



Blackheath & Bromley Courier

October 2022.

President 2022-23. David Appleton.

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



A briefer Courier than it might have been, as there is a bit of catching up to do

Results.

Highlight of September has to be the first weekend when the Club's athletes won both the Upper and Lower Age Group Finals of the Youth Development League. We have enjoyed great success in these competitions and their equivalent over the years, but that is no reason to take this achievement for granted. WE ARE NATIONAL CHAMPIONS across all the younger age groups. It is outstanding and we should all feel very proud. Congratulations to all the athletes, coaches, officials, administrators, and all who support them. Some clubs still seem to be suffering from long covid but we have coped far better than many due to all the work that we did to keep the Club running during lockdown, and also during the work on the development at Norman Park.

Well done also to all those who competed in the DNA event in Portugal where Faith Akinbileje broke Dina's Under 17 Womens 100 metre record. Sympathy to those who could not go because that didn't have an event to compete in. On the basis of this years competition, it looks that if you are a thrower your event will be included once every four years.

2/8/22

Veterans AC Summer Series 5 Mile walk, Battersea Park. 1. Jonathan Ellerton (U17M) 47.08, 6. Matthew Ellerton (M45) 55.35, 8. David Hoben (M65) 62.29, 10 Peter Hannell (M75) 66.03.

2-3/9/22

School Games, Loughborough. Under 17 Men. PV. 2. Oscar Witcombe 4.10. JT. 1. Felix McArdle Hodge 60.67. **Under 17 Women.** 200. 1. Faith Akinbileje 23.95 (-1.4). 80H. 5. Jodie Self 11.49 (-0.2). LJ. 2. Daisy Snell 5.76.

3/9/22

YDL, Lower National Final, Sportcity. 1. B&B 648, 2. Rugby & Nothampton 645, 3. Reading 567, 4. Wirral 513.5, 5. Cheltenham & County Harriers 463.5, 6. Griffnock North AC 455, 7. City Of York 445. **Under 15 Boys.** 100. A. 2. Reo McCausland 11.38 (3.0). B. 2. Alexander Morrell 12.11 (2.4). 200. A. 1. Reo McCausland 23.43 (0.7). B. 2. Ryen Rennie 23.86 (-0.6). 300. A. 1. Ryen Rennie 37.53. B. 1. Harrison Vallins 38.73. 800. A. 2. Hendri Verster 2.03.83. B. 2. Joseph Scanes 2.12.96. 1500. A. 3. Lucas Elmqvist 4.26.03. B. 3. Joseph Hill 4.32.73. 80H. A. 4. Joshua Dako 12.24. B. 6. Ben O'Grady 14.93. HJ. A. 2. Joshua Dako 1.60. 6. Samuel Barlow 1.30. LJ. A. 1. Tishe Fatona 5.73. B. 1. Joshua Dako 5.45. PV. A. 1. Charlie Platt 3.80. B. -. SP. A. 4. Ryen Rennie 10.05. B. 2. Ellis Ibrahim 9.56. DT. A. 2. George Henderson 29.26. B. 2. Alexander Morrell 27.65. JT. A. 2. Ellis Ibrahim 47.28. B. 3. Charlie Platt 38.97. HT. A. 4. George Henderson 26.43. B. 2. Ellis Ibrahim 26.05. 4x100. 2. B&B (Theodore Osobu, Alexander Morrell, Harrison Vallins, Reo McCausland) 46.59. 4x300. 1. B&B (Hendri Verster, Joseph Scanes, Tishe Fatona, Ryen Rennie) 2.38.89. **Under 15 Girls.** 100. A. 2. Chizam Boniface 2.66 (2.0). 1. Cheyanne Nketia 12.44 (1.4). 200. A. 4. Chizam Boniface 26.79 (0.4). B. 1. Sybil Wirrom-Jorrie 26.57 (0.4). 300. A. 3. Alyssa Firla 41.77. B. 3. Megan Barlow 43.56. 800. A. 1. Megan Barlow 2.20.99. B. 2. Naimah Mossi 2.25.62. 1500. A. 5. Luciana Smith 5.12.66. B. 3. Isabel Pauling 5.14.33. 75H. A. 3. Alyssa Firla 12.01 (0.7). B. 3. Beth Regan 13.09 (0.4). HJ. A. 4. Megan Barlow 1.50. B. 1. Alyssa Firla 1.45. LJ. A. 1. Chizam Boniface 4.99. B. 1. Sybil Wirrom-Jorrie 4.93. PV. A. 1. Lydia Witcombe 2.55. N/H. Charlotte Bloodworth. SP. A. 3. Erin Simpson 9.44. B. 5. Kaela Shearer- Coverly 6.80. DT. 1. Erin Simpson 31.03. B. 1. Charlotte Bloodworth 18.39. JT. A. 2. Erin Simpson 27.18. B. 4. Abigail Williams 12.36. HT. A. 6. Charlotte Bloodworth 20.37. B. 7. Abigail Williams 13.80. 4x100. 2. B&B (Cheyanne Nketia, Sybil Wirrom-Jorrie, Lottie Palmer, Chizam Boniface) 51.33. 4X300. 3. B&B (Megan Barlow, Matilda Shilland, Lydia Witcombe, Alyssa Firla) 2.57.28. **Under 13 Boys.** 75. A. 1. Piers Spencer Simms 9.78 (2.0). B. 3. Nicholas Marquay 10.25 (1.0). 150. A. 3. Troy Ogedengbe 19.75 (0.7). B. 2. Thomas Vallins 20.70 (0.7). 800. A. 4. Daniel Horgan 2.23.55. B. 4. Jake Martin 2.34.91. 1200. A. 5. Harry Collins Smith 3.55.00. B. 1. James

Shaw 3.56.37. 75H. A. 3. Jamie Ellerton 12.77 (1.4). B. 3. Sebastian North 13.88 (1.3). HJ. A. 6. Oscar Pickering 1.25. B. 5. Sebastian North 1.25. LJ. A. 2. Jonathan Ellerton 4.70. B. 6. Oscar Sadowski 3.82. SP. A. 6. Rory Witcombe 6.68. B. 4. Trejan Checkeku – Boamah 6.25. JT. A. 4. Sebastian North 27.25. B. 2. Rory Witcombe 21.18. 4x100. 1. B&B (Nicholas Marquay, Jamie Ellerton, Thomas Vallins, Piers Spencer – Simms) 51.36. **Under 13 Girls.** 75. A. 1. Emelia Adese 9.91 (1.5). B. 2. Isabella Campbell – Andou 10.29 (1.1). 150. A. 2. Emelia Adese 19.73 (2.9). B. 1. Kara Bryan 20.54 (2.3). 800. A. 1. Kara Bryan 2.26.76. B. 1. Sophie Tran 2.34.19. 1200. A. 6. Sophie Fleming 4.16.92. B. 5. Evie De Bruyn 4.22.13. 70H. A. 5. Heidi Coulson 12.41. B. 7. Rowan Pearson 13.37. HJ. A. 4=. Maya Al Faisal 1.35. B. 3=. Alessia Scala 1.30. LJ. A. 4. Isabella Campbell – Andou 4.16. B. 6. Alessia Scala 3.63. SP. A. 1. Emelia Adese 10.12. B. 5. Rowan Pearson 5.53. JT. A. 6. Rowan Pearson 14.33. B. 4. Freya Pearson 13.64. 4X100. 2. B&B. (Kara Bryan, Emelia Adese, Heidi Coulson, Isabella Campbell – Andou) 53.78.

