



Blackheath & Bromley Courier

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President 2022-23. David Appleton.

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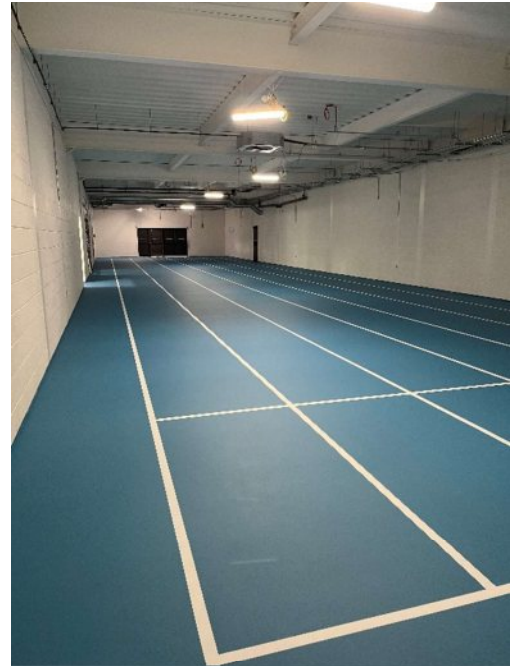


No it's not two Bob the Builders, but Past Presidents Haines and Calnan, who accepted a kind invitation from Trustee Chris Hilditch to have a look around the new facility at Norman Park in August. Despite the noise, it was a most interesting and informative visit. The first impression was the sheer size of the place which you don't get from the videos that have appeared on the President's news. True, it is not yet furnished, but there is a significantly larger area for holding Club functions. The picture to the left is on the first floor from which there is an excellent view of what is going on out on the track and in the field. On a cold Winters night it will be great place to stay warm with a hot drink and watch the athletes training. On the other side of this floor are rooms which can be used for a variety of needs, and running down the centre is a long, good width corridor

where it should be possible to display some of the material which reflects our Club's rich history, covering three Centuries from 1869 to the present day.



On the ground floor the main feature is the multi sports hall which will be a great asset and is set to be used by a number of different disciplines. When we visited it was still very much under construction but Chris Hilditch has provided a more up to date picture.



We are nearly there. The ground floor should be in use in late November, upstairs in the New Year. There has been a huge amount of effort in getting the project this far. Now we just need to make it work.



Chris Hilditch gives an impression of size

Club Records. Senior Mens 4x400 – Passing on the baton

It has been remarked a number of times recently that it's been a good year for Club Records. It has, though we now have more Club Records to break than ever before, and they are, quite rightly, being highlighted on social media, so it might seem there are a lot more than previous years.

The Senior Mens 4x400 has been broken twice this year and when it first happened in July it was noted that Dan Putnam, who was part of the quartet, was also a member of the previous record breaking team in 2010, a great tribute to his talent and loyalty to the Club over the years.

However, thinking about his achievement and then doing a little research, it appears that every Club Senior Mens record breaking 4x400 team for the last 43 years has contained at least one member of the previous record holding quartet. Now it may sound like hyperbole, it may sound over the top, but this is quite interesting.

Additionally the Courier can reveal the names of the two record breaking teams from 1984 whose names were never published in the Courier or Gazette, never got shown in the following years fixture card, never appeared in the Club History, never made the papers and have never been subsequently publicised, not even on social media. Hold tight.

20/8/22, NAL Match 4 and Cup Final, Bedford. 3.10.27. Pablo Seema Roca, Sam Reardon, Bailey Stickings, Dan Putnam.



Our current Senior Mens 4x400 record breaking team. All of them have set personal bests over 400 this year. Pablo Seema Roca's best now stands at 48.44 in a year saw him win the Southern Under 20 title and represent England at the Welsh Athletics Under 20 International. Sam Reardon has been making headlines all Summer with the highlight being his 5th place in the 800 at the World Junior Championships. In the semi final he timed 1.46.80 to break Julian Spooner's Club Under 20 Record which had stood since 1979. He has also brought his 400 time down to 46.69. Bailey Stickings has taken nearly two seconds off his best for the 400 hurdles this Summer breaking the Club Record with 50.08. He's set a pb for 400 as well with 48.1. Finally Dan Putnam has run a new best of 46.30. Before this year he had never broken 47 seconds, but after running sub 48 on 50 occasions dating back as far as 2010, he finally went under 47 seconds, not once, not twice, but six times. Like Bailey, he has had his injuries over the years, and their success this year is testimony to the importance of perseverance when things aren't going so well. Remarkably none of the quartet were the fastest over 400 this year. That honour went to Ethan Brown who timed 46.16 in the States. With Henry Fisher (48.14) and Ben Gardiner (48.6) also under 49 seconds this year, another new 4x400 record next season is on. Who will be in the first quartet to go under 3.10?

2/7/22, NAL, Match Three, Woodford. 3.11.05. Bailey Stickings, Dan Putnam, Harry Cox, Sam Reardon

It had been on the cards with Bailey, Dan and Sam having outstanding seasons. It was, perhaps, just a case of who was going to be the fourth person. That man was Harry Cox a Higher Competition athlete who is primarily an 800 runner, but who won the 1500 at Woodford and the B 1500 in the first match in Manchester (his only two races over the distance this year)



31/7/10, BAL Match Three, Norman Park. 3.11.59. Bomene Barikor, Dan Putnam, Ed Harrison, Alloy Wilson.

Remarkably 12 years earlier Dan Putnam was in the quartet who broke the record at the BAL match at Norman Park. Dan only did the relay that day as he had just returned from the World Junior Championships at Moncton, Canada where he was part of the GB team that won bronze in the 4x400 with Dan posting a split of 46.6.



Other members of the team at Norman Park were Bomene Barikor (still joint holder of the Club U17 high jump record), who also set a pb of 48.22 in the individual 400; team captain Ed Harrison, the Club's third highest points scorer of all time in the British League; and Alloy Wilson, former club U20 400 metre record holder who was 4th in the 1998 World Junior Championships in 46.64. Among the new bests achieved this day was one from Phil Sesemann who timed 16.33.43 for 4th in the B string 5000. The previous 4x400 record was from the last Century, thirteen years earlier...

16/8/97, BAL Match Four, Crystal Palace. 3.12.45. Chris Moss, Alloy Wilson, Ruben Tabares, Nigel Keogh.

And in that team in 1997 was a young Alloy Wilson who at this time had a best of 47.83 for the 400. Others in the quartet were Chris Moss, who would be 6th in the World Junior 800 champs the following year, and, who is currently Interim Development Director at UKA; former English schools 400 hurdles International Ruben Tabares; and team captain Nigel Keogh, Irish International 400 hurdler, stalwart of the British League teams for many years and another one of the biggest points scorers of all time. There don't appear to be any photos from this meeting, what a shame so here's some others.



Chris Moss Ruben Tabares, Alloy Wilson and Nigel Keogh

10/5/86, British League Match One, Birmingham. 3.13.74. Brad McStravick, Buster Watson, Nigel Keogh, Dominic Emery

The Club record was broken four times in the first half of the 80s with the time edging down slowly. In 1986 it went up another level as the quartet of Brad McStravick (48.9), Buster Watson (47.5), Nigel Keogh (48.5) and Dominic Emery (48.8) took over two seconds off the previous best. They finished third in the race. The other highlight of the day was Graham Savory breaking the League record in the discus with 60.92.



Buster ran the 200 metres for Britain at the 1984 Olympics, but being a former decathlete represented the Club over a whole range of events in his career including the hammer. Brad was also a decathlete and was at the 1984 Olympics before he joined the Club. Representing Scotland he was also 4th in the decathlon at the 1986 Commonwealth Games in Edinburgh. Final man in the team was Dominic Emery. Dominic was a captain of Cambridge University Athletics Club in the 1980s as were Trevor Llewelyn, Derek Wilson and Jerry Barton.

7/7/84, British League, Birmingham. 3.15.76. Trevor Llewelyn, Mark De'Ath, Tim Foulger, Dominic Emery

The names of this quartet were never recorded for posterity. The Gazette credited the record but didn't name the team. The fixture cards for 1985 and 1986 showed the time but not the names as did the updated Centenary History. Two of the quartet were former Club record holders for the high jump. Tim Foulger set a best of 2.18 in 1979 which was a National record and an Olympic qualifying height. But injuries brought an end to his high jumping and he would prove to be more than useful at 400, 800 and 400 hurdles. His record was taken by Trevor Llewelyn who cleared 2.20 in 1983 and who represented Wales at the Commonwealth Games in 1982. That record would finally be broken by Kelechi Aguocho in 2020. Mark De'Ath is probably best known now as the dad of Tonbridge's Corey De'Ath, but in his time was a high standard 800 metre man who could clock a decent relay split. In this particular race he ran leg 2 with a split of 49.8. It was the Club's first year in the top division since the League's inaugural season in 1969 when the Club were relegated. The Gazette records "The customary hold up on the M1 on a Friday evening turned into a traffic jam of nightmarish proportions

when accidents and road works held up some Heathens for up to 5 hours. In order to help pass the time Paul Austridge decided to demonstrate that his singing was not in the same league as his hurdling...”



