

Blackheath & Bromley Courier

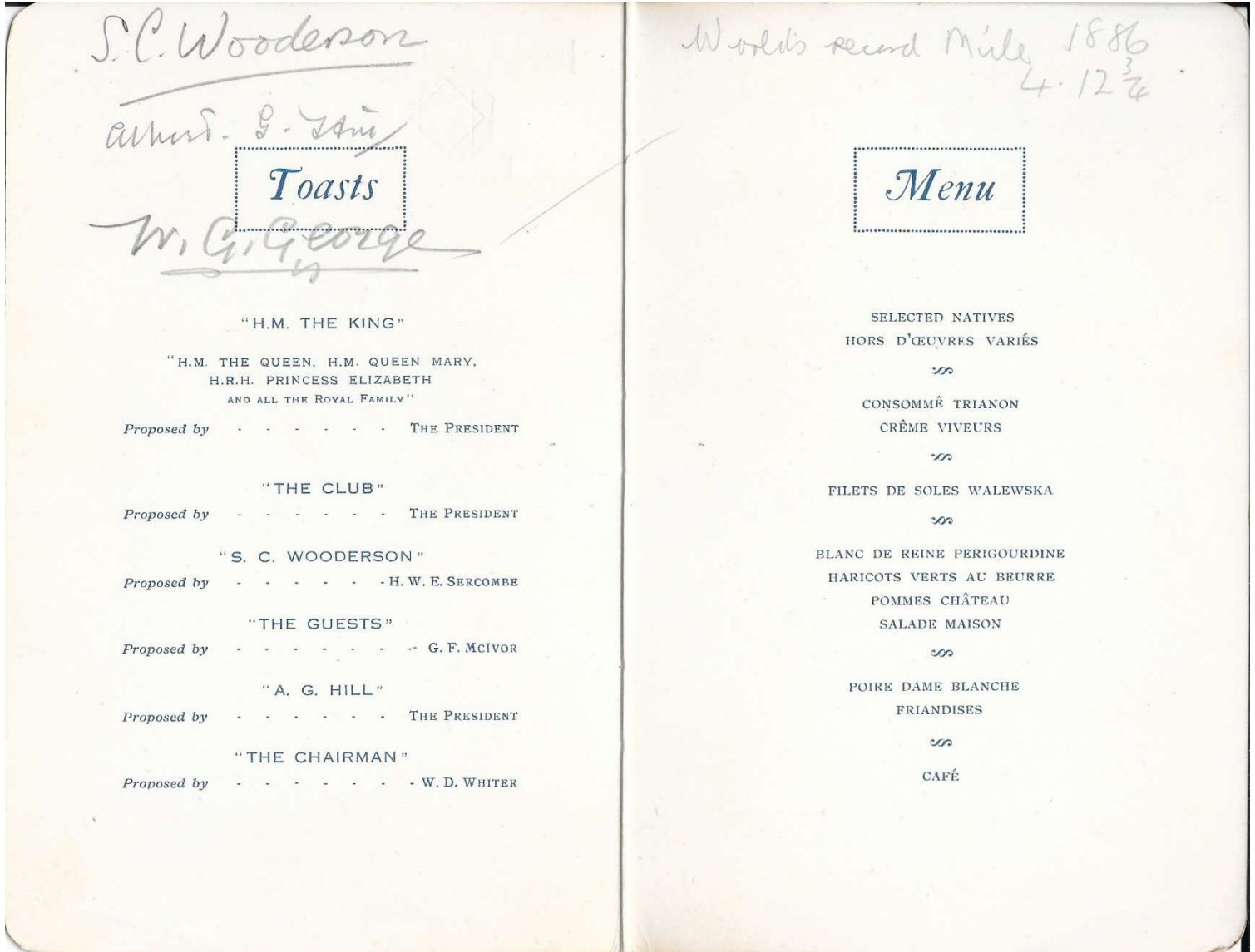
November 2023.

President 2023-24. John Hubbard.

