



# Blackheath & Bromley Courier

April 2019.

President 2019-20. Julian Golding.

Editor. Pat Calnan ([p.calnan@btinternet.com](mailto:p.calnan@btinternet.com))



Helen Godsell seems to enjoy competing in March. She set a World record last month but this is just the tip of the iceberg of her achievements over the years. The 1970 Wigmore Ladies club captain Helen Minting has done good.

How can we get 150 runners to run the Club 5 this Autumn? Perhaps the organisers of the World Cross Country Championships in Denmark have shown the way, tented spectator zones, a Viking gauntlet and supporting races.

## Club 150 Celebrations

**Club 150 Leaderboard** – Full details and latest standing are on the Club website. “A year long running challenge to get all members to run an officially timed mile”.

**150 Year Celebration meeting**, Norman Park. Wednesday 17<sup>th</sup> July.

**150 Anniversary Dinner** at the House Of Commons, Thursday 7<sup>th</sup> November 2019. To reserve your place contact Chris Haines. Again full details are on the Club website.

## New Vice Presidents

Congratulations to Rod Harrington and Nick Swatton who were made Vice Presidents by outgoing President Paul Byfield

## Forthcoming Club events

### April.

**Wed 10 Hayes, Parris Handicap (19.15)**

**Sat 13 Medway Park, Southern Athletics League (M&W)**

**Mon 22 Tonbridge, Tonbridge Open meeting**

**Thu 25 Norman Park, W&NW Kent Schools Championships**

**Sat 27 Tooting Bec, UK Youth Development League U13/15**

**Sun 28 Blackheath, London Marathon plus mini marathon.**

**Mon 29 Norman Park, So Clean Club Champs & Open meeting 1 (19.15)**

### May.

**Weds 1 Hayes, London Marathon Supper**

**Fri 3 Sutcliffe Park, Kent Masters League**

**Sun 5 Reading UK Youth Development League U17/20**

**Mon 6 Norman Park, Ted Pepper 10km**  
**Sat 11 – Sun 12 Ashford, Kent Championships**  
**Sun 12 Swansea, British Athletics League**  
**Mon 13 Dartford, Kent Masters League**  
**Sat 18 Sutton Park, BMAF Road Relays**  
**Sat 18 Hornchurch, UK Youth Development League U13/15**  
**Sun 19 Chelmsford, Southern Athletics League (M&W)**  
**Weds 22 Hayes, Parris Handicap**  
**Sun 26 Crawley UK Youth Development League U17/20**  
**Weds 29 Club 3000m championships**  
**Weds 29 Club 3000km walk championships**  
**Fri 31 Tonbridge Kent Masters League**

## Results for March 2019

**2/3/19.**

**European Athletics Championships, Glasgow.** Long Jump. Q. 14. Jahisha Thomas 6.34.

**ECAC Champs, Boston, MA, USA.** P2. 1. Divine Oladipo 16.63.

**Lee Valley Under 13/ Under 15 Open.** Under 15 Girls. 300. Race 1. 4. Cameron Kelly-Gordon 44.79. 800. R1. 1. Amarisa Sibley 2.13.67, 2. Hannah Clark 2.26.37. R2. 1. Olivia Wauters 2.38.58.

**Podium 5km, Barrowford.** 18. James Habergham 15.29.

**Parkruns. Bromley.** 1. Oliver Bright 15.51, 3 Ian Frith 16.42, 4 Matthew Francis 16.57, 13 Ifetobi Salako 18.28, 23 Ellie Osmond 19.08 (1st woman), 26 Tim Ayres 19.16, 31 Steve Evenden 19.46, 38 Jennie Butler 20.09, 43 Nathaniel Brunner 20.18, 47 Damian Hayes 20.26, 54 Steven Pairman 20.37, 65 Danielle Critchley 20.52, 103 Andy Tucker 21.59, 112 Ella Deighton 22.14, 168 Austin Adams 23.31, 189 Iain Swatton 23.52, 191 James Unwin 23.53, 266 Holly Kibblewhite 25.15, 324 Graham Coates 26.30, 329 Tom Leeson 26.38, 330 John Leeson 26.39, 551 Luke Brett 31.12. **Bexley.** 200 Sally Smith 28.:50. **Albert , Melbourne.** 189 Hannah Garcia 26.14. **Southampton** 660 Millie Haffenden 29.41. **Ipswich.** 350 Graham Smith 35.03. **Brockwell park.** 152 James Morris 24.29. **Beckenham Place park.** 3 Christopher Tuck 18.59, 75 Rod Harrington 25.34. **Crystal Palace.** 7 Lewis Warren 19.29, 41 Nick Barber 22.34. **Lloyd park.** 35 Ian Taylor 23.44. **Catterick.** 35 Peter Hamilton 23.07. **South Norwood.** 17 Mike Simms 21.28, 36 Arthur Starvis 23.44. **Hoblingwell.** 3 Olivia Berry 21.52 (1st woman). **Dulwich.** 62 Gabriella Martin 20.20. **Burgess park.** 111 Ross Braden 21.23. **Orpington.** 108 Karen Desborough 35.14. **Homewood park.** 23 Zoe Wood 24.20. **Southwark.** 248 Mick Keene 29.51. **Reigate Priory.** 167 James Perry 29.00, 304 Adrian Perry 38:53. **Peckham Rye.** 144 Peter Rogers 25.30. **Exmouth.** 116 Bob Minting 26.00. **Clapham Common.** 516 Andrew Kingsmill 30.13, 518 Zoe Kingsmill 30.14. **Foots Cray Meadows.** 1 Ben Cockburn 17.31. **Mountbatten School.** 45 Lorna Clowes 23.19.

