



**Blackheath  
& Bromley**

# The Courier

VOL 26 . No10 September 2010. PRESIDENT 2010/11 Richard Coe. HON SEC:- Mrs Hanna Cordell  
EDITOR:- ----- Results , news & views of Blackheath & Bromley Harriers AC: 56 Bourne Way,  
Hayes, Kent (Tel 020 8462 3115)  
Unless otherwise attributed, views are those of who?.

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7. Track & Field, 14. Triathlon, Vale

Despite missing some of this season through injury Montell Douglas has been selected to represent England at the Commonwealth Games in Delhi, India from the 3rd to the 14th of October. Montell who holds the British record for the 100 metres has been picked for this event and for the 4x100 relay. After representing the Great Britain team which experienced its own disappointments in Barcelona, she will be hoping for a late season peak. Meanwhile the Young Athletes won the National Auxiliary Championships in Manchester by a margin of over 200 points from Blackpool Wyre & Fylde AC.

Meanwhile the search for a new Courier editor continues. A likely hopeful has expressed an interest and is being contacted but this is no guarantee of producing a positive result. It may be that to have an editor from outside the club is an advantage but it does not preclude club members from still considering whether or not they too should volunteer. I'm told by some that I'm irreplaceable but now I've stood down someone has to take this over. Maybe the spiritually inclined amongst you could start praying for a suitable successor to emerge. You never know, even that might work!

WHO

## SOME COMING EVENTS.

- Sept 12. KCAA Relays Champs, Sutton Vallance.
- Sept 12. Nat. Jnior Athletic Lge Final, Derby
- Sept 18. Euro Junior Clubs Champs, Poland.
- Sept 18. KCAA Comb Ev. U13 & masters champs, Erith.
- Sept 18/19. Will Bolton CC relays (BC1) Sparrows Den.
- Sept 25. SEAA Road Relays Women/YA, Aldershot
- Sept 26. SEAA Road Relays Men/Masters, Aldershot
- Oct 2. Club 5 mile x/c Champs, Hayes
- Oct 9. Kent League, Sparrows Den
- Oct 23. Beachy Head marathon, Eastbourne
- Oct 23 Kent League, Somerhill, Tonbridge
- Oct 16/17. National Road Relays, Sutton Park.

## SOCIAL

- (All events held at BHHQ unless otherwise stated)
- Sept 18. Winter Relays Supper.
- Oct 8. VP's Supper

## 200 CLUB

Organizer: Roger Counter

## NEXT COURIER: Whenever!

Any contributions and articles from members are always welcome

#### A final editorial...Wither the Courier ?

For those of you who read my special feature on the History of the Courier (December 2009 issue) you may recall that it was originally intended to be a supplement to the results services provided by the Gazette which was originally styled the "Blackheath Harriers Gazette and Club Record". This reveals that the Gazette was itself at one time produced to record results of events as the Courier has done for over thirty years since it was decided by the Committee to support a newsletter regularly produced to take this function over from the Gazette.

As I related in that piece there had been newsheets produced for recording results as far back as the mid 1950s to enable competitors to access results more quickly than could have been done in the pages of the Gazette. This was revived some time later when in the club centenary year the Newsheet was produced on a regular basis to deal with this. The growing number of athletics events taking place from the 1970s onwards (and this was before the running boom of the next decade) caused a decision to be taken to make the news-sheets the official club archive, and a glimpse from an article printed in the spring issue of the Gazette for 1977 entitled "*Wither the Gazette ?*" is of particular insight in understanding why the need arose for a separate publication that dealt mainly with results. In this piece the then editor Geoff Last described how the Gazette had originally printed results indiscriminately and from a wide variety of sports including cricket, rugby and even tug-of-war! Although by the late 1970s the editor was still endeavouring to include these as part of the magazine's content he admitted that with the proliferation of athletic features and a recent explosion of athletic activity the Gazette could no longer cope with the volume of material thrown at it. It had been decided, wrote the editor with approval by the General Committee, that the Gazette was no longer duty bound to print match results in detail, particularly but where possible any effort should be made to keep club members informed of these things.

It was promised that the club would continue to publish the Newsheet which would contain as far as possible the results which had been obtained and that it should be bound and kept as a club record. Ever since then the Newsheet which in time became the Courier has been the club's official archive whilst the Gazette concentrates on articles and reports of events retrospective of the particular season just finished. However the Courier with its greater frequency could produce these more immediately and with excessively greater capacity for results to be included.

This has been the policy of the Courier and its successive editors in the years since 1977 but with the revolution in information technology since the mid 1990s questions have been raised about the necessity of a hard copy magazine which is still printed in numbers of hundreds (and faithfully distributed to club members every two months on a Wednesday evening), when it could be easily accessed on the club's website in PDF by all and sundry. It's a question I've asked myself and at one point in my editorship my response was to ask myself whether it was still worth continuing to produce something that was merely taken for granted by some, and contained material which very easily could be found on websites, other results sheets and in such publications as Athletics Weekly.

For that reason I very nearly gave up producing it thinking it wasn't worth the effort any longer until it was pointed out to me that this indeed the official club archive and would be missed by many club members. In fact just to have it posted on the website is only part of the picture. The rest of it includes the cases of 13 or 14 year olds having their own copy of the Courier given out to them at the track at Norman Park, an of the long-standing member now living way up in Scotland who dutifully pays his contribution to the Courier fund, keenly sending in his results for the over 70s vets by postcard. Such a person needs acknowledgement of their unique and much-appreciated support and they should get it.

Anyway to sum up the Courier fulfils a vital function in recording all results be they ever so obscure or seemingly insignificant. Athletics Weekly may give you results but they will be mainly of those elite runners who constantly get praise and attention from the athletic world at large. The Courier honours the achievements of the grass roots such as the fun-runners, the 70-somethings down to the young athletes who may not get an airing elsewhere, so as to give them encouragement both at the beginning and the end of their athletic careers. It also takes from sources which are complex and simplifies them concentrating on those who are club members so that the reader's eye isn't confused by irrelevant information, and even though it was not intended as such, the Courier can be a forum of comment and personal creative expression which is something I inherited from Bill Clapham and have endeavoured to continue.

All this leads me to conclude that the Courier should continue in some form in the future and it would be a shame for it to go into abeyance for lack of a suitable editor. Alas I cannot keep it going indefinitely and yet it may be that the only way for someone to take it over is if it does not get produced for a while in order that it would be missed. If so then surely someone will come forward to pick up and carry on the production of what is the official club archive. I have asked before and ask again, is there anyone who can consider doing this? Your response however small at first would be most appreciated by the club and leave a lasting legacy to its history.

WHO

#### A brief history of the Clubhouse

*(This is an article I recently submitted to the Hayes Review for its forthcoming October issue. I am currently writing up a more detailed history which will appear in the next Gazette at the end of this year. If any members are interested in contributing material for use in such a piece I'd be glad to hear from them, especially those who can remember what the club-house was like in the dim and distant past)*

The buildings of the club headquarters of Blackheath and Bromley AC were constructed for use as stabling facilities for clientele using Hayes railway Station when it was opened in 1882. They were used for this purpose for several years but eventually fell into disuse as the advance of the motor car and electric tram rendered the need for stables obsolete. For some years the buildings remained unoccupied. Then Blackheath Harriers which had moved from South London to West Wickham needed a base in an area still having unspoilt areas of countryside around it for training and it was decided to purchase the site which the Club President T.K Grant had discovered and considered suitable for a new club house. Land was purchased consisting of 'half an acre of freehold land and two good buildings of solid construction' including a cottage for £850. Completion was made in June 1926 and immediately work commenced to restore the buildings to make them suitable for use as a clubhouse. The architect W.C Pinhey drew up plans for a main building with two floors, the upper floor to contain a common room and committee room and the ground floor for changing room and bathrooms. Ownership was vested in a company BHHQ Ltd which was formed to acquire and develop the property and hold the Title Deeds. Meanwhile the club itself funded the purchase partly by issue of debentures which were purchased by club members promising eventual ownership by the club of its premises.

The buildings were opened for use on January 1<sup>st</sup> 1927 and although advanced by the standards of other clubs at the time the clubhouse was still had archaic features; lighting was by gas and the bathing was done in Victorian hip-baths with the heating of water erratic rendering it frequently scalding hot. Initially the premises were used mainly for sporting rather than social events which were still held mainly in Central London. Slowly more social functions were held in Hayes and eventually the Committee Room was converted into a kitchen with a bar installed to make the club self catering.

The cottage for many years housed the club Steward and eventually the Committee also met there. In post war years it authorized significant improvements and modernizations. New baths were installed and in 1948 the debentures used to finance the initial purchase were fully redeemed and the club acquired the freehold of the property. During the 1950s improvements were made including installing electricity to replace the gas lighting, the complete renovation of the changing rooms, upgrading of boilers and the installation of showers.

In 1974 the clubroom was made over and new fittings such as notice-boards and floodlights were installed. But by then there was a need for greater space. The cottage had become condemned and a new building scheme funded by debentures and donations was set up. A new block was built to be used as a general purpose exercise and committee room and included a purpose built flat for the residential club steward. This remained unaltered over the next two decades but in 1996 reflecting the increasing numbers of women members a suite of changing facilities were installed for their use. Finally in 2007, in memory of the club's most famous athlete the club-house was re-named the Sydney Wooderson Centre and the fabric of the building including windows, doors and floor surfaces were given necessary refurbishments. At present the club is aiming to commission an ambitious re-building program expanding its kitchen facilities and build a new outbuilding on the site of the cottage. This is subject to planning permission and funding and as yet has no definite outcome. Nevertheless the clubhouse has survived and adapted to changing needs and circumstances and will no doubt continue to do so in the future.

