



Blackheath & Bromley Courier

July 2019.

President 2019-20. Julian Golding.

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



This is the busiest time of the year with major events going on every weekend. If your result doesn't appear let me know and it can be added to the next edition.

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

Forthcoming Club events

July

- Mon 1. Kent Masters League, Ashford.
- Weds 3. Johnson Bowl (Road walk)
- Sat 6. British Athletics League, Sheffield
- Sat 6. UK Womens League, Eton
- Weds 10. Club 5000m Championship, Norman Park.
- Weds 10. Parris Handicap, Hayes
- Fri 12- Sat 13. English Schools Championships, Birmingham
- Sat 13. Southern Athletics League, Norman Park
- Sun 14. Senior Inter County Match, Ashford
- Weds 17. 150 Years Celebration Meeting, Norman Park
- Fri 19. Kent Masters League, Erith
- Sat 20. Schools International, Swansea
- Sat 20. Youth Development League Lower age group.
- Sat 20 – Sun 21. Anniversary Games, Stratford
- Sun 21. U17 Inter County Match, Essex
- Mon 22. Club Champs and Open Meeting, Norman Park
- Sat 27 – Sun 28. EA/CAU Inter County Championships, Manchester
- Sun 28. Youth Development League Upper age groups.
- Weds 31. 1 hour run, Norman Park. (19.30). Leaderboard Challenge Mile Race at 19.00

August

- Sat 3. British Athletics League Premier Division, Birmingham
- Sat 3. UK Womens League Premier Division, Birmingham
- Sun 4. Kent Young Athletes League, Medway Park
- Sat 10 – Sun 11. BMAF Track and Field Championships, Birmingham
- Sun 11. Leaderboard Challenge, Norman Park. 10am.
- Weds 14. Parris Handicap, Hayes
- Sat 17. Southern Athletics League, Battersea
- Sat 17 – Sun 18. SEAA U13/U15/U17 Championships, Ashford.
- Sat 24 – Sun 25. British Championships, Birmingham.
- Mon 26. KCAA U13 Pentathlon Championships, Tonbridge.
- Sat 31 – Sun 1 Sept. EA U15/U17 Championships, Bedford.

Social

Weds 14th August. BBQ after Parris Handicap.

Friday 27th September. Fund raising Wine Tasting and Quiz Night. Tickets and info from Claire_austridge@yahoo.co.uk



A Club social from the last Century. (photo by Steve Cluney)

Results for June 2019

1/6/19

BMC PB Classic, Milton Keynes. 1500. A. 12 Aaron Ensor 4.17.37. H. 8. Lucrezia Polloni 4.47.48. 2000 s/chase. 6. Ben Gardiner 6.25.96. 1500 s/chase. Women. B. 4. Ellie Osmond 5.26.77.

Moulton Open 5 Mile Walk. 23. David Hoben 58.35.

Parkruns. Bromley. 6 Matthew Smith 18.34, 16 Ifetobi Salako 19.25, 23 Olivia Berry 19.50 (1st woman), 31 Damian Hayes 20.08, 66 Carys Firth 21.33, 114 Chris Swinfen 22.37, 214 Andy Tucker 24.55, 243 Sally Smith 25.51, 331 Tom Leeson 27.42, 332 John Leeson 27.43, 358 Bernard Wilson 28.07. **Bexley.** 380 George Collins 33.49. **Beckenham Place park.** 12 Clayton Aves 19.26, 19 Cornelius Griffin 20.15, 33 Jane Bradshaw 21.14, 76 David Beadle 24.03. **Royal Tunbridge Wells.** 60 Andy Everest 23.46. **Crystal Palace.** 3 Angus Harrington 17.51, 25 Lewis Warren 19.58, 75 Rod Harrington 22.28, 156 Glen Read 25.06. **Lloyd park.** 2 Jonathan Vintner 19.04. **Catterick.** 34 Arthur Starvis 19.35. **Hoblingwell.** 10 Nigel Haffenden 22.43, 12 Sally Haffenden 23.25, 24 Adrian Perry 26.10. **Dulwich.** 88 Nick Barber 20.43, 202 James Morris 23.16. **Orpington.** 22 Cameron Kelly-Gordon 22.25 (1st woman), 25 Isabella Louth 22.42, 162 Karen Desborough 32.57. **Great Lines, Medway.** 244 Graham Smith 33.20. **Tonbridge.** 142 Mark Ellison 24.06, 298 Mick Keene 27.47. **Kesgrave.** 1 Steve Cooper 17.09. **Exmouth.** 70 Bob Minting 22.42. **Catford.** 15 Paul Ross-Davies 20.20, 51 Barry Wetherilt 22.37. **Dinton Pastures.** 26 James Unwin 22.21. **Bethlem Royal Hospital.** 18 Jennie Butler 21.00 (1st woman), 39 Iain Swatton 22.43, 44 Ian Montgomery 23.01, 50 Jason Short 23.55, 100 Zoe Kingsmell 27.42, 142 Andrew Kingsmell 32.53.

1-2/6/19

South Of England Championships, Bedford. Senior Men. 100. Ht 5. 2. Korede Awe 10.66 (1.0), Duayne Bovell DNF. Ht 6. Duayne Bovell (on his own, blocks slipped in heat) 11.04 (0.5). SF1. 6. Duayne Bovell 10.90 (2.4). SF2. 2. Korede Awe 10.51 (0.7). Final. 1. Korede Awe 10.44 (0.8). 400. Ht1. 3. Jordan Layne 49.81. Ht2. 7. Adam Herring 51.70. Ht5. 1. Dan Putnam 48.81. SF1. 1. Dan Putnam 47.41. SF2. Jordan Layne DNS. Final. 1. Dan Putnam 47.32. 110H. Ht1. 4. Reece Young 14.55 (0.0). Final. 7. Reece Young 15.18. 400H. Ht2. 1. Bailey Stickings 53.62, 2. Joe Fuggle 54.24, 4. Richard Morris 56.32. Final. 1. Bailey Stickings 52.54, 2. Joe Fuggle 52.55. Long Jump. 4. Jonathan Ilori 6.84. Triple Jump. 1. Jonathan Ilori 16.03. **Senior Women.** 100. Ht1. 1. Vivien Olatunji 12.20 (0.4). Ht2. 3. Modupe Shokunbe 12.3. Sf1. 4. Vivien Olatunji 12.31 (-2.5). SF2. 6. Modupe Shokunbe 12.39 (-0.2). Final. Vivien Olatunji DNS. 400. Ht2. 2. Rachel Dickens 55.59. Final. 3. Rachel Dickens 53.93. 400H. Ht2. 4. Sophie Elliss 66.27. HJ. 2. Deborah Martin 1.70. LJ. 1. Sarah Abrams 6.19 (1.4). TJ. 2. Zara Asante 12.95, 6. Allison Wilder 12.04. PV. 2. Sophie Dowson 3.70, 5. Christina Moore 3.40. HT. 2. Gemma Vickery 52.44. **Under 20 Men.** 100. Ht3. 1. Ethan Brown 10.87 (-0.7). SF2. 3. Ethan Brown 10.86 (1.5). Final. 4. Ethan Brown (0.0). 200. Ht1. 1. Ethan Brown 21.84 (1.6). Final. 1. Ethan Brown 21.29 (0.6). 1500. 7 Matthew Francis 4.06.31. 400H. 1. Alex O'Callaghan Brown 53.44. Long Jump. 1. Ben Sutton 6.93, 3. Myles Xavier 6.77. Discus. 5. Phillip Bartlett 41.06. Hammer. 1. Ben Hawkes 66.95, 3. Sam Illsley 51.84. **Under 20 Women.** 100. Ht2. 6. Funminiyi Olajide 12.48 (-0.1). 400. Ht2. 1. Louise Evans 55.57. Final. 1. Louise Evans 54.56. 100H. 2. Marcia Sey 13.60 (2.8), 3. Mallory Cluley 14.28, 6. Zoe Austridge 15.46. LJ. 3. Funminiyi Olajide 6.01 (1.5), 7. Zoe Martial 5.17 (0.9). TJ. 5. Jade Oni 12.12. PV. Lois Warden N/H. DT. 5. Hannah Macaulay 37.31. JT. 1. Lauren Farley 45.33, 2. Eloise Locke 40.47.

2/6/19.

Surrey and Sussex County Masters Championships Kingston. Men. Pole vault. 7. Alan Hardy M60 2.25. Women. 100. W60. 1. Helen Godsell 14.73 (-0.2). 200. W55. 1. Helen Godsell 30.73 (-2.2)

Kent Young Athletes League, Division One. Under 15 Boys. 100. A. 5. Ben Platt 12.5. B. 1. Adam Islam-Medeaux 12.0. 200. A. 1. Connor Sutton 23.8. B. 4. Kieran Blake 26.3. 800. A. 2. Thomas Sugden 2.19.4. B. 3. Archie Whitehead 2.36.7. 80H. A. 3. Oliver Robertson 12.8. B. 5. Jonathan Ellerton 15.6. 2000 walk. A. 2. Jonathan Ellerton 14.20.9. B. -. HJ. A. 5. Oliver Robertson 1.50. B. 3. Ben Platt 1.40. LJ.A. 1. Connor Sutton 5.61. B. -. SP. A. 2. Brydon Duncan 11.49. B. 2. Kieran Blake 9.21. DT. A. 2. Brydon Duncan 29.06. B. -. JT. A. 1. Ben Platt 39.31. B. 3. Joshua Buddle Smith 24.61. 4x100. 1. B&B (Adam Islam-Medeaux, Oliver Robertson, Ben Platt, Connor Sutton) 48.1. 4x300. 1. B&B (Adam Islam-Medeaux, Oliver Robertson, Kieran Blake, Connor Sutton) 2.40.3. 1. B&B 153.5, 2. Medway & Maidstone 142, 3. Bexley 135.5, 4. Paddock Wood/Folkestone RC 1. 128, 5. Tonbridge AC 1 117, 6. Tonbridge AC 2/ Judd School 103, 7. Ashford 86, 8. Invicta East Kent 33. Under 15 Girls. 100. A. 1. Faith Akinbileje 13.0. B. 1. Emily Kerr 13.2. 200. A. 3. Sophie Kerr 27.5. B. 1. Rianna Rennie 27.3. 800. A. 2. Lily Meers 2.24.7. B. 1. Faith Mpassy 2.28.0. 75H. A. 3. Emily Algeo 12.8. B. 3. Abigail Smith 13.1. 2000W. A. 1. Abigail Smith 11.21.6. B.-. HJ. A. 6. Elena Duncombe 1.35. B. 4. Faith Mpassy 1.30. LJ. A. 3. Emily Algeo 4.42. B. 3. Elena Duncombe 4.13. SP. A. 2. Rianna Rennie 10.84. B.2. Natalia O'Docherty-Veru 7.27. HT. A. 3. Sofia Elliott 30.51. B. 4. Amelie Willars 16.47. JT. A. 3. Rianna Rennie 29.81. B. 4. Emily Algeo 15.23. 4x100. 1. B&B (Sophie Kerr, Faith Akinbileje, Rianna Rennie, Emily Kerr) 51.6. 4x300. 1. B&B (Cameron Kelly Gordon, Lily Meers, Abigail Smith, Faith Mpassy) 3.02.9. 1. B&B 168, 2. Tonbridge AC 1 156, 3. Bexley 116.5, 4. Tonbridge AC 2/ Judd School 110.5, 5. Ashford 110, 6. Paddock Wood AC/Folkestone RC 1 102.5, 7. Medway & Maidstone 98, 8. Invicta East Kent 73.5. Under 13 Boys. A. 100. 1. Zuriel Nwogwugwu 13.1. B. 4. Andrew Nikoro 14.5. 200. A. 2. Rayhan Mourtada 27.6. B. 2. Jasper Brooks 29.1. 800. A. 1. Alex Middleton 2.27.0. B. 2. Josh Healy 2.33.9. 75H. A.2. Rayhan Mourtada 12.9. B. 1. Andrew Nikoro 13.6. 1000W. A.-. B.-. HJ. A. 3. Finn Kitteridge 1.30. B. 2. Andrew Nikoro 1.25. LJ. A. 2. Zuriel Nwogwugwu 4.48. B. 1. Jasper Brooks 3.97. SP. A. 2 Max Kennedy 7.87. B.2. Finn Kitteridge 6.83. DT. A. 3. Max Kennedy 16.31. B.-. JT. A. 1. Max Kennedy 34.48. B. 1. Finn Kitteridge 28.52. 4x100. 2. B&B (Jasper Brooks, Rayhan Mourtada, Andrew Nikoro, Zuriel Nwogwugwu) 55.2. 1. Tonbridge AC 1. 161.5, 2. B&B 154, 3. Medway & Maidstone 137, 4. Tonbridge AC 2/ Judd School 122.5, 5. Paddock Wood AC/Folkestone RC 1 104.5, 6. Ashford 66, 7. Invicta East Kent 39.5, 8. Bexley 30. Under 13 Girls. 75. A. 1. Adaeze Anele 10.3. B. 2. Alexia Moren-Rosado 10.9. 150. A. Nina Whitter 20.3. B. 2. Alexia Moren-Rosado 21.9. 800. A. 2. India Blakey 2.34.0. B. 2. Francesca Middleton 2.44.0. 70H. A. 4=. Amber Cockburn 12.7. B. 1. Daisy Snell 12.3. 1000W. A. 1. Carla Forsyth 5.34.4. B.-. HJ. A. 1. Nina Whitter 1.40. B. 1. Daisy Snell 1.35. LJ. A. 1. Daisy Snell 4.41. B. 2. Amber Cockburn 3.78. SP. A. 4. Madeline Marston 6.47. B. 5. Erin Simpson 5.53. DT. A. 2. Erin Simpson 17.71. B. -. HT. A. 4. Amber Cockburn 10.56. B. -. 4X100. 1. B&B (Daisy Snell, Adaeze Anele, Alexia Moren-Rosado, Nina Whitter) 54.4. 1. B&B 154.5, 2. Tonbridge AC 1 146.5, 3. Bexley 146, 4. Invicta East Kent 108, 5. Ashford 103.5, 6. Tonbridge AC 2/Judd School 89, 7. Medway & Maidstone 76.5, 8. Paddock Wood AC/Folkestone RC 1 69. Overall Points 1. B&B 655, 2. Tonbridge AC 1 606, 3. Medway & Maidstone 478.5, 4. Bexley 453, 5. Tonbridge AC 2/Judd School 450, 6. Paddock Wood/Folkestone RC1 429, 7. Ashford 390.5, 8. Invicta East Kent 269.