**3/3/19.**

**Mob Match V Ranelagh, Hayes.** 6. Luca Ercolani 48.43, 12. Paul Sharpe 52.01, 13. Fintan Parkinson 52.51, 15. Steve Hough 53.31, 19. Paul Kerekgyarto 55.57, 21. Steve Pairman 56.18, 23. Clayton Aves 56.40, 37. James Unwin 63.58, 38. Mark Ellison 64.14, 40. Rob Brown 65.14, 42. Jason Short 66.39, 44. Adrian Stocks 68.11, 48. Jim Phelan 72.22, 49. Dave Leal 73.28, Dan Kennedy DNF. Match. Ranelagh 90. Blackheath & Bromley 310. Handicap. 1. Clayton Aves 47.20, 2. Mark Ellison 47.54, 3. Fintan Parkinson 48.31. **Bennett Cup after 8 events.** 1. Luca Ercolani 393, 2. Steve Hough 378, 3. Steve Pairman 352, 4. Steve Evenden 347, 5. Paul Kerekgyarto 344, 6. Tom Desborough 337, 7. Jason Short 318, 8. Jane Bradshaw 278, 9. James Unwin 255, 10. Andy Tucker 246.

**Welsh Athletics International, Cardiff.** 60. NS1. 1. Ethan Brown 7.05. 200. 1. Ethan Brown 22.01.

**Molly Barnet Open Walks, Coventry.** 3km. 3. Abigail Smith 17.20.

**Brunel Open.** Triple Jump. 1. Rob Sutherland 14.67, 4. Patrick Apantaku 12.08. Pole Vault (Mixed). 9. Sophie Dowson 3.56.

**Oxford V Cambridge Field and Relays meeting, Lee Valley.** Women. 60. R1. 4. Magda Cienciala 8.26. High Jump. 6. Magda Cienciala 1.40. Long Jump. 1. Mary Adeniji 5.58, 6. Magda Cienciala 4.76. Triple Jump. 2. Mary Adeniji 11.67. Pole Vault. 2. Jenny Sheasby 2.70.

**Sutcliffe Park 60m Series.** Men. Round 1 Race 1. 4. Matthew Knight 7.05 (U20). R2. 1. Duayne Bovell 7.07, 4. Rhys Francis 7.19, 6. Chizute Ogbedeh 7.23 (U20). R7. 1. Jacob Byfield 7.49 (U17M). R10. 2. Reynaldo Guevera 8.27 (M40). R11. 3. Marley Byfield 8.31 (U13B). R12. 1. Adam Islam Medeaux 7.62 (U15B). R13. 3. Oliver Robertson 8.25 (U15B). R14. 1. Reece Nelson 7.51 (U17M) 7.51. R2. R1. 4. Matthew Knight 7.03. R2. 1. Duayne Bovell 7.01, 5. Rhys Francis 7.15. R3. 3. Chizute Ogbedeh 7.25. R4. 1. Josh Watson 7.26. R6. 1. Reece Nelson 7.38. R7. 2. Adam Islam Medeaux 7.54. R11. 2. Oliver Robertson 8.25.

R12. 4. Marley Byfield 8.62. Women. R1. R1. 4. Anastasia Davies 7.89. R2. 4. Mhairi Brooks 8.18 (U20). R4. 3. Grace Fullerton 8.29 (U20). R5. 3. Laura Brown 8.33 (U20). R6. 5. Holly Platt 8.60 (U20). R10. 6. Layla Akinfolarin 9.49 (U13G). R11. 1. Shayone Simao 8.03. R2. R1. 2. Anastasia Davies 7.78. R2. 4. Shayone Simao 7.96. R3. 5. Mhairi Brooks 8.22. R4. 6. Grace Fullerton 8.38. R5. 2. Laura Brown 8.23. R8. 6. Holly Platt 8.74. R10. 4. Layla Akinfolarin 9.49.

**Windsor Slough Eton & Hounslow Winter Series, Eton.** High Jump. 2. Harrison Thorne 1.85.

**Roding Valley Half Marathon.** 1. Alex Gibbins 76.12.

**Cambridge Half Marathon.** 127. Robert Perry 80.55, 340. Carole Penlington 86.59, 390. Kate Curran 87.58.

**Vitality Big Half Marathon, Greenwich.** 31. Ross Braden 69.33, 722. Alex Loftus 1.25.42, 1214. Steve Evenden 1.30.42, 3214. Luigi Arcuri 1.44.13, 9051. Richard Hall 2.11.47, 9438. Anita Evenden 2.14.12.

