

# Blackheath & Bromley Courier

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President 2023-24. John Hubbard.

Editor. Pat Calnan



## Olympic Memories – Shaun Lightman



*Shaun Lightman and Buster Watson*

The Club is so fortunate to have Shaun Lightman as a coach. Athletes of all ages have benefitted from his wisdom. An Olympian, whose involvement in Athletics has covered a staggering eight decades, here he recalls his experiences at the 1968 Olympic Games in Mexico, where he represented Great Britain in the 50km walk

### **Early Days**

I have to thank my parents for my stamina, skills and general well-being. I was born 15th April 1943. During the war there was good wholesome food, even if there were shortages. No fast food in those days.

I always liked running, "Can I go for a little run?" was my usual cry on walks." Little" extended from Lyminster to Arundel on one occasion. My parents cycled from Hounslow to Littlehampton almost every weekend in the Summer so I was used to spending hours on the road.

At school (Hounslow College no longer there), when I was 10, I was introduced to Athletics. I liked football, less so cricket, but, athletics ... the crunch on spikes on cinders and I was sold - this was my road to Damascus moment. We were very fortunate in that our PE master, Bill Hamblin, was brilliant at organising. We all had to choose one track and two field events or two track and one field event. I soon discovered that I could not throw, I could not jump, but I could run and the further the better.

Under Bill Hamblin we achieved high standards – in my class we had Jim Box, national schools 100 yards champion; Gordon Perry, borough 440 yards champion; Gary Thomas, Borough 880 yards champion; John Fallows, Borough Javelin champion; and Bob Fry, Borough Shot Put champion. Bill Hamblin produced Don Thompson (Rome 50km walk gold medallist), Ade Mafe (Olympic 200m finalist) and (Buster Watson 200m semi-finalist). So I was brought up in a strong athletic tradition.

People often ask how did I get into race walking. The answer is simple. I like to win! As a 13 year old in the school championships I had the choice of 880 yards and 440 yards

I knew I could come 2nd in the 880 but would lose out in the 440. But there was this mile walk event. I chose that and won by a yard from Jim Aldous.

### **Athletics Clubs**

At the age of 13 I joined Thames Valley harriers. I ran Cross Country in the Winter, and mile and half mile in the Summer. I was always in 3rd or 4th position but made the Valley team. My role models there were Ken Norris (1956 Olympian 10,000m Melbourne) and Dave Segal (1960 Olympian and relay bronze medallist Rome) who trained with us at Cranford memorial hall and Alperton track.

Also training at the track were members of the Metropolitan Walking Club under the guidance of Harold Whitlock (Olympic Gold Medallist Berlin 1936 50km walk). I joined a group with Don Thompson (Gold Rome 50k walk and London to Brighton (53 miles walk) winner on 8 occasions) and Tom Misson (5th in the Rome Olympics 1960). Both he and Don were just over five feet. They were known as the Met twins. They would battle it out for 40miles in the London to Brighton when Don would just get the better of Tom. This was usual for them in many long distance races. Sometimes Don would win and at others Tom. I attended Tom on many walks giving him drinks and spangles.

### **Preparation for the Olympic Games**

In 1962 I won the national junior 1 mile walk for the second time in a record time of 6m 46.3s. At the same time I was training 20 miles with Don every other Sunday. This gave me the background, stamina, and determination for long distance.

In 1966, after my degree (Biblical Studies and History), Tom Misson saw my parents and said that I could stay with him over the Summer and together I could make the National Team. I went into strict training and in 1967 I won the National 50km title. This gave me the opportunity to enter the Lugano Cup World Championship, where I made the mistake of trying to burn off Christoph Hohne (we went through 25 km in 2hrs 2 minutes within World Record Pace at the time). I faded somewhat and finished 9th.

### **The Olympic Games**

The following year I finished third in the National 50km Championship behind Paul Nihill and Brian Eley. This qualified me for the 1968 Mexico Olympic Games.

Mexico had a number of firsts. It was the first (and only) Olympic Games at altitude, it was the first Olympic Games on tartan track, it was the first games where coloured television was used. It was the first time African Nationals came to the fore. The difficulty was that there are over 100 different languages spoken so the contract was put out to solve this problem. It was won by two men from Croydon.

There were notable performances. Dick Fosbury invented the Fosbury Flop which revolutionised High Jumping – he won the gold medal. Bob Beamon won the Long Jump and improved the World Record by 55 cm!! It stayed for 23 years until Mike Powell improved it in 1991 and is still the second longest jump wind unassisted of all time. Al Oerter won the Discus gold medal for the fourth successive time – a feat only equalled by Carl Lewis. Dave Hemery (GB) won the 400m hurdles in a world record time of 48.1s.

As an athlete the first thing was to receive an invitation from the Duke of Edinburgh to compete and then to collect my gear from a hotel in London. One has to be careful to stick to the training – there were many invitations to parties some official and some not so official! But you are there to do a job and that must come first.

There were three issues that we had to deal with. First was the altitude. For some there were benefits. Gravity was less so the Jumps and Pole Vault were enhanced – see Bob Beamon's Long Jump Record. The shot was enhanced but the lack of air hindered the Javelin. On the track the sprinters had an advantage up to 400m. Beyond that oxygen debt built up very quickly. Ron Clarke of Australia (holder of 17 world records) finished sixth. In the Commonwealth games in 1970 I stood next to this athlete in the lunch queue and asked for his event He replied 10,000m I asked him if he were any good he replied, "I hold 16 world records" – it was Ron Clarke. Whilst in Edinburgh he took the local club's young athletes for a training spin – that was the stature of the man.) But I digress.



*The great Ron Clarke at the Clubhouse in the 1990s (in Mexico temperatures)*

The middle distance and long distance athletes suffered. Maurice Herriott (Olympic Silver medallist in Tokyo 1964) finished 8th in his heat was carried in and stayed in bed for three days. I thought "he has only run 3000m and I am racing 50km!"

The second issue was eating and drinking. Montezuma's Revenge – travellers diarrhoea (dysentery). This could be devastating. Portable toilets were on the track for those officials and athletes affected. We were advised to eat in the village and not to eat in restaurants in town. Only to drink bottled water. For some athletes and officials this was a disaster. Over eating was a problem On one occasion two athletes held a competition to see who could eat 16 yoghurts the quickest! The third issue was boredom. We were billeted in very cramped conditions. Jim Hogan marathon runner was last in the room. There was no bed for him so someone found a mattress and put it in the shower. He was eventually re-roomed. We were in the Olympic Village for seven weeks. There were training sessions, some on the motor race circuit. On one occasion I did a 20mile spin and got lost. I asked a Mexican the way to the stadium – and finished at the football stadium not the athletics stadium. Training extended by 10 km. We also trained at La Marquesa National Park, it is at 10,000 feet. I managed to get sunburnt. We had coach trips, one to the pyramids at Teotihuacan. There were trips into the city. Paul Nihill was an avid follower of Rock and Roll. We met this all girl rock band then called the Fabs, one of the first Female rock groups, way before the Spice Girls (formed in 1994). We gave them GB tracksuits and smuggled them into the village. A photo later appeared in a local newspaper. However the pressure was quite great especially as the games approached. This led to the establishment of holding camps beginning with Munich (1972).

### **The Race**

Finally the day of the race came round. We were bussed to the stadium to the stadium in good time. With Alf Cotton's (team manager) agreement I wore a quarter length t shirt as I burn quickly in a singlet. Every afternoon there was a thunderstorm – but not on that day! The temperature on the track approached 100 degrees Fahrenheit – I cannot take the heat – Alf decided that Paul should go for the gold medal whilst Brian and myself should start cautiously and come through. This was wise advice as most of those who started quickly soon fell by the wayside. Burkhard Leutschke of East Germany was sitting on the roadside at 10km – this was unheard of. I was last but one out of the stadium only Ricardo Cruz (El

Salvador was behind. Brian and I made our way through the field with Frank Clarke of Australia. We then caught Jose Pedraza of Mexico who had won Mexico's first ever Olympic Medal. He had a large group of supporters running beside him on the other side of the barrier chanting, "Pedraza, Pedraza". This went on for about 10km then I fell back. On reaching the Viaducto Tlalpan (40km). I must have looked ill and a doctor asked if I would like to take an ambulance. I saw Gennady Agapov (USSR) getting into the same ambulance and I thought, If I can get past this point I can say I have beaten the world record holder. So I carried on slowly. At this point I was convinced that I was last. I turned up the Avenida Insurgentes towards the stadium. By this time it had got dark very suddenly as it does in the tropics. I went up the slope towards the stadium. There were no lights between the road and the stadium and someone took a flashlight photo of me and I walked into a tree! On entering the stadium I looked round and there was Bob Gardiner of Australia behind me so I sprinted and had the edge by 9 seconds.