Kent Young Athletes Division Two, Tonbridge. Under 15 Boys. 100. A. 4. Ethan Alapafuja 13.3. B. 4. Mike Sudolski 13.7. 200. A. 4. Nathan Firla 26.8. B. 2. Ethan Alapafuja 27.0. 800. A. 3. Sam Stuart 2.26.4. B. 2. Oscar Witcombe 2.31.0. 80H. A.-. B. -.

2000W.A.-B.-. HJ. A. 3. Oscar Witcombe 1.20. B.-. LJ. A. 2. Nathan Firla 4.27. B.-. SP. A.-. B.-. DT. A.-. B.-. JT. A.-. B.-. 4X100. 2. B&B (Sam Stuart, Ethan Alapafuja, Mike Sudolski, Nathan Firla) 52.4. 4x300. DQ B&B (Sam Stuart, Ethan Alapafuja, Mike Sudolski, Nathan Firla). Teams. 1. Cambridge Harriers 228, 2. Paddock Wood/Folkestone RC 2 99, 3. Sevenoaks 88, 4. Dartford Harriers AC/ Swanley & District AC 87, 5. B&B 76, 6. Thanet AC 59, 7. Swale Combined AC 14, 8. Thanet Roadrunners AC 8. Under 15 Girls. 100. A. 2=. Kelsey Calladine-Smith 13.4. B. 1. Kilali Samuel-Horsfall Dejeva 13.1. 200. A. Kodi-Rhys Agyeman 27.7. B. 4. Jessica Hennessey 28.8. 800. A. 3. Emily De Backer 2.36.5. B. 2. Alexia Araujo 2.39.5. 75H. A.-. B.-. 2000W. A.-.B.-. HJ. A.-.B.-. LJ. A.-.B.-. SP. A. 4. Sofia Loader 6.08. B. 3. Kilali Samuel-Horsfall Dejeva 5.73. HT.A.-.B.-. JT.A.-. B.-. 4X100. 2. B&B (Amelia Middleton, Kodi-Rhys Agyeman, Kilali Samuel-Horsfall Dejeva, Jessica Hennessey) 54.7. 4x300. 1. B&B. (Amelia Middleton, Sofia Plum-Maher, Isabella Louth, Olivia Wauters) 3.14.8. Match. 1. Cambridge Harriers 192, 2. Thanet AC 132.5, 3. B&B 88.5, 4. Dartford Harriers AC/Swanley & District AC 72.5, 5. Sevenoaks 68.5, 6. Thanet Roadrunners 40, 7. Medway Phoenix 39, 8. Paddock Wood AC/Folkestone RC 2 36, 9. Swale Combined AC 27. Under 13 Boys. 100. A. 4. Daniel Jenkins 14.7. B. 5. Shing Hei Hang 15.0. 200. A. 7. Harry Kendall 32.5. B. 3. Daniel Jenkins 30.5. 800. A. 4. Hendri Verster 2.38.8. B. 3. Harry Fage 2.44.3. 75H. A. 3. Franco Hillier 16.3. B.-. 1000W. A.-.B.-. HJ.A.-.B.-. LJ. A. 5. Harry Kendall 3.26. B.-. SP.A. 4. Shing Hei Hang 5.73. B.-. DT.A.-.B.-. JT.A.-.B.-. 4X100. 3. B&B (Daniel Jenkins, Harry Kendall, Shing Hei Hang, Hendri Verster) 60.6. Teams. 1. Swale Combined AC 146, 2. Sevenoaks 135, 3. Dartford Harriers AC/Swanley & District AC 111, 4. B&B 72.5, 5. Cambridge Harriers 63, 6. Thanet Roadrunners AC 59, 7. Medway Phoenix 37, 8. Thanet AC 13.5. Under 13 Girls. 75. A. 1. Emily Hayden De Carbonnieres 11.1. B. 2. Azizah Olatunji 11.2. 150. A. 2. Emily Deveney 21.7. B. 2. Azizah Olatunji 22.9. 800. A. 1. Lara Tunali-Flynn 2.35.0. B. 1. Lydia Witcombe 2.47.8. 70H. A. 2. Alyssa Firla 15.4. B.-. 1000W.A.-.B.-. HJ.A. 3. Megan Barlow 1.25. B. 1. Emily Deveney 1.10. LJ. A. 3. Alyssa Firla 3.50. B. 2. Megan Barlow 3.45. N/S. 2. Lydia Witcombe 2.77. SP. A. 3. Islay Pearson 6.86. B. 4. Megan Barlow 4.94. DT. A. 3. Islay Pearson 15.58. B.-. HT.A.-.B.-. 4X100. 3. (Emily Hayden de Carbonnieres, Azizah Olatunji, Alyssa Firla, Megan Barlow) 58.6. Teams. 1. B&B 139, 2=. Sevenoaks 120, 2=. Thanet AC 120, 4. Cambridge Harriers 96, 5. Dartford Harriers AC/Swanley & District AC 79, 6. Swale Combined AC 32, 7. Medway Phoenix 22. Overall. 1. Cambridge Harriers 599, 2. Sevenoaks 416.5, 3. B&B 401, 4. Dartford Harriers AC/Swanley & District AC 364.5, 5. Thanet AC 350, 6. Swale Combined 244, 7. Paddock Wood AC/Folkestone RC 2 160, 8. Medway Phoenix 113, 9. Thanet Roadrunners AC 112.

3/6/19

Blackheath & Bromley Open Meeting, Norman Park. 300m.T Ht1. 1. Shakanya Osahon (U17W) 41.52, 2. Amarisa Sibley (U15G) 41.57, 3. Cameron Kelly-Gordon (U15) 41.62, 5. Kelsey Pullin (U17W) 43.48, 6. Sofia-Plum Maher (U15G) 47.97. Ht2. 1. Faith Mpassy (U15G) 43.36, 4. Parris French (U15G) 44.67, 5. Lily Meers (U15G) 45.02, 6. Hannah Clark (U15G) 46.19, 7. Sylvie Plaskow (U15G) 46.23. 400m. Ht1. 4. Samuel Reardon (U17M) 51.55. Ht2. 6. Steve Hough (M45) 66.93. 100m. Ht1. (0.2) 2. Kyle Reynolds-Warmington (U20M) 11.18, 6. George Pope (U20M) 11.61, 7. LJ Wright (U20M) 11.98. Ht2. (-2.1). 1. Adam Islam-Medeaux (U15B) 11.84, 4. Andrew Khazali (U17M) 12.49. Ht3. (-0.7). 1. Zoe Austridge (U20 W) 12.98, 2. Ben Platt (U15B) 13.07, 5. Eve Ward (U17W) 13.74, 6. Mike Sudolski (U15B) 13.79, 7. Aadaeze Anele (U13G) 13.89. Ht4. (-0.1). 2. Laura Brown (U20W) 13.23, 4. Nina Whitter (U13G) 13.57, 6. Olivia Knight (U20W) 13.72, Tom Phillips (M65) DNF. Ht5. (1.4). 1. Sophia Harper (U20W) 13.47, 2. Rayhan Mourtada (U13B) 13.70, 5. Jessica Hennessey (U15G) 14.05, 6. Louisa Vallins (W40) 14.16, 7. Alexia Moren-Rosado (U13G) 14.45. Ht6. (0.8). 1. Daisy Snell (U13G) 14.05, 5. Daniel Jenkins (U13B) 14.87. Ht7.(-0.8) 2. Shanique Charles (U17W) 13.74, 3. Dora Ivanova (U13G) 14.67, 4. Ruben Stober (U13B) 14.93, 5. Megan Barlow (U13G) 15.19, 7. Layla Akinfolarin (U13G) 15.46. 1500m. Ht1. 1. Tom Brash (U17M) 4.18.20, 3. George Shaw (U15B) 4.42.34, 4. Niamh Bridson Hubbard 4.42.72, 5. Darren Corneille (M35) 4.43.82, 6. Will Andrews (U17M) 4.44.41, 7. Arthur Starvis (U15B) 4.48.92. 13. Molly Mooney-Clarke (U13G) 5.07.86, 14. Amy Leach (U20W) 5.09.50, 16. Emily Deveney (U13G) 5.16.30. Ht2. 1. Ted Marston (U15B) 5.06.95, 2. Olivia Wauters (U15G) 5.15.01, 3. Tallulah Ndikanwu (U13G) 5.16.38, 4. Cara Gould (U15G) 5.19.34, 5. Megan Barlow (U13G) 5.21.02, 6. Isabella Louth (U15G) 5.21.69, 8. Maria Salamanca (U13G) 5.26.66, 10. Carys Firth (U15G) 5.30.86, 12. Erin Simpson (U13G) 5.41.24. 200m. Ht1 (0.1). 2. Reece Nelson (U17M) 23.13, 3. George Pope (U20M) 23.39. Ht2. (-1.5). 2. Megan Walsh 26.08. Ht3. (-1.3). 1. Caleb Ehirim (U15M) 26.11, 2. Aaron Bastien (U15B) 27.94, 3. Laura Brown (U20W) 28.13, 4. Rayhan Mourtada (U13B) 28.18, 5. Jessica Hennessey (U15G) 30.02. Ht4. (-1.6). 3. Holly Platt (U20W) 28.87, 4. Daisy Snell (U13G) 29.49, 7. Alexia Moren-Rosado (U13G) 30.34, 8. Aadaeze Anele (U13G) 31.11. 800m. Ht1. 1. Finlay Brannan 1.55.69. Ht2. 1. Thomas Sugden (U15B) 2.14.07, 2. Alessio Tutt (U15B) 2.17.43, 4. Ellie Dolby (U17W) 2.19.44, 7. Jasper Brooks (U13B) 2.30.37, 8. Josh Healy (U13B) 2.31.63, Ht3. 2. Steve Hough (M45) 2.34.65, 3. Emily De Backer (U15G) 2.36.67, 6. Amie Gould (U13G) 2.40.77, 7. Amelie Willars (U15G) 2.41.75, 8. Harry Fage (U13B) 2.42.42. Long Jump. Pool 1. 3. Emily Algeo (U15G) 4.45, 4. Elana Duncombe (U15G) 4.22, 5. Jasper Brooks (U13B) 4.05, 7. Lily Mears (U15G) 3.85, 9. Erin Simpson (U13G) 3.43, 10. Megan Barlow (U13G) 3.43. Pool 2. 1. Jacob Byfield (U17M) 6.01, 3. Zoe Martial (U20W) 5.12, 5. Achieng Oneko (U17W) 4.94, 6. Akelyla Robinson-Pascal (U17W) 4.93, 7. Claudia Baker (U17W) 4.86, 8. Annabel Duncombe (U17W) 4.81, 9. Olivia Howlett (U17W) 4.74, 10. Kamiyla Robinson-Pascal (U20W) 4.71. High Jump. 1. Kelechi Aguocha (U20M) 2.05, 2. Elana Duncombe (U15G) 1.35, 3. Finn Kitteridge (U13M) 1.30, 4. Nina Whitter

(U13G) 1.30. Hammer. U20M. 2. Charlie Short 43.18. U17M. 1. Satvik Chaganti (U17M) 28.91. U15B. 1. Brydon Duncan 25.48.