BMC Regional Races, Gillingham. Women. 800. B. 4. Kelsi Cornish 2.17.99.

Medway & Maidstone Open Meeting. 100. R1. R1. 1. Dan Putnam 10.62 (2.1). R2. 5. Warren Lewis 11.57 (0.2). R4. 5. Ashley Reid (M40) 12.39 (-1.2). R5. 6. Tristan Thomas (U15B) 12.76 (0.4). R2. R2. 7. Warren Lewis 11.58 (2.5). R4. 1. Dan Putnam 10.61 (1.6), 2. Ashley Reid 12.14. R5. 8. Tristan Thomas 13.02 (0.2). 200. R1. 2. Dan Putnam 21.04 (1.4), 4. Korede Awe* 21.60. R3. 4. Warren Lewis 23.67 (1.2). R4. 6. Ashley Reid 24.97 (0.5). 300. 7. Tristan Thomas 44.73.

Parkruns. Wimbledon Common. 49. Cristina Gilodi-Johnson 22.29. **Bromley.** 4. Roger Beswick 18.01, 18. Nathan Crossan 19.39, 22. William Spurle 19.46, 51. James Bunn 21.11, 56. Aaron Crossan 21.24, 63. Katy Sugden 21.41, 100. Andy Tucker 23.00, 249. Mick Keene 27.09. **Bexley.** 91. Chris Pike 26.13. **Beckenham Place park.** 76. Iain Swatton 25.27. **Nonsuch.** 45. Paul Ross-Davies 19.30. **Crystal Palace.** 35. Rod Harrington 22.37. **Lloyd park.** 39. Sarah Belaon 23.59. **Stonehaven.** 29. Bernard Wilson 29.57. **Lymington Woodside.** 36. Peter Hamilton 25.00. **Hoblingwell.** 7. Oliver Ward 24.01. **Dulwich.** 228. Niamh Milmo 26.50. **Orpington.** 2. Alessio Tutt 18.50, 50. Dave Leal 25.31. **Southwark.** 191. Claire Springett 27.36. **Seaton.** 31. Robert Perry 23.01, 147. Adrian Perry 32.42. **Peckham Rye.** 67. John Turner 24.37, 155. Peter Rogers 28.58, 235. Maz Turner 34.12. **Malling.** 1. Steve Hough 18.52, 34. Austin Adams 24.15. **Clapham Common.** 12. Jessica Keene 18.36 (1st woman), 157. James Cunningham 23.39. **Foots Cray Meadows.** 31. Gareth Griffin 29.10. **Jersey Farm.** 99. Andrew Kingsmill 28.11, 109. Zoe Kingsmill 28.54. **Kingdom.** 64. Bob Thomas 37.57. **Bethlem Royal Hospital.** 11. Mike Simms 23.15.

Clevedon Salthouse Fields. 138. John Isaacs 27.23. **The Leas, Minster.** 1. Blair Wilson 17.55. **Sutcliffe.** 12. Steve Pairman 21.04, 93. Julia Pairman 29.43, 132. Andrew Lawes 47.19. **Charlton park.** 5. Clayton Aves 19.08

3-4/9/22

England Throws Camp Throws Festival, Moulton. 3/9. SP. 1. Cleo Agyepong 14.88. DT. 1. Zara Obamakinwa 55.13. JT, Oa. 7. Hollie Arnold 37.50. Eq. 1. Lauren Farley 44.01. **4/9.** SP. 1. Cleo Agyepong 14.94. DT. 1. Zara Obamakinwa 52.50.

Surrey Combined Events, Relays, Steeplechase and Walks, Carshalton. Under 17 Women. Heptathlon. 5. Islay Pearson 2546 (200 – 30.91, 800 – 2.46.43, 80H – 16.36, HJ – 1.35, LJ – 3.36, SP – 8.12, JT – 16.13). **Under 15 Girls.** Pentathlon. 8. Charlotte Bloodworth 1842 (800 – 2.43.56, 75H – 15.08, HJ – 1.26, LJ – 3.78, SP – 6.32).

4/9/22

UK Youth Development League Upper National Final, Sportcity. 1. B&B 877.5, 2. Team Avon 721.5, 3. City Of York 602.5, 4. Coventry & Leamington 556, 5. Trafford 549.5, 6. Reading 461. **Under 20 Men.** 100. A. 3. Charles Nortey 10.86 (1.4). B. DQ. Adam Islam Medeaux. 200. A. 3. Charles Nortey 22.01 (1.8). B. 2. Adam Islam Medeaux 22.65 (3.2). 400. A. Pablo Seema Roca 49.00. B. 1. Michael Uzozie 51.57. 800. A. 2. Matthew Smith 1.59.14. B. 1. Thomas Sugden 2.06.70. 1500. A. 4. Thomas Sugden 4.14.72. B. 1. Miles Brown 4.19.54. 3000. A. 5. James Barnes 9.32.01. B. -. 110H. A. 3. Luke Dronfield 15.43 (1.9). B. 3. George Shaw 21.04 (2.9). 400H. A. 2. Luke Dronfield 54.00. B. 1. George Shaw 64.24. 2000 s/ch. A. 4. George Shaw 7.00.06. B. 2. Ted Marston 7.13.06. HJ. A. 4. Barnaby Corry 1.70. LJ. A. 5. Barnaby Corry 5.96. TJ. A. 1. Toby Dronfield 14.63. PV. A. 2. Barnaby Corry 3.95. B. 1. Ben Platt 3.80. SP. A. 1. Dillon Claydon 15.28. B. 1. Brydon Duncan 11.68. DT. A. 1. Dillon Claydon 52.73. B. 1. Brydon Duncan 44.80. JT. A. 4. Ben Platt 41.41. HT. A. 3. Brydon Duncan 40.98. 4x100. 3. B&B (Nkwazi Ndila, Michael Uzozie, Adam Islam Medeaux, Charles Nortey) 43.53. 4x400. DQ B&B (Bailey Marks Belaon, Luke Dronfield, Samuel McShane, Pablo Seema Roca). **Under 20 Women.** 100. A. 1. Faith Akinbileje 11.82 (2.8). B. 1. Tianna Haynes 12.49 (0.8). 200. A. 1. Faith Akinbileje 24.41 (1.4). B. 2. Tianna Haynes 25.94 (1.9). 400. A. 1. Cameron Kelly Gordon 58.48. B. 1. Gabriella Martin 60.75. 800. A. 2. Zakia Mossi 2.14.63. B. 2. Lara Mannes 2.15.16. 1500. A. 2. Amarisa Sibley 4.43.98. B. 1. Hannah Clark 4.49.39. 3000. A. 2. Hannah Clark 10.30.60. B. 3. Olivia Magee Brown 11.40.69. 100H. A. 3. Shakanya Osahon 15.46 (0.9). B. 3. Kelsey Pullin 17.43 (1.2). 400H. A. 4. Kelsey Pullin 67.57. B. 1. Morgan Squibb 66.49. 1500 s/ch. A. 1. Morgan Squibb 5.06.30. B. 1. Ailbhe Barnes 5.18.90. HJ. A. 4. Elena Duncombe 1.40. LJ. A. 3. Claudia Baker 5.05. TJ. A. 1. Molly Savage 10.76. B. 1. Rachel Ilori 9.78. PV. A. 3. Lily Meers 2.00. SP. A. 1. Rianna Rennie 11.46. B. 1. Peanut Meekings 8.99. DT. A. 2. Gypsy Nash 30.63. B. 2. Peanut Meekings 17.04. JT. A. 1. Peanut Meekings 35.57. B. 1. Rianna Rennie 32.54.

