



# Blackheath & Bromley Courier

August 2019.

President 2019-20. Julian Golding.

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



As ever, July has been a busy month. Plenty of results are detailed below, but if yours is missing please get in touch. The Winter season is fast approaching and we look forward to a hat trick of Mob Match victories to celebrate our 150 years!

## **Andrew Coe RIP**

For those who have not heard the news, one of our former members Andrew Coe passed away from cancer recently at the age of 35. Our deepest sympathies go to his father, our Past President Richard Coe and his family and friends.



*Andrew Coe in action for the Club under the watchful eye of Jim Day*

## 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 7<sup>th</sup> November 2019. To reserve your place contact Chris Haines. Again full details are on the Club website.

### Forthcoming Club events

#### 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.

#### September

Sat 7 – Youth Development League, Lower Age Group, Final, Manchester.  
Sun 8 – Youth Development League, Upper Age Group, Final, Manchester.  
Weds 11 – Parris Handicap, Hayes.  
Sat 14 – Will Bolton Relays, Sparrows Den. (Bennett Cup Race 1)  
Sat 14 – Sun 15. KCAA Combined Events, Under 13s and Masters Championships, Erith.  
Sat 21 – European Champions Clubs Cup for Juniors, Leiria, Portugal  
Sun 22 – SEAA 6/4/3 Stage Road Relays, Crystal Palace.  
Sun 22 – KCAA Relays/ Masters Jumps Championships, Medway Park  
Sun 22 – The Jim Day Memorial Pole Vault Event, Sutton.  
Sun 29 – Club 5 Mile Championships, Hayes (Clubhouse). (BCR2)

#### Social

Weds 14<sup>th</sup> August. BBQ after Parris Handicap.

Friday 11<sup>th</sup> October. Vice Presidents Supper. Hayes.

Friday 25<sup>th</sup> October. Fund raising Wine Tasting and Quiz Night. Tickets and info from [Claire\\_austridge@yahoo.co.uk](mailto:Claire_austridge@yahoo.co.uk)



*VPs Supper 2009*

## Results

**1/7/19**

**BMC Regional Races, Leeds.** 800. A. 1. Alex Botterill 1.51.28, 6. James Habbergham 1.55.47.

**3/7/19**

**Johnson Bowl.** 4 Miles. 1. Roger Michell (M70) 40.25, 2. David Hoben (M65) 47.30, 6. Nolan Simmons (M75) 54.09. 2 Miles. 1. Jonathan Ellerton (U13B) 23.09.

**Lee Valley Open.** 100. MX3. 6. Toby Olubi 10.94 (0.2). MX13. 4. Tyra Khambai-Annan 12.58 (1.2). 200. MX6. 3. Joe Fuggle 22.65 (-0.9).

**Rosenheim League Division East.** 800. 1. Prince Reid 2.06.4.

**University Of Birmingham Midweek Open Series.** 100H. R1.R1. 2. Marcia Sey 13.7 (0.0). R2.R1. 2. Marcia Sey 13.84 (0.0).

**Warwickshire Open Graded Series, Coventry.** 400. 1. Dan Putnam 47.3.

**5/7/19**

**IAAF Diamond League, Lausanne, SUI.** 100. 2. Dina Asher Smith 10.91 (0.2)

**6/7/19**

**British Athletics League Premier Division, Sheffield.** 100. A. 8. Korede Awe 10.79 (-0.3). B. DQ Dan Putnam. 200. A. 8. Matthew Knight 22.03 (1.3). B. 8. Duayne Bovell 22.71 (-0.9). 400. A. 3. Ethan Brown 47.01. B. 1. Dan Putnam 47.26. 800. A. 1. Angus Harrington 1.50.81. B. 4. James Habbergham 1.55.22. 1500. A. 1. Will Fuller 3.53.24. B. 2. Declan Neary 3.57.17. 5000. A. 7. Charlie Davis 15.00.86. B. 3. Josh Schofield 15.11.42. 110H. A. 5. Alex Nwenwu 16.38. B. 5. Lewis Ely 25.98. 400H. A. 4. Joe Fuggle 53.1. B. 5. Bailey Stickings 62.02. 3000 s/chase. A. 4. Lewis Mills 9.34.31. B. -. 4X100. DQ. B&B (Duayne Bovell, Dan Putnam, Matthew Knight, Korede Awe). 4x400. 5. B&B (Joe Rogers, Dan Putnam, Jordan Layne, Joe Fuggle) 3.15.82. HJ. A. 2=. Kelechi Aguocha 2.05. B. 4. Lewis Ely 1.85. LJ. A. 5. Ben Sutton 6.79. B. 2. Jonathan Ilori 6.63. TJ. A. 2. Jonathan Ilori 15.94. B NJ Rob Sutherland. PV. A. 6. Barnaby Corry 3.80. B.-. SP. A. 8. Dele Aladese 9.05. B. 6. Duayne Bovell 8.44. DT. A. 7. Dele Aladese 41.51. B. 8. Duayne Bovell 22.12. JT. A. 8. Angus Harrington 44.69. B. 8. Duayne Bovell 19.68. HT. A. 8. Dele Aladese 13.50. B. 7. Duayne Bovell 12.04. Match. 1. Birchfield 362, 2. Newham & Essex Beagles 318.5, 3. City Of Sheffield & Dearne AC 294, 4. Harrow 272.5, 5. Shaftesbury Barnet 272, 6. Woodford Green with Essex Ladies 248, 7. Blackheath & Bromley 219, 8. Cardiff 155. Standings after 3 matches. 1. Birchfield 23 (1023), 2. Newham & Essex Beagles 22 (992), 3. Harrow 16 (848.5), 4. Shaftesbury Barnet 15 (820), 5. Woodford Green with Essex Ladies 11 (774), 6. City Of Sheffield & Dearne 10 (770), 7. Cardiff 6 (603), 8. Blackheath & Bromley 5 (654.5).

**UK Womens League Premier Division, Eton.** 100. A. 6. Marcia Sey 12.23 (-0.7). B. Anastasia Davies 12.29 (-0.4). 200. A. 7. Mallory Cluley 25.71. B. -. 400. A. -. B. -. 800. A. -. B. -. 1500. A. 6. Niamh Bridson Hubbard 4.51.00. B. -. 3000. A. 6. Niamh Bridson Hubbard 10.01.52. B. -. 100H. A. 4. Marcia Sey 13.65 (-0.1). B. 1. Anastasia Davies 13.89 (-1.7). 400H. A. Alex Hill 60.98. B. 5. Sophie Elliss 64.11. 2000s/c. A. -. B. -. 4x100. -. 4x400. -. HJ. A. 4. Deborah Martin 1.75. B. 2. Danielle Hopkins 1.65. LJ. A. 1. Sarah Abrams 6.07. B. 8. Danielle Hopkins 4.96. TJ. A. 2. Zara Asante 12.91. B. 2. Sarah Abrams 11.88. PV. A. 4. Sophie Dowson 3.60. B. -. SP. A. 2. Divine Oladipo 16.46. B. 4. Hannah Macaulay 10.05. DT. A. 2. Divine Oladipo 50.65. B. 3. Hannah Macaulay 39.54. JT. A. 8. Danielle Hopkins 24.35. B. 5. Isabelle Bridge 23.46. HT. A. 5. Gemma Vickery 53.66. B. 2. Molly Walsh 52.26. Match. 1. Thames Valley Harriers 250.5, 2. Windsor Slough Eton & Hounslow 188, 3. Notts AC. 157.5, 4. Birchfield 156, 5. Cardiff 145, 6. Edinburgh AC 138, 7. Blackheath & Bromley 118, 8. Trafford 115. Standings after 2 matches. 1. Thames Valley Harriers 16 (485.5), 2. Windsor Slough Eton & Hounslow 13.5 (378.5), 3. Birchfield 9 (326), 4. Cardiff 9 (322), 5. Notts AC 8 (304.5), 6. Trafford 7.5 (305.5), 7. Edinburgh AC 6 (307), 8. Blackheath & Bromley 3 (248).

**Highgate Harriers Night of 10,000 pbs, Parliament Hill.** 10000. A. 35. Graham Rush 29.22.57. C. DNF. Scott Overall. D. 21. Ross Braden 31.05.34.

**England Masters Inter Area, Coventry.** M35. 2000 Walk. 3. Roger Michell (M70) 12.04.26. M60. 100. 4. Tom Phillips (M65) 13.53. W60. 200. 1. Helen Godsell (W65) 29.98. 400. 1. Helen Godsell (W65) 70.00

**English Schools Cup Final, Chelmsford.** Intermediate Boys. 100. 5. Connor Sutton 11.8. 200. Dillon Claydon 24.6. 1500. 4. Pablo Seema Roca 4.17.5. HJ. 8. Pablo Seema Roca 1.65. LJ. 8. Connor Sutton 5.77. DT. 1. Dillon Claydon 45.40. Intermediate Girls. 1500. 4. Ailbhe Barnes 4.47.4. Junior Girls. 1500. A. 3. Gabriella Martin 5.12.8. B. 1. Francesca Middleton 5.10.3.

**Lee Valley DC Mini Racers.** U13G. 60. 3. Layla Akinfolarin 9.39 (1.2). 100. 2. Layla Akinfolarin 15.17 (0.8).

**Memorial Jack Benvenuh, Trieste, Italy.** 400. 6. Maya Bruney 55.60.

**Parkruns. Reading.** 51 Nigel Haffenden 22.28, 63 Sally Haffenden 22.48. **Bromley.** 17 Sam Stuart 19.44, 23 Damian Hayes 20.02, 29 Paul Kerekgyarto 20.15, 82 Ted Marston 22.17, 95 Mark Wallace 22.49, 102 Steve Pairman 22.59, 153 Iain Swatton 24.16, 285 Sally Smith 27.22, 304 Tom Leeson 27.53, 305 John Leeson 27.53, 493 Graham Smith 33.03. **Bexley.** 112 Chris Pike 25.30. **Greenwich.** 137 Zoe Kingsmill 27.25. **Newcastle.** 7 Bertie Harrington 18.13. **Brockwell park.** 76 Harry Keene 22.56, 82 James Morris 23.21, 230 Mick Keene 28.47. **Maidstone.** 10 Neil Ayrton 19.33. **Beckenham Place park.** 4 Luca Ercolani 18.07, 7 Clayton Aves 18.58, 15 Richard Byford 19.59, 37 Rod Harrington 21.45, 91 William Slack 25.17, 143

Leszek Malynicz 28.04. **Royal Tunbridge Wells**. 43 Andy Everest 23.09. **Crystal Palace**. 24 Lewis Warren 20.39. **Lloyd park**. 53 51 Ifetobi Salako 24.42. **South Norwood**. 15 Ian Montgomery 22.17. **Eden Project**. 41 James Unwin 22.35. **Dulwich**. 11 Tony Crowder 19.01, 49 Nick Barber 20.30. **Orpington**. 152 Karen Desborough 33.55. **East Grinstead**. 20 Mike Simms 23.56. **Dartford**. 50 John Turner 25.14. **Kesgrave**. 1 Steve Cooper 17.47. **Nose Hill**. 53 James Perry 39.28. **Exmouth**. 49 Bob Minting 22.29. **Catford**. 89 Barry Wetherilt 25.32. **Littlehampton Prom**. 20 Rob Brown 21.37.

**6-7/7/19**

**South Of England Combined Events, Horspath**. Under 17 Women. 4. Ruby Bridger 4154. (80H. 11.83, HJ. 1.52, SP. 10.89, 200. 27.11, LJ. 5.22, JT. 26.6, 800. 2.59.17).

