



Blackheath & Bromley Courier

September 2021.

President 2021-22. Nic Corry.

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



The experiences of Dina Asher Smith and Adam Gemili at the Tokyo Olympics again shows the thin line between peak fitness and injury, and the consequent effect on performance. They will be back to their best and better, and Dina salvaged something from the Games with her bronze medal in the relay and National Record in the heats. Congratulations Dina! It is not the first time that Club members have had mishaps at major championships. In 2000 Olympics in Sydney, Sian Brice was competing in the triathlon but was brought down in the cycling and she was not allowed to continue as her bike was ruled to be in an unsafe condition. Further back in 1936 Sydney Wooderson limped out in the heats of the Olympic 1500 metres after turning his ankle in a rabbit hole in the weeks before the championships. It was later found he was running with a stress fracture of the ankle. Ten years later, 75 years ago, he was back to win the European 5000 metre title, though he was quietly nursing an Achilles problem, that was to thwart his attempt at a British 2 mile record in his last ever race the following week.

And then there was long jumper Joyce Oladapo. She went into the Commonwealth Games in 1986 with a stress fracture and was spending considerable time training in water while wearing a life jacket. Yet despite this, and being only ranked 10th of those competing, she managed a seasons best of 6.43 in the first round. It was her only jump. She felt pain and ran through on her second. She sat out the rest of the contest but no one could better her performance. She was Commonwealth champion!

Wednesday Night Training

“For the next few months we are fortunate enough to have been offered use of Becchamians Clubhouse for Wednesday night runs as well as food and bar facilities. Becchamians is only a few hundred yards from the old clubhouse so familiar routes can still be run. It will be open from 6.30pm. The address is : Becchamian Rugby Football Club, Corkscrew Hill, West Wickham BR4 9BB

FACILITIES: There are changing and shower facilities for both men and women, and afterwards a large room for our exclusive use with a bar for eating, drinking, President’s news etc.

FOOD: To start with a limited range of food will be on offer, which must be ordered before 6pm on Tuesdays. Price will be no more than £5. Please communicate Food orders to dmlawrie162@googlemail.com

House & Social Committee”

There has been good feedback from those who have used the facility. The food is good. Fans of the Westerham Brewery will not be disappointed as there is Summer Perle available, and there are also large tv screens. There is plenty of room for social events so keep a look out for updates.

Note. There is a BBQ and Beer Tent at the Southern Athletics League match at Norman Park on Saturday 11th September.

Alan Domleo - A dear friend of Blackheath

Many who visited Moorways Stadium in Derby for league matches will have been welcomed by a kind and gentle man for whom no problem was too much to solve. Our great friend, Alan Domleo passed away on 23 August 2021 at the age of 77. Alan had been keenly interested in our club for more than 50 years having been a 2nd claim member back in the late 1960’s, introduced by Chris Woodcock. He was a regular on our 17 mile Sunday morning runs over the country from Hayes (www.bandbhac.org.uk archive photos). The Gazette reports that in 1968 and 1969 he ran at the ‘sharp end’ of the Club 5, SLH Mob match, many inter-club matches including vs Cambridge Un., RMA Sandhurst. He ran a 9:23.6 3000m steeplechase in our Centenary meeting and also 4:23 for the 82nd leg in the Centenary 100 x 1 mile relay. Alan was taken with the

traditions and history of our club and found community and friendship in attending members' nights for supper. For Derby, he was a fine athlete running 2:17:24 in the Harlow marathon in 1973, winning the Mitcham 15 miles 79:25 in 1970 and the Morpeth to Newcastle in 1973. Chris Woodcock, a close personal friend, and Ian Kiltie took the attached photos of Alan 'in action'. He was a very dear friend to me and of Blackheath.

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Forthcoming Fixtures and events.

September

2-5/9/21 – School Games National Final, Loughborough.

4/9/21 – UK Youth Development League, Under 15s and Under 13s, Medway Park.

5/9/21 – UK Youth Development League, Under 20s and Under 17s, Dartford.

11/9/21 – Southern Athletics League, Fortress Norman Park. **(BBQ and Beer Tent)**

12/9/21 – Kent Relays Championships and Masters Jumps, Sutcliffe Park.

18/9/21 – Will Bolton Relays, Sparrows Den (13.45).

18-19/9/21 – Kent Under 13 Championships, Masters (excluding jumps), and Combined Events Championships, Erith.

26/9/21 – SEAA Road Relays, Crystal Palace.

26/9/21 – Club 5 Mile Championships (10.30).

October

3/10/21 – London Marathon

9/10/21 – ERRRA Road Relays, Sutton Park.

16/10/21 – Kent League, Swanley

16/10/21 – British Athletics Cross Challenge, Cardiff

23/10/21 – Kent League, Somerhill School

23/10/21 – SEAA Cross Country Relays, Wormwood Scrubs (TBA)

30/10/21 – SLH 150 Year Anniversary Mob Match. Combined 4 way mob match against SLH, Ranelagh and Orion, Coulsdon.

30/10/21 – British Masters Cross Country Relays, Long Eaton.

Results.

August has been a busy month. While our athletes have been competing in Tokyo, we had a number of members selected for the Manchester International. There have been County Champions, Area Champions, National Champions, National Records, Championship Records, Club Records, Personal Bests. Also plenty of League action too. So from Tokyo to Tonbridge, from Lydd to Leiria, from Exmouth to Erith, from Paris to Peckham Rye....

30/7-8/8/21

Olympic Games, Tokyo, Japan. Men. 200. Ht4. 8. Adam Gemili 1.58.58 (0.6). **Women.** 100. Sf1. 3. Dina Asher Smith 11.05 (0.0). Ht2. 2. Dina Asher Smith 11.07 (0.1). 4x100. 3. Great Britain (inc Dina Asher Smith) 41.88. Ht1. 1. Great Britain (inc Dina Asher Smith) 41.55 (**National Record**). Marathon. 39. Stephanie Davis 2.36.33.

31/7-1/8/21

Berkshire Championships, Eton. HJ. 1. Martin Thorne (M50) 1.50. LJ. U20M. 1. Harrison Thorne 6.38. SP. 4. Martin Thorne (M50) 7.66. SP. U20M. 3. Harrison Thorne 11.00. JT. 3. Martin Thorne (M50) 27.95. JT. U20M. 1. Harrison Thorne 38.58. **Surrey Championships, Kingston. Under 20 Men.** 400. 1. Drew Burridge 52.44. **Under 17 Women.** 300. 7. Charlotte Hosp 48.71.

Essex Championships, Chelmsford. Under 17 Women. 80H. 1. Jodie Self* 11.69 (-0.2). LJ. 4. Jodie Self* 5.02.

1/8/21

British Masters AF Regional Challenge (South), Lee Valley. 100. R9. 2. Helen Godsell (W65) 14.83 (-0.4). 200. R5. 2. Helen Godsell 31.26 (0.9). 100H. M50. 4. Paul Sutherland 20.22 (0.0). PV. 5. Roger Platt (M50) 2.70, 9. Alan Hardy (M60) 2.10.

Pentland Homes Canterbury 10. 23. Ian Scott (M45) 66.07 (66.05), 50. Steve Pairman (M55) 72.21 (72.15), 56. Dave Beadle (M50) 74.32 (74.26)

2/8/21

Sri Chimnoy 5km, Battersea Park. 73. Carole Coulon (W45) 18.01.

3/8/21

Tonbridge Open Meeting. 200. MX2. 4. Islay Pearson (U15G) 31.31 (1.8). 400. MX2. 3. James Naylor (U23M) 53.26. 800. MX2. 3. Isla Spink (U15G) 2.38.26, 4. Ashley Pearson (W45) 2.39.11, 5. Jessica Kelly (U15G) 2.39.71, 6. Sophie Lee (U17W) 2.47.31, 7. Abbie Lee (U13G) 2.51.11, 8. Rowan Pearson (U13G) 2.52.75. MX3. 5. Amie Gould (U15G) 2.42.79. MX4. 2. Olivia Magee Brown (U17W) 2.24.70, 6. Amber Cockburn (U15G) 2.33.18. MX5. 3. Franco Hillier (U15B) 2.21.01. 1500 s/ch. 1. Morgan Squibb (U20W) 5.06.79, 2. Ailbhe Barnes (U20W) 5.14.43, 3. Isabelle Stoneham (U20W) 5.15.43, 8. Carys Firth (U17W) 5.54.47. PV. 2. Barnaby Corry 4.20, 3. Ethan Kitteridge 3.90, 7. Finn Kitteridge (U15B) 2.90. SP. 4K. 2. Max Kennedy (U15B) 9.57, 3. Ellis Ibrahim (U15B) 9.45. 3K. 4. Islay Pearson (U15G) 7.85. JT. 600. 1. Max Kennedy (U15B) 41.18, 2. Ellis Ibrahim (U15B) 40.41. 400. 1. Rowan Pearson (U13G) 14.65.

VAC Battersea Park Summer Series #4 5km walk. 1. Jonathan Ellerton (U17M) 31.16, 9. David Hoben (M65) 36.56, 11. Peter Hannell (M75) 39.45.

4/8/21

BMC Regional Races, Sutcliffe Park. 800. D. 5. Matthew Smith (U17M) 2.00.50. G. 7. Morgan Squibb (U20W) 2.16.13. H. 2. Gabriella Martin (U17W) 2.16.96. I. 1. Alexander Middleton (U15B) 2.14.44, 3. Cameron Kelly Gordon (U17W) 2.19.39. 1500. C. 4. Dan Kennedy 4.09.53. D. 7. Megan Slattery (U15G) 4.46.70, 11. Francesca Middleton (U15G) 5.16.67.