I was rather ill after the event and managed to puke over Chris Brasher in the lift into our apartment.

#### **After the race**

In a main street, Avenida Insurgentes, Woolworths had a store. Opposite there was an emporium called Puerto El Liverpool. I met the manager of the Jewellery department. He hailed from Wimbledon Common and he invited me to his home in the Disierto des Loenes (Desert of the Lions). He drove most of the way up Popocatepetl, one of the volcanoes (17,694 ft) that loom over Mexico City. It is odd to play snowballs in the tropics! The other strange thing was that at that altitude if you push the accelerator very little happens because of the lack of oxygen.

On return you are aware that there is so much oxygen around – I had several personal bests after the games. At the end of the race we were recovering in the rest rooms, I was next to Antal Kiss of Hungary. I asked him how he got on. He gave me a v sign I took that to mean that the conditions were awful. In fact he finished second. In 2010 I was at a gathering at Leeds, as an ice breaker Andi Drake, UK chief walking coach asked us to talk to someone we did not know. I sat with this woman who turned out to be Hungarian. I asked "Do you know Antal Kiss". She replied, "Yes, he is my coach." I asked to be remembered to him.

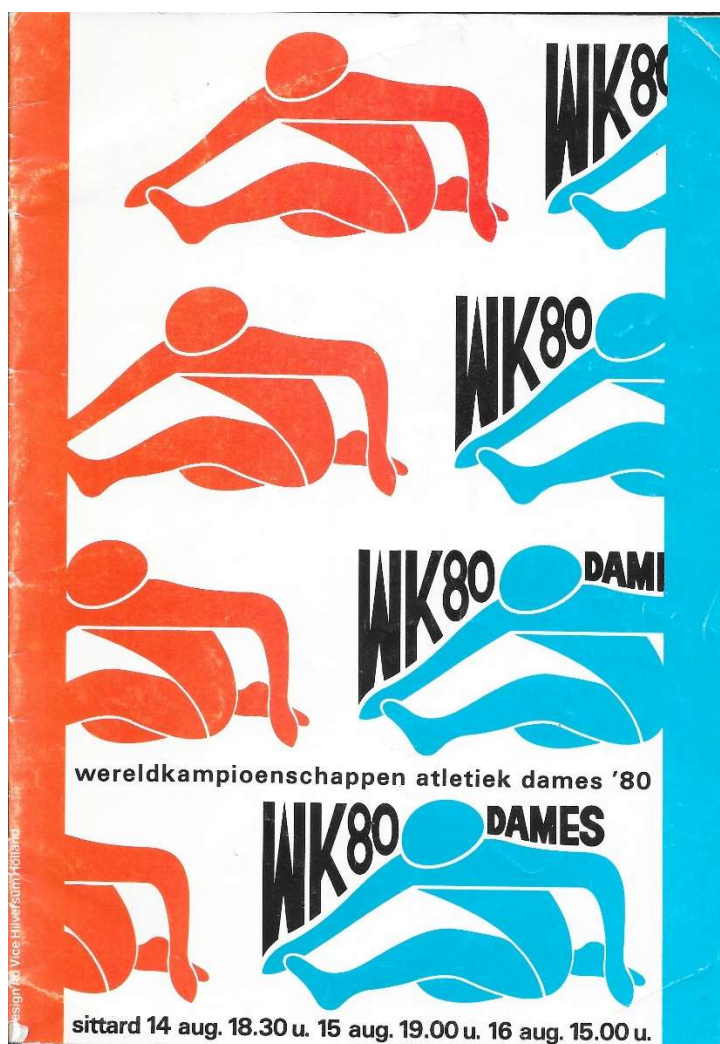
Again in 2010 I came across Bob Gardiner's name in Australian results. I e-mailed Tim Ericksson who produced the newsletter and asked for Bob's contact. I e-mailed, "I beat you in Mexico, you beat me in Edinburgh (he finished 2nd) shall we have a grudge match?" He replied "Yea Mate. Bring it on.' After the games I decided to continue and when my international career finished in 1979, I decided to fade away becoming a coach and judge and so pass on my experience.



*Five Olympians, Shaun Lightman, Buster Watson, the late Jack Braughton, Adam Gemili and Margaret Baldwin.*

Thank you to Shaun for sharing these memories. Checking the Athletics Weekly for the 1968 Games (a copy of which is in the Club Archive) it reveals the 50km walk started at 2.20pm, the hottest part of the day. Shaun was far from last in the race. He was 18<sup>th</sup> out of 28 finishers in a time of 4.52.20.0. Shaun was 7<sup>th</sup> in the 20km walk at the Commonwealth Games in Edinburgh in 1970.

Mexico 1968 was the penultimate Games in which the 50km walk was contested. As some compensation, the IAAF organised their first global World Championship in Malmo, Sweden in 1976. It was just the 50km walk. What happens when you are one of the top athletes in your event and that discipline does not feature in the Olympic Games? Traditionally Olympic Champions were regarded as World Champions but the IOC were not keeping up with developments in Womens Athletics.



In 1980 Sue Cluney (nee Dalgoutte) was one of the fastest 400 hurdlers in the World, but it was not part of the Moscow Games. Instead she went to Sittard in the Netherlands, the second IAAF World Championships which featured the womens 400 hurdles, 3000 metres plus a 10,000 metres. The programme stated that "these supplementary World Championships are being held at Sittard, but at the same time this will herald an entirely new period for this is the last time that Olympic Champions will be regarded as World Champions. 1983 is the year in which the big shake up will occur with the first World Championships covering all athletic events being held in Helsinki. We can therefore regard Sittard as the prelude to the main event which will take place in 1983". Sue was there. Next month Sue shares her memories and the traumatic background to her being there.

## 50 Glorious Years!



Hard to believe, but, it is 50 years since Mike Peel joined the Club. Congratulations Sir! Assistant Treasurer (Membership), Paperchase organiser, Ted Pepper director, Vice President, President, VPs Supper Organiser, Cross County Handicapper, Webmaster, MC for so many events, and much much more. He is pictured carrying the Olympic torch in 2012 and fronting the Fund Raising Dinner in 2006. He's the git that keeps on giving.

### News and Results.

Following the retirement of Paul Patten from the Board of Trustees in December after reaching the age of 70 (Happy Birthday Paul), the Club has looked externally for a replacement and co opted Eric Shirley Jnr to the role. Eric has been heavily involved in Athletics through the years. He was Director of High Performance (London) for UK Athletics, Great Britain Team Manager at European, World and Olympic Championships. As an athlete Eric represented Great Britain U20 at high jump, and England at both high jump and 400m hurdles. His father, Eric Shirley Snr began his Athletics career in the 1940s as a member of Wigmore Harriers whose Ladies section would evolve into Bromley Ladies and Bromley AC.

Unfortunately the Burns Night Supper had to be cancelled due to a lack of numbers.

The New Gladiators arrives on the BBC and features Montell Douglas (Fire) and Toby Olubi (Phantom), but there is no place for Ken Daniel (Wind).

Performance on the month has to be Dina Asher Smith for her new UK Indoor Record in the 300 metres. She timed 36.77 and is obviously settling into her new training environment. Eliza Nicholson was second in the Under 20 Womens race at the World Cross Country Trials and Joe Scanes won the under 15 Boys. At the Southern Cross Country Championships the two were individual champions, Eliza (Under 17 Women) and Joe (Under 15 Boys). We believe that has only had once before in 1996 when Tim Dickinson won the Senior Mens race and Gemma Viney the under 13 girls. More Southern

Champions indoors as well courtesy of Luciana Smith, Alessia Scala, Ella Brooker, and Alexander Giles but more research required to see how this compares to past years. We have a Welsh Indoor champion too in Toby Dronfield.

### 1/1/24

**Lee Valley New Years Open 2024.** 60. R10. Qi Chi Ukpai (U17W) 7.96. 200. R3. 2. Oliver Driscoll (U20) 23.11. R10. 4. Qi Chi Ukpai 26.22. 300. R1. 3. Samuel Mowa (U20M) 36.09. R4. 4. Kara Bryan (U15G) 43.73. 800. R3. 4. Gerard McGrady (U20M) 2.06.52.