Tim Foulger and Dom Emery, Mark De'Ath, and Trevor Llewelyn (a year or two later)

17/6/84, British League, Crystal Palace. 3.16.28. Mark De'Ath, John Shaw, Trevor Llewelyn, Dominic Emery

A record that would last less than a month. After checking his training diary, Mark is able to confirm he ran the third leg in 49.4. Trevor and Dominic were also both in the July quartet. The one who wasn't was John Shaw who was something of a zero to hero as far as track racing was concerned. He wasn't doing anything in 1981 but had got down to 47.5 for 400 by 1983. The Gazette records "Dom Emery felt more than a little nervous before the start of the 400, faced with a field that included Gary Cook, Ainsley Bennett and **Roy Dickens**. Yet he can feel well pleased with a 48.22, his fastest for a couple of years" (Roy was 4th in 47.40).

13/8/83, British League Div Two, West London Stadium. 3.16.4. John Shaw, Dominic Emery, Nick Brooks, Julian Spooner.

The final match of the season and the match where the Club secured promotion back to Division One. Blackheath, Newham and TVH all finished the season on 20 League points but we had the best match points.

"On a hot, sunny day, the team could not have got off to a better start with Paul Austridge lowering his lifetime best... shattering his week-old club junior 400 hurdles record but also beating one of the oldest Club records in the book with a time of 54.1... The day ended as it had begun in record breaking form with John Shaw, Dom Emery, Nick Brooks and Julian Spooner combining to run 3.16.4, a new club record with every man under 50 secs – the first time that any Blackheath team had done this... For the 4th year running we were promoted as League Champions; a feat never before achieved in the British League and one given prominence by "The Times", no less, on the Monday morning."

The post match celebrating left no one in any doubt as to how the team felt about its achievements. Bob Taylor who never does anything by halves, had brought along ample supplies of bubbly..."

Nick Brooks and Julian Spooner were the middle distance stars of the mid 70s and early 80s. In recent years Nick has been Club President and Chairman of Committee quite fittingly as his grandfather was President in 1972 and his father has been Chair. An English Schools champion at 800 in both the Intermediate and Senior age groups, he was then off to the States where he ran 1.47.01 for 800 and 48.22 for 400. On his return from the States he got badly injured playing rugby and was never able to return to his former level. Like Nick, Julian was another English Schools 800 metre champion who would go to study in the States. His Club under 20 record for 800 has only just been broken.

10/8/80, GRE Cup Semi Final, Cwmbran. 3.16.9. Trevor Llewelyn, Ray Wright, Julian Spooner, Nick Brooks

The only record here that wasn't set in a League match. It came in the Cup semi final at Cwmbran. Julian won the 800 in 1.53.2; Trevor was third in the high jump with 2.05, the same as the winner; and Nick was fourth in the 400 in 50.0 in a race won by Roy Dickens in 47.9. Fourth member of the team was 400/800 man Ray Wright. In the field Mike Winch won the both the shot (18.65) and discus (51.74). The 5000 saw Steve Jones of Bristol beat Julian Goater of Shaftesbury. There is a

picture of the Cwmbran quartet but it is currently in storage. Here is the next best thing, the picture alongside a head shot of chair of trustees Alan Pickering!



The previous record was set on 9/5/59 in a race which was part of the Sward Meeting at Chiswick, so no chance of anyone from 1980 being in the team. But there is a connection between the two quartets, Bob Taylor, one of the driving forces behind Blackheath's return to and rise in the National League in the 1980s. He was part of the 1959 team along with Ian Ross, Ray Donnelly and Ted Sampson that ran 3.18.4 for the 4x440 yards that converts to 3.17.2 for 4x400. Ted set a Club Record for 400 at the 1958 Commonwealth Games in Cardiff which stood until 2002 when Tawanda Chiwira timed 46.04.



Bob Taylor from the class of 59 models the 1988 Trinidad tour t shirt (the chest doesn't come with it), Ted Sampson's 1958 Commonwealth blazer still fits. Tawanda Chiwira, the only man to break the 400 record in the last 64 years.

So there we have it, a brief part History of the 4x400 in the Club, all of which raises a few questions

How long will it be before the 4x400 is broken again? It all depends on athletes being fit and available. It looks like the first NAL match of next year is scheduled for the same day as the King's Coronation. That would be a good day.

Given the strength of our current squad, when will the 400 record be broken and by who?

Considering the number of Club record breaking high jumpers featuring in these teams, what could Kelechi run?!

What on earth would Paul Austridge have been singing in the car on the way to Birmingham in 1984? "Froggie Went A Courtin"? At the time Frankie Goes To Hollywood were numbers one and two in the charts, one of those perhaps? Whatever, will he be offering a reprise?

(Thank you to Rod Harrington and Maz Turner for the pictures of the 2/7/22 team and Ted Sampson respectively. The picture of Tawanda is lifted from the bandbhac website. Also thanks to Mark De'Ath for dusting off his training diary and Trevor Llewelyn, Paul Austridge and Brian Stone for their input).

Results.

Another busy month with some great success from the word go with our athletes at the World Under 20 champs in Columbia. A National record, the breaking of a long standing Club Record, a new best, and two more making the finals, was a fine effort. Dina and Adam continue to ooze class even when things don't go as well as they might have hoped, and it was encouraging to see us sending throwers to major senior championships. The National Athletics League completed it's first full season as a joint scoring senior competition. The final fixture combined both the fourth round of the League and also a Cup contest. Well done to everyone involved in finishing second on the day and second overall for the season. More representative honours, domestic championship medals, Club records, personal bests, it's all go. So from Santiago to Sandwell Valley, from Monaco to Margate, from Holyrood to Hendon, from Swansea to Sutcliffe, from...

1-6/8/22.

World Athletics Athletics Under 20 Championships, Santiago de Cali, Columbia. Men. 200. 7. Jeriel Quainoo 20.73 (-1.0). SF1. 3. Jeriel Quainoo 20.43 (-0.2). Ht5. 2. Jeriel Quainoo 20.56 (-0.3). 800. 5. Sam Reardon 1.48.33. SF3. 2. Sam Reardon 1.46.80 (**CLUB UNDER 20 RECORD**). Ht4. 2. Sam Reardon 1.50.87. Mixed 4x400. 4. GB (inc Sam Reardon (Leg 3 – 46.37)) 3.21.03. **Women.** SP. 11. Cleo Agyepong 14.56. QB. 7. Cleo Agyepong 14.63. DT. 11. Zara Obamakinwa 47.23. QA. 2. Zara Obamakinwa 51.99. 4x100. DNF. GB (inc Faith Akinbileje). Ht3. 1. GB (inc Faith Akinbileje) 43.78 (**National Record**).

2/8/22

Tonbridge AC Evening Open Meeting. 100. R2. 1. Tom Phillips (M65) 14.20 (1.2). R6. 3. Chanelle Cole 12.69 (0.1). R7. 2. Chima Ndukwu (U20M) 11.63 (1.8), 6. Alexander Morrell (U15B) 12.29. 200. R2. 2. Tom Phillips 31.28 (-0.5). R6. 1. Chima Ndukwu 24.15 (-0.8). 300. R2. 3. Tallulah Ndikanwu (U17W) 44.60. R3. 1. Alexander Morrell 38.77. 400. R2. 5. Kelsi Cornish 60.19. HJ. 5. James Nightingale 1.55. SP. 6K. 1. Dillon Claydon 15.18. SP. 3K. 1. Tallulah Ndikanwu 10.00. JT. 500G. 1. Tallulah Ndikanwu 26.04.

2-7/8/22

Commonwealth Games, Birmingham. Men. 200. SF2. 4. Adam Gemili 20.97 (1.9). Ht6. 1. Adam Gemili 20.92 (0.1). HT. 4. Joe Ellis 73.09. **Women.** SP. 5. Divine Oladipo 17.28. QB. 3. Divine Oladipo 17.09.

3/8/22

Oxon & Bucks Midweek Open, Horspath. 800. R7. 7. Zakia Mossi (U20W) 2.15.65.