WHO



## The Courier September 2010. Results

### **Road.**

#### **Marathons**

**July 11th Dartford Half marathon.** 23. G. Evans (1:30'29)- 93. K. Pratten (1: 40'55)- 110. L. Page (1:42'06)

#### **Other distances**

**Last Friday of Month 5km. Serpentine. July 30<sup>th</sup>** 36. D. Beadle (18'38) **August 27<sup>th</sup>** 36. D. Beadle (18'44)

#### **Parris Handicap Series**

**Race 4 July 21<sup>st</sup>.** 1 Clare Parkin (35'35 /20'05){41}- 2 Luke Brett (35'42 /22'57){39}-3 Tim Ayres(35'48 /18'48){37}- 4 Jenny Paxton (35'51/27'51){35}- 5 Bernie Bater (35'54/20'24){34}- 6 Andy Tucker (35'55 /18'25){33}-7 Jessica Jones (36'02 /20'47){32}- 8 Dave Leal (36'02 /23'17){31}- 9 Adrian Stocks (36'04/19'34){30}-10 Iain Swatton (36'13/21'13){29}-11 Matt Allcock (36'14/21'44){28}- 12 Gerald Sterling (36'17 /19'47){27}-13 Peter Rogers (36'22/19'52) {26}-15 Dave Carton (36'28 /20'28){25}-14 Andy Lawes (36'31/20'01){24}-16 Jane Bradshaw (36'34/18'49) {23}-17 Melody Kane (36'37/21'07){22}-18 Dave Beadle (36'44/18'29){21}-19 Neil Roberts (36'50 /23'05){20}- 20 Glen Turner (36'50 /17'05){19}- 21 John E Turner (36'50/21'35){18}-22 Anne Cilia (36'55/22'40){17}-23 Tracey Ashenden (36'58 /23'58) {16}- 24 Andy Riches (36'59 /21'29){15}-25 Nigel Haffenden (37'03/20'18){14}- 26 Justine Eastbury (37'03 /21'33){13}-27 Cliff Keen (37'06 /18'21){12}-28 Gary Cook (37'09 /19'09){11}- 29 Steve Pairman (37'10 /19'25){10}-30 Glen Read (37'20/22'20){9}-31 Mick Jones (37'23/19'53){8}- 32 Chris Pike (37'26/21'11){7}-33 Sarah Belaon (37'37/22'22){6}- 34 Peter Horton (37'43 /23'58){5}-35 John Fenwick (37'57/22'12){4}-36 Wilf Orton (38'14/26'14){3}-37 Maz Turner (38'16/30'01){2}-38 Ron Chambers (38'21/36'06){1}

**Finishing positions on net time. Men: 1. G. Turner- 2. C. Keen- 3. A. Tucker. Women: 1. J. Bradshaw- 2. C. Parkin-3. J. Jones**

**Race 5 August 18<sup>th</sup>** 1 Kelly McEntee (35'38/20'23){33} -2 Dave Leal (35'46 /22'31){31}-3 Andy Riches (35'52/20'37){29}- 4 Bernie Bater (35'54/24'27)- 5 Colin McEntee (35'56/20'56){26}-6 Dave Carton (35'59 /20'14){25} -7 Carolyn Jones-Baldock (36'04/21'34) {24}-8 Clare Parkin (36'05/20'05){23}- 9 Adrian Stocks (36'13 /28'22){22}-10.Cheryl Battersby (36'23 /23'21){21}-11Cliff Keen (36'25/17'55){20}-12 Iain Swatton (36'31/21'16){19}-13 Neil Roberts (36'36 /22'51){18}-14 Tim Ayres (36'37/18'37){17}-15 Nigel Haffenden (36'39/20'09){16}-16 Gerald Sterling (36'42 /19'27){15}-17 Graham Coates (36'45 /19'30){14}- 18 Melody Kane (36'47/21'17){13}-19 John E Turner (36'50/21'50){12}-20 David Sterling (36'50/22'05) {12}-21 Anne Cilia (36'53/22'53){10}-22 Gary Cook (36'55/18'55){9}-23 Barry Wetherilt (37'10/21'10){8}- 24 Justine Eastbury (37'14/21'59){7}- 25 Glen Turner (37'15/17'30){6}-26 Martin Lundie (37'24/32'54){5}- 27 Luke Brett (37'25/22'40){4}-28 Chris Pike (37'28/21'13){3}-29 Mark Ellison (37'31 /19'31){2}- 30 John Fenwick (37'37/22'22){1}

**Men :1. G. Turner -2. C. Keen- 3. T.Ayres. Women: 1. C. Parkin- 2. K. McEntee-3. M.Kane**

**Race 6 September 1<sup>st</sup>.**1.Martin Lundie (35'22/ 31'22) 39- 2 Zoe Wood (35'33/ 22'03) 37- 3 Dave Carton (35'35/ 19'50) 35- 4 Matt Alcock (35'40/ 20'25) 33-5 Adrian Stocks (35'41/18'56) {32}- 6 Clare Parkin (35'48/ 20'03) {31}-7 Sarah Belaon (35'50/21'20) {30}- 8 Luke Brett (35'57/ 21'57){29}-9 Dave Leal (36'01/ 22'31){28}-10 Andy Lawes (36'04/19'34) {27}-11 Glen Read (36'08/ 21'23) {26}-12 Steve Pairman (36'13/18'58) {25}-13 Gerald Sterling (36'14/ 18'59){24}-14 Melody Kane (36'15/ 20'45){23}-15 Mark Ellison (36'15/ 18'45){22}-16 Iain Swatton(36'21/ 21'06){21}-17 Neil Roberts (36'22/ 22'52){20}-18 Wilf

Orton (36'22/24'22){19}-19 Barry Wetherilt (36'25/20'40){18}-20 Graham Coates (36'26/ 19'11){17}-21 Justine Eastbury (36'27/21'42){16}-22 Glen Turner (36'28/16'58){15}-23 Mick Jones (36'28 /18'58){14} - 24 Chris Pike (36'31/20'31) 13 -25 Peter Rogers (36'35/ 20'05){12}-26 Peter Horton(36'39 /22'54){11} -27 Martin Blunden (36'49/ 20'19){10}-28 Bernie Bater (36'50/ 21'05) {9}-29 Dave Beadle (36'52/ 18'52) {8}-30 Andy Riches (36'59/ 21'14){7}-31 Jessica Jones (37'01/ 21'46) {6} -32 Anne Cilia (37'03/ 23'18) {5}-33 Carolyn Jones-Baldock (37'03/22'33){4}-34 Tim Ayres (37'17 /19'32){3}-35 Clem Leon (37'50/ 22'35){2}-36 Ron Chambers (39'12/ 38'42){1}

Men : 1. G.Turner- 2. M.Ellison-3. D. Beadle Women : 1. C. Parkin- 2. M.Kane-3. S. Belaon



This summer's Parris Handicap series drew to an end on September 1st as 36 runners competed in the final race. Following on from wins by Tim Ayres, Justin Eastbury, Steve Pairman, Claire Parkin and Kelly McEntee this was won by Martin Lundie who held off a competitive field, but the overall series title went to newcomer **Luke Brett**, who as Martin had done previously won the Parris Shield in his first season. The winning margin was 12 points from David Leal with Clare Parkin in third place. Clare's performance was underpinned by placing as top female runner in four of the events, although Jane Bradshaw

with 18'49 was the fastest lady over the season. For the men however there was a clear winner of the first man title as Glen Turner achieved this distinction in all six races with a fastest time for the season of 16'54.

### **Final standings after all six events**

**1. Luke Brett (160 points)** -2. Dave Leal (148) -3. Clare Parkin (147) - 4.Dave Carton (146)- 5 Adrian Stocks (138) -6 Iain Swatton (120)-7 Tim Ayres (119)- 8 Glen Turner (113)- 9 John E Turner (109)- 10 Anne Cilia (107)- 11 Peter Rogers (107)- 12 Bernie Bater (106)- 13 Neil Roberts (99)- 14 Jenny Paxton (98)- 15 Justine Eastbury (97)- 16 Andy Lawes (97)-17 Steve Pairman (92)- 18 Melody Kane (91)- 19 Cliff Keen (90)- 20 Graham (90)- 21 Carolyn Jones-Baldock (86)- 22 Martin Lundie (76) -23 Jessica Jones (74)- 24 Andy Riches (66) -25 Gerald Sterling (66)- 26 Peter Horton (65)- 27 Chris Pike (65)- 28.Dave Beadle (62)- 29 Matt Allcock (61)- 30 Tess Banasiewicz (58)- 31 Colin McEntee (57)- 32 Barry Wetherilt (52)- 33 Maz Turner (51)- 34 Mick Jones (51)- 35 Wilf Orton (49)- 36 David Sterling (46)- 37 Nigel Haffenden (44) -38 Andy Tucker (42)-39 Mark Ellison (41)- 40 Jane Bradshaw (38)- 41 Zoe Wood (37)- 42 Sarah Belaon (36)- 43 Glen Read (35)- 44 Kelly McEntee (33)- 45 Catherine Brooks (29)- 46 Mark Compton (27)- 47 Tracey Ashenden (25)- 48 Cheryl Battersby (21)- 49 Gary Cook (20)- 50 Paul Hills(15)- 51 Kate Pratten (13)- 52 John Robinson (11)- 53 Martin Blunden (10)- 54 Neil Ives (8)- 55 John Fenwick (5) -56 Emma Graham (4)-57 Jo Smith (3)-58 Amanda Hone (2)- 59 Jo Hone (2)- 60 Ron Chambers (2)- 60 Clem Leon (2)

### **Walking events**

**June 15<sup>th</sup> Steyning AC track 3km, Broadbridge Heath** 2. S.Lightman (SWC) (16'13)

**June 16<sup>th</sup> London Business Houses League 3km, Willesden** 12. D.Hoben (SWC) (20' 27.5)

**June 20<sup>th</sup> London Inter-Clubs 5 km, Copthall** 22. D.Hoben (SWC) (34'59)

**June 22<sup>nd</sup> Veterans Athletic Club League and Championships 5 miles, Battersea Park** 3. S.Lightman (SWC 1<sup>st</sup> M65) (44'15)-12. P.Hannell (SWC 3<sup>rd</sup> M65) (50'58)- D.Hoben (SWC 2<sup>nd</sup> M55) (55'21)

**June 26<sup>th</sup> British Masters 20km Championship, Northampton** D.Hoben (SWC 3<sup>rd</sup> M55) (2:28'28).

**July 3<sup>rd</sup> 500<sup>th</sup> Essex League 5km, Redbridge Cycle circuit** Men:D.Hoben (SWC) (34'59).

**July 3<sup>rd</sup> British Masters Track & Field Championships, Cardiff** 3km, Men 3. R.Michell (SWC 1<sup>st</sup> M60) (15'55.3)- 6. P.Hannell (SWC 2<sup>nd</sup> M65) (17'28.1) **July 4<sup>th</sup> 5km** R.Michell (SWC 1<sup>st</sup> M60) (26'52.01).