HT. A. 1. Gypsy Nash 42.36. B. 2. Rianna Rennie 16.45. 4x100. 1. B&B (Emily Kerr, Tianna Haynes, Shakanya Osahon, Faith Akinbileje) 48.50. 4X400. 1. B&B (Cameron Kelly Gordon, Zakia Mossi, Morgan Squibb, Amarisa Sibley) 3.59.53. **Under 17 Men.** 100. A. 2. Issah Abdulkarim 11.20 (1.3). B. 1. Joseph Cope 11.48 (2.5). 200. A. 1. Samuel Mowa 22.68 (3.0). B. 1. Issah Abdulkarim 22.58 (2.1). 400. A. 2. James Lawson 52.75. B. 1. Nathan Firla 52.68. 800. A. 5. Mark Constable 2.10.50. B. 2. Jasper Brooks 2.07.55. 1500. A. 2. Arthur Starvis 4.14.49. B. 1. Alexander Middleton 4.25.08. 3000. A. 4. Harry Fage 10.07.84. B. 3. Franco Hillier 10.16.99. 100H. A. 1. Rayhan Mourtada 13.46 (0.4). B. 1. Andrew Nikoro 14.24 (2.5). 400H. A. 1. Rayhan Mourtada 56.85. B. 3. Jonathan Ellerton 66.61. 1500 s/ch. A. 2. James Barnes 4.54.85. B. 2. Lewis Brook 5.05.49. HJ. A. 4. Andrew Nikoro 1.70. B. 1. Edward Regan 1.60. LJ. A. 5. Marley Byfield 5.53. B. 2. Ralph Baker 5.05. TJ. A. 3. Marley Byfield 11.66. B. 2. Ralph Baker 10.74. PV. A. 1. Oscar Witcombe 4.25. SP. A. 5. Nathan Firla 10.01. DT. A. 5. Max Kennedy 23.46. JT. A. 1. Felix McArdle Smith 56.38. B. 1. Max Kennedy 48.51. HT. A. 5. Max Kennedy 22.72. B. 1. Finn Kitteridge 14.94. 4x100. 1. B&B (Marley Byfield, Joseph Cope, Rayhan Mourtada, Issah Abdulkarim) 43.87. 4x400. 1. B&B (Christopher Barrett, James Lawson, Nathan Firla, Samuel Mowa) 3.33.63. **Under 17 Women.** 100. A. 4. Indiana Marshall 12.65. (2.4). B. 2. Nina Whitter 12.77 (3.3). 200. A. 3. Nina Whitter 26.69 (2.1). B. 2. Indiana Marshall 26.22 (1.5). 300. A. 1. Daisy Snell 41.61. B. 2. Julia Newman 44.15. 800. A. 1. Fleur Todd Warmoth 2.16.11. B. 2. Megan Slattery 2.26.10. 1500. A. 2. Liberty Whyte 4.52.57. B. 3. Lara Tunali Flynn 5.18.46. 3000. A. 1. Fleur Todd Warmoth 9.45.65. B. 1. Isla Spink 11.53.55. 80H. A. 1. Jodie Self 11.44 (1.6). B. 1. Sienna Kidd 11.90 (1.8). 300H. A. 2. Tallulah Ndikanwu 49.59. B. 2. Amber Cockburn 54.31. 1500 s/ch. A. 3. Carys Firth 5.35.50. B. 1. Amber Cockburn 5.57.08. HJ. A. 2=. Daisy Snell 1.45. B. 2. Tallulah Ndikanwu 1.45. LJ. A. 1. Daisy Snell 5.54. B. 1 Sienna Kidd 5.34. TJ. A. 3. Emily Algeo 10.45. PV. A. 1. Lily Anderson 2.15. SP. A. 3. Tallulah Ndikanwu 10.19. DT. A. 3. Amber Cockburn 15.75. JT. A. 6. Sienna Kidd 25.33. HT. A. 1 Sapphire Houston Ball 40.71. 4x100. A. 1. B&B (Jodie Self, Indiana Marshall, Nina Whitter, Sienna Kidd) 48.88. 4x300. 1. B&B (Daisy Snell, Tallulah Ndikanwu, Julia Newman, Gabriella Martin) 2.53.48.

Invicta East Kent Club Championships, Canterbury. 200. R1. 1. Qi'–Chi Ukpai 27.06. 800. 8. Caitlin Hough 2.42.41.

East Anglia League Top 8s Final, Bury St Edmunds. DT. B. 3. Gemma Vickery* 22.47. HT. A. 1. Gemma Vickery* 45.11.

The Big Half, Greenwich. 10. Phil Sesemann* 65.40, 195. Micah Evans 76.32, 206. David Lilley 76.58, 337. Robert Perry 79.45, 845. Francois Berrier 86.47, 1098. Steve Evenden 89.31, 1453. William Brindley 93.14, 2370. Natalie Falshaw 1.40.06, 6079. Gianluca Mazzone 1.59.51.

Weald St Georges 10km, Sevenoaks Weald. 73. Mark Ellison 52.46 (52.38).