4/6/19

Riga Cup, Ogre, Latvia. Long Jump. 6. Jahisha Thomas 6.08 (0.3)

5/6/19

BMC Races, Birmingham University. 3000s/chase. 9. Lewis Mills 9.24.53.

Birmingham University Midweek Open. 200. MX1. 5. Korede Osinibi 23.61 (1.7)

Lee Valley Sprint Series. 100. Mx3. 3. Brandon Murray 10.70 (2.8) Mx8. 2. Modupe Shokunbi 12.04 (1.3). 200. SX3. 6. Brandon Murray 23.07 (2.0). SX8. 3. Modupe Shokunbi 25.22 (1.7)

TVH Open Graded Meeting. 100. SX6. 3. Kyle Reynolds-Warmington 11.40 (-1.0)

5-8/6/19

NCAA Championships, Austin, Texas. Hammer. 8. Joe Ellis 69.26.

6/6/19

Diamond League, Rome. 100. 2. Dina Asher Smith 10.94 (0.6).

7/6/19

Orion Harriers Fast Friday 5000/10000. 5000. 6. Ross Braden 14.45.52.

7-8/6/19

JenJavelin Speerwurf-Festival, Jena, Germany. Women. 1. Bekah Walton 51.35, 9. Holly Arnold (F46) 41.94.

8/6/19

Kent Schools Championships, Ashford. Inter Boys. 800. 1. Sam Reardon 2.09.39. 1500. 3. Pablo Seema Roca 4.29.35. HJ. 9. Pablo Seema Roca 1.65. LJ. 3. Jacob Byfield 6.26, 8. Andrew Ize-Iyamu 5.43. TJ. 2. Jacob Byfield 13.21, 3. Eniola Afolabi 11.91. SP. 2. Dillon Claydon 12.41, 5. Satvik Chaganti 10.45. DT. 1. Dillon Claydon 40.74, 3. Barnaby Spear 35.84, 9. Satvik Chaganti 27.09. Inter Girls. 100. 2. Zsiriah Thomas 13.00 (-4.4), 3. Tianna Haynes 13.12. Ht1. Zsiriah Thomas 13.25 (-3.0), 4. Tianna Haynes 13.71, 6. Eve Ward 14.21. 200. 2. Tianna Haynes 27.65 (-5.0). 800. 2. Ellie Dolby 2.27.06, 5. Jessica Neal 2.32.72, 7. Daniella Harper 2.36.90. 80H. 3. Shakanya Osahon 12.34 (-0.4). 300H. 2. Kelsey Pullin 47.33. 1500 s/chase. 2. Ellie Osmond 5.28.84, 3. Olivia Berry 5.32.51, 4. Ailbhe Barnes 5.34.18. LJ. 5. Akeilya Robinson Pascal 4.93. DT. 1. Titibioluwa Akinrele 31.12. Junior Boys. 200. 1. Caleb Ehirim 25.25 (-3.3). Ht1. Caleb Ehirim 25.51 (-4.7). 300. 2. Adam Islam-Medeaux 38.77, 3. Connor Sutton 39.43. Ht1. 1. Adam Islam-Medeaux 37.83. Ht2. 1. Connor Sutton 38.26. 800. 2. Matthew Smith 2.13.52. Ht1. 2. Matthew Smith 2.24.43. 1500. 10. George Shaw 4.56.76. Ht1. 5. George Shaw 4.50.42. 3000W. 2. Jonathan Ellerton 21.33.46. 80H. 6. Oliver Robertson 12.82. Ht2. 3. Oliver Robertson 12.99. LJ. 1. Connor Sutton 5.68. DT. 3. Brydon Duncan 35.75. JT. 2. Ben Platt 38.96. Junior Girls. 100. 1. Faith Akinbileje 12.89 (-4.2), 3. Emily Kerr 13.53. Ht1. 1. Faith Akinbileje 13.36 (-4.8), 2. Emily Kerr 13.68. 200. 3. Sophie Kerr 28.66 (-4.0), 4. Kelsey Calladine-Smith 28.80. Ht1. 2. Sophie Kerr 30.11 (-6.1). Ht2. 2. Kelsey Calladine-Smith 29.86 (-6.1). 800. 1. Amarisa Sibley 2.20.98, 3. Cameron Kelly Gordon 2.25.38, 5. Faith Mpassy 2.28.47, 7. Olivia Wauters 2.32.75. Ht1. 1. Amarisa Sibley 2.28.63, 2. Faith Mpassy 2.31.20, 4. Olivia Wauters 2.36.82. Ht2. 3. Cameron Kelly Gordon 2.37.18. 1500. 3. Lily Meers 4.57.34, 4. Hannah Clark 4.57.73, 9. Carys Firth 5.44.73. 3000W. 2. Abigail Smith 17.99.77. 75H. 3. Abigail Smith 13.10 (-3.6), 4. Emily Algeo 13.16. Ht2. 3. Abigail Smith 12.74 (-1.3), 4. Emily Algeo 13.08. LJ. 3. Sopia Kerr 4.87, 4. Faith Mpassy 4.74. DT. 4. Maya Fernandes 21.12. Year 7 Boys. 800. Ht2. 9. Jasper Brooks 2.42.62. HJ. Andrew Nikoro NH. JT. 3. Max Kennedy 30.57. Year 7 Girls. 800. 3. Tallulah Ndikanwu 2.38.67.

London Schools Championships, Battersea. Intermediate Boys. 100. 1. Jeriel Quainoo 10.88 (2.5). HT3. 1. Jeriel Quainoo 10.87 (-1.9). 200. 1. Jeriel Quainoo 21.93 (2.6), 3. Reece Nelson 23.04. Ht1. 1. Jeriel Quainoo 21.99, 2. Reece Nelson 23.24. 1500. 1. Oliver Bright 4.25.06. Intermediate Girls. 800. 1. Lucrezia Polloni 2.20.19, 2. Sabrina Mannes 2.26.21. 1500. 2. Naomi Toft 4.59.52. Shot. 1. Nana Gyedu 14.60. Junior Boys. 300. 8. Nathan Firla 42.71. Ht1. 3. Nathan Firla 41.48. Junior Girls. 1500. 1. Kate Price 4.49.54. SP. 10. Natalia O'Docherty-Veru 7.56.

Surrey Schools Championships, Kingston. Senior Boys. 800. 1. Angus Harrington 1.58.69, 6. Prince Reid 2.06.29. Ht1. 1. Angus Harrington 2.03.98. Ht2. 3. Prince Reid 2.05.92. 3000. 4. Ifetobi Salako 10.46.66. 110H. 1. Josh Watson 14.58 (-0.8). 400H. 1. Alex O'Callaghan Brown 55.94. Long Jump. 1. Myles Xavier 6.33. Intermediate Boys. 400. 1. Oliver Briars 51.53. Ht1 1. Oliver Briars 52.45. Intermediate Girls. 800. 6. Francesca Evered 2.32.92. Ht2. 2. Francesca Evered 2.29.35. Junior Girls. 100. 1. Tyra Khambai-Annan 12.63 (-0.8) Ht2. 1. Tyra Khambai-Annan 12.84 (-2.7). 300. 4. Parris French 44.82. Ht. 4. Parris French 45.42. 800. 3. Imogen Hadley 2.23.17. Ht1. 2. Imogen Hadley 2.28.26. JT. 10. Rianna Rennie 21.85.

Irish milers Club Open (Le Chelle International), Leixlip. 800. 1. Alex Botterill 1.50.83.

Parkruns. Bushy. 134 An Other 21.35. **Bromley.** 3 Will Andrews 17.44, 29 Richard Byford 20.34, 43 Steve Evenden 21.02, 80 Paul Kerekgyarto 22.24, 137 Gareth Griffin 24.02, 200 Mark Compton 25.38, 300 Bernard Wilson 27.44, 438 Graham Smith 31.40. **Bexley.** 9 Darren Corneille 20.08, 244 George Collins 29.55. **Beckenham Place park.** 5 Ian Firla 18.56, 8 Clayton Aves

19.27, 102 William Slack 25.27, 124 Zoe Kingsmill 26.37, 142 Madeleine Marston 27.46, 154 Leszek Malynicz 28.36. **Crystal Palace.** 10 Lewis Warren 19.22, 86 Glen Read 22.56. **Bournemouth.** 27 Steve Pairman 20.43, 182 Peter Hamilton 25.50. **Hoblingwell.** 1 Joseph Georgiadis 20.23. **Orpington.** 123 Karen Desborough 33.15. **Homewood.** 21 Zoe Wood 24.15. **Brentwood.** 118 Adrian Perry 37.58, 120 James Perry 38.02. **Peckham Rye.** 137 John E. Turner 25.36, 202 Peter Rogers 28.13, 292 Maz Turner 33.58. **Lullingstone.** 7 Nick Barber 23.16. **Exmouth.** 45 Bob Minting 22.57. **Catford.** 20 Andrew Lawes 21.45, 48 Barry Wetherilt 23.19. **Woolacombe Dunes.** 20 Adrian Stocks 25.35. **Bethlem Royal Hospital.** 13 Damian Hayes 20.54, 22 Stuart Cullum 22.10, 27 Rob Brown 22.15, 29 Nigel Haffenden 22.17, 39 James Unwin 22.46, 46 Iain Swatton 23.07, 56 Sally Haffenden 23.31, 174 Mick Keene 32.18, 215 Mike Simms 57.56.