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

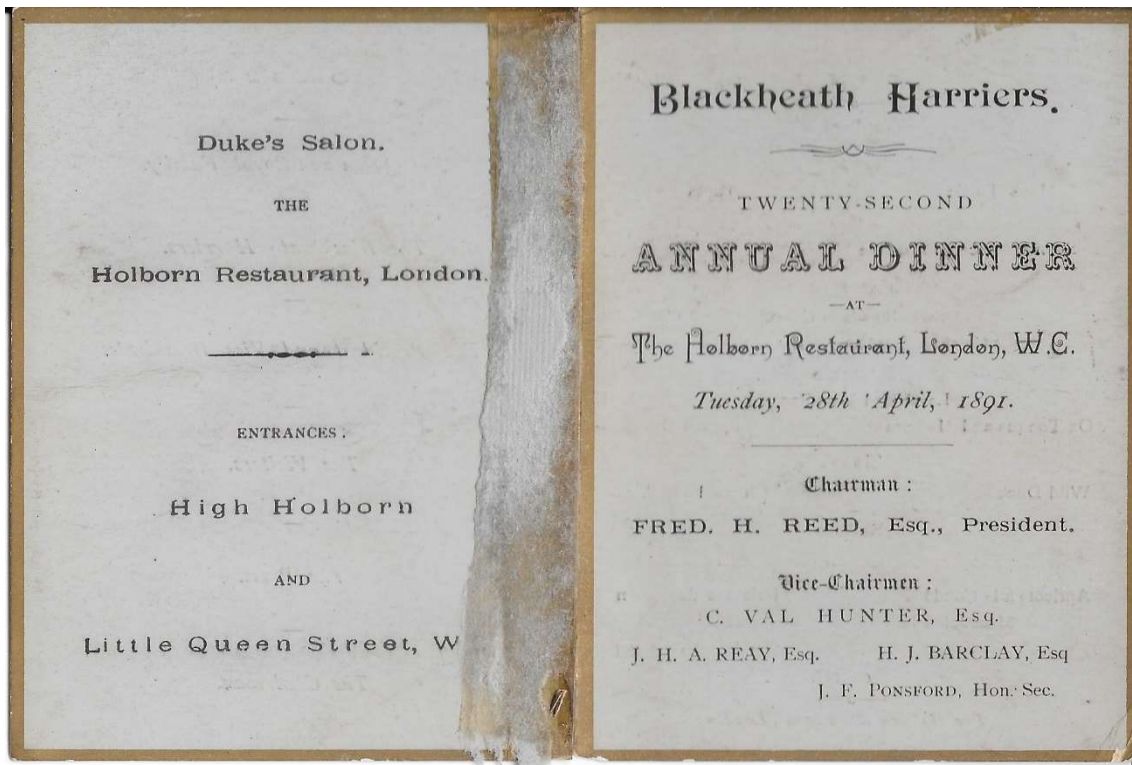
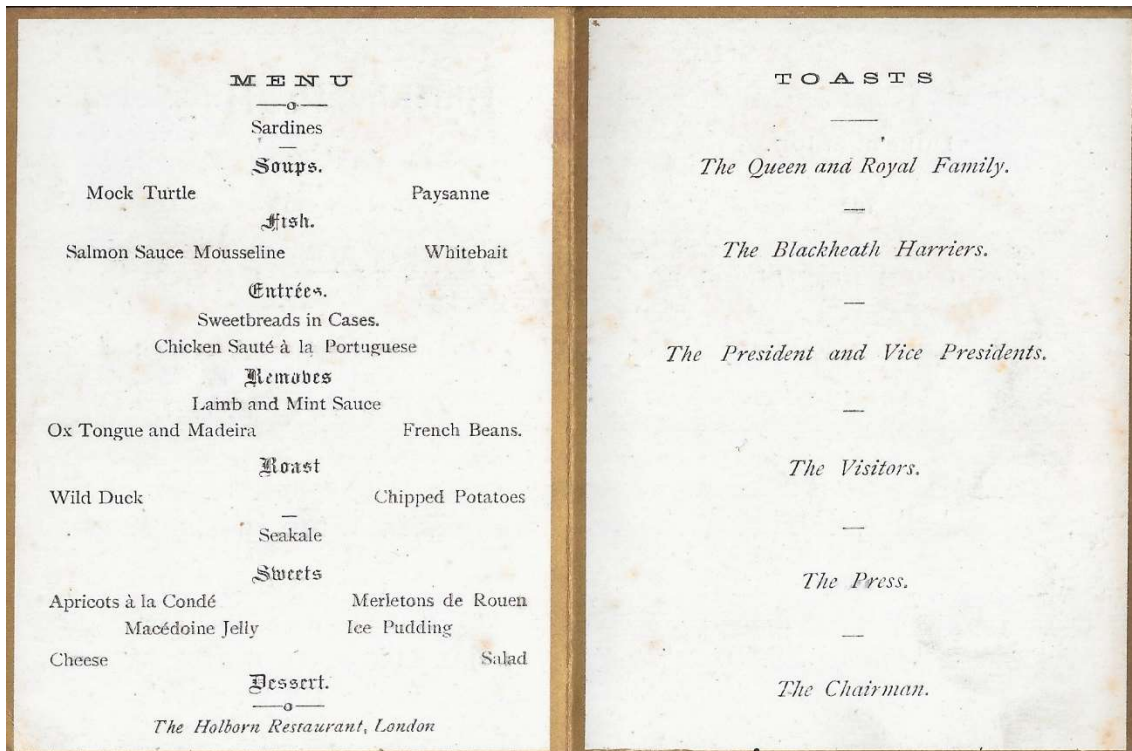


Tuck and Field



Another priceless item from the Club Archive. To celebrate Sydney Wooderson breaking the World Record for the mile, a Dinner at the Waldorf. Above, the menu signed by three titans of British middle distance running. Firstly, Sydney himself, secondly his coach Albert Hill who won the 800 and 1500 at the 1920 Olympics. It would be over a Century before this feat was equalled by a British athlete, Kelly Holmes in 2004. Thirdly Walter George, a Club member until he turned professional, and World Record holder in 1886. He had also coached Hill. Initially Hill, a member of Polytechnic, was only selected for the 800 at the 1920 Olympics but he made a strong appeal to the Secretary of the AAA, Harry Barclay (later Sir), a Blackheath Harrier, and was eventually allowed to double up. .

Below is the menu for the Club Dinner held at the Holborn Restaurant in 1891, quite a feast, and on a Tuesday Evening.



What better way to celebrate than to share a meal, and food or diet is so important on the road to achievement. So as the 2024 Paris Olympics approaches, we introduce the food of champions and start with the President of the IAAF. Many years ago, Paul Austridge's mum Joan had the idea of a Club cookbook. Fastest... Highest... Strongest... TASTIEST brought together recipes from the famous and not so famous. We were most grateful to receive a contribution from Seb Coe's mum, Angela.



