# Blackheath & Bromley Courier

June 2019.

President 2019-20. Julian Golding.

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

Congratulations to Tom Phillips on his 50 years membership of the Club. He joined in December 1968 just in time to celebrate the Centenary Year. Here he is in action with Doug Cocker at Erith Stadium sometime last Century!

**Club 150 Celebrations**

**Club 150 Leaderboard** – Full details and latest standing are on the Club website. "A year long running challenge to get all members to run an officially timed mile".

**150 Year Celebration meeting**, Norman Park. Wednesday 17th July.

**150 Anniversary Dinner** at the House Of Commons, Thursday 7th November 2019. To reserve your place contact Chris Haines. Again full details are on the Club website.

**Forthcoming Club events**

**June**

**Sat 1 – Sun 2. SEAA Senior and Under 20 champs, Bedford**
**Sun 2. Kent Young Athletes League, Tonbridge**
**Mon 3. Club Champs and Open Meeting, Norman Park**
**Sat 8. Kent Schools, Ashford**
**Sun 9. British Athletics League, Allianz Stadium**
**Sun 9. UK Womens League, Leigh**

**Mon 10. Kent Masters League, Medway Park**
**Weds 12. Club 10,000m championships, Norman Park.**
**Sat 15. Southern Athletics League, Harrow**
**Sun 16. BMAF 5km and 5km walk road championships, Horwich**
**Sun 16. South Of England Masters T&F Championships, Lee Valley**
**Mon 17. Club Champs & Open Meeting, Norman Park**
**Sat 22 – Sun 23. EA U20/U23 Championships, Bedford.**
**Sun 23. Youth Development League U13/U15. Reading**
**Weds 26. Parris Handicap, Hayes.**
**Weds 26. KCAA M10km/W3km Champs, Dartford**
**Sat 29 – Sun 30. BMAF Combined Events, Hull.**
**Sun 30. UK Youth Development League, Allianz Stadium**

**July**
**Mon 1. Kent Masters League, Ashford.**
**Weds 3. Johnson Bowl (Road walk)**
**Sat 6. British Athletics League, Sheffield**
**Sat 6. UK Womens League, Eton**
**Weds 10. Club 5000m Championship, Norman Park.**
**Weds 10. Parris Handicap, Hayes**
**Fri 12- Sat 13. English Schools Championships, Birmingham**
**Sat 13. Southern Athletics League, Norman Park**
**Sun 14. Senior Inter County Match, Ashford**
**Weds 17. 150 Years Celebration Meeting, Norman Park**
**Fri 19. Kent Masters League, Erith**
**Sat 20. Schools International, Swansea**
**Sat 20. Youth Development League Lower age group.**
**Sat 20 – Sun 21. Anniversary Games, Stratford**
**Sun 21. U17 Inter County Match, Essex**
**Mon 22. Club Champs and Open Meeting, Norman Park**
**Sat 27 – Sun 28. EA/CAU Inter County Championships, Manchester**
**Sun 28. Youth Development League Upper age groups.**
**Weds 31. 1 hour run, Norman Park**

**Social**

**10th June. Fundraising Evening.** Talk by Dick Griffin, former Protection officer to the Queen. Tickets £5 from Claire Austridge.
26th **June. BBQ** after Parris Handicap.

**Results for May 2019**

**1/5/19**
**BMC Regional Races, Wormwood Scrubs**. 800 B mx 4. Sabrina Mannes 2.25.69.
**TVH Open, Wormwood Scrubs**. 200. R4 mx 5. Parris French 30.29 (-0.2). R5 mx. 2. Kodi-Rhys Agyeman 28.65 (-1.9), 3. Sylvie Plaskow 30.09. 800. R3 MX. 5. Kate Price 2.25.29. 1500. Mx. 5 Imogen Hadley 4.56.37.
**3/5/19**
**IAAF Diamond League, Doha, Qatar.** 200. 1 Dina Asher Smith 22.26 (1.1) DQ Shannon Hylton.
**Kent Masters League, Sutcliffe Park**. **Mens Division Two.** M35. 400. A. 3. Dan Marks 60.7. B. 1. Simon Parish 60.5. 3000. A. 1. Gareth Evans 9.53.3. B. 2. Steve Hough 11.03.5. N/S. Ian Firla 10.20.3, Darren Corneille 10.55.0. Pole vault. 2. Reynaldo Guevera 1.20. Triple Jump. 3. Simon Parish 8.69. Javelin. 4. Gareth Evans 13.36. M50. 400. 4. Roger Beswick 70.8. 3000. 3. Roger Beswick 10.56.7. Pole vault. 3. Alan Hardy 1.60. Triple Jump. 3. Roger Beswick 5.88. Javelin. 1. Stephen Langdon 34.09. M60. 400. 3. Rob Brown 71.5. Triple Jump. 3. Rob Brown 6.23. Match Result. 1. Blackheath & Bromley 76pts.
**Womens Division One**. W35. 400. A. Carole Coulon 69.0. B. 4. Sarah Belaon 78.5. 3000. A. 1. Carole Coulon 11.07.1. B. 2. Jennie Butler 11.55.0. N/S. Sarah Belaon 12.42.5. Triple Jump. 5. Anne Cilia 5.48. Javelin. 6. Carol Coulon 9.05. W50. 400 1.

Helen Godsell 73.0. Triple Jump. 1. Jackie Montgomery 7.30. Javelin. 4. Jackie Montgomery 9.07. W60. 400. 3. Maz Turner 1.59.4. Triple Jump. 1. Helen Godsell 6.39. Javelin. 3. Anne Cilia 10.97. Match. 2. Blackheath & Bromley 54.

**4/5/19**

**EAP Meeting, Marsa, Malta**. TJ. 1. Jonathan Ilori 15.78 (2.0)

**Parkruns. Bromley**. 16 Millie Smith 19.04, 18 Thomas Sugden 19.12, 23 Stuart Cullum 19.19, 29 Steve Evenden 19.28, 42 Danielle Critchley 19.59, 72 Rod Harrington 20.50, 77 Steve Pairman 20.59, 93 Isabella Louth 21.27, 103 Damian Hayes 21.39, 106 Mike Simms 21.44, 160 Ian Montgomery 22.53, 162 Andy Tucker 22.55, 178 Iain Swatton 23.16, 195 Richard Byford 23.29, 243 Claire Austridge 24.26, 313 Tom Leeson 25.44, 314 John Leeson 25.45, 384 Jackie Montgomery 27.18, 420 Bernard Wilson 27.52, 425 Julia Pairman 27.55, 696 Graham Smith 32.50. **Bexley**. 24 Darren Corneille 21.10, 46 James Unwin 22.39, 394 George Collins 35.10. **Hadleigh**. 135 James Perry 38.00, 144 Adrian Perry 38.44. **Greenwich**. 84 Chris Pike 24.51. **Beckenham Place park**. 42 Tim Ayres 22.43, 103 William Slack 25.56, 169 Leszek Malynicz 30.10, 173 Luigi Arcuri 30.24. **Crystal Palace**. 14 Len Crowder 19.23, 343 Luke Brett 33.54. **South Norwood**. 28 Ian Taylor 23.10. **Killerton**. 2 Ross Braden 17.37. **Hoblingwell**. 6 Paul Kerekgyarto 21.28, 10 Nigel Haffenden 22.47, 11 Sally Haffenden 22.50 (1st woman). **Orpington**. 48 Dave Leal 26.50, 121 Karen Desborough 32.59. **Homewood**. 39 Zoe Elizabeth Wood 25.00. **Lanhydrock**. 4 Richard Daniels 20.51. **Peckham Rye**. 26 Francesca Green 20.35. **Fell Foot, Newby Bridge**. 38 Nick Barber 22.02. **Burnham and Highbridge**. 55 Peter Hamilton 23:09. **Malling.** 6 Steve Hough 19.22. **Exmouth.** 187 Bob Minting 27.13. **Catford.** 21 Andrew Lawes 21.42, 48 Barry Wetherilt 23.24. **Kingdom**. 56 Zoe Kingsmell 27.40, 61 Mick Keene 27.57, 90 Andrew Kingsmell 30.50.

**4-6/5/19.**

**BUCS Championships, Bedford**. Men. 100. HT7. 3. Michael Damoah 11.11 (3.7). HT10. 1. Shamar Thomas Campbell 10.71 (3.1). Semi 1. 3. Shamar Thomas Campbell 10.85 (0.2). 400. Ht3. 2. Joe Rogers 50.46. SF4. 7. Joe Rogers 49.93. 800. Ht3. 1. Alex Botterill 1.58.57. Ht4. 3. James Habergham 1.58.95. Sf1. 7. James Habergham 1.56.79. SF2. 1. Alex Botterill 1.52.54. Final. 1. Alex Botterill 1.52.76. 1500. Ht3. 2. Jacob Brown 3.57.25. Ht5. 4. Declan Neary 4.04.34. SF1. 4. Jacob Brown 3.52.80, 10. Declan Neary 3.58.21. 5000. R2. 12. Josh Schofield 14.54.22. 400 hurdles. Ht 2. 4. Bailey Stickings 58.83. Ht5. 1. Joe Fuggle 55.82. Sf1. 5. Bailey Stickings 54.00. SF2. 1. Joe Fuggle 53.17. Final. 1. 4. Joe Fuggle 52.95. 3000 s/chase. Ht2. 7. Charlie Davis 9.55.61. Final. 12. Charlie Davis 9.47.68. Triple Jump. QB. 4. Rob Sutherland 14.15w. Final. 7. Rob Sutherland 13.85w. Discus. QA. 4. Dele Aladese 43.56. Final. 10. Dele Aladese 41.63. Women. 100. Ht2. 1. Maya Bruney 11.96w (3.6). Ht5. 3. Modupe Shokunbi 12.22 (0.9). Ht6. 4. Jazz Crawford 12.45 (0.8). Ht9. 2. Anna Short 12.50 (-0.3). SF1. 8. Anna Short 12.52. Sf2. 3. Maya Bruney 12.15 (0.8), 7. Jazz Crawford 12.53. Sf3. 5. Modupe Shokunbi 12.39 (-0.2). 400. Ht1. 2. Megan Walsh 59.94. Sf1. 5. Megan Walsh 58.59. 100H. Ht3. 1. Holly Mills 13.70 (1.0), 2. Anastasia Davies 13.71. Sf1. 1. Holly Mills 13.65 (1.7). Sf2. 2. Anastasia Davies 13.46 (5.0). Final. 2. Holly Mills 13.49 (2.4), 3. Anastasia Davies 13.56. 400 hurdles. Ht2. 4. Sophie Elliss 67.65. Ht3. 4. Stephanie Fisher 67.17. Final. 7. Stephanie Fisher 67.67. High Jump. QB 2. Holly Mills 1.64. Final. 4. Holly Mills 1.68. Long Jump. QA. 5. Anna Short 5.25. QB. 4. Mary Adeniji 5.50. Final. 10. Mary Adeniji 5.33. Triple Jump. QA. 2. Mary Adeniji 11.63. Final. 4. Mary Adeniji 11.91. Pole Vault. QA. 6. Jenny Sheasby 2.60. QB. Sophie Dowson NH. Javelin. QB. 1. Bekah Walton 49.93. Final. 1. Bekah Walton 53.93. Hammer. QA. 4. Molly Walsh 50.89. Final. 9. Molly Walsh 51.66.