7/9/22

Parris Handicap. 1. Zoe Kingsmill 29.00 (actual 25.00), 2. Steve Evenden 30.48 (18.33), 3. John Turner 31.01 (23.01), 4. Maz Turner 31.08 (31.08), 5. Sheridan Morris 31.11 (19.11), 6. Iain Swatton 31.18 (22.48), 7. Chris Pike 31.29 (23.08), 8. Lewis Brook 31.42 (16.27), 9. Steve Pairman 31.55 (19.40), 10. Angela Powell 32.17 (24.17), 11. Ian Scott 32.32 (18.32), 12. Jim Phelan 32.43 (24.43), 13. Gareth Evans 32.52 (18.22), 14. Faye Scott 33.04 (24.19), 15. Ken Daniel 33.34 (23.34). **Final Standings.** 1. Steve Evenden 54, 2. John Turner 48, 3. Sheridan Morris 46, 4. Lewis Brook 38, 5. Zoe Kingsmill 38, 6. Maz Turner 33, 7. Ian Scott 30, 8. Dave Leal 28, 9. James Shaw 24, 10. Luigi Arcuri 24.

Late Season Open Meeting, Parliament Hill. 800. 3. Pierre Guillaume 2.04.59.

Tooting Bec, Stan Allen Miles. R7. 5. Roger Beswick 5.22.6.

Watford Open Meeting. 800. R5. 6. Olivia Magee Brown (U17W) 2.25.88. R9. 5. Cameron Kelly Gordon (U20W) 2.14.22, 10. Hannah Clark (U20W) 2.16.66. R10. 6. Morgan Squibb (U20W) 2.11.13. 3000. R1. 8. Dave Taylor (M55) 10.06.03.

9/9/22

Rice Invitational, Houston, TX, USA. 18. Ava White 15.23.

10/9/22

South Of England Under 17/Under 15 Inter Counties, Horspath. Under 17 Men. 100. 6. Samuel Mowa 11.43 (1.9). R1. 4. Samuel Mowa 11.48 (2.6). 200. 4. Samuel Mowa 23.03 (1.3). 400. 7. Christopher Barrett 53.92. R2. 4. Christopher Barrett 54.05. 100H. 2. Rayhan Mourtada 13.4. R2. 1. Rayhan Mourtada 13.68. PV. 1. Oscar Witcombe 3.90. JT. 1. Felix McArdle Hodge 61.61. **Under 17 Women.** 100. 3. Indiana Marshall 12.61 (1.1). R1. 2. Indiana Marshall 12.63 (0.6). 800. 9. Liberty Whyte 2.26.19. 1500. 4. Liberty Whyte 4.52.66. TJ. 3. Emily Algeo 10.84. **Under 15 Boys.** 800. 3. Hendri Verster 2.05.52. PV. 1. Charlie Platt 3.60. JT. 2. Ellis Ibrahim 50.25. **Under 15 Women.** 4=. Chizam Boniface 12.74 (1.9). R1. 2. Chizam Boniface 12.84 (2.1). 300. 5. Alyssa Firla 41.63. R2. 2. Alyssa Firla 42.42. 800. 2. Megan Barlow 2.15.60. 1500. 8. Naimah Mossi 4.57.80. SP. 7. Erin Simpson 9.64. DT. 4. Erin Simpson 29.45.

Southern Athletics League Div One, Eton. Men. 100. A. 2. Duayne Bovell 11.37 (0.2). B. -. 200. A. 2. Duayne Bovell 23.31 (0.1). B. 1. Marley Byfield 23.46 (0.1). 400. A. 2. Luke Dronfield 50.67. B. 1. Maurizio Corrodus 52.95. 800. A. 2. Mark

Constable 2.07.23. B. 1. Nathan Firla 2.09.10. 1500. A. 1. Rob Donohue 4.15.17. B. 1. Alexander Middleton 4.19.66. 5000. A. -. B. -. 110H. A. -. B. -. 400H. A. -. B. -. 2000 s/ch. A. 1. Blair Wilson 6.45.75. B. 1. Harry Fage 7.29.19. HJ. A. 3. James Nightingale 1.60. B. 3. Finn Kitteridge 1.50. LJ. A. 2. Harrison Thorne 6.59. B. 2. Marley Byfield 5.13. TJ. A. 3. Blair Wilson 10.80. B. 2. James Nightingale 10.20. PV. A. 2. Ben Platt 3.70. B. 1. James Nightingale 2.50. SP. A. 3. Dele Aladese 10.88. B. 3. Roger Platt 6.95. DT. A. 1. Dele Aladese 48.56. B. 3. Roger Platt 16.63. JT. A. 2. Blair Wilson 42.08. B. 1. Ben Platt 40.01. HT. A. 4. Roger Platt 21.08. B. -. 4X100. 2. B&B 44.58. 4X400. 3. B&B 3.31.05. **Women.** 100. A. 1. Annie Davies 12.31 (-1.6). B. 1. Chanelle Cole 12.69 (-1.6). 200. A. 1. Rachel Dickens 24.74. B. 1. Chanelle Cole 25.92. 400. A. 1. Krystal Galley 59.58. B. 2. Hannah Clark 61.68. 800. A. 1. Morgan Squibb 2.17.97. B. 1. Hannah Clark 2.18.89. 1500. A. 3. Lara Tunali Flynn 5.11.35. B. 3. Olivia Magee Brown 5.25.19. 3000. A. 4. Millie Collins Smith 12.01.24. B. -. 100H. A. 1. Annie Davies 13.95. B. 2. Holly Platt 20.07. 400H. A. 2. Morgan Squibb 66.58. B. 1. Tallulah Ndikanwu 69.15. 2000 s/ch. A. -. B. -. HJ. A. 2. Elena Duncombe 1.45. B. 2. Tallulah Ndikanwu 1.40. LJ. A. 2. Claudia Baker 5.07. B. -. TJ. A. 1. Charlotte Hosp 10.30. B. -. PV. A. 3. Holly Platt 2.60. B. 2. Lily Meers 2.20. SP. A. 3. Annie Davies 8.82. B. 3. Gypsy Nash 7.33. DT. A. 2. Gypsy Nash 29.88. B. 3. Holly Platt 14.40. JT. A. 4. Annie Davies 17.09. B. 3. Holly Platt 15.59. HT. A. 1. Gypsy Nash 42.61. B. -. 4X100. -. 4X400. 1. B&B 4.04.29. Match. 1. Windsor Slough Eton & Hounslow 235, 2. B&B 192, 3. Bracknell 150, 4. Southampton 122.

