



Blackheath & Bromley Courier

October 2019.

President 2019-20. Julian Golding.

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



World Championships, Doha

200. 1 Dina Asher Smith 21.88 British Record

100. 2. Dina Asher Smith 10.83 British Record

4x100. 2 GBR inc Dina Asher Smith 41.85

200. 4. Adam Gemili 20.03

4x100. 2. GBR inc Adam Gemili 37.36 British and European Record

No words needed. Well done Dina and Adam and the teams around them, including, of course John Blackie (nice shirts). It doesn't just happen. Conversely, 15 finishers in the Club 5 Mile race. It doesn't just not happen. We had 13 in 1944 when there was a World War on.

30 years of the European Champions Clubs Cup for Juniors.

It's hard to believe that Blackheath Harriers first contested this trophy in 1990 in..... Copthall. Some compensation was the following year it was in Athens and that it was cheaper to travel as a seven day package deal. Bromley Ladies competed in the competition as well in 1991 finishing second in Paris.

1990. Copthall. Blackheath Harriers men 6th out of 14 teams.

1991. Athens. BH men. 4th out of 22 teams (8 club records set!). Paris. Bromley Ladies 2nd.

1992. Albi, France. BH men 8th.

1993. Antwerp. BH men 5th of 17 teams

1994. Warsaw. BH men 7th.

1995. Paris B Final. BH men 2nd

1997. Zagreb B Final. BH men 1st

1998. Istanbul. BH men 4th

1999. Copthall. BH men 5th.

2006. Moscow. B&B Women. 3rd.

2007. Brno. B&B women. 5th.

2008. Mitrovica. B&B women 7th.

2009. Bosnia B Final. B&B women 1st.

2010. Bydgoszcz. B&B women. 3rd.

2011. Castellon. B&B women. 3rd.

2012. Ljubljana. B&B women 5th.

2013. Brno. B&B women 3rd.

2015. Istanbul. B&B women 3rd.

2016. Castellon. B&B women 2nd.

2017. Brno. B&B women 3rd.

2018. Castellon. B&B women 4th. B&B men 4th

2019. Leiria. B&B women 3rd. B&B men 2nd.

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. Full details are on the Club website.

Forthcoming Fixtures

October

Sun 6 – National Road Relays, Sutton Coldfield

Sat 12 – Kent Cross Country League, Swanley Park

Sat 19 – Orion Mob Match, Chingford. (14.30) (BCR3)

Sat 19 – SEAA Cross Country Relays, Wormwood Scrubs

Sat 26 – Kent Cross Country League, Somerhill School, Tonbridge.

Sun 27 – SLH Mob Match, Hayes. (11.00) inc Club 7.5 Mile Championship (BCR4)

November

Sat 2 – National Cross Country Relays, Mansfield

Sat 9 – Kent League, Danson Park, Bexleyheath

Sat 16 – London Cross Country Championships, Parliament Hill

Sat 23 – South of the Thames Junior, TBA

Sat 30 – Kent Masters, Central Park, Dartford.

Social Events

Friday 11th October. Vice Presidents Supper. Hayes.

Friday 25th October. Fund raising Wine Tasting and Quiz Night. Tickets and info from Claire_austridge@yahoo.co.uk

Sunday 15th December. Christmas Lunch, Hayes.



Mike Davies would be delighted to hear from anyone who would like to become a track and field official. Here he outlines the role.

Official (track & field) – Job Description Role: Act as a track judge, field judge, timekeeper or starter/marksman at track and field fixtures promoted by the club or at which club teams compete and are required to provide officials.

Outline of role: Most officials specialise in just one of the four so-called “technical official” roles or disciplines given above, although the flexibility provided by those who add another string to their bow is an advantage to the club. England Athletics organises an education, licensing and qualification path for technical officials and most who officiate regularly choose to follow this route rather than remain as unqualified assistants indefinitely.

Officials work in teams that are led and organised by an experienced official in their discipline so that all levels of experience can be accommodated within their capabilities.

The club’s Officials Secretary circulates a list of fixtures to known officials in February/March, asking for a response form to be completed, showing which fixtures the official wishes to volunteer for. These responses enable our officiating cover for the season to be planned and shortages addressed.



There is no correct or required number of fixtures to volunteer for but it is extremely helpful if an official follows a team, home and away, through the season (4 to 6 matches) and supports some home promotions, including club championships and Open meetings. However, without those few people able and willing to do upwards of 20 meetings a year, the club would fall far short of fulfilling its commitments. Qualified officials should also aim to support their County Championships for at least one day a year. Some officials seek to advance their officiating careers as far as South of England, National or International level.

How to judge cannot be addressed in this brief outline. That is learnt by working with experienced officials and through the education courses.

Person profile: Anyone, but typically an athlete, ex-athlete or parent willing to support the club and the sport by helping competitions to be run fairly and efficiently for the benefit of athletes. Qualified officials are required to undergo a DBS check (free), which can be arranged through the club. This is because they may be in charge of young athletes during a competition.

Please contact Mike at mj.davies4@ntlworld.com and he will supply full details.

Results

From Doha to Daventry, from Berlin to Beckenham, from Sarnia to Sutton, from Budapest to Bedford, from Leiria to Ladywell, from Tewkesbury to Tooting, from Exeter to Ealing, from Umhlanga to UKA Youth Development League Finals, from.....

31/8/19 – 1/9/19

England Athletics Under 17 and Under 15 Championships, Bedford. Under 17 Men. 100. SF2. 5. Zac Nwogwugwu 11.04 (4.7). Ht2. 2. Zac Nwogwugwu 11.20 (-0.8). 200. 6. Jeriel Quainoo 21.91 (1.9). SF1. 3. Jeriel Quainoo 21.63 (5.1). Ht1. 1. Jeriel Quainoo 22.21 (2.0). 800. Ht3. 5. Samuel Reardon 1.59.44. 100H. Ht3. 4. Oliver Early 13.92 (1.7). Triple Jump. 15. Jacob Byfield 11.95. Pole Vault. 3. Barnaby Corry 4.31. Shot. 13. Dillon Claydon 13.10. Discus. 9. Dillon Claydon 42.64. **Under 17 Women.** SF3. 4. Zsiria Thomas 12.35 (0.7), 8. Tianna Haynes 12.93. Ht1. 5. Tianna Haynes 12.74 (-0.1). HT3. 4. Zsiria Thomas 12.65 (-2.1). 200. Ht3. 5. Tianna Haynes 26.61 (3.7). 300. 3. Holly Mpassy 40.10. Ht1. 2. Holly Mpassy 40.26. 800. Ht3. 6. Ellie Dolby 2.24.53. 300H. Ht3. 4. Kelsey Pullin 47.10. 1500s/c. 6. Ellie Osmond 5.25.40, 8. Ailbhe Barnes 5.30.49, 10. Olivia Berry 5.34.53. 3000 walk. 3. Abigail Smith 17.05.02. Shot. 1. Nana Gyedu 15.77. **Under 15 Boys.** 800. Ht2. 5. Jake Anthony 2.08.08. Ht3. 6. Matthew Smith 2.11.70. Long Jump. 9. Connor Sutton 5.52. Pole Vault. 4. Ben Platt 3.41. Shot. 12. Brydon Duncan 12.11. Discus. 4. Brydon Duncan 40.84. Javelin. 13. Ben Platt 40.74. **Under 15 Girls.** 300. Ht3. 4. Cameron Kelly Gordon 43.36. Ht4. 4. Faith Mpassy 45.35. 1500. 12. Lily Meers 5.00.42. Para. SM 400. 2. Prince Reid 53.92. 1500. 1. Prince Reid 4.33.51.

1/9/19

Maidenhead Half Marathon. 4. Ross Braden 70.30 (70.24).

Kent Coastal Half Marathon, Cliftonville. 82. Deniz Mehmed 1.49.34 (1.49.24), 123. Dave Leal 1.56.05 (1.55.55).

Ladywell 10,000. Mx3. 17. Danny Brewer 35.05.98. Mx4. 16. Roger Beswick (M55) 37.38.63. Mx5. 12. Jon Pairman 38.59.20. Mx6. 13. Ifetobi Salako 41.14.09.