**5/5/19**.

**YDL Upper Age Group, Premier Division, Reading**. Under 20 Men. 100. A. 2. Ethan Brown 10.83. B. 2. Kyle Reynolds Warmington 11.27. 200. A. 1. Ethan Brown 21.60. B. 1. Matthew Knight 21.90. 400. A. 1. Matthew Knight 49.77. B 4. Prince Reid 53.41. 800. A. 1. Angus Harrington 1.55.08. B. 1. Ben Gardiner 1.56.20. 1500. A. 3. Matthew Francis 4.14.49. B. 2. Joseph Georgiadis 4.15.74. 3000. A. 1. Aaron Ensor 8.58.75. B. 1. Callum Myatt 9.08.18. 100H. A. 3. Alex O Callaghan Brown 19.00. B. -. 400H.A. 1. Alex O Callaghan Brown 55.20. B. 1. Prince Reid 64.39. 2000 s/c. A. -. B. -. High Jump. 1. Kelechi Aguocha 2.05. B.1. Theo Adesina 1.80. Long Jump. A. 1. Theo Adesina 7.02. B. 1. Myles Xavier 6.56. Triple Jump. A. 5. Kelechi Aguocha 11.83. B. 2. Theo Adesina 11.64. Pole Vault. A. 1. Pedro Gleadall 4.10. B.-. Shot. A. 1. Ben Hawkes 15.82. B. 1. Phil Bartlett 11.46. Discus. A. 1. Phil Bartlett 39.79. B. 1. Pedro Gleadall 33.45. Javelin. A.1. Pedro Gleadall 52.19. B. 1. Angus Harrington 47.13. Hammer. A. 1. Ben Hawkes 70.05. B. Sam Illsley NT. 4x100. 2. Blackheath & Bromley (Kyle Reynolds Warmington, George Pope, Myles Zavier, Matthew Knight) 43.45. 4X400. 1. Blackheath & Bromley (Angus Harrington, Ben Gardiner, Alex O Callaghan Brown, Ethan Brown) 3.24.27. Under 20 Women. 100. A. 4. Funminiyi Olajide 12.84. B. 3. Katia Cienciala 12.81. 200. A. 5. Mallory Cluley 26.48. B. 5. Karina Harris 27.88. 400. A. 1. Louise Evans 55.13. B. Natasha Bennett 61.56. 800. A. 3. Sabrina Mannes 2.28.10. B. -. 1500. A. 4. Amy Leach 4.59.60. B. -. 3000. A. 4. Sophie Hoare 10.42.92. B.-. 100H. A. 1. Molly Cluley 14.41. B. 1. Zoe Austridge 15.43. 400H. A. 4. Grace Scopes 67.81. B. 3. Holly Platt 79.27. 1500 s/chase. A. 3. Millie Smith 5.21.32. B. 2. Ellie Osmond 5.34.00. High Jump. A. 3. Alice Prentice 1.50. B. 1=. Zoe Austridge 1.40. Long Jump. A. 2. Funminiyi Olajide 5.86. B. 1. Jade Oni 5.26. Triple Jump. A.1. Jade Oni 11.97. B. 1. Zoe Austridge 10.04. Pole Vault. A. 2. Lois Warden 3.30. B. 2. Holly Platt 2.30. Shot. A. 1. Hannah Macaulay 11.18. B. 1. Lauren Farley 10.76. Discus. A.

2. Hannah Macaulay 35.89. B. 2. Eloise Locke 28.59. Javelin. A. 1. Lauren Farley 41.47. B. 1. Eloise Locke 38.54. Hammer. A. 5. Hannah Macaulay 17.24. B. -. 4X100. 3. Blackheath & Bromley (Katia Cienciala, Mallory Cluley, Grace Scopes, Funminiyi Olajide) 49.06. 4x400. 3. Blackheath & Bromley (Natasha Bennett, Grace Scopes, Sabrina Mannes, Louise Evans) 4.07.27. Under 17 Men. 100. A. -. B. 4. Nathan Huggins 12.0. 200. A. 2. Reece Nelson 22.67. B. 3. Leo McCallum 24.44. 400. A. 1. Oliver Briars 50.00. B. 1. Reece Nelson 52.37. 800. A. 1. Oliver Bright 1.59.15. B. 1. Sam Reardon 2.01.17. 1500. A. 1. Oliver Bright 4.02.70. B. 3. Bailey Marks Belaon 4.48.70. 3000. A. 6. William Foxhall 9.48.58. B. 2. Frederick Georgiou 9.49.61. 100H. A. -. B. -. 400H. A. -. B. -. 1500 s/chase. A. 4. Frederick Georgiou 5.20.38. B. 3. Barnaby Corry 5.25.48. HJ. A. 5. Reece Nelson 1.60. B. -. LJ. A. 4. Jacob Byfield 6.16. B. -. TJ. A. 2. Jacob Byfield 12.80. B. -. PV. A. 1. Barnaby Corry 3.80. B. 1. Ethan Kitteridge 3.50. SP. A. 3. Dillon Claydon 12.01. B. -. DT. A.1. Dillon Claydon 41.30. B. -. JT. A.5. Dillon Claydon 38.68. B. -. HT. A. Andre Brown N/D. B. -. 4X100. 3. Blackheath & Bromley (Nathan Huggins, Leo McCallum, Jacob Byfield, Reece Nelson) 46.17. 400. 4. Blackheath & Bromley (Oliver Bright, William Foxhall, Leo McCallum, Sam Reardon) 3.41.93. Under 17 Women. 100. A. 1. Zsiriah Thomas 12.41. B. 3. Tianna Haynes 12.70. 200. A. 1. Zsiriah Thomas 26.01. B. 3. Shakanya Osahon 26.62. 300. A. 4. Daniella Harper 44.76. B. 4. Ella Brown 45.50. 800. A. 3. Francesca Evered 2.22.66. B. -. 1500. A. 3. Ailhbe Barnes 4.56.30. B. 2. Jessica Neal 5.04.60. 3000. A. -. B. -. 80H. A. 4. Zsiriah Thomas 11.90. B. 2. Shakanya Osahon 12.06. 300H. A. 4. Kelsey Pullin 48.09. B. 3. Ella Brown 51.23. 1500 s/chase. A. 1. Olivia Berry 5.26.53. B. 1. Ellie Dolby 5.48.05. HJ. A. 4. Akeiyla Robinson Pascal 1.30. B. -. LJ. A. 3. Molly Savage 4.96. B. -. TJ. A. 1. Molly Savage 10.02. B. -. PV. A. 3. Kelsey Pullin 2.00. SP. A. 5. Titobioluwa Akinrele 9.16. B.-. SP. A. 3. Titobioluwa Akinrele 29.09. JT. A. 5. Ruth Chappell 26.83. B. -. HT. A. 4. Titobioluwa Akinrele 22.71. B. -. 4X100. -. Blackheath & Bromley (Molly Savage, Shakanya Osahan, Tianna Haynes, Zsiriah Thomas). 4x400. 2. Blackheath & Bromley (Shakanya Osahan, Kelsey Pullin, Olivia Berry, Daniella Harper) 2.53.69. Non Scoring Men. 100. George Pope 11.50. 1500. Adeyonju Alade 4.50. 3000. Ifetobi Salako 10.22. Shot. Andre Brown 8.89. Women. 100. Laura Brown 13.05. 200. Katia Cienciala 27.6, Tianna Haynes 26.54. Match Result. 1. Shaftesbury Barnet 811. 2. Blackheath & Bromley 748. 3. Windsor Slough Eton & Hounslow 676.5. 4. Reading 510. 5. Crawley 473.5. 6. Havering 438.
**Ivy League Outdoor, Princeton**. Men TJ. 1. Stefan Amokwandoh 15.60 (i) Women. TJ 5. Kerri Davidson 12.40 (i).
**6/5/19**
**Ted Pepper 10km, Norman Park.** 7. Gareth Evans 37.25, 9. Ian Firla 37.46, 11. Len Crowder 38.27, 14. Roger Beswick 38.49, 15. Jon Pairman 38.54, 28. Tony Crowder 40.54, 29. Carole Coulon 40.59, 31. Steve Evenden 41.46, 37. Darren Corneille 42.16, 39. Amy Leach 42.32, 42. Jennie Butler 42.46, 64. Nick Barber 44.27, 88. Rod Harrington 46.22, 94. John Leeson 47.12, 101. Luigi Arcuri 47.28, 122. Tracey Ashenden 44.58, 137. Isabelle Bridge 49.47, 244. Mick Keene 58.15.
**8/5/19**
**BMC Gold Races, Birmingham**. 800. A. 6. Joe Rogers 1.54.58. 1500. 2. Jess Keene 4.38.54.
**9/5/19**
**Army West Point Twilight, NJ**. Men. TJ. 2. Stefan Amokwandoh 15.17 (2.0). Women. TJ. 1. Kerri Davidson 12.18 (1.1).
**9-11/5/19**
**SEC Championships, Fayetteville, AR.** Women. 800. Ht3. 1. Katy Ann McDonald 2.07.36. Final. 5. Katy Ann McDonald 2.07.06.
**10/5/19**
**Big Ten Championships, Iowa City IA**. HT. 2. Joe Ellis 70.65.
**10-11/5/19**
**Big West Championships, Santa Barbara**. 100. 2. Immanuela Aliu 11.59 (-0.1) Ht 2. 1. Immanuela Aliu 11.58 (1.6). 200. 2. Immanuela Aliu 23.55 (1.2). Ht 1. 2. Immanuela Aliu 24.16 (-0.3)
**11/5/19**
**Parkruns. Bromley**. 1 Blair Wilson 18.12, 9 Arthur Starvis 19.41, 18 Steve Evenden 20.06, 23 Paul Kerekgyarto 20.20, 26 Steve Pairman 20.31, 48 Nick Barber 20.55, 67 Richard Byford 21.39, 71 Isabella Louth 21.46, 72 Frankie Scrivener 21.47, 92 Andy Tucker 22.17, 132 Iain Swatton 23.21, 149 Holly Kibblewhite 23.55, 235 Claire Austridge 25.50, 322 Sally Smith 27.41, 342 Tom Leeson 28.01, 343 John Leeson 28.02, 356 Bernard Wilson 28.15, 432 Julia Pairman 29.29, 509 Graham Smith 31.21. **Greenwich**. 86 Chris Pike 24.06. **Brockwell park**. 115 James Morris 23.23. **Beckenham Place park**. 27 Tim Ayres 20.29, 38 James Unwin 21.09, 66 David Beadle 22.56, 119 William Slack 25.23, 194 Leszek Malynicz 29.15. **Nonsuch**. 31 Paul Ross-Davies 19.51. **Crystal Palace**. 14 Lewis Warren 19.47. **South Norwood**. 28 Mike Simms 24.03. **Eden Project**. 2 Richard Daniels 18.35. **Hoblingwell**. 7 Nigel Haffenden 23.25, 9 Sally Haffenden 23.38. **Orpington**. 1 Joseph Georgiadis 18.28, 9 Harry Keene 21.13, 52 Dave Leal 25.06, 83 Mick Keene 27.29, 161 Karen Desborough 34.30. **Homewood**. 23 Zoe Elizabeth Wood 24.35. Yeovil Montacute. 343 Adrian Perry 37.35. **Peckham Rye.** 104 Peter Rogers 23.52. **Folkestone.** 15 Darren Corneille 19.38. **Tewkesbury**. 11 George Collins 23.01. **Exmouth.** 113 Bob Minting 24.30. **Catford**. 59 Barry Wetherilt 23.14.
**11-12/5/19**