**July 7<sup>th</sup> Surrey Walking Club/ Blackheath & Bromley 3km Track Walking Championships, Norman Park, Bromley** 1. R.Michell (1<sup>st</sup> SWC/ 1<sup>st</sup> B & B) (15'41.5)- 5. P.Hannell (3<sup>rd</sup> SWC/2<sup>nd</sup> B & B) (17' 20.2)- 9. D.Hoben (SWC/3<sup>rd</sup> B & B) (20'41).

**July 13th. Veterans AC 5 mile League.Battersea Park** 6. P. Hannell (SyWC) (49'45)- 13. D. Hoben (SyWC) (56'19).

**July 14th. Blackheath & Bromley HAC Johnson Bowl 4 miles Road Walking Championships. Bromley**  
1. R.Michell (SyWC) (1st B&B) (33'3)- 2. S. Lightman (SyWC) (2<sup>nd</sup> B&B) (38'32)- 3. P. Hannell (SyWC) (3rd B&B) (39'18)- 5. D. Hoben (SyWC) (4th B&B) (45'01)

**July 17th. London Inter-Club Championships. Lee Valley**  
14. P. Hannell (SyWC) (17'18)- 28 D. Hoben (SyWC) (20'02).

**July 24th. South of England AA Championships 5km Walk. Cophall Stadium**  
3. P. Hannell (SyWC) (29'36.14)

**August 8th. UK Veterans Inter-Area Match 2km. Solihull**  
4. P. Hannell (Vets AC/SyWC) (2<sup>nd</sup> M60) (11'12.8).

**August 8th. Veterans AC 5 Mile Road Walk. Battersea**  
6. P. Hannell (SyWC) (49'15)-11. D. Hoben (SyWC) (56' 09).

**August 11th. Surrey Walking Club Open 5km. Norman Park** 3.S.Lightman (SyWC) (28'11)- 4. P.Hannell (SyWC) (29' 20)- 9. D.Hoben (SyWC) (33'58)

**August 28th. Polish Commemorative Open Walks. Veterans 5km. Gdansk** 4. S. Lightman (SyWC) (28'51).

**August 29th. Veterans AC Track & Field Championships. Battersea** 5. P. Hannell (SyWC) (1st M65) (17'21.1) - 13. D.Hoben (SyWC) (1st M55) (20'48.4)

**August 29th. Veterans AC Track & Field Championships. Battersea** 5. P. Hannell (SyWC) (1st M65) (17' 21.1)- 13. D.Hoben (SyWC) (1st M55) (20.48.4)

**September 4th. Jim Sharlott 10km. (incorporating British Masters Champs.). Leicester** 10. R. Michell (SyWC) (3rd M60) (56'26)

**Southern Area Veterans League Final. 3km Walk. Ashford**  
2. R. Michell (SyWC) (2<sup>nd</sup> m35) (10'30)- 3. S. Lightman (SyWC) (1st M50) (10'58)

## **Cross Country**

**July 4<sup>th</sup> Orpington 10km** 1 Ian Frith (36'24) -3 Stephen Cavey (37'38) - 7 Martin Airey (38'45) - 9 Will Mercer (39'12) - 14 Samuel Jackson (40'00) - 23 Andrea Pickup (41'08) *FV35*- 25 Brendan McShane (41'33) *MV40* -33 Graham Coates (42'05) *MV50*- 57 David Carton (45'08) *MV50*- 71 Adrian Stocks (46'35) - 79 Robert Brown (46'56) *MV60*- 85 Alan Twomey (47'21) -95 Sasha Shaker (47'45) -125 John Fenwick (49'05) *MV60*- 155 Glen Read (51'28) *MV40*- 156 Stephen Hollingdale (51'28) *MV50*- 173 Wilfred Orton (52'25) *MV50*

**July 24th Banstead Woods Park Run** 20. R. Brown (21'23)

## **Track & Field**

### **July 3rd. BAL. Don Valley, Sheffield**

100m A. 1. J. Alaka (10.53); B. 1. F. Owolade (10.81). 200m A. 1. J. Alaka (21.09); B. 2. F. Owolade (10.81). 400m A. 4. D. Putnam (48.37); B. 1. B. Barikor (48.30). 800m A. 8. B. Harding (2'01.21); B. 7. P. Sesemann (1'58.04). 1500m A. 8. S. Cavey (4'13.23); B. 8. A. Bruce-Littlewood (4'21.68). 3000mSC A. 3. A. Bruce-Littlewood (9'29.41); B. 8. A. Pope (13'44.81). 5000m A. 8. P. Sesemann (16'41.15); B. 6. B. Harding (17'07.12). 400m Hurdles A. 4. E. Harrison (53.78); B. 5. B. Hopkins (56.48). 110m Hurdles A. 6. E. Harrison (15.24); B. 5. C. Baker (15.57). Hammer A. 3. A. Jordan (58.90m); B. 3. A. Pope (37.49m). Discus A. 6. A. Pope (41.54m); B. 8. C. Baker (35.14m). Javelin A. 5. C. Baker (51.61m); B. 5. A. Pope (45.20m). Shot A. 7. A. Pope (11.61m); B. 6. C. Baker (11.24m). LJump A. C. Baker (6.37m); B. 5. S. Bobb (6.13m). TJump A. 4. S. Bobb (14.43m); B. 3. D. Bovell (12.38m). HJump A. 4. L. Ely (1.90m); B. 6. C. Baker (1.60m). PVault A. 2. S. Huggins (5.00m); B. 1. N. Quiney (5.00m). 4x100 Relay 4. E. Harrison, D. Bovell, B. Barikor, F. Owolade (42.79). 4x400m Relay 5. A. Wilson, D. Putnam, F. Owolade, B. Barikor (3'13.80).

**July 3rd British Masters Champs, Cardiff.** Women O60. Javelin. 1. B. Terry (19.27m); Shot 2. B. Terry (8.41m); Hammer 3. B. Terry (23.97m); Weight 2. B. Terry (10.00m). Men. O35. 400mH 3. R. Holt (59.21). O50. 100m. 5. C. Leon (13.41); 200m 8. C. Leon (27.46); 400m 4. C. Leon (60'12); 5000m 1. W. Foster (16'08.44); LJump 4. C. Leon (5.01m); TJump 1. C. Leon (10.76m); Hjump 2. C. Leon (1.60m); Javelin 2. S. Langson (51.79m). O55. 3. T. Phillips (12.97); 200m 5. T. Phillips (26.40) O65. 3000m walk 2. P. Hannell (17'28.10). O75. Shot 2. G. Hickey (9.63m); Jav 1. G. Hickey (25.32m); Hammer 5. G. Hickey (24.33m); Weight 3. G. Hickey (10.76m).

**July 4th Resisprint International, La Choux-de-Fonds, Switzerland.** 100m 4. M. Douglas GB (11.40)

**July 8th Meeting Arcobeleno, Cella Ligure, Italy.** 200m women (race 2) 5. A. Shand-Whittingham (24.90)

**July 10th Meeting Internazionale Donnas, Italy.** Women 100m (race 2) 5. A. Shand-Whittingham (11.82)

### **July 10th Southern League Div 2, Norman Park.**

**A string.** 100m 5. J. Allen (12.1); 200m 1. D. Haque (22.1); 400m 1. A. Wilson (49.2); 800m 4. D. Mckinlay (2'00.9); 1500m 1. D. Mckinlay (4'17.3); 5000m 4. J. Darling (18'56.6); 3000m S/c 4. T. Ayres (12'36.8); 110m H 3. R. Holt (20.0); 400m H 1. D. Paisley (56.1); 4x100m relays 3rd BBHAC (45.9); 4x400m 1st BBHAC (3'24.6); LJump 4. T. Jenkins (6.07m); Hjump 5. I. Holder (1.50m); TJump 3. D. Haque (12.98m); Pvault 3. N. Moore (3.90m); Discus 5. R. Holt (17.31m); Javelin 5. R. Holt (33.58m); Shot 5. T. Ayres (7.20m); Hammer 5. R. Holt (19.76m) **B string.** 100m 5. F. Arnott (12.2); 200m 5. F. Arnott (25.1); 400m 1. O. Robinson (52.1); 800m 2. J. Darling (2'01.3); 1500m 1. I. Frith (4'20.4); 5000m 3. R. Braden (19'11.2); 3000m S/c 3. R. Hall (13'11.9); 400m H 1. R. Holt (58.4); LJump 2. J. Allen (6.00m); Hjump 4. R. Daniel (1.10m); TJump 1. T. Jenkins (12.22m); Pvault 1. A. Williams (3.40m); Discus 5. T. Ayres (14.70m); Javelin 5. T. Jenkins (6.77m); Shot 5. R. Hall (5.10m); Hammer 4. T. Ayres (15.69m)