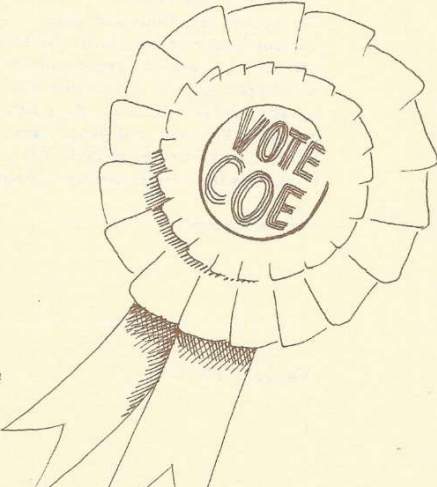
BEEF & TOMATOES
A dish from the Mediterranean.

1½ lb. shin of beef - roughly cut up
3 rashers of bacon - cut in squares
2 onions - peeled and sliced
4 tomatoes - peeled
2 cloves of garlic - sliced
1 glass of white or red wine
1 dsp. chopped, fresh rosemary,
or a good pinch of dried
1 bay leaf
salt & pepper to taste

Put beef into a casserole and cover it with the squares of bacon, then add the remaining ingredients. Bake with the lid on in a slow oven gas mark ½ - 1, electric 250-275 F for 3 -4 hours - delicious!

I usually do creamed potatoes with this and almost any vegetable is good with it too.

Angela Coe (Seb's Mum)



Results.

1/10/23

Run Kent, Tonbridge. 95. Matthew Maddocks 98.56 (98.54).

Middlesex 10km, Victoria Park. 22. Carole Coulon 37.17.

Junior Parkruns. Hoblingwell. 1. Elizabeth Regan 8.25.

7/10/23

ERRA Autumn Road Relays, Sutton Park. Senior Men. -, **Senior Women.** 27. B&B (Ailbhe Barnes 16.13, Morgan Squibb 15.29, Carys Firth 16.52, Hannah Clark 15.41) 1.04.15. Incomplete Team. Olivia Magee Brown 18.05. **Under 17 Men.** 14. B&B (Jed Starvis 12.26, Jasper Brooks 12.41, Alex Middleton 12.13) 37.20, 55. B&B "B" (Tane Chambers 14.14, Jonathan Royce 13.23, Mark Constable 13.30) 41.07. Incomplete team. Ryan Alford Smith 13.39, Hendri Verster 14.38. **Under 17 Women.** 6. B&B (Eliza Nicholson 12.55 (2nd fastest), Cristina Gilodi Johnson 15.34, Megan Slattery 14.39) 43.08, 31. B&B "B" (Megan Barlow 16.39, Kyla Dervish 16.04, Millie May Collins Smith 16.14) 48.57. Incomplete Team. Islay Pearson 17.50. **Under 15 Boys.** 1. B&B (Joseph Hill 12.16 (6th fastest), Lucas Elmqvist 12.53, Joseph Scanes 11.44 (fastest)) 36.53, 23. B&B "B" (Nathan Clark 13.15, Daniel Horgan 13.12, Ben O'Grady 13.48) 40.15. Incomplete team. James Shaw 13.16, Oliver Ward 13.52. **Under 15 Girls.** 9. B&B (Iris Williams 14.42, Naimah Mossi 14.22, Aoife McDonagh 14.39) 43.43, 33. B&B "B" (Luciana Smith 15.05, Devora Yohannes 14.45, Angelina Mernaka 17.57) 47.47, 43. B&B "C" (Leah Kyriacou 16.16, Caitlin Hough 16.36, Lily Bridgeman 18.08) 51.00. **Under 13 Boys.** 11. B&B (James Bunn 14.46, Jake Martin 15.03, Zaccaeus Kelman 13.25) 43.14. **Under 13 Girls.** 9. B&B (Sofia Mossi 14.44, Evie De Bruyn 15.23, Amelie Ramdeen 16.02) 46.09.

Mets Cross Country Championships, Branch Brook Park, NJ, USA. 17. Naomi Toft 18.42.

Parkruns. Banstead Woods. 97. Gareth Griffin 27.50. **Bromley.** 3. Peter Brooks 17.54, 11. Paul Kerekgyarto 19.40, 24. Harry Schmidt 20.21, 42. Rod Harrington 21.26, 48. Sophie Tran 21.40, 49. Tuan Tran 21.49, 54. Benjamin Evans 21.56, 58. Micah Evans 22.01, 63. Damian Hayes 22.07, 125. Austin Adams 23.57, 131. Ryan Tran 24.05, 161. Stuart Cullum 25.03, 533. Katy Sugden 1.01.33. **Beckenham Place.** 35. William Brindley 22.09, 68. Lydia Marston 23.44, 103. Luigi Arcuri 25.29, 226. John Isaacs 31.03, 237. David Appleton 31.51, 272. Bob Thomas 35.30, 281. Richard Griffin 37.29, 284. Anthony Pontifex 37.44. **Horsham.** 268. George Collins 29.24, 271. Zoe Kingsmell 29.28, 464. Andrew Kingsmell 40.35. **Hoblingwell.** 3. Jason Meers 22.01, 6. Chris Martin 22.39. **Mile End.** 5. David Taylor 17.21. **Dulwich.** 14. Alex Leggatt 16.49, 26. Luca Moloney Pedro 17.43. **Orpington.** 17. Alessio Tutt 22.09, 141. Karen Desborough 34.30. **Hillsborough.** 193. Abigail Kingston 26.30. **Tonbridge.** 398. Mick Keene 31.05. **Dartford.** 50. John Turner 26.01, 170. Maz Turner 34.55. **Croxteth Hall.** 88. Mike Simms 24.46. **Ludlow.** 15. Adrian Stocks 25.21. **Exmouth.** 87. Bob Minting 23.28. **Clapham Common.** 126. Jessica Keene 21.52. **Kingdom.** 25. Mark Ellison 24.32. **Bethlem Royal Hospital.** 11. David Beadle 22.41, 16. Ian Montgomery 23.20, 59. Jackie Montgomery 30.09. **Hellbrunn.** 6. Adrian Perry 24.45. **Charlton.** 43. Steven Pairman 22.28, 125. Julia Pairman 30.03, **Mote Park.** 115. Tom Phillips 33.53. **Ganger Farm.** 21. Lorna Clowes 23.06 (1st woman).