9/6/19

British Athletics League Premier Division, Allianz Park. 100. A. 8. Dan Putnam 10.91 (1.0). B. 7. Duayne Bovell 11.19 (-0.8). 200. A. 8. Matthew Knight 22.57. B. 8. Duayne Bovell 23.10. 400. A. 3. Dan Putnam 47.46. B. 4. Jordan Layne 49.37. 800. A. 7. Joe Rogers 1.53.57. B. 6. Declan Neary 1.55.62. 1500. A. 6. Declan Neary 3.52.85. B. 4. Josh Schofield 3.54.52. 3000. A. 7. Charlie Davis 8.37.14. B. 2. Alex Bruce Littlewood 8.42.05. 110H. A. 6. Reece Young 14.68 (-1.3). B. Alex Nwenwu DQ. 400H. A. 3. Bailey Stickings 52.31. B. 3. Joe Fuggle 54.06. 3000 s/chase. A. 8. Alex Gibbins 10.27.89. B. 4. Tom Desborough 10.38.63. HJ. A. 2. Kelechi Aguocha 2.10. B. 4. Lewis Ely 1.85. LJ. A. 4. Jonathan Ilori 6.95. B. 3. Ben Sutton 6.77. TJ. A. 3. Jonathan Ilori 16.00. B. 4. Rob Sutherland 13.69. PV. A. 3. Scott Huggins 4.92. B. 3. Barnaby Corry 4.10. SP. A. 8. Alex Pope 11.36. B. 8. Dele Aladese 10.88. DT. A. 8. Dele Aladese 42.58. B. 8. Alex Pope 35.91. JT. A. 8. Richard Morris 26.35. B. 8. Alex Pope 26.01. HT. A. 6. Charlie Short 37.29. B Alex Pope NT. 4X100 Blackheath & Bromley (Duayne Bovell, Dan Putnam, Matthew Knight, Bailey Stickings) DNF. 4x400. 4. Blackheath & Bromley (Joe Rogers, Dan Putnam, Joe Fuggle, Jordan Layne) 3.13.61. Match. 1. Newham & Essex Beagles 362, 2. Birchfield 312, 3. Shaftesbury Barnet 291, 4. Harrow 283, 5. Woodford Green with Essex Ladies 274, 6. City of Sheffield and Dearne 250, 7. Cardiff 209, 8. Blackheath & Bromley 207. Standings after 2 matches. 1. Newham & Essex Beagles 15 (673.5), 2. Birchfield 15 (661), 3. Harrow 11 (576), 4. Shaftesbury Barnet 11 (548), 5. Woodford Green with Essex Ladies 8 (526), 6. Cardiff 5 (448), 7. City Of Sheffield & Dearne 4 (477), 8. Blackheath & Bromley 3 (435.5).

UK Womens League, Premier Division, Leigh. 100. A. 3. Shannon Hylton 11.66 (0.6). B. 6. Anastasia Davies 12.30 (0.2). 200. A. 1. Shannon Hylton 23.74 (1.6). B. 5. Krystal Galley 25.28 (1.6). 400. A. 1. Rachel Dickens 53.96. B. -. 800. A. -. B. -. 1500. A. 2. Niamh Bridson Hubbard 4.35.30. B. -. 3000. A. 7. Amy Leach 10.56.69. B. Niamh Bridson Hubbard DNF. 100H. A. 3. Anastasia Davies 13.62 (1.9). B. 1. Marcia Sey 13.73. 400H. A. 7. Alex Hill 62.70. B. 6. Sophie Ellis 66.38. 2000s/ch. A. -. HJ A. 6. Danielle Hopkins 1.65. B.7. Magda Cienciala 1.40. LJ. A. 8. Magda Cienciala 4.95. B. 8. Christina Moore 4.39. TJ. A.- B.- PV. A.6. Lois Warden 3.30. B. 2. Christina Moore 3.30. SP. A. 7. Hannah Macaulay 10.87. B.8. Christina Moore 7.41. DT. A. 6. Hannah Macaulay 38.60. B. Molly Walsh 24.84. JT. A. 8. Annie Davies 20.24. B. 8. Isabella Hilditch 9.15. HT. A. 4. Gemma Vickery 53.57. B. 2. Molly Walsh 51.60. 4x100. 2. Blackheath & Bromley (Isabella Hilditch, Anastasia Davies, Shannon Hylton, Marcia Sey) 46.43. 4x400. 6. Blackheath & Bromley (Krystal Galley, Sophie Ellis, Alex Hill, Rachel Dickens) 3.55.81. Match. 1. Thames Valley Harriers 215, 2=. Trafford 170.5, 2=. Windsor Slough Eton & Hounslow 170.5, 4. Cardiff 157, 5. Birchfield 150, 6. Edinburgh 149, 7. Notts AC 127, 8. Blackheath & Bromley 110.

Medway & Maidstone Open. Men. 100. R1.R1. 1. Rhys Francis 11.12 (0.0). R2.R1. 1. Rhys Francis 11.14 (2.1). U15B Javelin. 2 Josh Buddle Smith 26.88. Women. LJ. 3. Zoe Martial 5.21. U13 Girls. LJ. 6. Erin Simpson 3.42. SP. 1. Erin Simpson 4.90. JT. 3. Erin Simpson 15.30.

Blaydon Race 5.25m. 1. Graham Rush 25.37.

Orpington High Elms 10km. 7. Luca Ercolani 40.35. (gun) (40.36. chip), 29. Paul Kerekgyarto 45.20. (45.24.), 30 Steve Pairman 45.27. (45.32.), 40 David Beadle 47.21. (47.26), 63 Mike Simms 50.17 (50.27), 76 Stuart Cullum 51.51 (51.56), 79 Luigi Arcuri 52.02 (52.07), 98 Isabelle Bridge 53.43 (53.53), 233 isobel harrington 61.04.34 (61.05.14).

10/6/19

Kent Masters League, Medway Park. Cancelled due to poor weather.

11/6/19

Woodford Open. 800. Mx4. 1. Prince Reid 2.06.75.

Veterans AC Summer Series 5. 5. David Hoben 59.29.

12/6/19.

Club 10,000 metres championships, Norman Park. 1 Jon Pairman 38.15.5, 2 James Rhodes (Guest) 38.45.1, 3 Paul Kerekgyarto 39.44.1, 4 Steve Pairman 40.52.3, 5 Steve Evenden 40.56.0, 6 David Beadle 42.37.1, 7 Andy Laws 45.04.4, 8 Mike Simms 45.55.5, 9 George Collins 47.03.7, 10 Luigi Arcuri 47.18.4, 11 John E Turner 50.30.9, 12 Donnelle Yapp 52.11.3. **BMC Meeting, Watford.** 800. B. 2. Katy Ann McDonald 2.07.52. 1500. 5. Phil Sesemann 3.43.18.

Loughborough Students AC Open. 100. 3. Camron Lyttle 11.1 (1.4). 800. 1. Jacob Brown 1.53.41

15/6/19

Southern Athletics League, Division One, Harrow. Men. 100. A. 2. Kyle Reynolds-Warmington 11.4. B. 1. Michael Damoah 11.3. 200. A. 2. Michael Damoah 22.5. B. 2. Blair Wilson 25.5. 400. A. 2. Jordan Layne 50.4. B. 2. Finlay Brannan 53.5. 800. A. 1. Finlay Brannan 1.59.9. B. 1. Ross Braden 2.04.3. 1500. A. 1. Ross Braden 4.19.0. B. 2. Henry Fisher 4.39.3. N/S. Prince Reid 4.23.8. 5000. A. 3. Alex Gibbins 16.24.0. B. 3. Ifetobi Salako 19.15.7. 110H. A.-. B.-. 400H. A. 1. Henry Fisher 60.7. B. 3. Tim Ayres 83.3. 2000 s/chase. A. 2. Martin Richardson 6.54.9. B. 3. Jake Leng 7.20.6. HJ. A. 1. Kelechi Aguocha 2.05. B. 3=. Reece Nelson 1.50. LJ. A. 2. Blair Wilson 5.69. B. 4. Tim Ayres 3.92. TJ. A. 3. Kelechi Aguocha 11.57. B. 2. Blair Wilson 10.77. PV. A. 3. Roger Platt 2.60. B. 3. Tim Ayres 2.00. SP. A. 4. Dele Aladese 10.39. B. 4. Tim Ayres 6.64. DT. A. Dele Aladese 43.47. B. 4. Tim Ayres 14.47. JT. A. 4. Blair Wilson 34.27. B. 4. Tim Ayres 26.86. HT. A. 4. Tim Ayres 16.50. B. 3. Roger Platt 15.46. 4X100. 3. B&B (Jordan Layne, Michael Damoah, Kyle Reynolds-Warmington, Tim Ayres) 46.5. 4x400. 2. B&B (Jordan Layne, Finlay Brannan, Blair Wilson, Prince Reid) 3.35.5. Women. 100. A. 3. Zoe Austridge 13.0. B. 2. Laura Brown 13.0. 200. A. 3. Krystal Galley 24.7. B. 2. Sophia Harper 28.0. N/S Laura Brown 27.0. Daniella Harper 28.2. 400. A. 1. Krystal Galley 55.9. B. 2. Daniella Harper 63.9. 800. A. 2. Daniella Harper 2.31.1. B.-. 1500. A. 1. Amy Leach 5.06.3. B. 3. Jenny Leng 5.53.9. 3000. A. 3. Amy Leach 11.01.8. B. 3. Jenny Leng 12.07.1. 100H. A. 3. Yasmin Austridge 15.5, B. 1. Holly Platt 20.6. 400H. A. 3. Holly Platt 76.40. B.-. 2000s/chase. A. 2. Ellie Osmond 7.30.8. B. 1. Ailhbe Barnes 7.34.7. HJ. A. 2. Alice Prentice 1.48. B. 3. Jenny Sheasby 1.20. LJ. A. 1. Claudia Baker 5.03. B. 1. Alice Prentice 4.67. TJ. A. 3. Holly Platt 9.80. B. 2. Alice Prentice 8.42. PV. A. 1. Christina Moore 3.10. B. 1. Jenny Sheasby 2.60. SP. A. 3. Hannah Macaulay 11.10. B. 3. Jenny Sheasby 5.92. DT. A. 2. Hannah Macaulay 41.06. B. 2. Jenny Sheasby 17.96. JT. A. 2. Ruth Chappell 30.28. B.-. HT. A. 3. Hannah Macaulay 24.48. B. 4. Jenny Sheasby 6.11. 4x100. 1. B&B (Zoe Austridge, Laura Brown, Sophia Harper, Holly Platt) 52.90. 4X400. 3. B&B (Sophia Harper, Ellie Osmond, Ailhbe Barnes, Krystal Galley) 4.43.6. Match. 1. Harrow 221, 2. Blackheath & Bromley 197.5, 3. Colchester Harriers 181.5, 4. Bournemouth 139.

South East Schools Inter County Championships, Erith. Under 17 Men. 400. 1. Oliver Briars 50.4 800. 3. Matthew Smith 2.07.95. TJ. 3. Jacob Byfield 12.56. PV. 1=. Barnaby Corry 4.10, 7. Ethan Kitteridge 3.40. DT. 2. Dillon Claydon 41.85. Under 17 Women. 100. 1. Zsiria Thomas 12.70 (-1.5). 800. 5. Ellie Dolby 2.21.94. 80H. R2. 2. Shakanya Osahan 12.4. 300H 3. Kelsey Pullin 47.11. 1500 s/chase. 2. Olivia Berry 5.19.6. DT. 3. Titobioluwa Akinrele 31.44. Under 15 Boys. 200. 4. Caleb Ehirim 25.4. 300. Adam Islam-Medeaux 37.3. 3000 walk. 2. Jonathan Ellerton 20.39.8. LJ. 2. Connor Sutton 5.71. PV. 1. Benjamin Platt 3.40. JT. 6. Benjamin Platt 40.77. Under 15 Girls 1. Tyra Khambain Annan 12.81 (-3.8). 800. 2. Amarisa Sibley 2.17.35. 1500. 3. Hannah Clark 4.49.3, 6. Lily Meers 5.07.3. 3000 walk. 2. Abigail Smith 17.03.45.

BMC Races Loughborough. 1500. C. 12. Josh Schofield 4.00.86. G. 5. Matthew Francis 4.01.94. 5000. A. 6. Phil Sesemann 13.59.19, 11. Graham Rush 14.08.83, 14. Will Fuller 14.12.79.

Dartford Midnight Half Marathon. 12. Dave Leal 1.48.17, 38. John Turner 2.12.32, 39. Peter Rogers 2.12.37.

AtletiCAGeneve, Geneva, SUI. 400. R2. 2. Amber Anning 52.64.

