Steve Evenden 1.42.28, 61. Mike Simms 1.43.59, 66. Chris Pike 1.44.39, 74. Paul Kerekgyarto 1.46.07, 80. Dave Leal 1.47.16, 122. Austin Adams 1.52.29, 160. John Isaacs 1.57.51, 180. Kieth Duffy Penny 1.59.46, 209. Nigel Bulmer 2.03.53, 333. Scott Bulmer 2.34.02.

Royal Windsor Trail River Run. 996. Andy Kingsmell 2.16.52.

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Club Open Meeting and Club Championships, Norman Park.

100m Round 1. Ht.1. (1.2). 2. Adenekan Lipede U20M 11.30, 4. Ishmael Smith-John 11.39, 6. Luca Taylor U17M 11.53. Ht2. (1.9) 3. Ben Sutton U17M 11.47, 4. Will Pope U20M 11.52, 5. Rico Cottell U15B 11.83, 6. Kyron Morgan U15B 11.98, 7. Joe Freeman U20M 11.99. Ht3. (1.5). 1. Femi Sofolarin U17M 11.67, 2. Chizute Ogbedeh U17M 11.73, 4. Myles Xavier U15B 12.05, 5. Dylan Reeves-Fellows U20M 12.27, 7. Matt Adams U15B 12.89. H4. (1.3). 1. Caelan Raju U15B 12.41, 2. Katia Cenciala U15G 13.18, 3. Holly Mpassy U15G 13.34, 4. Antonia Alapafuja U17W 13.39, 5. L J Wright U15B 13.60, 6. Rachel Yeldham U17W 13.61. Ht5. (0.9). 1. Vyan Kana U15B 12.91, 2. Grace Fullerton U15G 13.26, 3. Robert Murray U13B 13.31, 4. Karina Harris U17G 13.43, 5. Sophia Harper U17W 13.56, 7. Gabrielle Dalsan U17W 13.76, 8. Madeleine Bonner U15G 13.98. Ht6. (0.4). 1. Amari Notion U17B 12.48, 2. Eloise Locke U17G 13.57, 4. Samuel Reardon U13B 13.61, 5. Rahmat Ottun U15G 13.65, 6. Esther Oniwinde U15G 14.22, 7. Katie Westpfel U15G 15.30. Ht7. (0.7). 1. Daniel Ainsworth U13B 13.64, 2. Louisa Vallins W35 14.01, 3. Lani Bakewell U15G 14.07, 4. Jonathan Abbott U15B 14.33, 5. Alex Kelsey U15M 14.38, 6. Greta May Elliott U15G 14.70. Ht8. (1.6). 1. Rianna Rennie U13G 14.47, 2. Olaide Akinbobola U13G 14.74, 3. Kelsey Pullin U13G 14.90, 5. Georgia Sullivan U13G 15.08, 6. Matthew Smith U13B 15.22, 7. Chloe Skipp U13G 15.26, 8. Adam Parkinson U13B 15.80. Ht9. (0.6). 6. Faith Mpassy U13G 16.12. Ht10. (1.4). 1. Akeiyla Robinson-Pascal U13G 14.02, 4. Renee Bel-Momodu U13G 14.25. 800m. Ht1. 3. Robert Suckling U15B 2.08.09, 5. Rowan Fuss U15B 2:12.63, 6. Chris Tuck SM 2.14.79, 7. Keir Lundy U15B 2.16.76, 8. Kelsi Cornish U17G 2.19.95, 9. Cameron Swatton U15B 2.24.28, 10. Grace Scopes U17G 2.24.85. Ht2. 1. Graham Hollingdale SM 2.23.68, 3. Lily Tappenden U15G 2.24.44, 5. Bob Minting M65 2.24.63, 6. Daniella Harper U13G