**IAAF World Relays, Yokohama, Japan.** 4x100 3. Great Britain 38.15 (inc Adam Gemili) Ht1. 1. Great Britain 38.11 (inc Adam Gemili)
**Cambridgeshire Championships, Cambridge.** Senior Women. 200. 6. Belinda Clark 28.38 (-0.4). 400. 4. Belinda Clark 64.02. Long Jump. 4. Magda Cienciala 4.79. Pole Vault. 9. Jenny Sheasby 2.30.
**Kent Championships, Ashford**. Senior Men. 100. Ht2. 1. Korede Awe 10.54 (1.7). Final. 1. Korede Awe 10.47 (2.4). 200. Ht2. 1. Korede Awe 21.89 (1.1). Final. 1. Korede Awe 21.46 (1.7). Pole Vault. 1. Scott Huggins 4.90. Under 20 Men. 100. Ht2. 5. Leonard Wright 11.71. 400. 6. Pedro Gleadall 53.92. 800. 1. Angus Harrington 1.54.72, 3. Matthew Francis 1.59.41. 1500. 5. Matthew Francis 4.17.86. 400H. 1. Coleman Corry 58.49. PV. 1. Pedro Gleadall 4.20. DT. 2. Pedro Gleadall 34.51. Under 17 Men. 100. Ht1. 2. Reece Nelson 11.36 (0.2). Final. 3. Reece Nelson 11.33 (1.7). 200. Ht1. 2. Reece Nelson 22.66 (2.9), 3. Charles Nortey 22.81. Final. 3. Reece Nelson 22.62 (0.6), 4. Charles Nortey 22.92. 800. 1. Sam Reardon 2.00.89. 1500. 1. Oliver Bright 4.08.76, 4. Sam Reardon 4.16.29, 8. Tom Brash 4.23.34. LJ. 2. Jacob Byfield 5.89. PV. 1. Barnaby Corry 4.00, 2. Ethan Kitteridge 3.60. SP. 1. Dillon Claydon 12.44, 3. Satvik Chaganti 9.55. Discus. 1. Dillon Claydon 41.80, 4. Satvik Chaganti 25.56. Under 15 Boys. 300. Ht1. 2. Adam Islam- Medeaux 38.96. Ht2. 1. Connor Sutton 38.94. Final. 2. Adam Islam-Medeaux 37.67, 3. Connor Sutton 38.54. 800. Ht2. 1. Matthew Smith 2.16.14. Final. 1. Matthew Smith 2.07.58. 1500. 7. George Shaw 4.38.97. 80H. Ht2. 5. Jonathan Ellerton 16.31 (1.5). 3000 walk. 2. Jonathan Ellerton 20.38.00. LJ. 15. Connor Sutton 3.65. PV. 1. Benjamin Platt 3.40. DT. 3. Brydon Duncan 35.52. JT. 1. Benjamin Platt 41.21. Senior Women. 200. 1. Rachel Dickens 24.79. 400. 1. Krystal Galley 56.12. HJ. 1. Deborah Martin 1.70. Under 20 Women. 100. Ht2. 1. Katia Cienciala 12.81 (1.8), 4. Rachel Yeldham 13.65. Final. 4. Katia Cienciala 12.92 (-0.9). 100H. 2. Zoe Austridge 15.47 (1.6). 400H. 1. Grace Scopes 65.05, 6. Holly Platt 74.48. 1500 s/chase. 1. Amelia Smith 5.18.83. LJ. 4. Zoe Martial 4.89. TJ. 2. Jade Oni 12.20 (1.1), 3. Kamilya Robinson Pascal 9.75. PV. 1. Lois Warden 3.40, 3. Holly Platt 2.70. SP. 1. Hannah Macaulay 11.33. DT. 1. Hannah Macaulay 39.46. JT. 1. Lauren Farley 44.10 (CBP), 2. Eloise Locke 38.99. HT. 1. Molly Walsh 51.71. Under 17 Women. 100 Ht1. 3. Tianna Haynes 12.59 (1.7) Ht2. 1. Zsiriah Thomas 12.28 (1.2) Final. 4. Tianna Haynes 12.64, Zsiriah Thomas DQ. 200. Ht 2. 1. Zsiriah Thomas 25.92 (2.2), 2. Shakanya Osahon 26.32. Final. 2. Zsiriah Thomas 25.65 (1.2), 3. Shakanya Osahon 26.17. 300. Ht1. 3. Kelsey Pullin 42.91. Ht2. 5. Ellie Dolby 45.48. Final. 6. Kelsey Pullin 42.73. 800. 4. Daniella Harper 2.26.60. 1500. 2. Ailbhe Barnes 4.50.62. 80H. 1. Shakanya Osahon 11.79, 2. Zsiriah Thomas 11.83. 300H. 2. Kelsey Pullin 46.57. 1500 s/chase. 2. Olivia Berry 5.12.62, 3. Ailbhe Barnes 5.21.00, 4. Ellie Osmond 5.40.01. LJ. 3. Akeiyla Robinson Pascal 4.78, 4. Annabel Duncombe 4.76. SP. 1. Nana Gyedu 15.63 (CBP) (CR). DT. 2. Titobioluwa Akinrele 30.22. JT. 5. Ruth Chappell 26.70. Under 15 Girls. 100. Ht1. 1. Emily Kerr 13.21. Ht2. 3. Sophie Kerr 13.04 (2.2). SF1. 2. Sophie Kerr 13.14 (2.2). SF3. 1. Emily Kerr 13.05 (1.5) Final. 6. Sophie Kerr 13.20 (2.2), 8. Emily Kerr 13.30. 200. Ht1. 2. Emily Kerr 27.33. (0.9). Ht2. 1. Sophie Kerr 27.77 (2.3). Ht3. 2. Amarisa Sibley 27.74 (0.5). Final. 3. Emily Kerr 27.02, 4. Sophie Kerr 27.05, 5. Amarisa Sibley 27.23. 300. Ht1. 1. Amarisa Sibley 44.54, 4. Olivia Wauters 45.68. Ht2. 1. Cameron Kelly Gordon 44.03, 3. Sofia Plum Maher 48.40. Final. 1. Amarisa Sibley 42.21, 2. Cameron Kelly Gordon 42.45, 6. Olivia Wauters 46.38, 7. Sofia Plum Maher 48.65. 800. Ht1. 1. Faith Mpassy 2.31.55, 5. Sophia Plum Maher 2.40.22. Ht2. 5. Olivia Wauters 2.34.17. Ht3. 1. Hannah Clark 2.25.18, 2. Cameron Kelly Gordon 2.25.61, 4. Amelia Middleton 2.32.40, 5. Gabriella Martin 2.33.03. Final. 2. Hannah Clark 2.23.78, 4. Faith Mpassy 2.25.53, 8. Cameron Kelly Gordon 2.35.25. 1500. 1. Hannah Clark 4.46.66, 12. Amelie Willars 5.41.87. 3000 walk. 1. Abigail Smiith 17.16.30. 75H. Ht1. 4. Emily Algeo 13.24 (2.1). Final. 8. Emily Algeo 13.16 (1.6). HJ. 6. Faith Mpassy 1.35, 7. Elena Duncombe 1.35. Long Jump. 4. Sophie Kerr 4.77, 7. Emily Algeo 4.42, 11. Elena Duncombe 4.06.
**Middlesex County Championships, Lee Valley**. Under 20 Men. 100. 2. Jak Mensah 11.03 (2.0). 200. 1. Jak Mensah 22.16 (6.9). Under 15 Girls. 100. 5. Tyra Khambai-Annan 12.39 (0.4). Ht2. 2. Tyra Khambai-Annan 12.36 (0.2). 300. 7. Sylvie Plaskow 46.54. Ht2. 4. Sylvie Plaskow 46.13.
**Norfolk Championships, Norwich**. Senior Men. 400. 1. Adam Herring 52.3. Senior Women. 1. Gemma Vickery 51.79.
**Surrey Championships, Kingston**. Senior Men. 110H. 3. Reece Young 14.95 (-0.7). 400H. 1. Richard Holt 63.33. Under 20 Men. 1500. 5. Aaron Ensor 4.07.83, 7. Henry Fisher 4.15.52, 8. Prince Reid 4.16.96. 3000. 1. Aaron Ensor 9.07.17. 110H. 3. Josh Watson 19.73 (-0.7). 400H. 1. Alex O'Callaghan Brown 55.29. Under 17 Men. 200. Ht3. 3. Nathan Huggins 24.84 (-3.2) Senior Women. 100. 4. Shayone Simao 13.09 (-1.8). Ht1. 3. Shayone Simao 13.03 (-3.1). 200. 4. Shayone Simao 26.32 (-1.2). Triple Jump. 1. Alison Wilder 11.89. Under 20 Women. 100H. 1. Mallory Cluley 15.14 (-2.5). Under 17 Women. 300. 5. Francesca Evered 44.70. Under 15 Girls. 100 Ht1. 6. India Weekes 14.11 (-0.6). 200 sf1. 8. India Weeks 29.56 (-3.8). Ht2. 4. India Weeks 29.14 (-2.5).
**Sussex Championships, Crawley**. Senior Men. Triple Jump. 3. Patrick Apantaku 12.32.
**Yorkshire Championships, Cudworth**. Senior Men. 100. 7. Michael Damoah 11.40 (-1.0). Ht1. 4. Michael Damoah 10.91 (0.6). 1500. 2. James Habergham 3.55.34.
12/5/19
**British Athletics League, Premier Division, Swansea**. 100. A. 6. Dan Putnam 10.85 (1.4). B. 4. Duayne Bovell 10.95 (0.3). 200. A. 6. Matthew Knight 21.90 (0.6). B. 6. Duayne Bovell 22.68 (1.5). 400. A. 1. Ethan Brown 47.20. B. 1. Dan Putnam 47.31.