Cambridge Harriers Open Series, Sutcliffe Park. 100. 1. Brandon Williams 10.94 (-1.3), 4. L.J. Wright (U20M) 11.55, 6. Jadon Ekpo (U15B) 12.00. MX3. 6. Jonathan Ekpo (U13B) 14.85 (0.9). MX4. 6. Erin Simpson (U15G) 15.17 (-1.3). 400. R1. 1. Sam Reardon (U20M) 47.24, 3. Bailey Stickings 49.53. R4. 4. Kelsi Cornish (U23W) 63.07, 5. Francesca Evered (U20W) 65.34. R5. 1. Olivia Berry (U20W) 63.80, 4. Amie Gould (U15G) 68.50. 800. R2. 2. Joseph Scanes (U13B) 2.17.01, 7. Tallulah Ndikanwu (U15G) 2.26.91. R3. 2. Luciana Smith (U13G) 2.26.46, 4. Naimah Mossi (U13G) 2.32.35, 7. Emily Deveney (U15G) 2.39.21. R4. 1. Kyla Dervish (U15G) 2.37.53, 3. Leah Kyriacou (U13G) 2.46.72, 5. Hissah Al Faisal (U13G) 2.53.00. 1500. R1. 8. Jasper Brooks (U15B) 4.40.40. 5000. 5. Joshua Dowling 17.30.13. SP 5K. 1. Max Devon Lowe (U17M) 14.72. 4K. U20W 1. Nana Gyedu 14.19. U15B. 1. Max Kennedy 8.82. 3K. U17W. 1. Cleo Agyepong 14.62. U15G. 1. Erin Simpson 8.19.

Lee Valley Sprint 100/200 Series. 100. MX2. 2. Korede Awe (U23M) 10.64 (0.1). MX5. 1. Dan Putnam 10.79 (-0.1). 200. MX3. 3. Korede Awe (U23M) 22.00 (0.1). MX4. 1. Dan Putnam 21.38 (-0.1).

RunThrough Chase The Sun Battersea 10km. 7. Rose Harvey* 33.04.

Bedgebury Pinetum 10km. 3. Micah Evans 38.06.

6/8/21

Veterans Open Meeting, Dartford. 100. 3. Helen Godsell (W65) 15.3. 400. 4. Matthew Ellerton (M45) 64.7. TJ. 3. Matthew Ellerton (M45) 8.67. PV. 3. Alan Hardy (M60) 2.21.

7/8/21

National Athletics League, Premiership London South, Eton. Match. 1. Thames Valley Harriers 554.1, 2. Windsor Slough Eton & Hounslow 449.4, 3. B&B 398.3, 4. Southampton AC 327.2. **Men.** 100. A. 2. Korede Awe 10.69 (2.7). B. 1. Dan Putnam 10.69 (0.3), 2. Zac Nwogwugwu N/S 10.89. 200. A. 3. Zac Nwogwugwu 22.09 (1.9). B. 1. Dan Putnam 21.64 (1.0). 400. A. 1. Sam Reardon 47.03. B. 1. Dan Putnam 47.58, 4. Pablo Seema Roca N/S 49.95. 800. A. 4. Coleman Corry 2.02.60. B. -. 1500. A. 3. Tom Brash 4.11.29. B. 3. Dan Kennedy 4.26.72. 3000. A. 3. Mark Cage 9.37.40. B. 3. Dan Kennedy 10.02.07. 110H. A. 2. Rico Cottell 15.03. B. 1. Alex Nwenwu 15.92, 3. Richard Morris N/S 16.85. 400H. A. 3. Bailey Stickings 52.87. B. 2. Richard Morris 56.35. 3000 s/ch. A. 3. Dan Kennedy 10.52.62. B. -. HJ. A. 4. Barnaby Corry 1.70. B. -. LJ. -. B. -. TJ. A. -. B. -. PV. A. 2. Barnaby Corry 2.90. B. -. SP. A. 3. Alex Pope 11.79. B. 2. Dele Aladese 10.94. DT. A. 2. Dele Aladese 46.68. B. 2. Alex Pope 39.12. JT. A. 3. Angus Harrington 44.29. B. 3. Coleman Corry 30.09. HT. A. 4. Charlie Short 31.91. B. -. 4X100. 1. B&B (Bailey Stickings, Korede Awe, Rico Cottell, Zac Nwogwugwu) 42.72. 4x400. 3. B&B (Bailey Stickings, Sam Reardon, Pablo Seema Roca, Coleman Corry) 3.17.48. **Women.** 100. A. 3. Modupe Shokunbi 12.30 (1.1). B. 2. Annie Davies 12.10 (2.5). 200. A. 3. Zsiriah Thomas 25.93 (1.4). B. 3. Achieng Oneko 26.56 (1.3). 400. A. 1. Krystal Galley 56.66. B. 3. Stephanie Fisher 62.31. 800. A. 1. Amarisa Sibley 2.10.90. B. 2. Leah Everson 2.22.26. 1500. A. 1. Niamh Bridson Hubbard 4.38.38. B. -. 3000. A. 2. Niamh Bridson Hubbard 9.40.68. B. 4. Amy Leach 12.17.39. 100H. A. 2. Annie Davies 13.70 (0.0). B. 2. Shakanya Osahon 14.67 (0.0). 400H. A. 2. Alex Hill 61.00. B. -. 2000 S/CH. A. 2. Morgan Squibb 7.09.18. B. -. HJ. A. 2. Deborah Martin 1.70. -. LJ. A. 4. Zara Asante 5.13. B. -. TJ. A. 2. Zara Asante 12.46. B. -. PV. A. 3. Lois Warden 3.20. B. 2. Liz Hughes (W40) 3.00 (**W40 CLUB RECORD**). SP. A. 2. Zara Obamakinwa 10.96. B. 1. Hannah MacAulay 10.67. DT. A. 3. Zara Obamakinwa 46.37. B. 3. Hannah MacAulay 32.31. JT. A. 3. Zara Asante 20.04. B. 3. Lois Warden 15.42. HT. A. 3. Molly Walsh 48.36. B. -. 4X100. 2. B&B (Annie Davies, Zsiriah Thomas, Modupe Shokunbi, Achieng Oneko) 48.09. 4X400. 3. B&B (Amarisa Sibley, Stephanie Fisher, Niamh Bridson Hubbard, Morgan Squibb) 4.03.84.

BMC Regional Races, Gillingham. 800. A. Megan Slattery (U15G) 2.24.97.

Medway & Maidstone Open Meeting. 100. R1. 5. Rhys Francis 11.03 (2.9). R2. 2. Michael Uzozie (U20M) 11.09 (0.6). R4. 1. James Naylor (U23M) 11.82 (1.3), 7. Chanelle Cole (U20W) 12.97. R10. 1. Alexander Morrell (U15B) 12.52 (1.9). 200. R2. 2. Michael Uzozie (U20M) 22.29 (2.2), 6. James Naylor (U23M) 23.53. R3. 7. Christopher Barrett (U17M) 25.45 (1.1). R5. 1. Alexander Morrell (U15B) 25.38 (1.7). 400. R2. 4. Christopher Barrett (U17M) 57.20. R3. 1. Hendri Verster (U15B) 58.76. 3000 Walk. 8. Jonathan Ellerton (U17M) 18.06.16.

Parkruns. Gorleston Cliffs. 7. Steve Evenden 19.15. **Bromley.** 9. Thomas Sugden 19.20, 28. Steven Pairman 20.38, 39. Jason Meers 21.14, 40. Jennie Butler 21.15, 50. Austin Adams 21.34, 56. Adrian Perry 21.57, 92. Damian Hayes 23.26, 115. Iain Swatton 24.06, 116. James Unwin 24.07, 124. Mark Wallace 24.43, 167. Mike Simms 26.18, 209. Sally Smith 27.37, 231. Julia Pairman 28.42, 395. Stuart Cullum 50.07. **Bexley.** 56. Chris Pike 25.28. **Beckenham Place park.** 1. Angus Harrington 17.05, 8. Jessica Keene 20.08 (1st woman), 11. Clayton Aves 20.16, 15. Tim Ayres 20.54, 16. Richard Byford 20.54, 52. Rod Harrington 25.12, 145. Mick Keene 32.41. **Royal Tunbridge Wells.** 59. Robert Perry 25.42. **Poole.** 196. Peter Hamilton 23.30. **Penrith.** 179. Andrew Riches 28.32. **Peckham Rye.** 52. John E. Turner 24.40, 127. Maz Turner 35.35. **Lowestoft.** 78. George Collins 23.37. **Exmouth.** 70. Bob Minting 23.06. **Catford.** 31. Barry Wetherilt 23.40. **Swaffham.** 3. Gabriella Martin 20.52 (1st woman). **Squerrys Winery.** 46. Andrew Kingsmell 28.42, 51. Zoe Kingsmell 29.38. **Land's End.** 19. Genny Allan 22.25.

7-8/8/21

England Athletics Under 17 and Under 15 Championships, Manchester. Under 17 Men. 100. 8. Adam Islam Medeaux 11.24 (1.9). SF1. 6. Verrel Charles 11.16 (1.3). SF2. 5. Adam Islam Medeaux 11.00 (4.0). Ht2. 2. Verrel Charles 11.27 (1.3). Ht3. 3. Adam Islam Medeaux 11.16 (2.0). 200. Ht2. 4. Adam Islam Medeaux 22.81 (0.5). 400. Ht1. 5. Nathan Firla 52.91. DT. 1. Brydon Duncan 46.25. **Under 17 Women.** 100. 2. Faith Akinbileje 11.83 (0.9), 5. Tyra Khambai-Annan 12.08. SF1. 2. Faith Akinbileje 11.72 (4.4) SF2. 3. Tyra Khambai Annan 12.02 (3.3). Ht1. 1. Faith Akinbileje 12.04 (1.4). Ht2. 2. Tyra Khambai Annan 12.22 (1.9). 80H. 6. Jodie Self* 11.67 (-0.8). Ht2. 2. Jodie Self* 11.69 (0.2). TJ. 2. Amelia Gray* 12.06. SP. 1. Cleo Agyepong 15.13. HT. 2. Gypsy Nash 48.76. **Under 15 Girls.** 75H. SF2. 6. Alyssa Firla 12.03 (-0.1). Ht2. 4. Alyssa Firla 12.04 (-0.1)

7-8/8/21.