**July 10th BMS Solihull.** 1500m (race C) 5. A. Bruce-Littlewood (3'21.51)- (race D) 4. J. Poole (3'55.95)- (women race B) 9. B. Proctor (4'31.77)

### **July 11th. Kent Young Athletes League Division 1. Julie Rose Stadium, Ashford**

**U13 Girls.** 75m A. 4. I. Jones (11.4); B. 2. G. Cain (11.5). 150m A. 3. G. Cain (23.2); B. 2. R. Courtney (22.7). 600m A. 2. S. Risky (1.56.0); B. 2. L. Everson (2.06.7). 1000m A. 3. N. Bridson-Hubbard (3.32.5); B. 1. J. Kenne (3.40.0). 70m Hurdles A. 4. I. Jones (14.8); B. 2. R. Courtney (14.4). 1200m Walk 4. N. Bridson-Hubbard (8.38.3). HJump A. 4. I. Reeves (1.20m); B. 1. S. Risky (1.20m). LJump A. 4. I. Reeves (3.72m); B. 4. A. Duffas (3.37m). Shot A. 3. B. Hollett (6.85m); B. 2. R. Courtney (5.35). Discus A. 3. B. Hollett (15.82m); B. 3. E. Ibidunni (8.44m). Javelin A. 5. B. Hollett (9.02); B. 3. S. Risky (8.98m). 4x100m Relay. 4. I. Jones, R. Courtney, A. Duffas, G. Cain (59.8). **U15 Girls.** 100m A. 1. C. Hylton (13.4); B. 1. S. Williams (13.9). 200m A. 3. V. Olatunji (28.7); B. 1. A. Bryan-Isacs (28.9). 300m A. 3. S. Woolhouse (46.7); B. 1. S. Hylton (44.3). 800m A. 4. S. Woolhouse (2.43.5); B. 3. B. Frost (2.50.5). 1500m A. 3. S. Leighton (5.28.2); B. 2. I. Jackson (5.40.0). 75m Hurdles A. 3. S. Hylton (12.9); B. 5. L. Pettet (16.3). 1200m Walk A. 4. B. Frost (8.58.9); B. 3. S. Hylton (8.59.2). HJump 3. A. Wheelwright (1.45m). PVault 2. F. Korra (1.90m). LJump A. 2. E. Syron-Ross

(4.81m); B. 1. S. Cordell (4.54m). Shot A. 3. A. Bryan-Isaacs (6.63m); B. 3. S. Cordell (5.29m). Discus A. 4. S. Cordell (10.56m). Javelin A. 5. F. Korra (10.64m); B. 3. R. Pettet (7.45m). 4x100m Relay. 1. S. Williams, C. Hylton, V. Olatunji, A. Bryan-Isaacs (52.8).

**July 12th Meeting Nationale Di d'Alberville.** 100m (women) 4. A. Shand-Whittingham (12.10)

**July 14th. Watford open Graded Meeting.** 100m (race 8) 6. T. Swarey (11.45) wind -0.1 m/s ; 200m (race 7) 2. A. Campbell (22.73) wind -0.8 m/s ; 800m (race 19) 5. R. Bentley (1'56.37).

**July 16th Dartford open meeting.** Pvault v50. 1. A. Hardy (2.90m)

**July 17-24th European Vets Champs, Nyiregyhaza, Hungary** 800m. (heat 3 22/7) 1. K. Daniel (2'29.75)- (final 23/7) 4. K. Daniel 2'22.22) ; 1500m (heat 2 17/7) 3. K. Daniel (5'02.40)- (final 19/7) 5. K. Daniel (4'59.35) ; 4x400m (24/7) (K. Daniel 3rd leg of GB team finishing 2<sup>nd</sup> in 4'04.27)

**July 18th. England Senior Championships. Gateshead**

400m Hurdles. 5th Ed Harrison (53.57). 1500m. 10th Elaine Murty (04.32.03). 3000SC. 3rd Shavaun Henry (11.16.96).

**July 22-25th World Junior Championships, Moncton, Canada.**

July 22nd. Womens Ljump. (heat B) 9. L. Ugen *GB* (5.56m) wind -0.5 m/s ; July 24th Hammer 1. S. Hitchon *GB* (66.01m) ; July 25th mens 4x400m ( D. Putnam 46.6/2<sup>nd</sup> leg of GB team finishing 3rd in 3'06.49)

**July 28th BMC Watford** 1500m (race B) 3. Alex Bruce-Littlewood (3'49.88)

**July 31st. British Athletics League, Men's Div 1. Norman Park.**

A string. 100m. 1. T. Gilling (10.46) ; 200m. 1. J. Alaka (21.34) ; 400m 4. B. Barikor (48.22) ; 800m 7. R. Bentley (1'53.83) ; 1500m 5. B. Harding (3'56.58) ; 3000m s/chase 3. A. Bruce-Littlewood (9'10.82) ; 5000m 6. J. Poole (15'09.49) ; 400mH 4. E. Harrison (52.67) ; 110mH 6. T. Sodehi (15.13) ; Hammer 3. A. Jordan (59.16m) ; Discus 8. A. Pope (40.28m) ; Javelin 7. M. Van Dobbstein (51.30m) ; Shot 6. A. Pope (12.44m) ; Ljump 7. D. Willis (6.15m) ; Tjump 8. D. Haque (12.23m) ; Hjump 5. L. Ely (1.85m) ; Pvault 2. M. Longhurst (4.50m) ; 4x100m relay BBHAC 2<sup>nd</sup> (B. Barikor, J. Alaka, D. Bovell, T. Gilling {41.35}) ; 4x400m (B. Barikor, D. Putnam, E. Harrison, A. Wilson {3'11.59}). B string. 100m. 1. J. Alaka (10.59) ; 200m. 1. T. Gilling (21.54) ; 400m 1. A. Wilson (48.45) ; 800m 6. J. Poole (1'57.49) ; 1500m 3. R. Bentley (3'58.25) ; 3000m s/chase 2. A. Gibbins (9'52.03) ; 5000m 5. P. Sesemann (16'33.43) ; 400mH 3. B. Hopkins (54.99) ; 110mH 8. D. Willis (18.42) ; Hammer 3. J. Haylock (46.76m) ; Discus 8. D. Willis (15.80m) ; Javelin 6. A. Pope (46.57m) ; Shot 8. E. Zorro (10.25m) ; Ljump 7. M. Longhurst (5.83m) ; Tjump 6. D. Willis (11.89m) ; Hjump 3. H. Rogers (1.80m) ; Pvault 3. A. Williams (3.20m)

**July 31st Southern Men's League, Div 2, Cambridge.**

A string. 100m 5. S. Soult (11.9) ; 200m 5. S. Soult (26.6) ; 800m 4. I. Firth (2 :03'8) ; 1500m 2. I. Firth (4 :15'4) ; 5000m 5. R. Hall (20'28.2) ; 400mH 5. C. Daniel (1'18.4) ; Hjump 5. C. Daniel (1.00m) ; Ljump. 4. S. Soult (5.24m) ; Tjump 5. C. Daniel (8.76m) ; Shot 5. C. Daniel (6.22m) ; Discus 4. R. Hall (11.51m) ; Hammer 5. C. Daniel (10.90m) ; Jav. 5. C. Daniel (29.41m) ; 4x100m 5. BBHAC (51.5) ; 4x400m 5. BBHAC (3'52.6) B. string. 100m 5. B. Myszka (11.6) ; 200m B. Myszka (23.4) ; 800m 3. S. Cavey (2'06.9) ; 1500m 2. S. Cavey (4 '21.2) ; 5000m 4. R. Braden (22'34.8) ; 400mH 5. R. Hall (1'26.6) ; Hjump 4. R. Hall (1.00m) ; Ljump 4. R. Braden (4.80m) ; Tjump 5. R. Hall (7.93m) ; Shot 5. R. Hall (5.73m) ; Hammer 5. R. Hall (6.46m) ; Jav. 5. R. Hall (16.07m) .

**July 31st European Championships, Barcelona.** Womens 4x100m relays (rd 1-heat 2) 6th GB (44'09) (M. Douglas 2<sup>nd</sup> leg)

**August 1st. National Young Athletes League. Cophthall**

*U13 Girls.* 75m A. 2. M. Bruney (9.83) ; B. 3. J. Ray (10.82). 150m A. 1. M. Bruney (19.31) ; B. 2. T. Orelaja (21.39). 800m A. 5. S. riskey (02.43.70) ; B. 5. E. Ibidunni (02.51.75). 1200m A. 3. N. Bridson-Hubbard (04.09.85). 70m Hurdles A. 4. G. McGrand (12.34) ; B. 2. R. Courtney (14.09). HJump A. 3. T. Orelaja (1.30m) ; B. 5. J. Ray (1.15m). Shot A. 8. I. Jones (6.83m) ; B. 7. R. Courtney (5.43m). LJump A. 1. M. Bruney (4.50m) ; B. 1. I. Jones (4.05m). 4x100m Relay. 3. J. Ray, I. Jones, R. Courtney, M. Bruney (55.29). *U13 Boys.* 100m A. 4. J. Dalsan (13.04) ; B. 5. D. Ayodele (13.85). 200m A. 3. J. Dalsan (26.93) ; B. 3. G. Ibitoye (27.52). 800m A. 7. J. Eversley (02.48.94) ; B. 7. D. Eversley (02.51.65). 75m Hurdles A. 7. D. Eversley (15.96) ; B. 5.