**7/7/19**

**Kent Young Athletes League, Division One, Ashford. Under 15 Boys**. 100. A. 4. Ralph Baker 12.9. B. 7. Ethan Alapafuja 13.7. 300. A. 4. Kieran Blake 41.8. B. 3. Nathan Firla 41.8. 1500. A. 3. Thomas Sugden 4.43.8. B. 3. George Shaw 4.55.0 80H. A. 1. Oliver Robertson 12.2. B. -. HJ. A. 4. Nathan Firla 1.40. B. 3=. Oliver Robertson 1.35. PV. A. 1. Benjamin Platt 3.50. B. 1. Oscar Witcombe 2.80. LJ. A. 1. Connor Sutton 5.70. B. 2. Ralph Baker 4.80. SP. A. 1. Brydon Duncan 12.46. B. 3 Nathan Firla 8.21. DT. A. 1. Brydon Duncan 35.24. B. 1. Kieran Blake 22.89. HT. A. 4. Brydon Duncan 25.58. B. 5 George Shaw 11.64. 4x100. 4. B&B (Kieran Blake, Benjamin Platt, Ralph Baker, Brydon Duncan) 50.2. 4x300. 1. B&B (Ralph Baker, Connor Sutton, Nathan Firla, Kieran Blake) 2.51.7. Team. 1. Blackheath & Bromley 163.5, 2. Medway & Maidstone 153, 3. Paddock Wood A/Folkestone RC 1. 133.5, 4. Ashford 123, 5. Bexley AC 95.5, 6. Tonbridge AC 1. 91, 7. Tonbridge AC 2/Judd School 68, 8. Invicta East Kent AC 16.5. Under 15 Girls. 100. A. 4. Kelsey Calladine-Smith 13.6. B. 1. Rianna Rennie 13.6. 300. A. 1. Cameron Kelly-Gordon 42.5. B. 1. Olivia Wauters 44.9. N/S. 1. Emily Algeo 48.6. 1500. A. 4. Isabella Louth 5.20.6. B. 2. Sofia-Plum Maher 5.30.5. 75H. A. 4. Abigail Smith 12.5. B. 3. Emily Algeo 12.9. HJ. A. -. B. -. LJ. A. 3. Emily Algeo 4.56. B. 3. Abigail Smith 3.77. PV. A. 1. Olivia Gewitzke 2.10. B. -. SP. A. 2. Rianna Rennie 10.07. B. 2. Sofia Elliott 7.52. N/S. 2. Sofia Loader 4.65. DT. A. 3. Sofia Elliott 22.77. B. 5. Sofia Loader 12.25. JT. A. 2. Rianna Rennie 32.83. B. 3. Olivia Gewitzke 15.27. 4x100. 1. B&B (Kelsey Calladine-Smith, Rianna Rennie, Olivia Gewitzke, Kilali Samuel-Horsefall Dejeva) 52.9. 4x300. 1. B&B (Cameron Kelly-Gordon, Abigail Smith, Emily Algeo, Olivia Wauters) 3.02.2. Team. 1. Tonbridge A 159, 2. Blackheath & Bromley 153, 3. Medway & Maidstone 136, 4. Bexley AC 114, 5. Invicta East Kent 103, 6. Ashford AC 84, 7. Paddock Wood AC/ Folkestone RC 1. 77. 8. Tonbridge 2/Judd School 64. **Under 13 Boys**. 100. A. 2. Zuriel Nwogwugwu 12.9. B. 5. Daniel Jenkins 15.2. N/S. 1. James Lawson 14.3. 200. A. 1. Zuriel Nwogwugwu 26.6. B. 2. Marley Byfield 28.5. N/S. 1. Daniel Jenkins 30.8. 1500. A. -. B. -. 75H. A. DNF Franco Hillier. B. -. HJ. A. 4. Marley Byfield 1.20. B. -. LJ. A. 1. Zuriel Nwogwugwu 4.75. B. 1. Jasper Brooks 4.21. N/S. 2. James Lawson 3.93. SP. A. -. B. -. DT. A. -. B. -. HT. A. -. B. -. 4X100. 2. B&B (Marley Byfield, Daniel Jenkins, James Lawson, Zuriel Nwogwugwu) 55.6. Team. 1. Medway & Maidstone 145, 2. Ashford 113, 3. Tonbridge AC 2/Judd School 111, 4. Paddock Wood AC/Folkestone RC 1. 96, 5. Tonbridge AC 1. 89, 6. Bexley 87, 7. Invicta East Kent AC 86, 8. Blackheath & Bromley 67. **Under 13 Girls**. 75. A. 7. Emily Hayden de Carbonnieres 11.0. B. 5. Megan Barlow 11.9. 150. A. 6. Tallulah Ndikanwu 22.4. B. 2. Emily Deveney 21.5. 1200. A. 2. Emily Deveney 4.01.3. B. 3. Alyssa Firla 4.30.8. 70H. A. 3. Daisy Snell 12.4. B. 1. Amber Cockburn 12.4. N/S. 1. Alyssa Firla 13.6. HJ. A. 3. Daisy Snell 1.30. B. 2. Megan Barlow 1.20. LJ. A. 3. Daisy Snell 4.12. B. 5. Alyssa Firla 3.59. SP. A. 3. Islay Pearson 6.78. B. 1. Madeleine Marston 6.01. DT. A. 4. Islay Pearson 15.75. B. -. JT. A. 3. Amber Cockburn 20.32. B. 2. Islay Pearson 13.59. N/S. 2. Emily Deveney 16.30. 4x100. 4. B&B (Daisy Snell, Tallulah Ndikanwu, Emily Hayden de Carbonnieres, Emily Deveney) 57.2. Team. 1. Tonbridge AC 158, 2. Bexley AC 147, 3. Blackheath & Bromley 125, 4. Invicta East Kent AC 109.5, 5. Ashford AC 96.5, 6. Paddock Wood AC/Folkestone RC 1. 86, 7. Medway & Maidstone 70, 8. Tonbridge AC 2/ Judd School 64. Overall Match Points. 1. Blackheath & Bromley 533.5, 2. Medway & Maidstone 529, 3. Tonbridge AC 1. 522, 4. Bexley AC 468.5, 5. Ashford 440.5, 6. Paddock Wood AC/Folkestone RC 1. 412.5, 7. Invicta East Kent 321, 8. Tonbridge AC 2/Judd School 307.

**Kent Young Athletes League, Division Two, Ashford. Under 15 Boys**. 100. A. 5. Timon Thomson 14.7. B. 4. Mike Sudolski 13.9. N/S. 4. Archie Whitehead 14.5. 300. A. 6. Timon Thomson 48.4. B. 3. Mike Sudolski 47.1. N/S. 1. Oles Chaban 44.5. 1500. A. 3. Ted Marston 5.04.8. B. 3. Sam Stuart 5.12.2. 80H. A. 2. Jonathan Ellerton 15.8. B. -. HJ. A. -. B. -. LJ. A. 4. Dennis Savage 4.00. B. 2. Archie Whitehead 3.82. PV. A. NH Jonathan Ellerton. SP. A. -. B. -. DT. A. -. B. -. JT. A. -. B. -. 4X100. 5. B&B (Timon Thomson, Mike Sudolski, Ted Marston, Archie Whitehead) 57.9. 4x300. 4. B&B (Archie Whitehead, Mike Sudolski, Ted Marston, Oles Chaban) 3.30.3. Team. 1. Cambridge Harriers 179, 2. Paddock Wood/Folkestone RC 2. 133, 3. Sevenoaks AC 108, 4. Dartford Harriers/Swanley & District 103, 5. Blackheath & Bromley 2. 83, 6. Thanet AC. 68, 7. Swale Combined 16. **Under 15 Girls**. 100. A. 3. Veneesia Robinson 13.8. B. -. 200. A. B. -. 1500. A. 3. Emily De Backer 5.35.8. B. 2. Olivia Magee-Brown 6.10.0. 75H. A. -. B. -. LJ. A. -. B. -. SP. A. -. B. -. DT. A. -. B. -. JT. A. -. B. -. 4X100. -. Teams. 1. Cambridge Harriers 155, 2. Thanet AC 106, 3. Sevenoaks AC. 77.5, 4. Dartford Harriers/Swanley & District 67.5, 5. Swale Combined 58, 6. Medway Phoenix 45.5, 7. Thanet Roadrunners 41, 8. Blackheath & Bromley 2. 26.5. **Under 13 Boys**. No B&B competitors. **Under 13 Girls**. 75. A. 3. Sophie Moorcroft 11.1. B. -. 150. A. 2. Sophie Moorcroft 21.6. B. -. 1200. A. 3. Maria Salamanca 4.19.8. B. 2. Lydia Witcombe 4.24.8. 70H. A. -. B. -. HJ. A. -. B. -. LJ. A. 4. Lydia Witcombe 3.24. B. -. SP. A. 3. Sophie Moorcroft 6.56. B. -.

DT. A. -. B. -. JT. A. 4. Maria Salamanca 8.72. B. -. 4X100. -. Teams. 1. Thanet AC 159.5, 2. Sevenoaks AC 117.5, 3. Dartford Harriers/Swanley & District 98, 4. Paddock Wood/Folkestone RC 2. 89, 5. Swale Combined 67, 6. Blackheath & Bromley 2. 61, 7. Cambridge Harriers 50, 8. Medway Phoenix 41, 9. Thanet Roadrunners 31. Overall. 1. Cambridge Harriers 454.5, 2. Sevenoaks AC 418, 3. Thanet AC 413, 4. Dartford Harriers/Swanley & District 393.5, 5. Swale Combined 308, 6. Paddock Wood/Folkestone RC 2. 284, 7. Blackheath & Bromley 195.5, 8. Thanet Roadrunners 137, 9. Medway Phoenix 127.5.

**8-13/7/19.**

**Summer Universiade, Naples, Italy.** Q.B. 6. Joe Ellis 65.67. Final. 9. Joe Ellis 66.27.

**9/7/19**

**Istvan Gyulai Memorial, Szekesfehervar, Hungary.** 200. DNF. Shannon Hylton.

**Woodford Green Open.** 1500. MX3. 11. Megan Slattery 5.08.95.

**BMC Gold Standard Races, Watford.** Women. 800. A. 12. Zakia Mossi 2.17.31.

**10/7/19**

**Parris Handicap, Hayes.** 1 George Collins 29.36 (21.21 net time), 2 Helen Oakes 29.40 (24.40), 3 Heath Griffin 30.04 (20.49), 4 Dave Beadle 30.05 (20.50), 5 Marco Arcuri 30.22 (17.22), 6 Luigi Arcuri 30.25 (22.25), 7 Ian Montgomery 30.28 (20.28), 8 Luca Ercolani 30.29 (17.59), 9 Clayton Aves 30.30 (19.00), 10 Steve Evenden 30.31 (19.46), 11 Bernie Bater 30.37 (21.37), 12 Will Brindley 30.38 (20.53), 13 Paul Sharpe 30.41 (18.11), 14 Damian Hayes 30.42 (19.57), 15 Roger Beswick 30.43 (18.28), 16 Nick Barber 30.45 (20.45), 17 Dave Leal 30.54 (23.39), 18 Glen Read 30.58 (21.58), 19 Chris Pike 31.18 (23.18), 20 Barry Wetherilt 31.24 (22.54), 21 Andy Lawes 31.36 (22.06), 22 Maz Turner 32.22 (32.17), 23 Zoe Kingsmill 32.32 (25.47).

**Crawley Open.** 100. SX7. 1. Tolani Akinfolarin (U15G) 13.71 (-0.6). 300. U17mx. R2. 3. Tolani Akinfolarin (U15G) 46.57.

**Veterans AC Sumer Series 5KM Walk, Battersea Park.** 8. Shaun Lightman 37.12.

**11-14/7/19**

**European Under 23 Championships, Gavle, Sweden.** Men. 5000. 15. Will Fuller 14.32.86. Women. Shot. Q.A. 3. Divine Oladipo 16.15. Final. 4. Divine Oladipo 16.79.