N/S. Jordan Layne 49.96 800. A. 6. James Habergham 1.57.57. B. 3. Ben Gardiner 1.54.80. 1500. A. 2. Phil Sesemann 3.54.88. B. 3. James Habergham 4.03.57. 3000. A. 5. Ross Braden 8.28.55. B. 3. Charlie Davis 8.38.78. 110H. A. 7. Alex Nwenwu 16.20 (0.6). B. 5. Richard Morris 17.20 (-0.5). 400H. A. 4. Richard Morris 55.78. B. 4. Tom Desborough 65.55. 3000s/chase. A. 1. Lewis Mills 9.28.70. B. 3. Tom Desborough 10.45.30. HJ. A. 4=. Kelechi Aguocha 2.00. B. 6=. Richard Morris 1.20. LJ. A.8. Jordan Layne 4.75. B. 8. Ross Braden 2.87. TJ. A. 6. Rob Sutherland 13.73. B. 5. Kelechi Aguocha 12.44. PV. A.-. B.-. SP. A. 8. Duayne Bovell 9.11. B. 8. James Habergham 5.82. DT. A.8. Richard Morris 14.46. B. 8. Tom Desborough 6.49. JT. A. 8. Richard Morris 26.13. B. 8. Alex Nwenwu 18.09. HT. A. 7. Duayne Bovell 11.75. B. 7. Richard Morris 10.25. 4x100. 1. Blackheath & Bromley (Duayne Bovell, Dan Putnam, Matthew Knight, Ethan Brown) 41.91. 4x400. 2. Blackheath & Bromley (Matthew Knight (52.7), Dan Putnam (46.8), Jordan Layne (48.8), Ethan Brown (48.1)) 3.16.40. Match Result. 1. Birchfield 349. 2. Newham & Essex Beagles 311.5. 3. Harrow 292. 4. Shaftesbury Barnet 257, 5. Woodford Green with Essex Ladies 252. 6. Cardiff 239. 7. Blackheath & Bromley 228.5. 8. City Of Sheffield & Dearne AC 227.

**ECAC Meeting, Princeton.** Men. TJ. 5. Stefan Amokwandoh 14.25. Women. TJ. 5. Kerri Davidson 11.89 (-1.7).

**13/5/19.**

**Kent Masters League, Dartford**. **Mens Division Two**. M35. 200. A. 4. Dan Marks 26.8. B. 1. Blair Wilson 27.1. 1500. A. 3. Ian Firla 4.55.9. B.2. Blair Wilson 4.59.8. N/S. Darren Corneille 4.52.4, Steve Hough 5.10.1, Simon Parish 5.10.9. 4x100. Tom Phillips, Simon Parish, Dan Marks, Blair Wilson. DNF. Long Jump. 5. Simon Parish 3.39. Discus. 5. Simon Parish 15.25. M50. 200. 2. Tom Phillips 27.7. 1500. 6. Mark Ellison 5.58.7. Long Jump. 5. Alan Hardy 2.93. Discus. 4. Jim Phelan 14.92. M60. 1500. 1. Rob Brown 5.40.7. N/S. Ken Daniel 5.43.1. Discus. 1. Richard Coe 22.35. Match Result 3 Blackheath & Bromley 57. Overall. 3 Blackheath & Bromley 12 (133). **Womens Division One.** W35. 200. A. 4. Sarah Belaon 35.2. B. 5. Anne Cilia 41.4. 1500. A.3. Sarah Belaon 6.00.2. B. -. Long Jump. -. Discus. -. W50. 200. 1. Helen Godsell 31.4. 1500. 6. Anne Cilia 7.39.9. Long Jump. 2. Helen Godsell 3.24. Discus. 5. Anne Cilia 11.78. W60. 1500. 1. Helen Godsell 7.06.5. Long Jump. 3. Anne Cilia 2.66. Match. 4. Blackheath & Bromley 33. Overall. 3. Blackheath & Bromley 8 (87).

**18/5/19**

**Youth Development League Lower. Hornchurch**. Under 15 Boys. 100. 3. A. Adam Islam-Medeaux 11.73 (0.9). B. 4. Kieran Blake 12.85 (0.4). n/s. R1. 1. Ben Platt 12.64. R2. 2. Tye Stanislas 12.93. 200. A. Adam Islam-Medeaux 23.63(-1.0). B. 4. Kieran Blake 26.37 (-1.0). 300. A. 1. Connor Sutton 38.02. B. 3. Nathan Firla 42.01. 800. A. 1. Matthew Smith 2.07.53. B. 4. Thomas Sugden 2.20.08. n/s. 5. Ted Marston 2.31.97. 1500. A. 4. George Shaw 4.38.06. B. 3. Arthur Starvis 4.50.73. 80H. A. 2. Oliver Robertson 12.67. B. 6. Jonathan Ellerton 15.47. HJ. A. 3. Oliver Robertson 1.60. B.2. Matthew Smith 1.40. LJ. A. 2. Connor Sutton 5.89. B. 3. Tye Stanislas 4.75. PV. A. 1. Ben Platt 3.20. B. 3. Oscar Whitcombe 2.20. SP. A. 3. Brydon Duncan 11.58. B. 3. Kieran Blake 9.01. DT. A. 3. Brydon Duncan 30.12. B. 4. Joshua Buddle Smith 17.06. JT. A. 1. Ben Platt 42.13. B. 2. Joshua Buddle Smith 25.68. HT. A. 3. Brydon Duncan 30.85. B. 3. George Shaw 11.85. 4x100. 2. Blackheath & Bromley (Kieran Blake, Adam Islam-Medeaux, Oliver Robertson, Connor Sutton) 47.21. 4x300. 2. Blackheath & Bromley (Connor Sutton, Nathan Firla, Matthew Smith, Adam Islam-Medeaux) 2.37.11. Under 15 Girls. 100. A. 1. Tyra Khambai-Annan 12.50. B. 3. Sophie Kerr 13.25. N/S. R1. 3. Tianna Lewis 13.50. R2. 1. Kelsey Calladine Smith 13.66. 200. A. 3. Emily Kerr 27.28. B. 1. Faith Akinbileje 26.37. 300. A. 2. Cameron Kelly Gordon 42.12. B. 4. Sylvie Plaskow 46.00. 800. A. 2. Amarisa Sibley 2.22.01. B. 1. Imogen Hadley 2.18.11. n/s 1. Olivia Wauters 2.30.13. 1500. A. 1. Hannah Clark 4.48.54. B. 4. Amelia Middleton 5.15.52. 75H. A. 5. Emily Algeo 12.86. B 3. Abigail Smith 13.00. HJ.A. 5. Sarah Ottochian 1.45. B. 2. Elena Duncombe 1.40. LJ. A. 3. Sophie Kerr 4.82. B. 2. Faith Mpassy 4.42. PV. A.-. B.-. SP. A. 2. Rianna Rennie 10.27. B. 5. Natalia O'Docherty-Veru 7.71. DT. A. 3. Sofia Elliott 24.02. B. 2. Natalia O'Docherty-Veru 19.51. JT. A. 2. Rianna Rennie 30.86. B. 5. Emily Algeo 12.42. HT. A. 3. Sofia Elliott 30.05. B. 2. Amelie Villars 18.71. 4x100. 1. Blackheath & Bromley (Sophie Kerr, Faith Akinbileje, Emily Kerr, Tyra Khambai-Annan) 50.74. 4x300. 1. Blackheath & Bromley (Cameron Kelly Gordon, Sylvie Plaskow, Faith Mpassy, Amarisa Sibley) 2.54.12. Under 13 Boys. 100. A. 3. David Dare 12.79 (1.2). B. 1. Zuriel Nwogwugwu 13.12 (1.3). n/s. R1. 3. Marley Byfield 14.09. R2. 4. Shing Hei Hang 15.12. 200. A. 1. David Dare 25.96 (-0.9). B. 1. Rayhan Mourtada 27.36 (-0.9). 800. A. 4. Jasper Brooks 2.33.75. B. 4. Jed Starvis 2.40.63. 1500. A. 4. Joshua Healey 5.04.03. B. -. 75H. A. 2. Rayhan Mourtada 13.02 (-0.5). B. 3. Marley Byfield 15.64 (-0.1). HJ. A. 3. Finn Kitteridge 1.35. B. 5. Marley Byfield 1.10. LJ. A. 1. Zuriel Nwogwugwu 4.62. B. 1. Jasper Brooks 4.47. SP. A. 4. Max Kennedy 7.68. B. Finn Kitteridge 6.35. JT. A. 2. Max Kennedy 32.05. B. 2. Finn Kitteridge 25.11. 4x100. 3. Blackheath & Bromley (Zuriel Nwogwugwu, David Dare, Rayhan Mourtada, Marley Byfield) 53.60. Under 13 Girls. 75. A. 3. Nina Whitter 10.38 (1.7). B. 4. Alexia Moren-Rosado 10.91 (1.4). N/S. R1. 5. Madeline Marston 11.76. 3. Alyssa Firla 11.25. 150. A. 4. Adaeze Anele 20.47 (-1.3). B. 3. Daisy Snell 21.47 (-1.3). 800. A. 1. Tallulah Ndikanwu 2.30.27. B. 1. Maria Salamanca 2.37.63. n/s. 1. Megan Barlow 2.38.08, 2. Aime Gould 2.41.75. 1200. A. 2. Molly May Mooney-Clarke 4.00.05. B. 1. Megan Slattery 4.04.74. 75H. A. 5. Daisy Snell 12.68 (-1.7). B. 4. Adaeze Anele 13.09 (-1.3). HJ. A. 2. Nina Whitter 1.38. B. 4. Megan Barlow 1.15. LJ. A. 2. Daisy Snell 4.40. B. 5. Erin Simpson 3.22. SP. A. 5. Madeline Marston 5.78. B. 4. Erin Simpson 5.04. JT. A. 4. Erin Simpson 15.80. B. 3. Aime Gould 12.16. 4x100. 3. Blackheath & Bromley (Daisy Snell, Adaeze Anele, Alexia Moren-Rosado, Nina Whitter) 53.98. Match Result. 1. Blackheath & Bromley 555. 2.