**8-9/3/19**

**NCAA Div 1, Birmingham AL, USA.** 800. Ht2. 8. Katy Ann McDonald 2.12.48. Shot. 11. Divine Oladipo 16.29.

**9/3/19**

**Inter Counties and World Cross Country Trials, Loughborough. Senior Men.** 23. Graham Rush 34.28, 85. Jacob Brown 35.52. Senior Women. 148. Jessica Keene 45.28. Under 17 Men. 109. Joel Rooney 20.49. Under 17 Women. 24. Morgan Squibb 20.57, 116. Ellie Osmond 22.35, 138. Jessica Neal 22.53, 158. Zoe White 23.09. Under 15 Girls. 22. Lara Mannes 15.26, 53. Naomi Toft 15.46, 59. Anwen Thomas 15.47, 74. Hannah Clark 15.56.

**San Diego Collegiate Challenge.** 400. R2. 3. Immanuela Aliu 58.94

**Enfield League, Gravesend.** 2.5km. 2. Jonathan Ellerton 18.40. 5km. 1. Isabelle Bridge 29.04, 3. Abigail Smith 30.14. 10km. 13. David Hoben 75.37.

**Parkruns. Bromley.** 18 Jane Bradshaw 20.10, 20 Damian Hayes 20.14, 53 Stuart Cullum 21.23, 56 Sally Haffenden 21.27, 70 Andy Tucker 21.59, 77 Ian Montgomery 22.24, 95 Ross Braden 22.56, 129 Iain Swatton 23.47, 137 Gareth Griffin 24.03, 213 Madeleine Marston 25.58, 218 Sally Smith 26.05, 227 Graham Coates 26.16, 295 Mike Simms 27.40, 313 Tom Leeson 28.06, 314 John Leeson 28.06, 338 Millie Haffenden 28.30, 344 Bernard Wilson 28.40, 360 James Unwin 28.57, 431 Graham Smith 30.42, 575 Adrian Perry 35.59. **Beckenham Place Park.** 38 Rod Harrington 23.04. **Highbury Fields.** 278 James Perry 30.53.

**Crystal Palace.** 274 Luke Brett 32.50. **South Norwood.** 3 Marco Arcuri 17.48, 24 Ifetobi Salako 19.33, 213 Zoe Kingsmill 29.29. **Dulwich.** 185 James Morris 23.31. **Orpington.** 102 Karen Desborough 34.59. **Homewood park.** 26 Zoe Wood 24.40.

**Tonbridge.** 271 Anne Cilia 27.53. **Peckham Rye.** 128 Peter Rogers 25.33. **Kesgrave.** 310 Caroline Wootton 42.30. **Melton Mowbray.** 80 Mick Keene 27.22. **Exmouth.** 84 Bob Minting 24.44.

**10/3/19.**

**Trafford 10km.** 25. Charlie Davis 31.36.

**Surrey Half Marathon, Woking.** 62. Ian Firla 1.21.11, 245. Patrick Archard 1.29.15.

**15-16/3/19**

**USC Trojan Invite, Los Angeles.** 100. R1. 6. Immanuela Aliu 12.11 (0.0). 200. R3. 1. Immanuela Aliu 24.39 (-1.9).

**16/3/19**

**English Schools Cross Country Championships, Temple Newsam, Leeds.** Senior Boys. 117. Theo Wood 24.15, 153. Matthew Francis 24.40, 178. Henry Fisher 24.56. Senior Girls. 9. Sophie Hoare 15.29, 56. Millie Smith 16.30. Intermediate Boys. 145. Joel Rooney 18.51, 169. Oliver Bright 19.03. Intermediate Girls. 15. Naomi Toft 14.15, 37. Anwen Thomas 14.29, 56. Zakia Mossi 14.41, 75. Morgan Squibb 14.45, 172. Ellie Dolby 15.26, 197. Daniella Harper 15.36, 235. Jess Neal 15.53. Junior Boys. 97. Matthew Smith 14.52, 123. George Shaw 15.00. Junior Girls. 9. Laura Mannes 10.50, 52. Hannah Clark 11.22, 225. Carys Firth 12.16.

**Essex County Relay Championships, Harwich.** Leg 3. Steve Cooper 17.39.

**Parkruns. Black Park.** 50 Mike Simms 22.39. **Bromley.** 1 Joseph Georgiadis 17.17, 21 Arthur Starvis 19.43, 23 Ellie Osmond 19.46, 38 Danielle Critchley 20.39, 53 Damian Hayes 21.00, 62 Isabella Louth 21.08, 63 Tim Ayres 21.09, 64 Daniel Marks 21.10, 69 Richard Byford 21.22, 94 Adrian Stocks 22.22, 118 Nigel Haffenden 23.08, 123 Ian Montgomery 23.14, 129 Ian Taylor 23.21, 150 Iain Swatton 23.54, 177 Sally Haffenden 24.21, 240 Mick Keene 25.33, 273 Steve Evenden 26.25, 302 Madeleine Marston 27.06, 367 John Leeson 28.11, 369 Tom Leeson 28.12, 375 Jackie Montgomery 28.16, 390 Bernard Wilson 28.37, 623 Adrian Perry 36.49. **Southampton.** 531 Millie Haffenden 28.44. **York.** 70 Graham Rush 22.17, 91 Abigail Smith 23.14, 167 Sally Smith 26.35, 282 Graham Smith 33.16. **Beckenham Place park.** 25 Rod Harrington 22.42, 34 Luigi Arcuri 23.12, 51 Jason Short 24.31. **Crystal Palace.** 9 Alex Loftus 19.57, 123 James Morris 24.49, 348 Luke Brett 36.25.

