



Blackheath & Bromley Courier

September 2019.

President 2019-20. Julian Golding.

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



Results from August are contained in this Courier but, as it is going to bed, we now know the results from the Youth Development League Upper and Lower Age Group Finals and the European Champion Clubs Cup for Juniors out in Portugal. Needless to say, our athletes have done the Club proud. We are champions in the YDL Upper Age Group and runners up in the Lower Age Group. Not only that, in the Upper Age Group, we were the top male and female Club in the UK for the third year running, which means we represent the country in Europe in 2020, assuming the competition takes place. This year, out in Portugal our men finished in second place and our women third, remarkable results.

It doesn't just happen. The work that has gone into these achievements is immense from athletes, coaches, team managers, parents and guardians, officials, Parents Council, Committee, trustees, sponsors, supporters, schools, and more.

For the first time ever this Summer our men and women both competed in the Premier Divisions of the British Athletics League and the UK Womens League. While neither finished as high as they would have liked, we are in a strong position to compete in the top division of a proposed joint scoring senior National League in 2020. The results in the younger age groups this month only underline this. It doesn't stop there either. Our Presidents first taste of overseas competition came in the European Champions Club Cup in 1992. Six years later he was Commonwealth champion. Two more of our former young athletes will be competing in the World Championships this month in Doha. Good luck Dina and Adam!

The Will Bolton Relays also took place in September and it was great to see Richard Daniels travelling up from Cornwall to run, having had a brush with cancer earlier in the year. Also good to see Steve Cooper in action having travelled some distance to compete. Best wishes also to Past President Ian Wilson who is recovering from a stroke. News from our Members far and wide is always welcome.

The Courier brings together results of all members in one place. If yours isn't there, get in touch.

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 Anniversary Dinner at the House Of Commons, Thursday 7th November 2019. Full details are on the Club website.

Forthcoming Fixtures

September

Sat 7 – Youth Development League, Lower Age Group, Final, Manchester.

Sun 8 – Youth Development League, Upper Age Group, Final, Manchester.

Weds 11 – Parris Handicap, Hayes.

Sat 14 – Will Bolton Relays, Sparrows Den. (Bennett Cup Race 1)

Sat 14 – Sun 15. KCAA Combined Events, Under 13s and Masters Championships, Erith.

Sat 21 – European Champions Clubs Cup for Juniors, Leiria, Portugal

Sun 22 – SEAA 6/4/3 Stage Road Relays, Crystal Palace.

Sun 22 – KCAA Relays/ Masters Jumps Championships, Medway Park

Sun 22 – The Jim Day Memorial Pole Vault Event, Sutton.

Fri 27 – Sun 6 October. **World Athletics Championships, Doha**

Sun 29 – Club 5 Mile Championships, Hayes (Clubhouse). (BCR2)

October

Sun 6 – National Road Relays, Sutton Coldfield

Sat 12 – Kent Cross Country League, Swanley Park

Sat 19 – Orion Mob Match, Chingford. (14.30) (BCR3)

Sat 19 – SEAA Cross Country Relays, Wormwood Scrubs

Sat 26 – Kent Cross Country League, Somerhill School, Tonbridge.

Sun 27 – SLH Mob Match, Hayes. (11.00) inc Club 7.5 Mile Championship (BCR4)

Social Events

Friday 11th October. Vice Presidents Supper. Hayes.



Another picture from the VPs Supper 2009

Friday 25th October. Fund raising Wine Tasting and Quiz Night. Tickets and info from Claire_austridge@yahoo.co.uk
Sunday 8th December. Christmas Lunch, Hayes.

Results

1/8/19

World Para Athletics Junior Championships, Nottwil, SUI. 1500. 3. Prince Reid (T20/F20) 4.37.05

Belfast International. Men. 200. A. 1. Adam Gemili 20.63 (-0.2). Women. 100. A. 5. Molly Scott 11.97.

BMC Races, Leeds. 1500. 2. Alex Botterill 3.52.78

2/8/19.

University Of Birmingham Relays. 100. 4. Michael Damoah 10.99 (0.9). 3000. 6. Declan Neary 8.23.23.

3/8/19

British Athletics League, Premier Division, Birmingham. 100. A. 7. Duayne Bovell 10.95 (0.0). B. 7. Michael Damoah 11.08 (-0.7). 200. A. 7. Ethan Brown 21.88 (-1.5). B. 7. Michael Damoah 22.83. (-1.3). 400. A. 8. Joe Rogers 51.22. B. 8. Adam Herring 58.49. 800. A. 5. Joe Rogers 1.54.34. B. 5. Phil Sesemann 1.53.24? 1500. A. 2. Phil Sesemann 3.47.45. B. 5. Declan Neary 3.52.63. 5000. A. 5. Ross Braden 15.08.65. B. 3. Charlie Davis 15.21.25. 110H. A. 6. Alex Nwenwu 15.99 (-0.7). B. 7. Lewis Ely 25.09 (-0.1). 400H. A. 7. Bailey Stickings 59.54. B. 6. Tom Desborough 65.32. 3000 s/ch. A. 4. Lewis Mills 9.54.92. B. 5. Tom Desborough 10.59.15. HJ. A. 4=. Kelechi Aguocha 2.00. B. 4. Lewis Ely 1.85. LJ. A. 8. Ben Sutton 6.50. B. 5. Myles Xavier 6.27. TJ. A. 3. Jonathan Ilori 16.27. B. 8. Lewis Ely 9.60. PV. A. 5. Scott Huggins 4.80. B. 3. Barnaby Corry 4.20. SP. A. 7. Philip Bartlett 11.05. B. 6. Dele Aladese 9.51. DT. A. 6. Dele Aladese 41.43. B. 6. Philip Bartlett 34.20. JT. A. 8. Duayne Bovell 25.47. B. 8. Joss Barber 4.47. HT. A. 7. Charlie Short 33.60. B. 6. Dele Aladese 17.79. 4X100. 6. B&B (Duayne Bovell, Michael Damoah, Ben Sutton, Myles Xavier) 42.56. 4x400. 6. B&B. (Ben Sutton, Myles Xavier, Adam Herring, Ethan Brown) 3.21.49. Match. 1. Birchfield 394, 2. Newham & Essex Beagles 338, 3. Shaftesbury Barnet 323, 4. Woodford Green with Essex Ladies