D. Appiah (16.70). LJump A. 5. R. McCarthy (4.04m); B. 3. K. Wicking (3.85m). Shot A. 2. G. Ibitoye (10.71m); B. 1. R. McCarthy (7.81m). HJump A. 7. K. Wicking (1.25m); B. 7. A. Narracott (1.10m). 4x100m Relay. 3. (53.67). *U15 Girls*. 100m A. 2. D. Asher-Smith (12.07); B. 2. S. Hylton (12.73); B. 800m A. 5. H. Fletcher (02.28.01); B. 4. J. Galley (02.30.72). 1500m A. 6. S. Woolhouse (05.26.15); B. 6. S. Leighton (05.45.54). 75m Hurdles A. 4. S. Hylton (12.03); B. 2. A. Okdala (12.75). PVault A. 4. H. Coleman (1.90m). HJump A. 5. S. Clarke (1.40m); B. 7. O. Ogbeta (1.25m). Shot A. 5. J. Falana (9.11m); B. 2. Y. Sofolarin (9.01m). LJump A. 7. S. Cordell (4.48m); B. 6. A. Bryan-Isaacs (4.36m). Javelin A. 5. Y. Sofolarin (27.53m); B. 5. J. Falana (21.70m). Discus A. 3. Y. Sofolarin (25.97m); B. 6. J. Falana (15.64m). 4x100m Relay. 4. V. Olatunji, O. Ogbeta, C. Hylton, D. Asher-Smith (50.49). *U17 Women*. 100m A. 2. R. Dickens (12.28); B. 2. A. Lalemi-Jacobs (12.62). 200m A. 2. R. Dickens (25.48); B. 1. C. Colegate (25.57). 800m A. 6. J. Jones (02.27.47); B. 5. A. Reed (02.41.12). 1500m A. 6. A. Reed (05.24.65); B. 4. J. Jones (05.24.65). 80m Hurdles A. 1. R. Jones (11.88); B. 1. S. Duffy (12.54). 300m A. 2. A. Lalemi-Jacobs (42.51); B. 2. S. Duffy (44.11). LJump A. 2. L. Stevens (5.04m); B. 5. R. Robinson (3.38m). HJump A. 4. V. Munt (1.50). TJump A. 2. L. Stevens (10.56); B. 4. R. Robinson (8.96m). Shot A. 4. G. Cousins (9.36m); B. 2. E. Duffy-Penny (9.20m). Hammer A. 2. G. Cousins (29.77m); B. 3. E. Dumper (19.80m). Javelin A. 3. E. Duffy-Penny (28.52m); B. 3. E. Edwards (25.58m). PVault A. 3. A. Huggins (3.00m). Discus A. 2. E. Duffy-Penny (31.26m); B. 1. E. Dumper (29.38m). 4x100 Relay. 2. A. Lalemi-Jacobs, L. Stevens, R. Dickens, C. Colegate (48.99). 4x300m Relay. 1. R. Robinson, S. Duffy, V. Munt, R. Jones.

**August 3rd Avril Browning Memorial Series, (meeting 4) Tonbridge.** women 300m (race 3) 1. M. Southwart (42.55) ; Pvault 6. M. Southwart (2.60m). men. 1500m (race 5) 6. D. McKinlay (4'10.30)

**August 7th Southern Womens League. Div 1, Bedford.**

100m A string. 1. A. Godsell (12.1)- B string. 3. H. Godsell W55 (14.2) ; 200m A. 1. A. Godsell (25.2)- B. 4. H. Godsell W55(30.0) ; 400m A. 4. C. Crouser U20 (63.9)- B. 2. M. Miller W45 (64.4) ;1500m A. 3. M. Kane U20 (5'28.8) ; 3000m A. 2. J. Jones U17(12'01.1) ; 400mH A. 3. C. Crouser U20 (1'15.0) ; Hjump A. 4. A. Godsell (1.10m) ; Ljump A. 3. A. Godsell (4.14m)- B. 3. H. Godsell W55 (3.49m) ; Tjump A. 4. M. Kane U20 (8.34m)- B. 3. H. Godsell W55 (6.65m) ; Shot A. 3. S. Milner U20 (9.83m)- B. 4. C. Wickham U20 (8.18m) ; Discus A. 2. S. Milner U20 (35.20m)- B. 1. E. Penny-Duffy U17 (30.90m) ; Hammer A. 3. S. Milner U20 (25.76m) ; Javelin A. 3. E. Penny-Duffy U17 (26.81m)- B. 3. C. Wickham U20 (22.31m) ; 4x100m 3rd (H. Godsell, M. Miller, A. Godsell, C. Couser {54.9}) ; 4x400m 3rd (H. Godsell, M. Miller, A. Godsell, M. Kane {4'26.6}). *BBHAC finished 4th with 50 points.*

**August 7/8th UK Athletics, Jumps & Throws Fest, Hendon.**

Women. Shot 3. S. Brown (14.49m)- (comp 1) 4. S. Brown (15.05m) ; Ljump 7. L. Ugen (5.79m) ; discus 6. S. Milner (38.95m). Men Ljump 5. J. Olesen (7.22m) ; Hjump 9. L. Ely (1.92m).

**August 8th Kent Young Athletes League, Norman Park.**

U15 girls. 100m A string. 2. Vivien Olatunji (13.0)- B string. 1. Oshuwa Ogbeta (13.3) ; 200m A. 2. Cheriece Hylton (26.6)- B. 2. Amber Bryan Isaacs (28.3) ; 300m A. 1. Dina Asher Smith (39.4)- B. 1. Bethany Frost (2'41.6) ; 800m A. Anna Myers (2'40.3)- B. 1. Bethany Frost (2'41.6) ; 1500m A. 2. Sonia Woolhouse (5'22.8)- B. 2. Isabel Jackson (5'45.0) ; 75mH A. 2. Amy Okdala (13.1)-B. 4. Amber Johnson (16.7) ; Hjump A. 2. Shannon Clarke (1.45m)- B. 1. Shannon Hylton (1.35m) ; Pvault A. 1. Helena Coleman (2.00m) ; Ljump A.3. Aine Hurlock (4.29m)- B. 2. Helena Coleman (3.95m) ; Shot A.3. Jumoke Falana (8.39m)- B. 3. Amber Bryan Isaacs (6.37m) ; Javelin A. 3. Aine Hurlock (19.90m)- B.2. Jumoke Falana (17.45m) ; 4x100m 1st BBHAC (Vivien Olatunji, Shara Williams, Amber Bryan-Isaacs, Shannon Hylton {51.5})

U13 girls. 75m A. 5. Armee Duffas (11.7)- B. 5. Hannah French (12.5) ; 150m A. 3. Toykin Orelasa (21.0)- B. 4. Harriet Lloyd ; 600m A. 4. Eizabeth Ibidunni (1'57.5)- B. 2. Leah Everson (2'05.8) ; 1000m A. 2. Shannon Risky (3'26.8) ; 70mH A. 3. Isabella Jones (13.7) ; B. 3. Aimee Duffass ; 1200m walk A. 4. Shannon Risky (8'47.8) ; Hjump A. 1. Isabelle Reeves (1.35m)- B. 1. Tokyin Orelasa (1.35m) ; Ljump A.3. Isabella Jones (3.84m)- B. 3. Harriet Lloyd (3.55m) ; Shot A. 3. Isabella Jones (6.61m)- B. 1. Rianna Courtney (5.99m) ;

Discus A. 5. Leah Everson (10.77m)- 4. Elizabeth Ibisunni (9.63m) ; 4x100m relays 3rd BBHAC (Armee Duffas, Harriet Lloyd, Isabella Jones, Tokyin Orelasa {58.9}).

U15 boys 100m. A.1.Levi Chima (11.9)- B. 2. Jordan Parker (12.6) ; 200m A. 1. Ike Anumba (24.3)- B. 1. Ayo Ajiboye (25.4) ; 400m A.2.Ike Anumba (55.8)- B.3.Adenekan Lipede (59.2) ; 800m A. 4. Adenekan Lipede (2'37.5)- B. 4. James Selway (2'45.7);1500m A. 4.William Fuller (4'58.4)- B.1.Josh Dowling (5'32.8); 3000m A. 3. Alex Punnett (11'15.2)- B.2. Thomas Desborough (11'24.3) ; 80mH A.2.Ayo Ajiboye (16.0) ; 1200m walk A. 3. Alex Punnett (7'50.7)- B. 3. James Selway (9'10.3) ; Hjump A. 5. Jon Pairman (1.45m) ; Shot A. 2. Lewis Mascarenhas (9.86m)- B. 1. Ayo Ajiboya (7.18m) ; Discus A. 3. Lewis Mascarenhas (36.75m)- B. 2. Jon Pairman (14.47m) ; Javelin A. 5.Lewis Mascarenhas (17.85m)- B.2.Alex Punnett (17.10m) ; 4x100m 2<sup>nd</sup> BBHAC (Ayo Ajiboye, Ike Anumba, Levi Chima, Jon Pairman {50.1}) ; 4x400m 4th BBHAC (Adenekan Lipede, Thomas Desborough, Alex Punnett, Jon Pairman {4'35.7}).

U13 boys. 100m A. 1. Joshua Dalsan (12.9)- B. 4. Asher Roberts (15.2); 200m A.1. Gabriel Ibitoye (26.1)-B. 1. Joshua Dalsan (26.6) ; 800m A. 4. Remi Ullah (2'44.7)- B. 2. Christopher Smith (2'47.4) ; 75mH A. 3. David Ajiboye (15.1)-B. 2. Asher Roberts (16.9) ; 1200m walk A. 2. Remi Ullah (9'07.6) ; Hjump A.1.Jed Botham (1.35m); Ljump A. 2. Jed Botham (4.37m)- B. 2. Reece McCarthy (3.80m) ; Shot A. 1. Gabriel Ibitoye (10.27m)- B.1.Reece McCarthy (6.62m) ; Discus A. 1.Gabriel Ibitoye (21.72m)- B.1.Reece McCarthy (18.33m) ; Javelin A.3. Christopher Smith (11.67m); 4x100m relays 1st BBHAC ( Joshua Dalsan,Gabriel Ibitoye,David Ajiboye,Andrew Narracott {55.2}).

