



Blackheath & Bromley Courier

July 2021.

President 2021-22. Nic Corry.

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



Boom, Boom, Boom, Boom,

Olympic Games - Dina Asher Smith (100, 200 and 4x100), Adam Gemili (200 and 4x100) plus former member Emily Godley (weightlifting)

Paralympics – Hollie Arnold (F46 Javelin).

European Under 23 Championships – Bekah Walton (Javelin), Annie Davies (100 Hurdles), Ethan Brown (4x400), Amber Anning (2nd claim) (200 and 4x400).

European Under 20 Championships - Nana Gyedu (Shot), Mallory Cluley (100 Hurdles), Zara Obamakinwa (Discus), Jeriel Quainoo (100 & 4x100), Sam Reardon (4x400) Funminiyi Olajide (2nd claim) (long jump).

Communications to the editor.

“Surfing the internet I came across the Blackheath and Bromley Courier and was amazed to find in results from 1946 (!) a race with the winner, Dick Choat,, 5th was Albert Dale (my father) and 6th Derrick Reynolds, with whom I ran some 7 1/4 miles (I was 14 at the time) in his London to Brighton and back world record attempt.

My father was a member of Blackheath Harriers for many years and in 1947 he made my brother and me life members...

I am coming up to 82 and living in Ramsgate now, and I haven't run in a few years now, although I do walk four to five miles every day.

As I write this I am remembering sausages and mash in the clubhouse after the Boxing Day run.

Another memory is dinner at the House of Commons with Harold Macmillan, who was our area MP.

I attach a photo of my father mother brother and me , you will see my father wearing the Blackheath blazer.”

Malcolm Dale



Social.

A bar service is now available at the Clubhouse, 7-9pm on a Wednesday. There won't be many more evenings there before it shuts so make the most of it. On 21/7/21 there is a Summer BBQ. All food tickets have been sold but everyone is welcome to come along for a drink. The 28/7/21 will be the last Wednesday Night at the Clubhouse, the end of an era, but so many great memories.



Forthcoming Fixtures and events.

July

- 3/7/21. National Athletics League, Wormwood Scrubs.
- 10/7/21. Kent Young Athletes League, Dartford
- 11/7/21. Southern Athletics League, Sutcliffe Park.
- 17/7/21. Youth Development League U15/U13, Erith
- 17-18/7/21. England Athletics Senior Championships including Disability Championships, Bedford.
- 25/7/21. Youth Development League U20/U17, Medway Park.
- 30/7/21. Kent Masters League, Tonbridge.
- 30/7/21 – 8/8/21. Olympic Games, Japan.

August

- 6/8/21 – Kent Masters League, Dartford

7/8/21 - National Athletics League, Eton

7-8/8/21 – England Athletics Under 17 and Under 15 Championships, Manchester.

8/8/21 – Kent Young Athletes League, Tonbridge

14/8/21 – Southern Athletics League, Erith

18/8/21 – Manchester International - ENG v WAL v SCO v NIRL v NAL v GBU20s plus ENG U20s v SCO U20s v WAL U20s v GB&NI U18s.

21-22/8/21 – SEAA Under 17, Under 15 and Under 13 Championships, Kingston.

22/8/21. SEAA 5000 Walk Championships for Senior Men and Women and Under 20 Men and Women.

22/8/21. SEAA 3000 Walk Championships for Under 17 Men and Women and Under 15 Boys and Girls.

28/8/21 – National Athletics League, Eton

28-29/8/21 – England Athletics Under 17 and Under 15 Combined Events Championships, incorporating European Athletics Combine Events Challenge, Manchester.

30/8/21 – Kent Under 13 and Open Pentathlon Championships, Tonbridge.

Results.

1/6/21

Tonbridge AC Evening Meeting. 100. MX3. 3. Matilda Shilland (U15G) 14.55 (1.2), 4. Erin Simpson (U15G) 14.75. 200. MX3. 3. Alyssa Firla (U15G) 27.85 (0.2). 300. MX. 1. Zurial Nwogwugwu (U15B) 39.37, 5. Amelia Middleton (U17W) 48.23. 400. MX1. 3. Chris Barrett (U17M) 57.35. MX2. 2. Pablo Seema Roca (U20M) 49.60. 800. MX1. 3. Sophie Lee (U17W) 2.43.09, 4. Abbie Lee (U13G) 2.45.32. MX2. 8. Martha Warner (U13G) 2.51.71. MX3. 5. Kyla Dervish (U15G) 2.38.82, 7. Abigail Williams (U13G) 2.44.80. MX4. 1. Gregory Firth (M45) 2.26.50, 5. Francesca Middleton (U15G) 2.31.90, 7. Carys Firth (U17W) 2.38.40, 8. Beth Regan (U13G) 2.44.60. MX5. 2. Alexander Middleton (U15B) 2.22.37, 3. Jessica Keene (U23W) 2.23.67, 6. Luciana Smith (U13G) 2.32.39. MX6. 5. Cameron Kelly Gordon (U17W) 2.24.32. MX7. 6. Lily Meers (U17W) 2.16.63. MX8. 6. Thomas Sugden (U17M) 2.07.56. 3000 Walk. 6. Abigail Smith (U17W) 15.35.51, 10. Jonathan Ellerton (U17M) 18.16.94. PV. MX. 4. Barnaby Corry (U20M) 4.00, 5. Ben Platt (U17M) 3.70, 9. Finn Kitteridge (U15B) 2.90, 11. Charlie Platt (U13B) 2.50. SP. 3KG. MX. 3. Alyssa Firla (U15G) 7.46. JT. 600G. MX. 1. Steve Langdon (M60) 39.34, 3. Max Kennedy (U15B) 34.32. JT. 500G. 5. Erin Simpson (U15G) 19.12.

Trafford Open. 1500. MX2. 8. Jennifer Walsh* 4.23.00.

Worthing Track Night. 800. MX3. 5. Amarisa Sibley (U17W) 2.09.68.

2/6/21

Carlisle Tri Club 10km. 16. Jo Hickman-Dunne 40.18.

Loughborough Open. TJ. MX. 7. Toyin Orelaja 10.75. DT. 1KG. 2. Hannah MacAulay (U23W) 42.17.

Meeting National a theme de Limoges. TJ. 8. Zara Asante (W35) 12.42.

Wimbo Middle Distance Night, Wimbledon. 3000. MX4. 2. Ross Braden 8.29.70.

5/6/21

Milton Keynes PB Classic. 800. A. 6. Zakia Mossi (U20W) 2.17.29. 1500. MXD. 9. Jake Anthony (U17M) 4.18.16. MXH. 12. Kate Price (U17W) 4.57.77, 14. Imogen Hadley (U17W) 5.01.11. 2000s/ch. 3. Morgan Squibb (U20W) 5.07.75, 4. Ailbhe Barnes (U20W) 5.11.43, 9. Gabriella Martin (U17W) 5.20.76, 15. Carys Firth (U17W) 5.59.69.

Muller British Athletics 10,000 Championships and European 10,000 Cup, Birmingham University. 10,000. C. 12. Charlie Davis (U23M) 30.26.03.