**Parkruns. Banstead Woods.** 25. Harry Schmidt 22.55. **Bromley.** 1. Joe Scanes 15.15, 3. Micah Evans 16.28, 7. Thomas Sugden 17.35, 13. Oliver Ward 18.23, 15. James Bunn 18.36, 19. Ashley Pearson 18.52, 35. Trang Nguyen 20.00, 39. Steve Evenden 20.10, 49. Benjamin Evans 20.40, 52. Sophie Tran 20.49, 53. Tuan Tran 20.49, 55. Steve Hough 20.55, 63. Damian Hayes 21.15, 71. Katy Sugden 21.41, 83. Andy Tucker 22.14, 107. Tim Ayres 23.05, 144. Ryan Tran 24.19, 149. Jed Starvis 24.23, 154. Austin Adams 24.28, 164. Philip Bunn 24.37, 192. James Unwin 25.32, 214. Holly Kibblewhite 25.56, 262. Jackie Montgomery 27.22, 323. John Isaacs 29.17, 464. Richard Griffin 37.27, 465. Gareth Griffin 37.36. **Greenwich.** 1. Graeme Lugar 18.02. **Beckenham Place park.** 51. Nigel Wood 26.06. **Nonsuch.** 365. Bob Thomas 37.52. **Lymington Woodside.** 41. James Cunningham 25.35. **South Norwood.** 18. David Beadle 23.16, 58. Ian Montgomery 27.12, 64. Mike Simms 27.55, 69. Iain Swatton 28.44. **Hoblingwell.** 14. Chris Martin 23.04. **Dulwich.** 6. Luca Moloney Pedro 17.19, 52. Tim Nash 20.52. **Tonbridge.** 264. Mick Keene 29.24. **Portobello, Edinburgh.** 261. Steven Pairman 28.33. **Maidenhead.** 33. Ifetobi Salako 23.08. **Penrose.** 68. Adrian Perry 26.10. **Mote Park.** 209. Tom Phillips 36.20. **Thames Path, Woolwich.** 86. George Collins 28.31, 90. Zoe Kingsmell 28.39, 176. Andrew Kingsmell 42.51.

### 6/1/24

**Kent Cross Country Championships, Brands Hatch. SM.** 22. Micah Evans 42.21, 30. Kevin Fini 43.34, 35. Graeme Lugar 44.18, 47. Tom Desborough 45.15, 61. Fintan Parkinson 46.23, 81. Leonardus De Bruyn 48.22, 111. Steve Hough 50.50, 115. Gregory Firth 51.19, 116. Philip Bunn 51.30, 117. Ian Scott 51.33, 125. Martin Parkinson 52.12, 148. Tim Nash 54.42, 155. Chris Martin 55.53, 161. Matthew Maddocks 56.22, 210. William Brindley 63.06. **Teams. 6 to score.** 5. B&B 276. **12 to score.** 5. B&B 1008. **SW.** 2. Naomi Kingston 32.14, 3. Chloe Sharp 32.37, 4. Morgan Squibb 33.10, 5. Carole Coulon 33.40, 8. Jessica Keene 33.51, 10. Zoe White 34.21, 12. Amelia Smith 34.34, 22. Ashley Pearson 36.47, 25. Jennie Butler 37.08, 34. Laura Bestow 38.01, 41. Trang Nguyen 38.40, 46. Katy Sugden 39.09. **3 to score.** 1. B&B 9. **6 to score.** 1. B&B 32. **U20M.** 7. Arthur Starvis 20.36, 17. Miles Brown 21.53, 23. Thomas Sugden 23.38, 24. Ted Marston 24.31. **Teams.** 3. B&B 47. **U17M.** 5. Alex Middleton 20.52, 6. Jed Starvis 20.54, 10. Mark Constable 21.18, 14. Harry Fage 22.01, 17. Ryan Alford Smith 22.05, 21. Hendri Verster 23.24. **Teams.** 2. B&B 35. **U17W.** 1. Eliza Nicholson 22.05, 10. Megan Barlow 26.08, 11. Kyla Dervish 26.20, 21. Islay Pearson 28.35, 22. Isla Spink 28.55, 24. Amber Cockburn 29.18. **Teams.** 2. B&B 22. **U15B.** 1. Joseph Scanes 14.23, 2. Joseph Hill 14.54, 9. Alex Martin 15.46, 10. Nathan Clark 15.47, 15. Luca Molonet Pedro 16.22, 18. Benjamin O'Grady 16.42, 20. James Shaw 16.50, 21. Alfie Whitelock 15.51, 22. Matias Caceres 16.53, 31. Oliver Ward 18.01, 46. Cameron Hutton Squire 20.20, 49. Liam Hough 20.43. **Teams.** 1. B&B 22. **U15G.** 2. Aoife McDonagh 17.52, 10. Niamh Stanley 19.37, 11. Charlotte Stevens 19.41, 13. Leah Kyriacou 19.45, 16. Lydia Marston 20.10, 17. Ariana Jenner Heard 20.21, 19. Sophie Tran 20.40, 20. Rowan Pearson 20.44, 22. Freya Dinwiddy 20.54, 25. Jessica Lingham 21.10, 28. Caitlin Hough 21.29, 29. Lily Bridgeman 21.42, 30. Eva Denbow 21.53, 31. Mariana Caceres 22.04. **Teams.** 1. B&B 23. **U13B.** 4. Finn Gotkine 11.20, 5. James Bunn 11.34, 7. Jake Martin 11.37, 15. Johnny Lee 12.00, 17. Alex Smith 12.03, 20. Jesse Williams 12.07, 23. Billy Pharoah 12.09, 25. Teddy Hughes 12.12, 28. Jack Barlow 12.25, 34. Benjamin Evans 12.40, 46. Joshua Bentley 13.15, 47. Matthew Tootell 13.17. **Teams.** 1. B&B 31. **U13G.** 5. Alba Homans Yau 12.46, 6. Isabella Jenkins 12.50, 9. Freya Pearson 12.54, 10. Aoife Stanley 12.55, 14. Amelie Ramdeen 13.24, 17. Harriet Hughes 13.45, 18. Elizabeth McGillivray 13.49, 22. Eva John 14.00, 28. Chloe Morez 14.30, 32. Leela Bhadeshia 14.45, 34. Imogen Jenner Heard 15.04, 38. Freya Denbow 15.21, 41. Nancie Cox 15.56. **Teams.** 1. B&B 20.

**South London Athletics Network Christmas Indoor Open** 3. 60. A9. 4. Ashley Reid (M40) 7.90. B9. 2. Ashley Reid 7.88. PV. A. 1. Ethan Kitteridge (U23M) 4.30, 2. Oscar Witcombe (U20M) 4.30, 3. Charlie Platt (U17M) 4.10, 5. Finn Kitteridge (U20M) 3.70, B. 8. Madeleine Dodd (U17W) 3.00, 10. Ella Brooker (U15G) 2.80.

**Sutcliffe Indoor Hurdles.** U20M. A1. 1. Rayhan Mourtada 8.16. B1. 1. Rayhan Mourtada 8.18. U17W. A2. 5. Beth Regan 10.56. B2. 2. Beth Regan 10.52.

**Parkruns. Bromley.** 11. Paul Sharpe 18.05, 39. Steve Evenden 19.40, 50. Harry Schmidt 19.55, 170. Damian Hayes 23.19, 198. Stuart Cullum 23.57, 261. Steven Pairman 24.44, 385. Jamie White 26.26, 478. Jackie Montgomery 27.38, 486. Paul Murphy 27.44, 586. Bernard Wilson 29.28, 949. Adrian Perry 37.48, 986. Richard Griffin 41.27. **Bexley.** 79. Chris Pike 26.55,

84. Peter Brooks 26.57, 353. George Collins 42.39. **Southampton**. 236. Lorna Clowes 23.58. **Hampstead Heath**. 160. Nigel Wood 26.35. **Beckenham Place park**. 29. David Beadle 23.30, 88. Luigi Arcuri 26.39, 194. Zoe Kingsmell 31.37, 235. David Appleton 34.24, 278. Anthony Pontifex 39.13. **Raphael**. 248. John Isaacs 30.31, 343. Bob Thomas 36.06. **Orpington**. 109. Karen Desborough 34.15. **Dartford**. 58. John Turner 26.28, 175. Maz Turner 36.09. **Malling**. 73 Austin Adams 25.00. **Tooting Common**. 150. Eloise O Shaughnessy 25.21. **Exmouth**. 130. Bob Minting 24.39, 166. Rod Harrington 25.25. **Clapham Common**. 176. James Cunningham 23.41. **Felixstowe**. 7. Steve Cooper 18.36. **Bethlem Royal Hospital**. 19. James Unwin 25.19. **Sutcliffe**. 41. Ailbhe Barnes 21.33, 96. Barry Wetherilt 24.41. **Mote Park**. 226. Tom Phillips 34.52. **Erskine Waterfront**. 60. Helen Godsell 27.55.