**Bournemouth.** 140 Peter Hamilton 24.03. **Lloyd park.** 15 Ifetobi Salako 22.30. **Orpington.** 10 Harry Keene 22.31 62 Dave Leal 29.32, 119 Karen Desborough 35.24. **Homewood park.** 21 Zoe Wood 25.17. **Fulham Palace.** 407 Zoe Kingsmill 28.43, 481 Andrew Kingsmill 30.03. **Peckham Rye.** 148 Peter Rogers 25.13, 338 Maz Turner 33.03. **Dartford Heath.** 3 Neil Ayrton 20.22, 37 Isabelle Stanton 28.50. **Exmouth.** 111 Bob Minting 27.34. **Clapham Common.** 129 James Cunningham 23.57.

**Catford.** 78 Andrew Lawes 24.57.

**16-17/3/19**

**Kent Indoor Championships, Lee Valley.** Senior Men. 60m. Ht 2. 1. Korede Awe 6.92, 2. Duayne Bovell 7.08. Final. 1. Korede Awe 6.81 (CBP), 4. Duayne Bovell 7.04. Senior Women. 60m. 1. Anastasia Davies 7.65. 200. 1. Louisa Vallins 28.99. Pole Vault. 1. Christina Moore 3.35, 3. Jenny Sheasby 2.30. Under 20 Men. 60m. Ht1. 1. Matthew Knight 7.02, 2. Chizute Ogbedet 7.24. Ht4. 4. Leonard Wright 7.48. Final. 1. Matthew Knight 6.97, 5. Chizute Ogbedet 7.23. 200. Ht2. 1. Matthew Knight 22.28. Final. 1. Matthew Knight 22.1. 400. Ht1. 1. Coleman Corry 52.61. Final. 1. Coleman Corry 51.06. 800. 1. Ben Gardiner 1.58.62. High Jump. 2. Pedro Gleadall 1.90. Long Jump. 1. Ben Sutton 6.33, 2. Pedro Gleadall 6.31. Under 20 Women. 60m. Ht1. 3. Rachel Yeldham 8.36. Ht2. 2. Sophia Harper 8.27, 4. Kamilya Robinson Pascal 8.55. Final. 5. Rachel Yeldham 8.45, 6. Sophia Harper 8.45. 200m. Ht1. 3. Rachel Yeldham 28.67. Ht2. 4. Sophia Harper 28.03. Final. 6. Sophia Harper 28.65. 60H. 2. Grace Scopes 10.67. Pole Vault. NH. Holly Platt. Long Jump. 3. Zoe Martial 5.22, 5. Lauren Farley 4.73, 6. Kamilya Robinson Pascal 4.68. Triple Jump. 2. Jade Oni 12.34, 3. Karina Harris 11.16. Shot. 1. Lauren Farley 11.03, 2. Hannah MacAulay 10.63. Under 17 Men. 60m. Ht1. 2. Oliver Briars 7.26. Ht2. 3. Jacob Byfield 7.51. Ht3. 1. Henry Whichello 7.31. Final. 2. Oliver Briars 7.25, 3. Henry Whichello 7.28. 200. Ht1. 2. Charles Nortey 23.46. Ht2. 1. Oliver Briars 23.26, DQ. Reece Nelson. Final. 2. Oliver Briars 22.77, 4. Charles Nortey 23.68. 800. 1. Sam Reardon 2.03.71. High Jump. 3. Reece Nelson 1.75. Pole Vault. 1. Barnaby Corry 3.60, 2. Ethan Kitteridge 3.40. Long Jump. 3. Jacob Byfield 5.86. Triple Jump. 1. Jacob Byfield 12.83. Under 17 women. 60m. Ht1. 2. Tianna Haynes 7.93, 3. Molly Savage 8.15. Ht2. 1. Holly Mpassy 7.82, 6. Annabel Duncombe 8.76. Ht3. 2. Zsiria Thomas 7.94. Final. 2. Zsiria Thomas 7.71, 4. Tianna Haynes 7.94, DNS. Holly Mpassy. 200m. Ht1. 1. Holly Mpassy 25.13. Final. 2. Holly Mpassy 24.67. 300m. Ht1. 3. Shakanya Osahor 42.62. Ht2. 3. Olivia Berry 43.87. Final. 4. Shakanya Osahor 42.99, 6. Olivia Berry 44.11. 800m. 3. Olivia Berry 2.24.46. 60H. Ht2. 1. Zsiria Thomas 9.22. Final. 1. Zsiria Thomas 9.11. Long Jump. 7. Molly Savage 4.83, 10. Akeiyla Robinson Pascal 4.65. N/M. Claudia Baker. Shot. 4. Titobioluwa Akinrele 9.65. Under 15 Men. 300m. Ht1. 1. Connor Sutton 40.75. Final. 1. Connor Sutton 39.45. Long Jump. 1. Connor Sutton 5.60. Pole Vault. 1. Benjamin Platt 3.20 (CBP). Under 15 Girls. 60m. Ht1. 1. Emily Kerr 8.22, 3. Emily Algeo 8.86. Ht2. 1. Sophie Kerr 8.41. Ht3. 3. Tianna Lewis 8.53. Final. 1. Emily Kerr 8.15, 5. Sophie Kerr 8.48, 6. Tianna Lewis 8.49. 200m. Ht2. 1. Sophie Kerr 28.03. Ht3. 2. Emily Kerr 27.89. Final. 2. Emily Kerr 27.44, 5. Sophie Kerr 28.06. 300m. Ht1. 1. Amarisa Sibley 44.84. Ht2. 1. Cameron Kelly Gordon 45.06. Final. 1. Amarisa Sibley 42.51, 2. Cameron Kelly Gordon 43.17. 800. Ht1. 2. Cameron Kelly Gordon 2.33.84. Ht2. 1. Faith Mpassy 2.31.20, 3. Olivia Wauters 2.33.16. Final. 1. Cameron Kelly Gordon 2.24.16, 2. Faith Mpassy 2.26.21, 5. Olivia Wauters 2.33.68. 1500m. 1. Amarisa Sibley 4.52.18, 2. Hannah Clark 4.55.69. High Jump. 3. Elena Duncombe 1.40. Long Jump. 2. Sophie Kerr 4.90, 5. Faith Mpassy 4.45, 6. Elena Duncombe 4.33, 7. Emily Algeo 4.29. Shot. Natalie O'Docherty – Ven 9.03