Medway & Maidstone Open. Mx. Round 1. Race 1. 1. Duayne Bovell 11.31 (-2.9), R2.R1. 1. Duayne Bovell 10.98 (0.8). 200. Mx1. 2. Ben Gardiner (U20M) 22.53 (-1.7). 400. Mx1. 1. Ben Gardiner 50.53. 800. Mx1. 3. Lewis Mills (U20M) 2.01.99, 5. Darren Corneille (M35) 2.16.32, 9. Daniella Harper (U17W) 2.25.75. Long Jump. MxA. 1. Myles Xavier (U20M) 6.25. MxB. 6. Erin Simpson (U13G) 3.66. Javelin. Under 15B. 1. Josh Buddle Smith 31.32. Under 13s Mx. 2. Finn Kitteridge 28.32, 6. Erin Simpson 17.25.

Regents Park Summer 10km series. 45. Blair Wilson 42.34 (42.23).

Royal Parks Summer 10km Series, Hyde Park. 16. Joshua Dowling 40.20 (40.13).

St Mary's Richmond AC Masters & Open Meeting. 200. Mx7. 4. Jonathan Ekpo (U11B) 31.5. Pole Vault. MxA. 3. Alan Hardy (M60) 2.23.

Sarnia Church To Church 19.4 walk. 6. David Hoben 4.10.08

3/9/19

Trafford AC Grand Prix Open. 1500. Mx2. 3. Mark Cage 4.24.79.

4/9/19

Watford Open Meeting. 800. Mx10. 4. Oscar Hussey 1.59.57. Mx12. 7. Aaron Ensor 2.00.53. 3000. Mx2. 2. Alex Bruce Littlewood 8.36.53.

5-15/9/19. European Masters Stadia Championships, Jesolo, Italy. 5000 walk. 5. Roger Michell (M70) 30.22.62. Javelin. 10 Steve Langdon (M60) 41.17. 10km Road Walk. M70. 9. Roger Michell 57.46. 20km Road Walk. 8. Roger Michell 2.16.03.

6/9/19

IAAF Diamond League, Brussels. 100. 1. Dina Asher Smith 10.88 (-0.3).

7/9/19

UK Athletics Youth Development League, Lower Age Group, National Final, Manchester. Under 15 Boys. 100. A. Adam Islam – Medeaux 11.84. B. 6. Ben Platt 12.86. 200. A. 4. Connor Sutton 24.40 (-2.4). B. 6. Nathan Firla 26.48 (-0.5). 300. A. Adam Islam – Medeaux 37.40. B. 6. Nathan Firla 42.19. 800. A. 2. Matthew Smith 2.07.96. B. 2. Jake Anthony 2.10.38. 1500. A. 6. Alessio Tutt 4.37.41. B. 4. George Shaw 4.57.04. 80H. A. 4. Oliver Robertson 12.43 (-2.0). B. 5. Jonathan Ellerton 15.49 (-1.3). HJ. A. 7. Oliver Robertson 1.55. B. 4. Matthew Smith 1.45. LJ. A. 3. Connor Sutton 5.91. B. 1. Dylan Carroll 5.15. PV. A. 1. Ben Platt 3.50. B. 1. Oscar Witcombe 2.70. SP. A. 2. Brydon Duncan 12.38. B. 4. Kieran Blake 9.22. DT. A. 2. Brydon Duncan 36.99. B. 3. Kieran Blake 24.70. JT. A. 3. Ben Platt 42.11. B. 4. Nathan Firla 32.37. HT. A. Brydon Duncan 39.82. B. 5. George Shaw 12.48. 4x100. B&B (Ben Platt, Connor Sutton, Dylan Carroll, Adam Islam – Medeaux) DQ. 4X300. 1. B&B (Connor Sutton, Matthew Smith, Nathan Firla, Adam Islam – Medeaux) 2.38.10. **Under 15 Girls.** 100. A. 2. Tyra Khambai-Annan 12.45 (-1.3). B. 1. Faith Akinbileje 12.58 (0.0). 200. A. 2. Faith Akinbileje 25.76 (-1.7). B. 2. Rianna Rennie 27.71 (-3.0). 300. A. 2. Amarisa Sibley 42.13. B. 1. Cameron Kelly-Gordon 42.50. 800. A. 2. Amarisa Sibley 2.14.60. B. 2. Imogen Hadley 2.21.37. 1500. A. 5. Lily Meers 4.56.24. B. 1. Hannah Clark 4.58.64. 75H. A. 5. Abigail Smith 12.75 (-0.7). B. 5. Emily Algeo 13.23 (-2.2). HJ. A. 2=. Faith Mpassy 1.45. B. 7. Elena Duncombe 1.25. LJ. A. 4. Faith Mpassy 4.61. B. 2. Sophie Kerr 4.51. PV. A. 4. Olivia Gewitzke 1.90. B. -. SP. A. 1. Rianna Rennie 11.13. B. 5. Natalia O'Docherty – Veru 7.33. DT. A. 5. Sofia Elliott 21.74. B. 4. Natalia O'Docherty – Veru 19.70. JT. A. 1. Rianna Rennie 34.65. B. 6. Emily Algeo 6.52. HT. A. 4. Sofia Elliott 28.48. B. 4. Amelie Willars 16.58. 4X100. 2. B&B (Sophie Kerr, Faith Akinbileje, Emily Kerr, Tyra Khambai-Annan) 49.73. 4x300. 3. B&B (Cameron Kelly – Gordon, Faith Mpassy, Olivia Wauters, Amarisa Sibley) 2.54.53. **Under 13 Boys.** 100. A. 6. David Dare 13.83 (-2.3). B. 2. Zuriel Nwogwugwu 12.99 (-2.6). 200. A. 4. Zuriel Nwogwugwu 26.76 (-1.8). B. 2. David Dare 26.40 (-0.8). 800. A. 5. Jasper Brooks 2.27.16. B. 3. Franco Hillier 2.28.52. 1500. A. 4. Alexander Middleton 4.56.72. B. 4. Joshua Healey 5.11.85. 75H. A. 1. Rayhan Mourtada 12.50 (-1.9). B. 2. Andrew Nikoro 13.27 (-2.2). HJ. A. 4=. Andrew Nikoro 1.35. B. 1. Finn Kitteridge 1.35. LJ. A. 1. Zuriel Nwogwugwu 4.96. B. 3. Marley Byfeld 4.13. SP. A. 4. Max Kennedy 7.47. B. 5. Finn Kitteridge 6.76. JT. A. 3. Max Kennedy 32.81. B. 1. Finn Kitteridge 28.88. 4x100. 4. B&B (Marley Byfield, Rayhan Mourtada, Andrew Nikoro, Zuriel Nwogwugwu) 54.20. **Under 13 Girls.** 75. A. 6. Adaeze Anele 10.49 (0.1). B. 5. Alexia Moren – Rosado 11.08 (-2.2). 150. A. 7. Adaeze Anele 21.29 (-2.6). B. 7. Emily Deveney 22.15 (-2.5). 800. A. 3. Emily Deveney 2.28.86. B. 1. Tallulah Ndikanwu 2.32.16. 1200. A. 2. Molly – May Mooney – Clarke 4.04.89. B. 1. Megan Slattery 4.03.33. 70H. A. 3. Daisy Snell 12.42 (-2.6). B. 2. Amber Cockburn 12.39 (-1.8). HJ. A. 3. Daisy Snell 1.45. B. 4. Megan Barlow 1.25. LJ. A. 3. Daisy Snell 4.47. B. 3. Emily Hayden De Carbonnieres 3.95. SP. A. 4. Islay Pearson 6.93. B. 2. Madeline Marston 6.28. JT. A. 5. Amber Cockburn 21.68. B. 2. Erin Simpson 18.51. 4x100 (Race declared void). Match. 1. Sale Harriers Manchester 601, 2. B&B 695, 3. Reading AC 565, 4. Preston Harriers 516, 5. Marshall Milton Keynes 484, 6. Edinburgh 482.5, 7. Birchfield Harriers 459.5.