**12-13/7/19**

**New Balance ESSA English Schools Championships, Birmingham. Senior Boys.** 100. Ht1. 4. Kyle Reynolds Warrington 10.97 (0.8). Ht2. 3. Jak Mensah 11.02 (0.4). 800. 4. Angus Harrington 1.53.02. Ht2. 2. Angus Harrington 1.58.98. 110H. 4. Josh Watson 14.39 (0.1). Ht1. 2. Josh Watson 14.52 (0.5). 400H. 1. Alex O'Callaghan Brown 54.33. Ht1. 1. Alex O'Callaghan Brown 55.73. HJ. 2. Kelechi Aguocha 2.04, 5. Harrison Thorne 1.92. LJ. 1. Theo Adesina 7.02, 4. Ben Sutton 6.80, 6. Myles Xavier 6.73. PV. 5. Pedro Gleadall 4.50. **Senior Girls.** 400H. Ht2. 5. Grace Scopes 67.34. HJ. 5. Danielle Hopkins 1.69, 9. Ashleigh West 1.58. LJ. 5. Funminiyi Olajide 5.77. TJ. 5. Jade Oni 11.84. PV. 4. Lois Warden 3.60. DT. 6. Hannah MacAulay 38.47. JT. 1. Lauren Farley 45.66, 13. Eloise Locke 36.49. **Intermediate Boys.** 200. 2. Jeriel Quainoo 21.84 (0.3). SF1. 1. Jeriel Quainoo 21.60 (0.5). HT2. 1. Jeriel Quainoo 21.84 (0.4). Ht4. 5. Reece Nelson 22.97 (2.0). 400. 2. Oliver Briars 49.39. Ht3. 1. Oliver Briars 50.25. 1500. 2. Oliver Bright 4.01.19. Ht2. 3. Oliver Bright 4.04.45. 100H. Ht1. 5. Oliver Early 14.31 (-2.5). TJ. 17. Jacob Byfield 11.78. PV. 4. Barnaby Corry 4.05. SP. 4. Nathan Bushnell 14.61. DT. 8. Dillon Claydon 43.22. **Intermediate Girls.** 100. 3. Zsiria Thomas 12.29 (0.2). SF2. 4. Zsiria Thomas 12.22 (2.6). Ht3. 4. Zsiria Thomas 12.28 (0.8). 1500. Ht1. 13. Naomi Toft 4.50.80. 3000. 11. Anwen Thomas 10.26.21. 80H. Ht4. 4. Shakanya Osahon 12.52 (-2.4). 1500 s/c. 3. Ailbhe Barnes 5.11.12, 14. Ellie Osmond 5.26.01, 16. Olivia Berry 5.29.30. SP. 1. Nana Gyedu 15.06. **Junior Boys.** 300. 6. Adam Islam-Medeaux 37.48. Ht2. 3=. Adam Islam-Medeaux 37.43. PV. 2. Ben Platt 3.50. **Junior Girls.** 100. SF2. 4. Tyra Khambai Annan 12.86 (-5.3). Ht3. 4. Tyra Khambai Annan 12.39 (1.2). 800. 5. Amarisa Sibley 2.14.46. SF1. 3. Amarisa Sibley 2.16.23. Ht2. 9. Imogen Hadley 2.20.90. Ht4. 2. Amarisa Sibley 2.17.50. 1500. Ht1. 10. Hannah Clark 4.53.00. Ht2. 11. Kate Price 4.50.89.

**13/7/19**

**Southern Athletics League, Norman Park. Men.** 100. A. 1. Shamar Thomas Campbell 10.93 (0.9). B. 1. Duayne Bovell 10.98 (0.9). N/S. R2. (1.7). 1. Michael Damoah 11.03, 2. Matthew Knight 11.10, 3. Chizute Ogbedeh 11.17. 200. A. 1. Matthew Knight 22.16 (-0.1). B. 1. Michael Damoah 22.60 (-0.1). N/S. (0.1). 1. Chizute Ogbedeh 22.80. 400. A. 1. Jordan Layne 50.13. B. Adam Herring 51.66. 800. A. 3. Charlie Davis 2.00.19. B. 2. Calvin Fuss 2.02.30. N/S. 1. Prince Reid 2.01.86, 2. Oscar Hussey 2.02.39. 1500. A. 1. Josh Schofield 4.01.85. B. 1. Charlie Davis 4.03.85. 3000. A. 1. Josh Schofield 8.39.10. B. 1. Matthew Francis 9.09.52. N/S. 3. Jake Leng 10.07.78, 4. Ifetobi Salako 10.19.84. 110H. A. -. B. -. 400H. A. 4. Henry Fisher 60.00. B. 2. James Gregory 62.20. 3000s/c. A. 1. Gareth Evans 10.52.14. B. -. HJ. A. 3. Blair Wilson 1.68. B. 3. James Gregory 1.63. LJ. A. 1. Rhys MacDonald 6.36. B. 3. Blair Wilson 5.23. TJ. A. 3. Abdul Rahim 11.84. B. 4. Blair Wilson 10.89. PV. A. 3. Roger Platt 2.75. B. 3. Tim Ayres 1.95. SP. A. 4. Dele Aladese 10.07. B. 4. Blair Wilson 9.01. DT. A. 1. Dele Aladese 43.76. B. 1. Philip Bartlett 38.94. JT. A. 3. Alexander Okla 35.59. B. 2. Blair Wilson 31.33. HT. A. 2. Charlie Short 36.09. B. Tim Ayres 18.23. 4x100. 1. B&B (Duayne Bovell, Matthew Knight, Michael Damoah, Chizute Ogbedeh) 42.77. **Women.** 100. A. 1. Tianna Haynes 12.25 (1.2). B. 2. Katia Cienciala 12.77 (1.2). N/S. 3. Ofejiro Otomewo 13.04, 4. Sophia Harper 13.53, 5. Louisa

Vallins 13.59. 200. A. 2. Tianna Haynes 25.50 (1.2). B. 1. Laura Brown 26.85 (1.2). N/S. 1. Katia Cienciala 26.49, 4. Kelsey Pullin 27.01, 5. Karina Harris 28.07, 6. Louisa Vallins 28.38. 400. A. 1. Krystal Galley 55.83. B. 1. Alex Hill 58.89. 800. A. 3. Ellie Dolby 2.22.30. B. 1. Daniella Harper 2.26.72. 1500. A. 2. Jessica Neal 5.03.30. B. 1. Amy Leach 5.06.42. N/S. 2. Bethany Pantan 5.38.85. 5000. A. 1. Jane Bradshaw 20.15.64. B. 1. Jenny Leng 22.06.43. 100H. A. 3. Holly Platt 18.01. B. DQ. Anastasia Davies. 400H. A. 1. Alex Hill 61.83. B. 2. Donelle Yapp 85.28. 1500s/c. A. 4. Holly Platt 6.36.07. B. 3. Donnelle Yapp 7.10.15. HJ. A. 3. Alice Prentice 1.43. B. 2. Isabelle Bridge 1.38. LJ. A. 2. Zoe Martial 5.07. B. 2. Claudia Baker 4.77. TJ. A. 4. Eva Stephanou 9.59. B. 3. Holly Platt 9.30. PV. A. 2. Holly Platt 2.80. B. 2. Eleanor Barrett 2.70. SP. A. 4. Carys Marsden 7.17. B. -. DT. A. 1. Carys Marsden 35.87. B. 4. Holly Platt 16.71. JT. A. 4. Anastasia Davies 20.64. B. 4. Sophia Harper 15.44. HT. A. 3. Carys Marsden 38.70. B. -. 4X100. 1. B&B. (Katia Cienciala, Sophia Harper, Tianna Haynes, Mhairi Brooks) 50.10. Mixed 4X400. A. 3. B&B (Stephanie Fisher, Matthew Knight, Jordan Layne, Karina Harris) 3.47.85. B. 1. B&B (Michael Damoah, Adam Herring, Ellie Dolby, Kelsey Pullin) 3.53.13.

**Parkruns. Bromley.** 20 Thomas Sugden 19.18, 25 Sam Stuart 19.44, 47 Tim Ayres 20.33, 49 Paul Kerekgyarto 20.37, 87 Stuart Cullum 21.42, 89 Ted Marston 21.45, 231 Andy Tucker 25.00, 275 Sally Smith 26.28, 315 Madeleine Marston 27.42, 468 Graham Smith 31.46. **Bexley.** 9 Darren Corneille 19.46. **Beckenham Place Park.** 2 Paul Sharpe 18.05, 8 Clayton Aves 18.58, 20 David Beadle 19.50, 49 James Morris 22.21, 102 William Slack 25.15, 151 Leszek Malynicz 27.20. **Lloyd Park.** 42 Sarah Belaon 24.14. **Walsall Arboretum.** 167 Rod Harrington 26.37. **Peterborough.** 269 Mick Keene 27.30. **Orpington.** 11 Cameron Kelly-Gordon 21.06 (1st woman), 50 Dave Leal 24.27, **Northala Fields.** 306 James Perry 36.22. **Lanhydrock.** 5 Richard Daniels 20.19. **Bognor Regis.** 20 Rob Brown 22.09. **Peckham Rye.** 121 John Turner 24.47, 294 Maz Turner 32.22, 331 Peter Rogers 36.02. **Fell Foot, Newby Bridge.** 31 Nick Barber 21.16, 86 Scott Bulmer 24.21. **Sittingbourne.** 12 Nigel Haffenden 21.43, 15 Sally Haffenden 22.29 (1st woman). **Etna.** 1 Ross Braden 19.40. Exmouth. 61 Bob Minting 22.13. Jamaica Pond. 7 Robert Perry 18.51, 34 Nick Perry 22.17, 134 Adrian Perry 38.24. Catford. 86 Barry Wetherilt 24.24. Mountbatten School. 13 Lorna Clowes 21:57. Bethlem Royal Hospital. 2 Marco Arcuri 18.34, 10 Damian Hayes 19.59, 19 Ian Montgomery 21.35, 38 James Unwin 24.09, 40 Iain Swatton 24.18, 68 Zoe Kingsmell 26.18.

**14/7/19**

**Senior 8 Counties Inter County Match, Ashford. Men.** 100. 2. Korede Awe 10.74 (1.4). 200. 8. Korede Awe 22.73 (1.2). 110H. 2. Reece Young 14.66 (0.7). PV. 1. Pedro Gleadall 4.60. HT. 8. Charlie Short 34.94. **Women.** 400. A. 2. Krystal Galley 55.35. 3000. 9. Sophie Hoare 10.35.00. 100H. 1. Malory Cluley 13.92 (1.5), 4. Zoe Austridge 15.62. HJ. 1. Deborah Martin 1.80. LJ. 3. Kerri Davidson 5.08. TJ. 2. Kerri Davidson 11.47. HT. 2. Molly Walsh 51.68.

**Lee Valley Throws Fest Open Series.** TJ. 7. Jonathan Ilori 15.92.

**VAC Championships, Kingston.** Men. 800. M35. 3. Peter Hamilton (M70) 3.10.34. PV. NH. Alan Hardy. JT. M60. 1. Steve Langdon 41.07. Women. 100. W35. 1. Helen Godsell (W65) 14.70. 200. W35. 2. Helen Godsell (W65) 30.92.