YDL Lower, Southern South Kent, Sutcliffe Park. Under 15 Boys. 100. A. 3. Marley Byfield 12.21 (0.0). B. 1. David Dare 12.21 (0.0). N/S. 1. Zurial Nwogwugwu 12.20 (-0.2), 3. Alexander Morrell 12.81. 300. A. 2. Ryan Rennie 41.01. B. 3. Harrison Vallins 43.78. 800. A. 2. Jasper Brooks 2.14.81. B. 2. Hendri Verster 2.15.65. N/S. 2. Harry Fage 2.21.01, 4. Ryan Tran 2.41.12. 80H. A. 1. Rayhan Mourtada 11.53 (0.0). B. 1. Andrew Nikoro 12.39 (0.0). HJ. A. 1. Andrew Nikoro 1.59. B. 1. Ryan Rennie 1.56. PV. A. 1. Finn Kitteridge 2.80. SP. A. 2. Max Kennedy 9.86. B. 3. Ellis Ibrahim 8.73. DT. A. 3. Max Kennedy 21.09. B. 1. Ellis Ibrahim 18.04. 4x400. 1. B&B (Marley Byfield, Zurial Nwogwugwu, Rayhan Mourtada, David Dare) 47.0. 4x300. 1. B&B (David Dare, Marley Byfield, Zurial Nwogwugwu, Rayhan Mourtada) 2.40.8. **Under 15 Girls.** 100. A. 3. Adaeze Anele 11.30 (0.5). B. 1. Nina Whitter 12.92 (0.0). N/S. 3. Emily Hayden De Carbonierres 13.69 (-0.1). 300. A. 3. Tallulah Ndikanwu 44.63. B. 1. Daisy Snell 42.10. 800. A. 1. Megan Slattery 2.24.25. B. 3. Megan Barlow 2.26.29. N/S. 2. Amber Cockburn 2.33.00, 5. Amie Gould 2.40.78. 75H. A. 2. Alyssa Firla 12.84 (0.3). B. 2. Amber Cockburn 13.80 (0.2). HJ. A. 1. Daisy Snell 1.65. B. 1. Nina Whitter 1.50. PV. A. 1. Lydia Witcombe 2.00. SP. A. 1. Erin Simpson 8.56. B. 1. Islay Pearson 7.69. DT. A. 1. Erin Simpson 19.96. B. 1. Islay Pearson 14.42. 4x100. 5. B&B (Adaeze Anele, Nina Whitter, Emily Hayden De Carbonierres, Alyssa Firla) 59.9. 4x300. 1. B&B (Tallulah Ndikanwu, Megan Barlow, Alyssa Firla, Emily Deveney) 3.02.6. **Under 13 Boys, Sutcliffe Park.**

75. A. 2. Theo Osobu 10.44 (-0.6) (**CLUB RECORD**). B. 1. Antonio Suret Montgomery 10.59 (0.0). N/S. 1. Thomas Vallins 10.75 (0.0), 3. Troy Ogedengbe 10.78. 1200. A. 1. Lucas Elmquist 3.41.79 (**CLUB RECORD**). B. DQ. Joseph Scanes. LJ. A. 1. Jamie Ellerton 4.14. B. 1. Joshua Dako 4.06. JT. A. 1. Charlie Platt 29.21. B. 1. Noah Fage 21.49. 4x100. 1. B&B (Antonio Seret Montgomery, Troy Ogedengbe, Thomas Vallins, Theo Osobu) 56.3. **Under 13 Girls**. 75. A. 2. Raine Surla 11.01 (0.0). B. 1. Emelia Adese 10.93 (-0.7). N/S. 2. Sophie Tran 11.41 (-0.4), 3. Mariana Caceres 11.95. 1200. A. 1. Luciana Smith 3.54.72. B. 1. Charlotte Bloodwalk 4.01.03. LJ. A. 1. Raine Surla 4.21. B. 1. Emelia Adese 4.01. JT. A. 1. Charlotte Bloodworth 14.65. B. 2. Rowan Pearson 10.90. 4x100. 1. B&B (Emelia Adese, Sophie Tran, Mariana Caceres, Raine Surla) 58.7.

6/6/21

National Athletics League, Premier London, South, Norman Park. Men. 100. A. Kyle Reynolds Warmington 10.94 (-0.1). B. 1. Korede Awe 10.73 (0.7). n/s. Zac Nwogwugwu 10.81 (-0.9), Toby Olubi 11.24, Rico Cottell 11.24, Rhys Francis 11.32. 200. A. 4. Kyle Reynolds Warmington 22.60 (-1.0). B. 2. Michael Damoah 22.20 (-1.6). N/S. Josh Watson 22.59 (-1.1), Charles Nortey 23.16. 400. A. 1. Sam Reardon 47.62. B. 1. Pablo Seema Roca 48.74. 800. A. 1. Sam Reardon 1.50.87. B. 1. Callum Parker 1.55.84. 1500. A. 4. Jake Anthony 4.14.56. B. 5. Matthew Smith 4.19.56. N/S. Joshua Dowling 4.37.80. 3000. A. 3. Ross Braden 8.47.95. B. 4. Roger Vilardell 9.10.71. N/S. Martin Richardson 9.18.61. 110. A. 2. Rico Cottell 14.87 (-1.2). B. -. 400H. A. 2. Bailey Stickings 52.13. B. 3. Coleman Corry 56.68. 3000 s/ch. A. 2. Lewis Harknett 9.17.12. B. 2. Mark Cage 10.17.39. N/S. Dan Kennedy 10.51.89. HJ. A. 2. Kelechi Aguocha 2.05. B. 4. Barnaby Corry 1.65. LJ. A. 2. Ben Sutton 7.13. B. 2. Myles Xavier 6.69. TJ. A. 3. Jacob Byfield 12.82. B. 1. Patrick Apantaku 11.90. PV. A. 2. Barnaby Corry 4.00. B. 1. Ben Platt 3.90. SP. A. 3. Luc Durrant 13.61. B. 3. Tim Ayres 7.45. DT. A. 3. Dillon Claydon 40.67. B. 3. Coleman Corry 21.84. JT. A. 3. Coleman Corry 30.69. B. 3. Tim Ayres 25.53. HT. A. 4. Roger Platt 20.08. B. 4. Tim Ayres 17.15. 4X100. B&B DNF. 4X400. 3. B&B (Bailey Stickings, Pablo Seema Roca, Matthew Knight, Sam Reardon) 3.19.74. **Women**. 100. A. 2. Kaliyah Young 12.12 (-0.9). B. 4. Zsiriah Thomas 12.52 (0.0). N/S. Mallory Cluley 12.40 (0.0), Faith Akinbileje 11.82 (0.5), Tianna Haynes 12.22, Achieng Onoko 12.96, Louisa Vallins 13.49. 200. A. 2. Kaliyah Young 24.55 (-1.1). B. 2. Zsiriah Thomas 25.92 (-1.5). N/S. Zoe Austridge 26.69 (-1.1), Louisa Vallins 28.16 (-1.5). 400. A. 2. Krystal Galley 56.48. B. 3. Leah Everson 62.16. N/S. Stephanie Fisher 59.41. 800. A. 1. Niamh Bridson Hubbard 2.08.77. B. 1. Amarisa Sibley 2.09.50. 1500. A. 3. Jessica Keene 4.46.43. B. 2. Lily Meers 5.07.98. 3000. A. 1. Niamh Bridson Hubbard 9.56.02. B. -. 100H. A. 1. Anastasia Davies 13.38 (-0.1). B. 1. Isabella Hilditch 13.56 (-0.1). 400H. A. 3. Alex Hill 62.94. B. 4. Kelsey Pullin 76.19. 2000s/ch. A. -. B. -. HJ. A. 2. Deborah Martin 1.75. B. 3. Danielle Hopkins 1.50. LJ. A. 3. Mary Adeniji 5.56. B. 3. Danielle Hopkins 5.08. TJ. A. 2. Mary Adeniji 11.91. B. -. PV. A. 3. Holly Platt 2.60. B. 2. Liz Hughes 2.20. SP. A. 2. Nana Gyedu 15.02. B. 3. Danielle Hopkins 9.79. DT. A. 1. Hannah MacAulay 42.22. B. 3. Abbie Stewart 25.94. JT. A. 1. Lauren Farley 50.20. B. 2. Eloise Locke 36.83. HT. A. 2. Gemma Vickery 50.96. B. 2. Abbie Stewart 39.55. 4x100. 1. B&B (Zsiriah Thomas, Anastasia Davies, Shakanya Osahon, Mallory Cluley) 47.48. 4x400. 2. B&B (Krystal Galley, Stephanie Fisher, Alex Hill, Holly Mpassy) 3.51.98.