Parkruns. Bromley. 3 William Foxhall 17.08, 10 Arthur Starvis 18.27, 17 Thomas Sugden 18.53, 31 Ted Marston 19.41, 39 Nick Barber 19.58, 86 Paul Kerekgyarto 21.23, 165 Holly Kibblewhite 23.33, 223 Andy Tucker 24.52, 345 Steve Evenden 27.14, 390 Tom Leeson 28.01, 419 John Leeson 28.30. **Bexley.** 16 Darren Corneille 20.13, 97 Chris Pike 24.44, 258 George Collins 29.50. **Newcastle.** 9 Bertie Harrington 18.05. **Beckenham Place park.** 1 Luca Ercolani 18.25, 3 Clayton Aves 19.53, 9 Richard Byford 20.21, 88 William Slack 26.20, 123 Leszek Malynicz 28.49. **Eastleigh.** 20 Nigel Haffenden 21.27, 52 Sally Haffenden 23.01, 253 Millie Haffenden 31.39. **Riddlesdown.** 29 James Unwin 22.28. **Gunpowder.** 142 Adrian Perry 35.29. **Dulwich.** 176 Gareth Griffin 23.57. **Orpington.** 6 Jessica Keene 19.32 (1st woman), 154 Karen Desborough 33.41, 215 Mick Keene 48.47. **Homewood.** 23 Zoe Wood 24.13. **Tonbridge.** 113 Mark Ellison 23.13. **Peckham Rye.** 344 Maz Turner 32.29. **Exmouth.** 56 Bob Minting 22.44. **Catford.** 38 Andrew Lawes 21.53, 63 Barry Wetherilt 23.30. **Littlehampton Prom.** 22 Robert Brown 21.43. **Bethlem Royal Hospital.** 1 Marco Arcuri 18.34, 12 Steve Pairman 20.37, 42 Ian Montgomery 23.31, 44 Iain Swatton 23.59, 48 Mike Simms 24.37, 100 Julia Pairman 29.19, 103 Jackie Montgomery 29.30, 133 Zoe Kingsmell 32.12. **Banstead Woods.** 174. David Hoben 30.32.

16/6/19

London Inter Club Challenge, Allianz Park. Women. 400H. 3. Alex Hill 62.54, 4. Sophie Ellis 65.60. PV. 3. Jenny Sheasby 2.60. Men. 5000 walk. 20. David Hoben 36.36.52.

Newham & Essex Beagles 100 metre sprint open. Men. 100. R1.R2. 1. Duayne Bovell 10.84. R3. 7. Camron Lyttle 11.13. R5. 4. Abdul-Rahaman Jolaso 10.87 (3.7). R6. 3. Rhys Francis 10.90 (5.7). R2. R3. 3. Abdul-Rahaman Jolaso 10.87, 4. Duayne Bovell 10.88. R4. 8. Rhys Francis 11.00. Women. 100. R1.R1. 2. Immanuela Aliu 11.44 (3.1), 5. Modupe Shokunbi 11.97. R2.R1. 2. Immanuela Aliu 11.51 (3.2), 6. Modupe Shokunbi 12.10.

17/6/19

Club Championships & Open Meeting, Norman Park. 150m. Ht1 (-2.4). 1 Nina Whitter (U13G) 20.32, 2 Daisy Snell (U13G) 21.30, 3 Ruben Stober (U13B) 22.20. 200m. Ht1. (0.9). 2 Josh Watson (U20M) 22.48, 4 Charles Nortey (U17M) 23.03. Ht3. (-1.4). 4 Shakanya Osahan (U17W) 26.72. Ht4.(-0.2). 1 Tianna Haynes (U17W) 26.68, 2 Kelsey Pullin (U17W) 27.22, 3 Rayhan

Mourtada (U13B) 27.26, 4 Jessica Hennessey (U15G) 28.40, 6 Louisa Vallins (W40) 29.63. Ht5. (-1.0). 1 Achieng Oneko (U17W) 28.04, 5 Emily Algeo (U15G) 29.50. Ht6. (-0.7). 1 Emily Deveney (U13G) 29.48, 2 Sofia-Plum Maher (U15G) 30.64, 3 Emily Hayden de Carbonnie (U13G) 30.86, 4 Daniel Jenkins (U13B) 30.92. 800m. Ht1. 5 Alessio Tutt (U15B) 2.17.77, 6 Ellie Dolby (U17W) 2.19.39. Ht2. 2 Arthur Starvis (U15B) 2.19.85, 3 Cameron Kelly-Gordon (U15G) 2.20.32, 6 Hannah Clark (U15G) 2.22.21. Ht3. 2 Ted Marston (U15B) 2.29.27, 3 Jasper Brooks (U13B) 2.31.51, 4 Molly Mooney-Clarke 2.32.75, 5 Amber Cockburn (U13G) 2.38.32, 6 Jed Starvis (U13B) 2.41.00, 8 Alyssa Firla (U13G) 2.41.65, 9 Maria Salamanca (U13G) 2.42.80. Ht4. 1 Megan Barlow (U13G) 2.35.78, 4 Madeleine Marston (U13G) 2.45.43, 5 Amelie Willars (U15G) 2:46.33, 6 Lydia Witcombe (U13G) 2:49.91. Ht5. 3 Tallulah Ndikanwu (U13G) 2.31.75, 4 Megan Slattery (U13G) 2.33.70, 5 Emily De Backer (U15G) 2.35.82, 6 Harry Fage (U13B) 2.44.20. 100m. Ht1. (-0.3). 1 Brandon Murray (SM) 10.94, 5 LJ Wright (U20M) 11.93, 8 Eniola Afolabi (U17M) 12.13. Ht2. (-0.9). 2 Andrew Khazali (U17M) 12.23, 5 Tianna Haynes (U17W) 13.07. Ht3. (0.4). 2 Katia Cienciala (U20W) 12.79, 3 Faith Akinbileje (U15G) 12.90, 4 Shakanya Osahon (U17W) 12.90, 7 Matthew Smith (U15B) 13.15. Ht4. (-0.4). 2 Ethan Alapafuja (U15B) 13.32, 3 Kelsey Pullin (U17W) 13.41, 4 Nina Whitter (U13G) 13.54, 5 Achieng Oneko (U17W) 13.62, 7 Sophia Harper (U20W) 13.66. Ht5. (0.4). 1 Shanique Charles (U17W) 13.50, 2 Rayhan Mourtada (U13B) 13.62, 3 Marley Byfield (U13B) 13.75, 4 Jessica Hennessey (U15G) 13.80, 5 Daisy Snell (U13G) 14.00, 6 Louisa Vallins (W40) 14.14. Ht6. (0.0). 2 Timothy Lavelle (SM) 12.53, 3 Eve Ward (U17W) 13.41, 5 Dora Ivanova (U13G) 14.77, 6 Emily Hayden de Carbonnie (U13G) 14.97. Ht7. (-1.1). 1 Adaeze Anele (U13G) 14.04. 400m. Ht1. 2 Prince Reid (U20M) 53.19, 3 Bailey Marks (U17M) 54.79, 6 Emily Algeo (U15G) 66.30. 1500m. Ht1. 1 Tom Brash (U17M) 4.14.03, 3 Jake Leng (U17M) 4.33.75, 4 George Shaw (U15) 4.37.80, 5 William Andrews 4.41.16, 8 Darren Corneille (M35) 4.47.10, 11 Heath Anthony (M50) 4.54.95, 13 Ian Firla (M45) 5.00.95. Ht2. 1 Thomas Sugden (U15M) 4.57.47, 3 Isabella Louth (U15G) 5.20.80, 6 Erin Simpson (U13G) 5.46.26, 7 Harry Fage (U13M) 5.54.51. Pole Vault. 1 Pedro Gleadall (U20M) 4.30, 4 Barnaby Corry (U17M) 4.00, 9 Ben Platt (U15B) 3.30, 12 Oscar Witcombe (U15B) 2.80, 13 Holly Platt (U20W) 2.60, 14 Finn Kitteridge (U13B) 2.30, 15 Charlie Platt (U11B) 1.70. Triple Jump. 1 Eniola Afolabi (U17M) 12.24, 2 Jacob Byfield (U17M) 12.01, 6 Kamilya Robinson-Pascal (U20W) 9.62. Javelin. U13G. 2 Anna Cockburn 21.23, 3 Erin Simpson 17.64. U17W. 2 Ruth Chappell 26.62. U13B. 1 Finn Kitteridge 26.64. U15B. 1 Nathan Firle 32.95, 2 Josh Buddle-Smith 27.23. M60. 1 Steve Langdon 40.98.

19/6/19

BMC Races, Sutcliffe Park. 800. A. 3. Angus Harrington 1.51.43. F. 1. Olivia Berry 2.17.55, 5. Lily Meers 2.21.84. 1500. A. 5. Oliver Bright 3.55.51, 11. Matthew Francis 4.03.88. B. 11. Callum Myatt 4.04.19. C. 10. Matthew Smith 4.23.17. 5000. A. 1. Ross Braden 14.57.10.

Cambridge Harriers Open. 800. Mx. 4. Isabella Louth 2.28.93.

20/6/19

Worcester Open Meeting. 100. 1. Toby Olubi 11.2

21/6/19

Golden Stag Mile Open, Finsbury Park. Mile. Mx 15. 13. Prince Reid 4.43.93

22/6/19

Meeting International EAP de Nivelles, Belgium. 400. SW.1. 2. Rachel Dickens 53.44. 400H. SW.2. 4. Alex Hill 62.68.

Jack Fitzgerald Memorial Walks, Crawley. 4.425Km. 1. Nolan Simmons 37.06. 5.9Km. 1. Peter Hannell 48.02. 10.325Km. 8. David Hoben 75.43.

Parkruns. Bushy park. 80 Paul Ross-Davies 20.02. **Bexley** 8 Darren Corneille 19.56. **Beckenham Place park.** 3 Luca Ercolani 17.45, 5 Bertie Harrington 17.48, 6 Angus Harrington 17:48, 11 Clayton Aves 19.04. 12.Simon Harris 19.17, 23 Jessica Neal 20.07, 48 Rod Harrington 21.29, 156 William Slack 25.59, 205 Leszek Malynicz 28.01, 214 Bernard Wilson 28.25. **Crystal Palace.** 3 Thomas Desborough 18.15, 23 Richard Byford 20.26, 29 David Beadle 20.40, 36 Paul Kerekgyarto 21.14, 38 Tim Ayres 21.19, 44 Andrew Lawes 21.39, 51. Adrian Stocks 22.02, 62 Nigel Haffenden 22.24, 63 Steven Pairman 22.24, 65 Ian Montgomery 22.25, 80 Glen Read 22.55, 81 Sally Haffenden 22.56, 103 Luigi Arcuri 23.36, 110 Sarah Belaon 23.48, 120 Iain Swatton 24.08, 127 Chris Pike 24.23, 134 Jason Short 24.31, 160 Nigel Bewsher 25.15, 166 John E. Turner 25.33, 177 Peter Rogers 25.57, 194 Gareth Griffin 26.25, 249 Zoe Kingsmell 27.57, 286 Andrew Kingsmell 29.25, 289 Jackie Montgomery 29.31, 303 Anne Cilia 29:53, 304 Julia Pairman 29.58, 396 Maz Turner 33.53. **Bournemouth.** 121 Peter Hamilton 23.44. Lloyd park. 2 Jonathan Vintner 18.24, 13 Ifetobi Salako 20.41. **Killerton.** 268 Adrian Perry 39.36. **Dulwich.** 53 Ellie Osmond 19.53. **Burgess park.** 128 James Morris 22.27. **Orpington.** 65 Dave Leal 25.18, 204 Karen Desborough 33.51. **Brentwood.** 76 Mick Keene 28.58. **Lanhydrock.** 6 Richard Daniels 20.40. **Lullingstone.** 21 James Unwin 24.00. **Bedgebury Pinetum.** 32 Andy Tucker 24.46. **Exmouth.** 61 Bob Minting 22.25. **Clapham Common.** 210 James Cunningham 23.55, **Catford.** 59 Barry Wetherill 22.45. **Coldham's Common.** 295 James Perry 37.40. **Littlehampton Prom.** 18 Robert P Brown 21.23. **Uckfield.** 122 Graham Smith 34.02. **Bethlem Royal Hospital.** 13 Ted Marston 20.49, 110 Sally Smith 27.02, 117 Steve Evenden 27.13, 166 Madeleine Marston 29.50