8/10/23

Bank Of America Chicago Marathon. 63. Rose Harvey* 2.23.21, 704. David Adams 2.41.37, 4250. Trang Nguyen 3.05.56.

Petts Wood 10km. 2. Alex Gibbins 35.45, 3. Graeme Lugar 35.48, 21. Darren Corneille 40.49, 106. Jonathan Royce 47.22, 135. Chris Fishlock 48.30, 211. Austin Adams 51.34, 346. Lola Bischoff 55.27, 445. John Leeson 58.26, 552. Neil Roberts 62.52.

Junior Parkruns. Bromley. 4. Benjamin Evans 7.57 41. Sebastian Rayner 11.20.

13/10/23

Nuttycombe Invitational, Maddison, WI. 89. Yasmin Austridge 20.58.

Arturo Barrios Invitational, College Station, TX, USA. 289. Ava White 23.03.

IC4A/ECAC XC Championships, New York, NY, USA. 69. Lara Mannes 22.20, 139. Naomi Toft 23.06.

14/10/23

Kent Cross Country League, Foots Cray Meadows. Senior Men. 23. Kevin Fini 30.03, 24. Micah Evans 30.10, 29. Graeme Lugar 30.25, 41. Gregory Bull 31.28, 57. Sebastian Jones 32.31, 61. Christian Clement 32.50, 65. Fintan Parkinson 33.02, 68. Leo De Bruyn 33.10, 79. Luca Ercolani 33.35, 81. David Adams 33.38, 89. Paul Sharpe 34.03, 111. Scott Middlewood 34.51, 115. Ryan Ali 34.59, 120. Joshua Dowling 35.03, 128. Gregory Firth 35.42, 129. Martin Parkinson 35.44, 130. Ian Scott 35.47, 135. Darren Corneille 36.05, 143. Paul Kerekgyarto 36.20, 165. Matt Bullen 37.15, 173. Jason Meers 37.38, 193. George Kleanthous 38.57, 197. William Brindley 39.08, 205. Sheridan Morris 39.30, 211. Barry Slattery 39.40, 225. Chris Martin

40.30, 234. Andrew Lawes 41.05, 238. Steve Pairman 41.15, 244. Mark Ellison 41.36, 245. Luigi Arcuri 41.40. **Teams.** 6 to score. 4. B&B 117. 12 to score. 4. B&B 728. **Senior Women.** 2. Chloe Sharp 32.49, 4. Carole Coulon 34.33, 12. Jessica Keene 36.21, 17. Jennie Butler 37.15, 21. Trang Nguyen 37.48, 22. Aurelia Osborne* 37.50, 48. Sarah Belaon 41.08. **Teams.** 3 to score. 1. B&B 18. 6 to score. 2. B&B 104. **Under 20 Men.** 2. Arthur Starvis 18.15, 7. Kervin Adjei 21.36. **Under 20 Women.** 1. Hannah Clark 20.24, 2. Carys Firth 20.57, 5. Ailbhe Barnes 21.50, 11. Olivia Magee Brown 23.55. **Teams.** 1. B&B 8. **Under 17 Men.** 1. Alex Middleton 18.03, 3. Jed Starvis 18.18, 6. Mark Constable 18.47, 12. Franco Hillier 19.24, 15. Jonathan Royce 19.35, 16. Harry Fage 19.41, 18. Ryan Alford Smith 19.47, 19. Joshua Healey 19.57, 20. Tane Chambers 20.07, 21. Hendri Verster 20.09. **Teams.** 1. B&B 10. **Under 17 Women.** 1. Megan Slattery 21.20, 7. Megan Barlow 23.02, 12. Kyla Dervish 23.33, 19. Jessica Kelly 24.37, 22. Amber Cockburn 24.57, 23. Molly Shaw 25.13, 24. Islay Pearson 25.29. **Teams.** 1. B&B 20. **Under 15 Boys.** 1. Joseph Hill 14.16, 6. Nathan Clark 14.57, 7. Lucas Elmquist 14.57, 16. James Shaw 15.31, 17. Alex Martin 15.31, 19. Luca Moloney Pedro 15.40, 25. Ben O'Grady 15.54, 28. Matias Caceres 16.05, 31. Oliver Ward 16.12, 40. William Spurle 16.54, 58. Cameron Hutton – Squire 18.08, 67. Oscar Pickering 19.21. **Teams.** 1. B&B 14. **Under 15 Girls.** 2. Aoife McDonagh 16.38, 3. Naimah Mossi 16.51, 10. Niamh Stanley 17.55, 12. Isabel Pauling 18.05, 14. Ariana Jenner Heard 18.20, 16. Sophie Tran 18.33, 19. Beth Regan 18.41, 22. Rowan Pearson 19.06, 23. Angelina Mernaka 19.08, 26. Freya Dinwiddy 19.18, 28. Hissa Al Faisal 19.25, 29. Leah Kyriacou 19.28, 33. Lydia Marston 20.01, 34. Lily Bridgeman 20.11, 26. Mariana Caces 20.28, 38. Eva Denbow 21.01, 46. Jessica Lingham 23.10. **Teams.** 1. B&B 15. **Under 13 Boys.** 4. Zacchaeus Kelman 11.45, 5. Jake Martin 11.51, 6. Alex Smith 11.52, 9. James Bunn 12.10, 11. Johnny Lee 12.14, 15. Nathan Crossan 12.25, 16. Finn Gotkine 12.28, 22. Aaron Crossan 12.39, 25. Billy Pharoah 13.02, 30. Benjamin Evans 13.11, 31. Matthew Tootell 13.13, 41. Joshua Bentley 13.31. **Teams.** 1. B&B 15. **Under 13 Girls.** 3. Evie De Bruyn 12.41, 5. Sofia Mossi 12.43, 9. Alba Homans – Yau 13.04, 10. Amelie Ramdeen 13.13, 11. Freya Pearson 13.16, 15. Chloe Morez 13.38, 20. Eva John 14.08, 22. Harriet Hughes 14.10, 23. Aoife Stanley 14.13, 25. Isabella Jenkins 14.22, 26. Elizabeth McGillivray 14.34, 29. Leela Bhadeshia 14.41, 40. Imogen Jenner Heard 16.12, 42. Freya Denbow 16.27. **Teams.** 2. B&B 17.