World Athletics Continental Tour Gold Level, Hengelo. 100. 1. Dina Asher Smith 10.92 (0.8).

Athletics Norfolk Weekend Series, Great Yarmouth. 400. MX2. 5. Adam Herring 53.4.

Midland Masters Championships, Nuneaton. 2000 walk. 4. Roger Mitchell (1st M70) 12.27.07.

Orpington High Elms 10km. 3. Graeme Lugar 37.58, 5. Luca Ercolani 38.51, 8. Justin Strover 40.13, 12. Roger Beswick 42.49, 13. Ian Scott 43.31, 19. Ashley Pearson 44.53, 24. Jennie Butler 45.54, 31. Marco Arcuri 46.38, 33. Steve Pairman 46.49, 39. David Beadle 47.54, 42. Robert Whyte 48.27, 51. Paul Kerekgyarto 49.09, 86. Luigi Arcuri 53.08, 126. Chris Pike 58.13.

8/6/21

VAC Battersea Park Summer Series 2 (walk). 9. Peter Hannell 39.12.

9/6/21

BMC Gold Standard Races, Birmingham University. 800. A. 3. Joe Rogers* 1.51.62. 3000s/ch. 6. Yasmin Austridge 10.55.42.

BMC Regional Races, Wormwood Scrubs. 800. C. 6. Pierre Guillame 2.10.81. D. MX. 5. Naomi Toft (U20W) 2.21.69. 1500. A. 12. Dan Kennedy 4.19.63. C. MX. 6. Lily Meers (U17W) 4.49.28, 8. Hannah Clark (U17W) 4.50.78.

Lee Valley Sprints. 100. MX1. 1. Toby Olubi 11.30 (0.8).

9-12/6/21

NCAA Div One Championships, Eugene, OR, USA. 400. Ht2. 5. Amber Anning* 52.36. 800. Ht1. DQ. Katy Ann McDonald. SP. 10. Divine Oladipo 16.76. DT. 2. Divine Oladipo 57.26.

10/6/21

Wanda Diamond League, Florence, Italy. 200. 1. Dina Asher Smith 22.06 (0.2).

12/6/21

Berkshire Schools Championships, Reading. 3000. 1. James Barnes 9.37.2.

BMC Grand Prix, Watford. 800. B. 5. Angus Harrington 1.48.90. D. 2. Joe Rogers 1.50.39.

Essex Schools Championships, Chelmsford. Intermediate Girls. 80H. 1. Jodie Self* 11.56 (-0.2).

Hampshire Schools Championships, Portsmouth. Intermediate Girls. TJ. 1. Amelia Gray* 11.97.

Hertfordshire Schools Championships, Hemel Hempstead. Senior Boys. 200. 1. Michael Uzozie 23.1.

Humber League Open Series Meeting 2, Hull. 800. MX2. 2. Mark Cage 2.10.0. 1500. MX. 1. Mark Cage 4.26.4.

Kent Schools Championships, Ashford. Senior Boys. 200. 2. Charles Nortey 22.62 (1.6). 800. 4. Louis Woods 2.06.12. TJ. 4. Jacob Byfield 13.24. DT. 1. Dillon Claydon 45.03. **Senior Girls.** 100. 1. Tianna Haynes 12.27 (0.7), 2. Zsiria Thomas 12.45, 3. Achieng Onoko 12.84. 400. 1. Holly Mpassy 55.79. 800. 3. Olivia Berry 2.34.21. 1500. 3. Isabelle Stoneham 5.10.73. 3000. 1. Zoe White 10.57.78. 1500s/c. 1. Morgan Squibb 5.02.36, 5. Ailbhe Barnes 5.29.41. LJ. Claudia Baker NM. DT. 1. Titobioluwa Akinrele 30.68. **Intermediate Boys.** 100. 6. Ralph Baker 11.76 (1.1). 200. 2. Adam Islam Medeaux 23.01 (0.2). 800. 1. Matthew Smith 2.05.33, 2. Thomas Sugden 2.06.74. 1500. 2. Jake Anthony 4.11.78, 6. Lewis Brook 4.37.65. 3000. 6. Alessio Tutt 10.13.18. 1500s/ch. 1. George Shaw 4.53.57, 2. Ted Marston 5.01.22. 5000 walk. 2. Jonathan Ellerton 31.33.94. HJ. 4. Edward Regan 1.65. LJ. 1. Dylan Carroll 5.64, 2. Connor Sutton 5.44. PV. 1. Ben Platt 4.10, 2. Oscar Witcombe 3.50. DT. 2. Brydon Duncan 41.15. JT. 4. Josh Buddle Smith 32.30. **Intermediate Girls.** 200. 1. Faith Akinbilije 24.11 (1.4). 300. 3. Cameron Kelly Gordon 42.31, 5. Faith Mpassy 43.95. 800. 1. Amarisa Sibley 2.11.15, 4. Liberty Whyte 2.29.98, 8. Emily de Backer 2.37.12, 11. Amelie Willers 2.49.86. 1500. 2. Lily Meers 4.52.38, 3. Hannah Clark 4.54.41. 3000. 4. Olivia Magee Brown 11.20.19. 1500s/ch. 1. Gabriella Martin 5.26.59, 4. Carys Firth 5.55.09. 3000 walk. 1. Abigail Smith 16.09.88. LJ. 1. Emily Algeo 5.27. SP. 1. Cleo Agyepong 14.36. HT. 2. Gypsy Nash 45.92. **Junior Boys.** 100. 3. Marley Byfield 12.31 (-1.3). 200. 2. Laurence Goslin 25.18 (-1.1). 800. 5. Hendri Verster 2.18.20, 6. Harry Fage 2.22.91. 1500. 5. Mark Constable 4.37.38, 8. Joshua Healey 4.49.34. 80H. 1. Rayhan Mourtada 11.44 (0.8), 3. Andrew Nikoro 12.52. LJ. 1. Zuriel Nwogwugwu 5.63. PV. 2. Finn Kitteridge 2.90. JT. 2. Ellis Ibrahim 43.66, 3. Max Kennedy 43.24. **Junior Girls.** 200. 1. Nina Whitter 27.14 (-1.0). 300. 3. Alyssa Firla 44.01, 6. Matilda Shilland 47.57, 9. Yasmin Islam-Medeaux 51.26. 800. 1. Tallulah Ndikanwu 2.23.96, 2. Megan Barlow 2.24.00, 11. Kyla Dervish 2.38.75. 1500. 2. Lydia Witcombe 5.01.36, 5. Molly May Mooney Clarke 5.03.03, 14. Isla Spink 5.21.94. LJ. 1. Daisy Snell 5.34. SP. 1. Islay Pearson 8.20. JT. 2. Erin Simpson 21.18.