8/9/19

UK Athletics Youth Development League, Upper Age Group, National Final, Manchester. Under 20 Men. 100. A. 3. Kyle Reynolds Warmington 11.08 (0.0). B. 1. Jak Mensah 11.12 (0.9). 200. A. 2. Ethan Brown 21.80 (-1.1). B. 1. Matthew Knight 22.35 (0.0). 400. A. 1. Ethan Brown 49.18. B. 1. Myles Xavier 50.93. 800. A. 1. Ben Gardiner 1.58.18. B. 1. Matthew Francis 1.58.80. 1500. A. 2. Matthew Francis 4.06.86. B. 1. Lewis Mills 4.07.02. 3000. A. 2. Callum Myatt 9.00.10. B. 2. Joseph Georgiadis 9.26.23. 110H. A. 1. Joshua Watson 14.58 (0.0). B. 1. Theo Adesina 15.40 (-2.0). 400H. A. 2. Coleman Corry 58.05. B. 1. Joshua Watson 56.90. 2000 s/ch. A. 2. Lewis Mills 6.18.89. B. 1. Aaron Ensor 6.21.99. HJ. A. 1. Kelechi Aguocha 2.05. B. 1. Theo Adesina 1.85. LJ. A. 1. Ben Sutton 6.41. B. 2. Myles Xavier 6.09. TJ. A. 3. Joshua Gbagbo 12.46. B. -. PV. A. 3. Coleman Corry 3.50. B. -. SP. A. 1. Philip Bartlett 12.94. B. -. DT. A. 1. Philip Bartlett 38.96. B. -. JT. A. 1. Pedro Gleadall 47.08. B. 1. Angus Harrington 47.08. HT. A. 2. Sam Illsley 50.43. B. 2. Charlie Short 33.37. 4x100. 1. B&B (Matthew Knight, Chizute Ogbedeh, Jak Mensah, Kyle Reynolds Warmington) 42.20. 4x400. 1. B&B (Myles Xavier, Ben Gardiner, Coleman Corry, Ethan Brown) 3.24.43. **Under 20 Women.** 100. A. 2. Marcia Sey 12.22 (0.0). B. 2. Funminiyi Olajide 12.91 (0.0). 200. A. 2. Louise Evans 24.46 (-0.4). B. 2. Tianna Haynes 26.18 (-0.2). 400. A. 1. Louse Evans 54.59. B. 2. Natasha Bennett 61.72. 800. A. 3. Yasmin Austridge 2.20.47. B. 1. Ellie Dolby 2.24.58. 1500. A. 2. Yasmin Austridge 4.56.14. B. 2. Isabelle Stoneham 5.04.79. 3000. A. 3. Millie Smith 10.39.09. B. 1. Isabelle Stoneham 11.09.14. 100H. A. 2. Mallory Cluley 14.20 (0.0). B. 1. Zoe Austridge 15.55 (2.1). 400H. A. 2. Grace Scopes 65.10. B. 1. Zoe Austridge 75.58. 1500 s/ch. A. 2. Ellie Osmond 5.24.12. B. 4. Holly Platt 6.45.33. HJ. A. 1=. Danielle Hopkins 1.65. B. 2. Zoe Austridge 1.40. LJ. A. 1 Funminiyi Olajide 5.80. B. 1. Danielle Hopkins 5.40. TJ. A. 2. Funminiyi Olajide 11.43. B. 2. Zoe Austridge 9.78. PV. A. 2. Lois Warden 3.05. B. 1. Eleanor Barrett 3.05. SP. A. 2. Hannah Macaulay 10.72. B. 1. Lauren Farley 10.62. DT. A. 1. Hannah Macaulay 41.30. B. 1. Eloise Locke 30.24.

JT. A. 1. Lauren Farley 44.88. B. 1. Eloise Locke 38.10. HT. A. 2. Molly Walsh 50.55. B. 3. Hannah Macaulay 26.30. 4x100. 2. B&B (Mallory Cluley, Marcia Sey, Eve Ward, Achieng Oneko) 47.93. 4x400. 1. B&B (Natasha Bennett, Grace Scopes, Francesca Evered, Louise Evans) 3.58.98. **Under 17 Men.** 100. A. 1. Jeriel Quainoo 10.88 (0.0). B. 1. Zac Nwogwugwu 11.16 (0.1). 200. A. 1. Jeriel Quainoo 22.39 (-0.3). B. 2. Charles Nortey 23.12 (-0.4). 400. A. 1. Oliver Briars 50.32. B. 2. Reece Nelson 51.68. 800. A. 1. Oliver Bright 1.58.24. B. 1. Samuel Reardon 1.58.18. 1500. A. 1. Oliver Bright 4.03.30. B. 1. Samuel Reardon 4.10.79. 3000. A. 4. Jake Leng 9.40.18. B. 3. William Andrews 10.12.36. 100H. A. 6. Eniola Afolabi 14.96 (0.8). B. 5. Barnaby Spear 16.57. 400H. A. 3. Barnaby Corry 58.68. B. 1. Eniola Afolabi 61.57. 1500 s/ch. A. 1. Pablo Seema Roca 4.39.91. B. 1. Frederick Georgiou 5.00.71. HJ. A. 5. Pablo Seema Roca 1.75. B. -. LJ. A. N/D Jacob Byfield. TJ. A. 2. Jacob Byfield 12.70. B. 2. Abdul Rahim 12.15. PV. A. 1. Barnaby Corry 4.10. B. 1. Ethan Kitteridge 3.65. SP. A. 1. Dillon Claydon 12.55. B. 1. Satvik Chaganti 10.71. DT. A. 1. Dillon Claydon 40.76. B. 1. Barnaby Spear 36.47. JT. A. 5. Dillon Claydon 24.77. B. -. HT. A. 5. Satvik Chaganti 25.69. B. -. 4X100. 3. B&B (Jacob Byfield, Reece Nelson, Zac Nwogwugwu, Jeriel Quainoo) 43.19. 4X400. 4. B&B (Charles Nortey, Eniola Afolabi, Bailey Marks-Belaon, Oliver Briars) 3.35.63. **Under 17 Women.** 100. A. 2. Zsiria Thomas 12.68 (-1.3). B. 2. Tianna Haynes 12.88 (-0.9). 200. A. 1. Holly Mpassy 25.36 (-0.1). B. 1. Zsiria Thomas 25.67 (-0.6). 300. A. 1. Holly Mpassy 39.79. B. 5. Francesca Evered 45.09. 800. A. 1. Zakia Mossi 2.16.81. B. 2. Tola Pearse 2.19.75. 1500. A. 5. Naomi Toft 4.48.83. B. 2. Ailbe Barnes 4.53.55. 3000. A. 4. Naomi Toft 10.45.35. B. 1. Jessica Neal 11.14.42. 80H. A. 2. Ruby Bridger 11.85 (0.0). B. 1. Shakanya Osahon 11.85 (0.0). 300H. A. 4. Kelsey Pullin 46.85. B. 5. Ella Brown 51.65. 1500 s/ch. A. 2. Olivia Berry 5.26.05. B. 1. Ailbe Barnes 5.31.06. HJ. A. 3. Ruby Bridger 1.55. B. -. LJ. A. 5. Claudia Baker 4.70. B. -. TJ. A. 3. Molly Savage 10.16. B. -. PV. A. 3. Achieng Oneko 2.15. B. -. SP. A. 1. Nana Gyedu 14.71. B. -. DT. A. Titobioluwa Akinrele 32.46. B. -. JT. A. 6. Ruth Chappell 22.34. B. -. HT. A. NT. Titobioluwa Akinrele. B. -. 4X100. 2. B&B (Zsiria Thomas, Tianna Haynes, Shakanya Osahon, Holly Mpassy) 48.43. 4X300. 1. B&B (Zakia Mossi, Shakanya Osahon, Kelsey Pullin, Holly Mpassy) 2.44.63 (League Record). **Match Result.** 1. B&B 903, 2. Shaftesbury Barnet 776, 3. Team Avon 587, 4. Team Edinburgh 576.5, 5. Kingdom Athletic 564.5, 6. Birchfield 556. **Winner of the Norma Blaine MBE Award- Best Overall Performance.** Nana Gyedu U17W Shot 14.71. B&B are top male and female teams.

Simplyhealth Great North Run. Bertie Harrington 88.09 (89.09), Mick Keene 2.26.55 (2.16.14).