Reading 548.5, 3. Havering 512, 4. Tonbridge 503.5, 5. Croydon Harriers 363.5, 6. Herne Hill Harriers 347.5. Standing after two matches. 1. Reading 11 (1113.5). 2. Blackheath & Bromley 11 (1066.5). 3. Tonbridge 7 (999). 4. Havering 7 (954). 5. Croydon 4 (777.5). 6. Herne Hill Harriers 2 (735.5).

**Parkruns. Bromley**. 3 William Foxhall 18.00, 4 Gareth Evans 18.13, 5 Roger Beswick 18.16, 19 Richard Byford 19.44, 24 Damian Hayes 19.57, 26 Steve Pairman 19.59, 27 Tim Ayres 20.03, 34 Steve Evenden 20.37, 64 Stuart Cullum 21.53, 102 Iain Swatton 23.02, 248 Holly Kibblewhite 25.57, 259 Claire Austridge 26.18, 286 Tom Leeson 27.03, 287 John Leeson 27.03, 377 Bernard Wilson 28.44, 386 Julia Pairman 28.53, 674 Adrian Perry 39.17. **Bexley.** 126 Gareth Griffin 26.32, 299 Andrew Kingsmell 32.24, 309 George Collins 32.50. **Greenwich**. 39 Isabella Louth 22.00. **Beckenham Place park**. 33 David Beadle 20.24, 39 Nigel Haffenden 20.57, 48 Sally Haffenden 21.52, 122 William Slack 25.14, 128 Zoe Kingsmell 25.25, 202 Leszek Malynicz 30.01, 214 Luigi Arcuri 31.19. **Crystal Palace.** 58 Rod Harrington 22.24, 78 Glen Read 22.54, 329 Luke Brett 33.27. **Lloyd park**. 40 Ifetobi Salako 21.20, 79 Sarah Belaon 23.01, 86 Andy Tucker 23.13. **Riddlesdown**. 35 Mark Ellison 22.25. **Dulwich**. 36 Darren Corneille 19.26. **Burgess park.** 137 James Morris 23.06. **Orpington.** 26 James Unwin 22.34. **Peckham Rye.** 45 Nick Barber 21.39, 115 Peter Rogers 24.05. **Malling**. 196 Mick Keene 32.30. **Witney**. 1 Ross Braden 16.57. **Catford.** 60 Peter Hamilton 22.57, 63 Barry Wetherilt 23.07. **Jersey Farm**. 141 Graham Smith 33.55. **Kingdom**. 31 Mike Simms 23.54.

**19/5/19**

**Loughborough International**. Men 100 R2. 5. Korede Awe 10.68 (1.0). R4. 4. Ethan Brown 10.81 (0.8). 200. R3. 2. Dan Putnam 21.72. 400. 1. Ethan Brown 46.88, 2. Dan Putnam 47.60. 800. 3. Alex Botterill 1.50.70. R2. 3. Joe Rogers 1.55.38. 3000. 1. Will Fuller 8.13.26. 400H. 4. Joe Fuggle 52.79. R2. 2. Bailey Stickings 53.88. 3000 s/chase. 15. Lewis Mills 9.29.22. TJ. 4 Jonathan Ilori 15.42. HTJ. 1. Ben Hawkes 70.52. Women. 100. R1. 1. Shannon Hylton 11.59. 200. 1. Shannon Hylton 23.42. 400. R2. 2. Louise Evans 54.80. 100H. 4. Holly Mills 13.84, 5. Anastasia Davies 13.88. R1. 3. Marcia Sey 14.40. R2. 5. Mallory Cluley 14.56. HJ. 9. Ashleigh West 1.68. LJ. 2. Holly Mills 6.29, 6. Sarah Abrams 6.10. JT. 1. Bekah Walton 52.64.

**22/5/19**

**Parris Handicap, Hayes**. 1 Bernie Bater 29.07 clock time (22.52 net time), 2 Dave Leal 29.34 (23.19), 3 Damien Hayes 29.38 (20:08), 4 Rob Brown 29.42 (21.12), 5 Graham Coates 29.48 (25:48), 6 Stuart Cullum 29.58 (20:13), 7 Nick Barber 30.11 (20.56), 8 James Unwin 30.18 (21.33), 9 Heath Griffin 30.28 (20.43 ), 10 Dave Beadle 30.29 (20.44), 11 Sally Haffenden 30.42 (21.57), 12 Luigi Arcuri 30.45 (23.15), 13 Adrian Stocks 31.04 (21.19), 14 Mark Compton 31.05 (25.20), 15 Steve Pairman 31.22 (20.52), 16 Barry Wetherilt 31.32 (23.17), 17 Zoe Kingsmell 31.58 (25.43), 18 Peter Rogers 32.14 (24.29), 19 George Collins 32.29 (24.14).

**Cambridge Harriers Open, Sutcliffe Park.** 800. Mx. 2. Emily Deveney 2.29.13.

**BMC Regional Races, Sutcliffe Park**. 800. A. 3. Angus Harrington (U20M) 1.51.83, 6. Oliver Bright (U17M) 1.55.31. C. 6. Matthew Smith (U15B) 2.07.34. D. MX. 3. Imogen Hadley (U15G) 2.17.37. E. 1. Olivia Berry (U17W) 2.18.87, 2. Ailbhe Barnes (U17W) 2.21.32, 3. Hannah Clark (U15G) 2.22.34, 6. Francesca Evered (U17W) 2.25.08. F. 1. Lily Meers (U15G) 2.23.20, 2. Cameron Kelly Gordon (U15G) 2.26.83, 3. Olivia Wauters (U15G) 2.29.69, 5. Sofia Plum Maher (U15G) 2.40.23. 1500. A. 14. Matthew Francis (U20M) 4.11.62. C. 13. Amelie Willars (U15G) 5.39.53. 5000. A. 5. Ross Braden 15.06.04.

**23/5/19**

**NCAA West Preliminary, Sacramento**. 100. SF1. 5. Immanuela Aliu 11.53 (1.0). HT5. 2. Immanuela Aliu 11.62 (0.9). 200. HT3. 5. Immanuela Aliu 23.90.

**23-25/5/19**.

**NCAA East Preliminary, Jacksonville**. Men. HT. 7. Joe Ellis 68.79. Women. 800. Ht4. 3. Katy Ann McDonald 2.06.43. SF2. 8. Katy Ann McDonald 2.09.07.

**25/5/19**

**BMC Grand Prix, Sportcity, Manchester.** 800. A. 2. Alex Botterill 1.48.46. D. 6. Joe Rogers 1.53.95. 1500. 8. James Habergham 3.50.70.

**Parkruns. Bromley**. 4 Gareth Evans 18.05, 19 Thomas Sugden 19.42, 34 Nick Barber 20.13, 47 Steve Evenden 20.30, 120 Erin Simpson 22.44, 139 Paul Kerekgyarto 23.19, 222 Claire Austridge 25.10, 238 Mark Compton 25.37, 243 Sally Smith 25.42, 344 Bernard Wilson 28.03, 504 Graham Smith 32.09, 600 Chris Swinfen 36.18. **Bexley**. 36 James Unwin 22.55, 267 George Collins 30.44. **Harrow**. 45 Adrian Stocks 22.54. **Greenwich**. 90 Chris Pike 24.31. **Beckenham Place park**. 13 Clayton Aves 19.44, 17 Cornelius Griffin 20.17, 111 William Slack 25.32, 152 Madeleine Marston 27.51. **Crystal Palace**. 51 Glen Read 22.36. **Bournemouth**. 224 Peter Hamilton 25.05. **Greenock.** 2 Peter Tucker 16.41. **Lloyd park**. 42 Sarah Belaon 23.52. **South Norwood**. 8 Cameron Swatton 19.47, 10 Arthur Starvis 20.10. **Princes park, Liverpool**. 214 Mick Keene 27.32. **Maldon Prom**. 28 Nigel Haffenden 21.10, 50 Sally Haffenden 22.33. **Burgess park**. 123 James Morris 22.36. **Orpington.** 24 Lorna Clowes 21.44, 31 Isabella Louth 22.17, 85 Andrew Clowes 25.40, 191 Karen Desborough 33.01. **Folkestone.** 14 Stuart Cullum 20:39. **Exmouth**. 64 Bob Minting 23.13. **Catford.** 32 Andrew Lawes 21.50, 62 Barry Wetherilt 23.31. **Bethlem Royal Hospital**. 36 David Beadle 22.10, 40 Rod Harrington 22.23, 60 Harry Kendall 24.09, 189 James Perry 38.11, 192 Adrian Perry 38.16.