London Inter Club Challenge, Lee Valley. 100. B. 5. 1. Verrel Charles (U17M) 11.33 (1.4). 400. 4. Nathan Firla (U17M) 52.93. LJ. 9. Akeiyla Robinson Pascal (U20W) 4.38.

London Schools Championships, Battersea Park. Intermediate Boys. 100. 1. Issah Abdilkarim 11.47 (0.9). **Intermediate Girls.** 1500. 1. Fleur Todd Warmuth 4.40.75, 2. Lara Mannes 4.59.47. **Junior Girls.** 100. 3. Charlotte Weiss 13.81 (2.6). 800. 3. India Blakey 2.23.75. 1500. 2. Megan Slattery 4.53.04.

Surrey Schools Trials, Kingston. Intermediate Boys. 3000. 3. Miles Brown 9.54.60. Intermediate Girls. 100. R1. 1. Tyra Khambai-Annan 12.37 (-3.5). Junior Girls. 1500. 3. Francesca Middleton 5.11.99.

12-13/6/21

Midland Championships, Nuneaton. Senior Women. Ht2. 1. Cheriece Hylton 23.51 (3.0). 400. Ht1. 2. Cheriece Hylton 55.43.

Northern Championships, Leigh. 100. 6. Michael Damoah 11.08 (0.1). Ht2. 4. Michael Damoah 11.12 (-1.5)

South Of England Championships, Bedford. Senior Men. 100. SF1. 7. Toby Olubi 11.12 (3.0). SF3. 6. Abdul Rahaman Jolaoso 10.89 (1.2). Ht1. 5. Abdul Rahaman Jolaoso 10.88 (1.2). Ht2. 4. Toby Olubi 11.08 (2.2). 400H. 1. Bailey Stickings 51.96. Ht2. 1. Bailey Stickings 54.06. 3000S/CH. 1. Lewis Harknett 9.21.78. LJ. 4. Myles Xavier 6.61. TJ. 2. Jonathan Ilori 15.94. **Senior Women.** 400H. 3. Alex Hill 61.38. LJ. 1. Jahisha Thomas 6.27. PV. 6=. Holly Platt 2.70. DT. 5. Hannah MacAulay 43.83. **Under 20 Men.** 400. 3. Pablo Seema Roca 49.27, 7. Drew Burridge 52.11. Ht1. 4. Drew Burridge 52.17. Ht2. 2. Pablo Seema Roca 50.59. PV. 3. Barnaby Corry 4.30. SP. 4. Dillon Claydon 14.38. DT. 1. Dillon Claydon 46.54. **Under 20 Women.** 100. 8. Kaliyah Young 12.45 (-0.7). Ht2. 5. Kaliyah Young 12.33 (1.4). 200. 4. Kaliyah Young 24.16 (2.5). Ht1. 5. Chanelle Cole 25.81 (2.2). Ht2. 1. Kaliyah Young 24.26 (3.2). 800. 8. Naomi Toft 2.20.95. 100H. 1. Mallory Cluley 13.88 (-0.5). Ht1. 1. Mallory Cluley 13.98 (1.7). SP. 1. Nana Gyedu 14.42.

13/6/21

Newham & Essex Beagles Sprints and Hurdles Meeting, Stratford. Men. R1. R8. 3. Brandon Murray 10.89 (0.5). R9. 3. Rhys Francis 11.10 (0.1). R2. R4. 1. Brandon Murray 10.92 (-1.6). R5. 4. Rhys Francis 11.09 (0.1). 200. R4. 4. Ross Edmonds 23.96 (-2.1). 400. R5. 3. Henry Fisher 49.64. R8. 2. Prince Reid (U23M) 52.36, 4. James Naylor (U23M) 53.77. R9. 3. Pierre Guillaume 56.07. Women. 400. R2. 2. Stephanie Fisher 59.20. 400H. 2. Alex Hill 62.01.

Saxon Shore Half Marathon, Whitstable. 23. Steve Evenden (M40) 91.10, 242. Gerry Alger (M65) 2.08.12.

15/6/21

Woodford Green with Essex Ladies Graded Meeting, Woodford. 100. MX7. 7. Ross Edmonds 11.84 (2.2). 200. MX7. 4. Ross Edmonds 24.25 (0.0). 3000 walk. 6. Abigail Smith (U17W) 16.02.2.

16/6/21

5000 Fest, Lee Valley. MX. 3. Joshua Dowling 18.05.1, 5. Alfie Fletcher (U20M) 18.34.6.

BMC Regional Races, Lee Valley. 800. D. 2. Morgan Squibb (U20W) 2.14.86, 7. Hannah Clark (U17W) 2.22.05.

Chelmsford Sports & Athletic Centre, Chelmsford. 75H. U13B. 1. Jamie Ellerton 13.28 (1.5). LJ. MXB. 3. Jodie Self* 5.05.

Run Through Chase The Sun Clapham Common 5km. 5. Calvin Fuss 18.29.

18/6/21

Cambridge June Open. 100. 1. Chizute Ogbedeh 11.4. 200. 1. Chizute Ogbedeh 23.0.

Even Splits York 5km Series. 7. Mark Cage 16.15.

19/6/21

Meeting National qa theme de Brive, Brive La Gaillarde, France. TJ. 2. Zara Asante 12.41.

19-20/6/21

England Under 23 and Under 20 Championships, Bedford. Under 23 Men. 100. Ht2. 4. Korede Awe* 10.92 (-1.5). 800. 3. Alex Botterill* 1.51.98. 110H. 7. Rico Cottell 15.59 (-0.2). 400H. 7. Coleman Corry 58.59. Ht1. 4. Coleman Corry 58.71. 3000 s/ch. 4. Lewis Harknett* 9.21.71. HJ. 3. Kelechi Aguocha 2.10. LJ. 3. Ben Sutton 7.04. **Under 23 Women.** 100H. 2. Annie Davies 13.69 (-1.1), 3. Isabella Hilditch 13.79. TJ. 4. Mary Adeniji 11.71. DT. 2. Hannah MacAulay 42.48. JT. 1. Bekah Walton 50.20, 3. Lauren Farley 47.36. **Under 20 Men.** 100. Ht2. 6. Kyle Reynolds Warmingtton 11.21 (-1.3). 400. 5. Sam Reardon 47.48. Ht1. 8. Pablo Seema Roca 49.82. Ht2. 3. Sam Reardon 47.92. 800. 7. Henry Fisher 1.54.65. Ht1. 2. Henry Fisher 1.53.17. PV. 6. Barnaby Corry 4.15. SP. 5. Dillon Claydon 15.32. DT. 6. Dillon Claydon 42.78. **Under 20 Women.** 100. Ht1. Kaliyah Young DQ. Ht3. 5. Tyra Khambai-Annan 12.54 (-0.7). 200. 5. Kaliyah Young 24.79 (0.1). Ht1. 3. Kaliyah Young 24.88 (-0.7). 400. 3. Holly Mpassy 55.67. Ht1. 1. Holly Mpassy 55.66. 800. 3. Amarisa Sibley 2.11.04. Ht3. 2. Amarisa Sibley 2.11.23. 3000. 2. Fleur Todd Warmoth 9.42.73. 1000H. 3. Mallory Cluley 13.85 (-0.3). HT1. Shaknya Osahon DQ. Ht2. 2. Mallory Cluley 14.04 (-1.0). TJ. 3. Amelia Gray* 11.97. SP. 1. Nana Gyedu 14.78. DT. 3. Zara Obamakinwa 45.26.