Southern Athletics League Div One, Norwich. DT. B. 2. Gemma Vickery* 28.30. HT. A. 1. Gemma Vickery* 49.64. Southern Athletics League, Div Two West, Kingston. 110H. A. 1. Richard Morris* 17.5. 400H. A. 1. Richard Morris 57.3. SP. B. 3. Richard Morris 7.98. JT. A. 4. Richard Morris 30.13. HT. B. 3. Richard Morris 7.07.

Parkruns. Bromley. 1. Micah Evans 17.22, 2. Thomas Sugden 17.41, 10. Simon Harris 19.14, 18. Jed Starvis 19.57, 22. Steve Evenden 20.10, 23. William Spurle 20.14, 24. Eliot Botten-Vanacore 20.15, 46. Katy Sugden 21.29, 64. Damian Hayes 22.10, 81. Oliver Ward 22.46, 99. Austin Adams 23.17, 184. Matthew Maddocks 25.24, 329. Bernard Wilson 29.46. **Bexley.** 72. Chris Pike 26.02. **Town Moor.** 130. Peter Hamilton 25.13. **Crystal Palace.** 27. Bertie Harrington 20.52, 43. Rod Harrington 21.56. **Minehead.** 2. Roger Beswick 19.13. **Colchester Castle.** 6. Steve Cooper 18.47. **South Norwood.** 30. Luigi Arcuri 22.58, 93. Zoe Kingsmill 28.00, 141. George Collins 32.16. **Orpington.** 1. Alessio Tutt 19.16, 140. Karen Desborough 34.27. **Southwark.** 122. Claire Springett 25.56. **Weymouth.** 33. Steven Pairman 21.47, 209. Julia Pairman 30.03. **Peckham Rye.** 153. Peter Rogers 28.53. **Lullingstone.** 18. Robert Perry 26.04. **Exmouth.** 86. Bob Minting 22.45. **Foots Cray Meadows.** 1. Darren Corneille 19.33. **Marlborough Common.** 1. Pippa Woolven* 18.42, 8. Cristina Gilodi-Johnson 22.21. **Bethlem Royal Hospital.** 1. Jake Leng 18.58, 24. Iain Swatton 24.13. **Storeys Field.** 184. Mick Keene 26.56, 186. Jessica Keene 26.57. **Sutcliffe.** 82. Barry Wetherilt 24.57. **Swanley.** 37. John Isaacs 28.15. **Mote Park.** 28. Mike Simms 24.01.

11/9/22

Kent Relays and Masters Jumps, Gillingham. Under 17 Women. 4x300. 5. (Molly Shaw, Amie Gould, Cara Gould, Emily Deveney) 3.12.6. **Under 15 Boys.** 4x100. 1. BB1 (Charlie Platt, Alexander Morrell, Harrison Vallins, Reo McCausland) 46.0, 2. B&B2 (Theodore Osobu, Tristan Thomas, Joshua Dako, Ellis Ibrahim) 49.5. 4x200. 1. B&B1 (Hendri Verster, Alexander Morrell, Harrison Vallins, Reo McCausland) 1.37.5, 3. B&B2 (Ebube Madubata, Tane Chambers, Alfie Whitelock, Benjamin O'Grady) 1.49.0. 4x300. 1. B&B1 (Hendri Verster, Alexander Morrell, Joseph Scanes, Harrison Vallins) 2.43.1, 3. B&B2. (Joshua Dako, Tristan Thomas, Alfie Whitelock, Tane Chambers) 2.56.5. 3x800. 4. B&B (Connor Way, Tane Chambers, Joseph Scanes) 7.01.6, 7. B&B2. (Alfie Whitelock, Samuel Barlow, Benjamin O'Grady) 7.32.0. **Under 15 Girls.** 4x100. 2. B&B (Cheyanne Nketia, Sybil Wirrom-Jorrie, Lottie Palmer, Chizam Boniface) 51.0. Ht1. 1. B&B (Cheyanne Nketia, Sybil Wirrom-Jorrie, Lottie Palmer, Chizam Boniface) 50.9. 4x200. 3. B&B (Cheyanne Nketia, Chizam Boniface, Faith Sogoye, Sybil Wirrom-Jorrie) 1.51.8. 4x300. 1. B&B (Luciana Smith, Matilda Shilland, Lydia Witcombe, Megan Barlow) 3.01.4, 3. B&B (Abigail Williams, Erin Simpson, Kyla Dervish, Leah Kyriacou) 3.11.3. 3x800. 1. B&B (Luciana Smith, Leah Kyriacou, Megan Barlow) 7.17.9, 3. B&B2 (Beth Regan, Kyla Dervish, Lydia Witcombe) 7.43.2. **Under 13 Boys.** 4x100. 1. Oscar Sadowski, Jamie Ellerton, Thomas Vallins, Nicholas Marquez) 52.0. Ht1. 1. B&B (Oscar Sadowski, Jamie Ellerton, Thomas Vallins, Nicholas Marquez) 52.4. 4x200. 3. B&B1 (Oscar Sadowski, Trejan Checkeku-Boamah, Jamie Ellerton, Thomas Vallins) 1.55.9, 5. B&B2 (Oscar Pickering, Daniel Horgan, Aaron Sebuwufu, Nicholas Marquez) 2.01.7. 3x800. 1. B&B (Jake Martin, Aaron Sebuwufu, Daniel Horgan) 7.45.6, 3. B&B (Jack Barlow, Oscar Pickering, Trejan Checkeku-Boamah) 8.13.6. **Under 13 Girls.** 4x100. 1. B&B (Heidi Coulson, Sophie Tran, Ariana Jenner Heard, Kara Bryan) 54.7. Ht. 1. B&B (Heidi Coulson, Sophie Tran, Ariana Jenner – Heard, Kara Bryan) 56.6. 4x200. 1. B&B (Heidi Coulson, Sophie Tran, Alessia Scala, Kara Bryan) 1.57.1. 3x800. 1. B&B (Kara Bryan, Alba Homans – Yau, Sophie Tran) 7.50.6, 4. B&B2 (Amelie Ramdeen, Chloe Morez, Ariana Jenner Heard) 8.21.9. M50. PV. 1. Roger Platt 3.20.

SLAN Super 8 Open Meeting, Tooting Bec. LJ. 1. Indiana Marshall 5.03.

Larkfield 10km, East Malling. 10. Graeme Lugar 35.54 (35.50).

Great North Run, Newcastle. 134. Blair Wilson 77.04, 564. Jess Keene 85.14, 11063. Jason Meers 2.00.32, 11841. Eloise O'Shaunessy 2.02.07.

12/9/22

Invicta East Kent Open, Canterbury. 100. R1. 2. Qi'-Chi Ukpai (U15G) 13.04 (0.0). LJ. 2. Qi'-Chi Ukpai 5.02.