**6-7/1/24**

**England Senior and Under 20 Combined Events, Walks and Para Championships, Sheffield**. 3000 walk. U20M. 2. Jonathan Ellerton 15.49.05.

**7/1/24**

**Be Fit Today Indoor Series 2. Men**. 60. A4. 2. Oscar Sadowski (U15B) 8.04. A5. 4. Piers Spencer Simms (U15B) 7.52. A8. 2. Max Clark (U17M) 6.92. A14. 5. Daniel Goriola (U20M) 7.08. B4. 3. Oscar Sadowski 8.05. B7. 1. Piers Spencer Simms 7.39. B14. 7. Max Clark 7.01. 200. R4. 1. Oscar Sadowski 26.04. R5. 1. Piers Spencer Simms 24.05. U20M. 60H. R1. 1. Daniel Goriola 7.78, 3. Eliot Ferguson 8.50. R2. 1. Daniel Goriola 7.78, 3. Eliot Ferguson 8.44. U15B. 40H. R1. 1. Jamie Ellerton 9.25. R2. 1. Jamie Ellerton 9.42. **Women**. A6. 4. Isabella Campbell Andou (U15G) 8.13. A15. 4. Darcey Kuypers 7.64. B12. 4. Darcey Kuypers 7.65. 200. R6. 3. Isabella Campbell Andou 27.54. 300. R4. 2. Alyssa Firla (U17W) 41.31. 400. R1. 1. Julia Newman (U20W) 63.14. 60H. R1. 1. Jodie Self (U20) 8.85. R2. 1. Jodie Self 8.89. U17W. 60H. R1. 3. Qi Chi Ukpai 9.13. TJ. 1. Qi Chi Ukpai 11.95.

**BMC Sheffield Grand Prix. Women**. 800. A. 4. Cameron Kelly Gordon 2.12.49.

**Manchester Indoor Open Meeting**. 60. A5. 1. Augustine Kodji (U23M) 7.31. 600. R4. 4. Gerard McGrady (U20M) 1.29.16. LJ. 2. Augustine Kodji 6.52.

**Sutcliffe Indoor 60s. Men**. A1. 2. Kieran Gowan Wade 6.80. A2. 5. Duayne Bovell 7.19. A8. 1. Chinedu Ndukwu (U20M) 7.36, 2. Oji Okoro (U17M) 7.37. B1. Kieran Gowan Wade 6.81. B4. 4. Duayne Bovell 7.21. B7. 2=. Oji Okoro 7.35, 4= Chinedu Ndukwu 7.36. **Women**. A5. Sianna Nelson Languaine (U17W) 8.30. A6. 3. Sianna Thompson (U15G) 8.29. A8. 1. Ella Brooker (U15G) 8.21. A10. 2. Daniela Sage (W45) 8.94. A11. 1. Sianna Williams (U17W) 8.35. B5. 5=. Ella Brooker 8.26. B6. 1. Sianna Nelson Languaine 8.27, 2. Sianna Thompson 8.31, 5. Sianna Williams 8.38. B10. 2. Daniela Sage 8.81.

**RunThrough Victoria Park Half Marathon**. 16. Tony Crowder 84.37 (84.34), 251. Dave Leal 2.02.40 (2.02.00).

**Junior Parkruns. Bromley** 1. Luca Moloney Pedro 6.56, 4. Matthew Tootell 8.29, 11. Holly Alford-Smith 9.29.

**10/1/24**

**Running 2 Time Brunel Indoor Open Series 2023/24**. 60. A2. 2. Shawn Twumosi Ampofo 7.12. B1. 2. Shawn Twumosi Ampofo 6.93.

**12/1/24**

**Virginia Tech Invitational, Blackbury, VA, USA**. 300. R2. 1. Holly Mpassy 39.12.

**Leonard Hilton Memorial Invitational, Houston, TX, USA**. Mile. R3. 9. Ava White 5.06.11.

**Spokane Showcase, Spokane WA, USA**. SP. B. 7. Nana Gyedu 13.41.

**12-13/1/24**

**Rod McCravy Invitational, Lexington, KY, USA**. 60. Ht9. 3. Marcia Sey 7.57. 60H. 5. Marcia Sey 8.25. SF2. 2. Marcia Sey 8.29. Ht3. 1. Marcia Sey 8.27. 400 Relay Leg. Dina Asher Smith 53.57.

**Potts Invitational, Boulder CO, USA**. Mile. 5. Yasmin Austridge 4.52.25.

**13/1/24**

**Start Fitness Metropolitan League, Welwyn Garden City. Senior Men**. 40. Kevin Fini 29.05. **Senior Women**. 10. Carole Coulon 32.51.

**Parkruns. Bromley**. 11. Roger Beswick 18.09, 27. Steve Evenden 19.32, 28. Trang Nguyen 19.34, 42. Harry Schmidt 20.22, 44. Sophie Tran 20.32, 45. Tuan Tran 20.32, 66. Matthew Tootell 21.17, 80. Damian Hayes 21.46, 101. David Adams 22.15, 107. Tim Ayres 22.23, 121. Leel Bhadeshia 22.44, 176. Adrian Perry 23.59, 183. Robert Whyte 24.10, 194. Austin Adams 24.25, 242. Ryan Tran 25.32, 346. Jackie Montgomery 27.27, 361. Kate Garrett 27.42, 411. Mick Keene 28.35, 502. Matthew Ellerton 30.36, 522. John Isaacs 31.11, 523. David Appleton 31.12, 652. Anthony Pontifex 35.15. **Bexley**. 114. Chris Pike 27.15. **Brockwell park**. 12. Jessica Keene 19.01 (1st woman). **Beckenham Place park**. 3. Micah Evans 19.32, 24. Evie De Bruyn 22.22 (1st woman), 35. David Beadle 23.09, 80. Nigel Wood 25.55, 296. Luigi Arcuri 40.09. **Gunpowder**. 151. Richard



Griffin 37.49. **Orpington**. 1. Graeme Lugar 18.24, 21.40, 24. Colin Pearson 23.08, 61. Ashley Pearson 26.57, 114. Karen Desborough 34.10. **Forest Rec**. 3. Matthew Smith 19.52. **Dartford**. 63. John Turner 26.21, 196. Maz Turner 35.31. **Lullingstone**. 1. Steve Hough 21.32. **Swansea Bay**. 78. William Brindley 22.25. **Malling**. 300. Bob Thomas 34.51. **Tooting Common**. 65. Eloise O Shaughnessy 22.27. **Exmouth**. 220. Bob Minting 27.26. **Bethlem Royal Hospital**. 4. Jennie Butler 21.10 (1st woman). **Sandhurst Memorial**. 35. George Collins 25.55, 56. Zoe Kingsmell 29.16, 125. Andrew Kingsmell 45.48. **Sutcliffe**. 90. Steven Pairman 23.52, 110. Barry Wetherilt 24.58, 217. Julia Pairman 29.41, 218. Jon Pairman 29.43. **Mote Park**. 172. Tom Phillips 33.41.