Torneio Internacional de Lancamentos, Leiria, Portugal. JT. 3. Bekah Walton 53.01. 8/8/21. JT. NM Bekah Walton

8/8/21

Kent Young Athletes League, Division One, Tonbridge. Under 15 Boys. 100. A. 4. Reo McCausland 13.0. B. 3. Jonah Quartey Papafio 13.2. 300. A. 2. Zuriel Nwogwugwu 39.2. B. 1. Ryen Rennie 39.8. 1500. A. 2. Harry Fage 4.44.5. B. 1. Alexander Middleton 4.45.1. 80H. A. 1. Andrew Nikoro 12.0. B. -. HJ. A. 2. Andrew Nikoro 1.60. B. 1. Maxwell Stober 1.55. LJ. A. 1. Andrew Nikoro 5.44. B. 1. Zuriel Nwogwugwu 5.04. PV. A. 2. Finn Kitteridge 3.20. B. -. SP. A. 2. Max Kennedy 10.15. B. 5. Finn Kitteridge 7.57. DT. A. 6. Max Kennedy 24.22. B. -. JT. A. 2. Max Kennedy 38.49. B. Ryen Rennie NT. 4X100. 2. B&B (Zuriel Nwogwugwu, Ryn Rennie, Jonah Quartey Papafio, Reo McCausland) 49.5. 4x300. 1. B&B (Zuriel Nwogwugwu, Ryen Rennie, Harry Fage, Andrew Nikoro) 2.47.4. **Teams.** 1. Medway & Maidstone 159, 2. B&B 154, 3. Tonbridge 2/Judd 135, 4. Tonbridge 130, 5. Cambridge Harriers 105, 6. Bexley 60, 7. Sevenoaks 50, 8. Paddock Wood/Folkestone 27. **Under 15 Girls.** 100. A. 2. Nina Whitter 13.4. B. 3. Emily Hayden De Carbonnieres 13.8. 300. A. 2. Tallulah Ndikanwu 43.8. B. 2. Emily Deveney 46.3. 1500. A. Maria Salamanca 5.23.0. B. 2. Francesca Middleton 5.27.6. 75H. A. 6. Amber Cockburn 16.3. B. -. HJ. A. 2. Nina Whitter 1.50. B. 1. Emilia Ayeni 1.40. LJ. A. 3. Eniola Ayeni 4.15. B. 2. Emily Hayden De Carbonnieres 4.06. PV. A. 1. Lydia Witcombe 2.10. B. -. SP. A. 2. Erin Simpson 8.34. B. 1. Tallulah Ndikanwu 7.87. DT. A. 1. Erin Simpson 19.94. B. 2. Lydia Witcombe 12.37. HT. A. 2. Emily Hayden De Carbonnieres 18.52. B. -. 4X100. 2. B&B (Eniola Ayeni, Nina Whitter, Emily Hayden De Carbonnieres, Alexia Moren Rosado) 52.9. 4x300. 1. B&B (Tallulah Ndikanwu, Nina Whitter, Erin Simpson, Emily Deveney) 3.06.7. **Teams.** 1. B&B 158, 2. Cambridge Harriers 138, 3. Bexley 112, 4. Medway & Maidstone 110.5, 5. Tonbridge 2/Judd 98.5, 6. Tonbridge 1 97, 7. Paddock Wood/Folkestone 1 91, 8. Sevenoaks 13. **Under 13 Boys.** 100. A. 4=. Max Jeffrey 13.9. B. 1. Charlie Platt 14.1. 200. A. 1. Max Jeffrey 27.1. B. 1. Jamie Ellerton 28.7. 1500. A. 1. Joseph Scanes 4.35.2. B. 1. James Shaw 5.19.2. 75H. A. 1. Jamie Ellerton 12.9. B. 1. Joshua Dako 13.4. HJ. A. 1. Joshua Dako 1.45. B. -. LJ. A. 1. Joshua Dako 4.34. B. 1. Jamie Ellerton 4.23. SP. A. 3. Charlie Platt 7.38. B. 2. Noah Fage 6.79. JT. A. 1. Charlie Platt 28.22. B. 2. Noah Fage 21.01. 4x100. 2. B&B (Joshua Dako, Jamie Ellerton, Charlie Platt, Max Jeffrey) 55.6. **Teams.** 1. B&B 148.5, 2. Cambridge Harriers 108, 3. Tonbridge 2/Judd 102.5, 4. Tonbridge 1 89.5, 5. Medway & Maidstone 88, 6. Paddock Wood/Folkestone 1 63.5, 7. Bexley 61, 8. Sevenoaks 48. **Under 13 Girls.** 75. A. 3. Raine Surla 10.9. B. 2. Emilia Adese 10.9. 150. A. 2. Chizam Boniface 20.9. B. 2. Lottie Palmer 23.4. 1200. A. 4. Abbie Lee 4.42.9. B. 3. Caitlin Hough 4.47.2. 70H. A. 1. Charlotte Bloodworth 12.9. B. 4. Lottie Palmer 16.5. HJ. A. 1. Raine Surla 1.30. B. 1. Heidi Coulson 1.20. LJ. A. Emilia Adese 3.97. B. 1. Raine Surla 3.88. N/S Heidi Coulson 3.67. SP. A. 3. Chizam Boniface 6.27. B. 1. Charlotte Bloodworth 6.04. DT. A. 1. Charlotte Bloodworth 19.20. B. -. 4X100. 1. B&B (Heidi Coulson, Raine Surla, Emilia Adese, Chizam Boniface) 56.7. **Teams.** 1. B&B 139.5, 2. Medway & Maidstone 106.5, 3. Cambridge Harriers 102, 4. Tonbridge 1 97, 5. Bexley 94, 6. Tonbridge 2/Judd 66, 7. Paddock Wood/Folkestone 1 55, 8. Sevenoaks 27. **Overall Scores.** 1. B&B 625, 2. Medway & Maidstone 489, 3. Cambridge Harriers 468, 4. Tonbridge 1 438.5, 5. Ton 2/Judd 427, 6. Bexley 352, 7. Paddock Wood/Folkestone 1 261.5, 8. Sevenoaks 163.

Kent Young Athletes League, Division Two, Tonbridge. Under 15 Boys. 100. A. 3. Alexander Morrell 13.0. B. 1. Daniel Jenkins 13.3. 300. A. 3. Hendri Verster 41.9. B. 2. Alexander Morrell 41.5. SP. A. 2. Ellis Ibrahim 8.54. DT. A. 2. Ellis Ibrahim 19.77. JT. A. 1. Ellis Ibrahim 40.11. 4x100. 3. B&B (Ellis Ibrahim, Alexander Morrell, Daniel Jenkins, Hendri Verster) 51.2. **Teams.** 1. Dartford Harriers 102, 2. Central Park Athletics 74, 3. B&B 69, 4. Invicta East Kent 56, 5. Medway & Maidstone 58, 6. Thanet 7. **Under 15 Girls.** 100. A. 3. Lily Anderson 14.0. 300. A. 4. Lily Anderson 47.8. 1500. A. 3. Jessica Kelly 5.36.7. B. 2. Kyla Dervish 5.44.8. LJ. A. 2. Lily Anderson 3.91. **Teams.** 1. Dartford Harriers 141, 2. Thanet 139, 3. Invicta East Kent 119, 4. Medway & Maidstone 85, 5. Central Park Athletics 65, 6. B&B 2 39. **Under 13 Boys.** 100. A. 3. Theodore Osobu 14.4. B. 4. Tristan Thomas 14.9. 200. A. 3. Theodore Osobu 28.8. B. 1. Tristan Thomas 30.2. 1500. A. 1. Benjamin O'Grady 5.21.7. B. 1. Liam Hough 6.08.0. LJ. A. 5. Rory Witcombe 3.28. B. 4. Liam Hough 3.05. N/S. Theodore Osobu 3.16. SP. A. 4. Rory Witcombe 6.38. JT. A. 4. Rory Witcombe 17.36. 4x100. 4. B&B (Tristan Thomas, Liam Hough, Theodore Osobu, Rory Witcombe) 61.3. **Teams.** 1. Central Park Athletics 123, 2. Swale Combined 118, 3. Dartford Harriers 105, 4. B&B 1 82, 5. Thanet 44, 6. Invicta East Kent 33. **Under 13 Girls.** 75. A. 5. Maya Al Faisal 12.0. B. 2. Mariana Caceres 11.7. 150. A. 5. Mariana Caceres 23.3. B. 2. Abigail Williams 23.3. 1200 A. 2. Hissa Al Faisal 4.29.8. B. 3. Lily Bridgeman 4.58.3. HJ. A. 4. Maya Al Faisal 1.15. LJ. A. 7. Maya Al Faisal 3.19. B. 3. Hissa Al Faisal 3.08. N/S. Lily Bridgeman 2.85. 4x100. 5. B&B (Maya Al Faisal, Lily Bridgeman, Hissa Al Faisal, Mariana Caceras) 63.9. **Teams.** 1. Thanet 127, 2. Invicta East Kent 109, 3. Dartford Harriers 95, 4. Central Park Athletics 69, 5. B&B 64, 6. Medway & Maidstone 43, 7. Swale Combined 35, 8. Paddock Wood/Folkestone 2 14. **Overall Scores.** 1. Dartford Harriers 468, 2. Central Park Athletics 351, 3. Thanet 342, 4. Invicta East Kent 322, 5. B&B 279, 6. M&M 2 171, 7. Swale 168, 8. Paddock Wood/Folkestone 2 39.

St Albans 10km. 13. Carole Coulon (W45) 37.54.

9/8/21

BMC Regional Races, Leeds. 800. D. 1. Mark Cage 4.25.18.

10/8/21

Woodford Green with Essex Ladies Open Meeting. 3000 walk. 3. Abigail Smith (U17W) 16.01.80.