#### **August 9<sup>th</sup> Blackheath & Bromley Open Meeting.**

100m (Race 1). (-0.5m/s) 1.E.Harrison (11.11)-2.D.Bovell(11.18)- 5.A.Daly (U17) (11.42)(Race 2). (-1.5m/s) 1.J.Alexander (11.22)-2. A. Jolaoso (U17) (11.34)-5. K. Daly (U20) (11.48)-6. R. Fakoya (U17) (11.85) (Race 3) 5.R. Guevera(13.11)- Race 4 1.D Asher Smith (U15G) (12.48)- 2.S Solomon (U23W) (12.70) -3.K Cosby (U20W) (12.83)- 5.R Brown (M60) (14.22) -6.H Godsell (W55) (14.33); 400m (race 1)6. J.Oyedele (U17M) (53.38)- (Race 2) 1.B Myszka-Reder (U17M) (59.06)- 3.R. Guevera (62.54)-4.C. Crouser (U20W) (63.42)-5.R. Brown (M60) (65.21)-6.R Robinson (U17W) (65.91)-7.S. Rowbotham (W40)(69.48)-8.C. Lyston (U17W) (1'12.83); 800m race 1. S. Cavey (U20M)) (1'57.43)-2.D. McKinlay (1'59.61)-3.D Ryan (2'00.04)- 4.A Gibbins (2'00.44)- 5.O. Robinson (U20M) (2'00.76)- 6.J.Darling (2'01.77)-7.I. Frith (2'07.55)- 8.R.Yates (U17M) (2'07.59)- 9.E. Murty (2'09.77)- (Race 2) 2.M. Jones (M50) (2'28.65)-4.S. Risky (U13G) (2'41.76)- 5.J. Bradshaw (W35) (2'43.38)-6.E. Ibiunni (U13G) (2'52.16)-7.C. Lyston (U17W) (3'20.55); 1500m 2. J. Darling (4'12.76)- 3.I.Frith (4'15.49)-6. G. Bishop (M45) (4'30.15)-7. T.Ayres (4'43.59)-8.T.Greenhill (U17M) 4'55.55)-9.M.Jones (M50)(5'09.58); 3000m 1.A. Rayner (8'39.48)- 2.G. Proctor (U17M) (9'36.58)- 3.K.Daniel ( M60)(10'30.16)-5.S.Budd (10'48.57)-7.C. Brook (U17W) (13'21.98); High Jump 1.C. Lyston (U17W) (1.50m); Long Jump 1.H Nouch (SW) (5.05m)- 2.F. Read (U17W) (4.72m); Tjump C. Lyston (U17W) (8.70m)- S. Cordell (U15G) (9.59m); Shot (U17W) L. Noel (9.47m)- G. Cousins (9.26m)- E. Duffy-Penny (9.20m)- M. Van Den Dobbelen (M40) (8.87m)- C. Brand (M70) (10.08m)- G. Hickey (M75) (10.23m)- B. Terry (W60) (8.43); Discus Mike Van Den Dobbelen (M40) (27.16m)- Colin Brand (M70) (36.03m)- Gordon Hickey (M75) (25.70m)- Ellie Duffy Penny (U17W) (31.78m)- Georgina Cousins (U17W) (23.89m)- Barbara Terry (W60) (20.00m); Hammer C.Brand (M70) (30.27m)- J.Haylock (U20M) (55.96m)-J.Smith (U17M) (46.08m); Javelin M.Van Dobbelen (47.74)- C. Brand (M70) (35.60)-S. McGuire (U23W) (31.84M); 4x100m relay 1. B&B U15G (52.50)-2. B&B U13G (57.96)

#### **August 11th. Brighton and City AC, Open Meeting, Withdean Stadium.**

1500m (heat 1) 12. S. Budd (5'00.13)- (heat 2) 12. K. Daniel (4'50.16)

#### **August 13/14th Aviva Grand Prix (Diamond League), Crystal Palace.**

100m (men) 8. T. Gilling (10.56) ; 100m (women) 8. M.Douglas (11.46) ; 100mH S. Soloman (dnf)

**August 14th BMC, Parliament Hill.** 1500m 10. T. Heslop (4'12.77)

**August 14th. London Inter Club Challenge, Parliament Hill Fields.** Ljump. 2. C. Baker (6.44m) ; 110mH 2. C. Baker (15.76) ;100m (race 3) 2. J.Alexander (11'05)- (race 6) 2. C. Baker (11.71) ;1500m (mixed) 9. S.

Budd (5'10.52) ; 200m (race 1) 7. J. Alexander (22.23)- (race 5) 5. C. Baker (24.0) ; 400m (race 1) 1. A. Wilson (48.94)

**August 14th London Inter-Club Challenge, Parliament Hill Fields.** 100m (race 3) 2. J.Alexander (11.05)- (race 6) 2.C.Baker (11.71) ; 200m (race 1)7. J.Alexander (22.23)- (race 5) 5. C.Baker (24.0) ;400m (race 1) 1.A. Wilson (48.94); 110mH 2.C.Baker (15.76) ;1500m (mixed) 9.S. Budd (5'10.52); Ljump 2.C.Baker (6.44m)

**August 15th. Bedford International Games, BI Stadium.**

Women.100m (race 1) 4. H.Godsell (12.05)- (race 3) 3. M. Douglas (11.49) ;100mH (race 1) 2. S. Soloman (14.15) ; Ljump 1. L.Ugen (6.15m). men. (race 5) 3. T. Gilling (10.46) ; 400mH (race 1) 6. E. Harrison (52.90) ;Ljump 5. J. Olasen (7.17m).

**August 18th Sydney Wooderson Memorial 800m, Sutcliffe Park.**

800m Men (race B) 4. B.Harding (1'53.01)- (race D) 1. S.Cavey (1'56.14)- 4. D.McKinlay (1'58.25)-10. A. Gibbins (2'00.04). Mixed 4. D. Ryan (1'59.79)-8. D. Brewer *U23M* (2'02.00)-11. I. Frith *U23M* (2'07.21). Open (race 1) 4. J.Jones *UI7W* (2'23.55)-7. N.Bridson Hubbard *UI3G* (2'45.42)- (race 3) 2. R. Yates (2'06.83) -(race 4) 3. K. Curran *UI5g* (2'25.8)- 6. C. Rhule *UI5g* (2'38.0)- 7. S. Risky *UI5g* (2'45.5). 100m (race 2) 2. A. Daly *UI7m* (11.45)- (race 3) 5. S.Rowbotham *V40W* (15.60)- 400m (race 3) 5. M. Miller *V45* (64.68)- (race 4) 4. H. Fletcher *UI5g* (64.93)-6. S.Rowbotham *V40W* (1'10.97) ; 1500m Mixed (race 3) 2. G. Bishop *V45M* (4'30.42)-3. R. Braden *U20M* (4'33.07).

**August 21st British Athletics League, Wavetree Liverpool.**

A string. 100m.2.D.Grant (10.80); 400m 5.B.Barikor (48.60) ; 800m 6.R.Bentley (1'55.40); 1500m 6. B.Harding (3'55.40); 3000m s/chase 3.A.Bruce-Littlewood (9'19.70) ; 5000m 3. S.Overall (8'25.10); 400mH 4. E. Harrison (58.60) ;110mH 4.T.Sodehi (15.00); Hammer 8.D.Willis (14.91m); Discus 8. A. Pope (37.05m) ; Javelin 8. A. Pope (44.67m); Shot 8.A.Pope (12.28m); Ljump 7. S.Bobb (6.28m) ; Tjump 5. S. Bobb (13.49m) ; Hjump 3.L Ely (1.90m); Pvault 3. N.Quinney (4.40m); 4x100m relay BBHAC 5th (T.Sodeyi, D.Bovell, A. Campbell, D.Grant {43.00}) ; 4x400m BBHAC 7th (B.Barikor, A.Campbell, E.Harrison, A.Wilson {3'19.60}).B string. 100m.4.D.Bovell (11.20); 200m.5.A.Campbell (22.80); 400m 4.A.Wilson (48.80) ; 800m 4. J.Poole (1'59.00) ;1500m 1.R.Bentley (3'55.60); 3000m s/chase 1.A.Gibbins (9'52.80) ; 400mH 5.B. Hopkins (58.30);110mH 3. E. Harrison(15.10) ; Discus 7.D.Willis (20.74m); Javelin 8.D.Willis (24.34m); Shot 8. D.Bovell (9.34m) ;Ljump 5. D.Willis (6.27m); Tjump 5.D.Willis (12.37m); Hjump 6.A.Pope (1.70m) ; Pvault 6. A.Pope (1.60m)