### 13-14/1/24

**Loughborough Indoor Open. Men**. 60. A4. 3. Chima Ndukwu (U23M) 7.31. B5. 5. Chima Ndukwu 7.39. SP. 3. Dillon Claydon (U23M) 15.12. **Women**. 60H. A5. 2. Zoe Austridge (U23W) 8.92. B4. 4. Zoe Austridge 9.03. TJ. 3. Qi Chi Ukpai (U17W) 12.25. **Southern U13, U15 U17 Champs, Lee Valley. U17M**. 60. 7. Oji Okoro 7.23. SF3. 2. Oji Okoro 7.19. HT2. 3. Oji Okoro 7.20. 400. Ht3. 4. Tane Chambers 57.41. 800. Ht5. 4. Benjamin O'Grady 2.12.22. 60H. Ht2. 5. Alexander Morrell 9.12. PV. 2. Charlie Platt 3.90. **U17W**. 400. 1. Luciana Smith 57.72, 3. Alyssa Firla 58.67. SF1. 2. Alyssa Firla 59.59. SF2. 1. Luciana Smith 58.49, 4. Leah Kyriacou 59.97. Ht1. 2. Leah Kyriacou 59.45, 5. Beth Regan 65.59, 6. Matilda Shilland 65.70. Ht4. 1. Luciana Smith 59.11. Ht5. 1. Alyssa Firla 59.70, 3. Megan Barlow 61.22. 800. Ht2. 2. Iris Williams 2.22.20. 60H. Ht1. 5. Beth Regan 10.20. SP. 14. Carys Bowling 6.69. **U15B**. 800. Ht3. 4. Harry Collins Smith 2.24.01. 60H. 5. Jamie Ellerton 9.43, 6. Alexander Giles 9.58. HJ. 1. Alexander Giles 1.64. LJ. 5. Alexander Giles 5.30. Ht1. 3. Jamie Ellerton 9.39. Ht2. 3. Alexander Giles 9.59. **U15G**. 60. 8. Emilia Adese 8.31. SF1. 3. Ella Brooker 8.3. SF2. 2. Emilia Adese 8.32, 4. Noelle Carr 8.33. SF3. 5. Sienna Thompson 8.28. Ht1. 3. Sienna Thompson 8.18. Ht3. 2. Emilia Adese 8.47. Ht5. 1. Ella Brooker 8.24. Ht6. 2. Noelle Carr 8.30. 200. 4. Sienna Thompson 27.15. SF2. DQ. Emilia Adese. SF3. 2. Sienna Thompson 26.85, 4. Noelle Carr 27.74. Ht1. 1. Sienna Thompson 26.98. Ht6. 2. Emilia Adese 28.42. Ht7. 2. Noelle Carr 28.13. 800. 3. Kara Bryan 2.22.08. Ht3. 1. Kara Bryan 2.29.35. 60H. Ht3. 4. Heidi Coulson 10.18. HJ. 1. Alessia Scala 1.65. LJ. 11. Alessia Scala 4.54. Pool A. 3. Alessia Scala 4.73. Pool B. 6. Heidi Coulson 4.19. PV. 1. Ella Brooker 2.80, 6. Luna Corry 2.50. SP. 2. Emilia Adese 12.33. **U13B**. 60. Ht4. 6. Calum Bryan 8.96. **U13G**. 60. 6. Zamaia Dixon 8.43. SF1. 3. Zamaia Dixon 8.38. Ht1. 3. Zamaia Dixon 8.42.

### 14/1/24

**Club 10 Mile Cross Country Championship**. 1. Tom Desborough 60.16, 2. Luca Ercolani 64.29, 3. Paul Sharpe 66.22, 4. Steve Hough 67.06, 5. Ted Marston 68.13, 6. Ian Scott 69.47, 7. Matthew Bullen 74.11, 8. Trang Nguyen 74.34 (1<sup>st</sup> woman), 9. Kervin Adjei 75.33, 10. Darren Corneille 75.53, 11. Sheridan Morris 80.08, 12. Damian Hayes 80.31, 13. Katie Sugden 82.30, 14. Luigi Arcuri 84.16, 15. David Leal 96.05, 16. John Turner 97.28. **Handicap**. 1. Steve Hough 57.33, 1. Tom Desborough 57.37, 3. Luca Ercolani 59.27. **Bennett Cup after 5 events**. 1. Matthew Bullen 165, 2. Luca Ercolani 162, 3. Luigi Arcuri 147, 4. Micah Evans 104, 5. John Turner 97.

**UMass Flagship Invitational, Amherst, MA, USA**. PV. 6. Lois Warden 3.55.

**Junior Parkruns. Beckenham Place park**. 1. Emery Aldridge 7.41, 6. Lena Aldridge 10.19 (1st girl)

### 17/1/24

**Newham 60 Sprint Series 2024. Men**. A01. 2. Kieran Gowan Wade 6.77. 02. 1. Abdul Rahaman Jolaoso 6.90. 04. 2. Joshua Gbagbo 7.05, 6. Duayne Bovell 7.25. 05. 7. Warren Lewis (U23M) 7.45. 07. 5=. Chimna Ndukwu (U23M) 7.35. B01. 3. Kieran Gowan Wade 6.78, DQ. Abdul Rahaman Jolaoso. 02. 2. Joshua Gbagbo 6.94. 03. 1. Abdul Rahaman Jolaoso 6.93. 06. 7. Duayne Bovell 7.31. 08. Chimna Ndukwu 7.34. **Women**. A02. 2. Saskia King 7.64. B02. 5. Saskia King 7.69.

### 19-20/1/24.

**Vanderbilt Invitational, Nashville, TN**. SP. 5. Divine Oladipo 15.92.

**Lauren McCluskey Memorial Open, Moscow, ID, USA**. SP. B. 1. Nana Gyedu 14.65.

### 20/1/24

**British Athletics Cross Challenge inc UKA World Cross Country Trial, Parliament Hill. U20W**. 2. Eliza Nicholson 22.17. **U15B**. 1. Joseph Scanes 13.42. **Under 15 Girls**. 21. Nalmah Mossi 17.37.

**Kent Schools Cross Country Championships, Dartford. Senior Boys**. 6. Arthur Starvis 20.00, 9. Harry Fage 20.40, 13. Mark Constable 21.09, 24. Finn Duggan 23.43. **Senior Girls/Intermediate Girls**. 1. Iris Williams 14.20, 3. Carys Firth 14.47, 12. Liberty Whyte 15.26, 18. Megan Barlow 15.49, 19. Olivia Magee Brown 15.53, 29. Kyla Dervish 16.23, 38. Caitlin Hough 16.49, 44. Islay Pearson 17.03, 46. Isla Spink 17.10, 50. Jessica Lingham 17.15, 58. Eva Denbow 17.41, 59. Lily Bridgeman 17.45, 60. Lola Bischoff 17.53. **Intermediate Boys**. 2. Joseph Hill 16.24, 5. Jed Starvis 16.42, 8. Ryan Alford Smith 17.23, 10. Benjamin O'Grady 17.35, 15. Nathan Clark 17.39, 16. Alfie Whitelock 17.45, 17. Oliver Ward 17.58, 57. Cameron Hutton Squire 21.40. **Junior Boys**. 3. James Shaw 11.14, 5. Kian Farrell 11.23, 6. Luca Moloney Pedro 11.26, 15. Jake Martin 11.56,

18. Finn Gotkine 12.04, 33. Alex Smith 12.28, 34. Johnny Lee 12.29, 43. James Bunn 12.46, 56. Benjamin Evans 13.00, 76. Jack Barlow 13.26, 77. Matthew Tootell 13.30. **Junior Girls.** 2. Aoife McDonagh 12.01, 6. Kara Bryan 12.42, 7. Alba Homans Yau 12.48, 9. Sophie Tran 13.08, 10. Ariana Jenner Heard 13.10, 13. Charlotte Stevens 13.15, 16. Freya Pearson 13.21, 17. Aoife Stanley 13.26, 21. Amelie Ramdeen 13.33, 30. Rowan Pearson 13.59, 34. Chloe Morez 14.08, 43. Elizabeth McGillivray 14.35. **Year 11 Boys.** 5. Jesse Williams 9.52, 14. Billy Pharoah 10.03, 28. Dexter Mein 10.28, 44. Luke Eperon 10.45, 45. Joshua Bentley 10.46. **Year 11 Girls.** 3. Isabella Jenkins 10.16, 10. Eva John 11.06, 11. Leela Bhadeshia 11.07, 22. Ava Burford 11.30, 25. Imogen Jenner Heard 11.34, 35. Freya Denbow 12.04.

**Surrey Schools Cross Country Championships, Reigate. Senior Boys.** 7. Alexander Middleton 23.06. **Senior Girls.** 17. Megan Slattery 15.51. **Intermediate Boys.** 17. Alex Martin 19.30. **Intermediate Girls.** 29. Isabel Pauling 16.26. **Junior Girls.** 78. Poppy Tavernier 15.24.

**Run Jump Throws and Masters Grand Prix, Sheffield.** 60. A10. 3. Zoe Austridge (U23W) 7.89. 200. R9. 3. Zoe Austridge 25.81.