11/8/21

BMC Gold Standard Races, Watford. 800. B. 2. Niamh Bridson Hubbard 2.09.43.

Charnwood AC Open, Loughborough. 800. MX3. 4. Luciana Smith (U13G) 2.25.29.

Watford Open Graded Meeting. 800. MX9. 11. Pierre Guillame 2.11.60.

RunThrough Chase The Sun Olympic Park 10km. 5. Robert Perry 35.42, 61. Adrian Perry 45.07.

13/8/21

Blackheath & Bromley Open Meeting, Norman Park. 100. MX1. 5. Zac Nwogwugwu (U20M) 0.96 (1.2). MX3. 2. Adam Islam Medeaux (U17M) 11.30 (0.5), 3. Issah Abdulkarim (U17M) 11.50. MX4. 1. Drew Burridge (U20M) 11.50 (0.4), 2. Ralph Baker (U17M) 11.82, 3. Jadon Ekpo (U15B) 11.87, 4. Nathan Firla (U17M) 11.93, 5. Dylan Carroll (U17M) 11.97. MX5. 2. Marley Byfield (U15B) 12.18 (1.1), 3. Annie Davies (U23M) 12.30, 4. Dennis Savage (U17M) 12.38, 5. Makai Sabido Rodney (U15B) 12.80, 6. Daisy Snell (U15G) 12.88. MX6. 1. Molly Savage (U20W) 12.83 (0.4), 4. Daniel Jenkins (U15B) 13.12, 6. Nina Whitter (U15G) 13.43. MX7. 1. James Lawson (U15B) 12.74 (-0.4), 2. Alyssa Firla (U15G) 13.23, 3. Kelsey Calladine Smith (U17W) 13.85, 4. Emily Hayden De Carbonnieres 13.85, 6. Lily Anderson (U15G) 14.05. MX8. 1. Jamie Ellerton (U13B) 13.77 (-0.1), 4. Jonathan Ekpo (U13B) 14.46. MX9. 4. Helen Godsell (W65) 14.90 (-1.4), 5. Marianna Caceres (U13G) 15.10. MX10. 1. Christopher Barrett (U17M) 12.65 (0.5), 3. Emilia Adese (U13G) 13.88. 400. MX1. 5. Sam Reardon 46.97. MX3. 1. Nathan Firla (U17M) 51.25, 2. Samuel McShane (U17M) 51.77, 5. James Naylor (U23M) 52.79. MX4. 2. Christopher Barrett (U17M) 55.59. MX5. 2. Morgan Squibb (U20) 58.82, 3. Jonathan Ellerton (U17M) 59.75, 4. Kelsi Cornish (U23W) 60.95, 5. Matthew Ellerton (M45) 64.00, 7. Jess Keene (U23W) 65.67. MX6. 1. Emily Deveney (U15G) 63.51, 2. Emily Algeo (U17W) 63.63, 3. Olivia Magee Brown (U17W) 64.68, 4. Emily Hayden De Carbonnieres (U15G) 65.94, 5. Amelie Willars (U17W) 72.19. 800. MX2. 1. Joseph Scanes (U13B) 2.08.96, 5. Hendri Verster (U15B) 2.13.77, 7. Cameron Kelly Gordon (U17W) 2.18.34. MX3. 1. Tim Ayres 2.20.34, 6. Megan Barlow (U15G) 2.28.08, 7. Tallulah Ndikanwu (U15G) 2.30.62. MX4. 2. Charlotte Bloodworth (U13G) 2.25.26, 5. Lydia Witcombe (U15G) 2.27.11, 8. Benjamin O'Grady (U13B) 2.35.94. MX5. 2. Andre Verster (M45) 2.32.81, 7. Emily De Backer (U17W) 2.39.26, 8. Beth Regan (U13G) 2.40.42. MX6. 2. Leah Kyriacou (U13G) 2.37.67, 3. Ryan Tran (U15B) 2.38.29, 4. Isla Spink (U15G) 2.40.30, 5. Samuel Barlow (U13B) 2.41.25, 6. Charlie Hay (U13B) 2.41.85, 7. Sophie Lee (U17W) 2.42.49, 8. Madeleine Marston (U15G) 2.45.80. MX7. 1. Henry Newman (U15B) 2.34.44, 2. Sophie Tran (U13G) 2.37.49, 5. Lydia Marston (U13G) 2.50.21, 6. Liam Hough (U13B) 2.50.88, 7. Caitlin Hough (U13G) 2.51.44, 8. Abbie Lee (U13G) 2.52.11, 10. Mariana Caceres (U13G) 3.00.66. 1500. 1. Dan Kennedy 4.13.92, 2. Prince Reid (T20/F20) 4.17.46, 3. George Shaw (U17M) 4.19.46, 5. Ian Firla (M50) 4.48.49, 6. Gregory Firth (M45) 4.52.54, 12. Amber Cockburn (U15G) 5.12.70. TJ. 5. Ian Firla (M50) 8.33. SP.6K. 1. Dillon Claydon (U20M) 14.89. 5K. 1. Max Devon Lowe 13.09. 4K. 1. Nana Gyedu (U20W) 13.72, 2. Max Kennedy (U15B) 9.42, 4. Ellis Ibrahim (U15B) 8.97. 3K. 1. Cleo Agyepong (U17W) 15.14, 2. Chanelle Ohemeng – Mensah (U17W) 10.60, 3. Daisy Snell (U15G) 9.83, 5. Erin Simpson (U15G) 8.30, 6. Alyssa Firla (U15G) 8.30, 7. Tallulah Ndikanwu (U15G) 7.26, 8. Sapphire Houston – Ball (U17W) 6.60, 9. Rory Witcombe (U13B) 5.71. 2.72K. 1. Emilia Adese (U13G) 6.74. JT. 700g. 1. Josh Buddle Smith (U17M) 34.87. 600g. 1. Max Kennedy (U15B) 41.18, 2. Ellis Ibrahim (U15B) 38.95. 500g. 2. Erin Simpson (U15G) 23.06. 400g. 1. Charlie Platt (U13B) 30.45, 2. Noah Fage (U13B) 29.55, 4. Rory Witcombe (U13B) 18.53.

14/8/21

Southern Athletics League, South East London, Erith Stadium. 1. B&B 328.9, 2. Bexley 280, 3. Cambridge Harriers 250.4, 4. Kent AC 191.1, 5. London City 28.1. **Men.** 100. A. 1. Dan Putnam 11.0. B. 1. Zac Nwogwugwu 11.2. N/S1. 1. Chizute Ogbedeh 11.3, 2. LJ Wright 11.4. N/S2. 2. James Naylor 12.2. 200. A. 2. Dan Putnam 23.2. B. 1. Bailey Stickings 22.7. N/S1. 1. Chizute Ogbedeh 23.0, 2. Michael Uzozie 23.4, 5. James Naylor 24.4. N/S2. 1. Christopher Barrett 26.0. 400. A. 1. Dan Putnam 47.7. B. 1. Callum Parker 50.4. N/S. 1. Drew Burridge 51.9, 2. Christopher Barrett 56.5, 4. Paul Sutherland 66.2. 800. A. 2. Prince Reid 2.04.5. B. 4. Nick Swatton 3.23.0. 1500. A. 3. Rob Donohue 4.36.4. B. 1. Matt Rozee 4.51.4. 5000. A. -. B. -. 110H. A. -. B. -. 400H. A. -. B. -. 2000 S/CH. A. 1. Alex Gibbins 7.01.5. B. -. HJ. A. 3. Alex Pope 1.45. B. -. LJ. A. 3. Connor Sutton 5.96. B. 2. Dylan Carroll 5.64. TJ. A. -. B. -. PV. A. -. B. -. N/S. 1. Charlie Platt 2.70. SP. A. 1. Alex Pope 11.97. B. 1. Dele Aladese 10.84. DT. A. 1. Dele Aladese 48.85. B. 1. Alex Pope 35.86. N/S. 1. Brydon Duncan 36.79. JT. A. 1. James Whiteaker 70.69. B. 1. Ben Platt 42.06. HT. A. 2. Alex Pope 39.76. B. 2. Roger Platt 17.49. 4x100. 1. B&B (Bailey Stickings, Zac Nwogwugwu, Chizute Ogbedeh, Michael Uzozie) 43.9. 4x400. 1. B&B (James Naylor, Bailey Stickings, Drew Burridge, Callum Parker) 3.29.0. **Women.** 100. A. 2. Emily Kerr 13.0, B. 1. Molly Savage 12.7. N/S. 1. Louise Evans 12.4, 3. Rachel Ilori 13.8, 7. Amy Leach 15.1. 200. A. 2. Stephanie Fisher 26.2. B. 2. Chanelle Cole 26.5. N/S. 1. Grace Bennett 30.6. 400. A. 3. Chanelle Cole 61.2. B. 1. Kelsey

Cornish 63.5. N/S. 1. Cameron Kelly Gordon 59.7. 800. A. 1. Leah Everson 2.21.3. B. 1. Cara Gould 2.35.7. N/S. 2. Pippa Carver 2.49.5. 1500. A. 2. Olivia Magee Brown 5.07.8. B. DNF. Liberty Whyte. N/S. 1. Amy Leach 5.30.4. 3000. A. 2. Jessica Keene 10.51.5. B. 3. Celeste Kriel 13.41.9. 100H. A. 3. Holly Platt 19.0. B. -. 400H. A. 1. Stephanie Fisher 66.6. B. DNF. Zoe Austridge. 2000 S/CH. A. -. B. -. HJ. A. 2. Elena Duncombe 1.50. B. 2. Akeiyla Robinson Pascal 1.35. LJ. A. 2. Emily Algeo 5.13. B. 1. Molly Savage 5.11. N/S. 1. Rachel Ilori 4.53, 2. Akeiyla Robinson Pascal 4.48, 5. Grace Bennett 3.43. TJ. A. 2. Molly Savage 10.07. B. 1. Rachel Ilori 10.00. N/S. 1. Emily Algeo 10.14. PV. A. 1. Lois Warden 3.20. B. 1. Eleanor Barrett 3.00. SP. A. 1. Hannah MacAulay 10.77. B. 1. Abbie Stewart 9.11. DT. A. 1. Hannah MacAulay 41.65. B. -. JT. A. 3. Holly Platt 18.09. B. 3. Zoe Austridge 12.85. HT. A. 1. Abbie Stewart 43.07. B. 2. Hannah MacAulay 25.49. 4x100. 1. B&B (Rachel Ilori, Emily Kerr, Chanelle Cole, Molly Savage) 51.0. 4x400. 1. B&B (Stephanie Fisher, Olivia Magee Brown, Kelsi Cornish, Chanelle Cole) 4.15.4.