6/8/22

Kent Young Athletes League Division One, Tonbridge. Under 15 Boys. 1. Cambridge Harriers 132.5, 2. B&B 127, 3. Central Park Athletics 117.5, 4. Dartford Harriers 115.5, 5. Tonbridge 114, 6. Bexley 92, 7. Medway & Maidstone 37.5, 8. Thanet 32. 100. A. 1. Ethan Mudahy 11.9. B. 2. Tristan Thomas 13.0. N/S. 1. Hendri Verster 12.7. 200. A. 1. Reo McCausland 23.5. B. 1. Tishe Fatona 25.4. N/S. 2. Tristan Thomas 27.8. 800. A. 1. Joseph Scanes 2.11.0. B. 1. Hendri Verster 2.06.7. 80H. A. -. B. -. 2000 Walk. A. -. B. -. HJ. A. -. B. -. LJ. A. 2. Tishe Fatona 5.32. B. -. PV. A. 1. Charlie Platt 3.40. B. -. SP. A. 4. George Henderson

7.70. B. -. JT. A. 1. Charlie Platt 38.48. B. 1. George Henderson 25.48. HT. A. 1. George Henderson 27.84. B. -. 4x100. 1. B&B (Ethan Mudahy, Tishe Fatona, Joseph Scanes, Reo McCausland) 48.4. **Under 15 Girls.** 1. B&B 162, 2. Tonbridge 156.5, 3. Bexley 124, 4. Dartford Harriers 101, 5. Thanet 93.5, 6. Cambridge Harriers 93, 7. Medway & Maidstone 69, 8. Central Park Athletics 40. 100. A. 1. Chizam Boniface 13.0. B. 1. Cheyanne Nketia 13.0. N/S. 3. Lottie Palmer 14.4. 200. A. 1. Sybil Wirrom – Jorrie 26.7. B. 1. Cheyanne Nketia 27.9. N/S. 4. Deianira Gyampa – Boamah 30.7. 800. A. 2. Lydia Witcombe 2.31.3. B. 2. Kyla Dervish 2.37.2. N/S. 1. Leah Kyriacou 2.25.7. 75H. A. 5. Charlotte Bloodworth 13.7. B. 3. Lottie Palmer 15.9. 2000 Walk. A. -. B. -. HJ. A. 1. Qi’-Chi Ukpai 1.65. B. 1. Kaela Shearer – Coverly 1.35. LJ. A. 2. Sybil Wirrom – Jorrie 4.75. B. 1. Chizam Boniface 4.74. PV. A. 2. Lydia Witcombe 2.30. B. -. SP. A. 1. Qi’-Chi Ukpai 9.19. B. 1. Kaela Shearer – Coverly 7.24. DT. A. 1. Charlotte Bloodworth 16.00. B. -. HT. A. 6. Charlotte Bloodworth 14.86. B. -. 4X100. 1. B&B (Cheyanne Nketia, Sybil Wirrom – Jorrie, Lottie Palmer, Chizam Boniface) 51.8. **Under 13 Boys.** 1. Tonbridge 147, 2. Central Park Athletics 143.5, 3. Dartford Harriers 129, 4. B&B 127.5, 5. Bexley 116, 6. Medway & Maidstone 56.5, 7. Cambridge Harriers 55.5, 8. Thanet 43.5. 100. A. 5. Oscar Sadowski 14.1. B. 3. Sebastian North 14.4. N/S. 3. Harrison Luck 16.2. 200. A. 6. Oscar Sadowski 29.9. B. 4. Trejan Checkeku – Boamah 30.3. N/S. 2. Harrison Luck 34.3. 800. A. 3. Jake Martin 2.34.5. B. 3. Matthew Tootell 2.51.8. N/S. 1. Aaron Sebuwufu 2.33.4. 75H. A. 5. Jamie Ellerton 15.5. B. 1. Sebastian North 14.8. 1000 walk. 1. Trejan Checkeku – Boamah 5.57.2 (**CLUB UNDER 13B RECORD**). B. 1. Matthew Tootell 6.42.6. HJ. A. 3. Oscar Pickering 1.30. B. -. LJ. A. 4. Oscar Sadowski 4.02. B. 6. Harrison Luck 2.53. SP. A. 6. Rory Witcombe 6.57. B. 3. Trejan Checkeku – Boamah 5.31. JT. A. 5. Rory Witcombe 19.19. B. 2. Sebastian North 17.20. HT. A. 4. Rory Witcombe 16.04. B. -. 4x100. 3. B&B (Oscar Sadowski, Sebastian North, Trejan Checkeku – Boamah, Jamie Ellerton) 55.5. **Under 13 Girls.** 1. Tonbridge 141.5, 2. B&B 119, 3. Cambridge Harriers 81, 4. Dartford Harriers 78.5, 5. Bexley 74.5, 6. Central Park Athletics 67.5, 7. Thanet 47, 8. Medway & Maidstone 39. 75. A. 1. Emilia Adese 10.2. B. Isabella Campbell – Andou 10.9. N/S. 1. Maya Al Faisal 11.5. 150. A. 2. Kara Bryan 20.7. B. 1. Isabella Campbell – Andou 20.9. 800. A. 1. Sophie Tran 2.31.5. B. 3. Hissa Al Faisal 2.45.3. 75H. A. 1. Emilia Adese 12.4. B. -. 1000 Walk. A. 1. Francesca Newman 6.40.0. B. -. HJ. A. 1. Emilia Adese 1.35. B. 1. Maya Al Faisal 1.30. LJ. A. 4. Isabella Campbell – Andou 3.94. B. 3. Maya Al Faisal 3.61. SP. A. -. B. -. HT. A. -. B. -. 4X100. 1. B&B (Maya Al Faisal, Emilia Adese, Kara Bryan, Isabella Campbell – Andou) 55.6. **Overall.** 1. Tonbridge 579, 2. B&B 555.5, 3. Dartford Harriers 434, 4. Bexley 431.5, 5. Cambridge Harriers 387, 6. Central Park Athletics 383.5, 7. Thanet 231, 8. Medway & Maidstone 227. **Final Standings.** 1. B&B 30 (2275.5), 2. Tonbridge 30 (2190), 3. Dartford Harriers 20 (1643.5), 4. Bexley 18 (1611), 5. Cambridge Harriers 16 (1548), 6. Central Park Athletics 16 (1388), 7. Medway & Maidstone 12 (1314), 8. Thanet 5 (895).

Hercules Wimbledon Night Of Graded 5000 races. R2. 17. Dave Taylor (M55) 17.07.59.

Parkruns. Bromley. 11. Millie Smith 19.08 (1st woman), 14. Jed Starvis 19.36, 91. Austin Adams 23.23, 96. Ian Montgomery 23.28, 124. Matthew Maddocks 24.22, 197. Jackie Montgomery 26.09, **Bexley.** 180. George Collins 31.36. **Beckenham Place park.** 20. Paul Kerekgyarto 21.37, 36. Luigi Arcuri 23.35, 125. Bernard Wilson 28.55. **Burnham-on-Crouch.** 5. Katy Sugden 21.48 (1st woman). **Sandwell Valley.** 12. Adrian Stocks 22.38. **Hoblingwell.** 22. John Isaacs 27.50. **Dulwich.** 20. Darren Corneille 18.22. **Lower Hutt.** 22. Mike Simms 23.57. **Orpington.** 2. Carys Firth 19.16 (1st woman). **Sheringham.** 4. Micah Evans 18.14. **Margate.** 24. Adrian Perry 22.52. **Folkestone.** 204. David Appleton 31.31. **Penrose.** 1. Robert Perry 16.55. **Lullingstone.** 2. Steve Hough 19.15. **Catford.** 2. Paul Sharpe 18.14, 3. Clayton Aves 18.30, 160. Andrew Lawes 43.31. **Foots Cray Meadows.** 19. John Turner 25.22, 33. David Adams 29.13, 49. Maz Turner 35.12. **Littlehampton Prom.** 122. Mick Keene 27.20. **Sutcliffe.** 1. Alex Gibbins 16.50, 22. Steve Pairman 21.06, 55. Barry Wetherilt 24.28, 94. Julia Pairman 28.20. **Rendlesham Forest.** 11. Nick Barber 24.16. **Mote Park.** 95. Andrew Kingsmell 30.41, 103. Zoe Kingsmell 31.32.

7/8/22

Youth Development League Upper, Premier Division, Hendon. Under 20 Men. A. 2. Zac Nwogwugwu 10.97 (1.9). B. 1. Charles Nortey 10.98 (0.0). 200. A. 3. Adam Islam Medeaux 22.67 (3.4). B. 2. Zac Nwogwugwu 22.54 (1.8). 400. A. 2. Matthew Smith 53.9. B. 1. Bailey Marks Belaon 52.46. 800. A. 2. Matthew Smith 2.00.58. B. 1. Thomas Sugden 2.00.17. 1500. A. 2. Miles Brown 4.11.56. B. 1. Ted Marston 5.10.52. 3000. A. 2. Arthur Starvis 10.07.47. B. -. 110H. A. 1. Luke Dronfield 15.21 (0.3). B. -. 400H. 1. Luke Dronfield 53.57. B. 1. Pablo Seema Roca 57.26. 2000 s/ch. A. 1. Ted Marston 8.22.76. B. -. HJ. A. 2. Pablo Seema Roca 1.75. LJ. A. -. TJ. -. PV. A. 2. Ben Platt 3.80. SP. A. 1. Brydon Duncan 12.59. DT. A. 1. Brydon Duncan 43.81. JT. A. 1. Ben Platt 44.73. HT. A. 3. Brydon Duncan 39.13. 4x100. 1. B&B (Charles Nortey, Adam Islam Meeaux, Nkwazi Ndila, Zac Nwogwugwu) 43.28. 4X400. 1. B&B (Luke Dronfield, Bailey Marks Belaon, Thomas Sugden, Pablo Seema Roca) 3.28.43. **Under 20 Women.** 100. A. 3. Tianna Haynes 12.67 (-0.7). B. 4. Achieng Oneko 14.55 (-0.2). 200. A. 2. Tianna Haynes 26.65 (2.9). B. 3. Kelsey Calladine Smith 28.20 (1.3). 400. A. 1. Zakia Mossi 57.71. B. 1. Cameron Kelly Gordon 57.40. 800. A. 1. Morgan Squibb 2.11.99. B. 1. Lara Mannes 2.16.18. 1500. A. 1. Hannah Clark 4.49.39. B. 1. Lara Mannes 4.54.21. 3000. A. 1. Hannah Clark 11.06.40. B. -. 100H. A. 2. Shakanya Osahon 15.48 (1.8). B. 3. Kelsey Pullin 17.50. 400H. A. 2. Kelsey Pullin