Nuneaton HAC Open. 800. Mx2. 4. Darren Corneille 2.17.4.

Parkruns. Bromley. 2 Daniel Kennedy 17.03, 17 William Foxhall 19.00, 25 Steve Eenden 19.44, 34 Amy Leach 20.08 (1st woman), 71 Danielle Critchley 21.08, 79 Stuart Cullum 21.21, 98 James Unwin 22.02, 176 Iain Swatton 23.53, 375 Bernard Wilson 28.26, 556 Graham Smith 33.48. **Bexley.** 26 George Collins 21.48. **Beckenham Place park.** 5 Luca Ercolani 17.59, 6 Marco Arcuri 18.08, 8 Clayton Aves 18.42, Rod Harrington 21.20, 47 Nigel Haffenden 21.43, 57 Sally Haffenden 21.58, 126 William Slack 25.14, 228 Zoe Kingsmell 31.01, 262 Leszek Malynicz 34.29. **Highbury Fields.** 14 Anwen Thomas 19.44.

Bournemouth. 173 Peter Hamilton 24.48. **Lloyd park.** 25 Amy Miller 20.46 (1st woman), 29 Ifetobi Salako 21.28, 49 Sarah Belaon 23.11. **Westmill.** 1 Robert Perry 18.02, 60 James Perry 30.08, 85 Adrian Perry 36.55. **South Norwood.** 71 Angela Powell 26.13. **Riddlesdown.** 142 Anne Cilia 28.18. **Hoblingwell.** 4 Chris Swinfen 22.20. **Orpington.** 74 Dave Leal 26.59, 119 Andrew Kingsmell 30.26. **Homewood.** 28 Zoe Wood 24.42. **Southwark.** 9 Katie Murray 18.19 (1st woman). **Peckham Rye.** 33 Nick Barber 21.14, 140 Peter Rogers 24.59. **Dartford.** 45 John Turner 25.15. **Heslington.** 1 Joshua Schofield 15.45. **Castle Park.** 25 Jessica Keene 21.12, 356 Mick Keene 35.19. **Exmouth.** 92 Bob Minting 24.40. **Catford.** 53 Barry Wetherilt 23.04. **Bethlem Royal Hospital.** 13 David Beadle 20.33, 20 Mike Simms 22.05.

11/9/19

Parris Handicap, Hayes. 1 George Collins 30.30 (21.15 net time), 2 Damian Hayes 30.51 (19.36), 3 Bernie Bater 31.12 (22.12), 4 Roger Beswick 31.16 (18.01), 5 Paul Sharpe 31.20 (17:50), 6 Andy Lawes 31.22 (21.22), 7 Steve Pairman 31.26 (19.41), 8 Clayton Aves 31.30 (18.45), 9 Heath Griffin 31.37 (21.22), 10 Rob Brown 31.38 (21.38), 11 Dave Beadle 31.39 (21.24), 12 Steve Evenden 31.42 (19.57), 13 Marco Arcuri 31.44 (17.29), 14 Will Brindley 32.03 (21.18), 15 Tim Ayres 32.33 (21.18), 16 Dave Leal 33.32 (25.17), 17 Iain Swatton 35.11 (25.26). **Final Positions.** 1. Heath Griffin 105, 2. Bernie Bater 93, 3. Damian Hayes 85, 4. Dave Beadle 75, 5. Clayton Aves 69, 6. Dave Leal 61, 7. George Collins 59, 8. Paul Sharpe 55, 9. Steve Evenden 54, 10=. Luigi Arcuri 51, 10=. Marco Arcuri 51, 12. Steve Pairman 42, 13. Rob Brown 40, 14. Will Brindley 39, 15. Roger Beswick 38, 16. James Unwin 35, 17. Andy Lawes 31, 18. Graham Coates 30, 19=. John Leeson 25, 19=Stuart Cullum 25, 21=. Mark Compton 24, 21=. Helen Oakes 24, 23=. Glen Read 21, 23=. Nick Barber 21, 25. John Turner 20, 26=. Chris Pike 19, 26=. Bernie Harrington 19, 28=. Joshua Leeson 17, 28=. Ian Montgomery 17, 28=. Gareth Evans 17, 28=. Tim Ayres 17, 32. Luca Ercolani 16, 33. Amy Leach 15, 34=. Tom Leeson 13, 34=. Mark Ellison 13, 36. Zoe Kingsmell 12, 37. Maz Turner 10, 38. Sally Haffenden 9, 39. Barry Wetherilt 8, 40. Adrian Stocks 7, 41. Rod Harrington 6, 42=. Mark Williams 4, 42=. Iain Swatton 4, 44. Peter Rogers 2.

City Of London/Highgate Harriers Open. 400. Mx3. 3. Zakia Mossi (U17W) 59.09.

14/9/19

Will Bolton Memorial Relays, Sparrows Den. Seniors. 3. B&B M1 55.02 (Ross Braden 13.02, Alex Gibbins 13.55, Dan Kennedy 14.24, Joss Barber 13.41), 8. B&B M2 58.28 (Gareth Evans 14.32, Luca Ercolani 15.11, Joseph Georgiadis 14.02, Tom Desborough 14.43), 9. B&B M3 59.46 (Jon Vintner 14.45, Steve Cooper 14.57, Theo Wood 14.42, Josh Dowling 15.22), 16. B&B M4 65.31 (Richard Daniels 15.45, Jake Leng 15.01, Ifetobi Salako 16.41, Richard Hall 18.04), 18. B&B L1 65.58 (Millie Smith 15.48, Ellie Osmond 16.47, Isabelle Stoneham 17.02, Ailhbe Barnes 16.21), 22. B&B L2 68.38 (Ellie Dolby 17.01, Zoe White 17.25, Amy Miller 16.47, Daniella Harper 17.25), 23. B&B M6 71.49 (Steve Evenden 16.48, John Leeson 19.18, Barry Wetherilt 20.21, Gareth Evans 2 15.22), 24. B&B L3 72.44 (Bethany Panton 18.11, Ella Deighton 19.10, Amy Leach 16.29, Heidi Forsyth 18.54), 26. B&B M5 74.01 (Jason Meers 17.40, Mark Ellison 18.27, Rod Harrington 19.05, Andy Lawes 18.49), 27. B&B Team Daniel 74.23 (Richard Daniel 18.29, Ken Daniel 18.18, Jason Short 19.53, Con Griffin 17.43). Bennett Cup Handicap. 1. John Leeson, 2. Ifetobi Salako, 3. Adrian Stocks. **U15 and U13s.** 5. B&B U15B 40.16 (Matthew Smith 13.04, Arthur Starvis 13.30, George Shaw 13.42), 11. B&B U15B 2 42.23 (Thomas Sugden 13.49, Nathaniel Brunner 15.08, Ted Marston 13.26), 14. B&B U15G 43.09 (Hannah Clark 14.13, Amarisa Sibley 14.43, Lily Meers 14.13), 20. B&B U13G. 45.21 (Megan Slattery 14.32, Tallulah Ndikanwu 15.23, Megan Barlow 15.26), 21. B&B U15G2 45.26 (Olivia Wauters 15.42, Cameron Kelly-Gordon 14.56, Carys Firla 14.48), 24. B&B U13G2 46.13 (Maria Salamanca 15.04, Amie Gould 15.28, Francesca Middleton 15.41), 27. B&B U15G3 46.44 (Isabella Louth 15.39, Amelia Middleton 15.03, Sofia Plum – Maher 16.02), 30. B&B U15G4 47.59 (Lydia Witcombe 16.01, Luciana Smith 15.53, Alyssa Firla 16.05), 32. B&B U15G5 49.03 (Emily De Backer 16.02, Cara Gould 15.55, Olivia Magee-Brown 17.06), 34. B&B U15G6 51.06 (Amelie Willars 16.47, Abigail Smith 17.34, Liberty Whyte 16.45), 38. B&B U15G7 54.31 (Eve Maher 18.06, Lola Bischoff 19.25, Ciara Slattery 17.00). Under 11s. 1. James Shaw 4.51, 2. Luciana Smith 4.52, 5. Sam Barlow 5.11, 7. Joseph Louth 5.30.