**Corky Classic, Lubbock, TX.** 60. Ht4. 3. Marcia Sey 7.55. 60H. 5 Marcia Sey 8.19. Ht1. 1. Marcia Sey 8.31.

**Dr Martin Luther King Jnr Invitational.** 300. 1. Dina Asher Smith 36.77 (**UK Indoor Record**).

**Boston University Battle In Beantown, Boston, MA, USA.** 800. R3. 2. Lara Mannes 2.19.74.

**URI Invitational, Kingston RI, USA.** PV. 1. Lois Warden 3.60.

**Parkruns. Finsbury park.** 128. Jessica Sellar 22.57. **Bromley.** 1. Daniel Horgan 17.05, 14. Philip Bunn 18.44, 15. David Adams 18.49, 25. Trang Nguyen 19.28, 31. Steve Evenden 19.47, 35. Tuan Tran 19.59, 40. Harry Schmidt 20.07, 78. Sarah Belaon 21.44, 97. Damian Hayes 22.15, 105. Matthew Maddocks 22.33, 114. Jason Meers 22.46, 185. Austin Adams 24.19, 214. Ryan Tran 24.46, 239. Gareth Griffin 25.22, 250. Stuart Cullum 25.33, 295. Paul Murphy 26.12, 410. Bernard Wilson 28.50, 500. David Appleton 31.07, 501. John Isaacs 31.09, 667. Richard Griffin 39.36. **Bexley.** 109. Chris Pike 27.10. **Beckenham Place park.** 50. Luigi Arcuri 25.11, 62. Nigel Wood 25.47, 179. Zoe Kingsmill 31.18, **Crystal Palace.** 202. Rod Harrington 26.38. **Lymington Woodside.** 20. James Cunningham 23.49. **Orpington.** 13. Ashley Pearson 21.15 (1st woman), 24. Colin Pearson 22.12, 147. Karen Desborough 33.02. **Shorne Woods.** 205. Bob Thomas 35.54. **Buckingham.** 119. Grace Scopes 26.06. **Peckham Rye.** 180. John Turner 26.50. 380. Maz Turner 34.48. **Lullingstone.** 2. Steve Hough 21.03. **Presint 18, Putrajaya.** 22. Adrian Perry 24.07. **Bethlem Royal Hospital.** 1. Micah Evans 17.34, 8. Katy Sugden 22.11 (1st woman), 11. James Unwin 23.42, 27. Ian Montgomery 26.06, 46. Jackie Montgomery 28.48, 47. Mike Simms 29.57. **Oaklands.** 88. George Collins 24.57. **Sutcliffe.** 43. Andrew Lawes 22.13, 48. Steve Pairman 22.58, 183. Julia Pairman 29.42. **Edenbrook Country park.** 86. Bob Minting 26.19.

#### **20-21/1/24**

**London Indoor Games, Lee Valley. Senior Men.** 60. A03. 3. Shawn Twumasi Ampofo (U23M) 6.99. 04. 1. Kyle Reynolds Warmington (U23M) 6.98. B03. 5. Joshua Parry 7.28. 04. 3. Duayne Bovell 7.20. D02. 1. Shawn Twumasi Ampofo 6.89, 5. Kyle Reynolds Warmington 7.02. E03. 1. Duayne Bovell 7.15. 04. 3. Joshua Parry 7.25. 200. R6. 2. Joseph Merry 24.25. 400. R2. 1. Bailey Stickings 48.44. TJ. 1. Emmanuel Dodoo 14.33. PV. A. 4. Finn Kitteridge (U20) 3.84, 7. Roger Platt (M50) 3.24. B. 2. Ethan Kitteridge (U23) 4.64, 4. Oscar Witcombe (U20) 4.34, 8. Charlie Platt (U17) 3.94. **Senior Women.** A02. 3. Darcey Kuypers 7.69. 03. 3. Saskia King 7.72. 05. 5. Chanelle Cole 8.52. B02. 4. Darcey Kuypers 7.71. 03. 1. Saskia King 7.66. 400. R3. 4. Zakia Miossi (U23) 61.93. R6. 2. Chanelle Cole (U23) 62.81. 800. R1. 1. Cameron Kelly Gordon (U20) 2.13.08, 3. Alex Hill 2.13.52. R2. 4. Hannah Clark (U20) 2.18.63. R6. 2. Faith Mpassy (U20) 2.29.42. LJ. A. 1. Daisy Snell (U20) 5.97. TJ. B. 5. Shahara Hibbert 11.87. PV. A. 5. Holly Platt 2.74. SP. 2. Cleo Agyepong (U20) 13.32. **U20M.** 60. A04. 6. Samuel Mowa 7.38. 07. 6. Oscar Witcombe 7.68. B05. 4. Samuel Mowa 7.38. 09. 4. Oscar Witcombe 7.70. 200. R1. 5. Samuel Mowa 23.06. R3. 2. Oliver Driscoll 23.06. R4. 1. Daniel Goriola 22.46. 400. R1. 6. James Lawson 51.86. R2. 4. Zuriel Nwogwugwu 50.85. R3. 5. Nathan Firla 53.02. R5. 3. Gerard McGrady 53.78. 60H. A01. 1. Daniel Goriola 13.69, 5. Rayhan Mourtada 8.18. 02. 4. Eliot Ferguson 8.45. B01. 2. Daniel Goriola 7.76, 4. Rayhan Mourtada 8.17. 02. 1. Eliot Ferguson 8.32. **U20W.** A01. 1. Faith Akinbileje 7.42. 02. 4. Zara Okoroafor 7.85. B01. 1. Faith Akinbileje 7.34. 02. 3. Zara Okoroafor 7.88. 400. R1. 3. Cameron Kelly Gordon 58.30. R2. 6. Julia Newman 61.17.

#### **21/1/24**

**Canterbury 10.** 531. Austin Adams 85.31 (84.54).

Junior Parkruns. Bromley. 1. Zachary Evans 7.47, 2. Benjamin Evans 8.12, 25. Sebastian Rayner 11.19. **Hoblingwell.** 1. James Bunn 8.28.21. **Beckenham Place park.** 1. Emery Aldridge 7.22

#### **26/1/24**

**UW Invitational/Mile City, Seattle WA.** 800. 1. Angus Harrington 1.50.62.

**Penn State National Open, University Park, PA, USA.** 400. R1. 4. Holly Mpassy 55.72.

**River Hawk Invitational, Boston, MA.** 800. R2. 1. Lara Mannes 2.18.36.

**26-27/1/24**

**BU John Thomas Terrier Classic, Boston, MA.** PV. B. 3. Lois Warden (U23W) 3.62.

**27/1/24**

**Southern Cross Country Championships, Beckenham Place Park. SM.** 80. Micah Evans 48.26, 101. Kevin Fini 49.24, 172.

Dan Kennedy 51.38, 184. Tom Desborough 52.12, 205. Gregory Bull 52.55, 212. Peter Brooks 53.05, 269. Leonardo De Bruyn

54.38, 290. Luca Ercolani 55.23, 310. Steve Hough 55.53, 383. Paul Sharpe 58.26, 411. Roger Beswick 59.27, 413. Gregory

Firth 59.28, 414. Martin Parkinson 59.31, 425. Ian Scott 59.54, 467. Matthew Maddocks 61.16, 629. Matthew Bullen 63.55,

535. Jason Meers 64.17, 556. Joshua Dowling 65.24, 614. Chris Martin 67.59, 671. William Brindley 72.08, 683. Luigi Arcuri

73.29. **Teams.** 17. B&B 954. **SW.** 30. Morgan Squibb 29.08, 36. Jess Keene 29.30, 39. Millie Smith 29.41, 55. Zoe White

30.26, 92. Jennie Butler 32.09, 143. Laura Bestow 33.56, 170. Sarah Belaon 34.39, 179. Katy Sugden 35.01. **Teams.** 4. B&B

160. **U20M.** 92. Ted Marston 31.51, 94. Kervin Adjei 34.49. No Team. **U20W.** 8. Hannah Clark 21.55, 20. Carys Firth 22.55,

42. Ailbhe Barnes 24.29, 58. Olivia Magee Brown 26.09. **Teams.** 7. B&B 128. **U17M.** 33. Jed Starvis 19.35, 43. Alexander

Middleton 19.48, 62. Mark Constable 20.13, 115. Hendri Verster 21.38. **Teams.** 10. B&B 253. **U17W.** 1. Eliza Nicholson

20.21, 102. Jessica Kelly 26.44, 107. Islay Pearson 27.11. No Team. **U15B.** 1. Joseph Scanes 13.20, 3. Joseph Hill 13.44, 26.