**August 23rd Club Open Meeting, Norman Park**

100 metres Race One (-0.6m/s)1. Laura Pettet (U15G) (15'13) – 2.Rebecca Pettet (U15G) (15'95) Race Two (+0.9m/s) 2. Bruno Myszka-Reder (U17M) (13'13)-3.Sharai Williams (U15G) (13'50)- 4.Aine Hurlock (U15G) (13'69) - 5.Tim Carter (M55) (13'77)- 6. Rob Brown (M60) (14'12)-7. Lucy Damment (U17W) (14'55) Race Three (+0.5m/s)5. Ike Anumba (U15B) (12'19)-6. Levi Chima (U15B) (12'24)-7. Seyi Daramoa (U15B) (12'27)-8. James Allen (U17M) (12'53) Race Four (-0.9m/s) 3. Ainsley Campbell (U20M) (11'44)-4. Jonathan Pettet (U17M) (11'51)-7. Reuben Fakoya (U17M) (11'86); 200 Metres Race One (+0.0m/s)1. Tim Carter (28'00)-2. Rob Brown (M60) (28'35)-3. Holly Fletcher (U15G) (28'42)-5. Shirley Rowbotham (W40) (30'92) Race Two (+0.2m/s)1. Seyi Daramoa (U15B) (25'34)-2. James Allen (U17M) (25'62)-4. Bruno Myszka-Reder (U17M) (27'0) (manual time)-5. Oshuwa Ogbeta (U15G) (28'22)-6. Christine Lyston (U17W) (28'74) Race Three (-0.3m/s) 5. Reuben Fakoya (U17M) 24'17-5. Ike Anumba (U15B) (25'11)-6. Levi Chima (U15B) (25'84) Race Four (-0.3m/s) Dan Putnam (U20M) (22'38) Jonathan Pettet (U17M) (23.13) ;1500 Race One 1.Danielle Critchley (U20W) (5'09.13)-2. Kate Curran (U15G) (5'11.28)-3. Jessica Jones (U17W) (5'12.87)-5. Melody Kane (U20W) (5'16.06)-6. Clare Parkin (U20W) (5'19.03)-7. Charlotte Rhule (U13G) (5'29.08)-8. Niamh Bridson-Hubbard (U13G) (5'31.89)-9. Cara Oliver (W35) (5'44.38)-11. Jessica Keene (U13G) (5'48.92) Race Two 2. Jamie Darling (4'12.76)-3. Ian Frith (4'15.49)-6.Gary Bishop (M45) (4'30.15)- 7. Tim Ayres (4'43.59)-8. Thomas Greenhill (U17M) (4'55.55)-9. Mick Jones (M50) (5'09.58) Triple Jump Christine Lyston (U17W) (8.70m)-Shannon Cordell (U15G) (9.59m) Hammer Colin Brand (M70) (30.27m)- Jake Haylock (U20M) (55.96m)- James Smith (U17M) (46.08m) Tara Morawski (U15G) (32.81m); Javelin

Mike Van Den Dobbelsteen (M40) (47.74m)- Colin Brand (M70) (35.60m)- Sarah McGuire (U23W) (31.84m);  
4X100 Relay B&B U15G (52'50)- B&B U13G (57'96)

**August 28th Cardiff Grand Prix Final.** 1500m (mens B) 7. J. Poole (3'59.01)- (womens C) 2. E. Murty  
(4'29.58) ; 5000m (mens A) 11. A. Bruce-Littlewood (15'33.80)- (womens A) 8. B.Proctor (16'59.30)

**August 28th Herne Hill Harriers Open, Tooting Bec.** 400m (race A) 6. R. Bentley (53'45)

**August 28th International Antwerp Athletics Gala, Stadium De Rode Loop.**

100m (Heat1)1. D. Grant (10.58)- F. 5. D. Grant (10.47)

**September 4th. Southern Women's League Division 1. Norman Park, Bromley**

100m A string.1.A.Godsell (SW) (12.4)- B string.1.G. Sheppard (U20)(12.9); 200m A.3.A.Godsell (SW) (25.8)-  
B.1.K.Cosby (U20) (25.8) ;400m A.4. M.Southwart (U20)(61.7)-B.2.M.Miller(W45)(65.1);800m A.1.K.Galley  
(U20)(2'11.1)-B.1.D.Critchley(U20)(2'23.3) ;1500mA.2M.Kane(U20)(5'20.9)B.2.E.Fisher(SW)(5'42.2);3000m  
A.1.K.Murray(SW)(11'01.7)-B.1.E.Fisher(SW)(11'58.2);100mHurdlesA.2.M.Southwart(U20)(16.0);  
B1.K.Crosby(U20)(15.2);400mHurdlesA.2K.Murray(SW)(68.0)B.1.C.Crouser(U20)(1'13.2);HJumpA.3.K.Mur  
ray(SW)(1.35m)-B.4.L.Vallins(SW)(1.10m);PvaulA.1.E.Hughes(SW)(3.50m)-B.1.M.Southwart  
(U20)(2.60m).LJumpA.4.Hayley Nouch(SW) (4.82m)-B.3.L.Vallins(SW) (3.51m) ;TJump A.3.H.Nouch (SW)  
(10.07m)-B.4.L.Vallins (SW)(7.26m) ;ShotA.1.Shaunagh Brown(SW)(14.46m)-B.3.Sam Milner  
(U20)(10.16m) ;Discus A.1.S.Brown (SW) (47.86m)-B.1S.Milner(U20) (40.67m) ;Hammer A.1.Rachel Blackie  
(SW)(49.38m)-B.1.S.Brown(SW)(48.19m) ;JavelinA.2.S.McGuire(SW)(35.64m)-B.2.F.Athawes(SW)  
(27.78m) ; 4x100m Relay 1. B&B(51.2) ; 4x400m Relay 1.B&B (4.15.6).

**September 4th. McCain UK Young Athletes League Auxilary Final. Manchester**

*U13 Girls.* 75m A. 2. M. Bruney (10.23)-B. 3. J. Ray (10.94) ;50m A. 2. M. Bruney (19.50)-B. 4. T. Orelaja  
(21.50) ;800mA.6.S.Riskey (2'44.75) ;1200mA.4.C. Rhule (4'11.52)-B. 2. N. Bridson-Hubbard (4'12.39) ;70m  
HurdlesA.5.G.McGrand (12.78)- B. 6.I.Jones (13.94) ;Shot A.3B.Hollett(7.71m)- B.5. I. Jones (5.94m) ;HJump  
A. 2=. T.Orelaja(1.30m)-B.4=.S.Riskey (1.15m) ;LJump A. 1 M. Bruney (4.56m)-B.1.I.Jones (4.04m) ;4x100m  
Relay DNF. *U13 Boys.* 100m A. 2.J Dalsan (13.11)-B.1.D.Ayodele (12.84) ;. 200m A. 1. G. Ibotoye (25.87) -  
B. 1. J. Dalsan (26.55). 800m A.7. T.Powell (2'39.61); B.1.B.Stickings (2'32.81). 1500m A. 8. D. Appiah  
(6'57.83); B. 6.A. Narracott (5'52.71). 1500m A. 8. D. Appiah (6'57.83); B. 6. A. Narracott (5'52.71). HJump  
A.1. K.Wicking (1.50m); B. 1.J.Botham (1.43m). Shot A. 1. G. Ibotoye (10.63m); B. 1. R. McCarthy (8.19m).  
LJump A.1. J. Botham (4.56m); B.1.R.McCarthy (4.16m). 4x100m Relay 2. K. Wicking, D. Ayodele, G.  
Ibotoye, J. Dalsan (54.58). *U15 Girls.* 100m A. 1. D. Asher-Smith (12.07); B. 2. S. Hylton (12.65). 200m A.  
1.D.Asher-Smith (24.63); B.1.S.Hylton (25.56).800m A 5.H.Fletcher (2'30.03);B4.J.Galley (2'39.93).75m  
Hurdles A.3.A.Hurlock (12.42); B.3.O.Ogbeta (13.12).1500mA.2. S.Salih (5'04.88);B.3.S. Woolhouse  
(5'32.68). PVault A.5.H.Coleman (1.90m).HJumpA.4.S.Clark (1.45m); B.1.A.Wheelwright (1.40m).Javelin A.  
4. Y.Sofalarin(22.49m). Shot A.5.Y.Sofalarin (8.73m); B.5.E.Syron-Russell (6.82m). LJump A.5. S. Cordell  
(4.51m); B.6.E.Syron-Russell (4.09m). Discus A. 3. Y. Sofalarin (29.10m); B. 3. A. Hurlock (15.20m). 4x100m  
Relay 1. C. Hylton, S. Hylton, V. Olatunji, D.Asher-Smith (50.32). *U15 Boys.* 100m A. 4. L.Chima (12.13);  
B. 2. A. Ajoboye (12.12). 200m A. 5. I. Anumba (24.67) ; B. 3. S. Charles (24.66). 400m A.7. T.Oxley (6005);  
B. 3. A. Lipede (58.18).800m A. 4.L.Hopgood (2'07.88); B. 6.W.Ruiz (2'24.03).80m Hurdles A. 5 L.Hopgood  
(12.85); B. 4.A. Ajoboye(14.35). 1500m A.7. R.Webb (5'02.85); B. 5.T.Desborough (7'32.49). Hammer A. 2.  
L. Mascarentas (32.17m); B.3.D.Hollett (24.68m). Discus A. 1. L. Mascarentas (36.83m); B. 1. D. Hollett  
(29.21m). LJump A.1. I. Amumba (5.83m); B. 4.T. Colgan (4.56m). HJump A. 6. J.Pairman (1.50m); B. 6. R.  
Webb (1.40m). Shot A.3.D.Hollett (11.96m); B.1.L.Mascarentas (11.17m). PVault A. 5=. L. Hopgood (1.90m).  
Javelin A. 2. L. Cater (37.70m); B. 4. J. Pairman (25.85m). 4x100m Relay 1. L. Chima, I. Amumba, S. Charles,  
A. Ajoboye (47.62). 4x400m Relay 3. T. Oxley, A. Lipede, I. Amumba, L. Hopgood. *U17 Men.* 100m A. 1. A.  
Daly (11.47) B. 2. I. Smith-John (11.65). 200m A. 1. A. Daly (22.86). 400m A. 1. J. Pettet (51.03); B. 1. H.  
Smith (53.39). 800m A. 7. J. Oyekele (2'18.94); B. 2. G. Vacharpopulos (2'07.91). 100m Hurdles A. 3. A.  
Lloyd (14.36); B. 1. L. Cater (15.16). 1500m A. 5. S. Jackson (4'30.81); B. 3. R. Yates (4'43.98). 1500m  
SChase A. 5. G. Vacharpopulos (5'11.34); B. 2. T. Greenhill (5'33.24). Hammer A. 3. J. Ajiboye (35.00m); B.