297, 5. City Of Sheffield & Dearne AC 250, 6. Harrow 242, 7. B&B 189, 8. Cardiff 126. Final Standings. 1. Birchfield 31 (1417), 2. Newham & Essex Beagles 29 (1330), 3. Shaftesbury Barnet 21 (1143), 4. Harrow 19 (1090.5), 5. Woodford Green with Essex Ladies 16 (1071), 6. City Of Sheffield & Dearne AC 14 (1020), 7. Blackheath & Bromley 7 (843.5), 8. Cardiff 7 (729).

UK Womens League, Premier Division, Birmingham. 100. A. 6. Modupe Shokunbi 12.14 (-0.2). B. 6. Vivien Olatunji 12.46 (-0.3). 200. A. 6. Modupe Shokunbi 25.71 (-1.4). B. 8. Vivien Olatunji 25.72 (-0.7). 400. A. 2. Krystal Galley 54.30. B. 6. Grace Scopes 57.99. 800. A. 5. Niamh Bridson Hubbard 2.10.74. B. 6. Yasmin Austridge 2.19.53. 1500. A. 8. Maddaler Mastrolonardo 5.00.28. B. 6. Jessica Keene 5.03.55. 3000. A. 4. Niamh Bridson Hubbard 10.04.74. B. 7. Yasmin Austridge 11.55.12. 100H. A. 3. Anastasia Davies 13.96 (-1.6). B. 7. Danielle Hopkins 27.40 (-1.7). 400H. A. 6. Alex Hill 61.68. B. 4. Sophie Elliss 64.20. 2000 s/ch. 7. Holly Platt 9.14.97. HJ. A. 3. Deborah Martin 1.70. B. 2. Danielle Hopkins 1.60. LJ. A. 1. Sarah Abrams 6.24. B. 2. Zara Asante 5.48. TJ. A. 2. Zara Asante 12.75. B. 1. Sarah Abrams 12.10. PV. A. 8. Holly Platt 2.80. B. 6. Zoe Austridge 2.50. SP. A. 1. Divine Oladipo 16.11. B. 3. Hannah Macaulay 10.42. DT. A. 2. Divine Oladipo 51.32. B. 1. Hannah Macaulay 41.01. JT. A. 6. Eloise Locke 33.58. B. 6. Danielle Hopkins 26.91. HT. A. 6. Gemma Vickery 52.40. B. 1. Molly Walsh 51.94. 4x100. 2. B&B (Anastasia Davies, Sarah Abrams, Modupe Shokunbi, Vivien Olatunji) 46.37. 4X400. 7. B&B (Krystal Galley, Alex Hill, Grace Scopes, Sophie Elliss) 3.55.69. Match. TVH. 235, 2. Trafford 185, 3. B&B 183, 4. Cardiff 178, 5. Edinburgh 177, 6. Windsor, Slough, Eton and Hounslow 169, 7. Birchfield 152, 8. Notts 150. Final Standings. 1. TVH 24 (720.5), 2. Windsor Slough Eton & Hounslow 16.5 (547.5), 3. Trafford 14.5 (490.5), 4. Cardiff 14 (500), 5. Birchfield 12 (480), 6. Edinburgh 10 (486), 7. B&B 9 (431), 8. Notts 8 (449.5).

Youth Nations Cup, Dublin. Men. 1500. 2. Oliver Bright 4.05.69. LJ. 2. Theo Adesina 6.86. Women. 100H. 2. Mallory Cluley 13.95 (-0.6). LJ. 1. Funminiye Olajide 5.91.

Parkruns. Roundshaw Downs. 21 James Unwin 22.39, **Bromley.** 19 Thomas Sugden 19.25, 64 Steve Pairman 21.19, 260 Tom Leeson 27.00, 261 John Leeson 27.01, 333 Julia Pairman 28.53. **Bexley.** 65 Chris Pike 24.38. **Sheffield Hallam.** 73 Jason Meers 21.57. **Beckenham Place park.** 2 Ian Firla 17.45, 5 Clayton Aves 18.43, 49 Luigi Arcuri 23.02, 100 William Slack 25.52, 120 Zoe Kingsmill 26.56. **Lloyd park.** 30 Ifetobi Salako 22.30. **Lymington Woodside.** 99 Sally Smith 28.07, 153 Graham Smith 33.42. **Poole.** 1 Callum Myatt 15.59. **Winchester.** 10 Jonathan Vintner 17.45. **Wycombe Rye.** 41 Nigel Haffenden 22.21, 52 Sally Haffenden 22.57. **Gunpowder.** 126 James Perry 32.28. **Dulwich.** 124 Peter Hamilton 22.58. **Orpington.** 1 Joseph Georgiadis 18.26, 127 Andrew Kingsmill 31.15, 158 Karen Desborough 34.25. **Homewood.** 20 Zoe Wood 24.17 (1st woman). **Lanhydrock.** 7 Richard Daniels 20.18. **Peckham Rye.** 71 James Morris 23.30. **Blandford.** 74 John Turner 25.21. **Whinlatter Forest.** 155 Andrew Riches 35.04. **Perry Hall.** 144 Mick Keene 42.13. **Lullingstone.** 7 Carys Firth 22.38. **Exmouth.** 58 Bob Minting 22.22. **Clapham Common.** 189 James Cunningham 23.18. **Catford.** 21 Andrew Lawes 21.51, 61 Barry Wetherill 25.23. **Nant y Pandy.** 12 Megan Barlow 22.32 (1st woman). **Littlehampton Prom.** 24 Rob Brown 21.33, 39 Mark Ellison 22.29, 137 Anne Cilia 28.03. **Bethlem Royal Hospital.** 8 Ellie Osmond 19.56 (1st woman), 15 Ian Montgomery 21.08, 16 Stuart Cullum 21.09, 19 Mike Simms 21.32, 73 Jackie Montgomery 28.16.