2.32.51, 7. Alex Sibley U13M 2:33.86, 8. Benjamin Campbell U13B 2.37.28. Ht.3. 1. Ethan Kitteridge U15B 2.34.36, 2. Max Gregson U13B 2.36.55, 3. Isabelle Bridge U15G 2:36.78, 4. Donelle Yapp SW 2.37.68, 5. Emily Davis U15G 2:38.87. 100m Round 2. Ht1. (1.8). 3. Ishmael Smith-John SM 11.30, 6. Ben Sutton U17M 11.54, Adenekan Lipede U20M DNF. Ht2. (1.2). 1. Luca Taylor U17M 11.48, 3. Chizute Ogbedeh U17M 11.64, 4. Will Pope U20M 11.67, 5. Rico Cottell U15B 11.86, 6. Kyron Morgan U15B 12.02, 8. Joe Freeman U20M 12.11. Ht3. (0.9). 1. Myles Xavier U15B 11.96, 2. Aleksander Wiltshire U20M 11.98, 3. Dylan Reeves-Fellows U20M 12.14, 4. Amari Notion U17B 12.14, 6. Caelan Raju U15B 12.30. HT4. (1.7). 2. Katia Cienciala U15G 13.11, 3. Holly Mpassy U15G 13.12, 5. Robert Murray U13B 13.34. 6. Grace Fullerton U15G 13.36, 7. Karina Harris U17G 13.46, Antonia Alapafuja U17W DNF. Ht5. (1.1). 1. Rachel Yeldham U17W 13.45, 2. L J Wright U15B 13.54, 5. Sophia Harper U17W 13.65, 6. Samuel Reardon U13B 13.73. Ht6. (1.1). 1. Rahmat Ottun U15G 13.72, 2. Esther Oniwinde U15G 13.98, 3. Akeiyla Robinson-Pascal U13G 14.04, 4. Madeleine Bonner U15G 14.13, 5. Lani Bakewell U15G 14.17, 6. Alex Kelsey U15M 14.47, 7. Rianna Rennie U13G 14.56, 8. Olaide Akinbobola U13G 15.00. Ht7. (0.6). 1. Renee Bel-Momodu U13G 14.13, 2. Kelsey Pullin U13G 14.90, 5. Georgia Sullivan U13G 15.16, 7. Matthew Smith U13B 15.23, 8. Katie Westpfel U15G 15.24. Ht8. (1.0). 3. Adam Parkinson U13B 15.85, 4. Faith Mpassy U13G 16.63. 400m. Ht1. 1. Matthew Knight U17M 53.30, 2. Aleksander Wiltshire U20M 54.04, 3. Angus Harrington U17M 54.30, 5. Becky McLinden SW 58.37, 6. Rowan Fuss U15B 61.84. Ht2. 1. Robert Abbot U17M 60.30, 3. Myles Duffus U15B 63.06, 4. Kelsi Cornish U17G 64.89. 1500m. Ht1. 2. Lewis Mills U17B 4:12.63, 4. Chris Tuck SM 4:37.58, 5. Ben Gardiner U15B 4:43.14, 6. Samuel Reardon U13B 4:44.21, 8. Millie Smith U17G 4:53.24, 9. Jessica Neal U15G 4:55.04, 10. Ellie Dolby U13G 4:56.45, 11. Jessica Jones U23W 4:59.61, 12. Robert Perry U17M 5:00.73, 13. Amber Reed U23W 5:03.92, 14. Amy Leach U17G 5:13.06. Ht2. 3. Jennie Butler W35 5.17.09, 4. Tom Brash U13B 5.17.73, 5. Matthew Smith U13B 5.20.28, 7. Joanna Clowes U20W 5:22.84, 8. Amarisa Sibley U13G 5:28.22, 10. Adam Parkinson U13B 5.30.91, 11. Lorna Clowes U23M 5:32.59. Discus. U15G. 1. Kareena Galley 29.75. U13B. 1. Tom Brash 15.71. U15B. 1. Michael Burfoot 32.10, 4. Sean Lancaster 21.84. U17W. 1. 159 Carys Marsden 34.45, 2. Eve Keith 34.10. U20W. 1. Anna Barnett 33.78. U17M. 2. James Lancaster 34.69. Shot. U13G. 1. Renee Bel-Momoda 7.53, 2. Amarisa Sibley 4.96. U15G. 1. Kareena Galley 9.93. U13B. 1. Robert Murray 9.46, 2. Alex Sibley 3.90. U15B. 1. Michael Burfoot 11.97. U17W. 1. Eve Keith 10.88. Pole Vault. 1. Christina Moore 3.25, 2. Frankie Scrivener U17M 3.15, 3. George Pope U17M 3.15, 4. Lewis Stickings U17M 2.95, 5. Eleanor Barrett U15G 2.80, 7. Jackie Montgomery W50 2.60, 11. Caitlin Chick U17W 2.20, 12. Ethan Kitteridge U15B 2.10, 13. Elise Swatton U15G 2.10, 16. Zoe Austridge U15B 2.00.