69.24. B. -. 1500 s/ch. A. 1. Ailbhe Barnes 5.24.28. B. -. HJ. A. 2. Tallulah Ndikanwu 1.50. LJ. 2. Claudia Baker 5.14. TJ. A. 3. Rachel Illori 9.85. PV. A. -. SP. A. 2. Rianna Rennie 11.24. B. 1. Peanut Meekings 8.89 DT. A. 3. Gypsy Nash 30.78. B. 1. Peanut Meekings 19.55. JT. A. 1. Peanut Meekings 37.78. B. 1. Rianna Rennie 32.04. HT. A. 2. Gypsy Nash 46.35. 4x100. 2. B&B (Claudia Baker, Tianna Haynes, Shakanya Osahon, Kelsey Calladine Smith) 51.23. 4x400. 1. B&B (Kelsey Pullin, Lara Mannes, Cameron Kelly Gordon, Morgan Squibb) 3.59.79. **Under 17 Men.** 100. A. 3. Issah Abdulkarim 11.55 (-1.1). B. 3. Joseph Cope 11.58 (-0.8). 200. A. 3. Issah Abdulkarim 22.95 (0.6). B. 2. Marley Byfield 23.01 (1.5). 400. A. 1. James Lawson 51.92. B. 2. Christopher Barrett 53.85. 800. A. 5. Mark Constable 2.10.87. B. 3. Jasper Brooks 2.11.47. 1500. A. 1. Arthur Starvis 4.35.14. B. 1. Lewis Brook 4.39.62. 3000. A. 2. James Barnes 10.26.27. B. 1. Franco Hiillier 10.28.23. 100H. A. 2. Rayhan Mourtada 13.58 (1.4). B. -. 400H. A. -. B. -. 1500 s/ch. A. 2. Lewis Brook 5.26.23. B. 1. James Barnes 5.28.13. HJ. A. 4. Andrew Nikoro 1.70. B. 4. Edward Regan 1.10. LJ. A. 4. Zuriel Nwogwugwu 5.68. B. 4. Ralph Baker 5.09. TJ. A. 4. Marley Byfield 11.11. PV. A. 2. Oscar Witcombe 3.95. SP. A. 5. Max Kennedy 8.38. DT. A. 6. Max Kennedy 30.39. JT. A. 1. Felix McArdle Hodge 60.10. B. 1. Max Kennedy 49.17. HT. A. -. 4x100. 1. B&B (Marley Byfield, Rayhan Mourtada, Joseph Cope, Issah Abdulkarim) 43.84. 4x400. 1. B&B (Marley Byfield, Jasper Brooks, Rayhan Mourtada, Christopher Barrett) 3.38.65. **Under 17 Women.** 100. A. 4. Nina Whitter 13.04 (1.6). B. 1. Daisy Snell 12.50 (2.9). 200. A. 3. Nina Whitter 26.85 (2.4). B. 3. Amber Bloomfield 27.58 (3.6). 300. A. 3. Julia Newman 42.91. B. 2. Gabriella Martin 43.65. 800. 1. Fleur Todd Warmoth 2.21.13. B. 1. Gabriella Martin 2.26.95. 1500. A. 1. Lara Tunali Flynn 5.07.62. B. -. 3000. A. 1. Fleur Todd Warmoth 9.40.12. B. 1. Olivia Magee Brown 12.22.93. 80H. A. 1. Jodie Self 11.59 (0.9). B. 1. Amber Bloomfield 12.84 (0.9). 300H. A. 2. Tallulah Ndikanwu 49.01. B. -. 1500 s/ch. A. -. B. -. HJ. A. 3. Daisy Snell 1.55. B. 1. Sienna Kidd 1.40. LJ. A. 1. Daisy Snell 5.48. B. 1. Sienna Kidd 5.34. TJ. A. 2. Emily Algeo 10.37. B. 2. Charlotte Hosp 9.47. PV. A. -. SP. A. 3. Tallulah Ndikanwu 9.48. DT. A. -. JT. A. 3. Sienna Kidd 23.56. HT. A. -. 4X100. 1. B&B (Jodie Self, Nina Whitter, Sienna Kidd, Amber Bloomfield) 50.12. 4x300. 1. B&B (Julia Newman, Daisy Snell, Tallulah Ndikanwu, Gabriella Martin). 2.54.06. **Non Scoring.** 100. Nkwazi Ndila 11.56 (0.7), Rayhan Mourtada 11.79 (-0.1), Kelsey Calladine Smith 13.50 (0.2). 200. Nkwazi Ndila 23.28 (1.8), Charles Nortey 22.30 (1.8), Christopher Barrett 24.05 (0.8). 300. Charlotte Hosp 48.62. **Match.** 1. B&B 734, 2. Windsor Slough Eton & Hounslow 546, 3. Reading 480, 4. Shaftesbury Barnet 374.5, 5. Basildon Beagles 341.5, 6. Camberley & Woking 162. Overall Standings. 1. B&B 24 (2869), 2. WSEH 20 (2290.5), 3. Reading 16 (480), 4. Shaftesbury Barnet 12 (1838.5), 5. Basildon Beagles 7 (1266), 6. Camberley & Woking 5 (883).

8/8/22

Gyulai Istvan Memorial – World Athletics Continental Tour Gold, Szekesfehervar, HUN. LJ. 3. Jahisha Thomas 6.63.

10/8/22

1000M Herculis, Monaco. 100. 3. Chizute Ogbedeh 11.32 (-0.2).

BMC Standard Races, Watford. 800. B. 2. Henry Fisher 1.49.50. C. 5. Ben Gardiner 1.50.59.

BMC Regional Races, Loughborough. 800. G. 5. Gabriella Martin 2.19.83.

Charnwood AC Open, Loughborough. PV. 11. Alan Hardy 2.15.

Watford Open Meeting. 800. R3. 10. Millie May Collins Smith (U17W) 2.42.46. R6. 12. Harry Collins Smith (U13B) 2.28.34. R11. 11. Niamh Bridson Hubbard 2.06.90.

Quayside 5km, Gateshead. 2. Graham Rush* 14.25.

13/8/22

Southern Athletics League Div One, Tonbridge. Match. 1. Woking 203.5, 2. B&B 200.5, 3. Tonbridge 191, 4. Crawley 137.

Men. 100. A. 1. Rhys Francis 10.8. B. 1. Duayne Bovell 11.1. N/S. Warren Lewis 11.4, Nkwazi Ndila 11.5, Joseph Cope 11.6. 200. A. 1. Ben Gardiner 22.5. B. 1. Duayne Bovell 22.7. N/S. Nkwazi Ndila 23.5, Warren Lewis 23.1, Bailey Marks Belaon 23.4, Andrew Nikoro 23.6, Christopher Barrett 23.8. 400. A. 1. Ben Gardiner 49.2. B. 1. Harry North 51.0. N/S. Luke Dronfield 51.2, James Lawson 51.9, Bailey Marks Belaon 52.8, Maurizio Corrodus 53.6, Christopher Barrett 55.6. 800. A. 1. Thomas Sugden 1.58.1. B. 1. Prince Reid 2.08.2. N/S. Mark Constable 2.08.3. 1500. A. 1. Rob Donohue 4.11.9. B. -. 3000. A. 3. Dan Kennedy 9.22.8. B. -. 110H. A. -. B. -. 400H. A. 1. Luke Dronfield 54.2. B. -. 3000 s/ch. A. 3. Blair Wilson 11.17.6. B. -. HJ. A. 3. Andrew Nikoro 1.73. B. 2. James Nightingale 1.63. LJ. A. 4. Ralph Baker 5.51. B. 3. Dennis Savage 5.17. TJ. A. 3. Ralph Baker 10.58. B. 2. James Nightingale 10.24. PV. A. 4. Ben Platt 3.75. B. 2. Roger Platt 3.35. SP. A. 4. Roger Platt 8.08. B. -. DT. A. 2. Alex Pope 37.74. B. 4. Roger Platt 19.01. JT. A. 1. James Whiteaker 70.88. B. 3. Ben Platt 41.75. N/S. Blair Wilson 36.99. HT. A. 2. Roger Platt 20.57. B. -. 4x100. 1. B&B (Nkwazi Ndila, Duayne Bovell, Warren Lewis, Joseph Cope) 44.0. **Women.** 100. A. 2. Chanelle Cole 12.2. B. Nina Whitter 13.1. N/S. Eniola Ayeni 13.2. 200. A. 2. Chanelle Cole 25.7. B. 2. Nina Whitter 26.9. N/S. Louisa Vallins 27.3, Kelsey Calladine Smith 28.0. 400. A. 1. Cameron Kelly Gordon 59.0. B. 1. Kelsi Cornish 60.8. N/S. Morgan Squibb 59.9, Cara Gould 65.5. 800. A. 2. Gabriella Martin 2.24.2. B. -. 1500. A. 1. Hannah Clark 4.48.7. B. 1. Olivia Magee Brown