4/8/19

Kent Young Athletes League Division One, Gillingham. Under 15 Boys. 100. A. 3. Connor Sutton 11.8. B. 4. Ben Platt 12.5. 300. A. 7. Oles Chaban 44.1. B. 7. Edward Regan 50.4. 1500. A. 4. Jake Anthony 4.40.0. B. 4. Jonathan Ellerton 5.44.6. 80H. A. 3. Oliver Robertson 12.4. B. 5. Jonathan Ellerton 15.7. NS. 1. Brydon Duncan 13.5. HJ. A. 2. Edward Regan 1.65. B. 1. Oliver Robertson 1.50. LJ. A. 8. Jonathan Ellerton 3.56. B. -. SP. A. 1. Brydon Duncan 13.15. B. 2. Ben Platt 9.07. JT. A. 1. Ben Platt 41.13. B. 1. Joshua Buddle Smith 28.18. HT. A. 2. Brydon Duncan 34.63. B. -. 4x100. 4. B&B (Ben Platt, Oles Chaban, Jake Anthony, Brydon Duncan) 49.6. 4X300. -. Match. 1. Bexley 144.5, 2. Medway & Maidstone 139.5, 3=. Paddock Wood/Folkestone RC 1 120, 3=. Tonbridge AC 2/Judd School 120, 5. Blackheath & Bromley 1 118, 6. Ashford 86, 7. Tonbridge AC 1 67, 8. Invicta East Kent 50. **Under 15 Girls.** 100. A. 1. Faith Akinbileje 12.5. B. 1. Kelsey Calladine Smith 13.3. NS. 1. Rianna Rennie 13.4. 300. A. 1. Amarisa Sibley 41.3. B. 1. Cameron Kelly Gordon 42.8. 1500. A. 3. Sofia Plum Maher 5.32.9. B. 4. Olivia Magee Brown 6.04.9. NS. 1. Amelie Willars 5.48.3. 75H. A. 3. Emily Algeo 12.7. B. 1. Faith Mpassy 12.7. HJ. A. 6. Faith Mpassy 1.35. B. -. LJ. A. 2. Faith Mpassy 4.71. B. 1. Emily Algeo 4.67. SP. A. 1. Rianna Rennie 10.43. B. 1. Sofia Elliott 7.50. DT. A. 2. Sofia Elliott 20.22. B. 5. Emily Algeo 11.82. HT. A. 2. Sofia Elliott 34.53. B. 2. Amelie Willars 15.12. NS. 1. Rianna Rennie 24.37. 4x100. 1. B&B (Amarisa Sibley, Rianna Rennie, Kelsey Calladine Smith, Faith Akinbileje) 51.4. 4x300. 1. B&B (Cameron Kelly Gordon, Faith Mpassy, Emily Algeo, Amarisa Sibley) 2.55.5. Match. 1. B&B 163.5, 2. Medway & Maidstone 138, 3. Bexley 129.5, 4. Tonbridge 92, 5=. Paddock Wood/Folkestone RC 1 85, 5=. Tonbridge AC 2/Judd School 85, 7. Invicta East Kent 80, 8. Ashford 61. **Under 13 Boys.** 100. A. 1. David Dare 12.6. B. 1. Rayhan Mourtada 13.3. NS. 1. Andrew Nikoro 14.1. 200. A. 1. Zuriel Nwogwugwu 26.2. B. 1. David Dare 26.9. NS. 1. Marley Byfield 28.2. 1500. A. 3. Franco Hillier 5.19.1. B. -. 75H. A. 2. Rayhan Mourtada 12.8. B. 1. Andrew Nikoro 13.6. HJ. A. 1. Andrew Nikoro 1.40. B. 3. Finn Kitteridge 1.25. NS. 2. Zuriel Nwogwugwu 1.15. LJ. A. 1. Zuriel Nwogwugwu 4.86. B. 2. Rayhan Mourtada 3.98. NS. 4. Franco Hillier 3.26. SP. A. 4. Max Kennedy 7.33. B. 3. Finn Kitteridge 6.18. JT. A. 2. Max Kennedy 30.35. B. 2. Finn Kitteridge 22.22. HT. A. 3. Max Kennedy 17.19. B. -. 4x100. 1. B&B (Marley Byfield, Zuriel Nwogwugwu, Rayhan Mourtada, David Dare) 52.3. NS. 1.