20/6/21

Southern Athletics League, Sutcliffe Park. Men. 100. A. 1. Michael Damoah 10.93 (0.6). B. 1. Rhys Francis 11.32 (1.4). N/S. R1. 1. Adam Islam Medeaux 11.35 (1.6), 2. Albert Asante 11.59, 4. Cameron Nwaozoh 12.20. R2. 1. Ralph Baker 12.01 (1.3). 200. A. 1. Michael Damoah 22.17 (2.4). B. 1. Matthew Knight 23.39 (0.4). N/S. R1. 1. Nathan Firla 24.22. R2. 1. Adam Islam Medeaux 22.92 (2.1). R3. 1. Drew Burridge 22.86 (1.4). 400. A. 1. Drew Burridge 51.12. B. 1. Adam Herring 53.36. N/S. 2. Nathan Firla 53.57, 3. Bailey Marks Belaon 54.07, 4. Chris Barrett 56.64. 800. A. 3. Prince Reid 2.02.61. B. 1. Dan Kennedy 2.04.86. N/S. 1. Jake Leng 2.04.54, 2. Thomas Sugden 2.06.66, 3. Alessio Tutt 2.12.68. 1500. A. 2. Prince Reid 4.29.76. B. 2. Joshua Dowling 4.39.50. 5000. A. 2. Roger Vilardell 15.41.71. B. 2. Graeme Lugar 16.51.68. N/S. 1. Ian Firla 17.40.98. 400H. A. Harley Sitwell 63.18. B. -. 2000 S/CH. A. -. B. -. HJ. A. 1. Edward Regan 1.70. B. -. LJ. A. 2. Connor Sutton 5.54. B. -. TJ. A. 2. Ralph Baker 11.49. B. 3. Ian Firla 8.56. PV. A. 1. Ben Platt 3.80. B. 1. Oscar Witcombe 3.60. N/S. Barnaby Corry 4.10, 3. Roger Platt 2.70. SP. A. 3. Roger Platt 8.08. B. 3. Nick Swatton 5.13. DT. A. 1. Brydon Duncan 35.86. B.2. Roger Platt 16.88. JT. A. 4. Ben Platt 42.50. B. 4. Paul Sutherland 16.69. HT. A. 1. Roger Platt 21.10. B. 3. Nick Swatton 6.77. 4X100. 1. B&B 43.89, 5.B&B NS 49.35. 4X400. 1. B&B NS 3.34.26, 2. B&B 3.36.13. **Women.** 100. A. 1. Faith Akinbileje 11.98 (0.5). B. 1. Tianna Haynes 12.34 (1.1). N/S. 1. Parris Johnson 12.44 (1.2), 2. Molly Savage 12.93, 3. Emily Kerr 13.10, 4. Sophie Kerr 13.21, 5. Emily Algeo 13.45, 6. Louisa Vallins 13.80, 8. Charlotte Hosp 14.79. 200. A. 1. Zsiria Thomas 25.78 (0.6). B. 1. Achieng Oneko 26.73 (0.1). N/S. 1. Steph Fisher 25.80 (1.0), 2. Chanelle Cole 26.09, 3. Olivia Gewitzke 27.86, 4. Louisa Vallins 28.20, 5. Parris Johnson 30.07. 400. A. 1. Steph Fisher 58.96. B. 2. Leah Everson 62.59. N/S. 1. Gabriella Martin 59.92, 2. Cameron Kelly Gordon 60.89, 3. Daniella Harper 62.56, 4. Cara Gould 66.14. 800. A. 4. Lily Meers 2.24.66. B. 2. Emily De Backer 2.35.78. N/S. 1. Grace Bennett 2.36.25, 2. Amelie Willars 2.44.19, 3. Lucy Lewis 2.17.14, 4. Sophie Lee 2.47.30. 1500. A. 2. Jessica Keene 4.46.34. B. 1. Morgan Squibb 4.50.23. N/S. 1. Hannah Clark 4.54.78, 2. Olivia Magee Brown 5.02.67, 3. Zoe White 5.14.37?. 3000. A. 1. Carole Coulon 10.31.00. B. 1. Ashley Pearson 11.17.86. 100H. A. 1. Zoe Austridge 15.25 (0.9). B. -. 400H. A. -. B. -. 2000 S/CH. 1. Ailbhe Barnes 7.39.20. B. -. HJ. A. 2. Elena Duncombe 1.40. B. 2. Akeiyla Robinson Pascal 1.35. LJ. A. 2. Emily Algeo 5.07. B. 1. Claudia Baker 5.06. N/S. Akeiyla Robinson Pascal 4.31. TJ. A. 2. Molly Savage 10.73. B. 3. Charlotte Hosp 8.59. PV. A. 1. Holly Platt 2.70. B. -. SP. A. 1. Hannah MacAulay 10.91. B. 1. Abbie Stewart 9.12. DT. A. 1. Hannah MacAulay 43.98. B. 1. Gypsy Nash 28.81. JT. A. 3. Holly Platt 16.38. HT. A. 1. Gypsy Nash 40.16. B. 1. Abbie Stewart 39.96. 4X100. 1. B&B 48.44. 4X400. 1. B&B 4.12.18.

Sunderland 10km. 2. Graham Rush* 30.52.

23/6/21

BMC Gold Standard Races Loughborough. 1500. B. 3. Charlie Davis 3.55.8.

BMC Regional Races, Sutcliffe Park. 800. D. Louis Woods (U20M) 2.06.48, 7. Pierre Guillaume 2.10.50. G. 3. Cameron Kelly Gordon (U17W) 2.22.20, 9. Amelie Willars (U17W) 2.43.02. 1500. B. 7. Dan Kennedy 4.10.82. D. 9. Lily Meers (U17W) 4.56.56.

Cambridge Harriers Open Series, Sutcliffe Park. 100. MX1. 3. L. J. Wright (U20M) 11.57. MX2. 1. Makai Sabido Rodney (U15B) 12.92. MX4. 2. Lily Anderson (U15G) 13.95, 4. Charlotte Bloodworth (U13G) 15.06. 400. MX1. 3. Prince Reid (U23M) 52.50. MX3. 3. Paul Sutherland (M55) 65.01. MX4. 3. Olivia Wauters (U17W) 67.05, 4. Amelia Middleton (U17W) 68.59. 800. MX1. 4. Harry Fage (U15B) 2.19.72. MX2. 4. Tallulah Ndikanwu (U15G) 2.23.18, 7. Francesca Middleton (U15G) 2.35.75. MX4. 7. Eva Chambers (U15G) 2.51.84, 8. Abbie Lee (U13G) 2.55.07, 11. Isaac Evans (U13B) 3.03.26. 1500. MX2. 5. Charlotte

Bloodworth (U13G) 4.56.06, 12. Isla Spink (U15G) 5.31.64. 5000. MX. 5. Roger Vilardell (M40) 16.02.54, 6. Martin Richardson (M35) 16.21.11, 10. Graeme Lugar 16.40.91, 15. Joshua Dowling 17.20.59. SP. 6K. 1. Dillon Claydon (U20M) 14.88. SP. 4K. 2. Max Kennedy (U15B) 9.41. SP. 3K. 2. Noah Fage (U13B) 6.65. SP. 3K. 1. Cleo Agyepong (U17W) 14.11, 4. Erin Simpson (U15G) 7.85.