**17/3/19.**

**Closing 5 Yacht Handicap, Hayes.** 1. John Leeson 29.24, 2. James Unwin 29.55, 3. Steve Hough 30.58, 4. Jason Short 31.05, 5. Luca Ercolani 31.42, 6. Nic Corry 31.43, 7. Dave Beadle 32.31, 8. Rod Harrington 34.42, 9. Iain Swatton 36.08. **Bennett Cup Final Positions.** 1. Luca Ercolani 449, 2. Steve Hough 436, 3. Jason Short 375, 4. Steve Pairman 352, 5. Steve Evenden 347, 6. Paul Kerekgyarto 344, 7. Tom Desborough 337, 8. James Unwin 314, 9. Jane Bradshaw 278, 10. Dave Beadle 260.

**Reading Half Marathon.** 1. Scott Overall 63.50, 260. Simon Harris 88.33.

**Weymouth Half Marathon.** 30. Jon Vintner 86.31.

**Brentwood Half Marathon.** 193. Tony Crowder 94.29.

**United Airlines NYC Half Marathon.** 841. Giles Clifford 89.23.

**Bromley Vets AC Open, Sparrows Den.** 31. Mike Simms 42.11, 34. Ian Taylor 42.45, 128. Alexandra Black 60.59.

**22/3/19**

**Spring Break Invitational, Jacksonville, FL, USA.** Men. Long Jump. 2. Stefan Amokwandoh 6.25. Women. 200. R4. 4. Isabella Hilditch 25.10 (-0.2). 100H. R5. 1. Isabella Hilditch 13.81 (0.8). Triple Jump. 3. Kerri Davidson 11.97w (+2.3).

**23/3/19.**

**Roadrunner Invitational, San Antonio.** Triple Jump. 2. Jonathan Ilori 16.10w (3.2)

**University Of Leicester RAC Open Graded Meeting.** 100. Mxd. Ht1. 5. Nicole Farmer 14.00. Long Jump Mxd. 4. Nicole Farmer 4.85. 400H. 1. Bailey Stickings 54.40.

**Cheshire Arley Hall 10km.** 2. Phil Sesemann 29.28.

**Parkruns. Bromley.** 1 Angus Harrington 16.37, 2 Robert Perry 16.59, 16 Ellie Osmond 19.05 (1st woman), 18 Thomas Sugden 19.15, 20 Steve Evenden 19.23, 22 Paul Kerekgyarto 19.31, 23 Tim Ayres 19.40, 25 Steven Pairman 19.45, 27 Richard Byford 19.49, 55 Stuart Cullum 20.39, 63 Nigel Haffenden 20.53, 66 Sally Haffenden 20.56, 67 Isabella Louth 20.56, 78 James Unwin 21.21, 85 Rod Harrington 21.33, 91 Megan Slattery 21.46, 113 Ian Montgomery 22.25, 133 Hannah O'Flynn 22.56, 159 Iain Swatton 23.25, 166 Emily Deveney 23.35, 188 Austin Adams 24.08, 260 Graham Coates 25.45, 261 Sally Smith 25.48, 262 Madeleine Marston 25.49, 272 Mark Compton 26.01, 354 Jackie Montgomery 27.45, 367 Bernard Wilson 27.56, 542 Graham Smith 32.41, 626 Adrian Perry 35.51. **Southampton.** 513 Millie Haffenden 28.43. **Brockwell park.** 111 James Morris