**16/7/19**

**Meeting Citta di Padoa, Italy.** 100. Ht2. 3. Adam Gemili 10.12 (1.7).

**17/7/19**

**Club 150 Years Meeting, Norman Park.** 100 MX 1. (-0.7). 2. Brydon Duncan U15B 13.31, 3. Shing Hei Hang (U13B) 15.04, 6 Luna Corry (U11G) 17.34, 7 Nicolas Corry (M45) 18.11. MX 2. (1.2) 1 Ella Brown (U17W) 13.66, 2 Marley Byfield (U13B) 13.93, 4 Alexandra Kelsey (U20W) 14.06, 6 Helen Godsell (W65) 14.55, 7 Daniel Jenkins (U13B) 15.02, 8 Toby Gass (U13B) 15.13. MX 3. (0.8) 1. David Dare (U13 M) 12.78, 3. Zoe Austridge (U20W) 12.94. 4. Zuriel Nwogwugwu (U13B) 12.98, 5. Ralph Baker (U15B) 13.01, 6. 13.43 0.8 Grace Fullerton (U20W) 13.43, 7. Rayhan Mourtada (U13B) 13.53. MX 4. (-0.4) 1. Fejiro Nikoro (U17M) 12.39, 2. Tobias Seales (U17M) 12.49, 4. Katia Cienciala (U20W) 12.91. MX5. (0.2) 1. Toby Olubi 10.99, 3. Michael Damoah 11.28, 4. LJ Wright (U20M) 11.62. 5. Reece Nelson (U17M) 11.64. MX6. (0.7) 1. Tito Idowu (U17W) 13.31, 2. Mike Sudolski (U15B) 13.53, 3. Andrew Nikoro (U13B) 13.63, 4. Kelsey Calladine-Smith (U15G) 13.68, 5. Adaeze Anele (U13G) 13.80. 150 MX1. (0.4). 3. Tobias Seales (U17M) 18.51, 5. Rayhan Mourtada (U13B) 20.99, 6. James Lawson (U13B) 21.80. MX2. 1. (0.8) Emily Hayden de Carbonnieres (U13G) 21.68, 2. Kiu Hang (U17W) 21.93, 4. Luna Corry (U11G) 26.57, 5. Nicolas Corry (M45) 27.38. Sydney Wooderson 800. 3. Benjamin Gardiner (U20M) 1.53.31, 5. Samuel Reardon (U17M) 1.57.75, 7. Lewis Mills (U20M) 1.58.04. MX1. 1. Calvin Fuss 2.01.79, 2. Tom Brash (U17M) 2.03.31, 3. Jake Anthony (U15B) 2.09.16, 4. Thomas Sugden (U15B) 2.12.16, 5. James Gregory (U17M) 2.13.42, 6. Timothy Ayres (2.23.42), 7. Jessica Neal (U17W) 2.27.34. MX2. 1. Darren Corneille (M35) 2.15.13, 2. Daniella Harper (U17W) 2.24.53, 4. Bethany Pantan (U17W) 2.29.03, 5. Jasper Brooks (U13B) 2.29.89, 6. Paul Kerekgyarto (M40) 2.33.82, 7. Megan Barlow (U13G) 2.35.90, 8. Sofia-Plum Maher (U15G) 2.36.59. MX3. 2. Isabella Louth (U15G) 2.39.92, 3. Daisy Snell (U13G) 2.41.81, 5. Madeleine Marston (U13G) 2.46.67, 7. Sofia Loader (U15G) 2.53.97. 1500. MX1. 2. Jake Leng (U17M) 4.28.14. 3. Alessio Tutt (U15B) 4.34.52. 4. Heath Anthony (M50) 4.50.39. 5. Joshua Dowling 4.52.79. 7. Joshua Healy (U13B) 4.59.33. 11. Maria Salamanca (U13G) 5.16.62. Mile. MX1. 1. Danny Brewer 4.45.42, 3. Marco Arcuri 4.47.86, 5. Martin Richardson 4.55.20, 6. Luca Ercolani (M45) 5.13.32, 7. Roger Beswick (M55) 5.15.31, 8. Ian Firla (M45) 5.20.28, 10. Tim Ayres 5.28.04, 11. Ted Marston (U15M)

5.31.15, 12. Paul Kerekgyarto (M40) 5.38.72, 13. Damian Hayes (M45) 5.39.44, 14. Paul Leng (M50) 5.42.80, 15. Richard Byford 5.43.82, 16. Adrian Stocks (M45) 5:44.78, 17. Stuart Cullum (M45) 5.47.71, 18. David Beadle (M50) 5.48.32, 20. Rod Harrington (M50) 6.13.84, 21. Nicolas Corry (M45) 6.27.26, 22. Donelle Yapp (6.31.98), 23. David Leal (M60) 6.36.12. MX. 1. Ian Montgomery (M50) 6.04.06, 2. William Brindley (M45) 6.08.21, 3. David Beadle (M50) 6.14.97, 5. John Leeson 6.33.91, 6. Clem Leon (M60) 6.36.41, 7. Andrew Lawes (M60) 6.36.64, 8. Ray Walsh (M60) 7:14.51, 9. Helen Godsell (W65) 7.16.79, 10. Steve Evenden (M45) 7.29.43, 11. Arthur Evenden (U11B) 7.29.65, 12. Ian Young (M70) 7.30.61, 13. Zoe Kingsmill (W55) 7.39.32, 14. Sally Smith (W50) 7.49.25, 15. Chris Woodcock (M75) 8.45.41, 16. Maz Turner (W65) 9.23.29, 17. Tony Pontifex (M75) 9.50.31, 18. Shaun Lightman (M75) 11.08.36, 19. Alan Pickering (M70) 12.56.78, 20. David Appleton (M70) 12.56.96. 4x100. MX. 1. 44.11 Blackheath & Bromley U20M, 2. 47.39 Blackheath & Bromley U15M, 3. 48.36 Blackheath & Bromley U17W, 4. 49.31 Blackheath & Bromley U20W, 5. 52.27 Blackheath & Bromley U15W, 6 53.32 Blackheath & Bromley U13B, 7. 55.97 Blackheath & Bromley U13G, 8. 64.52 Team Corry. PV. MX. 1. Barnaby Corry (U17M) 3.90, 2. Ethan Kitteridge (U17M) 3.70, 4. Ben Platt (U15M) 3.00, 5. Holly Platt (U20W) 2.70, 6. Finn Kitteridge (U13B) 2.20, 7. Jonathan Ellerton (U15M) 1.60, 8 NH Charlie Platt (U11B). LJ. MX. 1. Myles Xavier (U20M) 6.47, 3. Claudia Baker (U17W) 5.05, 4. Zoe Martial (U20W) 4.98, 6. Daisy Snell (U13G) 4.59, 7. Molly Savage (U17W) 4.50, 8. Zuriel Nwogwugwu (U13B) 4.48, 9. Jasper Brooks (U13B) 4.36, 10. Annabel Duncombe (U17W) 4.32, 11. Emily Hayden de Carbonnieres (U13G) 3.98, 12. Megan Barlow (U13G) 3.70, 13. Erin Simpson (U13G) 3.42, 14. Dennis Savage (U15B) 3.23. JT. SM. 2. Ian Firla (M45) 18.75. JT600 MX. 2. Ben Platt (U15B) 36.87, 3. Josh Buddle-Smith (U15B) 28.68, 4. Sophia Harper (U20W) 15.43. JT500. 2. Ruth Chappell (U17W) 28.25. JT400 MX. 1. Finn Kitteridge (U13B) 30.56, 2. Max Kennedy (U13B) 28.97, 3. Erin Simpson (U13G) 15.82, 4. Madeleine Marston (U13G) 11.06.

**BMC Regional Races, Sutcliffe Park.** 800. Race D. 3. Oscar Hussey 2.01.1. G. 1. Lily Meers 2.21.8, 6. Amelia Middleton 2.29.5.

**Cambridge Harriers Open, Sutcliffe Park.** 400. 2. Krystal Galley 55.8.

**Cambridgeshire AA Evening Open.** 200. Mx1. 2. Adam Herring 23.58 (-0.5).

**Lee Valley Sprint Double 100 Open Series.** 100. Round 1. Race 3. 4. Brandon Murray 10.80 (2.1). 1.4. 4. Tremayne Gilling 10.93 (2.0). 1.5. 7. Zac Nwogwugwu 11.01 (2.1). 1.15. 3. Modupe Shokunbi 12.12 (2.1), 6. Vivien Olatunji 12.30 (2.1). 2.4. 5. Brandon Murray 10.82 (2.4). 2.7. 1. Zac Nwogwugwu 10.85 (2.3). 2.15. 6. Modupe Shokunbi 12.14 (2.0). 2. 16. 4. Vivien Olatunji 12.41 (2.2).

**18/7/19**

**Rainbow Meeting, Celle Ligure, Italy.** 400. R2. 1. Dan Putnam 47.68.

**18-21/7/19**

**European Under 20 Championships, Boras, Sweden. Men.** 400. 5. Ethan Brown 46.45. Ht3. 1. Ethan Brown 46.92. HT. QB. 7. Ben Hawkes 69.68. **Women.** 100. 4. Immanuela Aliu 11.60 (0.8). SF1. 1. Immanuela Aliu 11.58 (0.5), Ht4. 1. Immanuela Aliu 11.57 (0.8). 400. 2. Amber Anning 52.18, 7. Louise Evans 54.06. SF1. 2. Amber Anning 52.97. SF2. 4. Louise Evans 54.02. Ht2. 1. Amber Anning 53.68. Ht4. 2. Louise Evans 54.20. Heptathlon. 4. Holly Mills 5802 (100H 13.45 (-2.5), HJ. 1.78, SP. 10.86, 200. 24.15 (0.0), LJ. 6.28 (2.8), JT. 32.73, 800. 2.24.17). 4X100. 1. GBR 44.11 (Inc Immanuela Aliu). Ht3. 1. GBR 44.06. 4X400. 1. GBR 3.33.03 (Inc Amber Anning and Louise Evans).

**19/7/19**

**Kent Masters League, Erith. Men.** Division Two. M35. 100. A. 1. Blair Wilson 12.7. B. 4. Steve Hough (M45) 15.3. 800. A. 3. Ian Firla (M45) 2.22.5. B. 1. Darren Corneille 2.18.1. 4x200. 3. B&B (Darren Corneille, Ian Firla, Steve Hough, Clem Leon) 1.55.8. LJ. 1. Blair Wilson 5.44. N/S. Ian Firla (M45) 4.36. DT. 4. Darren Corneille 14.34. M50. 100. 3. Clem Leon (M60) 14.3. 800. 1. Heath Anthony 2.24.8. LJ. 3. Clem Leon (M60) 4.09. DT. 3. Clem Leon (M60) 23.27. M60. 800. 1. Ken Daniel (M65) 2.49.2. LJ. 4. Alan Hardy 3.17. Match. 1. Paddock Wood 74, 2=. Ashford and B&B 72, 4. Sevenoaks 50, 5. Swanley 42, 6. Bexley B 25, 7. Dartford B 7. Overall. 1. B&B 30.5 (372.5), 2. Ashford 30.5 (368), 3. Paddock Wood 29 (358), 4. Sevenoaks 18.5 (225), 5. Swanley 12 (185.5), 6. Bexley B 10 (166), 7. Dartford B (139). **Women.** Div One. 100. A. 1. Louisa Vallins 14.3, B. 4. Sarah Belaon 17.8. 800. A. 5. Sarah Belaon 2.56.5. B. 5. Maz Turner (W65) 4.28.6. 4X200. 3. B&B (Louisa Vallins, Sarah Belaon, Jackie Montgomery, Helen Godsell) 2.13.1. HJ. -. LJ. 4. Helen Godsell (W65) 2.92. DT. 6. Sarah Belaon 8.01. W50. 100. 1. Helen Godsell 15.4. 800. 5. Zoe Kingsmill 3.38.8. HJ. 5. Jackie Montgomery (W55) 1.10. LJ. 2. Jackie Montgomery (W55) 3.38. DT. 3. Jackie Montgomery (W55) 13.33. W60. 800. 2. Helen Godsell (W65) 3.19.7. DT. 4. Anne Cilia 11.74. Match. 1. Tonbridge 75, 2. Dartford 67, 3. Cambridge Harriers 56, 4. B&B 48, 5. Paddock Wood 34, 6. Swanley 25. Overall. 1. Tonbridge 29.5 (368), 2. Dartford 24.5 (328), 3. Cambridge Harriers 19 (255), 4. B&B 13 (173), 5. Paddock Wood 10 (132), 6. Swanley 9 (118).