Lee Valley Sprints Double 100 Open Series. 100. MX1. R1. 2. Jeriel Quainoo 10.50 (1.5), 6. Korede Awe* 10.58. R4. 2. Chizute Ogbedeh (U23M) 11.11 (0.8). R5. 2. Michael Uzozie (U20M) 11.14 (2.2). R6. 4. Modupe Shokunbi 12.04 (2.0), 5. Kaliyah Young (20W) 12.07. MX2. R1. 1. Jeriel Quainoo 10.50 (1.5), 5. Korede Ore* (U23M) 10.61. R3. 3. Chizute Ogbedeh (U23M) 11.16 (0.3), 7. Michael Uzozie (U20M) 11.38. R6. 3. Kaliyah Young (U20W) 12.08 (0.3), 4. Modupe Shokunbi 12.17.

Loughborough Open. Men. 100. R1. 100. 1. Jak Mensah 11.12 (0.2). **Women.** TJ. 4. Toyin Orelaja 10.71. DT. 3. Hannah MacAulay 43.55.

Kent 3000 and 10,000 with Dartford Open Meeting. 3000. 2. Morgan Squibb (U20W) 10.27.71, 4. Hannah Clark (U17W) 10.33.03, 8. Zoe White (U20W) 11.06.85. 10,000. Ian Firla DNF. PV. 6. Charlie Platt (U13B) 2.80, 7. Finn Kitteridge (U15B) 2.80. SP. 3K. 7. Rory Witcombe (U13B) 5.84. HT. 4K. 3. Abbie Stewart (U20W) 39.39. HT. 3K. 3. Rory Witcombe (U13B) 11.99.

Bromley Midsummer Evening 10km. 4. Micah Evans 36.58, 13. Gregory Firth 39.38, 21. Tim Ayres 40.53, 29. Ian Scott 41.35, 33. Jess Keane 42.10, 36. Steve Evenden 43.11, 59. Matthew Maddocks 44.50, 72. Robert Whyte 46.13, 103. Barry Wetherilt 49.28, 108. Luigi Arcuri 49.53, 130. Jason Meers 51.19, 196. Chris Pike 54.56.

25-27/6/21

British Championships and Trials, Manchester. Men. 200. 1. Adam Gemili 20.63 (-1.7). Ht2. 1. Adam Gemili 20.91 (0.6). 400. Ht1. 2. Ethan Brown 48.38. 400H. Ht2. 2. Bailey Stickings 52.79. HJ. 11. Kelechi Aguocha 2.03. TJ. 4. Jonathan Ilori 16.01. JT. 4. James Whiteaker 70.46. HT. 6. Joe Ellis 67.47, 9. Tom Parker 63.54. **Women.** 100. 1. Dina Asher Smith 10.97 (1.2). SF3. 1. Dina Asher Smith 10.91 (0.7). Ht1. 1. Dina Asher Smith 11.28 (-2.2). 400. 8. Amber Anning 53.02. Ht1. 2. Amber Anning 53.05, 8. Krystal Galley 56.74. 1500. 12. Niamh Bridson Hubbard 4.32.80. Ht2. 5. Niamh Bridson Hubbard 4.21.38. 100H. Ht1. 3. Annie Davies 13.66 (-0.6). Ht2. 4. Isabella Hilditch 13.68 (1.1), 5. Mallory Cluley 13.70. 400H. Ht2. 5. Alex Hill 62.01. 5000 Walk. 8. Abigail Smith 28.25.07. HJ. 5. Deborah Martin* 1.72. LJ. 5. Jahisha Thomas 6.38, 8. Funminiyi Olajide* 6.05. TJ. 6. Zara Asante 11.91. SP. 4. Divine Oladipo 16.18, 7. Nana Gyedu 14.48. DT. 3. Divine Oladipo 53.21. JT. 1. Bekah Walton 54.03, 4. Lauren Farley 48.87, 10. Hollie Arnold 37.61.

26/6/21

Be Fit Today Track Academy Open Series, Dagenham. 100. Senior Men. R.1.R3. 3. Korede Awe* 10.81 (1.3). R2. R3. 3. Issah Abdulharim (U17M) 11.47 (0.3). R5. 4. Verrel Charles (U17M) 11.25 (1.0). Under 17 Men. R1. R1. 2. Issah Abdulharim 11.52 (1.3). R2. 2. Verrel Charles 11.20 (0.9). 300. MX1. 2. Matilda Shilland (U15G) 47.61, 3. Charlotte Hosp (U17W) 48.13. 1500. MX1. 2. Kyla Dervish (U15G) 5.21.21.

National Open School Year Championships, Market Harborough. Year 7 Girls. 5. Niamah Mossi 8.54. **Y6G.** 14. Hissah Al Faisal 8.27, 35. Maya Al Faisal 9.42.

26-27/6/21

ESSA South East Schools Combined Events Championships, Lee Valley. Intermediate Boys. Nathan Firla DNF. (LJ. 5.07). **Junior Boys.** 5. Andrew Nikoro 2400 (800 – 2.34.7, 80H – 12.1, HJ – 1.59, LJ – 5.21, SP – 11.17). **Junior Girls.** 2. Daisy Snell 3251 (800 – 2.35.7, 75H – 11.7, HJ – 1.59, LJ – 5.38, SP – 9.99), 11. Alyssa Firla 2425 (800 – 2.35.7, 75H – 12.3, HJ – 1.29, LJ – 4.17, SP – 8.24).