**25-26/5/19**

**England Athletics Under 20 Multi Events Championships, Bedford.** Under 20 Men**.** 7. Pedro Gleadall. 6679**.** (100. 11.57, LJ. 6.51, SP. 11.46, HJ 1.84, 400. 53.21, 110H. 15.87, DT. 35.29, PV. 4.56, JT. 50.09, 1500. 4.44.96). Under 20 Women. 1. Holly Mills 5722 ( 100H 13.54, HJ 1.69, SP 12.36, 200 24.30, LJ 6.36 (2.1), JT 26.47, 800 2.19.71).

**IFAM International, Oordegem-Lede, Belgium**. Men. 1500. R3. 6. Phil Sesemann 3.41.94. 5000. 19. Will Fuller 13.45.88. 400H. R4. 1. Joe Fuggle 52.53. Women. 100 R2. 8. Jazz Crawford 12.68. 200. R3. 7. Jazz Crawford 25.93.

**26/5/19**

**Youth Development League Upper Age Group, Southern Premier Division, Crawley**. Under 20 Men. 100. A. 2. Ethan Brown 11.10 (0.9). B. 2. Jak Mensah 11.16 (0.0). 200. A. 1. Ethan Brown 22.19. B. 1. Matthew Knight 22.37 (-0.8). 400. A. 3. George Pope 54.59. B. 2. Peter Guy 53.56. 800. A. 1. Angus Harrington 1.54.46. B. 1. Matthew Francis 1.59.96. 1500. A. 1. Angus Harrington 4.03.63. B. 2. Matthew Francis 4.09.43. 3000. A. 2. Callum Myatt 9.14.46. B. 3. Frederick Georgiou 9.50.56. 110H. A. 2. Joshua Watson 14.82 (0.6). B. 1. Alex O Callaghan Brown 15.25 (-0.6). 400H. A. 1. Alex O Callaghan Brown 53.76. B. 1. Joshua Watson 56.98. 2000S/chase. A. 1. Ben Gardiner 6.24.49. B. Henry Fisher dnf. HJ. A. 1. Kelechi Aguocha 2.06. B.-. LJ. A. 1. Ben Sutton 6.98. B. 1. Myles Xavier 6.54. TJ. A. 2. Joshua Gbagbo 13.03. B. -. PV. A. 4. George Pope 3.50. B.-. SP. A. 1. Ben Hawkes 14.90. B.-. DT. A. 1. Ben Hawkes 49.98. B. -. N/S. Sam Illsley 31.81. JT. A. 2. Angus Harrington 43.65. B. -. HT. A. 1. Ben Hawkes 65.48. B. 2. Charlie Short 38.37. N/S. Sam Illsley 50.73. 4x100. 1. Blackheath & Bromley (Jak Mensah, Chizute Norbert Ogbedeh, Matthew Knight, Ethan Brown) 42.33. 4x400. 1. Blackheath & Bromley (Alex O Callaghan Brown, Myles Xavier, George Pope, Angus Harrington) 3.26.06. Under 20 Women. 100. A. 3. Katia Cienciala 12.71 (0.1). B. 2. Shakanya Osahon 12.82 (-1.4). 200. A. 6. Natasha Bennett 26.89. B. 3. Katia Cienciala 27.05 (-1.1). 400. A. 6. Natasha Bennett 62.10. B. 3. Stephanie Fisher 62.06. 800. A. 5. Sabrina Mannes 2.25.21. B.-. 1500. A. 1. Sophie Hoare 4.50.20. B.-. 3000. A. 3. Amy Leach 11.11.95. B. 1. Yasmin Austridge 11.59.12. 100H. A. 1. Mallory Cluley 14.50. B. 1. Zoe Austridge 15.58. 400H. A. 3. Stephanie Fisher 66.68. B.-. 1500 S/Chase. A. 3. Ellie Osmond 5.21.82. B.-. HJ. A. 4. Alice Prentice 1.45. B. 3. Zoe Austridge 1.40. LJ. A. 2. Jade Oni 5.23. B. 1. Zoe Martial 5.05. TJ. A. 2. Jade Oni 11.83. B. 3. Zoe Austridge 10.27. PV. A. 4. Holly Platt 2.45. B. 2. Yasmin Austridge 2.00. SP. A. 2. Hannah Macaulay 10.85. B. -. DT. A. 1. Hannah Macaulay 40.22. B. 1. Molly Walsh 25.21. JT. A. 4. Holly Platt 19.69. B. -. HT. A. 1. Molly Walsh 52.21. B. 2. Hannah Macaulay 21.99. 4x100. 3. Blackheath & Bromley (Katia Cienciala, Mallory Cluley, Eve Ward, Karina Harris) 50.54. 4X400. 5. Blackheath & Bromley (Natasha Bennett, Stephanie Fisher, Holly Platt, Karina Harris) 4.17.66. Under 17 Men. 100. A. 1. Jeriel Quainoo 11.00 (-2.1). B. 4. Nathan Huggins 12.19 (-1.9). N/S. Andrew Khazali 12.20 (-1.9). 200. A. 3. Charles Nortey 23.38. B. 2. Reece Nelson 23.13. N/S. Jeriel Quainoo 21.97. 400. A. 2. Reece Nelson 51.70. B. 2. Paolo Belchior 54.02. 800. A. 1. Oliver Bright 1.58.00. B. 4. Harvey Blanden 2.22.22. 1500. A. 1. Oliver Bright 4.04.46. B. 2. Jake Leng 4.36.47. 3000. A. 5. William Andrews 10.25.21. B. 3. Bailey Marks Belaon 10.59.13. 100H. A. 2. Oliver Early 11.93 (0.9) B. 3. Barnaby Spear 16.30. 400H. A. -. B. -. 1500 S/chase. A. 4. Frederick Georgiou 5.10.16. B. 3. Jake Leng 5.12.22. HJ. A. 4. Oliver Early 1.75. B. 3. Reece Nelson 1.60. LJ. A. 2. Oliver Early 6.08. B.-. TJ. A. 4. Abdul Rahim 12.12. B. 2. Andrew Khazali 11.60. PV. A. 1. Barnaby Corry 3.80. B. 1. Ethan Kitteridge 3.50. SP. A. 1. Nathan Bushnell 13.93. B. 1. Dillon Claydon 12.09. DT. A. 1. Dillon Claydon 42.24. B. 1. Barnaby Spear 37.23. JT. A. 4. Dillon Claydon 37.40. B. 1. Nathan Bushnell 30.66. HT. A. 3. Andre Brown 27.98. B.-. 4X100. 3. (Charles Nortey, Leo McCallum, Nathan Huggins, Jeriel Quainoo) 44.76. 4x400. 5. Blackheath & Bromley (Reece Nelson, Bailey Marks Belaon, Charles Nortey, Paolo Belchior) 3.42.28. Under 17 Women. 100. A. 2. Zsiriah Thomas 12.59 (-0.6). B. 1. Tianna Haynes 12.46 (0.0). 200. A. 5. Zsiriah Thomas 26.39. B. 1. Tianna Haynes 26.17. 300. A. 3. Shakanya Osahon 41.56. B. 4. Kelsey Pullin 44.19. 800. A. 4. Tola Pearse 2.24.42. B. 1. Ellie Dolby 2.22.41. 1500. A.-. B.-. 3000. A. 2. Anwer Thomas 10.19.12. B. 2. Bethan Panton 11.53.75. 80H. A. 5. Zsiriah Thomas 12.14. B. 4. Ruby Bridger 12.54. n/s Kiu Hang 15.34. 300H. A. 3. Kelsey Pullin 46.79. B. 4. Ella Brown 50.74. 1500s/chase. A. 2. Olivia Berry 5.20.69. B. 1. Ailhbe Barnes 5.23.85. HJ. A. 3. Ruby Bridger 1.55. B.-. LJ. A. 4. Molly Savage 4.76. B.-. TJ. A. 1. Molly Savage 10.32. B.-. PV. A.-. B.-. SP. A. 1. Nana Gyedu 15.22. B. 1. Titobioluwu Akinrele 10.20. DT. 3. Titobioluwu Akinrele 33.74. B. -. JT. A. 4. Ruth Chappell 28.87. B. 4. Ruby Bridger 24.69. HT. A. 4. Titobioluwu Akinrele 22.62. B. -. 4X400. 2. Blackheath & Bromley (Molly Savage, Tianna Haynes, Shakanya Osahon, Zsiriah Thomas) 49.34. 4X300. 3. Blackheath & Bromley (Eve Ward, Kelsey Pullin, Ellie Dolby, Shakanya Osahon) 2.55.24. Match Result. 1. Blackheath & Bromley 791, 2. Shaftesbury Barnet 750, 3. Windsor Slough Eton & Hounslow 649, 4. Crawley 530, Havering 521.5, 6. Reading 425.5. League positions after 2 matches. 1. Shaftesbury Barnet 11 (1554), 2. Blackheath & Bromley 11 (1532), 3. Windsor Slough Eton & Hounslow 8 (1313.5), 4. Crawley 5 (995.5), 5. Reading 4 (939.5), 6. Havering 3 (955.5).