22-23/6/19

EA Under 20 and Under 23 Championships, Bedford. Under 23 Men. 100. Ht1. 4. Korede Awe 10.89 (-1.3). Ht2. 3. Brandon Murray 11.07 (-1.0). SF3. 3. Korede Awe 10.75 (-0.4), 6. Brandon Murray 10.97. Final. 8. Korede Awe 10.95 (-1.9). 800. Ht1. 9. Joe Rogers 1.53.97. 1500. Ht1. 13. James Habbergham 4.01.20. Ht2. 7. Declan Neary 3.51.91. Final. 11. Declan Neary 3.55.96. 5000. 13. Josh Schofield 15.31.48. 400H. 3. Joe Fuggle 52.99, 4. Bailey Stickings 52.99. Under 23 Women. 100. Ht1. 2. Molly Scott 12.01 (-2.2), 3. Modupe Shokunbi 12.16. SF1. 6. Modupe Shokunbi 12.34 (-2.5). SF2. 4. Molly Scott 11.95 (-1.3). Final. 4. Molly Scott 11.99 (-2.5). 100H. Ht1. 1. Anastasia Davies 14.02 (-3.0). DQ Molly Scott. Final. 2. Anastasia Davies 13.99 (-2.2)400H. Ht1. 6. Sophie Elliss 65.00. PV. 4. Sophie Dowson 3.90. SP. 1. Divine Oladipo 15.92. DT. 1. Divine Oladipo 51.28. JT. 1. Bekah Walton 53.97. Under 20 Men. 100. Ht2. 6. Kyle Reynolds Warmington 11.55 (-1.8). Ht3. 6. Matthew Knight 11.29 (-1.9). 200. Ht2. 7. Matthew Knight 22.51 (-0.7). Ht3. 4. Jak Mensah 22.13 (-0.8). 400. Ht3. 1. Ethan Brown 48.91. Final. 1. Ethan Brown 46.44. 800. Ht2. 2. Alex Botterill 1.51.40. Final. 4. Alex Botterill 1.48.55. 400H. Ht2. 2. Alex O'Callaghan Brown 54.27. Final. 4. Alex O'Callaghan Brown 53.30. 3000s/chase. 4. Lewis Mills 9.20.01. HJ. 2=. Kelechi Aguocha 2.06. LJ. 8. Ben Sutton 6.97 (2.9). PV. 7. Pedro Gleadall 4.45. JT. 3. Pedro Gleadall 62.52. HT. 1. Ben Hawkes 73.15, 11. Sam Illsley 48.82. Under 20 Women. 100. Ht3. 1. Immanuela Aliu 11.81 (-1.6). SF1. 1. Immanuela Aliu 11.82 (-0.9). Final. 2. Immanuela Aliu 12.10 (-3.2). 200. Ht3. 1. Immanuela Aliu 24.26 (-1.7). 400. Ht2. 1. Amber Anning 53.83, 2. Louise Evans 54.13. Final. 1. Amber Anning 52.54, 2. Louise Evans 53.44. 800. Ht3. 2. Katy Ann McDonald 2.08.47. Final. 4. Katy Ann McDonald 2.06.99. 100H. Ht1. 2. Holly Mills 13.90 (-1.3), 4. Mallory Cluley 14.31. Ht2. 2. Marcia Sey 14.31. Final. 2. Holly Mills 13.83 (-3.3), 3. Marcia Sey 13.92, 7. Mallory Cluley 14.95. LJ. 1. Holly Mills 6.40, 4=. Funiniyi Olajide 6.18. PV. 8=. Lois Warden 3.35. JT. 2. Lauren Farley 44.52. HT. 8. Molly Walsh 52.14.

23/6/19

Grote PrijsStad, Lokeren, Belgium. 400H SW.2. 4. Alex Hill 63.53.

UK Youth Development League, Premier Division Reading. Under 15 Boys. 100. A. 3. Connor Sutton 12.0. B. 2. Dylan Carroll 12.5. 200. A. 3. Adam Islam-Medeaux 24.0. B. 6. Nathan Firla 26.5. 300. A. 4. Nathan Firla 41.4. B. 2. Kieran Blake 41.1. 800. A. 3. Matthew Smith 2.09.1. B. 2. Thomas Sugden 2.12.2. 1500. A. 4. George Shaw 4.41.0. B. 2. Arthur Starvis 4.45.3. 80H. A. 3. Oliver Robertson 12.3. B. 6. Jonathan Ellerton 15.1. HJ. A. 3. Oliver Robertson 1.50. B. 5. Matthew Smith 1.50. LJ. A. 1. Connor Sutton 5.86. B. 1. Dylan Carroll 5.07. PV. A. 1. Benjamin Platt 3.30. B. 1. Oscar Whitcombe 2.60. SP. A. 1. Brydon Duncan 12.05. B. 1. Benjamin Platt 9.77. DT. A. 2. Brydon Duncan 34.46. B. 3. Kieran Blake 22.13. JT. A. 2. Benjamin Platt 43.30. B. 2. Nathan Firla 31.98. HT. A. 4. Brydon Duncan 25.44. B. 5. George Shaw 9.32. 4x100. 2. B&B (Adam Islam-Medeaux, Kieran Blake, Benjamin Platt, Connor Sutton) 47.4. 4x300 DQ. (Connor Sutton, Nathan Firla, Matthew Smith, Adam Islam-Medeaux). **Under 15 Girls.** A. 1. Tyra Khambai-Annan 12.4. B. 1. Faith Akinbileje 12.7. N/S. A. 4. Sophie Kerr 13.5. B. 1. Emily Kerr 13.2. 200. A. 5. Tyra Khambai-Annan 26.9. B. 1. Faith Akinbileje 26.2. 300. A. 2. Cameron Kelly-Gordon 42.5. B. 1. Faith Mpassy 42.5. 800. A. 1. Imogen Hadley 2.20.1. B. 2. Olivia Wauters 2.27.9. N/S. 1. Gabriella Martin 2.28.3, 4. Isabella Louth 2.32.6. 1500. A. 2. Lily Meers 4.45.1. B. 1. Hannah Clark 4.48.7. 75H. A. 4. Abigail Smith 12.6. B. 3. Emily Algeo 13.0. HJ. A. 3. Elena Duncombe 1.45. B. 4. Faith Mpassy 1.30. LJ. A. 1. Faith Mpassy 4.76. B. 1. Sophie Kerr 4.63. PV. A.-. B.-. SP. A. 1. Rianna Rennie 11.77. B. 5. Sofia Elliott 7.65. DT. A. 5. Sofia Elliott 21.87. B. Natalia O'Doherty-Veru x. JT. A. 1. Rianna Rennie 32.65. B. Emily Algeo x. HT. A. 4. Sofia Elliott 31.76. B. 5. Amelie Willars 16.6. 4x100. 2. B&B (Sophie Kerr, Faith Akinbileje, Emily Kerr, Tyra Khambai-Annan) 49.9. 4x300. 1. B&B (Cameron Kelly Gordon, Olivia Wauters, Lily Meers, Faith Mpassy) 2.58.8. **Under 13 Boys.** 100. A. 4. David Dare 12.9. B. 3. Zuriel Nwogwugwu 13.7. 100. N/S A. 3. Andrew Nikoro 14.0. B. 1. Marley Byfield 14.0. 200. A. 3. David Dare 25.7. B. 3. Rayhan Mourtada 27.2. 800. A. 5. Jasper Brooks 2.32.9. B. 3. Hendri Verster 2.37.0. N/S. 3. Jed Starvis 2.40.1, 5. Amir Dudhia 2.41.8. 1500. A. 1. Alexander Middleton 4.49.4. B. 2. Joshua Healy 5.04.4. 75H. A. 3. Rayhan Mourtada 12.7. B. 1. Andrew Nikoro 13.1. HJ. A. 4. Andrew Nikoro 1.40. B. 2=. Finn Kitteridge 1.35. LJ. A. 3. Jasper Brooks 4.54. B. Zuriel Nwogwugwu 4.49. SP. A. 5. Max Kennedy 7.12. B. 3. Finn Kitteridge 6.80. JT. A. 2. Max Kennedy 28.89. B. 2. Finn Kitteridge 26.94. 4x100. 4. B&B (Zuriel Nwogwugwu, Rayhan Mourtada, Marley Byfield, David Dare) 53.6. **Under 13 Girls.** 75. A. 3. Adaeze Anele 10.4. B. 1. Nina Whitter 10.4. N/S. A. 1. Alexia Moren-Rosado 11.0. B. 2. Emily Hayden De Carbonnieres 11.3. 150. A. 3. Nina Whitter 20.2. B. 2. Adaeze Anele 20.6. 800. A. 2. Emily Deveney 2.29.4. B. 1. Tallulah Ndikanwu 2.29.8. N/S. 1. Amber Cockburn 2.35.6. 3. Alyssa Firla 2.42.4. 1200. A. 2. Molly -May Mooney-Clarke 3.58.2. B. 1. Megan Slattery 4.01.9. 70H. A. 4. Amber Cockburn 12.7. B. 2. Daisy Snell 12.0. HJ. A. 1. Nina Whitter 1.45. B. 1. Daisy Snell 1.35. LJ. A. 2. Daisy Snell 4.58. B. 3. Alyssa Firla 3.50. SP. A. 5. Islay Pearson 6.73. B. 4. Erin Simpson 5.36. JT. A. 4. Amber Cockburn 22.02. B. 3. Islay Pearson 12.34. 4x100. 2. B&B. (Daisy Snell, Adaeze Anele, Alexia Moren-Rosado, Nina Whitter) 53.2. Match. 1. B&B 568.5, 2. Havering 558, 3. Reading 553, 4. Tonbridge 435.5, 5. Croydon 387, 6. Herne Hill 304. After 3 matches. 1. B&B 17 (1636), 2. Reading 15 (1666.5), 3. Havering 12 (1513), 4. Tonbridge 10 (1427.5), 5. Croydon 6 (1164.5), 6. Herne Hill 3 (1031.5).

24/6/19

SCVAC Kent Masters League, Ashford. Women Div 1. W35. 400. A. -. B.-. 3000. A. -. B.-. 4X400. -. HJ. -. TJ. -. HT. -. W50. 400. 5. Maz Turner 120.9. 3000. -. HJ. 4. Jackie Montgomery 1.10. TJ. 3. Jackie Montgomery 6.84. HT. 4. Jackie Montgomery

16.97. W60. 3000. 4. Maz Turner 18.23.3. HJ.-. Match. 1. Tonbridge 6 (81), 2. Dartford 5 (69), 3. Cambridge 4 (60), 4. Swanley 3 (29), 5. Paddock Wood 2 (19), 6. B&B 1 (15). Overall. 1. Tonbridge 23.5 (293), 2. Dartford 19.5 (261), 3. Cambridge Harriers 15 (199), 4. B&B 10 (125), 5. Paddock Wood 8 (98), 6. Swanley 8 (93). **Men. Div Two.** M35. 100. A. 1. Blair Wilson 55.2. B. 2. Dan Marks 59.6. N/S. Darren Corneille 60.1, Steve Hough 69.8. 3000. A. 1. Alex Gibbins 9.23.9. B. 1. Ian Firla 10.31.9. 4x400. 1. B&B (Blair Wilson, Dan Marks, Alex Gibbins, Darren Corneille) 3.54.4. PV. 1. Roger Platt 2.70. TJ. 1. Blair Wilson 10.84. HT. 3. Roger Platt 11.17. M50. 400. Clem Leon 65.4. 3000. 7. John Turner 13.50.1. PV. 2. Alan Hardy 2.20. TJ. 2. Clem Leon 9.76. HT. 5. Clem Leon 12.44. M60. 3000. 1. Ken Daniel 12.44.5. HT. 2. Richard Coe 17.48. Match 1. B&B 87, 2. Ashford 77, 3. Paddock Wood 66, 4. Bexley B 44, 5=. Dartford B and Sevenoaks 38, 7. Swanley 21. Overall. 1. B&B 25 (300.5), 2. Ashford 25 (296), 3. Paddock Wood 22 (284), 4. Sevenoaks 14.5 (175), 5. Swanley 9 (143.5), 6. Dartford B 8.5 (132), 7. Bexley B 8 (141)

26/6/19

Kent 3000/10,000 metre championships inc Dartford Open Meeting. 200. R6. 4. Laura Brown 27.71. 3000. 4. Jessica Neal 10.52.07.