Alex Martin 14.42, 35. Luca Moloney Pedro 14.55, 41. Daniel Horgan 14.58, 54. Nathan Clark 15.06, 63. Oliver Ward 15.12,

68. James Shaw 15.19, 88. Ben O'Grady 15.43, 99. Matias Caceres 15.55, 171. Aaron Sebuwufu 18.14, 175. Cameron Hutton

Squire 18.52. **Teams.** 2. B&B 65. **U15G.** 23. Aoife McDonagh 16.20, 77. Sophie Tran 18.01, 81. Ariana Jenner Heard 18.04,

90. Charlotte Stevens 18.12, 97. Leah Kyriacou 18.21, 108. Freya Dinwiddy 18.32, 122. Lydia Marston 18.57, 137. Caitlin

Hough 19.17, 150. Angelina Mernaka 19.47, 159. Mariana Caceres 20.15, 166. Jessica Lingham 20.53. **Teams.** 10. B&B 271.

**U13B.** 34. Finn Gotkine 10.34, 47. Jake Martin 10.49, 74. James Bunn 11.02, 78. Alex Smith 11.05, 81. Johnny Lee 11.07, 94.

Jesse Williams 11.13, 108. Billy Pharoah 11.26, 134. Matthew Tootell 11.54, 137. Benjamin Evans 11.58. **Teams** 8. B&B 233.

**U13G.** 31. Alba Homans Yau 11.33, 43. Evie De Bruyn 11.45, 45. Sofia Mossi 11.47, 57. Isabella Jenkins 11.54, 63. Freya

Pearson 11.56, 72. Amelie Ramdeen 12.01, 89. Aoife Stanley 12.14, 92. Chloe Morez 12.16, 96. Harriet Hughes 12.28, 100.

Eva John 12.31, 130. Leela Bhadeshia 13.25, 147. Nancie Cox 14.13. **Teams.** 4. B&B 176.

**AAI Games, Abbotstown, IRE. Men.** SP. 2. Patrick Apantaku 11.68.

**Dr Sander Invitational Columbia Challenge, New York. Mile.** R1. 4. Kate Price 5.07.36. R2. 6. Naomi Toft 5.00.54.

**Inland Northwest Invitational, Spokane WA, USA.** SP. C. 1. Nana Gyedu 14.54.

**Parkruns. Bromley.** 5. Graeme Lugar 16.33, 13. Thomas Sugden 18.13, 29. Steve Evenden 19.18, 45. Harry Schmidt 20.09,

139. Damian Hayes 23.14, 158. Austin Adams 23.42, 200. Paul Murphy 24.34, 239. Gareth Griffin 25.22, 291. Jackie

Montgomery 26.52, 392. John Isaacs 28.48, 424. Mick Keene 29.20, 443. Bernard Wilson 29.41, 602. Jamie White 35.21.

**Bexley.** 131. George Collins 28.02, 277. Chris Pike 33.22. **Southampton.** 114. Gracie Horton 21.35. **Beckenham Place park.**

78. Nigel Wood 25.57, 220. Zoe Kingsmell 32.13. **Tilgate.** 57. David Beadle 22.40, 441. Bob Thomas 35.48, 528. Richard

Griffin 42.30. **Orpington.** 7. Ashley Pearson 20.46 (1st woman), 112. Karen Desborough 32.34. **Peckham Rye.** 163. John

Turner 25.33, 397. Maz Turner 34.55. **Exmouth.** 154. Bob Minting 24.50. **Clapham Common.** 194. James Cunningham 23.17.

**Harkerville.** 118. Anthony Pontifex 41.06. **Bethlem Royal Hospital.** 18. James Unwin 24.26, 32. Mike Simms 27.44. **Storeys**

**Field.** 62. Bertie Harrington 20.22. **Sutcliffe.** 85. Barry Wetherilt 24.26. **Mote Park.** 138. Tom Phillips 32.51.

**27-28/1/24**

**London Indoor Games Age Groups, Lee Valley. U17M.** 60. A1. 2. Max Clark 6.93, 6. Oji Okoro 7.21. B1. 2. Max Clark 6.96.

B2. 6. Oji Okoro 7.30. 400. R5. 1. Alexander Morrell 55.72. 60H. A2. 2. Alexander Morrell 9.02. B2. 5. Alexander Morrell 9.02.

PV. A. 1. Charlie Platt 3.94. **U17W.** A1. 3. Cheyanne Nketia 7.79. A13. 2. Matilda Shilland 8.65. B1. 2. Cheyanne Nketia 7.81.

B9. 4. Matilda Shilland 8.67. 200. R7. 2. Matilda Shilland 28.60. R10. 3. Carys Bowling 29.53. 300. R1. 2. Alyssa Firla 41.06.

R4. 4. Beth Regan 46.53. 800. R1. 5. Megan Barlow 2.18.81, 6. Iris Williams 2.19.20. 60H. R3. 6. Beth Regan 10.53. R5. 2.

Beth Regan 10.51. **U15B.** A1. 1. Piers Spencer Simms 7.27. A2. 6. Oscar Sadowski 7.92. B1. 2. Piers Spencer Simms 7.27. 200.

R1. 1. Piers Spencer Simms 23.52. 300. A1. 5. Oscar Sadowski 40.63. B1. 5. Oscar Sadowski 40.63. 800. 4. Harry Collins Smith

2.25.41. 60H. A2. 1. Alexander Giles 9.58. B2. 1. Alexander Giles 9.43. HJ. 1. Alexander Giles 1.71. LJ. 1. Alexander Giles 5.51.

**U15G.** A2. 2=. Isabella Campbell Andou 8.10. A5. 1. Noelle Carr 8.35. B1. 6. Sienna Thompson 8.49. B2. 2. Isabella Campbell

Andou 8.08. B3. 4. Noelle Carr 8.35. 200. R2. 2. Isabella Campbell Andou 27.67. R4. 1. Noelle Carr 27.75. 60H. A3. 1. Heidi

Coulson 10.30. B2. 6. Heidi Coulson 10.18. LJ. 5. Alessia Scala 4.68. PV. 1. Ella Brooker 2.54. SP. 7. Heidi Coulson 8.23.

**Welsh Senior and Under 15 Championships, Cardiff.** SM. 60H. 4. Rico Cottell 8.47. TJ. 1. Toby Donfield 15.03, 2. Shawn Twumasi Ampofo 14.87. SW. 60H. 5=. Anastasia Davies 8.70. Ht1. 2. Anastasia Davies 8.80.

**28/1/24**

**Bedford 10.** 1. Ryan Weston 54.25 (54.24).

**RunThrough Finsbury Park Half Marathon.** 130. Nigel Bewsher 1.55.40 (1.55.29).

**Junior parkruns. Crystal Palace.** 1. Emery Aldridge 6.50. Bromley. 19. Sebastian Rayner 10.31.

**31/1/24**

**Newham Sprint Series 2024.** SM. A1. DQ. Abdul Rahaman Jolaoso. A2. DQ. Joshua Gbagbo. A4. 1. Joshua Gbagbo 6.90. A12. 4. Ashley Reid (M40) 7.87. B1. 4. Joshua Gbagbo 6.91, 5. Abdul Rahaman Jolaoso 6.95.

### **150 years ago in January 1874**

10/1. The weather on Saturday last was enough to deter most men.... But six turned up at the Rye House for the run over the steeplechase course.

31/1. For some unaccountable cause, certainly not the weather, the muster on Saturday last, at the Rye House was very meagre and out of those who attended, only four turned out for a run. The run was a mutual one, but although no racing was supposed to be allowed, the pace was pretty warm throughout, and on the homeward journey began to improve. The run lasted about an hour and 15 minutes”.

### **125 years ago in January 1899.**

There is an eight mile joint handicap with SLH at Blackheath. “A big crowd assembled to witness the start... Nearly fifty members sat down to high tea... After the meal had been satisfactorily discussed a few games of whist, billiards etc occupied the time till the bell sounded for the smoking concert to begin in the large hall. Mr Jordan, the Club pianist, was in splendid form, and accompanied the vocalists in his usual faultless manner”

### **100 years ago in January 1924.**

Blackheath Harriers defeat Ranelagh in the annual mob match. The score of annual victories stands as Ranelagh 7, Blackheath 6. “About seventy famished mortals afterwards assembled in the Club Room and our expert carverers...were hard put to it, but kept going heroically, with the result that all demands received quick attention... At 6.30 a special non stop concert started”.

The second Sunday stroll takes place. They assemble at The Crown, Bromley Common. After negotiating muddy conditions and an unchartered river “comparatively dry land was again reached in the neighbourhood of Orpington. A short halt for provisions was made at The Five Bells, Chelsfield. Reaching Queens Cove “a royal welcome and dinner awaited them at “The Black Bull... Night had long since fallen when the wanderers set out for Green Street Green and a bus disembarking at Bromley. Survivors stuck manfully to more heel and toe exercise as far as Catford Southend, where a tram brought them back to civilization and, incidentally, to a steak supper at Catford.”