**20/7/19**

**UK Athletics Youth Development League, Lower Age Group, South, Premier 1. Norman Park. Under 15 Boys.** 100. A. 3. Adam Islam-Medeaux 11.87 (-0.6). B. 4. Ben Platt 12.67 (-0.6). N/S. R1. 3. Ralph Baker 13.07 (0.3), DNF. Mike Sudolski. 200.

A. 2. Adam Islam-Medeaux 24.00 (0.3). B. 5. Ralph Baker 26.72 (1.0). 300. A. 2. Connor Sutton 40.50. B. 1. Adam Islam-Medeaux 37.47. 800. A. 3. Thomas Sugden 2.10.31. B. 3. Alessio Tutt 2.16.71. N/S. 5. Ted Marston 2.27.88. 1500. A. 2. Matthew Smith 4.25.04. B. 2. Arthur Starvis 4.44.82. 80H. A. 4. Oliver Robertson 12.21 (0.3). B. 6. Jonathan Ellerton 15.20 (-1.0). HJ. A. 6. Matthew Smith 1.45. B. 6. George Shaw 1.25. LJ. A. 2. Connor Sutton 5.78. B. 1. Dylan Carroll 5.08. PV. A. 1. Ben Platt 3.40. B. 1. Oscar Witcombe 2.70. SP. A. 1. Brydon Duncan 12.78. B. 2. Kieran Blake 8.68. DT. A. 1. Brydon Duncan 32.72. B. 5. George Shaw 10.55. JT. A. 3. Ben Platt 41.03. B. 4. Ted Marston 11.80. HT. A. 1. Brydon Duncan 40.66. B. George Shaw 14.18. 4x100. 2. B&B (Ben Platt, Dylan Carroll, Connor Sutton, Adam Islam-Medeaux) 46.82. 4X300. 4. B&B. (Brydon Duncan, Matthew Smith, George Shaw, Ted Marston) 3.00.07. **Under 15 Girls.** 100. A. 1. Tyra Khambai-Annan 12.37 (-0.3). B. 1. Faith Akinbileje 12.46 (1.0). N/S. R1. 3. Kelsey Calladine-Smith 13.45 (0.8). R2. 4. Olivia Gewitzke 14.05 (-0.5). 200. A. 1. Faith Akinbileje 25.79 (1.0). B. 2. Tyra Khambai-Annan 27.01 (-0.5). 300. A. 2. Amarisa Sibley 41.40. B. 1. Cameron Kelly-Gordon 42.03. 800. A. 2. Cameron Kelly-Gordon 2.23.39. B. 2. Faith Mpassy 2.23.98. N/S. 1. Sofia Plum Maher 2.35.00. 1500. A. 1. Lily Meers 4.47.30. B. 2. Carys Firth 5.20.54. 75H. A. 5. Emily Algeo 12.67 (-0.1). B. 4. Abigail Smith 12.87 (0.1). HJ. A. 5. Elena Duncombe 1.35. B. 4. Faith Mpassy 1.35. LJ. A. 5. Faith Mpassy 4.31. B. 2. Sophie Kerr 4.29. PV. NH. Olivia Gewitzke. SP. A. 3. Rianna Rennie 10.93. B. 5. Lily Meers 5.29. DT. A. 5. Emily Algeo 10.38. B. 5. Amelie Willars 9.21. HT. A. 4. Rianna Rennie 24.71. B. 3. Amelie Willars 18.40. JT. A. 2. Rianna Rennie 32.27. B. 4. Olivia Gewitzke 15.24. 4x100. 3. B&B (Sophie Kerr, Faith Akinbileje, Emily Kerr, Tyra Khambai-Annan) 50.17. 4X300. 1. B&B (Cameron Kelly Gordon, Faith Mpassy, Lily Meers, Amarisa Sibley) 2.55.27. **Under 13 Boys.** 100. A. 4. Zuriel Nwogwugwu 12.72 (0.3). B. 4. Ruben Stober 13.65 (-0.7). N/S. 3. Marley Byfield 13.69 (0.1), 7. Daniel Jenkins 14.74. 200. A. 1. Zuriel Nwogwugwu 26.27 (-0.1). B. 2. Rayhan Mourtada 27.34 (0.9). 800. A. 3. Jasper Brooks 2.28.73. B. 4. Hendri Verster 2.39.13. N/S. 1. Franco Hillier 2.31.39, 2. Harry Fage 2.36.03. 1500. A. 2. Alexander Middleton 4.48.97. B. 2. Joshua Healy 4.59.98. 75H. A. 4. Rayhan Mourtada 12.87 (0.1). B. 1. Andrew Nikoro 13.21 (2.0). HJ. A. 1. Andrew Nikoro 1.46. B. 1. Ethan Kitteridge 1.30. LJ. A. 2. Zuriel Nwogwugwu 4.81. B. 3. Jasper Brooks 4.20. SP. A. 5. Max Kennedy 7.59. B. 4. Ethan Kitteridge 6.78. JT. A. 2. Max Kennedy 30.23. B. 1. Ethan Kitteridge 26.88. 4x100. 5. B&B (Marley Byfield, Rayhan Mourtada, Andrew Nikoro, Zuriel Nwogwugwu) 52.84. **Under 13 Girls.** 75. A. 4. Adaeze Anele 10.39. B. 1. Nina Whitter 10.32 (1.1). N/S. 3. Alexia Moren-Rosado 11.03. 150. A. 2. Nina Whitter 19.78 (0.7). B. 2. Adaeze Anele 20.50 (1.6). 800. A. 1. Emily Deveney 2.29.11. B. 1. Tallulah Ndikanwu 2.32.83. N/S. 1. Megan Barlow 2.34.40, 2. Maria Salamanca 2.40.27. 1200. A. 1. Molly May Mooney-Clarke 3.58.22. B. 1. Megan Slattery 4.03.15. 70H. A. 5. Daisy Snell 12.06. B. 5. Amber Cockburn 12.81. HJ. A. 1. Nina Whitter 1.33. B. 1. Daisy Snell 1.25. LJ. A. 1. Daisy Snell 4.45. B. 2. Amber Cockburn 3.90. SP. A. 5. Madeline Marston 6.91. B. 4. Erin Simpson 5.00. JT. A. 4. Amber Cockburn 20.37. B. 1. Erin Simpson 15.93. 4x100. 3. B&B (Daisy Snell, Adaeze Anele, Alexia Moren-Rosado, Nina Whitter) 53.72. Team. 1. Reading 574, 2. Blackheath & Bromley 563, 3. Havering 552, 4. Tonbridge 436, 5. Croydon 407, 6. Herne Hill 267.

**BMC Races, Sutcliffe Park.** Men. 1500. B. 5. Declan Neary 3.51.73. D. 11. Alex Bruce Littlewood 4.04. 32. E. 6. Charlie Davis 4.01.38. Women. 800. A. 7. Katy-Ann McDonald 2.08.15. C. 7. Zakia Mossi 2.17.07. 1500. C. 3. Niamh Bridson Hubbard 4.34.99.

**KBC Nacht Heusden-Zolder, Belgium.** 800. R4. 1. Alex Botterill 1.47.81. 1500. R3. 6. Phil Sesemann 3.43.23.

**Internationales Leichtathletik Meeting, Rhede, GER.** 400H R1. 6. Alex Hill 61.67. R2. 4. Sophie Elliss 63.37.

**Parkruns. Wimbledon Common.** 45 Nick Barber 21.34. **Bromley.** 7 Daniel Kennedy 18.20, 24 Damian Hayes 19.45, 25 Amy Leach 19.47, 55 Adrian Stocks 21.17, 100 Mark Wallace 23.06, 291 Tom Leeson 29.09, 292 John Leeson 29.10, 332 Maz Turner 30.39, 375 Karen Desborough 32.33, 377 Graham Smith 32.40, 414 Luke Brett 35.38. **Bexley.** 53 Chris Pike 24.45.

**Beckenham Place park.** 6 Clayton Aves 19.03, 17 Nigel Haffenden 20.31, 28 James Unwin 21.32, 33 Sally Haffenden 22.11 (1st woman). 81 Will Slack 25.43. **Crystal Palace.** 50 Glen Read 22.18. **Orpington.** 5 Harry Keene 21.04, 25 Dave Leal 24.44, 113 Mick Keene 35.01, **Homewood.** 33 Zoe Wood 24.24. **Dartford.** 26 John Turner 25.07. **Exmouth.** 75 Bob Minting 23.05.

**Catford.** 22 Andrew Lawes 21.40, 72 Barry Wetherill 25.26. **Foots Cray Meadows.** 101 Andrew Kingsmill 35.44, 124 Zoe Kingsmill 41.42. **Littlehampton Prom.** 18 Rob Brown 21.58. **Bethlem Royal Hospital.** 2 Gareth Evans 17.57, 14 Jennie Butler 20.52 (1st woman), 26 Mike Simms 22.37, 50 Iain Swatton 25.33. **Cyclopark.** 11 Robert Perry 21.01, 145 James Perry 36.07, 158 Adrian Perry 38.14.

## 20-21/7/19

**Anniversary Games. Stratford.** Men. 100. 6. Adam Gemili 10.04 (0.5). Ht1. 3. Adam Gemili 10.07 (-0.3). U20M. 4X100. 4. B&B 42.07. U17M 4X100. 3. B&B 42.21. U15B. 4X100. 5. B&B 45.86. U13B. 4X100. 7. B&B 53.27. Women. 100. 2. Dina Asher Smith 10.92 (0.7). Ht2. 1. Dina Asher Smith 10.91 (0.5). U20W. 4X100. DNF B&B. U17W. 4X100. 1. B&B 47.61. U15G. 4X100. 5. B&B 49.55. U13G. 4X100. 5. B&B 52.91.

**SIAB Schools International, Swansea.** Men. 200. 1. Jeriel Quainoo 21.74 (-1.4). 400. 2. Oliver Briars 49.58. 1500. 2. Oliver Bright 3.56.15. Women. SP. 1. Nana Gyedu 15.64.

## 21/7/19



**Eight Counties Under 17 Inter Counties, Chelmsford. Under 17 Men.** 200. B. 2. Charles Northey 23.51 (-1.1). 400. B. DQ. Tobias Seales. 800. A. 4. Sam Reardon 1.56.21. 100H. A. 1. Oliver Early 13.45 (-1.0). 400H. A. 5. Barnaby Corry 59.98. 1500s/c. 6. Pablo Seema Roca 4.52.19. HJ. B. 5. Pablo Seema Roca 1.70. LJ. B. 3. Jacob Byfield 5.87. PV. A. 2. Barnaby Corry 3.95. B. 3. Ethan Kitteridge 3.65, 4. Oliver Early 3.05. SP. A. Nathan Bushnell 14.31. B. 1. Dillon Clayden 13.20. DT. A. 2. Nathan Bushnell 44.64. B. 4. Dillon Claydon 39.71. **Under 17 Women.** 800. A. 3. Naomi Toft 2.16.60. 3000. 9. Jessica Neal 11.13.09. 300H. A. 2. Kelsey Pullin 45.70.