Parris Handicap, Hayes. 1 Bernie Bater 29.16 (clock time) 22.01 (net time), 2 Luigi Arcuri 29.36 (22.21), 3 Will Brindley 29.50 (21.05), 4 Clayton Aves 29.53 (19.08), 5 Steve Evenden 30.01 (19.46), 6 Heath Griffin 30.05 (21.05), 7 Dave Beadle 30.06 (21.06), 8 Dave Leal 30.13 (23.28), 9 Mark Compton 30.28 (24.58), 10 Glen Read 30.31 (22.01), 11 Steve Pairman 30.33 (20.03), 12 Damian Hayes 30.44 (20.29), 13 Marco Arcuri 30.47 (17.47) 1st M, 14 Paul Sharpe 30.58 (18.43) 2nd M, 15 George Collins 31.03 23.03, 16 Chris Pike 31.04 (23.19), 17 Roger Beswick 31.16 (18.46) 3rd M, 18 Graham Coates 31.27 (26.57), 19 Maz Turner 31.43 (31.38) 2nd L, 20 Zoe Kingsmell 31.52 (25.37) 1st L, 21 John Turner 32.03 (24.48), 22 Mark Ellison 32.12 (22.12), 23 Tim Ayres 45.00 (34.30), 24 Stuart Cullum 45.00 (35.00).

University Of Birmingham v Harvard & Yale Ivy League match, Birmingham. 1500. 4. Charlie Davis 4.02.13.

Lee Valley Four Fest Open. 100. SM. 1.1. 4. Brandon Murray 10.64 (4.0). 1.2. 6. Brandon Murray 10.74 (2.6). 200. SM. 1. 7. Joe Fuggle 22.00 (3.2).

Hercules Wimbledon Night of 3000 metres. R9. 8. Ross Braden 8.29.66.

29/6/19

BMC Meeting, Watford. Men. 800. B. 3. Alex Botterill 1.48.74. D. 5. Angus Harrington 1.50.40. F. 1. Joe Rogers 1.53.46. G. 2. Oliver Bright 1.52.99. 3000. 9. Declan Neary 8.15.10. Under 20s 3000. 21. Lewis Mills 9.03.18. Women. 800. B. 7. Katy Ann McDonald 2.05.47.

Herne Hill Harriers Open Meeting, Tooting Bec. 100. R3. 4. Kyron Morgan 11.90 (2.0), R14. 3. Timon Thomson 14.25. R18. 2. Alyssa Firla 14.46. R19.1. India Weekes 13.8. 200. R11. 2. India Weekes 28.73. R13. 2. Timon Thomson 30.10. 300. U15s. 2. Nathan Firla 41.54, 3. Cameron Kelly Gordon 41.68, 4. Parris French 44.17. 800. RD. 5. Ian Firla 2.22.99. RF. 1. Tallulah Ndikanwu 2.31.55, 4. Laura Tunali-Flynn 2.35.25. RG. 5. Luciana Smith 2.44.3. 1500. R2. 8. Olivia Magee-Brown 6.01.76. R3. 5. Alyssa Firla 5.54.89. 3000. 10 Anwen Thomas 10.28.63. HJ. U15G. 4. Tallulah Ndikanwu 1.25. LJ. U13G. 2. Alyssa Firla 3.75. JT U15. 2. Nathan Firla 30.93.

Dartford Harriers Open. 200. MX6. 4. Laura Brown 27.71. 3000. 4. Jessica Neal 10.52.07.

Parkruns. Bushy. 90 Paul Ross-Davies 19.45. **Bromley.** 22 Paul Kerekgyarto 20.28, 159 Andy Tucker 25.02, 164 Chris Swinfen 25.17, 521 Adrian Perry 38.18. **Bexley.** 2 Marco Arcuri 18.32, 85 Chris Pike 24.49, 281. George Collins 33.36, 334 Zoe Kingsmell 37.18. **Beckenham Place park.** 3 Paul Sharpe 18.24, 6 Clayton Aves 18.56, 85 William Slack 25.57, 108 Steve Evenden 26.53, 127 Leszek Malynicz 27.58, **Bath Skyline.** 35 James Unwwin 22.49. **Bournemouth.** 136 Peter Hamilton 24.04. **Whitstable.** 11 Jessica Keene 20.12 (1st woman), 147 Mick Keene 28.05. **Riddlesdown.** 26 Mark Ellison 22.53.

Gunpowder. 113 Graham Smith 35.36. **Dulwich.** 75 Nigel Haffenden 21.29, 89 Sally Haffenden 21.51, 135 James Morris 22.59. **Orpington.** 76 Dave Leal 26.46, 155 Karen Desborough 34.16. **Homewood.** 24 Zoe Wood 24.57. **Chipping Sodbury.** 15 Ellie Osmond 20.02 (1st woman). **Lanhydrock.** 6 Richard Daniels 20.39. **Lullingstone.** 10 Robert Perry 24.42. **Dartford Heath.** 7 Neil Ayrton 20.24. **Worthing.** 76 Robert Brown 21.51. **Exmouth.** 69 Bob Minting 22.46. **Catford.** 43 Barry Wetherilt 23.00. **Bethlem Royal Hospital.** 20 Jane Bradshaw 21.20 (1st woman), 21 Nick Barber 21.26, 28 Rod Harrington 22.29, 32 Ted Marston 22.44, 43 Ian Montgomery 24.29, 89 Jackie Montgomery 29.42.

29-30/6/19

Bauhaus Junior Gala Invitation.

Under 20 Men. Hammer. 2. Ben Hawkes 69.50. Under 20 Women. 100. Ht1. 2. Immanuela Aliu 11.73. 200. Ht1. 4. Holly Mills 24.13 (1.7). 100H. 2. Holly Mills 13.56 (-0.6). Ht3. 1. Holly Mills 13.58. Long Jump. 1. Holly Mills 6.51 (0.6). Javelin. 9. Holly Mills 32.95.

30/6/19

IAAF Diamond League, Palo Alto, CA. USA. 200. 3. Dina Asher Smith 22.42 (1.9)

UK Athletics Youth Development League Upper Age Group Southern Premier Division, Allianz Park. Under 20 Men. 100. A. 4. Matthew Knight 10.90 (3.0). B. 1. Kyle Reynolds-Warmington 11.04 (3.4). N/S. 1. Jak Mensah 1.18 (-1.5), 2. Chizute Ogbedeh 11.35. 200. A. 1. Ethan Brown 21.98 (-1.0). B. 1. Jak Mensah 22.10 (1.1). N/S. 1. Chizute Ogbedeh 23.01. 400. A. 2= Angus Harrington 50.09. B. 1. Myles Xavier 51.34. 800. A. 3. Matthew Francis 1.59.73. B. 3. Henry Fisher 2.04.39. 1500. A. 1. Oliver Bright 4.03.50. B. 4. Ifetobi Salako 4.42.16. 3000. A. 2. Callum Myatt 8.52.77. B. 2. Tom Brash 9.31.43. 110H. A. 1. Joshua Watson 14.74. B. 1. Pedro Gleadall 15.54. 400H. A. 2. Joshua Watson 56.73. B. 2. Eniola Afolabi 61.30. 2000s/chase. A. 3. Henry Fisher 9.26.49. B.-. HJ. A. 1. Kelechi Aguocha 2.00. B. 1. Harrison Thorne 1.95. LJ. A. 1. Ben Sutton 6.96. B.-. TJ. A. 5. Joshua Gbagbo 12.31. B.-. PV. A. 1. Pedro Gleadall 4.50. B.-. SP. A. 2. Nathan Bushnell 12.95. B.-. DT. A. 1. Nathan Bushnell 42.17. B.-. N/S. Sam Illsley 36.47. JT. A. 1. Angus Harrington 45.55, B. 1. Coleman Corry 39.86. HT. A. 3. Sam Illsley 50.01. B. 3. Charlie Short 39.18. 4x100. 1. B&B. (Chizute Norbert Ogbedeh, Jak Elliott, Matthew Knight, Kyle Reynolds-Warmington) 42.68. 4x400. 1. B&B (Myles Xavier, Pedro Gleadall, Matthew Knight, Ethan Brown) 3.26.78. **Under 20 Women.** 100. A. 3. Katia Cienciala 12.68 (1.2). B. 1. Mallory Cluley 12.47 (-1.7). N/S. 2. Mhairi Brooks 12.91 (3.7), 3. Achieng Oneko 13.11. 200. A. 6. Katia Cienciala 27.59 (2.8). B. 3. Mhairi Brooks 27.43 (0.4). 400. A. 3. Zakia Mossi 59.97. B. 3. Natasha Bennett 61.27. 800. A. 5. Grace Scopes 2.33.80. B. 1. Tola Pearse 2.25.78. 1500. A. 2. Millie Smith 4.53.59. B. 2. Amy Leach 5.09.27. 3000. A. 3. Amy Leach 11.37.68. B. -. 100H. A. 1. Mallory Cluley 14.12 (0.4). B. 1. Zoe Austridge 15.38 (0.4). 400H. A. 2. Stephanie Fisher 68.16. B. 3. Holly Platt 77.37. 1500s/chase. A. 4. Holly Platt 6.40.10. B. -. HJ. A. 3. Danielle Hopkins 1.60. B. 1. Zoe Austridge 1.45. LJ. A. Funminiyi Olajide 5.66. B. 1. Zoe Martial 5.02. TJ. A. 3. Funminiyi Olajide 12.21. B. 3. Zoe Austridge 10.15. PV. A. 1. Lois Warden 3.30. B. 1. Holly Platt 2.75. SP. A. 2. Hannah Macaulay 11.22. B.-. DT. A. 2. Hannah Macaulay 37.99. B. 3. Molly Walsh 23.65. JT. A. 1. Lauren Farley 42.70. B. 1. Danielle Hopkins 22.57. HT. A. 2. Molly Walsh 53.22. B. 2. Hannah Macaulay 22.90. 4x100. 2. B&B (Katia Cienciala, Mallory Cluley, Eve Ward, Mhairi Brooks) 49.72. 4x400. 3. B&B (Natasha Bennett, Francesca Evered, Zakia Mossi, Stephanie Fisher) 4.04.71. **Under 17 Men.** 100. A. 1. Jeriel Quainoo 10.91 (1.2). B. 6. Nathan Huggins 12.30 (-0.6). 200. A. 1. Jeriel Quainoo 21.75 (-0.1). B. 1. Reece Nelson 22.90 (0.1). 400. A. 1. Oliver Briars 50.27. B. 2. Paulo Belchior 54.32. 800. A. 2. Samuel Reardon 1.58.15. B. 4. Bailey Marks-Belaon 2.11.15. 1500. A. 2. Pablo Seema Roca 4.15.62. B. 1. Tom Brash 4.18.75. 3000. A. 3. William Andrews 10.05.65. B. 2. Justin Stroker 10.30.04. 100H. A. 3. Oliver Early 14.30. B. 5. Abiola Afolabi 18.51. 400H. A. 4. James Gregory 63.74. B. 1. Jacob Byfield 61.27. 1500s/chase. A. 3. Jake Leng 5.05.02. B. 1. Frederick Georgiou 5.11.13. HJ. A. 5. James Gregory 1.55. B.-. LJ. A. 3. Oliver Early 6.20. B. -. TJ. A. 4. Eniola Afolabi 12.12. B. Jacob Byfield NM. PV. A. Barnaby Corry 4.20. B. 2. Oliver Early 2.75. N/S. 1. Sam Reardon 2.75. SP. A. 3. Dillon Claydon 12.68. B. 2. Satvik Chaganti 10.80. DT. A. 1. Dillon Claydon 43.99. B. 1. Barnaby Spear 37.41. JT. A. 2. Dillon Claydon 39.59. B.-. HT. A. 1. Nathan Bushnell 50.17. B. -. 4X100. 1. B&B (Nathan Huggins, Oliver Briars, Reece Nelson, Jeriel Quainoo) 43.82. 4X400. 1. B&B (Samuel Reardon, Oliver Bright, Paulo Belchior, Oliver Briars) 3.33.70. **Under 17 Women.** 100. A. 3. Zsiria Thomas 12.36 (3.8). B. 1. Tianna Haynes 12.45 (0.9). 200. A. 2. Tianna Haynes 26.45. B. Shakanya Osahon 26.68. 300. A. 5. Kelsey Pullin 43.13. B. 3. Francesca Evered 44.51. 800. A. 3. Ellie Dolby 2.20.94. B. 2. Daniella Harper 2.28.97. 1500. A. -. B. -. 3000. A. -. B.-. 80H. A. 4. Shakanya Osahon 11.98. B. 1. Ruby Bridger 11.99. 300H. A. 2. Kelsey Pullin 46.94. B. 4. Ella Brown 50.80. 1500s/chase. A. 1. Ailhbe Barnes 5.15.13. B. 1. Olivia Berry 5.21.25. HJ. A. 2. Ruby Bridger 1.55. B.-. LJ. A. 3. Claudia Baker 5.29. B. -. TJ. A. 4. Stephanou 9.30. B.-. PV. A. 4. Achieng Oneko 2.30. B.-. SP. A. 1. Nana Gyedu 14.90. B. 2. Titobioluwa Akinrele 8.60. DT. 4. Titobioluwa Akinrele 32.72. B.-. JT. A. 3. Ruby Bridger 28.83. B. -. HT. A. 5. Titobioluwa Akinrele 24.36. B. -. 4X100. 2. B&B (Achieng Oneko, Tianna Haynes, Shakanya Osahon, Zsiria Thomas) 49.09. 4x300. 1. B&B (Kelsey Pullin, Shakanya Osahon, Ellie Dolby, Holly Mpassy). 2.49.22. Match. 1. B&B 811.5, 2. Shaftesbury Barnet 717, 3. Windsor Slough Eton & Hounslow 575.5, 4. Havering 555.5, 5. Reading 512, 6. Crawley 506.5. After 3 matches. 1. B&B 17 (2340.5), 2. Shaftesbury Barnet 16 (2267), 3. Windsor Slough Eton & Hounslow 12 (1873), 4. Crawley 6 (1503), 5. Havering 6 (1495), 6. Reading 6 (1435.5).