Cambridge University Michaelmas Cuppers. Men. 100. 3. Barnaby Corry 11.8. LJ. 4. Barnaby Corry 5.56. TJ. 2. Barnaby Corry 12.14. PV. 1. Barnaby Corry 3.60.

Enfield League, Ilford Celebration Walks, Hornchurch. 8K. B. 1. David Hoben* 61.28.

Parkruns. Bromley. 1. Sam Aldridge 17.32, 28. Tuan Tran 20.55, 60. Harry Schmidt 22.33, 91. Steve Evenden 23.26, 96. Ryan Tran 23.35, 101. Austin Adams 23.40, 120. Damian Hayes 24.05, 134. Stuart Cullum 24.25, 150. Gareth Griffin 24.53, 304. Bernard Wilson 28.50, 414. Kate Garrett 32.15. **Bexley.** 68. Chris Pike 26.22. Southampton. 160. Lorna Clowes 23.06.

Havant. 62. John Wilkinson 26.47. **Beckenham Place.** 4. Clayton Aves 19.52, 15. Tim Nash 20.53. **Orpington.** 6. Alessio Tutt 20.43, 114. Karen Desborough 33.38. **Cheltenham.** 487. Anthony Pontifex 37.20. **Tonbridge.** 8. David McKinlay 19.32, 333. Mick Keene 32.01. **Reigate Priory.** 218. John Isaacs 31.27, 251. David Appleton 33.38, 294. Richard Griffin 39.58. **Blandford.** 24. Katy Sugden 22.07. **Clapham Common.** 170. James Cunningham 23.26, 503. George Collins 28.59, 504. Zoe Kingsmill 29.00. **Bethlem Royal Hospital.** 11. David Beadle 22.20, 12. Ian Montgomery 22.51, 25. Robert Whyte 24.39. **Sutcliffe.** 157. Julia Pairman 28.47. **Mote Park.** 117. Tom Phillips 33.03. **Thames Path, Woolwich.** 51. Mike Simms 24:42. **Dover Waterfront.** 150. Bob Thomas 37.42. **Baysgarth Park.** 75. Jackie Montgomery 29.31.

15/10/23

TCS Amsterdam Marathon. 595. Peter Brooks 2.52.50 (2.52.19).

Bath Half Marathon. 52. Dan Kennedy 73.27 (73.24).

Up And Running South Yorkshire League, Clifton Park. 15. Justin Stover (Sheffield Hallam Uni) 29.44, 21. Jake Leng (Sheffield Hallam Uni) 30.18.

Lullingstone 10km. 43. Austin Adams 59.18 (59.02).

Junior Parkrun. Bromley. 1. Luca Moloney Pedro 6.55. **Hoblingwell.** 1. James Bunn 7.58.

21/10/23

South Of England Cross Country Relays, Wormwood Scrubs. Senior Men. 14. B&B (Leo De Bruyn 13.59.20, Kevin Fini 13.26, Alex Gibbins 13.32.45, Alex Leggatt 13.08.35) 54.06, 27. B&B "B" (Ali Ryan 15.09.95, Jason Meers 16.18.65, Joshua Dowling 14.54.80, Ryan Weston 14.03.30) 1.00.26.70.

Oxford University Cuppers. 5. Naomi Kingston 24.42.