15/9/22

Friday Night 5km Under The Lights, Battersea Park. 80. Rob Donohue 15.38 (15.36).

16/9/22

Texas A&M Invitational, College Station, TX, USA. 31. Ava White 19.24.

17/9/22

European DNA Under 20 Clubs, Qualification Match One, Castellon, Spain. Men. 200. 1. Jeriel Quainoo 21.29 (2.0). 110H. 3. Luke Dronfield 15.53 (-0.6). 400H. 1. Luke Dronfield 54.13. HJ. 4. Barnaby Corry 1.72. SP. 3. Dillon Claydon 15.86. **Women.** 100. 1. Faith Akinbileje 11.53 (2.0) (**CLUB UNDER 17 WOMEN RECORD**). 800. 1. Zakia Mossi 2.18.73. 100H. 2. Jodie Self 14.24 (1.4). LJ. 4. Claudia Baker 5.30. JT. 3. Peanut Meekings 36.15. **Mixed 4x400.** 1. B&B (Cameron Kelly Gordon, Michael Uozie, Amarisa Sibley, Pablo Seema Roca) 3.34.00. The Hunt. 1. B&B (Morgan Squibb, Samuel Mowa, Tianna Haynes, Sam Reardon) 4.44.51. Match. 1. B&B 108, 2. AK. Skada Pizen 106, 3. Oslo x Akershus 88.0, 4. Playas de Castellon 70, 5. TVL Langgasse Bern 58, 6. Andorra 26.0.

Will Bolton Relays, Sparrows Den. Overall. 4. B&B Men (David Lilley 14.03, Graeme Lugar 14.36, Blair Wilson 14.15, Micah Evans 13.54) 56.48. 7. B&B U20M (Miles Brown 13.50, Jasper Brooks 15.39, Ted Marston 15.24, Harry Fage 15.27) 60.20, 10. B&B Men 3 (Steve Hough 15.14, Simon Harris 15.55, Josh Dowling 15.11, Fintan Parkinson 15.50) 62.10, 14. B&B Senior Women (Jess Keene 15.51, Leah Everson 16.53, Zoe White 17.00, Millie Smith 15.47) 65.31, 15. B&B U17W (Liberty Whyte 15.57, Carys Firth 15.43, Isla Spink 18.23, Olivia Magee Brown 17.55) 67.58, 20. B&B Senior Women "B" (Lily Meers 17.23, Jane Bradshaw 18.47, Isabella Louth 18.27, Olivia Wauters 18.23) 73.00, 23. B&B BEAR (Rod Harrington 17.49, Mark Ellison 18.55, Luigi Arcuri 19.19, Con Griffin 18.50) 74.53, 24. B&B BEEP (Steve Evenden 17.03, Sara Elmqvist 18.59, Chris Pike 20.44, David Beadle 19.09) 75.55, 25. B&B LP (Steve Pairman 18.05, Matt Bullen 18.17, Sara Belaon 19.06, Dave Leal 20.59) 76.27, 26. B&B U17W "B" (Emily Deveney 19.55, Cara Gould 19.04, Lola Bischoff 19.01, Lily Beaton 19.35) 77.35, 27. B&B RAMS (Jason Meers 17.37, Mike Simms 19.52, Neil Roberts 22.52, Adrian Stocks 19.08) 79.29. Bennett Cup. 1. David Lilley 13.03 (14.03 actual), 2. Cara Gould 13.04 (19.04), 3. Adrian Stocks 13.08 (19.08), 4. Rod Harrington 13.09 (17.49), 5. Steve Hough 13.14 (15.14), 6. Mark Ellison 13.15 (18.55), 7. Liberty Whyte 13.17 (15.57), 8. Miles Brown 13.20 (13.50), 9. Blair Wilson 13.25 (14.15), 10. Graeme Lugar 13.26 (14.36).

Self Transcendence 24 Hour Track Race, Battersea Park. 34. John Turner 130.229km (80.920 miles).

RunThrough Victoria Park Half Marathon. 25. Tony Crowder 88.23 (88.25).

Parkruns. Bromley. 65. Damian Hayes 22.29, 73. Robert Whyte 22.43, 114. Stuart Cullum 23.51, 259. Bernard Wilson 28.19, 409. Rod Harrington 41.41. **Beckenham Place park.** 94. Zoe Kingsmill 28.59. **Lloyd park.** 75. John Isaacs 28.07. **Westmill.** 64. Sally Smith 31.57. **Dulwich.** 8. David Adams 16.35, 175. James Morris 23.37. Orpington. 2. Alessio Tutt 18.41, 114. Mick Keene 28.38, 148. Karen Desborough 32.49, 165. Bob Thomas 34.59. **Great Lines, Medway.** 124. Andrew Kingsmill 27.05. **Lanhydrock.** 5. Richard Daniels 21.21. **Malling.** 29. Austin Adams 23.51. **Exmouth.** 262. Bob Minting 33.15. **Bethlem Royal Hospital.** 23. Mike Simms 23.50. **Squerrys Winery.** 92. Gareth Griffin 30.13. **The Leas, Minster.** 7. Robert Perry 23.02, 12. Adrian Perry 24.14. **Charlton.** 5. Clayton Aves 18.23, 7. Paul Sharpe 18.26.

17-18/9/22

ESSA Combined Events and Walks, Bedford. Senior Girls. 5000 walk. 2. Abigail Smith 27.47.28. **Intermediate Boys.** 5000 walk. 2. Jonathan Ellerton 27.42.73. **Intermediate Girls.** Heptathlon. 8. Sienna Kidd 4416 (200 – 26.18, 800 – 2.43.14, 80H – 12.20, HJ – 1.50, LJ – 5.38, SP – 10.57, JT – 29.76), 9. Daisy Snell 4306 (200 – 26.00, 800 – 2.40.11, 80H – 11.75, HJ – 1.47, LJ – 5.46, SP – 9.24, JT – 23.19), 11. Tallulah Ndikanwu 4202 (200 – 27.98, 800 – 2.30.61, 80H – 13.09, HJ – 1.53, LJ – 4.42, SP – 10.73, JT – 35.47). **Junior Boys.** Pentathlon. 6. Joshua Dako 2547 (800 – 2.22.61, 80H – 12.43 (1.5), HJ – 1.65, LJ – 5.65, SP – 9.47). **Junior Girls.** Pentathlon. 6. Qi'-Chi Ukpai 2914 (800 – 2.42.84, 75H – 12.36, HJ – 1.59, LJ – 4.72, SP – 9.93), 18. Alyssa Firla 2750 (800 – 2.33.18, 75H – 12.29, HJ – 1.41, LJ – 4.51, SP – 9.55).