Richmond Runfest Kew Gardens 10km. 1. Scott Overall 30.02.

Run Through Greenwich Park 5km. 2. Blair Wilson 19.55.

Parkruns. Bromley. 12 William Foxhall 19.23, 27 Olivia Berry 20.11 (1st woman), 60 Steve Pairman 21.14, 61 Danielle Critchley 21.15, 85 Damian Hayes 21.52, 177 Holly Kibblewhite 24.05, 257 Mark Wallace 25.43, 277 Sally Smith 26.16, 316 Tom Leeson 27.16, 362 Julia Pairman 28.16, 375 Jamie Muir 28.42, 390 John Leeson 29.03, 494 Graham Smith 32.38.

Brockwell park. 127 Ross Braden 23.46. **Beckenham Place park.** 3 Paul Sharpe 17.56, 5 Clayton Aves 18.32, 22 Tim Ayres 20.26, 98 Nigel Haffenden 24.20, 99 Sally Haffenden 24.20, 121 William Slack 25.27, 154 Leszek Malynicz 27.27. **Torbay Velopark.** 46 Harry Kendall 22.54. **Nonsuch.** 32 Paul Ross-Davies 19.49. **Mile End.** 327 James Perry 31.27. **Orpington.** 7

Harry Keene 21.06, 199 Karen Desborough 33.25. **Peckham Rye.** 103 James Morris 24.03, 121 Peter Rogers 24.49. **Dartford.** 59 John Turner 26.02, 145 Maz Turner 33.48. **Penrose.** 1 Robert Perry 17.29, 211 Adrian Perry 36.31. **Evesham.** 11 George Collins 21.08, 63 Zoe Kingsmill 27.14, 93 Andrew Kingsmill 30.11. **Tewkesbury.** 2 Marco Arcuri 18.37, 26 Luigi Arcuri 25.41. **Wepre.** 15 Mike Simms 24.25. **Exmouth.** 114 Bob Minting 25.58. **Catford.** 94 Barry Wetherilt 25.53. **Foots Cray Meadows.** 2 Ritchie Leccia 20.10. **Bethlem Royal Hospital.** 7 Stuart Cullum 20.56. **Squerryes Winery.** 12 Jessica Keene 20.25, 123 Mick Keene 29.16.

14-15/9/19. Kent Decathlon Championships inc Masters & Under 13 Champs, Erith. M35. 1500. 1. Darren Corneille 4.45.11. M50. 800. 2. Heath Anthony 2.20.10. 1500. 1. Heath Anthony 4.46.89. M70. 800. 1. Peter Hamilton (M70) 3.11.57. 1500. 1. Peter Hamilton 6.19.93. 5000. 1. Peter Hamilton 23.03.15. Under 13 Boys. 100. Ht1. 5. Andrew Nikoro 14.03 (-1.0). Ht2. 4. James Lawson 13.98 (-0.2), 7. Shing Hei Hang 14.83. 200. 4. Rayhan Moutada 27.56 (-0.5). Ht1. 3. Rayhan Mourtada 27.70 (0.3). Ht2. 4. James Lawson 29.27 (0.4). 800. R1. 2. Hendri Verster 2.33.88. R2. 4. Jasper Brooks 2.25.69, 7. Harry Fage 2.38.62. 1500. 3. Joshua Healey 5.02.95, Harry Fage 5.11.57. 75H. 2. Rayhan Mourtada 12.23 (2.5), 6. Andrew Nikoro 13.33. Ht2. 1. Rayhan Mourtada 12.39 (2.3), 2. Andrew Nikoro 13.36. HJ. 5. Andrew Nikoro 1.25. LJ. 4. Jasper Brooks 4.62, 9. James Lawson 3.95. SP. 4. Max Kennedy 7.92. DT. 4. Max Kennedy 16.54. JT. 3. Max Kennedy 32.35, 6. Finn Kitteridge 27.76, 9. Andrew Nikoro 25.32. HT. 9. Max Kennedy 17.27. Under 13 Girls. 800. R1. 2. Amber Cockburn 2.43.78. R2. 2. Emily Deveney 2.26.09, 5. Megan Barlow 2.37.37. 1200. 2. Molly May Mooney-Clarke 4.00.46. 70H. 4. Daisy Snell 12.43 (-1.0), 5. Amber Cockburn 12.51. Ht1. 3. Amber Cockburn 12.40 (1.3). Ht2. 3. Daisy Snell 12.40 (-0.2). HJ. 3=. Megan Barlow 1.30. LJ. 1. Daisy Snell 4.78, 11. Amber Cockburn 3.68, 13. Megan Barlow 3.65. SP. 7. Madeleine Marston 6.66. DT. 4. Bethany Willars 16.95, 7. Erin Simpson 14.52. JT. 6. Erin Simpson 19.80, 7. Amber Cockburn 18.21.

15/9/19

Beckenham Half Marathon. 13. Len Cowder 88.39 (88.34), 44. Steve Evenden 96.27 (96.18), 260. Gerry Alger 2.06.05 (2.05.58).

Intersport Run Reigate 10km. 22. Blair Wilson 40.43 (40.39).

Intersport Run Reigate Half Marathon. 18. Luca Ercolani 82.35 (82.33).

Simplyhealth Great Bristol Half Marathon. 72. Ian Firla 80.40 (80.35)

17-18/9/19

City Of Norwich Evening Throws Open. SP. 1. Gemma Vickery 8.16. DT. 2. Gemma Vickery 25.27. JT. 5. Gemma Vickery 21.00. HT. 1. Gemma Vickery 47.28.

21/9/19

European Champions Clubs Cup for Juniors, Leiria, Portugal. Men. 100. 1. Jeriel Quainoo 10.78 (0.1). N/S. 2. Chizute Ogbedeh 11.32 (-1.0), 7. Coleman Corry 12.08. 200. 3. Jeriel Quainoo 21.70 (0.0). 400. 3. Ethan Brown 46.61. 800. 2. Angus Harrington 1.54.13. 1500. 1. Oliver Bright 4.12.17. 3000. 4. Callum Myatt 8.58.55. 100H. 2. Josh Watson 14.39 (0.6). 400H. 3. Alex O'Callaghan Brown 53.62. 2000s/c. 4. Lewis Mills 6.19.85. HJ. 2. Kelechi Aguocha 2.02. LJ. 3. Theo Adesina 6.87. TJ. 4. Joshua Gbagbo 13.28. PV. 4. Pedro Gleadall 4.15. SP. 7. Phillip Bartlett 11.64. DT. 6. Dillon Claydon 36.63. JT. 5. Pedro Gleadall 53.99. HT. 4. Sam Illsley 53.57. 4x100. B&B () 41.77. 4x400. 1. B&B (Alex O'Callaghan Brown, Oliver Briars, Ben Gardiner, Ethan Brown) 3.14.90. Match. 1. Turkey 119, 2. GBR (B&B) 111, 3. ESP 109, 4. POR 98, 5. ITA 80, 6. Den 71, 7. SLO 48, SUI 44. **Women.** 100. 2. Marcia Sey 12.15 (0.0). N/S. 1. Zoe Austridge 13.09 (-0.5), 6. Holly Platt 13.68. 200. Zsiriah Thomas 25.38 (0.3). 400. 2. Holly Mpassy 56.06. 800. 5. Zakia Mossi 2.15.60. 1500. 5. Ailbhe Barnes 5.11.62. 3000. 6. Anwen Thomas 10.38.07. 100H. 1. Marcia Sey 13.81 (1.1). 400H. 6. Grace Scopes 65.29. 2000s/chase. 1. Yasmin Austridge 7.09.31. HJ. 4. Danielle Hopkins 1.65. LJ. 2. Funminiyi Olajide 5.58. TJ. 3. Funminiyi Olajide 11.61. PV. N/H. Lois Warden. SP. 4. Nana Gyedu 13.37. DT. 4. Hannah Macaulay 41.07, JT. 4. Lauren Farley 39.59. HT. 2. Molly Walsh 51.62. 4x100. 2. B&B () 47.54. 4X400. 4. B&B () 3.54.46. Teams. 1. TUR 112.5, 2. CZW 103, 3. GBR 99, 4. ESP 98.5, 5. DEN 80, 6. SLO 69, 7. NED 60, 8. SUI 60.