23.44. **Lloyd park.** 10 Ifetobi Salako 19.58, 17 Amy Miller 20.53 (1st woman). **South Norwood.** 38 Jason Short 23.30. **Durham.** 75 Luigi Arcuri 23.23. **Riddlesdown.** 58 Mike Simms 25.05. **Dulwich.** 27 Alex Loftus 18.45. **Orpington.** 6 Harry Keene 21.01, 77 Dave Leal 27.45, 87 Mick Keene 28.35, 136 Karen Desborough 35.03. **Homewood.** 21 Zoe Wood 24.15. **Tonbridge.** 103 Mark Ellison 23.19. **Peckham Rye.** 106 John Turner 23.59, 125 Peter Rogers 25.07, 267 Maz Turner 31.56. **Kesgrave.** 1 Steve Cooper 17.16. **Exmouth.** 62 Bob Minting 22.44. **Catford.** 41 Andrew Lawes 22.45. **Dudley.** 1. Joe Rogers 17.42

### 24/3/19

**Southern 12 Stage Road Relay, Milton Keynes.** Men. 10. Blackheath & Bromley 4.09.11 (Will Fuller 23.15, Lewis Mills 15.31, Josh Schofield 24.32, Marco Arcuri 17.21, Alex Bruce Littlewood 25.14, Will Ruiz 16.13, Alex Gibbins 26.11, Danny Brewer 17.01, Ross Braden 24.48, Chris Tuck 17.45, Charlie Davis 24.49, Callum Myatt 16.31). Women. No team.

**Northern 12 Stage Road Relay, Birkenhead Park.** 1 Leeds City inc Phil Sesemann Leg 11 10.54 (fastest short leg of day). 11. Vale Royal. Leg 3. Jacob Brown 23.56. 32. Halifax Harriers. Leg 1. James Habergham 24.02.

**24-30/3/19. World Masters Indoor Championships, Torun, Poland.** M60. 60. Ht2. 4. Clem Leon 28.99. 200. Sf1. 5. Clem Leon 28.68, Ht7. 4. Clem Leon 28.99. 400 Ht1 4. Clem Leon 65.24. 4x200. 3. Great Britain (including Clem Leon) 1.51.70. M70. 1500. 15. Peter Hamilton 6.37.66. 3000 Walk. 7. Roger Michell 18.27.38. W55. 800. 2. Clare Elms 2.23.10. Ht1 1. Clare Elms 2.30.89. 1500. 1. Clare Elms 4.54.97. 3000. 1. Clare Elms 10.31.69. 8km Cross Country. 1. Clare Elms 32.51.

**28-30/3/19. Florida Relays, Gainesville, USA.** 100. R1. 1. Adam Gemili 10.14 (2.6)

**29/3/19. Clyde Littlefield Texas Relays, Austin, USA.** Triple Jump. 2. Jonathan Ilori 15.73w (3.4)

### 29-30/3/19.

**Stanford Invitational, Palo Alto.** 100. R4. 1. Immanuela Aliu 11.94 (-0.1). Final. 7. Immanuela Aliu 11.95 (-0.1). 200. R4. Immanuela Aliu 24.31.

### 30/3/19

**Woodford Open Meeting.** 100. Mxd Ht 6. 2. Laura Brown 13.14. 200. Mxd Ht 6. 1. Laura Brown 27.30. 800. Mxd Ht3. 7. Cameron Kelly Gordon 2.25.95. 1500. Mxd Ht3. 7. Prince Reid 4.24.60, 10. Naomi Toft 4.45.45

**Yorkshire Road Relay, Leeds.** Leg 1 James Habergham 14.55.

**Parkruns. Reading.** 52 James Unwin 21.58. **Bromley.** 1 Matthew Smith 17.20, 2 George Shaw 17.29, 21 Stuart Cullum 19.26, 29 Daniella Harper 19.59, 34 Gareth Evans 20.04, 35 Tim Ayres 20.05, 37 Nathaniel Brunner 20.10, 41 Richard Byford 20.13, 137 Abigail Smith 22.54, 154 Hannah O'Flynn 23.18, 158 Austin Adams 23.22, 184 Iain Swatton 23.52, 246 Jamie White 25.01, 281 Mark Compton 26.00, 296 Zoe Martial 26.10, 311 Graham Coates 26.33, 397 Bernard Wilson 28.06, 400 Tom Leeson 28.09, 405 John Leeson 28.14, 408 Sally Smith 28.15, 555 Graham Smith 31.09. **Bexley.** 361 George Collins 33.10.

**Newcastle.** 35 Bertie Harrington 19.16. **Beckenham Place park.** 2 Marco Arcuri 17.34, 32 Nigel Haffenden 20.58, 52 Luigi Arcuri 22.38, 57 Sally Haffenden 22.52, 102 Zoe Kingsmell 25.50, 114 Millie Haffenden 27.15, 163 Leszek Malynicz 32.10.