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Parris Handicap, Hayes. 1 Heath Griffin 33.34 (24.19), 2. Neil Ives 33.35 (25:20), 3. Chris Tuck 33.45 (17:30), 4. Adrian Stocks 33.54 (19:54), 5. Penny Caudle 33.56 (26.56), 6. Dave Leal 34.03 (22.48), 7. Rod Harrington 34.05 (20.20), 8. Mike Simms 34.07 (20.37), 9. Andy Kingsmell 34.16 (25.01), 10. Paul Sharpe 34.18 (18.03), 11. Gerry Alger 34.20 (23.35), 12. Stuart Cullum 34.24 (19.54), 13. Ozzie Adams 34.27 (22.42), 14. Marco Arcuri 34.28 (16.43), 15. Graham Hollingdale 34.30 (18.30), 16. Angus Harrington 34.35 (16:35), 17. Luigi Arcuri 34.36 (22.51), 18. Paul Kerekgyarto 34.45 (21.15), 19. Jannet Ricketts 34.51 (26.51), 20. Clayton Aves 34.52 (18.37), 21. Bernie Bater 34.55 (21.40), 22. Scott Bulmer 34.56 (21.56), 23. Dave Carton 34.58 (21.28), 24. Zoe Kingsmell 35.11 (26.56), 25. Chris Pike 35.14 (21:29), 26. Mark Compton 35.20 (24:35), 27. Maz Turner 35.24 (29.24), 28. Iain Swatton 35.26 (21.26), 29. Rob Brown 35.30 (21.00), 30. Dave Beadle 35.34 (19.19), 31. Andy Lawes 35.36 (20.36), 32. James Neylon 35.44 (23.14), 33. Tim Ayres 35.53 (19:38), 34. Steve Evenden 36.31 (21.16), 35. Marc Knowles 36.35 (23.05), 36. Nigel Bulmer 36.43 (24.28), 37. Harry Louca 38.25 (31.25).

London Schools Combined Events Championships, Lee Valley. U15 Girls. Pentathlon. 11. Alice Prentice 2037. (800. 2.46.4, 75H. 16.2, High Jump. 1.50, Long Jump. 3.98. Shot. 6.40).

Cambridge Harriers Open and BMC races, Sutcliffe Park. 400. 2. Bailey Stickings 50.75. 1500. 9. Donelle Yapp 5.41.76. BMC 1500. B. 10 Sophie Hoare 4.41.78, 11. Yasmin Marghini 4.42.81.

Active Newham Open. 100. Men. Ht2. 5. Dean Hylton 10.81 (1.6). Ht3. 5. Toby Olubi 10.93 (1.2). 200. Ht1. 5. Dean Hylton 21.79 (1.5). Women. 100. Ht1. 4. Jazz Crawford 11.94 (1.1). 200. Ht1. 1. Jazz Crawford 24.51 (0.8). 400. Mxd. 4. Yimika Adewakun 57.67.

Cambridgeshire AA Development Open, St Ives. 100. HT1. 3. Elliot Holland 11.33 (1.0). HT2. 5. Belinda Clark 13.20 (1.1). 200. Ht2. 4. Belinda Clark 26.89 (0.8).

Loughborough Students Open Meeting. 400H. U18M. 1. Joe Fuggle 53.53.

Rosenheim League East Division, Croydon. 400. 1. Ocean Schwartz 50.21.

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NCAA Championships DI East Preliminaries, Jacksonville, FL, USA. Long Jump. 14. Oliver Newport 7.49 (1.8). Hammer. 4. Joe Ellis 68.25.