Parkruns. Bromley. 18 Steve Evenden 19.44, 27 Stuart Cullum 20.15, 46 Danielle Critchley 21.01, 48 James Unwin 21.14, 62 Aleksander Wiltshire 21.36, 125 Andy Tucker 22.49, 184 Austin Adams 24.23, 230 Niamh Milmo 25.51, 231 Tom Leeson 25.51, 232 John Leeson 25.52, 272 Jamie Muir 26.58, 330 Bernard Wilson 28.40. **Bexley.** 3 Darren Corneille 19.27.

Beckenham Place park. 7 Clayton Aves 18.52, 111 Will Slack 25.24, 135 Zoe Kingsmill 26.38, 205 Tim Ayres 30.17, 248 Leszek Malynicz 33:20. **Nonsuch.** 7 Peter Tucker 17.41. **Crystal Palace.** 10 Ritchie Leccia 19.18, 26 Carys Firth 20.24 (1st woman). **Lloyd park.** 19 Jennie Butler 21.24 (1st woman). **Dulwich.** 58 Chris Swinfen 20.41. **Orpington.** 8 Jessica Keene 20.19 (1st woman), 9 Harry Keene 20.30, 18 Steve Pairman 21.33, 20 Nick Barber 21.44, 170 Mick Keene 33.22, 178 Karen Desborough 34.06. **Homewood.** 25 Zoe Wood 24.53. **Exeter Riverside.** 188 Sally Smith 26.26, 332 Graham Smith 32.44.

Bideford. 4 Katie Murray 18.17 (1st woman). **Exmouth.** 68 Bob Minting 23.31. **Clapham Common.** 256 James Cunningham 24.18. **Catford.** 47 Barry Wetherilt 22.38. **Foots Cray Meadows.** 53 Sally Haffenden 25.10, 54 Nigel Haffenden 25.11.

Bethlem Royal Hospital. 10 Ted Marston 21:27, 17 Mike Simms 23.03, 50 Madeleine Marston 26.53. **Squerrys Winery.** 4 Robert Perry 18.20, 25 Mark Ellison 23.12, 63 Anne Cilia 28.29, 89 James Perry 31.13, 115 Adrian Perry 38.17.

21-22/9/19.

English Schools Combined Events & Walks Championships, Exeter. Intermediate Boys. 3. Jonathan Ellerton 22.04.38. Intermediate Girls. Heptathlon. 8. Ruby Bridger 4361 (200 – 27.52, 800 – 2.47.31, 80H – 12.02, HJ – 1.56, LJ – 5.07, SP – 11.83, JT – 30.55). 3000 Walk. DQ. Abigail Smith.

Sri Chimnoy Self Transcendence 24 Hour Track Race, Tooting. 37. John Turner 127.353k (79.13 miles) 318 laps.

22/9/19

SEAA Road Relay Championships, Crystal Palace. Senior Men. 36. B&B "A" 1.52.20. (Tom Desborough 19.36 (70), Alex Gibbins 19.02 (64), Alex Bruce Littlewood 17.51 (45), Joss Barber 18.31(39), Dan Kennedy 19.03 (37), James Habbergham 18.15 (36)). Inc B&B "B" (Jason Meers 23.32, Ifetobi Salako 23.49). **M40.** 20. B&B 1.32.37 (Len Crowder 21.40 (21), Dave Beadle 23.16 (18), Adrian Stocks 23.48 (20), Nick Barber 23.51 (20)). **Under 17 Women.** 17. B&B "A" 36.50 (Ellie Osmond 11.47 (14), Ellie Dolby 12.53 (18), Olivia Berry 12.10 (17)). 22. B&B "B". 38.06 (Zoe White 12.00 (19), Bethany Panton 13.33 (30), Danielle Harper 12.33 (22)). Inc B&B "C" (Heidi Forsyth 13.16 (41), Ella Deighton 13.54 (41)). **Under 15 Boys.** 25. B&B "A" 45.50 (Arthur Starvis 11.18 (27), George Shaw 11.42 (29), Alessio Tutt 11.16 (24), Ted Marston 11.33 (25)). Inc B&B "B" (Nathaniel Brunner 13.20 (55)). **Under 15 Girls.** 15. B&B "A" 37.10 (Amarisa Sibley 12.32 (30), Cameron Kelly Gordon 12.41 (24), Hannah Clark 11.55 (15)). 34. B&B "C" 39.07 (Cara Gould 12.35 (35), Sofia Plum Maher 12.52 (26), Emily De Backer 13.39 (34)). 38. B&B "B" 39.21 (Isabella Louth 12.34 (33), Amelia Middleton 13.48 (42), Olivia Wauters 12.58 (38)). 50. B&B "D" 41.52 (Liberty Whyte 13.36 (56), Amelie Willars 14.00 (56), Olivia Magee Brown 14.15 (50)). **Under 13 Boys.** Inc (Alexander Middleton 11.39 (16), Joshua Healey 12.15 (15), Harry Fage 12.32 (15)). **Under 13 Girls.** 10. B&B "A" 37.52 (Megan Slattery 12.25 (10), Tallulah Ndikanwu 2.41 (7), Emily Deveney 12.46 (10)). 23. B&B "B" 40.05 (Megan Barlow 13.03 (21), Francesca Middleton 13.56 (27), Amie Gould 13.04 (23))

KCAA Relays & Masters Jumps Championships, Medway Park, Gillingham. Under 17 Men. 4x100. 1. B&B (Abiola Afolabi, Charles Nortey, Sam Reardon, Zachary Nwogwugwu) 44.9. 4x200. 1. B&B (Charles Nortey, Abiola Afolabi, Eniola Afolabi, Zachary Nwogwugwu) 1.34.9. 4x400. 1. B&B (Pablo Seema Roca, Eniola Afolabi, Bailey Marks Belaon, Sam Reardon) 3.42.5. 3x800. 1. B&B (Pablo Seema Roca, Bailey Marks Belaon, Sam Reardon) 6.30.9. **Under 17 Women.** 4x100. 1. (Achieng Oneko, Molly Savage Eve Ward, Tianna Haynes) 49.2. 4x200. 2. B&B (Ofejiro Otomewo, Kelsey Pullin, Claudia Baker, Shakanya

Osahon) 1.46.2. 4x300. 2. B&B (Kelsey Pullin, Ofejiro Otomewo, Tianna Haynes, Shakanya Osahon) 2.55.2. **Under 15 Boys.** 4x100. 4. B&B (Oliver Robertson, Matthew Smith, Nathan Firla, Adam Islam Medeaux) 48.9 4x200. 3. B&B (Oliver Robertson, Matthew Smith, Jake Anthony, Adam Islam Medeaux) 1.39.4. 4x300. 1. B&B (Matthew Smith, Nathan Firla, Jake Anthony, Adam Islam Medeaux) 2.39.0. 3x800. 1. B&B (Jake Anthony, Nathan Firla, Matthew Smith) 6.53.0. **Under 15 Girls.** 4x100. 2. B&B (Sophie Kerr, Faith Mpassy, Kelsey Calladine Smith, Emily Kerr) 52.9. 4x200. 2. B&B (Abigail Smith, Emily Algeo, Kelsey Calladine Smith, Emily Kerr) 1.54.5. Ht1. 1. B&B (Abigail Smith, Emily Algeo, Kelsey Calladine Smith, Emily Kerr) 1.54.6. 4x300. 3. (Sophie Kerr, Abigail Smith, Emily Algeo, Faith Mpassy) 3.04.9. **Under 13 Boys.** 4X100. 2. B&B (Marley Byfield, Andrew Nikoro, James Lawson, Rayhan Mourtada) 53.9. Ht1. 2. B&B (Marley Byfield, Andrew Nikoro, James Lawson, Rayhan Mourtada) 54.1. 4x200. 2. B&B (Marley Byfield, Andrew Nikoro, James Lawson, Rayhan Mourtada) 1.51.6. **Under 13 Girls.** 4x100. 5. B&B (Daisy Snell, Alyssa Firla, Madeleine Marston, Nina Whitter) 56.2. Ht1. 3. B&B (Daisy Snell, Alyssa Firla, Madeleine Marston, Nina Whitter) 55.8. 4x200. 2. B&B (Daisy Snell, Alyssa Firla, Erin Simpson, Madeleine Marston) 1.56.6. M60. Pole Vault. 1. Alan Hardy 2.40.