**Crystal Palace.** 350 Luke Brett 35.11. **Bournemouth.** 30 Kelsey Fuss 20.37. **Lloyd park.** 9 Ifetobi Salako 20.36. South Norwood. 11 Ellie Osmond 20.16, 30 Damian Hayes 22.40, 57 Jason Short 24.32. **Bury St Edmunds.** 2 Steve Cooper 17.40. **Hoblingwell.** 15 Adrian Perry 24.33.

**Dulwich.** 2 Ross Braden 15.29, 199 James Morris 24.26. **Orpington.** 2 Ben Cockburn 17.47, 74 Dave Leal 26.50, 167 Karen Desborough 34.29. **Homewood.** 20 Zoe Wood 23.53. **Peckham Rye.** 111 Peter Rogers 24.08. **Lullingstone.** 5 Steve Hough 20.30. **Hove Promenade.** 27 Harry Keene 18.58, 228 Mick Keene 25.51. **Dartford Heath.** 2 Ritchie Leccia 18.54. **Exmouth.** 73 Bob Minting 22.49. **Catford.** 27 Rod Harrington 21.44, 29 Andrew Lawes 21.48.

### 31/3/19.

**Bournemouth Open Meeting.** Discus. 1. Dele Aladese 40.41.

## 100 Years ago in March 1919

With numerous members still in Military Service, the gazette records the names of 42 Club Members known to have died in the 1914-18 war, and also includes obituaries of two members who have died from influenza.

An Inter club run with Ranelagh takes place and afterwards "what a crowd it was that gathered round the festive board with our President Tom Crafter, looking after the big sirloin at one end, and Vice President Jack Reay busy with a leg of mutton at the other end. The Club room we have used, during the occupation by the military of our larger room, was full to the brim." There is a "feeling that the good old times are really coming back, that is so far as they ever can with the absence of so many of the bravest and best ever in our minds"

The final run of the Clubs 50<sup>th</sup> cross country season sees the last two packs stopping off at A C Edwards house for a bottle of Bass each before completing their eight mile run.

### 75 years ago in March 1944.

The Gazette records 297 members currently serving in the forces with 27 killed in action.

“Proud news... our member Ernest Cook, who learned just before leaving his last ship that he had been awarded the D.S.C. “for gallant and distinguished services and untiring devotion to duty in operations which led to the capture of Sicily by the Allied Forces”. Cook has been mixing it in most combined operations so far – Norway, Dunkirk, Dieppe, North Africa, Sicily and Italy, with several raids on enemy occupied coast, including Boulogne”.

The Club revives the Inter Schools race, last contested in 1939. Seventeen schools take part, “one of the biggest crowds we have seen at Hayes since the war”. “It has always been looked upon by the Club as an excellent method of encouraging running in young people and a good medium for introducing new blood to the Club”.

“Farmers Night” leaves the Gazette writer in raptures “What a cook and what a meal! Sausages cooked the way she cooks them aren’t just ordinary sausages and then the “piece de resistance” – spotted dog ... After the loyal toast we drank to “the health and vigour of our men in the Fighting Services” and then settled down to enjoy a “smoker” of pre war quality. Maybe the piano did need tuning.”

### 50 years ago in March 1969

Bob Richardson finishes in 5th place in the National Cross Country Championships at Parliament Hill Fields a result which gains him his first International vest. The team finish 16<sup>th</sup> with Ian Wilson, John Baldwin, Peter Horwood, Chris Haines and Bill Wade completing the scoring.

Martin Hore finishes third in the Youths race leading the team to fourth place. Were the results of the seniors, juniors and youths combined, Blackheath would have won.

## BLACKHEATH HARRIERS

100th SEASON, 1968-69

*President:*

**S. C. WOODERSON,**

“Metland,” Raglan Road, Reigate, Surrey

*Hon. Secretary:*

**B. G. STONE,**  
8 Iona Road,  
Loose Court Estate,  
Maidstone, Kent.

*Hon. Treasurer:*

**A. E. BALL,**  
“Barnfield,”  
Coombe Road,  
Otford, Kent.

### BOB RICHARDSON: 'HEATHEN "KING" OF DISTANCE

During the last few years the standards in world distance running have soared. In 1948 Zatopek set a new Olympic record for the 10,000 metres of 29 mins. 59.6 secs. Twenty years later, Bob Richardson was placed 12th in our National rankings with a time some 27 seconds faster. In the same year as the Zatopek record, Sydney Wooderson won the English Cross-Country Championship and was 14th in the International Cross-Country Championship. Now, a few short weeks ago, Bob was placed 5th and 17th in the same events, a feat no Blackheath Harrier has approached in the intervening years. In the recent U.K. Cross-Country rankings for 1968-69, Bob was placed 7th.