**Vitality Westminster Mile**. Olympians. 9. Shireen Bailey 6.28, 31. Montell Douglas 8.28. M35. 17. Steve Cooper 4.49. Under 20 Men. 12. Aaron Ensor 4.26, 41. Ifetobi Salako 5.16. Under 15 Boys. 3. Sam Reardon 4.31, 18. Matthew Smith 4.56. Under 15 Girls. 6. Hannah Clark 5.21, 8. Amarisa Sibley 5.24, 9. Kate Price 5.25, 21. Amelia Middleton 5.58, 25. Abigail Smith 6.28. Under 13 boys. 14. Alexander Middleton 5.19. Under 13 Girls. 15. Tallulah Ndikanwu 5.46, 25. Francesca Middleton 5.58.

**Simplyhealth Great Birmingham** 10km. 2. Graham Rush 30.40.

**Edinburgh Marathon** 54. Danny Brewer 2.52.35, 449. William Brindley 3.21.14, 554. Matt Bullen 3.24.32, 573. Steve Pairman 3.25.12.

**27/5/19**

**Vitality London 10km.** 8. Phil Sesemann 29.23, 37. Ross Braden 30.40, 215. Rob Donohue 34.09, 472. Luca Ercolani 36.45, 1118. Paul Kerekgyarto 40.11, 1258. Richard Byford 40.58, 2233. Jane Bradshaw 44.03, 3666. Kieth Duffy Penny 47.48, 14642. Chris Waring 66.50.

**BIGish Jumps & Throws Festival, Bedford**. HJ. D. mx. 7=. Danielle Hopkins 1.68. TJ mx. B. 4. Zara Asante 13.03w (3.9). HT. U20M. 1. Ben Hawkes 66.06.

**Loughborough Students Javelin Festival**. Women. 1. Bekah Walton 51.36.

**Bruce Longden Coaching Foundation Hurdles Fest & Steeple Fest, Lee Valley**. SM R1. R1. 1. Reece Young 14.66 (0.3). R2. R1. 1. Reece Young 14.99 (-0.9). 400H. 5. Richard Holt 63.60. Senior Women. 100H R1. 4. Anastasia Davies 13.96 (-0.1). R2. 4. Anastasia Davies 13.82 (-0.4). U20 Women. 2. Zoe Austridge 15.76 (-0.3). Under 17 Women. 80H. 4. Olivia Howlett 15.70 (0.8). 300H. 2. Kelsey Pullin 46.80. Under 13 Girls. 70H. 5. Amber Cockburn 13.06 (-0.9)

**28/5/19**

**BMC Exeter**. 800. A. 7. Francesca Evered 2.24.39

**29/5/19**

**Club Champs, Norman Park**. 3000m. 1. Stuart Callum 11.25.0, 2. Steve Evenden 11.57.1, 3. Mike Simms 12.29.7, 4. Andrew Lawes 12.41.9, 5. George Collins 13.21.5, 6. Donelle Yapp 13.57.7. 3000 walk. 1. Abigail Smith 18.05.4, 2. David Hoben 21.57.2, 3. Peter Hannell 23.52.4. 1000 walk. 1. Carla Forsyth 5.37.6.

**BMC Regional Races, Brighton**. 800. A. 7. Angus Harrington 1.51.74. B. 4. Declan Neary 1.54.95. 1500. A. 4. Oliver Bright 3.59.45. B. Matthew Francis 4.05.13. F. mx. 2. Hannah Clark 4.47.51, 3. Lily Meers 4.49.41, 5. Ailbhe Barnes 4.49.67. H. mx. 9. Isabella Louth 5.17.12. 3000. A. 11. Lewis Mills 8.38.04, 17. Callum Myatt 9.01.54.

**Brighton Open**. 800. U13G. 1. Emily Deveney 2.28.82, 3. Molly May Mooney Clarke 2.34.05.

**Loughborough Students Meeting**. 400. 1. Bailey Stickings 50.38.

**Watford Open**. 1500. 8. Aaron Enser 4.05.32. 3000. Mx. 6. Alex Bruce Littlewood 8.43.67.

**30/5/19**

**IAAF Diamond League, Stockholm**. 200. 1. Dina Asher Smith 22.18 (1.3).

**31/5/19**

**Kent Masters League, Tonbridge.** Womens Div One. W35. A. 5. Sarah Belaon 17.3. B. -. 1500. A. 3. Sarah Belaon 5.54.0. B. 5. Maz Turner 8.38.6. 4x100. -. PV. -. SP. 6. Sarah Belaon 4.25. HT. -. W50. 100. 1. Helen Godsell 14.9. 1500. 4. Helen Godsell 6.50.2. PV. -. SP. -. HT. -. W60. 100. 4. Maz Turner 21.9. SP. 5. Maz Turner 2.91. HT. -. Match. 1. Tonbridge 83, 2. Dartford 78, 3. Cambridge Harriers 58, 4. Paddock Wood 42, 5. Swanley 26, 6. Blackheath & Bromley 23. League table after 3 matches. 1. Tonbridge 17.5 (212), 2. Dartford 14.5 (192), 3. Cambridge Harriers 11 (139), 4. Blackheath & Bromley 9 (110), 5. Paddock Wood 6 (79), 6. Swanley 5 (64). ( Mens Div Two. M35. 100. A. 2. Blair Wilson 12.9. B. 1. Simon Parish 13.2. 1500. A. 4. Gareth Evans 4.52.9. B. 1. Darren Corneille 4.55.7. 4x100. 1. Blackheath & Bromley (Tom Phillips, Blair Wilson, Clem Leon, Simon Parish) 52.8. HJ. 3. Gareth Evans 1.35. SP. 2. Blair Wilson 8.73. HT. 4. Roger Platt 12.95. M50. 100. 4. Clem Leon 14.1. 1500. 3. Heath Anthony 4.59.7. HJ. 4. Steve Langdon 1.20. SP. 3. Clem Leon 6.94. HT. 5. Clem Leon 13.84. M60. 100. 1. Tom Phillips 13.6. SP. 1. Steve Langdon 9.53. Match. 1. Ashford 85, 2. Blackheath & Bromley 80.5, 3. Paddock Wood 80, 4. Sevenoaks 52, 5. Swanley 46.5, 6. Bexley B 40, 7. Dartford B 21. League table after 3 matches. 1. Ashford 19 (219), 2. Blackheath & Bromley 18 (213.5), 3. Paddock Wood 17 (218), 4. Sevenoaks 12 (137), 5. Swanley 8 (122.5), 6. Dartford B 6 (96), 7. Bexley B 4 (95).

**100 Years ago in May 1919**

The May Gazette concludes a series of coaching articles by R R Conway, former President of Cambridge University Hare & Hounds. “There is far too much artificial locomotion in these days: why cannot we all make a point of walking more regularly, even to the extent of an earlier start in the morning, or a later return at night, if it will give us an extra walk of four or five miles a day, instead of a bolt to the nearest station.” He quotes two examples of athletes who have improved through walking and concludes “There you have it: walking makes runners. No one can get stale on that, it is the finest medicine out and what is more you can always manage it at any time and in any district”

In connection with “The Raid On Brussels 1887” (featured in the last Courier) one of the party forwarded some correspondence with the Sports Secretary in Brussels. The editor writes “ In these days of hot prices it is very refreshing to read of the choice of five hotels ranging from 2/6 (12.5p) to 4/- (20p) for bed and breakfast.” And “Railway fare from London via Harwich and Antwerp £1 7s 6d (£1.37. 5p) return to Liverpool Street”

**75 years ago in May 1944**.

THE

# Blackheath Harriers' Gazette

AND

Club Record.

*"Perfer et Obdura"*

*Joint Editors:*
H. A. WILKINSON AND G. H. WILKINSON
37-43, GREEN LANES, N.16
*Assistant Editor:* E. J. J. REED
*Registered at Stationers' Hall*

No. 460. Vol. XLVI. APRIL—JUNE, 1944

*For private circulation among Members of the Club*
*Published by the Hon. Sec. of the Blackheath Harriers, G. F. McIVOR, Larbier Tree, 30, The Avenue, Cheam, Surrey*

## SUMMER SEASON

(75th Season, 1944)

**Note.** — The Club Headquarters will be

**OPEN**

**EVERY WEDNESDAY EVENING**
**for Training, commencing**
**May 3**

## Notices

### SUMMER TRAINING

The use of training facilities at the BECKENHAM TECHNICAL SCHOOL'S ground near Clock House Station has been offered to the Club by the Local Pre-Service Units' Sports Committee. In addition to the track, jumping pits, etc., are available.

As many members as possible are urged to avail themselves of these opportunities and to make themselves known to Mr. C. Budd or to the coach, stating that they are attending by invitation of Mr. Budd.

Training is on Monday and Thursday evenings from 7.30 to 9 p.m.

We should like to express our thanks to the above committee for extending to us this kind invitation.

Will all members who think they may be able to take part in any Summer Fixtures, please advise me as soon as possible, so that some idea may be obtained as to the possibility of arranging Summer Events.

8, Heathview Crescent,
Dartford,
Kent.

V. W. W. BEARDON
*(Summer Captain.)*

## TRACK SEASON

The enforced absence of almost all our track members makes it extremely difficult to foresee the possibility of arranging any fixtures. If, however, circumstances make it possible to arrange anything at a later date in co-operation with our partners in "The Combined Clubs," every endeavour will be made to do so.

It is hoped that those members who are interested in track competition will take every opportunity to carry the Club's colours in open competition.

The Southern Committee of the Amateur Athletic Association are organising open handicap meetings as follows:—

| | | |
|---|---|---|
| Saturday, MAY 13 | ... | Victoria Park |
| Saturday, JUNE 3 | ... | Tooting Common |
| Saturday, JULY 1 | ... | Parliament Hill |
| Saturday, AUG. 5 | ... | Charlton Park |

### SPECIAL ATTENTION

should be given by our Junior Members to the SOUTHERN JUNIOR CHAMPIONSHIPS to be held at the POLYTECHNIC STADIUM, Chiswick, on Saturday, JUNE 17.

KENT JUNIOR CHAMPIONSHIPS are being held this year in conjunction with an N.F.S. meeting at GUY'S HOSPITAL GROUND, Honor Oak Park, on Saturday, AUG. 12.