BMC Grand Prix, Sutcliffe Park. Men. 800. B. 1. Sam Reardon 1.50.68. **Women.** 800. D. 1. Amarisa Sibley 2.09.96. 1500. A. 5. Niamh Bridson Hubbard 4.19.00. C. 10. Morgan Squibb 4.42.12.

Parkruns. Bromley. 11. Megan Slattery 19.14 (1st woman), 28. Steve Eveneden 20.20, 32. Steven Pairman 20.31, 43. Jennie Butler 21.1, 9, 52. Adrian Perry 21.47, 86. Robert Whyte 23.10, 105. Robert Perry 23.38, 136. Mike Simms 24.37, 254. Niamh Milmo 28.28, 278. Julia Pairman 29.08, 394. Stuart Cullum 33.59. Bexley. 18. Darren Corneille 21.20. **Greenwich.** 33. Nick Barber 23.01. **Maidstone.** 248. David Appleton 37.30. **Beckenham Place park.** 1. Angus Harrington 17.17, 59. Rod Harrington 24.34, 115. William Slack 28.02, 155. Andy Tucker 30.38. **Torbay Velopark.** 54. Ross Braden 21.43. **Markeaton.** 20. Clayton Aves 20.35. **South Norwood.** 8. Richard Byford 20.48, 9. Tim Ayres 21.04, 36. James Unwin 24.47. **Hoblingwell.** 6. Austin Adams 22.44. **Orpington.** 176. Mick Keene 37.27. **Peckham Rye.** 67. John Turner 23.55, 177. Maz Turner 34.13. **Whinlatter Forest.** 92. Andrew Riches 31.49. **Penrose.** 34. James Perry 21.43. **Holkham.** 56. James Morris 23.42. **Exmouth.** 54. Bob Minting 22.42. **Catford.** 39. Barry Wetherill 22.50. **Foots Cray Meadows.** 50. Andrew Kingsmell 28.48. **Leas, Minster.** 35. Sally Smith 27.10.

14-15/8/21

Welsh Senior Championships, Cardiff. Men 100. 6. Korede Awe* (U23M) 10.45 (0.7). Ht4. 2. Korede Awe* (U23M) 10.56 (1.0). **Women.** TJ. 1. Sarah Abrams 12.06. PV. 6. Sophie Dowson 3.75.

15/8/21

Loughborough Javelin Festival. Women. 1. Bekah Walton (U23W) 51.27, 9. Hollie Arnold F46 35.85.

Lydd 20. 89. Paul Kerekgyarto (M45) 2.46.28, 285. Zoe Kingsmell (W55) 3.46.27.

Inter Area Road Relays, Leeds Triathlon Centre. Men. 4. Combined Universities inc leg 4 Alex Botterill* 9.55.

Burnham Beeches 10km, Farnham Royal. 2. Pippa Woolven* 34.42 (first woman).

18/8/21

Manchester International. Seniors. Men. 4x400. 3. GB U20s (inc Sam Reardon (46.60)) 3.07.86. **Women.** 100H. 7. Mallory Cluley 14.35 (-0.5). LJ. 4. Jahisha Thomas 6.11. TJ. 5. Sarah Abrams 11.43. SP. 4. Nana Gyedu 14.74. JT. 6. Lauren Farley 43.70 (guest). **Under 20s. Men.** 400. 1. Sam Reardon 47.06, 5. Pablo Seema Roca 49.92 (guest). 800. 1. Henry Fisher 1.51.09 (guest). PV. 5. Barnaby Corry 4.01. DT. 3. Dillon Claydon 46.39. 4x400. 2. Guest team (inc Pablo Seema Roca and Henry Fisher) 3.19.33. **Women.** 800. 5. Amarisa Sibley 2.13.57 (guest). TJ. 1. Amelia Gray* 12.11. DT. 2. Zara Obamakinwa 40.48. 4x100. 1. England (inc Mallory Cluley) 46.97.

18/8/21

Lee Valley Sprint Double 100 Open Series. 100. MX. Round 1. Race 2. 2. Korede Awe (U23M) 10.37 (2.7) R3. 4. Brandon Murray (U23M) 10.64 (3.4). R4. 4. Rhys Francis 11.05 (1.7). R10. 7. Modupe Shokunbi 12.09 (3.1). R2. R1. 5. Korede Awe (U23M) 10.31 (2.8). R3. 2. Brandon Murray (U23M) 10.61 (2.7). R5. 2. Rhys Francis 11.08 (3.6). R11. 4. Modupe Shokunbi 12.22 (1.5).

20-21/8/21

Wanda Diamond League, Prefontaine Classic, Eugene OR, USA. 200. 3. Dina Asher Smith 22.19 (2.4).

20-22/8/21

British Masters Championships, Derby. W40. PV. 1. Liz Hughes 2.40. SP. 3. Liz Hughes 8.84. **M45.** 400H. 1. Richard Holt 64.69. **W65.** 100. 1. Helen Godsell 14.72 (0.2). 200. 1. Helen Godsell 31.08 (0.1)

21/8/21

London Inter Club Challenge, Hendon. 100. Mx2. 3. Clayton Jacinto (U17M) 11.86 (-0.4). 100H. 1. Annie Davies (U23W) 13.93 (-0.3). 5000W. 9. David Hoben (M65) 36.50.24. PV. 13. Alan Hardy (M60) 2.10. DT. 1.75K. 1. Dillon Claydon (U20M) 47.14.

Parkruns. Bromley. 1. Roger Vilardell 17.13, 5. Pablo Seema Roca 18.06, 10. Millie Smith 19.14 (First woman), 34. Ted Marston 20.31, 37. Jason Meers 20.40, 39. Maria Salamanca 20.45, 41. Amy Leach 20.48, 56. Steven Pairman 21.49, 76. Robert Whyte 22.45, 94. Rod Harrington 23.26, 103. Lydia Marston 23.43, 114. Iain Swatton 24.12, 181. Jamie White 26.25, 188. Tim Ayres 26.37, 199. Emily Beckwith 26.56, 207. Stuart Cullum 27.06, 220. Graham Coates 27.30, 249. Julia Pairman 28.16, 373. Sally Smith 33.14. **Greenwich.** 100. Chris Pike 26.01, 106. Peter Hamilton 26.19. **Forest of Dean.** 11. Carole Coulon 19.40. **Beckenham Place park.** 16. Clayton Aves 20.45, 36. Charlie Hay 22.43, 62. Luigi Arcuri 24.41, 92. Nigel Wood 26.07, 132. Andy Tucker 28.58, 146. David Beadle 30.06, 242. William Slack 1.03.30. **Crystal Palace.** 58. Glen Read 23.37. **South Norwood.** 61. Zoe Kingsmell 27.04, 76. Andrew Kingsmell 28.29. **Riddlesdown.** 21. Steve Evenden 22.21. **Orpington.** 4. Jessica Keene 21.06, 8. Austin Adams 22.28, 47. Dave Leal 28.15, 132. Mick Keene 37.41. **Homewood.** 2. Ross Braden 19.08. **Southwark.** 153. Keith Ewing 26.16. **Peckham Rye.** 59. James Morris 23.38, 189. Maz Turner 33.29. **Woking.** 26. Adrian Perry 21.15. **Whinlatter Forest.** 67. Andrew Riches 31.07. **Dartford.** 35. John Turner 24.56. **Exmouth.** 73. Bob Minting 22.59.

21-22/8/21

South Of England Under 17, Under 15 and Under 13 Championships, Kingston. Under 17 Men. 6. Verrel Charles 11.06 (-0.1). SF1. 7. Issah Abdulkarim 11.51 (0.3). SF2. 3. Verrel Charles 11.16 (1.2). Ht1. 2. Verrel Charles 11.36 (0.6). Ht3. 4. Issah Abdulkarim 11.54 (0.7). 400. 4. Nathan Firla 50.89. Ht1. 1. Nathan Firla 51.73. 1500. 15. James Barnes 4.28.31. 3000 Walk. 1. Jonathan Ellerton 17.47.11. PV. 5. Oscar Witcombe 3.60. SP. 4. Max Devon Lowe 12.66. DT. 3. Brydon Duncan 45.63. JT. 8. Nathan Firla 36.78. **Under 17 Women.** 100. 1. Tyra Khambai-Annan 12.36 (-1.5). Ht1. 1. Tyra Khambai-Annan 12.70 (-1.6). 400. 1. Amarisa Sibley 56.96, 4. Gabriella Martin 59.26. 800. 6. Liberty Whyte 2.32.99. 1500. Ht1. 9. Olivia Magee Brown 5.12.78. Ht2. 7. Hannah Clark 5.16.05. 3000 Walk. 2. Abigail Smith 16.34.84. SP. 1. Cleo Agyepong 15.59 (**Championship Best Performance**). DT. 6. Chanelle Ohemeng-Mensah 29.97. HT. 4. Gypsy Nash 41.70. **Under 15 Boys.** 300. 2. Marley Byfield 39.23. Ht2. 2. Marley Byfield 40.14. 800. Ht2. 7. Hendri Verster 2.17.34. PV. 1. Finn Kitteridge 3.00. JT. 9. Max Kennedy 39.35, 11. Ellis Ibrahim 39.12. HT. 4. Max Kennedy 23.00. **Under 15 Girls.** 300. 5. Alyssa Firla 43.84. Ht2. 3. Alyssa Firla 44.67. 800. 8. Tallulah Ndikanwa 2.30.34. Ht3. 2. Tallulah Ndikanwu 2.24.37. 1500. 9. Megan Barlow 4.54.79. Ht2. 5. Megan Barlow 4.53.7, 7. Lydia Witcombe 5.03.1. 75H. 3. Daisy Snell 11.48 (0.8). Ht1. 1. Daisy Snell 11.53 (0.4), 6. Alyssa Firla 12.35. HJ. 4. Megan Barlow 1.50. LJ. 1. Daisy Snell 5.54. PV. NM Lydia Witcombe. SP. 11. Alyssa Firla 8.06. DT. 6. Erin Simpson 25.03. JT. 7. Erin Simpson 23.77. **Under 13 Boys.** 800. 2. Joseph Scanes 2.11.96. Ht2. 1. Joseph Scanes 2.17.95. Ht3. 4. Ben O Grady 2.32.74. 75H. 2. Jamie Ellerton 12.77 (-1.4), 3. Joshua Dako 13.17. HJ. 2. Joshua Dako 1.46. LJ. 5. Joshua Dako 4.67, 7. Jamie Ellerton 4.30. **Under 13 Girls.** 800. Ht1. 7. Beth Regan 2.46.24. Ht2. 4. Luciana Smith 2.28.13. Ht3. 4. Charlotte Bloodworth 2.31.69. 70H. 6. Charlotte Bloodworth 12.83.