B&B (Max Kennedy, Franco Hillier, Finn Kitteridge, Andrew Nikoro) 61.2. Match. 1. B&B 149, 2. Medway & Maidstone 135, 3. Tonbridge AC 2/Judd School 124, 4. Tonbridge AC 1 103, 5. Bexley 77, 6. Paddock Wood/Folkestone RC 1 72, 7. Invicta East Kent 68, 8. Ashford 60. **Under 13 Girls.** 75. A. 4. Nina Whitter 10.6. B. 6. Tallulah Ndikanwu 11.3. 150. A. 3. Nina Whitter 20.4. B. 2. Adaeze Anele 20.8. NS. 1. Tallulah Ndikanwu 22.5. 1200. A. 3. Emily Deveney 4.27.8. B. 1. Tallulah Ndikanwu 4.13.1. 70H. A. 3. Daisy Snell 12.1. B. 1. Amber Cockburn 12.6. HJ. A. 2. Daisy Snell 1.35. B. 1. Nina Whitter 1.30. LJ. A. 1. Daisy Snell 4.71. B. 4. Amber Cockburn 3.63. SP. A. 5. Erin Simpson 5.98. B. 2. Bethany Willars 5.90. JT. A. 3. Amber Cockburn 21.59. B. 2. Erin Simpson 16.64. HT. A. -. B.-. 4X100. 2. B&B (Daisy Snell, Adaeze Anele, Emily Deveney, Tallulah Ndikanwu) 55.5. Match. 1. Bexley 142.5, 2. Tonbridge AC 1 142, 3. B&B 130, 4. Invicta East Kent 105, 5. Ashford 93, 6. Medway & Maidstone 86.5, 7. Tonbridge AC 2/ Judd School 73, 8. Paddock Wood/Folkestone RC 1 56. Overall. 1. B&B 585.5, 2. Medway & Maidstone 524, 3. Bexley 518.5, 4. Tonbridge AC 2/ Judd School 427, 5. Tonbridge AC 1 404, 6. Paddock Wood/Folkestone RC 1 358, 7. Ashford 320, 8. Invicta East Kent 313.

Kent Young Athletes League Division Two, Gillingham. Under 15 Boys. No B&B competitors. **Under 15 Girls.** SP. NM. Sofia Loader. DT. A. 2. Sofia Loader 10.11. HT. A. 3. Sofia Loader 15.94. Match. 1. Cambridge Harriers 194, 2. Dartford Harriers/Swanley & District 92, 3. Sevenoaks 90, 4. Thanet 81, 5. Medway Phoenix 22, 6. B&B 2 19, 7. Swale Combined 12, Thanet Roadrunners 10. **Under 13 Boys.** 100. A. 3. Daniel Jenkins 14.9. B. 2. Shing Hei Hang 14.5. NS. 1. James Lawson 13.9. 200. A. 4. Daniel Jenkins 30.9. B. 1. James Lawson 29.2. NS. 1. Hendri Verster 30.2. LJ. A. 1. James Lawson 4.10. 4x100. 1. B&B (Shing Hei Hang, Daniel Jenkins, James Lawson, Hendri Verster) 58.3. Match. 1. Swale Combined 135, 2. Dartford Harriers/Swanley & District 89, 3. B&B 59, 4. Thanet Roadrunners 58, 5. Thanet AC 49, 6. Sevenoaks 26, 7. Medway Phoenix 23, 8. Cambridge Harriers 14. **Under 13 Girls.** No B&B competitors. Overall. 1. Cambridge Harriers 538, 2. Dartford Harriers/Swanley & District 355, 3. Thanet AC 350, 4. Sevenoaks 318, 5. Swale Combined 220, 6. Thanet Roadrunners 107, 7. B&B 103, 8. Paddock Wood/Folkestone RC 2 93, 9. Medway Phoenix 59.

Milton Keynes Open. 800. U17 MX 1. 3. Francesca Evered 2.25.7

6/8/19.

Loughborough EAAP Open Meeting. Men. 400. R1. DNF Dan Putnam. Women. PV. 5. Sophie Dowson 3.76. JT. 4. Bekah Walton 48.99.

Watford Open Meeting. 800 Mx 21. 4. Ben Gardiner (U20M) 1.54.41.

Kent AC Championships, Ladywell. 1500. Mx 4. 9. Arthur Starvis (U15B) 4.47.8

Invicta East Kent, Canterbury. 400. 3. Sam Reardon (U17M) 51.91.

9-11/8/19

European Athletics Team Championships Super League, Bydgoszcz, Poland. Women. JT. 12. Bekah Walton 46.29.

10/8/19

BMC Races, Stretford. 800. 2. Alex Botterill 1.47.72.

Parkruns. Bromley. 15 Thomas Sugden 19.24, 23 Steve Pairman 19.45, 40 Ted Marston 20.38, 44 Paul Kerekgyarto 20.44, 46 Maria Salamanca 20.46, 48 Olivia Berry 20.51, 73 Chris Swinfen 21.59, 93 Luciana Smith 22.43, 184 Andy Tucker 24.57, 224 Austin Adams 26.08, 228 Madeleine Marston 26.17, 266 John Leeson 27.11, 267 Tom Leeson 27.12, 309 Julia Pairman 28.37, 333 Bernard Wilson 29.18, 406 Graham Smith 31.57. **Basildon.** 6 Nick Barber 21.26. **Beckenham Place park.** 5 Clayton Aves 19.13, 16 David Beadle 21.11, 29 Rod Harrington 22.17, 86 William Slack 25:55. **Lloyd park.** 15 Jennie Butler 22.00 (1st woman). **Medina I.O.W.** 83 Peter Hamilton 23.05. **Eden Project.** 10 Joseph Georgiadis 18.23. **Winchester.** 2 Jonathan Vintner 17.52. **Hoblingwell.** 5 Nigel Haffenden 22:37, 7 Sally Haffenden 23.59 (1st woman). **Dulwich.** 73 James Unwin 22.02. **Hilly Fields.** 58 James Morris 23.26. **Homewood.** 20 Zoe Wood 24.10. **East Grinstead.** 4 Robert Perry 20.23, 159 James Perry 33.32, 176 Adrian Perry 38.56. **Seaton.** 21 Ellie Osmond 22:41 (1st woman). **Tonbridge.** 72 Mark Ellison 23.37, 260 Anne Cilia 29.03, **Whinlatter Forest.** 116 Andrew Riches 35.15. **Lullingstone.** 4 Jason Meers 23.35. **Bakewell.** 36 Jessica Keene 20.48, 320 Mick Keene 42.12. **Exmouth.** 49 Bob Minting 23.56. **Catford.** 29 Andrew Lawes 22.05, 50 Barry Wetherilt 23.31. **Bethlem Royal Hospital.** 12 Ian Montgomery 22.16, 13 Tim Ayres 22.30, 20 Sarah Belaon 24.24. **Cyclopark.** 66 Sally Smith 26.23.