5.24.1. 5000. A. 2. Aurelia Osborne 21.28.8. B. 1. Katy Sugden 22.02.5. 100H. A. 1. Kelsey Pullin 16.9. B. 1. Holly Platt 18.6. 400H. A. 1. Alex Hill 59.6. B. 1. Kelsey Pullin 76.3. 1500 s/ch. A. -. B. -. HJ. A. 3. Elena Duncombe 1.38. B. 2. Madeleine Marston 1.33. LJ. A. 1. Claudia Baker 5.29. B. 2. Molly Savage 4.83. TJ. A. 1. Molly Savage 10.70. B. -. PV. A. 4. Liz Hughes 1.85. B. -. SP. A. 1. Chimdi Okpalauko 11.36. B. 3. Gypsy Nash 7.67. DT. A. 4. Chimdi Okpalauko 32.05. B. 2. Gypsy Nash 24.45. JT. A. 4. Holly Platt 16.81. B. 4. Liz Hughes 6.38. HT. A. 1. Gypsy Nash 44.84. B. 1. Abbie Stewart 44.22. N/S. Chimdi Okpalauko 20.60. 4X100. 1. B&B (Louisa Guthrie, Chanelle Cole, Nina Whitter, Molly Savage) 50.4. Mixed 4x400. A. 1. (Luke Dronfield, James Lawson, Kelsey Pullin, Morgan Squibb). B. 1. (Hannah Clark, Maurizio Corrodus, Bailey Marks Belaon, Kelsey Calladine Smith). **Male Athlete Of The Match.** James Whiteaker. **Female Athlete Of The Match.** Alex Hill.

Southern Athletics Div Two West, Match 2, Horspath. 110H. A. 2. Richard Morris* 17.85. 400H. A. 1. Richard Morris* 60.31. SP. B. 1. Richard Morris* 7.25. HT. B. 3. Richard Morris* 11.18.

Parkruns. Wimbledon Common. 3. Fleur Todd-Warmoth 17.38 (1st woman), 16. Jessica Keene 19.15, 187. Mick Keene 26.42. **Bromley.** 17. Steve Evenden 20.04, 38. Adrian Perry 22.11, 53. David Adams 22.30, 69. Tuan Tran 23.29, 202. Stuart Cullum 28.54, 203. Graham Coates 29.00. **Bexley.** 75. Chris Pike 28.18. **Beckenham Place park.** 19. Steve Pairman 22.15, 113. Julia Pairman 30.12, 163. Anthony Pontifex 35.57. **Canterbury.** 38. John Isaacs 29.15. **Gunnersbury.** 42. Robert Perry 22.02. **Eden Project.** 3. Matthew Smith 18.11, 171. Abigail Smith 30.46. **Hoblingwell.** 18. Ian Montgomery 25.28. **Orpington.** 5. Alessio Tutt 19.53, 58. Dave Leal 25.08. 60. John Turner 25.22, 133. Karen Desborough 34.13, 138 Maz Turner 36.52. **Porirua.** 12. Mike Simms 22.52. **Cirencester.** 31. Nick Barber 23.35. **Victoria, Kitchener.** 2. Cristina Gilodi-Johnson 21.10 (1st woman). **Bethlem Royal Hospital.** 8. David Beadle 23.21. **Squerryes Winery.** 30. Mark Ellison 23.09. **Zuiderpark.** 55. Andrew Kingsmill 27.17, 57. George Collins 27.27, 77. Zoe Kingsmill 30.29. **Achill Greenway.** 1. Jake Leng 18.35. **Sutcliffe.** 12. Ailbhe Barnes 19.34, 55. Barry Wetherilt 24.53. 109. Peter Hamilton 29.49. **Charlton.** 1. Clayton Aves 18.41, 2. Paul Sharpe 18.50. **Prinzenpark.** 4. Isla Spink 22.15 (1st woman). **Prospect Park.** 3. Pippa Woolven* 18.18 (1st woman).

13-14/8/22

South Of England Championships, Chelmsford. Under 17 Men. 200. Ht1. 7. Marley Byfield 23.58 (-2.9). 3000 walk. 1. Jonathan Ellerton 16.25.10. PV. 2. Oscar Witcombe 4.20, 3. Finn Kitteridge 3.10. JT. 3. Max Kennedy 45.61. **Under 17 Women.** 200. R2. 5. Julia Newman* 27.76 (-4.0). 80H. 2. Jodie Self 11.58 (-1.3), 5. Daisy Snell 12.16, 6. Sienna Kidd 12.22. R1. 1. Jodie Self 11.62 (-1.7), 2. Daisy Snell 11.91, 3. Sienna Kidd 12.19. 300H. Ht2. Tallulah Ndikanwu 49.3. LJ. 1. Daisy Snell 5.78, 7. Sienna Kidd 5.19. TJ. 7. Charlotte Hosp 9.83. **Under 15 Boys.** 300. 6. Harrison Vallins 39.34. R2. 5. Harrison Vallins 39.09. 800. Ht2. 6. Benjamin O'Grady 2.29.69. PV. 3. Charlie Platt 3.40. JT. 2. Ellis Ibrahim 46.78. **Under 15 Girls.** 800. 4. Megan Barlow 2.14.49. Ht2. 3. Megan Barlow 2.17.55. HJ. 1. Qi'-Chi Ukpai 1.65. TJ. 1. Qi'-Chi Ukpai 11.63w (11.36 (**CLUB UNDER 15 GIRLS RECORD**)). DT. 2. Erin Simpson 28.93. **Under 13 Boys.** 75H. 2. Jamie Ellerton 12.40. **Under 13 Girls.** 800. 3. Kara Bryan 2.18.67 (**CLUB UNDER 13 GIRLS RECORD**). Ht1. 2. Kara Bryan 2.29.2.

14/8/22

Newham & Essex Beagles Outdoor Series, Stratford. Men. 100. R1. R1. 3. Jeriel Quainoo 10.31 (2.0). R2. 6. Korede Awe* 10.62 (0.5). R6. 8. Rhys Francis 10.94 (2.3). R7. 7. Zac Nwogwugwu 10.95 (2.0). R11. 4. Rico Cottell 11.14 (1.3). R14. 4. Clayton Jacinto 11.31 (0.5). R17. 2. Chima Ndukwu (U20M) 11.62 (-0.5). R19. 1. Michael Damoah 11.10 (-0.3), 2. Chinedu Ndukwu 11.67. R2. R1. 6. Jeriel Quainoo 10.37 (1.8). R4. 1. Korede Awe* 10.37 (2.3). R8. 6. Zac Nwogwugwu 10.84 (1.7), 7. Rhys Francis 10.95. R10. 1. Michael Damoah 10.70 (2.8), 3. Rico Cottell 10.93. R13. 5. Clayton Jacinto 11.28 (0.9) R15. 3. Chima Ndukwu 11.48 (0.4). R16. 5. Chinedu Ndukwu 11.64 (1.6). 200. R1. 1. Jeriel Quainoo 20.58 (0.3). R3. 1. Luke Dorrell* 20.72 (0.2), 2. Dan Putnam 21.28, 4. Korede Awe* 21.75. R12. 4. Clayton Jacinto 23.17 (0.6). R16. 2. Chima Ndukwu 23.85 (0.6). R20. 2. Chinedu Ndukwu 24.21 (0.8). 400. R1. 1. Dan Putnam 46.30. **Women.** 100. R1. R2. 4. Darcey Kuypers 12.03 (0.8). R3. 4. Modupe Shokunbi 12.21 (-0.3). R2. R2. 6. Darcey Kuypers 12.06 (0.6). R3. 4. Modupe Shokunbi 12.20 (0.3). 100H. R1. R1. 3. Mallory Cluley 14.05 (2.6). R2. R1. 3. Mallory Cluley 13.92 (0.5).

15-21/8/22

European Championships, Munich, GER. Men. Marathon. 17. Phil Sesemann* 2.15.17. **Women.** 100. 8. Dina Asher Smith 16.03 (0.1). SF2. 1. Dina Asher Smith 11.15 (-0.1). 200. 2. Dina Asher Smith 22.43 (0.4). SF2. 1. Dina Asher Smith 22.53 (0.0)Smith. LJ. 10. Jahisha Thomas 6.37. Q.B. 5. Jahisha Thomas 6.57. SP. Q.B. 8. Divine Oladipo 17.16. JT. Q.A. 9. Bekah Walton 54.20. 4x100. DNF. GB inc Dina Asher Smith.