Details of all the Southern Committee meetings can be obtained by direct application to the Southern Committee of the Amateur Athletic Association at Crown Chambers, 118, Chancery Lane, W.C.2. Particulars of the Kent Junior Championship meeting can be obtained from the Hon. Sec., Mr. W. J. WESTERN, 79, Dartford Road, Dartford, Kent.

The Summer Captain, whose address appears below, will be pleased to hear from anyone who intends to compete in any of the above-mentioned meetings and to give any information or advice.

V. W. W. BEARDON,
8, HEATHVIEW CRESCENT,
DARTFORD, KENT.

3/5/44. Six members turned out for the first Wednesday evening Summer run from the clubhouse. A camera was produced and snaps taken to send to members abroad.
10/5/44. After the run a small party collected at "The George"
24/5/44. A Committee Meeting boosted Wednesday Night numbers. "The bar at the "George" was occupied later and some senior member bemoaning their fate of missing the last bus were reminded by the landlord that since they were harriers they could quite easily run home"
"We extend our sympathy to two of our members WF Street and CR Williams who have had their homes badly damaged by "enemy action" recently. We are glad to hear their families escaped injury".
The Treasurer reported no elections to the Club in May and at the end of March the Gazette fund stood at £48 17s 8d, Hospitality £12 18s 0d, Prisoners Of War Fund £119 14s 11d.
Arthur Fox writes from West Africa, miles away from anywhere in one of the worst climates, "as far as I'm concerned anyone can have Africa lock stock and barrel" and his thirst is getting worse.
E J J Reed send greetings from the Middle East and says he has had messages from J P Clark (in Italy) and Eric Tapper (somewhere in North Africa) who both sound cheerful enough and look forward (as he does) to meeting again at Headquarters in the not too distant future.
L D Lee writing on behalf of three exiled 'Heathens (E A Gleeson, J G Lymbury and himself) at P.O.W. Camp Oflag v11 B Germany says "Thanks … for continuing to send us tobacco parcels… We did run for a while here, but the cold showers afterwards, with the temperature much below anything known at Hayes, rather killed it. Moreover the beer is so weak!"

**50 years ago in May 1969**
The first ever National League fixture takes place at Twickenham. Blackheath are in the top division and finish 6th and last in a match against winners Birchfield, Polytechnic, Brighton & Hove, Cardiff and Thames Valley. The Blackheath team is Frowde, Emery, Mahoney, Morgan, Falconer, Hawtin, Horwood, Willis, Richardson, Baldwin, Higgins, Clarke, McFarnell, Woodcock, Haines, Harker, Hickey, Hudson, Hamlyn, Wadhams, Day, Walhen, Shapcott. Mike Mahoney comes along to spectate but ends up in the team. Also competing is future member Mike Winch for Brighton & Hove. Highlight for the Club is winning both strings of the triple jump. The Gazette comments that with continuous rain all morning "it was surprising not to have a flooded track, but great pieces were soon cut out of it, leaving holes almost two inches deep".
Among the winners on the day were future Athletics commentator Stuart Storey in the 110 hurdles, and Ian Stewart in the 5000. Birchfield's Howard Payne, who has only been beaten once by a fellow Briton since 1960, is disappointed to find the hammer will not take place in the main arena but in an adjacent field. To register his dismay he takes his first five throws left handed. After five rounds he is on 51.46 with his clubmate leading on 51.66. He takes his final throw right handed and records 64.76 to win the competition. This would have placed him second in the first 2019 British League meeting of the season at Swansea last month.
Comparing winning performances in 1969 with 2019, the performances at Twickenham in the 800, 1500, 3000 steeplechase and 400 hurdles were superior to Swansea. In the chase, five performances in 1969 were quicker than the winning time in 2019.
Athletics Weekly describes a "thrilling" afternoon with the team positions changing often but also concludes "conspicuous by their absence were a wind gauge, a scoreboard showing team scores, space in the programme for keeping such scores… and, in any considerable number, spectators."
The Centenary Ball takes place at the New Inn Hayes. 130 sat down for dinner, "centered around an excellent shoulder of mutton". At the end of the meal the President lit the 100 candles on an enormous Blackheath badge decorated cake. Then with an excellent band the dancing began. "All too soon 1am arrived and we all sang "auld lang syne". This was no more than a short respite. Within minutes the Clubhouse was packed with 99% of the New Inn contingent and "battle" recommenced. It must be confessed that the music was not quite of such a high quality… but by that time few cared. The mixture of candlelight and beer made your reporter's notes a little blurred at this stage and a coherent report would not be possible."
Among the winners at the Kent Mens Championships at Crystal Palace are Chris Woodcock (3000 s/chase), Mike McFarnell (400 hurdles), Peter Hudson (long jump), Jim Day (pole vault), Mike Turner (javelin). Mike Mahoney wins the Junior 100 and 200 titles.

**25 years ago in May 1994**.
Blackheath win the opening Division Two match of the season at Crystal Palace. Individual wins come from Julian Golding (200), James Harrison (5000), Noel Levy (400H), Dave Lee (3000 steeplechase), Peter Yates (javelin), Lee Newman (shot and discus). The same day the Club also fields three teams in the Southern League in divisions one, three and six. At the Div One

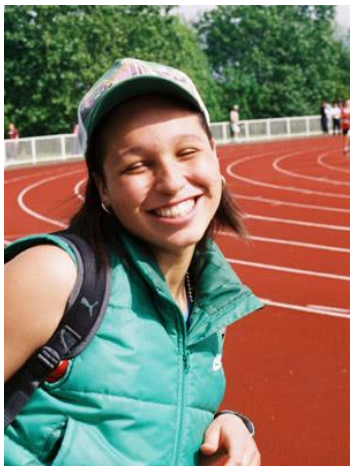
match at Parliament Hill the top three in the 1500 are 1. Gary Staines (Belgrave) 3.52.9, 2. Dave Heath (B'hth) 3.53.6, 3. Keith Cullen (Chelmsford) 3.54.7, not a bad field.
Roy Smith wins the Ted Pepper 10km.
Blackheath Harriers and Bromley Ladies Senior age group winners at the Kent Championships are Mark Williams, Phil Hogston, Noel Levy, Andy Hodge, Lee Newman, Joice Maduaka, Jenny Kelly, Kerensa Denham and Myrtle Augee.
At the Southern Under 20 championships at Crystal Palace there are wins for Marvin Bramble (U20M triple jump), Emeka Udechuku (U17M shot and discus) and Peter Waterman (U15B Shot). Current President Julian Golding is second in the 200 and third in the 100.
At the Southern Counties Vets AC Champs golds are won by Doug Cocker (M40 400), Chris Ellis (M50 discus), Colin Brand (m55 discus and Javelin), Jim Day (M60 High, long and triple jumps plus pole vault), Gordon Hickey (M60 shot and discus).

**20 years ago in May 1999.**
The British League season begins with a new format for Division One which packs all A string track events into an hour and a half block at the end of the meeting and introduces qualifying rounds for some field events. "At ten past six, over six and a half hours after the first event, we received the first points score, which later had to be amended as it contained errors. "The dust is settling on what, I have to say, was a deeply disturbing experience on Sunday", wrote the Division Secretary after the meeting."
The Club has a good day and finishes fourth. "A free coach and free drink were generously provided by two of our Vice Presidents which allowed us to ferry a group of highly vocal supporters across London to the match".
At the South Of England Under 20 Championships gold medals are won by Peter Francis (U20M Triple jump), Jonathan Lundeman (U20M Javelin), and Mark Awanah (U17M Long jump). The under 20 mens 1500 is won by Mo Farah in 4.00.44.

**15 years ago in May 2004**
At the Kent Championships at Ashford the Club's athletes set six Championship Best Performances, four Club records as they win 36 golds 23 silver and 24 bronze medals.
Dave Taylor breaks the British M40 best for 5000 metres as he times 13.53.13.
Past President Harold Thomson dies at the age of 87.
At the South of England Under 20 championships there are golds for Amir Williamson (U20M Hammer), Tom Robinson (U20M Pole Vault), Sandra Alaneme (U20W triple jump), Alistair Williamson (U7M Hammer), Rachel Blackie (U17W Hammer), Lauren Blackie (U15G long jump), James Alaka (U15B 100/200), Serita Solomon (U15G 75H). Mike Davies coaches three gold and two silver medallists.
Michael Skinner (mile), Mohammed Sillah Freckleton (110H) and Liz Hughes (PV) win titles at the Inter Counties Championships.
Two former Commonwealth champions Myrtle Augee and Julian Golding present awards at the Blackheath & Bromley Schools meeting.

**10 years ago in May 2009**

At the Kent Championships Shaunagh Brown achieves a double double winning both the senior and under 20 shot and discus titles as the Club wins 34 titles in total.



Lorraine Ugen takes the under 20 100 and long jump titles and her weekend is complete when she receives a Jack Petchey award from Brendan McShane.
Dan Putnam wins the Under 100 and 400 titles and gets silver in the 200. First year senior Scott Huggins wins the pole vault.
James Alaka breaks the Championship record in the 200 with 21.01 to add to his 100 metre title.
Dina Asher Smith wins the Under 15 100 and 200 metre titles, the former in a Championship best and Club Record of 12.27.
At the South Of England Under 17 and Under 15 Championships at Ashford Ben Hopkins wins the U17 400 hurdles. Dina Asher Smith is second in the U15s 100 and third in the 200.
Allan Williams sets a new British M55s best of 3.82 in the pole vault in the Southern League match at Battersea.
Peter Tucker finishes 5th in the Edinburgh Marathon in 2.23.51.
At the Loughborough International, Christine Lawrence, representing England breaks the Club javelin record with a throw of 48.13.

**Old Athletics Weekly magazines**.
Your Courier editor finds he has many spares copies of AW particularly from the 1950s and 1960s. Plenty of Club members figure prominently. If anyone would like them please get in touch.

*Now this is a proper starting gun. Eat your heart out Mark Purser. The start of a 100 x 1 mile relay race.  (pic by Steve Cluney)*