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Kent Masters League, Norman Park. M35. 100. A. 6. Adrian Stocks 14.5, B. 6. Rob Brown 14.6. 800. A. 5. Gareth Evans 2.12.6, B. -. High Jump. 3. Steve Timmins 1.45. Shot. 1. Steve Timmins 11.81. Javelin. 2. Steve Timmins 40.27. 4x100. 6. B&B

56.0. Tom Phillips, Adrian Stocks, Gareth Evans, Bob Minting. M50. 100. 4. Tom Phillips 13.4. 800. 4. Tim Nash 2.26.1. High Jump. 3. Tim Nash 1.30. Shot. 4. Tim Nash 7.31. Javelin. 6. Ken Daniel 16.80. M60. 100. 3. Bob Minting 14.6. Shot. 4. Bob Minting 7.36. 800 n/s. Bob Minting 2.28.2. Match. 1. Dartford 66. 2. Cambridge Harriers 63. 3. Bexley 56. 4. Medway & Maidstone 48. 5. Blackheath & Bromley 41. 6. Ashford 40. Standings after 3 matches. 1. Dartford 17 (177), 2. Medway & Maidstone 13.5 (147), 3. Cambridge Harriers 12.5 (157), 4. Bexley 9 (148), 5. Ashford 7 (133), 6. Blackheath & Bromley 4 (102). W35. 100. A. 4. Jenny Neal 15.2, B. 4. Jane Bradshaw 18.1. 800. A. 1. Jennie Butler 2.34.1, B. Jane Bradshaw 2.44.2. Pole Vault. 2. Jenny Neal 1.40. Shot. 4. Carole Penlington 5.83. Javelin. 4. Carole Penlington 10.39. 4x100. 3. B&B. 64.1 Jenny Neal, Jane Bradshaw, Jackie Montgomery, Jennie Butler. W50. 100. Jackie Montgomery 15.3. 800. 1. Clare Elms 2.31.0. Pole vault. 1. Jackie Montgomery 2.50. Shot. -. Caroline Morten n/t. Javelin. 2. Caroline Morten 13.85. W60. 100. 3. Maz Turner 21.6. Shot. 5. Maz Turner 3.33. Match. 1. Dartford 77. 2. Blackheath & Bromley 60. 3. Bexley 56. 4. Cambridge Harriers 53. 5. Bromley Vets 36. Standings after 3 matches. 1. Dartford 18 (214). 2. Blackheath & Bromley 13 (152). 3. Bexley 12 (137). 4. Cambridge Harriers 10 (136) 5. Bromley Vets 7 (10).

Last Friday Of The Month 5km, Hyde Park. 34. Robert Perry 18.49, 174. Adrian Perry 22.42.

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NCAA Championships DI West Preliminaries, Lawrence KS, USA. Long Jump. 7. Jahisha Thomas 6.17 (0.0). Triple Jump. 26. Jahisha Thomas 12.52 (-0.5).

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BMC Races Watford. Men. 1500 A. 1. Phil Sesemann 3.43.48. B. 5. Will Fuller 3.48.32. Women. 1500. 10 Kelly Grant 4.28.87.

Meeting Internacional d'Atletisma Palafugell-Costa Brava, Spain. 100 C. 7. Shayone Simao 12.20 (1.7).

Big ish Jumps and Throws Festival, Bedford. Men. Long Jump. 3. Tom French 7.44 (0.6). Triple Jump B. 7. Rob Sutherland 14.66 (1.7). Women. Triple Jump. 1. Chioma Matthews 13.34 (1.7).

IFAM Outdoor Meeting, Oordeggen-Lede, Belgium. Women. 100 R2. 5. Jazz Crawford 12.08 (-0.2).

UK Javelin Carnival, Loughborough. U18 Women. 3. Eloise Locke 42.10.

London Colleges Series, Battersea. Women 100. R2. 1. Rachel Dickens 12.41. 200. R2. 1. Rachel Dickens 24.64.

Kent Roadrunner Marathon, Gravesend. 56. Alexis Tobin 3.32.01, 240. Pete Rogers 4.22.21.