### **75 years ago in January 1949.**

The Kent Cross Country Championships take place on New Years Day at Maidstone. There are only two races, the Senior Men and the Junior Men, and Blackheath win both team titles. “... the writer can scarcely remember such appalling conditions... a gale...heavy rain since the previous evening...hail storms...by the time the senior race was ending the ferocity of the wind had increased to its peak”. Sydney Wooderson is first home for the Club in 4<sup>th</sup> followed by Scott-Wilson 7<sup>th</sup>, Choat 8<sup>th</sup>, Brent 10<sup>th</sup>, Nunns 12<sup>th</sup> and Spencer 13<sup>th</sup>. First home for the Juniors is Child in 2<sup>nd</sup> with Holland 3<sup>rd</sup>, Hayday 4<sup>th</sup> and Smith 5<sup>th</sup>. “After the presentation of the prizes by the wife of the Chief Constable, it was announced that Wooderson, Scott Wilson, Choat and Brent as reserve had been selected to represent Kent at the Inter Counties at Worsley, Manchester on January the 15<sup>th</sup>.” Jack Braughton is 4<sup>th</sup> in the Surrey Championships at Earlsfield.

In the evening it is Punchbowl Night and there are good numbers despite a bus strike. The President introduces the evening and “Giving details of the Club’s success that afternoon in the County Championships, he said the Club flag flew higher than

yesterday." On D K Saunders speech, "Returning to the Gazette, he remembered having been a contributor for many years, and thought the production one of the Club's most important functions." A V Hayday "acknowledged the debt owed by the Juniors themselves, and by the Club, to that great enthusiast G F Brooks".

There is a Kent Youths Championships which takes place the following week at Bexley and in "an object lesson in the value of consistent pack running" the Club win that as well by two points from Cambridge Harriers.

Blackheath defeat Orion in the annual Mob Match scoring 80 points to the visitors 490. It is followed by an evening meal and "smoker".

Sydney Wooderson finishes 7<sup>th</sup> at the Inter Counties enduring challenging conditions in the North West. The following day he gets engaged to Pamela Willocks.

A Wednesday Night dance at the White Hart Hotel in Bromley is attended by 150 Heathens and their guests with tickets at 3s 6d each. "Among the novelty dances was a baton changing elimination event guaranteed to bring tears to the eyes of any AAA Judge". Another "with a cross country motif produced the magnificent spectacle of sturdy members carrying their partners through an imaginary raging river".

### **50 years ago in January 1974**

Bob Richardson wins the Senior Mens Kent Cross Country title and leads Ian Wilson, Peter Horwood Chris Haines, Mick Hamlin and John Baldwin to team gold. In the Junior Mens race Richard Coles defeats future London Marathon winner Mike Gratton. Current Club Chairman Nick Brooks is 4<sup>th</sup> in the Boys Race. The Club Junior Championship race is held within the County Championship so Richard Coles is Club Junior Champion.

Bob Richardson also wins the Club 10 for the sixth time with Chris Haines 2<sup>nd</sup>, John Baldwin 3<sup>rd</sup> and Richard Coles 4<sup>th</sup>.

"Another comparatively new face was Andy Frankish, winner of the Scrubbers Pewter, who it is hoped will pass on his winning ways to the track team next Summer in his capacity as the new track secretary."

Blackheath win the Mob Match against Ranelagh at Petersham..." The race was barely underway when John Baldwin crashed into a small boy who burst into tears. John quickly rejoined the leaders after attending to his victim, but did not treat the runners so kindly" He won.

Last months item on the shameful defeat in the Orion Mob Match has stirred the memory of Chris Haines who presents the following item which has been amended over the years

### **The Brickwood Pewter and the Orion Mob match**

Those who lined up for the 50th running of the Club 10,000m Championship at Norman Park on 12 June 2019, this year might well reflect on the thumping loss handed out to BBHAC by Orion Harriers in the mob match earlier in the year. In remembering the Orion mob match they might be surprised to learn that they would be delving back into the origins of the Brickwood Pewter and the embarrassment of an Epping Forrest defeat by Orion Harriers.

The 10,000m championship was first run in 1970 in the first season of the metrication of the track championships for the club. Nick Mandeville was a worthy winner on the cinders of Ladywell track in a time that has not been bettered since 1989.

In the context of not having lost to Orion Harriers for 34 years, back in December 1973 the Gazette (586,76,8) reports:

There was only one way that this race could ever become news - if Blackheath lost. This race was news. Scoring 17 a-side Orion ran out winners by 295 points to 300 points, despite Blackheath providing the winner of the race in Mick Hamlin, who was later coach to Mark Steinle over several years. Tony Oldfield, the President at the time had to live with the ignominy that he was 'the President who had lost to Orion', the Gazette correspondent further remarked that ... this result will be remembered much longer ...than winning the Whitbread 5 mile Road Race . How times have changed! This year Orion, winners in each match from 2015, continued in their winning ways easily seeing off the challenge of Blackheath & Bromley HAC and our President, Paul Byfield, joined Tony Oldfield and many other PP's in shame.

On that fateful day 8 December 1973, the Blackheath team of Ian Wilson, Chris Haines, the late Peter Horwood and Chris Woodcock travelled to Portsmouth to run in what was then the Whitbread 5. A flat, 3 lap 5 mile road race near to Alexandra Park. A home course for Peter Horwood, who was then in the Royal Navy, and also for Chris Haines, who is really a country boy up from Hampshire. Despite Cambridge Harriers having two runners in the first four, Blackheath ran out winners of the 3-to-score team race by four points, with Ian Wilson leading the team home in 6th place in 25:33, Chris Haines all of 6 seconds behind in 10th place and Peter Horwood a further second down in 11th place. In those days it was a great win for

Blackheath. The prize for the winning team was the Brickwood Pewter (Brickwood's Portsmouth brewery had been taken over by Whitbread).

The eagle eyed-reader will have noticed that this all happened in 1973 but that the Club 10,000m Championship was instituted in 1970. Shamed by the ignominy of a mob match defeat by Orion on the same day, our miscreant runners in Portsmouth had no hesitation in designating the Pewter as a worthy trophy for the 10,000m Championship. It was retrospectively awarded to the winners of the 1970-73 races and engraved accordingly. The first real holder of the pewter, in 1974, was John Baldwin whose memory of his victory has faded somewhat. The fastest time remains that of Jon Wigley, whose 29:28 was run at Norman Park, mostly in lane 2, lapping the entire field.

**Chris Haines.**

Editor's note. So there was some good that came out of that defeat back in December. In 1986 Blackheath President Bill Lake would reflect on a defeat in the Orion Mob Match but the Club's first ever victory in the Southern Cross Country Championships.

### **25 years ago in January 1999**

A strange month. Blackheath senior men do not finish a team at the Kent Cross Country Championships but then win the Southern Cross Country Championships at Parliament Hill. Mark Steinle third at the Kents wins the Southern title. He is also selected to represent Great Britain in the half marathon at the World Student Games in Majorca in July. At the Southern, this is Blackheath's sixth team title in seven years, with Mark supported by Spencer Newport 8th, Dave Taylor 10th, Jeremy Bradley 40<sup>th</sup>, Roy Smith 51<sup>st</sup> and Giles Clifford 80<sup>th</sup>. Sian Brice is sixth in the womens race. Both she and Mark will go to the Olympic Games in 2000.



Southern champion Mark Steinle with AW's Martin Duff hovering. Sian Brice enjoys her mud bath



Spencer Newport and Dave Taylor



Giles Clifford and Roy Smith



Jeremy Bradley and Sian Brice

Back at the Kent Championships, Bromley's Julie Stacey is runner up in the Senior Womens race, while Ella Fisher wins the Under 13 Girls title. Ella also wins the final Kent League race of the season to be overall champion for the season. Debbie Marti wins the high jump title at the Scottish Indoor Championships in Glasgow with a clearance of 1.85. Dave Heath finishes second in the invitation middle distance race at the BUPA Great North Cross Country Meeting at Durham. He times 8.33 for the 3000 metre course, two seconds behind GB International Spencer Barden with twice World Indoor 3000 metre champion Gennaro Di Napoli in third. The main drama happened at the end of the penultimate lap of the three and a half lap course when two of the lead group John Mayock and Phil Tulba sprinted to the finish a lap early.

### Ten titans, Tom and Trang