Parkrun. Bromley. 3. Daniel Horgan 17.53, 28. Sophie Tran 21.12, 29. Tuan Tran 21.14, 36. Harry Schmidt 21.49, 42. Steven Pairman 22.14, 61. Damian Hayes 23.05, 92. Austin Adams 24.07, 93. Roger Vilardell 24.07, 132. Gareth Griffin 25.13, 270. John Isaacs 30.10, 281. David Appleton 30.34, 346. Anthony Pontifex 34.30, 370. Richard Griffin 36.08. **St Albans.** 168. John Wilkinson 25.50. **Beckenham Place park.** 8. Clayton Aves 20.48, 11. George Shaw 21.06, 27. William Brindley 22.25, 50.

Lydia Marston 24.19, 54. Robert Whyte 24.33. **Oldham**. 2. Micah Evans 17.45. **Hoblingwell**. 4. David Adams 21.35. **Dulwich**. 1. Ross Braden* 15.10, 7. Joseph Hill 16.05, 16. Eliza Nicholson 16.57 (1st women), 40. Benjamin O'Grady 18.41. **Orpington**. 1. Graeme Lugar 19.21, 6. Alessio Tutt 22.08, 68. Karen Desborough 35.08. **Haverfordwest**. 8. Jennie Butler 21.48 (1st woman). **Tonbridge**. 224. Mick Keene 29.19. **Blickling**. 16. David Beadle 21.59. **Peckham Rye**. 187. Peter Rogers 28.57. **Dartford**. 35. John Turner 25.57, 109. Maz Turner 36.41. **Lullingstone**. 9. Kyla Dervish 24.26 (1st woman). **Clapham Common**. 21. Jessica Keene 20.23 (1st woman). **Bethlem Royal Hospital**. 8. Ian Montgomery 23.59, 28. Jackie Montgomery 30.30. **Ruthin Memorial Playing Fields**. 2. Mark Watling 20.53.

22/10/23

Club 5 Cross Country Championship, Norman Park. 1. Alex Middleton 30.43, 2. Tom Desborough 30.58, 3. Luca Ercolani 32.02, 4. Darren Corneille 33.39, 5. Gareth Evans 33.53, 6. Steve Evenden 34.39, 7. Matthew Bullen 35.01, 8. Tim Nash 35.14, 9. Matthew Maddocks 35.57, 10. Steve Pairman 38.01, 11. Will Brindley 38.14, 12. Ian Montgomery 38.30, 13. Luigi Arcuri 39.01, 14. Mark Ellison 39.54, 15. Jasper Brooks 39.55, 16. Andrew Tutt 41.03, 17. James Unwin 42.59, 18. John Turner 43.39, 19. Chris Pike 44.10, 20. Damian Hayes 44.28, 21. Maz Turner 62.14. **Handicap**. 1. Chris Pike 22.16, 2. Ian Montgomery 23.45, 3. John Turner 24.58. **After two races**. 1. Matt Bullen 70, 2. Will Brindley 66, 3. Luigi Arcuri 61, 4. Luca Ercolani 55, 5. Mark Ellison 43, 6. Andrew Lawes 40, 7. Chris Pike 40, 8. Graeme Lugar 39, 9. Ian Montgomery 39, 10. John Turner 38.

Ray Hall Memorial Winter League/ Cambridge Harriers Track Walk. 1500 walk. 1. Luke Eperon (U13B) 10.49.32. 2000. 2. Trejan Checkeku – Boamah (U15B) 11.03.91. 5000. R1. DNF. Jonathan Ellerton. R2. DQ. Matthew Ellerton.

Junior Parkrun. Page Park. 2. James Bunn 7.17. Par Track. 4. Elizabeth Regan 8.39 (1st girl). **Hoblingwell**. 1. Alexander Martin 7.05

27/10/23

Mountain West Cross Country Championships, Eagle, ID. 7. Yasmin Austridge 20.31.