Parkruns. Bromley. 14. Eddie Sellar 18.59, 23. Oliver Robertson 19.41, 24. Rod Harrington 19.45, 28. Mike Simms 20.03, 43. Matthew Pond 20.50, 61. Jessica Sellar 21.23, 72. Iain Swatton 21.38, 97. Scott Bulmer 22.14, 110. Chris Swinfen 22.30, 122. Jobey Mitchell 22.47, 134. Austin Adams 23.02, 150. Isabelle Mitchell 23.21, 157. Luigi Arcuri 23.26, 202. Nigel Bulmer 24.27, 231. Andrew Pino 25.10, 296. Sally Smith 26.31, 493. Bernard Wilson 32.19. **Bexley.** 13. Nick Barber 21.26, 28. Chris Pike 22.31, 102. Andrew Kingsmill 27.02, 133. Zoe Kingsmill 28.34. **Bath Skyline.** 50. Nigel Haffenden 22.35, 70. Sally Haffenden 23.19, 133. Chloe Haffenden 26.11. **Bournemouth.** 18. Jessica Neal 19.38. **Lloyd park.** 28. Sarah Belaon 21.15, 96. John Fenwick 26.52. **Dulwich.** 18. Cameron Swatton 19.29. **Hilly Fields.** 30. Bob Minting 21.39. **Orpington.** 5. Clare Elms 19.16 (first woman), 6. Harry Keene 19.28, 50. John Butler 25.27, 69. Mick Keene 26.27, 94. Dave Leal 28.12, 157. Karen Desborough 33.48. Pegwell Bay. 17. Paul Ross-Davies 20. **Peckham Rye.** 80. Maz Turner 29.56. **Penrose.** 4. Robert Perry 20.16, 29. Adrian Perry 25.01.

29/5/16.

NRW Gala, Bottrop, GER. 100. 2. Adam Gemili 10.19 (1.9). HT4. 1. Adam Gemili 10.29 (1.1).

Meeting Citta Di Gavardo, Italy. 100. 1. Dina Asher Smith 11.22 (0.6), Ht4. 1. Dina Asher Smith 11.34 (-0.6).

YDL Upper Age Group, Premier Division 1, South, Norman Park. Under 20 Men. 100. A. 2. Shamar Thomas Campbell 10.86 (2.1), B. 2. Matthew Knight 11.32 (2.0). N/S. 6. Joe Freeman 11.85 (4.7). 200. 2. Shamar Thomas Campbell 22.26 (0.6), B. 3. Will Pope 23.39 (1.7). 400. A. 3. Ocean Schwartz 50.19, B. 1. Will Pope 52.44. 800. A. 2. James Habbergham 1.55.70, B. 1. Joss Barber 2.01.52. 1500. A. 5. Marco Arcuri 4.27.35. B. 4. Charlie Davis 4.27.72. 3000. A. 1. Will Fuller 8.59.01, B. 1. Marco Arcuri 9.37.31. 110H. A.-, B.-. 400H. A. 1. Joe Fuggle (Ton/2nd claim) 54.81, 2. Bailey Stickings 56.03, B. Aleksander Wiltshire 62.95. 2000s/ch. A. 2. James Crawley 6.46.73, B. 2. Charlie Davis 7.20.14. High Jump. A. Aleksander Wiltshire 1.65, B.-. Long Jump. A. 2. Elliot Thorne 6.75, B.-. Triple Jump. A. 4. Dylan Reeves Fellows 11.30, B. Jacob Veerapen NJ. Pole Vault. A. 2. Frankie Scrivener 3.05, B.-. Shot. A. 3. Dele Aladese 11.21, B.-. Discus. A. 1. Dele Aladese 42.76, B.-. Javelin. A. 3. Nor Kasem 38.48, B.-. Hammer. A. 5. Dylan Reeves Fellows 23.29, B.-. 4X100. 2. B&B. 44.40 Luca Taylor, Korede Osinibi, Joe Freeman, Shamar Thomas Campbell. 4x400. 2. B&B. 3.26.97. James Habbergham, Will Pope, Bailey Stickings, Ocean Schwartz. **Under 20 Women.** 100. A. Vivien Olatunji 12.17 (2.8), B. 1. Modupe Shokunbi 12.37 (1.6). 200. A. 1. Parris Johnson 25.52 (2.2), B. Modupe Shokunbi 26.29 (0.6). 400. A. 5. Elizabeth Ibidunni 61.27, B. 2. Niamh Bridson Hubbard 61.40. 800. A. 2. Jessica Keene 2.17.76, B. 2. Leah Everson 2.21.32. 1500. A. 1. Niam Bridson Hubbard 4.37.38, B. 1. Jessica Keene 4.43.48. 3000. A. 5. Chloe Kibblewhite 11.36.07, B. 3. Joanna Clowes 11.48.90. 100H. A. Isabella Hilditch 14.06 (2.3), B. 1. Anastasia Davies 14.57 (0.1). 400H. A. 4. Isabella Hilditch 71.38, B. 1. Anastasia Davies 73.84. 1500 s/ch. A. 2. Georgina Taylor 5.38.95, B. 2. Mary Guy 6.02.82. High Jump. A. 2. Jamilya Robinson Pascal 1.55, B. 2=. Isobel Reeves 1.40. Long Jump. 3. Jamilya Robinson