22/8/21

The Vitality Big Half Marathon, London. 4. Phil Sesemann* 62.47, 343. Joshua Dowling 1.21.17 (1.21.38), 794. Steve Evenden (M40) 1.28.00 (1.30.13), 860. Tim Ayres 1.28.48 (1.29.24), 1176. Steve Pairman (M55) 1.32.23 (1.33.47), 1259. Richard Byford 1.33.13 (1.33.49), 2812. Barry Wetherilt (M65) 1.46.13 (1.55.15), 2972. Nigel Bewsher (M45) 1.47.25 (2.17.54)

Festival Of Miles inc TVH Open Meeting, Wormwood Scrubs. Womens Mile. 1. Niamh Bridson Hubbard 4.42.34. 800. MX2. 5. Pierre Guillaume 2.09.31, 6. Jasper Brooks (U15B) 2.11.16. MX3. 3. Hendri Verster (U15B) 2.20.20. MX4. 1. Lara Mannes (U17W) 2.18.30, 5. Naimah Mossi (U13G) 2.31.70.

CAS Meeting International, Schiffange, Luxembourg. LJ. 2. Jahisha Thomas 6.30.

Thorpe and Egham 10km. 11. Francois Bernier 40.34.

24/8/21

BMC Gold Standard Races, Stretford. 1500. A. 7. Alex Botterill* 3.47.94.

25/8/21

Watford Open Meeting. 1500. MX3. 7. Olivia Magee Brown (U17W) 5.07.54. MX10. 9. Niamh Bridson Hubbard 4.15.41.

27/8/21

Serpentine Last Friday Of The Month 5km. 3. Robert Perry (U23M) 16.30, 52. Adrian Perry (M60) 20.59.

28/8/21

Wanda Diamond League, Paris. 100. 3. Dina Asher Smith 11.06 (1.3).

National Athletics League Premier Division London South, Eton. Men. 100. A. 4. Michael Damoah 11.26 (-0.8). B. 2. Michael Uzozie 11.31 (-1.5). N/S B. 2. Chizute Ogbedeh 11.31 (-1.5). 200. A. 4. Chizute Ogbedeh 22.75 (-1.9). B. 3. Bailey Stickings 22.17 (0.3). N/S. 3. Michael Uzozie 22.72. 400. A. 2. Dan Putnam 47.30. B. 3. Nathan Firla 52.65. 800. A. 1. Sam

Reardon 1.55.16. B. 1. Callum Parker 1.55.60. 1500. A. 1. Angus Harrington 3.58.91. B. 2. Tom Brash 4.05.87. 5000. A. 3. Martin Richardson 16.32.49. B. 2. Joshua Dowling 17.56.20. 110H. A. -. B. -. 400H. A. 3. Bailey Stickings 52.55. B. 2. Coleman Corry 58.01. 3000s/c. A. -. B. -. HJ. A. -. B. -. LJ. A. 3. Harrison Thorne 6.49 (0.5). B. 1. Toby Dronfield 6.44. TJ. A. 1. Toby Dronfield 13.60. B. 2. Patrick Apantaku 10.99. PV. A. 1. Barnaby Corry 4.10. B. -. SP. A. 3. Dele Aladese 11.59. B. 2. Patrick Apantaku 10.89. DT. A. 1. Dele Aladese 47.64. B. 1. Dillon Claydon 41.66. JT. A. 3. Angus Harrington 51.38. B. 1. Harrison Thorne 38.64. HT. A. 4. Charlie Short 37.75. B.4. Coleman Corry 11.72. 4x100. 1. B&B (Chizute Ogbedeh, Michael Damoah, Michael Uzozie, Dan Putnam) 42.92. 4x400. 2. B&B (Bailey Stickings, Sam Reardon, Dan Putnam, Nathan Firla) 3.14.92.

Women. 100. A. 2. Annie Davies 12.29. (-2.1). B. 1. Tianna Haynes 12.41 (-2.2). 200. A. 3. Tianna Haynes 25.47 (-1.4). B. 4. Achieng Oneko 27.08 (-1.4). 400. A. 3. Amarisa Sibley 57.93. B. 2. Stephane Fisher 60.87. 800. A. 1. Niamh Bridson Hubbard 2.12.54. B. 2. Kelsi Cornish 2.26.35. 1500. A. 1. Niamh Bridson Hubbard 4.34.78. B. 2. Kelsi Cornish 5.09.95. 3000. A. 2. Niamh Bridson Hubbard 9.39.60. B. -. 100H. A. 1. Annie Davies 13.55 (-1.2). B. -. 400H. A. 3. Alex Hill 61.79. B. -. 2000s/c. A. 1. Morgan Squibb 7.01.14. B. 2. Ailhbe Barnes 7.39.70. HJ. A. 3. Deborah Martin 1.65. B. ? LJ. A. 3. Rachel Ilori 4.77. B. -. TJ. A. 2. Rachel Ilori 10.18. B. -. PV. A. 1. Sophie Dowson 3.70. B. -. SP. A. 2. Hannah MacAulay 11.45. B. 2. Chimdi Okpalauko 10.24. DT. A. 2. Zara Obamakinwa 49.05. B. 2. Hannah MacAulay 42.89. N/S Chimdi Okpalauko 33.79. JT. A. 3. Hannah MacAulay 14.34. B. -. HT. A. 2. Hannah MacAulay 25.84. B. -. 4X100. 1. B&B (Annie Davies, Tianna Haynes, Achieng Oneko, Stephanie Fisher) 48.46. 4x400. 2. B&B (Stephanie Fisher, Amarisa Sibley, Kelsi Cornish, Niamh Bridson Hubbard) 4.02.81. Match Result*. 1. Thames Valley Harriers 523.9, 2. Blackheath & Bromley 383.5, 3. Windsor Slough Eton & Hounslow 381.7, 4. Southampton AC. 151.2. * Note these points scores may not be correct as they from a results sheet that did not include the womens high jump. Also some names do not match the results sheet.

Parkruns. Bromley. 1. Georges Vacharopoulos 17.07, 3. Thomas Sugden 17.30, 13. Millie Smith 18.54 (First woman), 37. Steve Pairman 20.24, 45. Maria Salamanca 20.53, 50. Roger Vilardell 21.12, 64. Austin Adams 21.39, 68. Adrian Perry 21.52, 73. Jason Meers 22.01, 86. Robert Whyte 22.25, 122. James Unwin 23.56, 123. Iain Swatton 23.57, 149. Stuart Cullum 24.32, 150. Glen Read 24.34, 237. Julia Pairman 27.01, 266. Graham Coates 27.36, 282. Sally Smith 27.59, 320. Bernard Wilson 28.58, 324. Emily Beckwith 29.09. **Greenwich.** 88. Chris Pike 25.37. **Beckenham Place park.** 11. Clayton Aves 20.16, 44. Luigi Arcuri 23.48, 75. Rod Harrington 25.00, 82. Nigel Wood 25.17, 127. David Beadle 28.07, 137. William Slack 28.34. **Lloyd park.** 16. Jennie Butler 21.53. **Worcester Pitchcroft.** 25. Mick Jones 20.46. **Poole.** 204. Peter Hamilton 23.10. **Hoblingwell.** 6. Charli Hay 23.31. **Dulwich.** 8. Fintan Parkinson 16.43, 19. Tony Crowder 17.47. Bryn Bach. 23. James Perry 20.50. **Orpington.** 6. Alessio Tutt 19.06, 135. Karen Desborough 32.17. **Tonbridge.** 96. Mark Ellison 23.47, 238. Anne Cilia 27.32. **Lanhydrock.** 165. Niamh Milmo 31.00. Keswick. 114. Andrew Riches 25.49. **Peckham Rye.** 38. James Morris 22.16, 164. Maz Turner 34.09. **Lullingstone.** 1. Ben Cockburn 18.32. **Belton House.** 22. Robert Perry 20.53. **Exmouth.** 80. Bob Minting 22.27. **Catford.** 36. Barry Wetherilt 22.23, 192. Andrew Lawes 42.58. **Severn Bridge.** 101. Andrew Kingsmell 26.50, 112. Zoe Kingsmell 27.13. **The Leas, Minster.** 1. Blair Wilson 18.34.

29/8/21

Antrim Coast Half Marathon, Larne. 27. Ross Braden 67.14 (66.51), 36. Rose Harvey* 70.29 (70.28).