28/10/23

Kent Cross Country League, Somerhill School, Tonbridge. Senior Men. 16. Micah Evans 29.10, 25. Kevin Fini 29.43, 26. Dominic Smith 29.50, 31. Graeme Lugar 30.05, 53. Christian Clement 31.26, 56. Fintan Parkinson 31.37, 62. William Senbanjo 31.59, 66. Luca Ercolani 32.12, 68. Gregory Bull 32.14, 104. Ted Marston 33.54, 110. Paul Sharpe 34.10, 124. Richard Webb 34.38, 129. Joshua Dowling 34.53, 132. Gregory Firth 34.58, 146. Ian Scott 35.53, 147. Martin Parkinson 35.55, 168. Jason Meers 36.57, 172. Matt Bullen 37.10, 192. George Kleanthous 38.20, 204. Barry Slattery 39.23, 226. Rod Harrington 40.20, 236. Chris Martin 41.09, 242. William Brindley 41.48, 249. Luigi Arcuri 42.13, 257. Alessio Tutt 43.00, 259. Mark Ellison 43.12, 270. James Unwin 44.48. **Teams**. 4 to score. 4. B&B 398. 12 to score. 3. B&B 741. **Senior Women**. 2. Chloe Sharp 32.15, 3. Morgan Squibb 32.45, 4. Carole Coulon 33.55, 19. Ashley Pearson 37.29, 44. Sarah Belaon 40.36. **Teams**. 3 to score. 1. B&B 9. **Under 20 Men**. 3. James Barnes 18.09, 11. Kervin Adjei 24.01. **Under 20 Women**. 1. Hannah Clark 19.03, 2. Carys Firth 19.32, 11. Olivia Magee Brown 21.53. **Teams**. 1. B&B 14. **Under 17 Men**. 6. Jed Starvis 18.16, 12. Josh Healey 19.16, 13. Mark Constable 19.23, 19. Harry Fage 19.53, 20. Ryan Alford Smith 19.59, 21. Franco Hillier 20.16, 22. Jasper Brooks 20.26, 24. Tane Chambers 20.43. **Teams**. 2. B&B 31. **Under 17 Women**. 1. Eliza Nicholson 17.55, 4. Megan Slattery 20.30, 7. Megan Barlow 21.23, 17. Kyla Dervish 22.26, 24. Islay Pearson 24.27. **Teams**. 1. B&B 12. **Under 15 Boys**. 1. Joe Scanes 13.05, 2. Joseph Hill 13.45, 8. Nathan Clark 14.28, 14. Alex Martin 14.50, 15. Kian Farrell 14.50, 17. James Shaw 14.57, 19. Daniel Horgan 15.03, 22. Matias Caceres 15.15, 25. Oliver Ward 15.28, 26. Harry Collins Smith 15.32, 37. William Spurle 16.00, 58. Oscar Pickering 18.27. **Teams**. 1. B&B 11. **Under 15 Girls**. 2. Iris Williams 15.11, 3. Aoife McDonagh 15.46, 6. Niamh Stanley 16.28, 8. Luciana Smith 16.40, 9. Devora Yohannes 16.41, 15. Sophie Tran 17.35, 16. Isabel Pauling 17.38, 19. Ariana Jenner Heard 17.59, 20. Leah Kyriaou 17.59, 21. Rowan Pearson 18.08, 25. Hissa Al Faisal 18.52, 26. Caitlin Hough 18.59, 27. Lydia Marston 19.09, 28. Lily Bridgeman 19.20, 29. Eva Denbow 19.38, 31. Jessica Ingham 20.42. **Teams**. 1. B&B 11. **Under 13 Boys**. 2. Zacchaeus Kelman 10.34, 5. Alex Smith 11.02, 7. James Bunn 11.14, 15. Johnny Lee 11.29, 31. Billy Pharoah 12.01, 34. Nathan Crossan 12.06, 35. Benjamin Evans 12.06, 42. Matthew Tootell 12.37, 52. Jack Barlow 13.02, 58. Aaron Crossan 13.41. **Teams**. 2. B&B 14. **Under 13 Girls**. 6. Alba Homans – Yau 12.10, 8. Freya Pearson 12.18, 10. Amelie Ramdeen 12.34, 13. Evie De Bruyn 12.43, 16. Isabella Jenkins 12.56, 20. Harriet Hughes 13.29, 25. Leela Bhadeshia 13.50, 33. Imogen Jenner Heard 14.29, 40. Freya Denbow 15.11, 41. Nancie Cox 15.39. **Teams** 2. B&B 24.

American Athletic Conference Championships, Greenville, NC, USA. 68. Ava White 23.05.

Atlantic 10 Conference Championships, Cedarville, OH, USA. 38. Lara Mannes 22.24.

Parkrun. Amager Fælled. 5. Steve Evenden 19.52. **Bromley**. 37. Tuan Tran 21.09, 59. Damian Hayes 22.47, 96. Austin Adams 24.09, 144. Ryan Tran 25.25, 156. Tim Ayres 25.47, 315. Bernard Wilson 29.34. **Bexley**. 66. George Collins 25.47, 94. Chris

Pike 26.54. **Beckenham Place park.** 8. Clayton Aves 21.33, 179. Zoe Kingsmell 33.14, 219. Anthony Pontifex 38.23. **Lymington Woodside.** 18. James Cunningham 24.23. **Abingdon.** 277. Adrian Perry 42.17. **Southend.** 113. John Isaacs 29.41, 129. David Appleton 30.29, 177. Bob Thomas 35.04, 185. Richard Griffin 35.40. **Dulwich.** 226. Graham Hollingdale 22.51. **Orpington.** 76. Dave Leal 29.40, 118. Karen Desborough 35.52. **Barking.** 3. David Taylor 17.18. **Pegwell Bay.** 10. Steven Pairman 21.43. **Tonbridge.** 283. Mick Keene 32.47. **Peckham Rye.** 194. Peter Rogers 28.12. **Tooting Common.** 49. Jessica Keene 21.14. **Exmouth.** 95. Bob Minting 23.35. **Bethlem Royal Hospital.** 14. Robert Whyte 24.28, 17. Ian Montgomery 25.20, 22. Iain Swatton 26.30. **Wickford Memorial.** 21. Adrian Stocks 22.40. **Sutcliffe.** 44. Andrew Lawes 22.43. **Fethard Town.** 2. Luca Moloney Pedro 18.54

29/10/23

Junior Parkrun. Hoblingwell. 1. Alexander Martin 7.03.

150 years ago in October 1873

Peckham Amateur Athletics Club host two handicap competitions at Kennington Oval, within their annual sports meeting. The events are the 100 yards for which there are 39 entries and the mile which has 47. Admission to the ground is by ticket, at a cost of a shilling each. Winner of the Club's Quarter Mile Challenge Cup is T Dunning.

Two weeks later it's cross country as the Club commences its fifth Winter hare and hounds season from its headquarters at the Rye House Inn, Peckham Rye. "The runs will be held on alternate Saturdays, the hares starting at four o'clock precisely and the committee will be pleased to see members of recognised clubs and bona fide gentlemen amateurs, introduced by members, the runs being strictly limited to the above. The runs take place regardless of weather"

125 years ago in October 1898.