Jim Day Memorial Pole Vault, Sutton. Mx A. 6. Finn Kitteridge (13B) 2.23, 19. Charlie Platt (U11B) 1.83. MxB. 7. Oscar Witcombe (U15B) 2.83, 9. Roger Platt (M45) 2.73. MxC. 7. Ethan Kitteridge (U17M) 3.73, Mariette Hilborne 3.43. MxD. 2. Scott Huggins 4.93, 10. Barnaby Corry (U17M) 4.13. MxF. 1. Ben Platt (U15B) 3.63.

Daventry Road Runners 10km. 1. Josh Schofield 33.03.

Highway 10km, Orpington. 1. Ben Cockburn 36.28 (36.27), 6. Graeme Lugar 38.48 (38.47).

Chislehurst Chase. 4. Blair Wilson 42.12, 10. Isabelle Stoneham 45.29, 67. Austin Adams 57.24.

28/9/19

Parkruns. Bromley. 1 Will Andrews 17.31, 7 Arthur Starvis 18.34, 15 Ted Marston 19.23, 38 Damian Hayes 20.33, 54 Maria Salamanca 20.59, 62 Danielle Critchley 21.10, 102 Mark Wallace 22.51, 106 Gareth Griffin 22.54, 166 Austin Adams 24.14, 246 Graham Coates 25.27, 274 Tom Leeson 26.21, 336 John Leeson 27.59, 337 Bernard Wilson 28.00, 489 Graham Smith 32.47. **Greenwich.** 9 Darren Corneille 19.27. Oxford. 288 Mick Keene 28.06. **Beckenham Place park.** 4 Clayton Aves 18.52, 22 Rod Harrington 21.52, 56 Iain Swatton 24.09, 78 Will Slack 25.29, 120 Chris Swinfen 28.26, 172 Leszek Malynicz 32.20.

Highbury Fields. 15 Anwen Thomas 19.50 (1st woman). **Crystal Palace.** 231 Glen Read 29.11. **Waterworks, Belfast.** 37 James Unwin 22.39. **Bournemouth.** 164 Peter Hamilton 25.14. **Lloyd park.** 73 Jane Bradshaw 23.22. **Catterick.** 13 Neil Ayrton 20.18. **Orpington.** 154 Karen Desborough 34.24. **Tonbridge.** 113 Mark Ellison 23.56, 264 Anne Cilia 27.38.

Lanhydrock. 4 Richard Daniels 20.41. **Peckham Rye.** 98 Peter Rogers 24.32. **Umhlanga.** 115 Zoe Kingsmell 28.12, 194 Andrew Kingsmell 31.53. **Dartford Heath.** 9 Steve Pairman 22.27, 10 Nick Barber 22.28. **Tooting Common.** 50 Eloise O Shaughnessy 20.24. **Exmouth.** 77 Bob Minting 24.29. **South Woodham Ferrers.** 86 James Perry 29.30, 151 Adrian Perry 36.17. **Catford.** 47 Barry Wetherilt 23.35. **Marlborough Common.** 14 Nigel Haffenden 23.20, 16 Sally Haffenden 23.23.

Woolacombe Dunes. 63 Angela Powell 31.30. **Bethlem Royal Hospital.** 4 Ellie Osmond 20.14 (1st woman), 9 Ian Montgomery 21.48, 27 Mike Simms 24.01, 52 Madeleine Marston 27.01. **Squerryes Winery.** 69 Sally Smith 28.11.

29/9/19.

Club 5 Mile Cross Country Championships, Hayes. 1 Callum Myatt 28.17 Club 5 Mile and Club Junior 5 Mile Champion (Handicap 1st), 2 Joseph Georgiadis 30.59 (7), 3 Roger Beswick 32.13 (3), 4 Paul Kerekgyarto 35.36 (8), 5 Steve Pairman 35.52 (10), 6 David Beadle 35.55 (5), 7 Adrian Stocks 36.55 (4), 8 Rod Harrington 39.39 (2), 9 Glen Read 40:07 (13), 10 Nic Corry 40.21 (11), 11 Andy Lawes 40.27 (9), 12 John Leeson 40.45 (6), 13 Ian Taylor 41:06 (14), 14 Barry Wetherilt 42.33 (12), 15 Iain Swatton 43:47 (15), Henry Fisher D.N.F. Bennett Cup after 2 events. 1= Adrian Stocks and John Leeson 55, 3. Joseph Georgiadis 44, 4. Dave Beadle 34.

BMW Berlin Marathon. 34. Scott Overall 2.14.40, Carolyn Johnson 3.13.59 (3.11.01), Steve Evenden 3.29.38 (3.18.56).

SPAR Budapest Marathon. 2443. John Turner 4.43.32.

Herne Hill Harriers Throws Fest, Tooting Bec. SP. 3K. 5. Max Kennedy 7.91. JT. 400g. 2. Max Kennedy 29.77.

Ealing Half Marathon. 1992. Louis Mascarenhas 2.01.54 (1.58.26).

Barns Green Half Marathon. 158. Mike Simms 99.53 (99.21), 261. Stuart Cullum 1.46.20 (1.45.59)

27/9/19 to 6/10/19

IAAF World Championships, Doha, Qatar. Men. 100. SF1. 3. Adam Gemili 10.13 (-0.3). Ht2. 3. Adam Gemili 10.19 (-0.8). 200. 4. Adam Gemili 20.03 (0.3). SF1. 1. Adam Gemili 20.03 (-0.3). Ht1. 1. Adam Gemili 20.06 (0.5). 4X100 2. GBR (inc Adam Gemili) 37.36 (European & British Record). Ht1. 1. GBR (inc Adam Gemili) 37.56. **Women.** 100. 2. Dina Asher Smith 10.83 (0.1) (British Record). SF2. 1. Dina Asher Smith 10.87 (0.5). Ht4. 1. Dina Asher Smith 10.96 (-0.1). 200. 1. Dina Asher Smith 21.88 (0.9) (British Record). SF3. 1. Dina Asher Smith 22.16 (0.5). Ht4. 1. Dina Asher Smith 22.32 (0.4). 4x100. 2. GBR (inc Dina Asher Smith) 41.85.

100 years ago in 1919

"We congratulate our friends in the Surrey Walking Club, especially E. H. Neville, our own Club member, who acted as Racing Hon Secretary, upon the successful issue of their Open Race over the well-known course from Westminster Clock Tower to the Aquarium, Brighton on September 13."

"Many members who were not privileged to serve with His Majesty's Forces quite overlooked their subs, during the past few years. The matter will be dealt with at the next Committee Meeting, but meanwhile our acting Hon. Treasurer, at 53 Bellingham Road, Catford, will be delighted to receive any propositions (*and cash*) from any "absent minded beggars" The Gazette lists 197 serving in the forces of whom four have been discharged wounded, one with shell shock, and one gassed. The number killed in action is 44."

"The Opening Run of the 51st Season, Novices' Pewter Race, and Smoking Concert will take place on Saturday October 4th. Please turn up in big battalions and will the Vice-Presidents kindly note that it is expected that every one of them will put in an appearance to support our President and the Club"

75 years ago in 1944.