27/6/21

Youth Development League Upper, Southern Kent, Sutcliffe Park. Under 20 Men. 200. A. 3. Charles Nortey 22.92 (-0.6). B. 1. Michael Uzozie 23.05 (-0.5). N/S. 2. Albert Asante 24.30 (-0.4), 3. Camron Nwaozoh 24.57. 400. A. 2. Drew Burridge 51.09. 1500. A. 2. Justin Stover 4.12.90. 3000. A. 3. Jake Leng 9.54.46. 4x100. 1. B&B 45.24. 4X400. 2. B&B 3.43.05. HJ. A. 2. Barnaby Corry 1.65. TJ. A. 1. Jacob Byfield 13.07. SP. A. 1. Dillon Claydon 15.03. JT. A. 2. Dillon Claydon 46.64. **Under 17 Men.** 200. A. 3. Adam Islam Medeaux 22.80 (-0.2). B. 3. Ralph Baker 24.05 (0.4) 400. A. 2. Matthew Smith 52.69. B. 1. Christopher Barrett 56.98. 1500. A. 1. Thomas Sugden 4.22.35. B. 1. Lewis Brook 4.35.75. 1500s/ch. A. 1. Ted Marston 5.10.62. 4X100. 3. B&B 46.39. 4X400. 1. B&B 3.45.05. HJ. A. 2. Edward Regan 1.60. TJ. A. 2. Ralph Baker 11.56. SP. A. 1. Max Devon Lowe 13.95. B. 1. Brydon Duncan 12.80. JT. A. 2. Ben Platt 44.75. B. 1. Josh Buddle Smith 29.02. **Under 20 Women.** 100. A. 2. Kaliyah Young 12.16. B. 1. Tianna Haynes 12.36. N/S. 1. Holly Mpassy 12.48 (0.0), 2. Molly Savage 13.03, 3. Olivia Gewitzke 13.60. 800. A. 1. Lily Meers 2.25.28. B. 1. Zoe White 2.27.69. N/S. 1. Hannah Clark 2.21.85. 100H. A. 1. Shakanya Osahon 14.94. B. 1. Zoe Austridge 15.13. 1500s/ch. A. 1. Ailbhe Barnes 5.17.16. B. 1. Isabelle Stoneham 5.29.47. 4X100. 1. B&B 47.82. 4X400. 1. B&B 4.05.10. LJ. A. 2. Claudia Baker 5.21. B. 1. Kaliyah Young 5.20. N/S. Faith Mpassy 4.79. DT. A. 1. Titobioluwa Akinrele 33.10. HT. A. 2. Titobioluwa Akinrele 16.26. **Under 17 Women.** 100. A. 1. Tyra Khambai-Annan 12.07 (1.1). B. 1. Emily Kerr 12.88 (1.0). 800. A. 1. Kate Price 2.20.19. B. 1. Imogen Hadley 2.24.65. 80H. A. 2. Emily Algeo 12.65 (-0.7). 300H. A. 1. Emily Algeo 47.27. B. 1. Faith Mpassy 48.36. 1500s/ch. A. Gabriella Martin 5.17.13. B. 1. Carys Firth 5.59.67.

4X100. 1. B&B 50.24. 4X300. 1. B&B 2.59.04. LJ. A. 1. Emily Algeo 5.12. DT. A. 1. Cleo Agyepong 32.17. B. 1. Gypsey Nash 24.32. HT. A. 1. Gypsey Nash 49.36.

BMAF Pentathlon, Throws Pentathlon plus 5000 and 5000 Walk. 5000. MX2. 9. Peter Hamilton (M70) 23.33.4.

North Downs Run 30km, Gravesend. 19. Gareth Evans 2.13.38, 79. Steve Evenden 2.35.42, 148. Glen Read 2.49.02. 29/6/21

BMC Gold Standard Races, Stretford. 800. A. 1. Alex Botterill* 1.47.70. 1500. B. 4. Charlie Davis 3.53.13. 30/6/21

Devon 10,000 and Mile Races. Mile. MXB. 5. Bob Minting (M70) 6.14.65 (**CLUB M70 RECORD**).

Newham Evening 100. 100. R1. R5. 1. Abdul Rahaman Jolaoso 10.85 (1.4), 2. Brandon Murray 10.89. R2. R2. 5. Abdul Rahaman Jolaoso 10.85 (0.8), 6. Brandon Murray 10.87.

Rosenheim League, Battersea Park. Men. 800. R3. 1. Prince Reid 2.03.3. 400H. 1. Richard Holt 64.9. **Women.** 100. R1. 2. Helen Godsell 14.9. 200. R1. 4. Helen Godsell 31.1.

South West PB Series 5km, Bath. 6. Ross Braden 14.57.

100 years ago in June 1921

"The annual championship meeting of our old friends the South London Harriers took place on Saturday June 4.... Apart from the two club championships, the card consisted of three invitation races and five open events... The real thrill of the day was provided by H M Abrahams Cambridge U A C, who just pipped our Summer captain R A Lindsay on the post in the 440 yards level invitation race...Among the judges was also to be seen an old member of the 80s in the person of N Lane Jackson who will be interesting to our "Soccer" men, as he was, perhaps, best known some decades ago as the founder of the Corinthian Club, and universally known as "Pa" Jackson in the Association world."

"As regards the prospects of new and more suitable headquarters for next winter, we are now in a position to say that the sub-committee appointed to deal with the question have a place in view which certainly seems attractive, especially as it is situated in West Wickham with which district most of our members are very familiar....any such change only applies to Saturdays, as it not proposed to alter the venue of the Wednesday evening runs, which will take place at Blackheath."

75 years ago in June 1946.

At the Kent Championships at Maidstone, Sydney Wooderson wins the three mile race in 14.59.2. Dick Choat wins the mile in 4.40.8. Both are back in action five days later at a match against Beckenham County School. Wooderson races two days later in the two miles team race at the Dartford Hospital Sports. He then runs the mile for the AAAs against the Combined Services; in the One Mile Handicap at the Club Evening Meeting at Catford Bridge; helps the Club win the Kent Senior One Mile Medley Relay Championship at Charlton; wins the Mile in a match against South London and the Met Police; wins a three mile handicap at the Rotherham Hospital Sports; the two miles at a match against Southgate Harriers; and finally finishes the month winning the mile in a AAA fixture involving members of the Services past and present.

50 years ago in June 1971

At the Kent Championships at Crystal Palace there are victories for Chris Haines (3000 s/ch), Peter Hudson (long jump) and Mike Turner (javelin). Allan Williams of Cambridge Harriers wins the pole vault. Victories in the Juniors come from John Fenton (long jump), Martin Goodwin (1500) and Chris Spinks (3000 walk).

Blackheath have five runners in the Maxol, AAA and RRC Marathon Championships in Manchester. First home is Bob Richardson in 18th in 2.19.31 followed by 41. Joe Clare 2.24.31, 43. Chris Haines 2.24.55, 55. Ian Wilson 2.28.16, and 88. Chris Woodcock 2.36.01. They finish second in the team race behind Bolton whose Ron Hill wins the race in 2.12.39.

Remarkably, after an outing on the track at the Ryder Trophy Meeting at Southampton the following Saturday, both Haines and Woodcock are back in marathon action again just thirteen days later at the Polytechnic, SCAAA, KCAAA and Club Marathon Championships which is run from Windsor to Chiswick. Haines improves by four seconds to finish 6th in 2.24.51 while Woodcock is 35th in 2.36.43. Between them is Mike Hampton in 19th in 2.30.31. They win the SCAAA team race so the Club retains the title it won last year. They are also third in the open team race behind Tipton and Wolverhampton & Bilston.

Four days later Haines and Woodcock are racing again at the Inter club match at Tooting Bec, Haines in the 2000 s/chase and 3000, with Woodcock opting for an easy evening and just running the 3000. (Haines also ran the 3000 s/chase in the National League three days afterwards).

Bob Richardson wins the Horsham 10 in 50.11.

There are wins at the Southern Championships at Crystal Palace for Graham Gower in the 110H and for John Watts in the discus.

Humphrey Nunn becomes a Centurion, an "exclusive club limited to amateurs who have walked 100 miles in controlled competition in Great Britain within 24 hours."

25 years ago in June 1996.

Bromley Ladies' Debbie Marti wins the high jump at the AAAs Championships and Olympic Trials at Birmingham in a new championship best of 1.94. Myrtle Augee is second in the shot.