Athletics Norfolk County Champs. Senior Men. 200. 1. Adam Herring 23.5 (3.1). 400. 3. Adam Herring 53.9.

29-30/8/21

Hampshire Championships, Portsmouth. Under 17 Women. TJ. 1. Amelia Gray* 11.84.

30/8/21

Tonbridge Open Meeting. (Full results not yet available). 100. MX2. 2. Mariana Caceres (U13G) 15.17 (-0.2). MX3. 6. Oscar Sadowski (U13B) 15.04 (0.8). MX4. 1. Jonathan Ellerton (U17M) 13.26 (-0.3), 2. Matthew Ellerton (M45) 14.13, 4. Troy Ogedengbe (U13B) 14.36. MX5. 4. Jonathan Ekpo (U13B) 14.52 (0.1). MX6. 4. Jamie Ellerton (U13B) 14.25 (0.5). MX8. 2. Alexander Morrell (U15B) 12.55 (0.7). MX9. 1. Nathan Firla (U17M) 11.96, 4. Jadon Ekpo (U15B) 12.34. 200. MX1. 2. Mariana Caceres (U13G) 31.96 (0.5). MX2. 2. Jonathan Ekpo (U13B) 30.84 (-0.2), 5. Raphaella Lancaster (U20W) 37.18. MX3. 2. Troy Ogedengbe (U13B) 29.18 (0.0). MX7. 3. Alexander Morrell (U15) 25.58, 4. Christopher Barrett (U17M) 25.59. 200. MX8. 2. Nathan Firla (U17M) 23.71. 300. MX2. 2. Gabriella Martin (u17w) 42.98, 3. Alyssa Firla (U15G) 43.68, 4. Tallulah Ndikanwu (U15G) 44.17. 400. MX3. 3. James Naylor (U23M) 52.95, 5. Matthew Smith (U17M) 53.92, 6. Christopher Barrett (U17M) 57.88. 800. MX1. 4. Sophie Fleming (U13G) 2.48.99. MX2. 3. Abbie Lee (U13G) 2.47.72, 5. Jodie Self* (U17W) 2.48.16, 6. Francesca Newman (U13G) 2.49.29, 7. Mariana Caceres (U13G) 2.51.53. MX3. 1. Eva Chambers (U15G) 2.40.75, 3. Pippa Carver (U17W) 2.44.06, 4. Samuel Barlow (U13B) 2.44.10, 6. Sophie Lee (U17W) 2.48.81. MX4. 1. Daisy Snell (U15G) 2.28.08, 3. Henry Newman (U15B) 2.37.18, 6. Kyla Dervish (U15G) 2.42.18. MX5. 3. Lydia Witcombe (U15G) 2.27.56, 4. Andre Verster (M45) 2.27.57. MX6. 3. Franco Hillier (U15B) 2.21.36, 4. Megan Barlow (U15G) 2.22.25., 6. Olivia Magee Brown (U17W)

2.24.20. MX7. 5. Hendri Verster (U15B) 2.14.68. 1500. MX2. 4. Luciana Smith (U13G) 4.58.91, 9. Liberty Whyte (U17W) 5.07.84. 3000. MX1. 10. Isla Spink (U15G) 11.25.28. 75H. U13B. 1. Jamie Ellerton 12.97. 75H U15G. 1. Alyssa Firla 12.41 (-0.4). HJ. 3. Nathan Firla (U17M) 1.65, 7. Alyssa Firla (U15G) 1.35. PV. 5. Lydia Witcombe (U15G) 2.00. SP. 5K. 2. Nathan Firla (U17M) 9.61. SP. 4K. 2. Max Kennedy (U15B) 9.36. SP. 3K. 6. Rory Witcombe 5.64. DT. 1.75. 1. Dillon Claydon 46.05. JT. 600g. 1. Max Kennedy (U15B) 36.14.

Be Fit Today Track Academy Open Series, Dagenham. 100. R1. R5. 3. Issah Abdulkarim (U17M) 11.59 (-0.3). R15. 1. Korede Awe* (U23M) 10.42 (0.7). R2 R7. 7. Issah Abdulkarim 11.79 (-1.3). R15. 4. Korede Awe* 10.42 (0.1). 150. 1. Dan Putnam 16.22 (-2.3). 400. MX4. 1. Dan Putnam 47.08.

Crawley AC Open Graded Meeting. 100. MX2. 1. David Ikuesan (U15B) 12.16 (2.5). MX6. 8. Charlotte Hosp (U17W) 14.90 (0.8).

Middlesex County Championships, Lee Valley. Senior Men. 400. 7. Pierre Guillame 57.06. **Under 17 Men.** 100. 1. Verrel Charles 10.95 (3.2). **Under 17 Women.** 100. 1. Tyra Khambai-Annan 12.04 (2.0). 200. 1. Tyra Khambai-Annan 25.46 (2.7).

Canterbury Half Marathon. 212. David Leal 2.10.46 (2.10.18).

31/8/21

BMC Regional Races and Exeter Harriers Open Meeting. BMC. 800. Race C. 9. Bob Minting M70 2.44.76 (**CLUB M70 RECORD**). 200. Race 8. 3. Bob Minting M70 33.26 (**CLUB M70 RECORD**).

100 years ago in August 1921

The second annual championship meeting of the K.C.A.A.A. was held at the Kidbrook R.A.F. Ground on Saturday Aug 21st. Result. 1. Kent AC, 2. Herne Hill Harriers (holders), 3. Rochester AC, 4. Sevenoaks AC, 5. Blackheath Harriers, 6. Woolwich Polytechnic A.C.

Secretarial.

ALL members will have noticed, from time to time, the remarks which have appeared in the GAZETTE anent the advisability of new surroundings for our Saturday runs during the winter months. This problem has been before the executive for some considerable time, and many places have come under consideration, as it was felt that on this selection hung the whole prospect of the Club in the future. In this connection, it became quite obvious last cross-country season that the Blackheath district no longer possessed those attributes which are so essential to the well-being of our branch of athletics, and that many more seasons there would see us in danger of strangulation. Regretfully, because of old ties and tradition, the Committee decided to look further afield for our Saturday surroundings, but with the consolation that we need not break away altogether, as we could still keep to our old and familiar haunts for the Wednesday evenings. The final selection fell on the Railway Hotel, West Wickham, where, apart from the ideal country, the Committee discovered in Mr. Collins, the proprietor, a keen business man and sportsman, who at once showed his interest in the matter and gave ample evidence of his desire to do all in his power to ensure the creature-comforts of our members for the future. Though the club-room which we shall use there is not quite so large as we have been used to, there is a large adjunct to the main building which our new landlord will keep available for our bigger musters; and it now remains for all 'Heathens to help to make this experiment successful by continuous and energetic support at all meetings, and by being always on the alert to introduce fresh blood into the Club in order that we may soon recover from the setback caused mainly by the depletion in our ranks by the war which took so many of our best from us, and return to, and possibly surpass, our position in the athletic world, of which we have been so proud in the past. Let us start our new lease of life by being flooded with new members!

F. L. GILBERT,
Hon. Secretary.

75 years ago in August 1946.

Sydney Wooderson wins the European Championships 5000 metres in Oslo. It is a new UK Record of 14.08.6 and the second fastest time ever. Afterwards he announces it will be his last International race.

EUROPEAN GAMES IN OSLO.

[We are sure all members will be most interested to read the following account written for them by S. C. Wooderson. It deals with perhaps his greatest race.—Ed.]

THE Press, and numerous well-wishers, gave us a good send-off when we left King's Cross on Saturday, August 17, for Newcastle, on our way to Oslo for the European Games. Arriving on board the Norwegian-line ship during the afternoon, we commenced a very enjoyable sea trip. The sea was smooth, and leaving the cold, wet English weather behind, it was soon warm and sunny, so that all day on Sunday most of the team were sun-bathing on deck. The food on board was exceptionally good after rationing at home, and I am afraid that at least one of the officials felt the effects of a very hearty dinner on Saturday evening.

Early on Monday morning we watched the approaching coast of Norway as we sailed up the beautiful fjord to Oslo. Here we were met by the Press and some of the A.A.A. officials who had arrived ahead of us by plane. A short bus-ride brought us to the ex-army camp which had been provided to house the competitors from all the European countries. We were in a three-roomed hut which, though a little rough, had the advantage of keeping the team together, and thus we got to know each other well during the week we stayed there. There was a large canteen which had separate tables for each team, above which were displayed the different National flags. Food was plentiful, with any amount of butter and milk, but this was only a special concession to the teams, for food is very short over in Norway. Each country paid a certain amount for its keep in the camp, but Denmark paid her share in eggs for the competitors; so we eagerly awaited the arrival of the Danish team with their precious cargo!

Later on the day of our arrival we drove to the nearby Jordal track to loosen up after the journey. Here again the teams mixed together, and it was most interesting and instructive to watch them all at work, and to note their different training methods. None of us did very much the first day, and I had an easy three miles which I repeated on Tuesday, feeling quite fit enough without doing any hard training. Of the others, it is interesting to note that Tom White did his fastest ever 660 yards by several seconds whilst training at Jordal, which illustrates well the faster conditions prevailing over there, and foreshadowed his fine run in the final of the 800 metres, which seemed to have given him the necessary confidence which he previously lacked.

On Wednesday most of the team rested, and we went on a sight-seeing tour of Oslo and the surrounding country. We went up into the lovely pine-clad hills which tower over the town, and had a fine view of the famous Holmen Ski Jump. We also saw some very interesting old Viking ships.

The Opening Ceremony of the Games at 5 p.m. on Thursday was most impressive. The Stadium, holding 30,000, was packed, and many more listened to the events outside, for it was arranged to relay the results to those not lucky enough to get in. After the march around the Stadium, King Haakon took the salute, and the band played the very lovely Norwegian National Anthem. Incidentally, ours was the only team which had not been provided with a proper outfit—even the Poles and Italians had magnificent training suits.