10-11/8/19.

British Masters Championships, Birmingham. M60. 100. Ht1. 2. Clem Leon 14.32 (0.1), 200. Ht1. 6. Clem Leon 29.74 (-1.3), 400. R1. 3. Clem Leon 66.68. HJ. 4=. Clem Leon 1.25. LJ. 6. Clem Leon 4.14. TJ. 5. Clem Leon 9.36. M65. LJ. 5. Denis Wallington 2.04. M70. 3000W. 1. Roger Michell 18.06.69. 5000W. 2. Roger Michell 30.39.22. W65. 100. 1. Helen Godsell 14.78 (-0.4). 200. 1. Helen Godsell 31.38 (-1.3).

11/8/19

Leaderboard Mile Challenge, Norman Park. Race 1. 1 Jamie Ellerton 6.39.1, 2 Fred Bentley 6.39.9, 3 Charlotte Bloodworth 6.40.2, 4 Lydia Marston 6.42.0, 5 Ruairi Carey 6.48.3, 6 Beth Regan 7.02.8, 7 Jack Barlow 7.03.1, 8 George Bentley 9.11.8. Race 2. 1 Niamh Bridson Hubbard 4.57.1, 2 Alessio Tutt 5.08.1, 3 Luca Erolani 5.17.7, 4 Amarissa Sibley 5.21.5, 5 Ted

Marston 5.29.9, 6 Lucas Elmqvist 5.34.3, 7 Amy Leach 5.35.2, 8 Hannah Clark 5.37.1, 9 Adrian Stocks 5.38.3, 10 Daniella Harper 5.38.7, 11 Amy Miller 5.50.7, 12 Meghan Barlow 5.59.4, 13 Luciana Smith 6.06.0, 14 Heath Griffin 6.07.7, 15 S.P.Maher 6.13.6, 16 Amelie Willars 6.17.4, 17 Sam Barlow 6.30.8, 18 Cara Gould 6.41.3, 19 Maddie Marston 6.53.2. Race 3. 1 Nigel Haffenden 6.06.2, 2 Oliver Smith 6.12.0 (guest), 3 Mark Ellison 6.13.1, 4 Pat Gordon 6.19.7 (guest), 5 Samuel Harper 6.25.2, 6 John Leeson 6.26.8, 7 Andrew Lawes 6.27.2, 8 Sally Haffenden 6.29.7, 9 Dave Leal 6.37.5, 10 Ian Montgomery 6.57.2, 11 Reynaldo Guevara 7.25.9, 12 Dave Miller 7.42.9 (guest), 13 Jackie Montgomery 7.45.5, 14 Sally Smith 7.55.0 (guest), 15 Seamus Maher 8.02.1 (guest), 16 David Carton 8.13.7, 17 Drew Grace 8.16.2, 18 Anne Cilia 8.17.5, 19 Sam Purser 8.36.8, 20 Martyn Longstaff 8.37.1, 21 Abigail Smith 8.42.7 (race walked), 22 Bob Cliff 8.45.4, 23 Bernard Wilson 8.54.5, 24 Stan Ridgewell 11.42.8.

Newham Open Meeting. 100. Round 1. Race 3. 8. Duayne Bovell 11.43 (-4.0). R2. R3. 2. Duayne Bovell 11.61 (-5.3). 200. Mx 4. 2. Joe Rogers 23.31 (-3.6). 300. Mx3. 2. Matthew Smith (U15B) 40.67.

13/8/19

Woodford Open Meeting. 800. MX2. 10. Reynaldo Guevara 2.55.75.

14/8/19

Manchester International. Men. 400. Ethan Brown (GBJ) 47.28. Para 1500. 7. Prince Reid (GBJ) 4.19.07. TJ. 2. Jonathan Illori (BAL/UKWL) 15.77. 4X400. 3. GBJ (inc Ethan Brown) 3.09.98. Women. 400. 3. Louise Evans (GBJ) 54.45. LJ. 1. Sarah Abrams (Wales) 6.25. TJ. 2. Zara Asante (Scotland) 12.74. PV. 3. Sophie Dowson (All Stars 2) 3.81. JT. 7. Lauren Farley (GBJ) 40.92. 4x400. 3. GBJ (inc Louise Evans) 3.43.16.

Parris Handicap, Hayes. 1 Heath Griffin 30.36 (21.06 net time), 2 Dave Beadle 30.38 (21.08), 3 Bertie Harrington 30.41 (17.56), 4 Gareth Evans 31.02 (17.17), 5 John Turner 31.08 (24.23), 6 Amy Leach 31.10 (20.10), 7 Clayton Aves 31.15 (19.00), 8 Paul Sharp 31.19 (18.19), 9 Steve Pairman 31.21 (19.51), 10 Dave Leal 31.28 (23.28), 11 Mark Ellison 31.30 (22.00), 12 Bernie Bater 31.41 (22.41), 13 Damian Hayes 31.47 (20.47), 14 Roger Beswick 31.48 (18.33), 15 Rod Harrington 31.55 (21.55), 16 Andy Lawes 32.02 (21.47), 17 Mark Williams 32.18 (24.18), 18 Zoe Kingsmill 32.42 (26.27), 19 Maz Turner 34.05 (33.35), 20 George Collins 34.12 (24.42).