Pascal 5.24, B.-. Triple Jump. A. 1. Anastasia Davies 11.76, B.-. Pole Vault. A. 1. Sophie Dowson 3.51. B.-. Shot. A. 1. Divine Oladipo 13.73, B.-. Discus. A. 1. Divine Oladipo 47.61, B. 1. Anna Barnett 33.70. Javelin. A. 5. Carys Marsden 19.25, B. -. Hammer. A. 4. Emma James 36.24. B.-. 4X100. 1. B&B. 48.52 Isabella Hilditch, Parris Johnson, Modupe Shokunbi, Vivien Olatunji. 4x400. 3. B&B 4.09.99 Elizabeth Ibidunni, Leah Everson, Jessica Keene, Niamh Bridson Hubbard. **Under 17 Men.** 100. A. 3. Chizute Ogbedeh 11.51 (2.8), B. 1. Jed Hamilton 11.54 (1.3). 200. A. 2. Matthew Knight 22.90 (2.5), B. Jed Hamilton DQ. 400. A. 2. Ben Sutton 52.83, B. 3. Edward Adams 57.40. 800. A. 3. Angus Harrington 2.00.26, B. 3. Oscar Hussey 2.10.86. 1500. A. 3. Lewis Mills 4.15.84, B. 3. Charlie Andrews 4.50.66. 3000. A. 3. Michael Eagling 9.41.45, B. 2. Callum Myatt 10.15.95. 100H. A. 2. William Adeyeye 13.71 (2.9), B. 1. Edward Adams 15.06 (1.3). 400H. A. 3. Coleman Corry 59.70. B. 1. Josh Watson 62.36. 1500 s/ch. A. 5. Angus Harrington 4.55.36, B. Oscar Hussey 5.09.14. High Jump. A. 2. Kelechi Aguocha 1.80, B. 1. Coleman Corry 1.60. Long Jump. A. 1. William Adeyeye 6.36, B. 1. Ben Sutton 6.31. Triple Jump. A. 3. Elliot Thorne 13.21, B.-. Pole Vault. A. 2. George Pope 3.20, B. 1. Lewis Stickings 3.05. Shot. A. 2. William Adeyeye 14.89, B. Elliot Thorne 11.87. Discus. A. 6. Edward Adams 28.62, B. 3. Nathan Suresh Kumar 25.53. Javelin. A. Femi Sofolarin 49.61, B. Angus Harrington 39.14. Hammer. A. 2. James Lancaster 48.31, B. 1. Charlie Short 25.26. 4x100. 1. 44.57 Femi Sofolarin, Chizute Ogbedeh, Jed Hamilton, Matthew Knight. 4x400 3. 3.37.42 Josh Watson, Frankie Scrivener, Coleman Corry, Ben Sutton. **Under 17 Women.** 100. A. 1. Charmont Webster Tape 12.14 (1.5), B. Katie Woolcott 12.74 (0.3). 200. A. 2. Magda Cienciala 25.52, B. 3. Olivia Richer 25.89. 300. A. 5. Olivia Richer 42.97, B. 1. Yasmin Austridge 43.00. 800. A. 1. Katy Ann McDonald 2.16.79, B. 1. Grace Scopes 2.25.52. 1500. A. 1. Yasmin Austridge 4.57.30, B. 3. Stephanie Taylor 5.19.22. 3000. A. 4. Jessica Sellars 12.19.54, B. 3. Stephanie Taylor 12.22.87. 80H. A. 1. Holly Mills 11.36, B. 2. Kate Purser 12.46. 300H. 2. Kate Purser 47.50, B. 3. Catrin Murphy 48.72. 1500 s/ch. A. 2. Lottie Weitzel 5.45.87, B.-. HJ. A.-, B.-. Long Jump. A. 1. Holly Mills 6.16, B. 4. Sophia Harper 4.46. Triple Jump. A. 1. Nicole Farmer 10.78, B.-. Pole Vault. A. 2. Shaye Emmett 3.05, B. 2. Caitlin Chick 2.30. Shot. A. 1. Eloise Locke 13.40, B. 1. Eve Keith 10.50. Discus. A. 2. Eve Keith 32.96, B.-. Javelin. A. 1. Eloise Locke 41.58, B. 2. Ellie Moore 19.41. Hammer. A. 1. Victoria Wiltshire 54.08, B. 1. Carys Marsden 43.21. 4x100. 2. 48.57 Olivia Richer, Katie Woolcott, Magda Cienciala, Charmont Webster Tape. 4x400. 1. 2.54.30 Kate Purser, Yasmin Austridge, Grace Scopes, Katy Ann McDonald. Match Result. 1. Blackheath & Bromley 843, 2. Windsor, Slough, Eton & Hounslow 671, 3. Reading 622.5, 4. Shaftesbury Barnet 618.5, 5. Tonbridge 559, 6. Enfield & Haringey 439. League Standings. 1. Blackheath & Bromley 12 (1659), 2. Windsor Slough Eton & Hounslow 9 (1367.5), 3. Reading 9 (1340.5), 4. Shaftesbury Barnet 6 (1245.5), 5. Tonbridge 4 (1021.5), 6. Enfield & Haringey 2 (849).