The Meeting, made late by the parade, unfortunately continued to lag behind until, with darkness approaching, an incredible scene was witnessed in the Stadium. For Heino was just completing his amazing 10,000 metres, when into the Stadium came the Marathon winner, running the reverse way. The pandemonium let loose was deafening, with some of the crowd cheering Heino, and the rest for the winner of the Marathon, and both barely discernible in the dusk. The distance of the Marathon, incidentally, was afterwards stated to be only 25 miles, and apparently was what they term a "short Marathon," which is quite commonly run on the Continent instead of the full distance.

Friday—Der Tag—as far as I was concerned I had an early breakfast and a short stroll into the country. Back to a light lunch and a rest in the afternoon, before leaving just before five o'clock for the Stadium. There have been several accounts of the race so I will content myself with giving you a few of my impressions and feelings as it progressed.

I didn't feel particularly nervous, but of course rather "strung up" as we waited on the starting line for Rieff of Belgium, who arrived late. Actually, Heino and myself were in the second row but we all got away to a good start, for Pujazon set a very fast pace from the "gun."

I had worked out a schedule based on 14 mins. 10 sec. for the 5,000 metres, and I reckoned that this would be about the time in which the race would be won. Jack Crump was to give me the tip on each lap, as to whether I was up or down on this schedule. Unfortunately, although he shouted, I heard absolutely nothing from start to finish, owing to the cheering of the crowd—one of the most enthusiastic I have ever heard. I knew, however, that the pace was fast and so I was content to lay well back whilst some of the others fought out the lead. The pace slowed perceptibly on the 10th lap, and I was just contemplating going up when Slykhuis took the lead. Not long after he made his effort, determined not to leave it so late as at the White City, in an endeavour to kill my sprint, and I must admit that he made it uncomfortable enough for a while! I decided to go at 250 yards from the finish and, easing slightly on the bend because of the long finishing straight, I went flat out for the tape, having no idea how near the others were behind me.

There was a lot of talk in the English papers about a black-out. I admit that I was exhausted momentarily, for it was the toughest race, both physically and mentally, in which I had competed, for throughout it was a battle of wits—having to keep an eye on, not only one, but six opponents, all of whom were capable of winning the race. But after a few minutes I was back to normal.

That same evening Archer ran a great race to win the 100 metres final, showing great dash and style. He was quite obviously tired for the 200 metres the next day, and I could see him wobble as he came down the straight in the final of the longer distance. Alan Paterson had done so well this season that it was naturally a great disappointment to him when he just failed to win the High Jump for us. But his jump of 6 ft. 5½ ins. was magnificent, especially when one considers the great strain involved for one of his age, for the event took nearly 2½ hours to be decided. It was gratifying to note that, whilst the walkers of other countries were being pulled out wholesale for unfair walking—including the World Record Holder—

our two representatives, Forbes and Megnin, took second and third places in the 50 kms. walk, leaving the judges in no doubt of the fairness of their walking. Although there was only a small team sent for the Womens' Events, Mrs. Jordan ran remarkably well to come second in both the 100 metres and the 200 metres, and we also had another finalist in the 100 metres.

The final day of the Games was, from a British stand-point, slightly disappointing. Douglas Wilson, despite doing a very fast time, only managed to finish fifth in the 1,500 metres final; but it was a fine run for he has been far from fit this season. There was a good chance of a victory in the 1,600 metres relay, but, despite a magnificent fighting finish by our team, captain, Bill Roberts, we lost it by less than two yards.

Taken all round the team put up a most creditable performance, and fully contributed their share of good will shown by all the competing Nations throughout the week. We were all sorry to split up on Monday, when some left to compete in Bergen and others in Sweden. I flew back to London and arrived at Northolt in the evening, after the most enjoyable trip I have ever spent abroad, helped to a great extent by the company of a really first-rate lot of fellows.

(S. C. Wooderson's time for the 5,000 metres was 14 min. 8.6 sec., which has only been beaten by G. Haegg and is nearly 14 seconds better than the present Olympic record.)

CALLING ALL ARTISTES.

Will any member who can do anything whatever to entertain, no matter what it be—singing, dancing, miming, sketching, story-telling, or even standing on your head making funny noises, please inform the Entertainments Secretary immediately.

We don't care what you do but we must have a larger selection of Artistes for our Smoking Concerts to improve the balance of the programmes.

Anybody particularly interested in short sketches will be especially welcome.

Please write to F. J. Pearce, 8 Cudham Park Road, Cudham, Sevenoaks, Kent.

OCTOBER 1.

No, this paragraph is not out of date, it refers to the date your 1946-47 subscription became due. The Hon. Treasurer noted that all who paid on the afternoon of September 28 offered a guinea, apparently having little doubt of the outcome of the General Meeting. The Hon. Treasurer, need we say, took the guinea and he will be only too happy to take one from you, too. It will save an awful lot of trouble if we don't have to remind you again, besides *bis dat qui cito dat*.

CLUB TIES

Members can obtain these now by writing or calling on
MESSRS. R. J. BRYANT, LTD.,
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The following weekend is Wooderson's last track race at the Club's Open Meeting at Motspur Park. He runs the in the two mile team race with the aim of breaking the British record of 9.03.4. He is on schedule but on the sixth lap the injury he has been nursing flares up. He finishes the race in 9.12.8. He could have dropped out but it is a team race. He wins the race and Blackheath win the team.

A mighty round of applause greeted Wooderson's appearance for the pièce de résistance, and there seemed just a chance that conditions would improve sufficiently to allow this mighty atom to make his curtain in a manner appropriate to the brilliance of his career. The rain had stopped and the sun came out in a broken sky; the wind gauge (something novel in the writer's experience) indicated a diminution in the procession of minor cyclones which had passed over the arena: the track though very heavy no longer looked waterlogged.

There was little fuss or delay about the start, and the field was away in a fierce dash for the first corner. Wooderson was on the inside berth but he appeared to be third or fourth at the first corner. He was, however, clear of his field before he entered the back

straight and thenceforward there was only one man in the race. The first lap was run in 61 sec., the half-mile in 2.10, ¾-mile in 3.19 and the mile in 4 26.8. Wooderson, although he looked appreciably thinner than usual, showed no other sign of his tremendous race in the European Games when, for what must have been the first time in his career, he ran himself into a blackout. He continued with perfect rhythm and undiminished drive to increase his lead during the 5th and 6th laps, but as he entered the latter I heard a gasp of consternation from a spectator at my elbow, followed immediately by a murmur all round to the effect that he was limping. And so indeed he was, unmistakably. There is a phrase—I do not know whether it originated with the R.A.F.—or rather a word of much meaning and it applied here. "Panic" in this context implies a fairly general collapse of a sense of proportion all round; and a panic of this order ensued forthwith. Many among spectators and officials alike besought him to throw in his hand. Wooderson—one might almost say alone, but that would scarcely be just—kept his head in the clamour if he even heard it, and kept on running to the end, lame but not entirely crippled, winning by a huge margin in the superlative time of 9 12.8. It was sad to see that beautiful flow of movement go lame and those to whom record breaking has become a fetish wrote afterwards of a "tragedy." This, I venture to suggest, is no more than simple nonsense. We should know what a tragedy is by this time of day in sober reality and to read the word in connection with an athletic event in 1946 tempts one to concur with the Psalmist who delighted not in any man's legs. And it was not really an inappropriate ending to a great athletic career, for in keeping on Wooderson was unquestionably influenced by his personal courage, which is worth many records, and his loyalty to his own team which was competing in the event. In many ways this race had more dramatic fitness to the man concerned than any brilliant individual triumph could have provided. There is no further need, I think, to labour the moral.

This race is worth special attention.

50 years ago in August 1971

At the European Championships in Helsinki, John Watts throws 55.54 in the qualifying round but this is not far enough to make the final. At the end of the month he throws 55.54 for Great Britain in a match against West Germany at Crystal Palace.

Blackheath are relegated in the National League for the third year in a row. It was a tight match. "In the end we scraped home to third in the match itself but this was not good enough to settle our future in the division and our fate depended on

whether Notts could beat Bristol into fourth place. They failed – by a single point!” John Watts sets a League record of 55.34 in the discus as does Tony Wadhams in the triple jump with 15.49.

25 ago in August 1996.

Bromley’s Debbie Marti competes in the high jump at the Olympic Games in Atlanta. She clears 1.85 but does not progress from the Qualifying Pool.

Liz Gibbens (Bromley) and Mark Findlay, Chris Moss, Emeka Udechuku, Nathan Morgan and Marvin Bramble (all Blackheath) represent Great Britain in an Under 20 match against teams from France, Spain and Italy at Nembro in Italy.

Nathan Morgan wins bronze in the long jump at the World Junior Championships in Sydney, Australia. His 7.74 is just one centimetre off silver. Mark Findlay is in the 4x100 squad.

Blackheath Harriers return to the first division of the British Athletics League after finishing second in the final match at Stoke. Julian Golding is named “Man Of The Match” as he runs the two fastest 100 and 200 times in the Division for the season, 10.5 and 20.8. They also have the top B, C and D teams in the Southern League. They clinch the National Junior Athletics League title in the final match of the season in Blackpool and are set to win the Young Athletes Leagues in September .

At the AAAs Under 17 and Under 15 Championships in Birmingham, Blackheath win four golds (Peter Francis U17 TJ), Aaron Evans (U15 400), Paul Archer (U15 SP), Jothan Brown (U15 100)); three silvers (Dan Brewer (U17 100H) Adrian Cluskey (U17 SP), Darren Burley (U17 200) and four bronze (Alloy Wilson (U17 400), Rasheed Banda (U17 LJ), David Moulton (U15 400), Bomene Barikor (U15 HJ)).

At the British Masters Championships in Exeter in the over 45s age group, Bob Minting wins the high jump, is second in the 800 and third in the 400. Ken Daniel is third in both the 800 and 1500 as are Jim Phelan (3000s/c) and Denis Wallington (LJ). In the over 50s Chris Ellis wins the discus and Peter Hannell the 5000 walk.