BMC Regional Races, Sutcliffe Park. 800. B. 5. Ben Gardiner (U20M) 1.54.9. E. 1. Oscar Hussey 1.57.93. H. Mx. 5. Niamh Bridson Hubbard 2.11.63, 9. Zakia Mossi (U17W) 2.15.20. K. Mx. 3. Daniella Harper (U17W) 2.25.88, 5. Sabrina Mannes (U17W) 2.30.09. L. 4. Amelia Middleton (U15G) 2.28.50. 5000. A. 10. Danny Brewer 15.56.07.

Cambridge Harriers Open Meeting Sutcliffe Park. 400. Mx 3. 3. Cameron Kelly Gordon (U15G) 60.47. 800. Mx1. 8. Alexander Middleton (U13B) 2.29.34. Mx2. 3. Carys Firth (U15G) 2.40.87, 4. Francesca Middleton (U13G) 2.41.24, Luciana Smith (U11G) 2.44.91, Olivia Magee Brown (U15G) 2.46.28, 8. Erin Simpson (U13G) 2.50.04. DT (1.25K) 1. Brydon Duncan 35.21. DT (1K) Mx. 2. Hannah Macaulay (U20W) 35.36. DT (0.75K) 1. Erin Simpson (U13G) 18.81.

Cork City Sports International, Ireland. Mile. 11. Phil Sesemann 4.04.33.

Lee Valley Sprints Double 100 Open. 100. Mx Round 1. Race 3. 8. Tremayne Gilling 11.20 (1.6). R5. 2. Jak Mensah (U20M) 11.03 (3.5). R9. 7. Modupe Shokunbi 12.22 (1.8), 8. Maya Bruney 12.23. R10. 5. Vivien Olatunji 12.48 (2.8). R11. 3. 3. Tyra Khambai Annan 12.39 (2.1). R2. R10. 6. Tyra Khambai Annan 12.63 (0.9).

17/8/19

Southern Athletics League Div 1, Battersea. Men. 100. A. 3. Kyle Reynolds-Warmington 11.01. (-1.25) B. 1. Michael Damoah 10.99. (1.02). N/S. 1. Chizute Ogbedeh 11.22. 200. A. 2. Matthew Knight 22.34. B. 1. Michael Damoah 22.55. NS. R1. 1. Kyle Reynolds Warmington 22.38, 2. Myles Xavier 22.70, 4. Reece Nelson 23.16. R2. 1. Chizute Ogbedeh 22.98. 400. A. 2. Ada Herring 52.28 B. 2. Reece Nelson 52.13. 800. A. 2. Finlay Brannan 1.59.61. B. 1. Calvin Fuss 2.01.19. 1500. A. 3. Joss Barber 4.08.73. B. -. 5000. A. 3. Joseph Georgiadis 17.34.23. B. -. 110H A. -. B. -. 400H. A. 1. Bailey Stickings 53.47. B. -. 2000 s/ch. A. -. B. -. HJ. A. 1. Kelechi Aguocha 2.00. B. 3. Reece Nelson 1.60. LJ. A. 2. Myles Xavier 6.42. B. 1. Joshua Gbagbo 6.02. TJ. A. 2. Joshua Gbagbo 12.73. B. 1. Kelechi Aguocha 11.49. PV. A. 3. Roger Platt 2.80. B -. SP. A. 4. Dele Aladese 10.79. B. 2. Philip Bartlett 10.55. DT. A. 2. Dele Aladese 43.43. B. 1. Philip Bartlett 34.25. JT. A. 4. Alex Okla 36.79. B. 3. Dele Aladese 19.40. HT. A. 3. Charlie Short 33.75. B. 4. Roger Platt 14.48. 4x100. 1. B&B (Bailey Stickings, Chizute Ogbedeh, Michael Damoah, Myles Xavier) 42.93. 4X400. 2. B&B (Calvin Fuss, Joshua Gbagbo, Adam Herring, Bailey Stickings) 3.25.92. **Women.** 100. A. 3. Laura Brown 13.40. B. 2. Molly Savage 13.32. 200. A. 4. Karina Harris 28.07. B. 3. Laura Brown 27.22. 400. A. 1. Krystal Galley 55.62. B. 2. Danielle Critchley 63.45. 800. A. 1. Niamh Bridson Hubbard 2.15.98. B. 3. Amy Leach 2.37.30. 1500. A. 3. Jessica Keene 5.08.88. B. 2. Amy Leach 5.18.10. 3000. A. 1. Niamh Bridson Hubbard 10.12.96. B. 3. Jane Bradshaw 12.07.10. 100H. A. 1. Anastasia Davies 13.81. B. 2. Ella Brown 17.92. 400H. A. -. B. -. 2000 s/ch. A. -. B. -. HJ. A. 3. Holly Platt 1.40. B. 2. Alice Prentice 1.40. LJ. A. 3. Zoe Martial 4.83. B. 2. Molly Savage 4.69. TJ. A. 2. Molly Savage 10.24. B. 3. Alice Prentice 8.69. SP. A. 2. Hannah Macaulay 11.31. B. 3. Holly Platt 6.48. DT. A. 2. Hannah Macaulay 40.79. B. 3. Molly Walsh 22.73. JT. A. 4. Ruth Chappell 25.42. B. -. HT. A. 1. Molly Walsh 51.78. B. 3. Hannah Macaulay 23.89. 4X100. 2. B&B (Molly Savage, Ella Brown, Anastasia Davies, Laura Brown) 51.74. 4X400. 3. B&B. (Danielle Critchley, Amy Leach, Holly Platt, Karina Harris) 4.30.06.

Match. 1. Windsor Slough Eton & Hounslow 252.5, 2. B&B 184, 3. Belgrave 151.5, 4. Nene Valley 151. Div One. Top 3 Final Standings. 1. Windsor Slough Eton & Hounslow 19, 2. Harrow 17, 3. B&B 16

Meeting Voor Mon, Kessel-Lo, Belgium. PV. 3. Sophie Dowson 3.80.