17/8/22

BMC Regional Races, Sutcliffe Park. 800. F. 8. Megan Barlow 2.14.44, 9. Cameron Kelly Gordon 2.14.97. G. 3. Kelsi Cornish 2.18.20. H. 3. Olivia Magee Brown 2.23.78, 6. Leah Kyriacou 2.28.73. 1500. E. 2. Hannah Clark 4.43.82, 3. Lara Mannes 4.44.37, 5. Ailbhe Barnes 4.47.01, 12. Millie May Collins Smith 5.29.67.

Rosenheim League Final, Kingston. 800. 5. Prince Reid 2.21.2. 1500. 4. Prince Reid 4.25.9.

Sutcliffe Park Track & Field Nights. 100. R1. 6. Warren Lewis 11.57 (2.8). R2. 4. Chizam Boniface (U15G) 12.83 (2.1), Nicholas Marquez 13.68. 400. R3. 1. Pierre Guillaume 55.02. 800. R1. 1. Dan Putnam 1.53.34, 5. Hendri Verster (U15B) 2.04.81, Jasper Brooks (U17M) 2.06.49. R2. 5. Isabel Paulling (U17W) 2.28.66, 7. Matilda Shilland (U15G) 2.32.02. R3. 2. Lily Bridgeman (U15G) 2.33.48, 6. Beth Regan (U15G) 2.41.10, 7. Amelie Ramdeen (U13G) 2.47.89. 1500. 2. Joshua Dowling 4.39.30, 3. Harry Collins Smith (U13B) 4.56.85. JT. 700g. 1. Max Kennedy 48.00. JT. 600g. 1. Charlie Platt (U15B) 40.12, 2. Steve Langdon (M60) 37.56.

Welsh Athletics Under 20 International, Swansea. Men. 400. 2. Pablo Seema Roca 49.57. DT. 2. Dillon Claydon 48.21.

Women. 3000. 4. Morgan Squibb 10.13.30.

18/8/22

Aldershot Farnham & District Open. 400. R4. 6. Alex Hill 56.73.

20/8/22

National Athletics League, Premier A Final. Men. 100. A. 1. Kieran Daly 10.42 (1.5). B. 3. Korede Awe 10.71 (1.9). 200. A. 1. Luke Dorrell 20.93 (-0.4). B. 1. Dan Putnam 21.34 (0.4). 400. A. 2. Dan Putnam 46.94. B. 1. Sam Reardon 47.73. 800. A. 1. Sam Reardon 1.52.03. B. 1. Ben Gardiner 1.57.86. 1500. A. 7. Angus Harrington 4.07.35. B. 7. Ben Gardiner 4.25.91. 3000. A. 8. Miles Brown 9.21.88. B. 8. Rob Donohue 9.32.29. 110H. A. 3. Rico Cottell 14.52 (2.3). B. 7. Blair Wilson 22.02 (2.0). 400H. A. 1. Bailey Stickings 50.64. B. 2. Luke Dronfield 53.87. 3000 s/ch. A. 7. Blair Wilson 11.01.68. B. 5. Joshua Dowling 12.48.10. HJ. A. 5. Harrison Thorne 1.88. B. 5. Pablo Seema Roca 1.73. LJ. A. 6. Harrison Thorne 6.60. B. 4. Toby Dronfield 6.54. TJ. A. 5. Toby Dronfield 14.41. B. Emmanuel Dadoo 13.89. PV. A. 4. Oscar Witcombe 3.93. B. 2. Barnaby Corry 3.93. SP. A. 6. Dillon Claydon 13.43. B. 7. Brydon Duncan 9.66. DT. A. 2. Dele Aladese 53.13. B. 3. Dillon Claydon 46.78. JT. A. 1. James Whiteaker 73.87. B. 4. Angus Harrington 44.83. HT. A. 7. Charlie Short 32.52. B. 7. Alex Pope 29.27. 4x100. 3. B&B (Michael Damoah, Korede Awe, Luke Dorrell, Kieran Daly) 41.23. 4X400. 1. B&B (Pablo Seema Roca, Bailey Stickings, Sam Reardon, Dan Putnam) 3.10.27 (**CLUB SENIOR MENS RECORD**). **Women.** 100. A. 6. Darcy Kuypers 12.22 (0.7). B. 6. Tianna Haynes 12.50 (0.7). 200. A. 4. Darcy Kuypers 25.40 (0.8). B. 3. Chanelle Cole 25.84 (2.5). 400. A. 3. Rachel Dickens 55.19. B. 4. Zakia Mossi 59.75. 800. A. 1. Niamh Bridson Hubbard 2.11.33. B. 3. Cameron Kelly Gordon 2.16.59. 1500. A. 1. Fleur Todd Warmoth 4.28.21. B. 1. Lara Mannes 4.50.50. 3000. A. 2. Niamh Bridson Hubbard 9.42.09. B. 2. Hannah Clark 10.46.45. 100H. A. 6. Anastasia Davies 13.95 (1.7). B. 4. Shakanya Osahon 17.03 (2.8). 400H. A. 4. Sophie Elliss 60.17. B. 1. Alex Hill 61.04. 2000 s/ch. A. 1. Morgan Squibb 7.05.56. B. 1. Ailbhe Barnes 7.17.91. HJ. A. 8. Daisy Snell 1.48. B. 8. Niamh Bridson Hubbard 1.48. LJ. A. 3. Mary Adeniji 5.63. B. 5. Claudia Baker 4.83. TJ. A. -. B. -. PV. A. 2. Sophie Dowson 3.93. B. 3. Holly Platt 2.63. SP. A. 4. Chimdi Okpalauko 11.93. B. 4. Rianna Rennie 10.36. DT. A. 2. Zara Obamakinwa 49.79. B. 3. Chimdi Okpalauko 33.71. JT. A. 2. Lauren Farley 46.30. B. 6. Rianna Rennie 27.94. HT. A. 5. Abbie Stewart 44.68. B. 3. Gypsy Nash 44.16. 4X100. 5. B&B (Annie Davies, Tianna Haynes, Darcy Kuypers, Shakanya Osahon) 48.49. 4X400. 1. B&B (Rachel Dickens, Zakia Mossi, Sophie Elliss, Alex Hill) 3.48.36. **Match.** 1. Thames Valley Harriers 542.5, 2. B&B 535.5, 3. Harrow 504.5, 4. Shaftesbury Barnet 454, 5. Woodford Green with Essex Ladies 447.50, 6. Birchfield 426, 7. Windsor Slough Eton & Hounslow 376, 8. Trafford 346. **Parkrun. Richmond.** 31. India Blakey 21.25. **Bromley.** 3. David Adams 17:04, 33. Eliot Botten-Vanacore 21.14, 62. Sophie Tran 22.28, 72. Ryan Tran 22.40, 90. Matthew Tootell 23.16, 93. Austin Adams 23.22, 119. Andy Tucker 24.00, 123. Matthew Maddocks 24.23, 131. Stuart Cullum 24.38, 164. Ian Montgomery 25.43, 171. Jackie Montgomery 25.57, 190. Mick Keene 26.41, 227. Bernard Wilson 27.59. **Bexley.** 72. Chris Pike 26.11. Beckenham Place park. 4. Megan Slattery 20.03 (1st woman), 14. Isla Spink 21.39, 85. Luigi Arcuri 25.44. **Bournemouth.** 163. Peter Hamilton 25.59. **Normanby Hall.** 19. James Bunn 22.02. **Orpington.** 2. Alessio Tutt 20.17, 32. David Beadle 24.14, 43. Dave Leal 25.18, 118. Karen Desborough 34.21. **Shorne Woods.** 7. Paul Ross-Davies 22.09. **Osterley.** 19. Robert Perry 21.35. **Northala Fields.** 2. Carole Coulon 18.32 (1st woman). **Castlebar.** 1. Jake Leng 18.33. **Peckham Rye.** 68. John Turner 24.45, 207. Maz Turner 35.19. **Exmouth.** 88. Bob Minting 24.21. **Victoria, Kitchener.** 4. Cristina Gilodi-Johnson 21.38. **Woolacombe Dunes.** 92. Angela Powell 32.56. **Bethlem Royal Hospital.** 38. Jason Meers 26.11, 56. John Isaacs 28.17, 90. Anthony Pontifex 34.52, 95. Gareth Griffin 35.57, 110. Denis Lawrie 42.59. **Sutcliffe.** 61. Robert Whyte 23.41, 83. Barry Wetherilt 24.57. **Charlton.** 66. George Collins 26.08, 75. Andrew Kingsmill 27.03, 84. Zoe Kingsmill 28.03

21/8/22

Ladywell 10,000/100. 100. R5. 6. Isabella Campbell –Andou (U13G) 13.61 (0.7). R8. 1. Rhys Francis 11.01 (1.3), 5. Issah Abdulkarim (U17M) 11.30. R13. 5. Isabella Campbell – Andou 13.81 (0.3). R16. 2. Rhys Francis 11.25 (0.0), 6. Issah Abdulkarim 11.52.