Jim Charlott Walks, Abbey Park. 10km. 13. Roger Michell 64.43.

100 years ago in 1919

The June Gazette states that until October it will consist of four pages “unless there are many great doings by our members in golfing, cricket and swimming circles necessitating extra space to retail their special feats.”

Major A. L. Girdler M.C., writing from France, tells us he will be home ... quite soon, and hopes to be able to put in some good times at Headquarters next cross country season. From what we know of him he will probably be a useful supporter *after the runs*”

“We congratulate the Commercial Union Athletic Club upon their acquisition of their fine new ground at Elm Lane Catford, and upon the success attending the opening Athletic Meeting on Saturday June 21.”

75 years ago in 1944.

The Hon Treasurer "reports removal of his office to the Summer House. Here he is near the mushroom bed and air raid shelter, and during alerts he acts as spotter for the family (one wife) and is in a position to dive for cover. None of this needs deter you from sending in your subscriptions and donations to the Club Funds. The postman delivers to the door of the shelter, which acts as a strong room if the rush of cheques get a bit overwhelming... Some of the funds look as though they took a trip to Normandy on D day and got a bit seasick".

"Don Gillate send greetings to his pals from Normandy where he says he is "safely installed" after a delightful crossing. He adds "so far it has been a comparative picnic, but I think the beer and skittles department will soon be closing down.""

"It is with much regret that we announce the death of our member Captain Frederick Scholes, who was killed in the fighting in Normandy, where he went into action on D Day. He was 31 years of age and in the Intelligence Corps, and for about 18 months had been with a famous Airborne Division" A letter from S. A. Field, who had been in contact with Scholes before his death, states "He was a popular officer in a magnificent division... So far I have been able to ensure that his grave is well tended. Early on I had a wreath placed on it inscribed as from "the Blackheath Harriers.""

Also killed in action is Major Hugh Aitchison of the London Scottish regiment.

"It was grand to have news again of our member A. J. Gurney. He was a prisoner in Italian hands and his relatives had had no word from him since last September, until a welcome airgraph from an ex P.O.W. Camp in Italy gave glad tidings he was safe. It seems he has had a pretty rough time, having escaped twice and been recaptured before at last making a successful getaway."

"Through his father we have received some notes of the experiences of "Tommy" Atkins in a Japanese prison from Dec 19 1941 till he was released on parole in March 1942. During this time he was incarcerated in a cage consisting of a wooden platform raised about two feet from the ground, 19 feet by 10 feet, two sides having four inch wooden bars with intervening spaces of about an inch. Some 39 people were locked in this cell, not permitted to speak, without shoes, and unable to lie down properly during the coldest part of the year. Here in filth and squalor, without proper food, sanitation or warmth, the prisoners squatted the time away... He was arrested in the first instance owing to his popularity in Shanghai and his activity in all British interests"

"Frank Pearce has recently been called up, so the war should soon finish"

"The remarkable performance of S. C. Wooderson on June 24 at Manchester deserves very special mention in our records. Our famous member, running in a mile handicap off scratch, achieved the superlative time of 4 mins. 12.8 secs, which may well be the fastest time of the year, and which would have won most A.A.A. Championships."

"Congratulations to C.O. Davies, who was ordained on June 4 by the Bishop of Rochester, and who has taken up work at Holy Trinity Church, Lamorbey, Sidcup.

50 years ago in 1969

The Club are well beaten in the Kinnaird Trophy at Chiswick but "one bright spot in the afternoon for the Blackheath team was the innovation of the "mobile-bar" ably run by Messrs Taylor and Ross. It can only be hoped that this might stimulate more support at future meetings". However, the following week the Club win for the first time the Sward Trophy (for field events) at Crystal Palace thanks to the efforts of Tony Wadhams, Les Jones, Peter Hudson, Bob Harker, Barry Shapcott, Trevor Walhen, and Mike Turner. The margin of victory is half a point from Birchfield. On hearing the result an official was heard to remark "Fancy a Cross Country club winning it." Bob Richardson finishes in 10th place in an invitation 10,000 metre race in 29.06.0. Five days later he finishes 2nd to Gaston Roelants in a 10000 metre race in Rennes in a time of 28.36.0. Subsequently both Tony Wadhams and Graham Hamlyn are selected to represent Great Britain at triple jump in a match against Czechoslovakia.

John Watts improves his Singapore All Comers Record in the discus to 175' 1".

The Gazette records the death of "Tommy" Atkins who after service in the first world war "spent most of his working life in Shanghai where he might almost have been described as the Club's official representative in the Far East. Whenever it became known that a member was bound for those parts, advance notice was always sent to "Tommy" who never failed to meet the newcomer, welcome him and do all possible to make him at home... The pewter tankards which grace the shelf over the bar at Hayes were presented by him". Also recorded is the passing of Field Marshall the Earl Alexander of Tunis, "one of Britain's most eminent and respected dignitaries" who was once a Club member.

On the roads the Club finishes in 5th place in the Polytechnic Marathon courtesy of A Domleo 4th 2.29.14, A Mandeville 11th 2.38.23, and A Davis 28th 2.46.13. Davis is back in action the following week placing 4th in the Margate 10 in 53.06. With Ian Wilson 2nd in 51.15 and Ted Pepper 7th in 54.00 the Club wins the team race and the "B" team are 6th.

25 years ago in 1994.

The British League team are in one of the two promotion places in Division Two as they look to return the top flight. They finish 3rd in the second fixture at Wolverhampton. There are wins for Lee Newman in the discus (55.90) and Peter Yates in the javelin (69.32). The Club also field three teams in the Southern Mens League on the same day at Basildon, Camborne in Cornwall, and Copthall.

Lee Newman is back in action the following day at the AAA's v Loughborough v GB Students match (the Loughborough International that is now). Jason Mulcahy and Jamie Quarry also compete both days.

The Club win the 2nd National Junior Athletics League match of the season in Stretford, Manchester. The fixture takes place on the same weekend as the County Schools and the AAA Championships which presents a few logistical problems in the days before mobile phones! The first coach pickup is at Deangate, mid afternoon Saturday, where the Kent Schools champs are taking place. From there it's off to Jenny Jackson's house in Beckenham to pick up a pole before heading to the Clubhouse in Hayes. Next we visit Wormwood Scrubs where we collect athletes who have competed in the London Schools. Then it's full speed to Manchester while we watch the AAA's Championships which Chris Wada has recorded on video. After hitting roadworks we reach the hotel at 11.30 but they've kept the bar open.... In the match the next day there are A string wins for Michael Champion, Steve Timmins, John Marks, John Jackson, David Gilkes, Sam Bobb and Matt Bundock. Alex Gibbins sets a pb in the 1500 and Mensah Elliott runs his first 110 hurdles timing 18.9. Eight years later he represents England in the event at the Commonwealth Games.

At the AAAs Championships there are silver medals for Debbie Marti (high jump) and Myrtle Augee (shot) plus bronze medals for Noel Levy (400 hurdles) and Lee Newman (shot). Others in action include Junior Captain and future President Julian Golding plus current Club Record holders Mark Steinle and Dave Lee.

Spencer Newport wins the 5000 metres at the South Of England Championships. Debbi Marti wins the high jump and Lisa Thompson the 800.

20 years ago in 1999.

Mark Steinle wins the 1/2Marathon Enschede in Holland in 63.27. Cliff Keen wins the Canterbury Half Marathon in 75.42. The Gazette reports the Blackheath website has received more than 60,000 hits and has been viewed in 37 countries. "we are going to completely redesign the site and make it more immediate, with E Commerce, web cameras, coaches tips and challenges etc. It can be as demanding and as rich as our imagination"

At the British League Division One match at Birmingham there are wins for Spencer Newport in the 5000 in 14.18.44, and Mark Findlay in the 100 in 10.71.

Julian Golding is third for Great Britain in the 200 metres at the European Cup in Paris, and is part of the winning 4x100 metres team.

Emeka Udechuku wins the South Of England discus title with a distance of 60.23.

At the Southern Counties VAC Championships at Collingdale Gordon Hickey breaks the British Record for the M65 Shot.

15 years ago in 2004

Amir Williamson and Michael Whitehouse receive call ups to the Great Britain Junior team after their silver medals in the hammer and high jump at the AAAs Under 20 championships at Bedford. There is also a bronze medal for Robert Bain in the 10,000 walk.

Fabian Collymore wins silver in the under 23 200 and bronze in the 100.

At the British Masters there are golds for Allan Williams (M50 Pole vault), Colin Brand (M65 Javelin), Jim Day (M70 pole vault and high jump), and Gordon Hickey (M70 shot).

Michael Skinner wins the 1500 metres at the South Of England Senior Championships.

Fabian Collymore wins the 100 and 200 metre titles at the Welsh Championships.

Blackheath & Bromley make it three wins out of three in the Southern Womens League match at Norman Park. Myrtle Augee returns to competition after a two year break and wins the shot with 13.01 off no training. In the under 15s Shaunagh Brown wins all three throws.

10 years ago in 2009

Shaunagh Brown (discus) and Lorraine Ugen (long jump) secure selection for the European Junior Championships in Serbia with victories at the AAAs Under 20 Championships. There are also Club records for Serita Solomon in the 100 hurdles and Alex Bruce Littlewood in the 3000 steeplechase.

The Club's athletes win six gold medals at the South Of England Senior and Under 20 Championships. In the seniors James Alaka takes the 200 title and Rachel Arnheim the pole vault on countback from Liz Hughes. In the under 20s wins come from

Shaunagh Brown in the shot and discus, Andrew Jordon in the hammer and Kola Adedoyin in the triple jump. Shaunagh also gains silver and bronze in the senior discus and shot.

Bob Minting sets a World Age Best for a 59 year old at 800 metres.

Gordon Hickey sets a British over 75s record for the shot.

Myrtle Augée receives the MBE, not for representing England at five successive Commonwealth Games, but, for her work in the prison service.

The Gazette gives an update of the proposed Clubhouse development. After an attempt at obtaining planning permission in March fails, Bromley Council unanimously approves the plans at the end of June. "Over the next three months ground penetration for buried services, CCTV of existing drainage (with jetting of pipes, as necessary), surveys for asbestos in the Cottage and a soil investigation report will be carried out, before preparation of a specification document to put out for tender"



At the recent Club Open Meeting Andy Frankish had his foot in a protective boot. We hope to see him back in action soon