" The Opening Run of the last few years has been very fortunate regarding the weather and the start of our seventy-sixth cross country season proved no exception, a good number of runners and visitors making the most of the bright day.... Back in the Club we were welcomed by hot baths with Bill Spray in attendance, then upstairs to tea where Nobby Clarke and Mrs Dodson were still able to look after our needs even in this sixth year of war... In the evening several Members stayed on for a supper of sausage and mash"

" We all join in congratulating that gallant airman "Bob" Pattison, on the daring exploit last July which earned him a well deserved D.F.C. Those of us who live in "doodle -bug alley" do so with a big spot of gratitude, for it was in an attack on a "target in the Pas de Calais area" where (we quote from the citation) " he captained an aircraft, one engine of which became useless early on the outward flight. Nevertheless this determined captain went on to the target which he reached after the main bombing force, and executed his attack from a lower level than planned. His aircraft was repeatedly hit by A.A. fire and sustained damage, but he flew it safely to base. Commander Pattison displayed resolution and devotion to duty of a high order"

"On Sunday Sept 24, a meeting of the Club's Piscatorial Society was held on the banks of the Byfleet canal. The gathering consisted of "Nobby" Clarke, who seems to be the Grand Master, and his attendants on this occasion were Dick Cockburn and A. D. Thwaites and the object of the meeting, apart from fishing, was to greet Frank Pearce on his present ground. It will be duly recorded in the Minutes of Blackheath Harriers that a committee meeting was held at "The Anchor," Byfleet, and the business of the meeting was to consider and, if thought fit, elect Martin Francis Pearce, aged 5 and a half months, as a member of the Club. We understand that the candidate was successful, but we cannot discover how long the meeting at "The Anchor" lasted."

"Another Past President "in the news" is W. D. Whiter, who had the misfortune to have his home completely wrecked by a flying bomb, fortunately without any casualties. But for the fact that Mr and Mrs Whiter were at the time in their specially strengthened room, they would probably have been buried in rubble"

50 years ago in 1969



45 teams start the Club's road relay at Hayes and Ian Wilson brings the Club home first on the opening leg. The team of Wilson. Mike Willis, John Baldwin, Bob Richardson, Chris Haines and Peter Horwood finishes second. The Club finish ten complete teams plus two thirds of an eleventh. Bob Richardson finishes equal first in the Greenwich "10"

The third and final National League Meeting takes place at Cardiff and the Club completes a hat trick of last places. The Club's only winner is Graham Gower in the 110 hurdles. "Following the meeting the Blackheath Centenary Trophy (see left) was presented to Birchfield Harriers, but subsequently we have learnt that there is a dispute as to the eligibility of certain performers and the final position in the League is still to be resolved."

"The Centenary Committee, in their deliberations on the form such an award should take, considered that a work of art in the modern idiom would most suitably reflect our feelings at this time. The sculptor, Derek May, has used as his theme the 3As. Since it is a work of art and its appreciation is in the eye of the beholder, it is bound to be controversial, but there is no doubt it

forms a striking trophy. Some like it, some do not! Some say it grows on one and some are in transports." (Note, in 2019 the whereabouts of this trophy is not known... where's Pickles?!)

The Centenary Commemorative Run takes place. A coach takes runners and supporters to Peckham Rye. Here they visit the "Kings Arms", and "Rye House Hotel" before four packs begin runs of various routes to the "Green Man" in Blackheath. From there it was off to Ladywell Park and the track before heading to "The Railway" in West Wickham which closes at 2.30pm. The coach and supporters arrive in "good drinking time" but not the runners. From there is a short run to the Clubhouse for tea and then supper at 6.30pm.

25 years ago in 1994.

There is a special 80th birthday celebration for Sydney Wooderson at the Clubhouse.



Unfortunately the Wooderson celebrations clash with the Southern Vets AC Inter Divisional Final at Colindale, Blackheath finish second to Verlea. Individual wins come from Bob Minting (M40 400), Shaun Lightman (M50s 2000 walk), Gordon Hickey (M50s shot), Chris Ellis (M40 Discus) and Colin Brand (M50s discus).

The Club win the National Young Athletes League for the 6th year in a row, 100 points clear of runners up Liverpool Harriers. Adrian Harris (400 hurdles) is track athlete of the match and Emeka Udechuku takes the field event award winning the under 17s discus by over 12 metres with 52.06.

In a closely contested Gold Cup Final shown on Sky Sports, the Blackheath finish in 5th place. There are wins for Julian Golding (100 and 200), James Harrison (10,000), Dave Lee (3000 s/chase), and Lee Newman (shot). In the Plate Final the following day, Bromley Ladies finish runners up. Double wins come from Debbi Marti (high jump and javelin) and Ujo Efobi (100 hurdles and shot).

The Club represent the UK in the European Champion Clubs Cup for juniors in the A final in Poland, finishing in 7th place. Three athletes finish in the top three, Michael Champion (gold 400), Mark Findlay (silver long jump) and Steve Timmins (bronze 400 hurdles).



The Blackheath Harriers and Surrey AA Road Relays take place at Crystal Palace. Blackheath finish 2nd in the Southern Road Relays at Aldershot with a team of Phil Hogston, Darren Neale, Tim Dickinson, Steve Dodd, Paddy Brice and Spencer Newport. Spencer runs the third fastest leg of the day. Dave Heath runs first leg for the B team.

20 years ago in 1999.

Blackheath finish first and second in the Sparrows Den Relays. A tough day in the National Junior Athletics League final in Derby sees the Club finish in 8th place. The Club represents the UK in the European Champions Club Cup for juniors in the A final at Cophall. They finish in 5th place. Dwayne Grant wins both the 100 and 200 and Mohammed Freckleton the 110 hurdles. There are silver medals for Nange Ursell in the 400 hurdles, Daniel Moore 2000 steeplechase and the 4x100 quartet of Nange Ursell, Dewayne Lougheed, Levi Edwards and Dwayne Grant.



15 years ago in 2004

Blackheath & Bromley win the first ever joint scoring National Young Athletes Final. James Alaka is the male Athlete Of The Match for his 22.86 win in the under 15 boys 200. He had already run in the 400 and 100 before this! Shaunagh Brown

breaks the under 15 girls shot record and the under 17 boys 4x100 team of Daniel Haque, Scott Blackwell, David Torku and Alex AlAmeen run 43.48 to break the 14 year old Club Record.

The National Junior Athletics League is still scored separately. Both the women and men qualify for the Final in Derby finishing fourth and fifth respectively.

The Clubs cross country relays are renamed the Will Bolton Memorial Relays and fittingly B&B are the first winners. Liz Hughes finishes third in the National weightlifting championships.

The under 13 girls team of Danielle Critchley, Rebecca Smith and Amy De Matos finish third in the South Of England road relays at Aldershot.

Robert Bain wins silver in the English Schools 5000 metres walk in Exeter.

The Club does not represent the UK in European Champions Club Cup for Juniors.

Colin Brand wins the over 65s category at British Masters weight pentathlon. Gordon Hickey takes silver in the over 70s.

The senior Women finish second to Thames Valley Harriers in the UK Womens League qualifying match at Abingdon and are promoted to the National League. There are A and B strings in the pole vault (Liz Hughes and Rachel King), shot (Myrtle Augee and Liz Hughes), and discus and hammer (both Myrtle Augee and Rachel Blackie). Bella Clayton wins the 400. Remarkably promotion is achieved with just eleven athletes!



Liz Hughes and Rachel King double winners in the pole vault and two happy team managers Diana Mantoura and Bridget Benneworth

10 years ago in 2009

The Club represents the UK in the European Champion Club Cup for juniors in the B final in Bosnia. They win the match and are promoted back to the A final in 2010. On an afternoon when most of the team win medals of some sort, there were wins for Lorraine Ugen in the long jump, Serita Solomon (100 hurdles), Christina Moore (pole vault), captain Shaunagh Brown (shot) and the 4x100 quartet of Serita, Megan Southwart, Grace Sheppard and Kirstie Robinson.



The Club win the Will Bolton Relays and Andy Rayner, Alex Bruce Littlewood and Mike Skinner record the three fastest times of the day. The women finish third but as the team of Amber Reed, Saffron Salih and Jessica Jones are all under 15s they are denied the prize of bottles of wine.

The Club finish third in the National Junior Athletics League Final in Derby, having won the title for the previous three years. However, they have the best womens team on the day and will represent the UK in Europe in 2010. Shaunagh Brown is Female Field Athlete of the match for her performance in the discus.

It's a long way to the top....



Shaunagh Brown, from under 13 girls Kent County shot champion to England International via a lot of other things too; Emily Muskett (nee Godley) from under 13 girls Kent County long jump champion to Commonwealth Games weightlifting champion; Dom Parsons, from 400 metres to Winter Olympics bronze medallist.



From Young Athletes final to gold in Doha; from Young Athletes Final to gold in Doha, from mum to trustee

...if you want to rock and roll.