**22/7/19**

**Blackheath & Bromley Open Meeting inc Club Champs, Norman Park.** 100m. Ht.1 (-1.1). 3 Brandon Murray 11.07, 5 Rhys Francis 11.32. Ht2. (0.9). 1 James Whiteaker 11.34, 4 LJ Wright (U20M) 11.63, 5 Modupe Shokunbi (U23W) 12.24, 6 Maya Bruney (U23W) 12.27, 8 Vivien Olatunji (U23W) 12.57. Ht3. (-0.4). 1 Jacob Byfield (U17M) 11.91, 4 Andrew Khazali (U17M) 12.33. Ht4. (0.4). 2 Ben Platt (U15B) 12.70, 6 Shakanya Osahon (U17W) 12.85, 7 Ralph Baker (U15B) 13.01. Ht5. (0.0). 2 Molly Savage (U17W) 13.17, 6 Nina Whitter (U13G) 13.54. Ht6. (0.3). 1 Oliver Robertson (U15B) 12.65, 2 Rayhan Mourtada (U13B) 13.41, 3 Sophia Harper (U20W) 13.62, 4 Marley Byfield (U13B) 13.80, 5 Louisa Vallins (W40) 13.81, 6 India Weekes (U15G) 14.08. Ht7. (0.5). 1 Olivia Gavitzke (U15G) 13.74, 2 Joe Cope (U13B) 13.86, 3 Clement Leon (M60) 14.10, 8 Daniel Jenkins (U13B) 14.98. Ht8. (0.0). 2 Emily Algeo (U15G) 14.01, 3 Dennis Savage (U15B) 14.33, 4 Kiu Hang (U17W) 14.51, 5 Shing Hei hang (U13B) 14.69. 400m. Ht1. 5 Holly Mpassy (U17W) 57.13. 400m. Ht2. 1 Pablo Seema-Rocha (U17M) 53.40, 3 Matthew Smith (U15B) 55.96. Ht3. 1 Kelsey Pullin (U17W) 60.70, 3 Francesca Evered (U17W) 61.05, 5 Ella Brown (U17W) 65.58, 7 Sofia-Plum Loader (U15G) 70.82. 800m. Ht1. 1 Samuel Reardon (U17M) 1.58.61, 4 Calvin Fuss (1.59.58), 5 Tom Brash (U15B) 2.00.77, 8 Thomas Sugden (U15B) 2.17.15. Ht2. 2 Arthur Starvis (U15B) 2.15.69, 6 Livvy Berry (U17W) 2.19.88, 7 Lily Meers (U15G) 2.20.86. Ht3. 1 Cameron Kelly-Gordon (U15G) 2.19.95, 5 Daniella Harper (U17W) 2.22.58, 7 Faith Mpassy (U15G) 24.53. Ht4. 1 Ted Marston (U15B) 2.22.92, 3 Emily Deveney (U13G) 2.27.09, 5 Tallulah Ndikanwu (U13G) 2.29.19, 6 Bethany Panton (U17W) 2.31.27, 7 Jasper Brooks (U13B) 2.31.95, 8 Molly Mooney-Clarke (U13G) 2.32.47, 9 Megan Slattery (U13G) 2.33.90. Ht5. 1 Isabelle Stoneman (U17W) 2.31.35, 5 Maria Salamanca (U13G) 2:37.51, 7 Amber Cockburn (U13G) 2.39.14. Ht6. 1 Harry Fage (U13B) 2.33.34, 2 Hendri Verster (U13B) 2.33.73, 6 Madeleine Marston (U13G) 2:43.41, 7 Amelie Willars (U15G) 2.46.17. 200m. Ht2. (0.9). 1 Brandon Murray 22.65, 2 Zachary Nwogwugwu (U17M) 22.71, 5 Reece Nelson (U17M) 23.41, 6 Maya Bruney 24.53. Ht3 (0.1). 5 Modupe Shokunbi 25.59, 6 Vivien Olatunji 26.18. Ht4. (0.2) 5 Shakanya Osahon (U17W) 26.57, 7 Laura Brown (U20W) 28.71. Ht5. (-0.2). 3 Francesca Evered (U17w) 28.14, 5 Joe Cope (U13B) 28.87. Ht6. (-0.3). 1 Nina Whitter (U13G) 27.92, 2 Emily Algeo (U15G) 29.28, 3 Clement Leon (M60) 29.62. Mile. Ht1. 7 Alessio Tutt (U15B) 5.04.49, 8 Darren Corneille (M35) 5.05.47, 11 Luca Ercolani (M45) 5.07.86, 14 Joshua Dowling 5.14.70. Ht2. 1 Ellie Osmond (U17W) 5.38.71, 3 Sofia-Plum Maher (U15G) 5.49.58, 5 Harry Fage (U13B) 5.54.56, 7 Ken Daniel (M65) 5.58.18, 11 Holly Platt (U20W) 6.35.90. Long Jump. 8 Zoe Martial (U20W) 4.96, 11 Emily Algeo (U15G) 4.64, 12 Annabel Duncombe (U17W) 4.46, 14 Joe Cope (U13B) 4.20, 15 Jasper Brooks (U13B) 4.15, 17 Amber Cockburn (U13G) 3.97, 20 Claudia Baker(U17W). Discus. SW. 1 Bonnie Brito Costa 23.76, U20W. 1 Hannah Macaulay 29.75, 2 Holly Platt 14.24. U17M. 1 Dillon Claydon 40.53, 2 Barnaby Spear 38.13. U20M. 1 Philip Bartlett 40.28, 3 Sebastian Burke 28.09. SM. 2 Dele Aladese 43.75. U13B. 2 Max Kennedy 16.47. U15B. 1 Brydon Duncan 37.48. Shot. U20M. 1 Philip Bartlett 11.84. U17M. 1 Dillon Claydon 12.37, 2 Satvik Chaganti 10.34. U15B. 1 Brydon Duncan 13.19. U13B. 1 Max Kennedy 7.45. SW. 1 Bonnie Brito Costa 7.96. U20W. 1 Hannah Macaulay 9.70. U17W. 1 Nana Gyedu 15.49, 2 Gracie Whitter 6.99. U13G. 2 Madeline Marston 6.97.

**24/7/19**

**Welsh Athletics International, Cardiff.** Men. 400H. 1. Alex O'Callaghan Brown 54.67. LJ. 5. Ben Sutton 6.74. Women. 100H. 2. Mallory Cluley 14.24 (-0.4). JT. 4. Eloise Locke 37.70. HT. 4. Molly Walsh 53.08.

**Dartford Open Meeting.** 400. 1. Ben Gardiner (U20M) 49.69. Mile. 5. Darren Corneille (M35) 5.09.83.

**27/7/19**

**Derek Crookes Southern U13 Inter County Match. Boys.** 100. B1. 2. David Dare 12.94 (-0.1). N/S3. 1. Zuriel Nwogwogwu 13.22 (-1.7). 200. A1. 4. David Dare 26.62 (-1.9). 1500. A. 8. Alexander Middleton 4.54.30. B. Joshua Healy 5.05.75. 75H. A1. 3. Rayhan Mourtada 13.1. LJ. B. 2. Zuriel Nwogwogwu 5.07. SP. B. 8. Max Kennedy 7.81. JT. A. 8. Max Kennedy 29.28. Girls. 100. A2. 2. Nina Whitter 13.66 (-0.4). 200. A1. 4. Nina Whitter 27.97 (-1.8). 800. A. 3. Emily Deveney 2.26.86. B. 7. Tallulah Ndikanwu 2.35.06. 1500. B. 5. Molly May Mooney-Clark 5.10.27. LJ. A. 1. Daisy Snell 4.78.

**London Inter Club Challenge, Allianz Park.** 100. Mx3. 6. Oliver Early (U17M) 12.46 (1.9). 400. Mx1. 8. Jordan Layne 51.82. 100H. 1. Katrina Cosby 15.07 (2.6). 400H. 1. Katrina Cosby 61.78. 3000 walk. 1. Jonathan Ellerton (U15B) 20.27.80. 5000 walk. 25. David Hoben 35.43.39. LJ. 1. Oliver Early (U17M) 6.09.

**Medway & Maidstone Open Meeting.** 800. 10. Lily Meers (U15G) 2.24.47.

**MK5000 PB Special Open.** 5000. R9. 2. Alex Bruce Littlewood 14.41.93. R10. 9. Josh Schofield 14.39.48.

**Parkruns. Bromley.** 8 Steve Pairman 19.42, 18 Maria Salamanca 20.44 (1st woman), 133 Graham Coates 26.05, 144 Steve Evenden 26.21. **Bexley.** 40 Chris Pike 24.33. **Forest of Dean.** 141 Graham Smith 34.46. **Beckenham Place park.** 1 Ian Firla

18.06, 5 Clayton Aves 19.07. 78 William Slack 26.08. **Bournemouth**. 121 Peter Hamilton 23.53. **Wolverhampton**. 32 Nigel Haffenden 21.22, 50 Sally Haffenden 22.26. **Riddlesdown**. 97 Anne Cilia 29.50. **Burgess park**. 69 James Morris 22.35. **Orpington**. 96 Karen Desborough 34.48. **Homewood**. 30 Zoe Wood 24.38. **Chelmsford Central**. 44 Nick Barber 20.40. **Tollcross, Glasgow**. 14 Jason Meers 23.03. **Seaton**. 1 Robert Perry 17.54, 258 Adrian Perry 38.36. **Tonbridge**. 110 Mark Ellison 25.23. **Dartford**. 32 John Turner 25.27. **Huddinge**. 3 Joseph Georgiadis 19.41. **Exmouth**. 41 Bob Minting 22.33. **Catford**. 35 Barry Wetherilt 24.08. **Foots Cray Meadows**. 42 George Collins 50.07. **Henstridge Airfield**. 5 Thomas Sugden 21.07. **Littlehampton Prom**. 12 Rob Brown 21.36. **Kingdom**. 20 James Unwin 24.15, 57 James Perry 34.57. **Uckfield**. 62 Mick Keene 30.06, 63 Jess Keene 30.07. **Bethlem Royal Hospital**. 12 Ian Montgomery 21.29, 17 Ted Marston 22.27, 18 Luigi Arcuri 23.40, 26 Mike Simms 24.24, 31 Iain Swatton 25.12, 39 Zoe Kingsmill 26.34, 52 Sally Smith 28.38, 57 Jackie Montgomery 28.56, 59 Madeleine Marston 29.13, 76 Andy Kingsmill 32.51.

## 27-28/7/19

**CAU Inter County Championships (inc England Athletics Championships), Manchester**. Men. 400. P2. DQ. Prince Reid. 110H. 6. Reece Young 14.75 (-0.5). Ht2. 4. Reece Young 14.71 (0.4). TJ. 2. Jonathan Ilori 15.72. Women. 400. 8. Krystal Galley 55.87. Ht1. 4. Krystal Galley 55.90. 100H. 6. Anastasia Davies 13.95 (-0.8). Ht3. 3. Anastasia Davies 13.98 (-0.4), 5. Mallory Cluley 14.40. 400H. SF2. 5. Alex Hill 62.69. Ht4. 4. Alex Hill 62.23. HJ. 4. Deborah Martin 1.71. LJ. 3. Sarah Abrams 5.95. TJ. 3. Zara Asante 12.68. JT. 8. Bekah Walton 42.34.