Edinburgh Marathon. 401. Steve Pairman 3.16.44, 857. Mark Ellison 3.31.18, 980. Will Brindley 3.37.37.

Vitality Westminster Mile. Olympian Men. 4. Roy Dickens (M55) 6.27, 20. Shaun Lightman (M70) 9.15. U17W. 7. Naomi Kingston 6.21. U15 Girls. 1. Yasmin Marghini 5.03, 2. Sophie Hoare 5.09, 4. Lia Radus 5.13. Under 13 Boys. 1. Rowan Fuss 4.45, 56. Callum Horton 6.31. U13 Girls. 22. Holly Sutton Trott 5.56.

Yorkshire RWC Festival of Walking, Kirkby Fleetham. 35km. 5. David Hoben 4.50.47.

30/5/16

Vitality London 10,000. 224. Chris Tuck 35.52, 271. Jon Vintner 36.32, 344. Carole Penlington 37.25, 768. Sarah Belaon 40.59, 1006. Jennifer Neal 42.27, 2223. Tim Ward 47.30, 2238. Ronnie Chung 47.33, 2554. Kieth Duffy-Penny 48.40, 4036. Isobel Harrington 52.42, 5425. Andy Kingsmell 54.35, 8048. Maz Turner 1.02.10.

25 years ago in 1991

Blackheath win the opening National Junior League Division One match of the season at Crystal Palace. Among the A string winners are Michael Nartey with an equal league record in the 200; Jonathan Tullett 110H, Noel Levy 400 hurdles, Jason Mulcahy shot, Richard Samuel javelin, and the 4x400 quartet, who set a League record. Bromley Ladies win the Div 2 East match with victories for Joice Maduaka (100 and high jump), Gillian Stacey 800, Karyn O Mahoney 400 hurdles, Shani Anderson triple jump, and Ujo Efobi shot and discus.