Clackton Half Marathon. 6. Blair Wilson 80.54 (80.51).

Falmouth Road Race 7 Miles, Falmouth MA, USA. 58. Rose Harvey* 38.53.

24/8/22

BMC Regional Races, Tooting Bec. 800. D. 6. Pierre Guillaume 2.03.34. E. 5. Morgan Squibb 2.11.09. G. 3. Hannah Clark 2.14.34, 6. Kelsi Cornish 2.16.59. H. 2. Leah Kyriacou 2.24.18, 3. Lily Meers 2.27.65. Mile. C. 5. Lara Mannes 5.13.01 (4.50.80 at 1500).

Watford Open. 200. R3. 4. Ashely Reid (M40) 25.44 (0.4). 1500. R12. 12. Niamh Bridson Hubbard 4.12.42.

Parris Handicap, West Wickham. 1. Dave Leal 30.50 (h/cap) (23.05 actual), 2. Steve Evenden 30.51 (18.51), 3. William Allen 31.21 (19.06), 4. Sheridan Morris 31.24 (19.39), 5. Luigi Arcuri 31.27 (21.57), 6. Matthew Maddocks 31.49 (19.34), 7. Chris Pike 32.00 (23.30), 8. Ian Scott 32.34 (18.04), 9. George Collins 32.45 (24.15).

27/8/22

BMC Grand Prix, Loughborough. Men. 800. A. 3. Alex Botterill* 1.47.57. **Women.** 800. B. 2. Niamh Bridson Hubbard 2.07.37.

Lily B League Match 2, Plate, Carshalton. 100. A. 2. Julia Newman* 13.9. 200. B. 1. Julia Newman 27.6.

Parkruns. Richmond. 57. Adrian Stocks 22.37, 157. Andrew Kingsmill 27.33, 173. Zoe Kingsmill 28.27. **Bromley.** 2. Micah Evans 16.54, 9. Hannah Clark 18.15, 10. Harry Fage 18.23, 15. Steve Evenden 19.16, 94. Austin Adams 23.30, 102. Stuart Cullum 23.44. **Bexley.** 76. Chris Pike 26.28. **Beckenham Place park.** 2. Angus Harrington 16.44, 85. David Beadle 25.45, 132. John Isaacs 28.50, 140. Iain Swatton 29.11, 142. Gareth Griffin 29.18, 148. Bernard Wilson 29.34, 179. David Appleton 31.57, 199. Anthony Pontifex 33.44. **Royal Tunbridge Wells.** 94. George Collins 27.24. **Bournemouth.** 168. Peter Hamilton 25.46. **Lloyd park, Croydon.** 15. Megan Slattery 20.40 (1st woman). **Normanby Hall.** 52. Jackie Montgomery 26.25, 75. Ian Montgomery 30.20. **Dulwich.** 102. Lara Tunali-Flynn 21.36. **Gladstone.** 7. Richard Daniels 20.08. **Orpington.** 3. Alessio Tutt 18.50. **Pegwell Bay.** 11. Paul Ross-Davies 20.11. **Peckham Rye.** 116. Peter Rogers 28.57. **Dartford.** 1. Blair Wilson 18.26, 28. John Turner 24.56. **Sligo.** 1. David Adams 18.29. **Penrose.** 7. Robert Perry 17.52, 80. Adrian Perry 25.04. **Whangarei.** 12. Mike Simms 22.30. **Exmouth.** 90. Bob Minting 23.21. **Centennial.** 53. Rod Harrington 25.34. **Bethlem Royal Hospital.** 8. Mick Jones 21.36. **Wollaton Hall.** 128. Andy Tucker 27.13. **Sutcliffe.** 45. Barry Wetherilt 23.12. **Charlton.** 2. Paul Sharpe 18.31, 3. Clayton Aves 18.43. **Holyrood.** 80. Steve Pairman 22.13.

27-28/8/22

England Athletics Under 17 and Under 15 Championships, Bedford. Under 17 Men. 200. 4. (3EA). Samuel Mowa 22.45 (-1.0). Ht3. 3. Samuel Mowa 22.45 (0.6). 400. Ht2. 5. Nathan Firla 51.36. 100H. 6. Rayhan Mourtada 13.75 (-3.2). Ht1. 2. Rayhan Mourtada 13.63 (-1.4). 5000 walk. 4. (1EA). Jonathan Ellerton 28.53.61. PV. 1. Oscar Witcombe 4.19. **Under 17 Women.** 100. 1. Faith Akinbilije 11.93 (-2.5). SF1. 1. Faith Akinbilije 11.77 (0.1). Ht2. 1. Faith Akinbilije 11.79 (0.5), 6. Indiana Marshall 12.91. 200. 1. Faith Akinbilije 23.96 (-0.9). Ht1. 1. Faith Akinbilije 24.18 (-0.8). 3000. 2. Fleur Todd Warmoth 9.43.83. 80H. 4. Jodie Self* 11.69 (-2.2). SF2. 1. Jodie Self* 11.52 (-2.1), 5. Sienna Kidd 12.17. Ht2. 1. Jodie Self* 11.42 (-1.0). Ht3. 3. Sienna Kidd 12.03 (-2.3). LJ. 2. Daisy Snell 5.79, 4. Sienna Kidd 5.54. **Under 15 Boys.** 300. Ht2. 6. Alexander Morrell 39.55. 800. 7. Hendri Verster 2.09.51. Ht2. 3. Hendri Verster 2.06.92. PV. 3=. Charlie Platt 3.47. JT. 3. Ellis Ibrahim 50.95. **Under 15 Girls.** 300. Ht3. 3. Alyssa Firla 41.95. 800. Final. DNS. Megan Barlow. Ht1. 3. Megan Barlow 2.16.02. HJ. 2. Qi'Chi Ukpai 1.65. TJ. 3. Qi'Chi Ukpai 11.38w (11.36). DT. 2. Erin Simpson 31.42.

28/8/22

True Athletes Classic – World Athletics Continental Tour Bronze, Leverkusen, GER. LJ. 1. Jahisha Thomas 6.60.

Bob Lewis Memorial Athletics Meeting, Kingston. 100. R2. 1. Tom Phillips 14.51 (0.3). R5. 4. Ashley Reid 12.22 (1.0). 400. R3. 3. Richard Holt 61.46.

London Inter Club Challenge, Hendon. 100. R1. 5. Harry North 11.69 (-3.4). 400. R1. 3. Harry North 50.35. R4. 2. Cameron Kelly Gordon 58.68. 400H. 2. Luke Dronfield 54.46. PV. 5. Alan Hardy 2.10.

Headington 5, Oxford. 16. Fintan Parkinson 29.20.

Antrim Coast Half Marathon, Larne. 20. Ross Braden 65.42 (65.41)

29/8/22.

Be Fit Today Outdoor Series, Dagenham. 60. R3. 2. Alexander Morrell (U15B) 11.63 (2.7). 60. U13B. 2. Piers Spencer Simms 8.26 (2.0), 3. Nicholas Marquez 8.53, 4. Oscar Sadowski 8.95. 100. R1. R2. 4. Veresse Charles 12.15 (2.8). R3. 7. Alexander Morrell 12.27 (0.1). R11. 5. Rico Cottell 11.25 (2.0). R15. 4. Michael Damoah 10.63 (3.4). R17. 2. Korede Awe* 10.41 (2.4), 5. Kieran Daly 10.49. R2. R2. 3. Veresse Charles 12.25 (0.9), 5. Alexander Morrell 12.27. R8. 3. Rico Cottell 11.16 (0.1). R13. 4. Michael Damoah 10.63 (3.1). R14. 4. Kieran Daly 10.44 (2.6). R15. 4. Korede Awe* 10.41 (1.8). 150. U13B. 1. Piers Spencer Simms 19.80 (2.0), 2. Nicholas Marquez 20.89, 3. Oscar Sadowski 22.38. 200. R2. 5. Alexander Morrell 24.84 (1.9). R3. 3.

Michael Damoah 21.82 (0.7). 200. Women. R1. 5. Maya Al Faisal 30.54 (2.5). 300. 2. Pierre Guillaume 39.72. 400. R3. 4. Pierre Guillaume 58.07. 800. 6. Sofia Mossi (U13G) 2.48.10, 7. Hissah Al Faisal (U13G) 2.56.58.