## 28/7/19.


**UK Athletics Youth Development League, Upper, South, Premier, Norman Park. Under 20 Men**. 100. A. 2. Kyle Reynolds-Warmington 11.14 (-0.5). B. 1. Jak Mensah 11.07 (0.0). N/S. Chizute Ogbedeh 11.30 (0.3). 200. A. 1. Ethan Brown 21.85 (-0.4). B. 1. Matthew Knight 22.31 (0.0). N/S. Chizute Ogbedeh 22.82 (0.0), Zac Nwogwugwu 23.03 (-0.7). 400. A. 3. Myles Xavier 50.77. B. 2. Ben Sutton 53.82. 800. A. 2. Matthew Francis 2.00.07. B. 5. George Collins 2.44.65. 1500. A. 5. Coleman Corry 4.57.14. B. -. 3000. A. Matthew Francis 9.02.44. B. 3. George Collins 12.55.78. 110H. A. 1. Alex O'Callaghan Brown 15.04 (0.7). B. 1. Theo Adesina 15.49 (0.7). 400H. A. 1. Alex O'Callaghan Brown 54.85. B. 1. Sebastian Burke 67.78. 2000 s/chase. A. 1. Lewis Mills 6.15.54. B. -. HJ. A. 1. Kelechi Aguocha 2.10. B. 1. Theo Adesina 1.75. LJ. A. 1. Ben Sutton 6.52. B. 1. Miles Xavier 6.20. TJ. A. 3. Josh Gbagbo 12.53. B. -. PV. A. 4. Sam Reardon 2.75. B. -. SP. A. 2. Theo Adesina 12.55. B. -. DT. A. 2. Philip Bartlett 41.52. B. 2. Sam Illsley 36.46. N/S. Andre Brown 27.76. JT. A. 4. Coleman Corry 36.03. B. 3. Charlie Short 23.43. HT. A. 2. Sam Illsley 53.51. B. 3. Charlie Short 37.09. N/S. Satvik Chaganti 26.39. 4x100. 1. B&B (Chizute Ogbedeh, Jak Mensah, Matthew Knight, Theo Adesina) 42.22. 4x400. 1. B&B (Matthew Knight, Myles Xavier, Alex O'Callaghan Brown, Ethan Brown) 3.25.73. **Under 20 Women**. 100. A. 5. Funminiyi Olajide 12.69 (0.2). B. 5. Mhairi Brooks 13.26 (-0.4). N/S. Ofejiro Otomewo 13.11 (-0.5). 200. A. 5. Holly Mpassy 25.72 (-0.1). B. 3. Shakanya Osahon 26.60 (-0.3). 400. A. 4. Grace Scopes 59.79. B. -. 800. A. 1. Yasmin Austridge 2.14.86. B. 2. Maddalena Mastrolonardo 2.27.76. 1500. A. 2. Isabelle Stoneham 4.57.65. B. 1. Maddalena Mastrolonardo 5.50.70. 3000. A. 1. Millie Smith 10.40.59. B. 1. Amy Leach 11.02.01. 100H. A. 4. Holly Platt 17.49. B. -. 400H. A. 2. Grace Scopes 65.06. B. -. 1500s/chase. A. 3. Holly Platt 6.38.50. B. -. HJ. A. 2. Funminiyi Olajide 1.60. B. -. LJ. A. 2. Jade Oni 5.13. B. -. TJ. A. -. B. -. PV. A. 4. Eleanor Barrett 2.90. B. 2. Holly Platt 2.80. SP. A. 2. Hannah MacAulay 10.83. B. -. DT. A. 1. Hannah MacAulay 43.19. B. 1. Molly Walsh 20.74. JT. A. 1. Eloise Locke 37.30. B. 1. Holly Platt 21.21. HT. A. 1. Molly Walsh 52.58. B. 1. Hannah MacAulay 25.50. 4x100. 2. B&B (Mhairi Brooks, Achieng Oneko, Eve Ward, Grace Scopes) 49.16. 4x400. 4. B&B (Yasmin Austridge, Maddalena Mastrolonardo, Grace Scopes, Holly Platt) 4.19.62. **Under 17 Men**. 100. A. 2. Zac Nwogwugwu 11.07. B. 2. Oliver Briars 11.43. 200. A. 1. Jeriel Quainoo 21.73 (-0.2). B. 6. Nathan Huggins 24.75. 400. A. 2. Reece Nelson 51.70. B. -. 800. A. -. B. -. 1500. A. Sam Reardon 4.24.57. B. -. 3000. A. 2. Tom Brash 9.18.88. B. -. 100H. A. -. B. -. 400H. A. -. B. -. 1500s/c. A. -. B. -. HJ. A. -. B. -. LJ. A. 6. Andrew Khazali 4.96. B. -. TJ. A. 5. Abdul Rahim 11.77. B. 2. Andrew Khazali 11.59. PV. A. 1. Barnaby Corry 3.95. B. -. SP. A. 3. Dillon Claydon 13.05. B. 3. Satvik Chaganti 9.65. DT. A. 1. Dillon Claydon 41.39. B. -. JT. A. 5. Dillon Claydon 32.77. B. -. HT. A. 3. Andre Brown 24.82. B. -. 4X100. 3. B&B (Nathan Huggins, Jeriel Quainoo, Oliver Briars, Zac Nwogwugwu) 43.05. 4x400. 2. B&B (Reece Nelson, Oliver Briars, Barnaby Corry, Sam Reardon) 3.32.52. **Under 17 Women**. 100. A. 1. Tianna Haynes 12.51 (-0.3). B. 2. Achieng Oneko 12.95 (-0.4). B. 3. Tianna Haynes 26.32 (-0.7). B. 2. Ofejiro Otomewo 26.39 (0.1). 300. A. 1. Holly Mpassy 40.50. B. 2. Francesca Evered 44.65. 800. A. 4. Ellie Dolby 2.22.11. B. 3. Isabelle Stoneham 2.28.45. 1500. A. 3. Ailbhe Barnes 5.04.70. B. 2. Bethany Panton 5.19.27. 3000. A. 2. Anwen Thomas 10.35.21. B. 1. Zoe White 11.46.58. 80H. A. 5. Ruby Bridger 12.19 (0.1). B. 1. Shakanya Osahon 12.08 (-0.5). 300H. A. 6. Kiu Hang 56.16. B. -. 1500s/c. A. -. B. -. HJ. A. 3. Ruby Bridger 1.50. B. 1. Akeiyla Robinson-Pascal 1.35. LJ. A. 3. Ruby Bridger 4.73. B. 1. Claudia Baker 4.62. TJ. A. -. B. -. PV. A. 4. Achieng Oneko 2.00. B. -. SP. A. Nana Gyedu 14.95. B. -. DT. A. -. B. -. JT. A. 5. Ruth Chappell 25.70. B. -. HT. A. -. B. -. 4X100. 2. B&B (Shakanya Osahon, Tianna Haynes, Ofejiro Otomewo, Holly Mpassy) 48.75. 4x300. 1. B&B (Francesca Evered, Shakanya Osahon, Ellie Dolby, Holly Mpassy) 2.50.64. Match. 1. Shaftesbury Barnet 688.5, 2. B&B 688, 3. Reading 576, 4. Crawley 568.5, 5. Havering 536.5, 6. Windsor Slough Eton & Hounslow 517.5. Final Standings. 1. B&B 22 (3028.5), 2. Shaftesbury Barnet 2 (2951.5), 3. Windsor Slough Eton & Hounslow 13 (2386.5), 4. Reading 10 (2006.5), 5. Crawley 9 (2071.5), 6. Havering 8 (2031.5).

31/7/19

**Club One Hour Run, Norman Park.** 1 Paul Kerekgyarto 14.200km, 2 Steve Pairman 14.050km, 3 Steve Evenden 13.870km, 4 Stuart Cullan 12.600km, 5 Luigi Arcuri 12.125km, 6 Mark Ellison 12.044km, 7 George Collins 11.025km, 8 Zoe Kinsmill 10.775km.

100 years ago in 1919

# THE Blackheath Harriers' Gazette

AND  
Club  Record.

No. 250. Vol. XXI.  
Registered at Stationers' Hall.

EDITED BY HARRY R. HOPPER,  
112 Blackheath Hill, London, S.E. 10.

JULY, 1919.

*For Private Circulation amongst Members of the Club.*  
Published by the Hon. Sec. of the Blackheath Harriers, E. J. D. RATCLIFF, 53 Bellingham Road, Catford, S.E.

## PEACE.

GENTLEMEN : : : "THE KING."

To our dead Heroes: "REQUIESCAT IN PACE."

To our warriors who have survived the raging battle: "Long life, health and happiness."

To those amongst us who have lost their dearest and best: "May time soon heal their wounds, and may they joy in the pride of having possessed men who have so gloriously laid down their lives for England's freedom." Their loss is also ours, and our sympathy is with them.

To those whose boys have come safely through all: "Our hearty felicitations, and we joy in their gladness."

### Editorial.

We must express our regret at having to partially guess things for the *Gazette* this month. The fact is, the Editor has been away on business for three weeks, and is still absent. When he returns to Town he is bent on a holiday, and hopes to spot Ratty either in the "Tartar Frigate" (the fisherman's haunt), the "Albion," or "Grand" upwards. We don't care which, as he is sure to treat us to a drop of the best to be got. We won't give the name of the place away in case there's a crush, and all bent on the same stunt. It costs a lot to stand a good round just now! So cheer O everybody, and we'll toast the coming cross-country season.

### Gazette Fund.

There is very little to add to the amount given in last month's number, and as we haven't our books with us we must defer official acknowledgment until August number. In meantime, thanks to those who have "donated."

### NOTICE.

#### SUMMER RUN.

Ratty writes to tell us in letter forwarded that "An Evening Run has been fixed up at

THE SWAN, WEST WICKHAM.

TUESDAY, JULY 16.

Train, 6.10 p.m. from Cannon Street. Supper at 8.15.

We are to see it is "wrote big" in the *Gazette*. Members will need no pressing to put in an appearance at one or both events.

### Bits.

J. E. Fisher has become a life member.

Our worthy Vice-President, J. Metcalf, writes Ratty from his new address, "Courtlands," 5 Farncombe Road, Worthing, enclosing a cheque for *Gazette* Fund, and says: "I shall always be at home to all pals of the B.H."

The West Wickham Summer run takes place. "A most excellent muster put in an appearance for this revival, as many as 22 turning out over the old well known course, taking Keston Ponds en route, although in a very weedy treacherous condition.... After a most excellent cold spread... a move was made to the railway station, via the Swan bar for a wee final... and by the time Town was reached members had mostly been dropped at stations en route, or forcibly kept from doing so by those wishing for company to the end of their respective journeys."

**75 years ago in 1944.**

"It is with profound regret that we have to chronicle the death of another young member in the person of J S Lee who was killed on July 13 whilst on observation duty in Italy... He served abroad in Irak and Egypt before going to Italy leaving this country in 1942. Our deepest sympathy is extended to his wife, and son whom he never saw, as well as to his parents in their grievous loss"

Sydney Wooderson is hospitalized with rheumatic fever. He will be there for four months.

A letter from Peter Johnson full of thanks to the editor and all concerned "who in spite of extra war time duties manage to get THE GAZETTE out to us in fine style. All the time I am reading mine I am as good as in the Clubhouse or trotting around Hayes Common, certainly not sitting in a tent somewhere in North Africa."

" Eric Gleeson, writing from Oflag V11 B says " a long and general drought of smokes' parcels has just ended with 1000 Rhodian and a pound of Cut Bar from the Club. My respiration was likely to return to normal at any time, so you see I'm particularly grateful for this delivery!"

THE  
**Blackheath Harriers' Gazette**  
 AND  
 Club  Record.  
*"Perfer et Obiura"*

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No. 481. Vol. XLVI. *Joint Editors: H. A. WILKINSON and G. H. WILKINSON.* JULY—AUG., 1944  
*Editor: GARRY LANE, N. 10. Assistant Editor: E. J. KEED.* *(Registered at Stationers' Hall.)*

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*For private circulation among Members of the Club*  
*Published by the Hon. Sec. of the Blackheath Harriers, G. F. McIVOR, Larmer Tree, 30, The Avenue, Chisum, Surrey*

A  
TASTE  
OF  
HAYES  
FOR  
ABSENT  
MEMBERS



**Notices**

**SUMMER SEASON**  
(7th Issue, 1944)

**Note.** — The Club Headquarters will be

**OPEN**  
**EVERY WEDNESDAY EVENING**  
 for Training, until  
 ——— **Sept. 27** ———

**THE WINTER SEASON**  
**OPENS**  
 on Saturday, Sept. 30  
 with a 5 mile Opening Run, followed by a Training  
 Run of 5 miles on Saturday, Oct. 7.

**EVENING MEETING**

An **EVENING MEETING** has been fixed for  
**WEDNESDAY, AUG. 16, at 6.45 p.m.**

The programme will follow the lines of last year's successful fixture. Events will be decided upon at the Meeting. It is hoped that all active and non-active Members will attend and make the occasion a success.