Parkruns. Bromley. 1 Dan Kennedy 17.41, 20 Steve Pairman 19.53, 30 Nick Barber 20.24, 34 Isabelle Stoneham 20.44 (1st woman), 36 Maria Salamanca 20.48, 38 Paul Kerekgyarto 20.54, 39 Ted Marston 20.56, 98 Isabella Louth 22.51, 99 Tracey Ashenden 22.54, 115 Holly Kibblewhite 23.23, 152 Andy Tucker 24.16, 153 Damian Hayes 24.16, 300 Tom Leeson 28.06, 301 John Leeson 28.09, 339 Bernard Wilson 29.01 377 Madeleine Marston 29.49, 423 Steve Evenden 31.00. **Bexley.** 6 Marco Arcuri 19.42, 181 Zoe Kingsmell 28.13, 301 Andy Kingsmell 32.56. **Basildon.** 98 James Perry 31.40. **Beckenham Place park.** 5 Luca Ercolani 18.39, 12 Clayton Aves 19.15, 16 David Beadle 20.30, 22 Adrian Stocks 21.07, 84 Will Slack 25.41. **Crystal Palace.** 27 Carys Firth 20.44, 58 Chris Swinfen 21.55. **Bournemouth.** 128 Peter Hamilton 23.58. **Poole.** 1 Callum Myatt 16.09. Killerton. 24 Nigel Haffenden 21.17, 46 Sally Haffenden 22.46. **Dulwich.** 131 James Morris 23.01. **Orpington.** 33 Austin Adams 25.01, 41 Dave Leal 25.44. **Lanhydrock.** 3 Richard Daniels 20:45. **Peckham Rye.** 108 John Turner 25.02, 255 Maz Turner 34.21. **Penrose.** 20 Robert Perry 19.49, 310 Adrian Perry 38.31. **Exmouth.** 52 Bob Minting 22.47. **Catford.** 29 Andrew Lawes 21.54, 50 Barry Wetherilt 23.46. **Jersey Farm.** 17 Mike Simms 22.56. **Kingdom.** 70 Graham Smith 35.24. **Bethlem Royal Hospital.** 17 James Unwin 22.12, 60 Jackie Montgomery 29.06. **Cyclopark.** 129 Mick Keene 31.27.

17-18/8/19.

SEAA U17/U15/13 Championships, Ashford. Under 17 Men. 100. DQ. Zac Nwogwugwu. Ht3. 3. Zac Nwogwugwu 11.31 (-2.7). 200. 6. Zac Nwogwugwu 22.92. Ht2. 2. Zac Nwogwugwu 22.85 (0.1). 400. 1. Oliver Briars 50.22. Ht2. 1. Oliver Briars 52.13. 800. 5. Sam Reardon 2.04.09. Ht1. 2. Sam Reardon 2.01.26. 1500. 6. Tom Brash 4.16.82. Ht1. 2. Tom Brash 4.19.90. LJ. 4. Jacob Byfield 5.92 (0.1). TJ. 10. Jacob Byfield 12.24. PV. 1. Barnaby Corry 4.25, 11=. Ethan Kitteridge 3.35. SP. 5. Dillon Claydon 13.44. DT. 5. Dillon Claydon 42.27. **Under 17 Women.** 100. 8. Zsiria Thomas 13.04 (-2.0). Ht2. 3. Zsiria Thomas 12.57 (-2.4), 4. Tianna Haynes 12.94. Ht3. 6. Achieng Oneko 13.31 (-2.3). 200. 5. Tianna Haynes 27.08 (-2.2), 6. Achieng Oneko 27.30. Ht1. 3. Tianna Haynes 27.19 (-2.2). Ht2. 3. Achieng Oneko 27.41 (-1.8). 400. 2. Holly Mpassy 57.50. Ht1. 1. Holly Mpassy 57.89. 800. 4. Olivia Berry 2.22.37, 6. Daniella Harper 2.26.63. 1500. 10. Jessica Neal 5.20.63. 80H. 5. Shakanya Osahon 12.11 (-3.5). Ht1. 4. Shakanya Osahon 11.99 (-0.6). 300H. 6. Kelsey Pullin 46.63. Ht2. 3. Kelsey Pullin 48.73. 1500 s/chase. 1. Ellie Osmond 5.36.09. TJ. 6. Rachael Ilori 10.38. SP. 1. Nana Gyedu 15.24. **Under 15 Boys.** 200. Ht3. 3. Connor Sutton 24.61 (-4.9). 300. 3. Adam Islam Medeaux 37.34. Ht3. 2. Adam Islam Medeaux 38.95. 800. 5. Matthew Smith 2.08.43. Ht1. 1. Matthew Smith 2.08.29. Ht3. 4. Jake Anthony 2.12.18. 80H. Ht2. 3. Oliver Robertson 12.60 (-1.9). LJ. 3. Connor Sutton 6.00. PV. 2. Ben Platt 3.40, 4. Oscar Witcombe 2.70. SP. 3. Brydon Duncan 13.05. DT. 5. Brydon Duncan 38.19. JT. 5. Ben Platt 39.27. **Under 15 Girls.** 100. 5. Faith Akinbileje 12.94 (-1.8). SF1. 2. Faith Akinbileje 13.15 (-3.8). Ht3. 2. Faith Akinbileje 12.80 (-1.1). 300. 2. Amarisa Sibley 42.19, 7. Faith Mpassy 44.58. Ht1. 2. Faith Mpassy 44.10. Ht3. 1. Amarisa Sibley 42.32. 800. 2. Amarisa Sibley 2.18.74. Ht2. Amarisa Sibley 2.22.59. 1500. 7. Hannah Clark 5.03.66. 75H. Sf1. 8. Faith Mpassy 12.96 (-2.2). Ht1. 5. Faith Mpassy 12.93 (-1.8). Ht2. 5. Abigail Smith 13.04 (-3.5). 3000 walk. 1. Abigail Smith 17.00.81. Under 13 Boys. 200. 7. Zuriel Nwogwugwu 26.71 (2.0). Ht2. 2. Zuriel Nwogwugwu 27.29 (-1.1). LJ. 5. Zuriel Nwogwugwu 4.80. Under 13 Girls. 800. 9. Tallulah Ndikanwu 2.35.58. Ht3. 4. Tallulah Ndikanwu 2.34.7, 6. Megan Barlow 2.40.5. 70H. Ht1. 4. Daisy Snell 13.12 (-2.0). HJ. NH. Megan Barlow. LJ. 5. Daisy Snell 4.50. QB. 2. Daisy Snell 4.66, 9. Megan Barlow 3.51.