Bob's climb to International success can easily be traced through the pages of the *Gazettes* of the last few

### 25 years ago in March 1994.

At South Shields, Blackheath Harriers win the National Cross Country Championships for the first time. Spencer Newport leads the team home in 8<sup>th</sup> place with Dave Taylor 14<sup>th</sup>, Darrell Smith 16<sup>th</sup>, Steve Dodd 38<sup>th</sup>, Jerry Barton 41<sup>st</sup> and Mark Colpus 54<sup>th</sup>. Alan Guilder 74<sup>th</sup>, Roy Smith 194<sup>th</sup> and Giles Clifford 255<sup>th</sup> are the other finishers.

Back at the hotel the celebrations continue, champagne flows, it is a long night. The following morning a group of die hards travel to Blackburn for the womens National and to keep us entertained Mick Hamlin has brought Tom Waits' "Bone Machine"... This is the last year the Mens and womens Nationals take place at separate venues. More celebrations on Wednesday Night at the clubhouse with Jerry Barton travelling down from North London, "I had to come to This Clubhouse to fully celebrate this Victory"





*Standing. A Guilder, S Dodd, S Newport, J Barton, D Smith, D Taylor, G Clifford. Seated. R Smith, M Colpus.*

Jamie Quarry sets a Scottish record for the heptathlon at the Scottish AAAs indoor championships.  
 Tanya Blake finishes 77<sup>th</sup> in the senior womens race at the World Cross Country Championships in Budapest.  
 The Club win the team title at the AAAs Half Marathon Championships at York. Bill Foster is 4<sup>th</sup>, Mark Colpus 6<sup>th</sup> and Alan Guilder 7<sup>th</sup>.

### **20 years ago in March 1999.**

Blackheath finish third in the National Cross Country Championships at Newark. First home is Spencer Newport in 3<sup>rd</sup> with Mark Steinle 8<sup>th</sup>, Dave Taylor 25<sup>th</sup>, Tim Dickinson 72<sup>nd</sup>, Jeremy Bradley 83<sup>rd</sup> and Bill Foster 105<sup>th</sup>. To add to the celebrations Spencer's wife Angela wins the Womens National, the first time a former under 13 winner has gone on to take the senior title. (Only four other athletes have won in a younger age group and progressed to win a Senior title, one of whom is Bromley Ladies Gillian Stacey who won the under 17 title in 1990 and the senior title in 1993). Gemma Viney is an outstanding 5<sup>th</sup> in the under 17 race.

Dave Heath finishes in 19<sup>th</sup> place in the short course race at the World Cross Country Championships in Belfast. He is the first Briton to finish and 4<sup>th</sup> European.

Bill Foster finishes 3<sup>rd</sup> in the over 40s age group at the British Veterans cross country championships.

Blackheath win the Southern 12 Stage Road Relay at Milton Keynes. Mark Steinle and Dave Taylor run the first and second fastest long legs of the day. Roy Smith, John Baker, Jeremy Bradley, Ant Draper, Liam Bulson, Martin Airey, Richard Parrott, Richard Daniels, Pat Calnan and Joe Mills complete the team. This is their third victory in five years.

Richard Coles who anchored the team to the Club's first Southern 12 stage victory and was one of the scoring 6 when we first won the Southern Cross Country Championships, is the new Club President.

### **15 years ago in March 2004**

21 year old Will Bolton is killed instantly in a car accident. "We have lost a future President".

Mohammed Sillah Freckleton represents Great Britain in the 60 metre hurdles at the World Indoor Championships

Dave Taylor finishes 5<sup>th</sup> in the Reading Half Marathon in 65.03 and is second Briton and easily the quickest veteran.

Helen Godsell wins three gold medals at the inaugural World Indoors Masters Championships at Sindelfingen in Germany. She sets a European record in the 200. Bill Foster wins the over 45s 3000 metres and Jim Day claims silver in the over 70s pole vault.

Robert Bain represents Great Britain for the first time at the European Athletics Association Walks Meeting at Leamington. Margaret Baldwin becomes President

### **10 years ago in March 2009**

Michael Skinner is fourth scorer for the Great Britain mens team at the World Cross Country Championships in Amman, Jordan.

Helen Godsell breaks the World and British records for the 60 metres at the European Masters Indoor Championships at Ancona in Italy, with a time of 8.46. She ins by over half a second. She also breaks the British record for the 200 as she wins gold and adds a third as part of the 4x200 metre team.

Her brother Bob Minting wins the over 55s 800 metres and Bill Foster finishes third in the over 50s 3000 metres while Tom Phillips is part of the over 55s 4x200 metre relay team who win silver medals.

Scott Huggins wins the pole vault at the BUCS Championships.

Gordon Hickey breaks the British over 75s shot record at the British Masters Championships. Helen Godsell wins the over 55s 60 metres in a British record and also the 200 metres. Bill Foster is first in the over 50s 3000 and Richard Holt takes silver in the over 35s 400.

Alison Brand is the new Club President.



*Standing. T Soutar, D Cordell, R Griffin, N Brooks, A Pickering, B Foster, D Lawrie, C Haines, M Mahoney, S Hollingdale, D Gregory, S Cluney, P Calnan.  
Seated. M Davies, D White, A Cilia, P Byfield, J Golding, M Baldwin, J Baldwin, B Stone. Front. R Coe, K Daniel.*

### **Past Presidents Supper 2019**