Tonbridge AC 75th Anniversary, inc Kent Under 13 Pentathlon. 75. R5. 1. Daniel Jenkins (U17M) 9.74 (-0.1). 300. R2. 1. Charlotte Bloodworth 48.38, 3. Islay Pearson 49.83. R3. 2. Beth Regan 47.15. R4. 1. Ian Firla 43.16. R6. 3. Tane Chambers 42.61. R7. 4. Alyssa Firla 42.67. 3000. R2. 2. Rob Donohue 9.09.99. 75H. U15G. 1. Beth Regan 13.48 (0.8). 3000 walk. 11. Jonathan Ellerton (U17M) 16.17.94, 12. Abigail Smith (U20W) 16.21.23, 18. Matthew Tootell (U13B) 20.53.39. SP.6K. B. 1. Dillon Claydon 15.73. DT. 1.75KG. 1. Dillon Claydon 49.18. DT. 1KG. 3. Charlotte Bloodworth 17.87. JT. 1. James Whitaker 79.26 (**CLUB SENIOR RECORD**). Under 13s Pentathlon. Girls. 2. Emilia Adese 2154 (800 – 3.13.28, 70H – 12.53, HJ – 1.36, LJ 4.24, SP – 10.32), 6. Heidi Coulson 1917 (800 – 2.53.47, 70H – 12.72, HJ – 1.33, LJ – 3.93, SP – 5.77), 9. Rowan Pearson 1660 (800 – 2.47.45, 70H – 13.76, HJ – 1.21, LJ – 3.41, SP – 5.71), 14. Freya Pearson 1518 (800 – 2.48.13, 70H – 14.62, HJ – 1.12, LJ – 3.63, SP – 5.17).

31/8/22

Chelmsford Open. 100. Men R1. 1. Dan Putnam 10.61. 200. 1. Dan Putnam 21.10. 800. R1. 3. Abigail Smith 2.36.38. 75H U13B. R2. 1. Jamie Ellerton 12.55.

Lee Valley Sprints Night Double 100 Sprints Night. R1. R1. 7. Rico Cottell 10.97 (4.1). R3. 2. Issah Abdulkarim 11.18 (3.1). R2. R2. 4. Rico Cottell 11.21 (0.9).

150 years ago in August 1872

The Hare and Hounds season finishes at the Pied Bull Inn, Streatham Common. The hares are due to start at 7 with the pack at 7.15 with no racing allowed until close to home. The Hares actually start at 7.01 and return at 8.38. The pack starts at 7.16 with the first hound returning at 9.20, “the great loss of time on the part of the pack being on account of the difficulty in working the trail in the darkness”

125 years ago in August 1897.

The Blackheath Harriers Athletic Sports takes place at Catford Sports Ground on the Summer Bank Holiday on the 2nd of August with 4,000 people in attendance. The programme is a mixture of running and cycling events. All running events are handicaps except for the Walter One Mile Steeplechase Challenge Race which is for members only and is won by H F Pash in 5.58 2/5^{ths} of a second.

It's a successful month for Pash as he also wins the 75 and 600 yard handicaps at the next Members Evening Meeting at Catford on the 11th.

Blackheath lose by a quarter of a length in a rowing race against South London Harriers from Putney to Hammersmith. However, the Club get their revenge with victory in the annual water polo match at Ladywell Baths winning 3-1. Also taking place on that day is the four length 120 yard scratch race for the Sir Spencer Maryon Wilson silver challenge cup. E Borring retains his title.

A joint Summer run of Blackheath and SLH takes place from the Swan Hotel, West Wickham.

100 years ago in August 1922

A letter from H. S. Cheverton of Sierra Leone who “wishes to be remembered to the ‘Heathens he knows. He adds : “I met someone from Shanghai...who told me that the Cross Country Club that I formed there in 1904 is still going strong: and their badge is, I believe, still that of the entwined squares.... I believe in the year I quote, I wrote to Crafter about the Club I formed, and it was affiliated to the Blackheath Harriers. If you could at any time give me any information about the Shanghai Club I should be extremely grateful”.”

“Editorial apologies to J. W. Maxted for a slight error in our last issue by which we reported that “he now devotes his spare time to Masonic work and book-keeping” –it should have been bee-keeping.”

G D Basan finishes second in the Kent 100 yards championships held at the CUACO ground in Catford. “ The pavilion was tastefully illuminated with coloured lights arranged by the South Suburban Gas Company”

To most of us, the final severance of the Club from its old and familiar surroundings at the Green Man, Blackheath, the B.H. home for considerably over 30 years, will come as a decided wrench. But one has to admit that the ancient glories of our old headquarters have long since departed, and nought but sentiment could have kept us there in more recent years among its gloomy and dilapidated surroundings and the general air of neglect which pervaded its precincts, and which was apparently fostered by the new proprietors. It was, therefore, regretfully decided at the eleventh hour, and certainly not before such adverse conditions had had their effect upon the Club, no longer to shut our eyes to them and live in the past, but to look into the future. Fortune has attended our efforts to take one more step forward, and new quarters at Private Banks, Catford Bridge, were offered and accepted. These provide first-class accommodation and surroundings that cannot be called other than ideal, and our Club evenings, on Tuesdays and Thursdays this winter, offer facilities and attractions which should make us the envy of kindred Clubs. *And it is now up to us all to take full advantage of the luxuries at our disposal, and to attend regularly at Catford Bridge, and bring along our friends. Don't forget the first dates : October 3 and October 5 !*

75 years ago in August 1947.

The Blackheath Harriers Annual Sports at Motspur Park attracts an entry of 629 and there is much interest in a special 440 yards race which is set to include the "Jamaica flyer" Arthur Wint. Sadly Wint contracts jaundice shortly before the event and is unable to participate. Disappointment also for the fans as the great E McDonald Bailey trails in last in the 100 yard handicap, the race won by Norris McWhirter, (who would go on to co-found the Guinness book of records and would twice stand, unsuccessfully, as Conservative Parliamentary candidate for Orpington).

Blackheath lose by one point in a two mile team race at the Morris works in Oxford. Alan Brent is second. Sydney Wooderson runs three laps for exhibition and H N Nunns runs his fastest mile winning in 4.23.

50 years ago in August 1972

At the Phillips International Meeting at Crystal Palace, John Watts is second in the discus and fifth in the shot. However, his preparations for the Olympics in September are disrupted when he is struck by a discus in full flight just days before the competition. "The discus glanced off his shoulder and hit him with sufficient force to necessitate fifteen stitches" Trevor Walhen represents the United Kingdom in the decathlon in a match against France at Vittel. He sets a personal best of 6663 points

Later in the month there is an International Veterans Championships at Crystal Palace along with a cross country race at Epping Forest. In the latter, Great Britain win, scoring 19 a side, with the USA second and Canada third. Tony Weeks Pearson is 16th, Roy Morley 52nd and Don Hopgood 58th. Back at the Palace, Club representation is restricted to the 5000 road race. Only 30 are allowed in the track race... "The other 120 started on the track and were then shunted on to the motor racing circuit. Tony and Roy were a bit put out at being "downgraded"."

Ian Wilson wins the one hour track race at Ladywell completing 18380, with Chris Haines second and Chris Woodcock third. Graham Botley wins the £25 prize in the 200 Club draw with Geoff Greere collecting £10 but who will win the 6 month bumper draw in September?....

Wigmore Ladies win the final Kent Womens League Division Two match at Tonbridge. Scores. 1. Wigmore Ladies 109, 2. East Kent Ladies 85, 3. Tonbridge 60, 4. Folkestone 27, 5. Rainham 15.

25 years ago in August 1997

It's an exciting month for Julian Golding. He anchors the GB 4X100 team to bronze at the World Championships in Athens running down the Cuban team and dipping to secure third by a hundredth of a second.

Back home at the British Challenge at Crystal Palace he beats a below par Michael Johnson over 200 metres, finishing third with Johnson 5th.

Then at a Grand Prix Meeting in Geneva he runs 20.38 for 200 the fifth fastest ever by a Briton. Only John Regis, Linford Christie, Allan Wells and Todd Bennett have gone quicker.

Also at the World Championships, Bromley Ladies' Debbie Marti clears 1.89 in the qualifying pool of the high jump but does not make the final. Later in the month she wins the AAAs Championships in Birmingham with 1.90. Myrtle Augee is second in the shot with 16.41.

Bromley Ladies win the Jubilee Plate Final at Bedford. There are individual wins for Nicole Bowring (400), Lisa Thompson (800), Bianca Liston (100H), Debbie Marti (HJ in a Plate Record of 1.88), Liz Gibbens (TJ), Myrtle Augee (SP and DT) and the 4x400.

Blackheath host the final BAL match of the season at Crystal Palace, the day before the British Challenge. Highlight is a new Club record of 3.12.45 in the 4x400 courtesy of Allow Wilson, Chris Moss, Ruben Tabares and Nigel Keogh. It would be another 12 years before the Club got to host a BAL match and 13 before the record would be broken.

Correspondence.

Earlier this Summer I was intrigued to receive a hand written letter through the post, something which doesn't happen too often these days. It was from former Courier editor Bill Clapham with some kind words about the April and May editions. Thank you Bill. The older I get the greater I appreciate Bill's work as he worked without the aid of the internet. The Club owes him a great debt, and if he hadn't done what he did, I probably wouldn't be doing this now. Bill was pleasantly surprised to see his name in one of those Couriers so I hope he will appreciate a picture of himself in action, and for good measure there's one of another former Courier editor Wilf Orton too!