The excellent facilities of the Midland Bank Sports Ground at New Beckenham have again been placed at our disposal by courtesy of the Directors and Sports Association.

**AUG. 16 ——— 6.45 p.m.**  
**Midland Bank Ground, New Beckenham**

“After all his experiences in Italy A. J. Gurney is safely home and writes “ I would really like to express my appreciation of the BH POW Fund, and to thank you very much indeed for all the parcels of tobacco and cigarettes that you sent me. Until one has actually had experience of being “behind the wire” one cannot understand what it means to know that the people at home are thinking of you”.

### 50 years ago in 1969

At the GB v Czechoslovakia International in Brno, Tony Wadhams leaps 16.18 in the triple jump which moves him to third on the UK All time list. It is also a qualifying distance for the European Championships. Clubmate Graham Hamlyn is third with 15.74.

The same weekend Peter Hudson represents England and leaps 7.18 in the long jump to finish in 2<sup>nd</sup> place in a match against Scotland, Wales & Northern Ireland.

At the Southern Counties Championships there are silver medals for Graham Gower (110H), Peter Hudson (Long Jump) and Graham Hamlyn (Triple Jump).

Bob Richardson wins the Horsham “10” in 50.54.



*Julian Golding wins the 200 at the Under 20 Champs*

### 25 years ago in 1994.

Julian Golding wins both the 100 (10.52) and 200 (21.05) at the AAAs Under 20 Championships at Bedford. Shani Anderson is second in the womens triple jump with 12.16, while Marvin Bramble is third in the mens triple with 14.66.

Julian is selected for both sprints at the World Championships in Lisbon. He is 8<sup>th</sup> in the 100 and 5<sup>th</sup> in his semi final of the 200. He is then part of the winning 4x100 relay team.

In the British League the Club look set to return to the top flight after finishing second in the third match of the season at Harrow. There are double wins in the 5000 (Darrell Smith and Mark Colpus), shot (Lee Newman and Jason Mulcahy), discus (Lee Newman and Jamie Quarry) and javelin (Peter Yates and Steve Harrison) plus A string wins from Ejike Wodu (100), Paddy Brice (3000 steeplechase).

Jim Day wins the over 60s 100H, High jump and pole vault at the South Of England Vets Championships. At the British Veterans Championships Chris Ellis wins the over 50s discus and Colin Brand the over 55s javelin. Bill Foster wins the Loughborough 10km in 30.01. The Junior mens team virtually secure their fourth successive National title when they finish second in the third match of the season at Telford. They are three points clear with one match remaining. There are double wins in the 3000 (Chris Wada and John Marks), shot (Matt Bundock and Segun Akinjiola) and discus (Emeka Udechuku and Matt Bundock) plus further A string wins for Michael Champion (400), John Marks (2000 s/chase), and the 4x100 quartet of Mensah Elliott, John Skeete, Mark Findlay and Andre Johnson.



*National Junior League team at Telford. Left to right. John Skeete, Chris Moss, Gin Tang, Mark Findlay, Peter Kane, David Pipe, Sam Bobb, John Marks, Andre Johnson, Michael Champion, Mensah Elliott, David Brazil, Emeka Udechuku, Paul Graham, Ruben Tabares, Jeremy Bradley.*

The Senior Men qualify for the GRE Cup Final finishing second to Haringey in their semi final at Enfield, two points ahead of Cardiff and five clear of Enfield. Individual wins come from Spencer Newport in the steeplechase and Jamie Quarry in the long jump. (Haringey subsequently have points deducted after an athlete fails a drug test which means Blackheath win the match). Bromley Ladies miss out on a place in the Jubilee Cup Final by one point as they finish third in their semi final in Stoke. They have three individual wins, Lisa Thompson (800), Debbi Marti (High Jump) and Myrtle Augee (shot). It is a busy month for Debbi Marti. She wins the high jump at the GB V USA match and the Belgian Champs; is third at the TSB Challenge in Meadowbank; and is second in the Welsh Games.

At the English Schools Championships at Telford in the senior boys age group there are medals for Michael Champion (2<sup>nd</sup> 200), Sam Bobb (3<sup>rd</sup> triple jump) and Matt Bundock (3<sup>rd</sup> discus). In the Intermediate Boys, Emeka Udechuku wins the discus and Sudip Burman Roy the shot. Peter Waterman wins the shot in the Junior Boys age group with Russell Johnson equal third in the 100. All the Club's throws medal winners are coached by Mike Winch.

Emeka Udechuku wins the discus at the Schools Home Countries International in Aberdeen. Sudip Burman Roy is second in the shot.

The Club secure the Kent Vets League title

The Boys Young Athletes team win their 9<sup>th</sup> successive Area title and qualify for the National Final.

The youngsters win the third and fourth rounds of the Kent Boys And Colts League to secure the overall title for the 12<sup>th</sup> year in a row.

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

Julian Golding wins the 200 metres in 20.20 at the AAA's Championships & World Championships Trials. Myrtle Augee wins the shot title with a distance of 17.32.

The Senior men are relegated from the top division of the British League after two last places in the two matches which take place in July. There are A string wins in the second match for Julian Golding (100) and Dave Heath (5000).

However, they qualify for the Cup Final knocking out Birchfield in the process. There are wins for Lash Lashore (100), Joe Mills (800), Mike Skinner (1500), Spencer Newport (5000) and Mensah Elliott (110H).

Emeka Udechuku and Mark Findlay represent Great Britain at the European Under 23 Championships in Sweden. Emeka is 7<sup>th</sup> in the discus while, after reaching the semi final of the 100, Mark is a member of the winning 4x100 relay team. Both also represent GB in an under 23 International against France and Spain along with Paul Fisher and Nick Thomas. The Club's athletes win 6 silver and 3 bronze at the AAAs Under 20 and Under 23 championships. In the under 23s Emeka Udechuku is second in the shot and discus and third in the javelin. Nick Thomas is 2<sup>nd</sup> in the triple jump as is Paul Fisher in the 800. Mark Findlay is 3<sup>rd</sup> in the 100. In the under 20s Nange Ursell is 2<sup>nd</sup> in the 400H, Peter Francis 2<sup>nd</sup> in the triple jump, and under 17 Mark Awanah 3<sup>rd</sup> in the long jump.

At the English Schools Championships at Bury St Edmonds in the Seniors there are silver medals for Katy Porter in the 100 hurdles, Nange Ursell (400H) and Peter Francis (Triple Jump); plus bronze medals for Sam Singer (800), Mohammed Sillah Freckleton (110H) and Jon Lundman (Javelin). Mark Awanah wins the Inter Boys long jump with 6.97 and Anisha Barnaby is second in the Girls 200 metres. Gemma Viney is third in the 3000

Mark Awanah and Anisha Barnaby represent England Schools at the Home Countries International at Carmarthen. Mark Steinle finishes in 4<sup>th</sup> place in the Half Marathon at the World Student Games in Majorca. In temperatures of 38 degrees centigrade he times 64.45.

Blackheath win the Kent Boys & Colts League for the 17<sup>th</sup> year in a row.

Dwayne Grant wins two gold medals at the European Youth Olympics at Esbjerg in Denmark. He is first in the 200 in 21.6 and is also part of the winning 4x100 metre relay team.

Gordon Hickey finishes in 3<sup>rd</sup> place out of 44 athletes in the over 65s shot at the World Veterans Championships in Gateshead. He felt he could have thrown further than his 12.82 if the event had been later in the day. Because of the large entry he had to be in the warm up area at 7.20 in the morning.

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

Liz Hughes wins the silver medal in the pole vault at the AAAs Championships and Olympic Trials. There are bronze medals for Mike Skinner in the 1500 and Dwayne Grant in the 200.

Dwayne is selected for the GB Olympic team for Athens. He is in the 4x100.

Dave Taylor wins the over 40s 1500 and 5000 at the European Veterans Championships in Aarhus, Denmark. Helen Godsell wins gold in the over 50s 4x400 and also takes bronze in the 200. Allan Williams and Jim Day win silvers in the over 50s and over 70s categories.

The Club's athletes win five gold, five silver and three bronze medals at the English Schools Championships in Gateshead. Four gain International selections and there are four Club Records. Golds go to Amir Williamson (SB Hammer), Rachel Blackie (IG Hammer), Joe Stockton (JB Hammer), James Alaka (JB 100), Shaunagh Brown (JG Discus). Silver medals are won by Alistair Tawanaee (IB Hammer), Richard AlAmeen (JB Hammer), Jade Castell Thomas (IG Triple Jump), Daniel Haque (IB 200), and Serita Solomon (JG 75H). All the hammer medallists are coached by medallists are coached by Mike Davies. Rachel Blackie throw is a Championship best and the first time Mike has coached a Championship record breaker since 1960! Rachel Blackie, Daniel Haque, Jade Castell Thomas and Alistair Tawanaee represent England Schools at the Home Countries International in Chelmsford.

Liz Hughes makes her Great Britain debut in the pole vault at the Norwich Union match in Birmingham. Fabian Collymore represents the GB Under 23 team in a match against Germany and Italy.

The British League team finish third in their final match of the season to save themselves from relegation.

The Club win their 4<sup>th</sup> match of the season in the Southern Womens League but remain second as the League is decided on match points.

The under 20 men's and women's teams both qualify for the National Final in September.

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

At the English Schools there are golds for Kola Adedoyin (SB triple jump), Andrew Jordan (SB Hammer), Lorraine Ugen (SG Long jump), Ben Hopkins (IB 400H), Samantha Milner (IG Discus). Silvers go to Ben Parkin (IB 400H) and Sabine Effiannayi (IG Shot). Bronze medals are won by Savannah Echel Thompson (SG 400), Christina Moore (SG pole vault) and Tom Benstead (IB 400).

Ben Hopkins, Ben Parkin, Sabine Effiannayi, Samantha Milner and Tom Benstead represent England at the Home Countries Schools International in Antrim.

Funmi Sobodu is part of the GB 4X100 squad who win bronze medals at the European Under 20 Championships in Serbia. Kola Adedoyin (triple jump), Shaunagh Brown (discus) and Lorraine Ugen (long jump) miss out on qualifying for the finals of their events and second claim member Jack Green pulls out of the semi final of the 400 hurdles with an abdominal injury.



*British League athletes past and present and supporters at the first ever match at Norman Park.*

The Club host the first ever British Athletics League match at Norman Park. They finish in 2<sup>nd</sup> place which leaves three teams on 12 points at the top of the table. Daryl Brand competes in his first match for 23 years and wins the javelin. In the UK Womens League the Club finish third to leave them in second place in the table with one match remaining. At the British Masters Championships there are wins for Allan Williams, Helen Godsell, Peter Hannell and Gordon Hickey. Barbara Terry, Clem Leon, Tom Phillips, Steve Langdon and Colin Brand are also in the medals. Scott Overall wins the 5000 metres at the World Championships Trials. Montell Douglas is third in the 100. The Senior Men qualify for the 10 in 100 Cup Final. The Club have qualified for the National Young Athletes Final after finishing second in the Southern Premier Division. At the Summer Supper 50 year awards are presented to Ted Sampson, Mike Taylor and Ian Wilson.



*Ted Sampson, Mike Taylor, President Alison Brand, Ian Wilson*

**Flashback**, 22nd July 1958. Commonwealth Games, Cardiff. 440 yards 2<sup>nd</sup> Round. “At the gun I set off fast, and maintained a good speed to be the first through the tape. The next part of my life became a blur, and some of the details I forget in time and order, because the loud speakers announced that the winner Ted Sampson, (ME), had won in a time of 46.8 seconds. This was the first time a British athlete had ever beaten 47 seconds for the event. The crowd of forty thousand went wild, stamping their feet, cheering and clapping. I couldn’t believe it” From Ted Sampson’s unpublished autobiography “Running For Cover”, a copy of which Ted has donated to the Club.