Kent Combined Events Championships, Erith. Senior Women. Decathlon. 1. Holly Platt 2766 (100 – 14.41, 400 – 81.77, 1500 – 7.39.43, 100H – 19.41, HJ – 1.26, PV – 2.53, LJ – 3.81, SP – 5.12, DT – 14.68, JT – 18.66). **Under 17 Women.** Heptathlon. 7. Madeleine Marston 2660 (200 – 30.69, 800 – 2.51.28, 80H – 16.55, HJ – 1.41, LJ – 4.04, SP – 7.24, JT – 16.84), 8. Grace Bennett 2649 (200 – 30.77, 800 – 2.42.33, 80H – 16.58, HJ – 1.29, LJ – 3.73, SP – 8.75, JT – 16.57), 9. Islay Pearson 2581 (200 – 30.26, 800 – 2.44.64, 80H – 16.83, HJ – 1.32, LJ – 3.58, SP – 8.37, JT – 14.80). **Under 15 Boys.** Pentathlon. 8.

Benjamin O'Grady 1519 (800 -2.27.36, 80H – 14.76, HJ – 1.38, LJ – 4.30, SP – 4.64), 11. Samuel Barlow 980 (800 – 2.40.25, 80H – 19.44, HJ – 1.26, LJ – 3.99, SP – 5.69). **Under 15 Girls. Pentathlon.** 8. Kaela Shearer – Coverly 1890 (800 – 3.03.8, 75H – 13.64, HJ – 1.35, LJ – 3.70, SP – 7.13).

Kent Masters Athletics, Erith. M40. 100. 3. Ashley Reid 12.12 (2.7). 200. 2. Ashley Reid 25.13 (0.8). 800. 4. Tuan Tran 2.45.71. 1500. 1. Darren Corneille 4.52.20. 2000 walk. 1. Matthew Ellerton 12.13.31. **W40.** 800. 2. Ashley Pearson 2.40.26. **M70.** 800. 2. Peter Hamilton 3.25.08. 5000. 2. Peter Hamilton 25.31.37.

Kent Under 13 Championships, Erith. Under 13 Boys. 100. 6. Nicholas Marquez 13.14 (1.9). Ht2. 3. Nicholas Marquez 13.40 (2.2), 5. Oscar Sadowski 13.91. 200. 3. Troy Ogedengbe 26.27 (1.4). Ht1. 2. Troy Ogedengbe 26.48 (2.6). 800. 3. Daniel Horgan 2.29.55. Ht2. 1. Daniel Horgan 2.34.20, 7. Liam Hough 2.42.61. 1500. 5. James Bunn 5.33.05, 6. Aaron Sebuwufu 5.34.42, 8. Nathan Crossan 5.37.67. Ht1. 2. James Bunn 5.26.06, 5. Nathan Crossan 5.35.08. Ht2. 6. Aaron Sebuwufu 5.36.23, 7. Aaron Crossan 5.50.63. 2000 walk. 1. Trejan Checkeku Boamah 13.11.29. 75H. 4. Jamie Ellerton 12.59 (2.6). Ht2. 2. Jamie Ellerton 12.40 (0.8). LJ. 10. Liam Hough 4.28, 13. Oscar Sadowski 3.97. **Under 13 Girls.** 75. 1. Emilia Adese 10.05 (2.8). Ht1. 2. Emilia Adese 10.72 (1.7). Ht2. 4. Alessia Scala 11.28 (1.9). 150. 3. Ariana Jenner Heard 21.08 (1.5). Ht2. 2. Ariana Jenner Heard 21.54 (2.4). 800. Kara Bryan 2.26.29, 3. Sophie Tran 2.34.99, 5. Ariana Jenner – Heard 2.37.26. Ht1. 1. Kara Bryan 2.31.58, 4. Rowan Pearson 2.41.86. Ht2. 2. Sophie Tran 2.36.17, 4. Ariana Jenner – Heard 2.38.70, 6. Freya Pearson 2.40.06. 1200. 1. Kara Bryan 3.58.83. 2000 walk. 4. Francesca Newman 14.22.69. 70H. 3. Heidi Coulson 12.37 (3.2). Ht2. 2. Heidi Coulson 12.55 (2.9), 5. Rowan Pearson 13.53. HJ. 1. Heidi Coulson 1.33, 3. Alessia Scala 1.30. LJ. 2. Emilia Adese 4.43, 4. Heidi Coulson 4.22, 5. Alessia Scala 4.08, 11. Freya Pearson 3.69.

18/9/22

European DNA Under 20 Final A, Castellon, Spain. Men. 200. 1. Jeriel Quainoo 21.43 (-1.9). 110H. 3. Luke Dronfield 15.15 (-0.8). 400H. DQ. Luke Dronfield. HJ. 4=. Barnaby Corry 1.73. SP. 3. Dillon Claydon 15.92. **Women.** 100. 1. Faith Akinbileje 11.82 (-1.4). 800. 2. Morgan Squibb 2.13.78. 100H. 1. Jodie Self 14.35 (-1.6). LJ. 4. Claudia Baker 5.23. JT. 4. Peanut Meekings 38.61. **Mixed 4x400.** 4. B&B (Cameron Kelly Gordon, Michael Uzozie, Amarisa Sibley, Samuel Mowa) 3.37.97. The Hunt. 2. B&B (Zakia Mossi, Pablo Seema Roca, Faith Akinbileje, Sam Reardon) 4.47.63. **Match.** 1. Enka Sports Club, 2. B&B, 3. AK Skada Pizen, 4. Sparta Atletik, 5. Oslo x Akershus, 6. Surco Lucena.

24/9/22

Aldershot Road Relays. Senior Men. 33. B&B (Miles Brown 19.56, Dan Kennedy 20.08, George Shaw 21.00, Blair Wilson 20.32, Micah Evans 20.03, Angus Harrington 19.49) 2.01.28. 7. Kent AC (Inc Ross Braden 18.43). **Senior Women.** 18. B&B "A" (Hannah Clark 22.40, Jess Keene 23.07, Leah Everson 23.48, Morgan Squibb 22.57) 1.32.32, 33. B&B "B" (Lily Meers 26.13, Kate Price 25.33, Isabella Louth 26.08, Ashley Pearson 24.56) 1.42.49. **Under 17 Men.** 20. B&B (Arthur Starvis 15.06, James Barnes 16.13, Jasper Brooks 17.13) 48.31. **Under 17 Women.** 1. B&B (Liberty Whyte 17.14, Carys Firth 17.07, Fleur Todd Warmoth 15.52) 50.13, 16. B&B "B" (Megan Slattery 18.01, Olivia Magee Brown 19.19, Millie May Collins Smith 18.25) 55.45, Inc. B&B "C" (Molly Shaw 21.44, Islay Pearson 21.46). **Fastest times.** 2. Fleur Todd Warmoth 15.52. **Under 15 Boys.** 2. B&B (Lucas Elmqvist 9.42, Joseph Hill 10.08, Joseph Scanes 9.42) 29.37, 29. B&B "B" (Jed Starvis 10.44, Hendri Verster 10.24, Ben O'Grady 12.07) 33.14. 47. B&B "C" Connor Wray 11.43, Alex Martin 11.49, Sam Barlow 12.47) 36.20, Inc. B&B "D" (Kyle Firth 11.31). **Under 15 Girls.** 10. B&B (Megan Barlow 11.10, Lydia Witcombe 11.49, Luciana Smith 11.36) 34.36, 26. B&B "B" (Isabel Pauling 11.53, Leah Kyriacou 12.38, Beth Regan 12.39) 37.10. **Under 13 Boys.** 2. B&B (Harry Collins Smith 10.49, Daniel Horgan 10.46, James Shaw 10.57) 32.32. **Under 13 Girls.** 23. B&B (Rowan Pearson 12.49, Freya Pearson 12.39, Abbie Lee 14.32) 40.01.