Blackheath finish 4th in the opening British Athletics League Division Two match at Cardiff. Highlight is a win for Dave Lee in the steeplechase in 8.59.5. Bromley finish 4th in the UK Womens League Div Three match at Crystal Palace. Athlete of the Match is Debbi Marti who sets a League record and outdoor pb of 1.91 in the high jump. Myrtle Augée wins the shot by nearly five metres with a throw of 17.95. Further senior wins come from Lisa Thompson (800) and Julie Stacey (3000); and Laura Cross wins the Inters 80 hurdles.

Blackheath youngsters win the Young Athletes League match at Croydon by 75 points. David Gilkes is Athlete Of The Match.

At the County Championships there are wins for Nigel Keogh (400), Jamie Quarry (110 hurdles), Andy Hodge (high jump), Neal Brunning (shot), Julie Stacey (800), Gillian Stacey (1500), Patricia Byford (100 hurdles) and Myrtle Augée (shot).

At the Southern Under 20 championships victories come from Gillian Stacey (800), Julie Stacey (1500) and Patricia Byford (400 hurdles). It is a memorable championships for Mark Purser. He is disqualified in the 400 hurdles, has a DNF in the 110 hurdles and is rewarded with his picture appearing on the cover of Athletics Weekly!

20 years ago in 1996

Blackheath win the opening British League Division Two match at Enfield, 11 points clear of Woodford Green with Newham & Essex Beagles third. There are a string of wins for Spencer Newport (3000 chase), Alexis Sharp (long jump), Marvin Bramble (triple jump), Jason Mulcahy (shot), and Emeka Udechuku (discus).

Medallists at the British Universities Championships include Michael Champion (3rd in the 200) and Sam Bobb (2nd in the triple jump)

Among the winners at the Kent County Championships are seniors Nigel Keogh (400 and 400 hurdles), Simon Tolson (high jump), Joice Maduaka (100 and 200), Kerensa Denham (long and triple jumps), and Myrtle Augée (shot). Under 20s, Bianca Liston (200, 110 hurdles and long jump), Liz Hughes (pole vault), Sudip Burman Roy (shot and discus), Andrew Benn (javelin and hammer).

15 years ago in 2001

Blackheath field a National record holder in the first British League match of the season at Copthall. It is 65 year old Gordon Hickey who, on the way to match, competes in the Southern League Div 4 fixture at Dartford! Among the senior gold medallists at the Kent Championships are Mike Skinner (800), Dan Ayrton (5000) and Liz Hughes (pole vault).

At the Inter County Championships at Bedford, Jonathan Barbour sets a new Championship best in the 100 beating Olympian Marlon Devonish for the second week running.

At the South of England Under 20 Championships at Watford, Dwayne Grant wins both the 100 and 200, his times of 10.50 and 20.9 being inside the qualifying standard for the European Under 20 Championships. Blackheath athletes win 5 gold, 6 silver and 5 bronze medals.

The over 50s team of Alan Camp, Bob Minting, Ken Daniel, Con Griffin, Tim Soutar and Peter Hamilton win the National road relay title.

10 years ago in 2006

Rachel Blackie is the Club's only medallist at the Inter Counties. She is third in the hammer despite still being an under 20.

At the Kent Championships, Mike Davies hammer throwers Amir Williamson, Victoria Thomas, Rachel Blackie, Richard AlAmeen and Andrew Jordon set five Championships Best Performances.

Christine Lawrence represents England at the Loughborough International.

The Club's youngsters win five gold, six silver and five bronze medals at the South Of England Championships.

The Club's over 50s team of Alan Camp, Bob Minting, Tim Soutar, Con Griffin, Peter Hamilton and Ken Daniel win the National Road Relay title.

5 years ago in 2011.

Shaunagh Brown (shot and discus), Elaine Murty (800 and 1500), Scott Huggins (pole vault), Rachel Arnheim (pole vault), Ed Harrison (400 hurdles), Andrew Jordon (Hammer), Steve Cavey (800), Lauren Blackie (triple jump) and Vanessa Nakangu (400) all win Senior titles at the County track and field championships. Adam Gemili takes the under 20 100 metre title and Dina Asher Smith the under 17 womens 200 metres.

Peter Tucker finishes 5th in the Edinburgh Marathon in 2.24.53.

In the NYAL match at Gillingham, the under 17 women win all but one track event as the Club enjoys an emphatic victory.