2. A. Lister (23.32m). LJump A. 3. J. Allen (5.96m); B. 2. C. Pratt (5.45m). Javelin A. 3. J. Pettet (29.57m); B. 4. A. Patterson (22.58m). HJump A. 4= H. Smith (1.60m); B. 5. R. Fakuya (1.50m). TJump A. 5. C. Eves (11.89m); B. 3. R. Fakuya (11.07). Shot A. 4. J. Ajiboye (11.92m); B. 3. R. Wallace (7.99m). Discus A. 3. J. Ajiboye (31.74m); B. 4. J. Appiah (23.80m). 4x100m Relay 1. A. Patterson, I. Smith-John, A. Lloyd, A. Daly (45.78). 4x400m Relay 2. J. Oyekele, R. Wallace, H. Smith, J. Pettet (03.39.95). *U17 Women*. 100m A. 2. A. Lalemi-Jacobs (12.50); B. 1. G. Middleton (13.05). 200m A. 4. G. Middleton (26.92); B. 2. C. Colegate (27.29). 300m A. 1. A. Lalemi-Jacobs (42.70); B. 2. S. Duffy (44.71). 800m A. 4. J. Jones (2.22.83); B. 8. E. Edwards (2.50.00). 300m Hurdles A. 1. R. Jones (47.08); B. 1. R. Robinson (48.67). 80m Hurdles A. 1. R. Jones (11.99); B. 1. S. Duffy (12.58). 3000m A. 5. A. Reed (12'01.35); B. 6. C. Brooks (13'28.21). 1500m A. 5. J. Jones (5'24.69); B. 6. R. Robinson (5'56.19). HJump A.C. Lyston (1.60m); B.4. J.Lay (1.40m). Shot A. 2. G. Cousins (9.06m); B.1.L.Noel (9.04m). Javelin A. 2. E. Duffy-Penny (27.83m); B. 2. E. Edwards (25.48m). LJump A. 1. L. Stevens (5.26m); B.1.F.Read (4.48m). Hammer A. 2. G. Cousins (28.86m); B.3.E. Dumper (20.25m). TJump A.1.L.Stevens (10.72m); B.1 F. Read (10.38m). Discus A. 2. E. Duffy-Penny (31.33m); B. 1. E. Dumper (27.18m). 4x100m Relay 1.G.Middleton, A. Lalemi-Jacobs, L. Stevens, C. Colegate (50.32). 4x300m Relay 1. S. Duffy, V. Munt, R. Robinson, R. Jones (2.58.71).



Team captains with the Auxiliary Trophy at Sports City, Manchester

### Club Championship events, Norman Park

**July 14<sup>th</sup>** 100m U13 Boys 1. Andrew Narracott (15.1)-2. Kyle Wicking (guest) (15.1)-3. Joe Mann (guest) (16.8) U15 girls 1. Dina Asher Smith (12.6)-2. Cheriece Hylton (13.4)-3. Laura Pettet (14.9)-4. Samantha Leighton (15.0)-5. Shannon Risky (U13) (15.9). U17 Men Anton Daly (11.4)- Jonathan Pettet (11.4)- Reuben Fakoya (11.8)- Aaron Lloyd (11.9)- Joshua Oyedele (12.1) -Ike Anumba (U15) (12.4)- Bruno Myszka-Reder (13.2) Sen.Men Duayne Bovell (11.2) -Kieron Daly (U20) (11.3)- Ellis Zorro (U20)(11.3)- Anton Daly (U17)(11.4) -Aaron Lloyd (U17) (12.2)- Gerald Sterling (13.8) -Rob Brown (M60) (14.6)- Andy Lawes (M50) 16.7 ; 300 Metres Holly Fletcher (U15) (44.2) -Sonia Woolhouse (U15) (45.1); 400 Metres Women Krystal Galley (U20) (58.0)- Rebecca Syrocki (59.3)- Maureen Miller (W45) (64.3) -Maz Turner (W60) (1'53.4) Men Harry Smith (U17) (52.8)- Ike Anumba (U15) (59.0)- Thomas Oxley (U15) (60.8)- Jamie Darling (54.9) -Alex Pope (55.0)- Daniel Ryan (55.1) -Rob Brown (M60) (64.7) -Andy Lawes (M50) (1'14.2) ; 3000 Metres 1.Alex Gibbins (SM) (9'14.8) -2. Thomas Greenhill (U17M)(10'27.90) -3. Cliff Keene (M50) (10'34.7) -4. Ken Daniel (M60) (10'56.2)- 5. David Beadle (M40) (10'58.5)- 6. Danielle Critchley (U20) (11'13.8) -7. Adrian Stocks (M35) (11'16.1) -8. Clare Parkin (U20W) (11'28.)- 9. Mel Kane (U20W) (11'32.1) -10. Amber Reed

(U17W) (11'39.3) –11. Julie Reynolds (SW) (11'47.4)- 12. Michelle Fewster (U20W) (12'02.5) –13. Chris Pike (M55) (12'14.3)- 14. Andy Lawes (M50) (12'15.6) –15. David Carton (M50) (12'17.5)- 16. Luke Brett (SM) (13'23.1)- 17. Dave Leal (M50) (13'42.1); 70 Hurdles U13 Girls 1. Shannon Risky (14.6)-2. Niamh Bridson Hubbard (15.2) ;75 Hurdles U13 Boys Matthew Tyler (16.3)- Danny Eversley (16.3) ; Javelin U13 Boys Alex Dacosta (17.95m)- Chris Smith (10.96m) U13 Girls Niamh Bridson Hubbard (13.33m) U17 Women Ellie Duffy Penny (27.70m) Sen Men Alex Pope (49.10m) M40 1. Mike van den Dobblessteen (47.67m) M70 Colin Brand (36.66m) ; Hammer Under 17 Women Letitia Noel (19.81m) U20 Men Andrew Jordon (65.72m) - Jake Haylock (56.24m) M70 Colin Brand (29.44m); Long Jump U13 Girls Harriet Lloyd (3.61m) -Niamh Bridson Hubbard (3.31m) U13Boys Jed Botham (4.46m)- Andrew Narracott (3.74m)- Danny Eversley (3.42m)- Matthew Tyler (3.28m) U15 Girls Shannon Cordell (4.28m)- Cheriece Hylton (3.88m)- Oshuwa Ogbeta (3.61m) U15 Boys Tom Oxley (3.35m) U17 Women Lauren Stevens (5.01m)- Jessica Moore (4.22m) U17 Men Rueben Fakoya (4.19m) Sen Men Alex Pope (6.01m) -Daniel Haque (5.75m) Vet Women Helen Godsell (W55) (4.02m)

**August 11<sup>th</sup>. Club 5000m Championships.** 1.Pete Tucker (2nd Claim) (15'27.6) -2.Gary Bishop (16'56.6) - 3.Cliff Keen (17'44.0)- 4 Andy Laws (19'45.0) -5 Rob Brown (19'50.8)- 6 David Carton (20'17.6)- 7 Barry Wetherilt (21'34.0) -8 Justine Eastbury (21'38.8) -9 Andy Riches (21'42.7)- 10 Sarah Beldon (21'59.2) -11 David Sterling (22'29.0)- 12 Luke Brett (22'38.9)- 13 Steve Hollingdale (22'43.2) -14 Joe Wood (22'52.1)- 15 Neil Roberts (22'53.0)- 16 David Leal (23'00.8) -17 Anne Cilia (23'14.1)- 18 Tracey Ashenden (23'39.0)- 19 Cheryl Batterby (23'41.2)

## **Triathlon & multi-discipline**

**July 4th The Steelman Triathlon Dorney Lakes** 99. Trevor Simmons {2:34.12 (27.32), (1.14.43), (47.48)}  
*1st V55M*-182.Jim Phelan {2:42.16 (29.14), (1.19.30) (49.25)} *1st V60M*-195.Sarah Dowling {2:43.53 (31.04), (1.26.34), (42.20)} *2nd V40F*-248 Kate Pratten {2:50.39 (32.57), (1.28.27), (45.01)} *6th V35F*  
**July 18th Challenge Triathlon, Roth.** 2. N. Kinsey (9:40') {cycle 5:08' - Marathon 3:27' - swim 1:05'}  
**August 28-30th Modern Youth Pentathlon Championships, Solihull.** 2. O. Robinson (5384 pts) (swim 2'18.40/Fence 11v-9D/Riding 1:40.00/Run 11'37.66)

### **End piece**

Finally in what will most probably be my last Courier (with the exception of those back copies which I am aiming to complete for the archive) and in signing off, I would like to express my deep-felt and sincerest appreciation for those of you who have given your support and help in the five years that I've been editor and in supplying me with relevant material. These are in no particular order or significance of contribution: Anne Cilia, Andy Tucker, Bill Wheeler, Mike Peel for posting the issues on the website, Mike Martineau, Derek Gregory, Helen Godsell, Chris Woodcock, my esteemed predecessor Bill Clapham, Nick Kinsey, Andy Tucker, Rob Brown, Peter Hannell, Mark Crisp, Brian Saxton (Stack of the Arks), George Murray for his constant flow of postcards and financial support for the Courier, Tom Phillips and Mike Skinner. I would particularly thank David Cordell and family for assisting me lately in compiling the results and providing copy typing, Ant Draper for printing the magazine all these years and to Nick Brooks whose ardent encouragement and belief in the importance of this organ to the club has helped me to carry it on when I could have easily not bothered to continue in doing so. Finally my thanks in anticipation to the person as yet unknown who will take over from me as editor and keep up the role for which I've been told I'm irreplaceable. Thanks to the rest of you for taking your Couriers on a Wednesday evening and I hope that in the future it can continue in some form or other.

WHO