Biggleswade AC Open. 200. R4. 3. Isabella Campbell- Andou (U13G) 28.3. LJ. 4. Isabella Campbell – Andou 4.28. JT. 700g. 1. Max Kennedy 46.21.

Lake Charles Toyota McNeese Cowboy Stampede, Lake Charles, LA, USA. 1. Yasmin Austridge 17.56.

Ealing Mini Miles. Under 13s. 3. Sofia Mossi 6.00 (6.58). 12- 16s. 5. Naimah Mossi 5.34.

Parkruns. Bromley. 13. David Adams 19.23, 21. Steve Evenden 19.58, 26. Eliot Botten-Vanacore 20.14, 36. Steven Pairman 21.09, 44. Tuan Tran 21.33, 57. Mark Ellison 21.53, 60. Katy Sugden 21.56, 70. Sophie Tran 22.10, 84. Matthew Tootell 22.38, 99. Damian Hayes 23.10, 106. Stuart Cullum 23.17, 107. Andy Tucker 23.17, 156. Ryan Tran 24.38, 231. James Unwin 27.07, 236. Mick Keene 27.25. **Bexley.** 84. Chris Pike 26.25. **St Albans.** 145. John Wilkinson 25.28. **York.** 212. George Collins 25.58, 239. Zoe Kingsmill 26.58, 243. Andrew Kingsmill 27.04. **Beckenham Place park.** 51. Luigi Arcuri 23.31, 185. Bernard Wilson 29.55. **Orpington.** 4. Cameron Kelly-Gordon 20.53, 33. Austin Adams 24.02. **Peckham Rye.** 222. Peter Rogers 30.21. **Dartford.** 38. John Turner 25.05. **Exmouth.** 64. Bob Minting 22.57. **Great Denham.** 9. Nathan Crossan 20.04, 14. Aaron Crossan 21.09. **Foots Cray Meadows.** 1. Darren Corneille 19.39. **Bethlem Royal Hospital.** 16. Mike Simms 22.52. **Squerryes**

Winery. 78. John Isaacs 28.17, 134. Bob Thomas 35.06. **Amsterdamse Bos.** 8. Robert Perry 19.41, 30. Adrian Perry 23.19. **Tidworth.** 1. Pippa Woolven* 18.34.

25/9/22

Northern Athletics Mens 6 Stage Relays, Manchester. 1. Leeds City (inc Graham Rush* 19.53, Phil Sesemann* 19.19)

Northern Athletics 4 Stage Relays, Manchester. 2. Leeds City (inc Jennifer Walsh* 14.17).

Folkestone Rotary Half Marathon. 4. Martin Richardson 75.07.

Sheffield 10km. 12. Justin Stover 35.10, 22. Jake Leng 36.23 (36.22).

30/9/22

Lehigh Paul Short Invitational, Bethlehem, PA, USA. 45. Katy-Ann McDonald 20.23, 364. Ava White 22.42.

150 years ago in September 1872, 125 years ago in September 1897, 100 years ago in September 1922, 75 years ago in September 1947.

For these years there doesn't really appear to be much happening in September, a lull before the start of the Winter cross country season.

50 years ago in September 1972

John Watts does not progress beyond the Qualifying Round of the discus at the Olympic Games in West Germany. His best throw is 53.48. Future member and President Margaret Baldwin is 6th in her heat of the 800 in 2.03.0, 1.1 seconds inside her previous best.

At the Coca Cola Invitational at Crystal Palace, Watts is third in the shot with 16.77 and fourth in the discus with 55.46.

Wigmore Ladies' Helen Key is 5th in the 100 hurdles in 14.4.

Blackheath Harriers only hope of remaining in the National League is to finish in the top two in the League Qualifying match at Crystal Palace. Despite wins for Watts in the shot and discus and for Graham Gower in the 110 hurdles, it isn't enough.

They will be in the Southern League In 1973. (David Moorcroft of Coventry Godiva is 5th in the A string 800 in 1.56.5).

Blackheath finish third in their own road relay race at Hayes.

First home in the Maryon-Wilson Swimming race is Steve Cluney with Alan Brent first in the handicap.

The 200 Group have a bumper prize draw and the £120 winner is..... Gordon Hickey.

25 years ago in September 1997

Blackheath win the National Young Athletes League Final for Boys for the ninth successive year.

The Under 20 Men win the National Junior Athletics League title for the sixth time in seven years. There are League records for Alloy Wilson (400 – 47.85) and both relay teams, the 4x100 team of Daniel Plummer, John Skeete, Darren Burley, Mark Findlay (41.35), and the 4x400 team of Nick Hamilton, Chris Moss, Ruben Tabares and Alloy Wilson (3.15.41).

The Veteran men win the Southern Veterans League Final at Colindale with Bob Minting and Graham Coates competing in five events.

Mark Steinle and Dave Taylor are selected to represent Great Britain in the World Half Marathon Championships in Slovenia.

At the Great North Run Bill Foster finishes 24th in 64.57. The day before Gemma Viney wins the girls mini marathon race with Lee Cooper second in the boys event.

At the Vernon Searle Meeting at Braintree Myrtle Augee of Bromley Ladies wins the shot with 16.64 in a match between England and an International Select.

There are three sets of medals at the South Of England Young Athletes Road relays. The Blackheath quartet of John Baker, David Baker, Lee Cooper and Dan Ayrton finish second in the Under 17 Mens race. It is second also for the Under 15 Boys team of Joe Godsell, Will Bolton, Matt Hill and Stuart Simmons. Dan Ryan, Tom Robinson, Chris Daniel and Dan Snow are third in the Under 13 Boys race.