The second edition of the Gazette appears and it's first marriage is recorded, that of J F Ponsford "May his career under the sign of the Entwined Hearts be as successful as under the Entwined Squares" Ponsford joined in 1884 and was first home for the Club at the Southern Cross Country Championships in 1887 (12th) and 1888 (11th) and finished in the top twenty on four occasions. He was also Hon Secretary for five years in the 1890s.

Vice President H J Barclay, President of the Southern Counties, takes the Chair for the first Smoking Concert of the Winter. The Club walking handicap takes place from Chislehurst to Blackheath Hill. There were forty eight entries with twenty five actually starting. Fastest times come from J Baker, E C Good, C J Lee Warner, T C Davis, H J Allanson and W G Suffield. "High tea having been discussed, a few rallies on the tournaments which have been so ably arranged took place, and a capital concert followed"

100 years ago in October 1923.

It's AGM time and outgoing President T C Davis nominates his successor. "There was no need to recommend one of his oldest pals, J F Ponsford, known to us all as a sterling sportsman, social giant, and capable organiser... The unanimous popularity of this selection reached its climax in the deafening applause, musical honours, and the Club Cry, accorded to our new President at his immediate installation"

The Club Five takes place and results in a win for S H Claydon with W C Colgate second and E J Castello third.

The 55th Annual Bohemian Concert takes place at The Stadium Club, Holborn on Tuesday 30th October. It "was a complete and brilliant success from start to finish, surpassing its predecessors both in the attendance of four hundred and twenty... and in the exceptionally fine variety programme which was obviously greatly appreciated throughout by the audience"

75 years ago in October 1948.

The Club holds a New Members Night, "those present were unanimous in their verdict that "New Members Night" had come to stay".

The Club 5 takes place and the winner is Alan Brent, with W F Spencer second and G Scotting third in a field of 80. Scratch runner in the handicap was Sydney Wooderson but he was just having an easy run.

In the evening it is the AGM and President G H Wilkinson introduces his successor. It is W R J "Nobbie" Clarke who has been Secretary OF The Wine Committee for the previous eighteen years. He "made a short speech, referring to the suddenness of his almost literal transition from head cook and bottle washer to a higher plane". The Club History reflecting on his tenure on the Wine Committee comments "he waged his private war of food rationing in which he did more than win on points" "There was keen competition for election to the General Committee, no less than 15 nominations being put forward".

50 years ago in October 1973

It is Club AGM time and outgoing President Roy Morley introduces his successor. It is Tony Oldfield who suggests a useful slogan for the year, "Recruitment and Retention".

administration in some way. The more we put into the club the more we enjoy it.

The theme of my A.G.M. address was "Recruitment and Retention." We can all help to recruit members through contacts in our private life but we don't always realise how important we can be in helping to retain members. We can give active help in team managing, coaching and supporting. We can, however, be equally useful by simply talking to other club members in the Clubhouse or changing room and thereby encouraging new members to feel part of this splendid Club of ours.

The motion for the formation of a Blackheath Harriers social club is accepted. A proposal from Jim Day that the Club should withdraw from the Southern League is withdrawn without a vote. "The AGM finished with a little celebration. Among those present were H R "Nosey" Howard (in his 61st year of membership), Lesley Pendered (51 years), "Nobby" Clarke (one of our oldest Past Presidents), and Cyril Starnes on his 88th birthday! In honour of them all, a beautifully decorated cake was produced and all soon demolished."

In the afternoon Bob Richardson wins the Club 5 with Peter Hamilton second and Mick Hamlin third.

It is a busy month for Bob. He wins the Wimbledon 10 in 49.00 and then leads a Blackheath team to victory in the Walton 10. He wins in 48.54 with Peter Hamilton 7th in 50.41, Chris Haines 16th (52.23) and Chris Woodcock 20th (53.11).

Finally it is the Harlow Marathon where Bob is 13th in 2.20.43, Peter 31st (2.25.13), Barry O'Gorman 86th (2.40.11) and Peter Shephard 125th (2.51.27). Blackheath are fourth in the team race.

25 years ago in October 1998

Mark Steinle finishes in sixth place at the Great North Run from Newcastle to South Shields. His time of 64.13 was on the slow side by his standards as it was run into the wind.

Mark is also a member of the Blackheath team who finish 15th in the National 6 Stage Road Relay along with Darrell Smith, Dave Heath, Joe Mills, Roy Smith and Dave Lee.

Mark also wins the Club 5 Cross Country title with Roy Smith second and Richard Daniels third. Lee Cooper is the first junior with Chris Gay second. First veteran is Cliff Keene.

Mark is selected to represent Great Britain in the Chiba Ekiden Relay in Japan.

Gemma Viney runs the second fastest time of the day in the Under 17 womens race at the Southern Womens Road Relay Championships at Aldershot.

At the Kent Young Athletes Road Relays, Blackheath win the under 13 boys (Tom Beech, Michael Shirley, Colin Norris); the under 13 girls (Eve Bugler, Vicky Ashley, Claire Berry); and the Under 17 Men (Imran Hamblin, Matt Hill, Will Bolton).

John Turner and George Payne take part in the Sri Chinmoy 24 hour track race. Bananas supplemented with rice pudding and custard is found to be a useful fuel.