The duo also win golds in the high jump and shot at the South Of England Championships at Crystal Palace. There is bronze for Bianca Liston in the 100 hurdles. For Blackheath, middle distance runners Mark Steinle, Spencer Newport and Dave Heath all win medals. Mark and Spencer win silvers in the 5000 and 3000 steeplechase respectively while Dave is third in the 1500. Andrew Benn (Under 20 men) and Paul Archer (Under 15 Boys) win their hammer competitions which were incorporated into the senior event. Steve Harrison who is studying in Leeds wins the javelin at the Northern Championships. At the Southern Under 20, Under 17 and Under 15 championships at Crystal Palace, Blackheath athletes win nine golds. Emeka Udechuku (U20 shot and discus), Chris Moss (U20 800), Darren Burley (U17 100 and 200), Adrian Cluskey (U17M shot), Dan Brewer (U17 100H), and Aaron Evans (u15 400 and 200). There also seven silvers and two bronze.

MATTERS ARISING

In an attempt to answer some of the criticisms about the lack of communications within the Club, the recent General Committee meetings have agreed to the two following actions:

- a) major items of Committee business or those of more general interest will be displayed on the Clubhouse notice boards; and
- b) the printing of these items will be re-introduced into the Courier.

The Committee will welcome comments or points of view on any item. (As does the Courier - Edt)

CURRENT BUSINESS

1. The Committee have agreed to re-investigate extension and improvement of the Women's shower/toilet facilities. BHHQ Ltd. are drawing up proposals and costings with a view to complete the project in time for next Winter season. Aqualisa in Westerham have been approached re. sponsorship. Anyone with other ideas for sponsors or assistance?
2. Following the wishes of regular Wednesday nighters the Committee endorsed the introduction of a No Smoking policy on these evenings. The Committee felt that this policy could not be enforced for the Clubroom on social occasions, but will apply in all other areas at all times. Also on Health & Safety grounds, animals, except guide dogs will not be allowed in the Clubhouse when open for general use.
3. Copies of the book "Sidney Wooderson - The Forgotten Champion" are still available for sale at £4.95 from the bar or by contacting Colin Brand or John Baldwin.
4. George Brooks Memorial - In view of George's support of the Young Athletes and his wishes for any donations to go to their fund, it is proposed to have a photograph board mounted in the Clubroom, devoted to their achievements. It will be complete with a suitably engraved plaque. Anyone wishing to make a small donation should contact the President.
John Baldwin, Chairman of Committee

20 years ago in June 2001.

Jonathan Barbour wins the 100 and 200 for Great Britain's Under 23 team in a match against Spain in Liverpool. Michael Skinner is fourth in the 1500.

At the British Veterans Championships at Eton there are wins for Bob Minting (M50 800), Bill Foster (M40 5,000); Jim Day (M65 pole vault); Peter Hannell (M55 walk) and Ken Daniel (M50 1500) and silver for Bill Clapham (M70 5,000) and bronze for Colin Brand (M65 discus).

At the Summer Supper, Brian Stone, John Herring and Terry Sullivan receive their 50 year pots from President Mike Peel. Special Guest is Dave Bedford.

The Summer Supper

This was only the second social function on the Club's summer calendar. It had been enthusiastically promoted, all the old faces, so and so 's coming, you should be there, and so on. In the event that was probably right, certainly there were as many faces from Norman Pages' fifties and sixties track and field teams together at the Clubhouse as there had been for some considerable time. There was of course some purpose to all this brouhaha, John "kipper" Herring, Brian Stone and Terry 'TT' Sullivan had been invited to collect their fifty years membership commemorative tankards from the President and all the others present had come to watch and celebrate those fifty years with them. Principle guest David Bedford, star of another era, spoke leisurely about things athletic and how nice it was to be back. He had enjoyed Blackheath festivities before and now on the after dinner speaking circuit sat comfortably at the top table. Dave Deller, ex Cambridge Harriers and long time training partner to Kipper spoke about those days, the fun they used to be and although now living on the Isle of Wight since retirement his interest in mainland athletic affairs had not diminished. Brian Stone stood up on several occasions, offering toasts to groups of old athletes who had been in this or that team, done a mile in four-twenty or run at a particular vintage track that the youth of the day would never have heard of, then, finally spoke of the enjoyment of membership over those fifty years, the friends still there, the memories of races won and lost and above all, the pleasure that it still is. The President, meanwhile had been bobbing up and down like the proverbial fiddlers elbow, congratulating Ken Daniel on his 'Gold' won that day at the National Veterans Championships at Eton, introducing Karim Chester, probably the youngest member there but also the Club's up and coming Hammer throwing exponent, due to perform the following day. Welcoming PP Ian Smith with his wife Jean, very rare visitors indeed, and a galaxy of others who had made the effort to come along and enjoy what turned into a memorable and lively evening.

C.M.B

Brian, Terry and 'Kipper'. 50 years on Photo: Diana Butler



Past President Bill Lake passes away.

At the South Of England Championships, Julian Golding wins the 200, Mensah Elliott the 110 hurdles.

At the Kent Veterans League at Dartford the quartet of Doug Cocker, Dennis Wallington, Ken Daniel and Bob Minting break the British over 50s 4x400 record by 10 seconds.

Blackheath Harriers, Bromley qualify for the Gold Cup Final. Team captain Mensah Elliott flies in from Russia where he had been competing for England the day before. He wins the 110 Hurdles with other victories coming from Lash Lashore (100), Michael Champion (200), Mike Skinner (800), Martin Airey (1500) and Marvin Bramble (triple jump).

15 years ago in June 2006

At the South Of England Under 20 Championships Amir and Alistair Williamson finish first and second in the hammer as do Rachel Blackie and Victoria Thomas in the womens event. Amir's 68.97 and Rachel's 56.74 are both Club records. Jamie Atkinson wins the Senior Mens 1500 metre title.

Paul Sutherland wins the 400 hurdles for Great Britain in a Masters International match against France and Belgium in Le Touquet.

Dave Taylor wins the British Masters over 40s 5000 road race at Horwich in 14.38.

Colin Brand sets three National records at the British Masters Throws Pentathlon at Milton Keynes. His 4206 points is a new record as are his 39.32 in the discus and 37.79 in the javelin. Beatrice Simpson also sets a British Best of 3310 in the womens over 50s event, and this included another British Best of 10.98 with the heavy weight.

The Club remain unbeaten in the National Young Athletics League since 2003.

10 years ago in June 2011

Great success at the National Under 23 and Under 20 Championships at Bedford with wins in the Under 23s from James Alaka (100), Lorraine Ugen (LJ), Jermaine Olasan (LJ), Serita Solomon (100H) and Shaunagh Brown (DT); and in the under 20s from Megan Southwart (400H) and Joe Lawrence (TJ).

At the British Masters Championships Colin Brand sets a National M75 record of 35.98 in the javelin. He also wins the discus. Other wins come from Sam Bobb (M35 LJ and TJ), Mike Van Den Dobbelsteen (JT), Keith Ewing (M50 1500) and Clem Leon (M55 TJ).

At the South Of England Championships there are Senior golds for Shaunagh Brown (Shot and Discus) and Serita Solomon (100H). In the under 20s victories go to Mark Longhurst (PV), Ben Hopkins (400H) and first year under 17 Dina Asher Smith competing against athletes four years older in the 200.

Adam Gemili makes his first appearance in the British Athletics League winning the non scoring 100 in 10.45.

Roger Michell wins the British Masters M60 10000m track walk.

Past President Bob Taylor passes away.



Can you help?

The picture below recently appear on Facebook. The person who posted it wanted to find out any information about it. He said "I work for Up & Running the picture was rolled up inside a spike that was purchased on eBay for one of our new stores. The Seller said they believed it was related to their grandfather, but I don't know more than that".