18/8/19

IAAF Diamond League, Birmingham. Men. 100. 2. Adam Gemili 10.07 (2.0). Ht1. 1. Adam Gemili 10.08 (0.7). Women. 200. 2. Dina Asher Smith 22.36 (0.4).

CAS International Meeting, Schifflange, Luxembourg. 800. B. 1. Alex Botterill 1.49.35.

British Athletics Parallel Success and Open Meeting, Newham. 100. Mx1. 7. Brandon Murray 11.12 (-0.9). Mx4. 7. Maya Bruney 12.34 (-0.5). Mx5. 3. Vivien Olatunji 12.66 (-1.6). 200. Mx3. 7. Brandon Murray 23.56 (-1.3). 400. Mx5. 2. Prince Reid (U20) 53.76.

21/8/19

BMC Races, Watford. Men. 800. A. 9. Joe Rogers 1.54.58. Women. 1500. A. 7. Niamh Bridson Hubbard 4.25.63.

Watford Open. 1500. Mx14. 12. Aaron Ensor 4.09.15. 3000. Mx2. 13. Matthew Francis 8.54.20.

Dartford Open Meeting. 100. MxR1. R1. 4. Daniel Jenkins (U13B) 15.48 (-0.1). R4. 6. Haroon Sangare (U15B) 12.01 (0.1). MxR2. R1. 5. Daniel Jenkins (U13B) 15.55 (-0.3). R4. Haroon Sangare (U15B) 12.13 (-0.1). 200. Mx4. 6. Ethan Alapafuja 27.60 (0.2). Mx5. 3. Haroon Sangare 25.18 (-0.3).

24/8/19

Herne Hill Open Meeting, Tooting. 200. Mx H. 1. Zakia Mossi (U17W) 27.29. Mx I. 2. Parris French (U15G) 27.89. 400. Mx D. 1. Zakia Mossi (U17W) 59.38. 800. Mx A. 3. Calvin Fuss 2.01.30. Mx F. 3. Luciana Smith (U11G) 2.45.20. 2000 S/chase. 1. Ellie Osmond 7.31.93.

Parkruns. Bramhall. 57 James Morris 23.32. **Basingstoke.** 49 Nigel Haffenden 21.38, 69 Sally Haffenden 22.33. Bromley. 2 Daniel Kennedy 17.44, 18 Steve Pairman 19.48, 25 Steve Evenden 20.03, 35 Maria Salamanca 20.39, 52 James Unwin 21.26, 66 Ted Marston 21.55, 67 Stuart Cullum 21.56, 91 Megan Slattery 22.35, 103 Damian Hayes 23.11, 190 Andy Tucker 25.41, 201 Austin Adams 26.14, 213 Tom Leeson 26.25, 214 John Leeson 26.26, 226 Sally Smith 26.48, 327 Julia Pairman 29.31, 341 Bernard Wilson 29.51, 432 Graham Smith 33.18. **Beckenham Place park.** 2 Marco Arcuri 18.22, 6 Luca Ercolani 18.43, 25 Hannah Clark 20.40 (1st woman), 30 Nick Barber 20.51, 101 William Slack 25.58, 103 Zoe Kingsmill 26.12. **Lloyd park.** 28 Ifetobi Salako 22.14, 53 Sarah Belaon 24.17. **Catterick.** 27 Arthur Starvis 20.07. **South Norwood.** 44 Jason Short 25.18. **Orpington.** 11 Harry Keene 20.50, 160 Karen Desborough 34.15. **Pegwell Bay.** 127 Mick Keene 27.21. **Tonbridge.** 76 Mark Ellison 22.51, 328 Anne Cilia 28.58. **Peckham Rye.** 126 Peter Rogers 26.30, 205 Maz Turner 33.32. **Crissy Field.** 14 Jason Meers 20.19, 36 Imogen Meers 22.23. **Penrose.** 3 Robert Perry 17:11, 38 Nick Perry 21.29, 302 Adrian Perry 37.05. **Tramore, Waterford.** 2 Clayton Aves 19.35. **Exmouth.** 67 Bob Minting 22.22. **Heartlands.** 111 James Perry 31.50. **Catford.** 34 Andrew Lawes 22.05, 73 Barry Wetherilt 24.17. **Haldon Forest.** 33 Harry Kendall 24.48. **Littlehampton Prom.** 25 Rob Brown 21.45. **Pont y Bala.** 19 Mike Simms 21.42. **Bethlem Royal Hospital.** 7 David Beadle 20.41, 14 Chris Swinfen 21.41, 16 Tim Ayres 21.47.6

24-25/8/19

British Championships and World Championship Trials, Birmingham. Men. 100. 2. Adam Gemili 10.18 (-1.9). SF1. 1. Adam Gemili 10.26 (-2.2.). Ht1. 6. Korede Awe 11.13 (1.4). 200. 1. Adam Gemili 20.08 (-1.2). Ht1. Adam Gemili 20.43 (-0.3). 400. Ht1. 2. Ethan Brown 46.77. Ht2. 5. Dan Putnam 47.39. 800. 5. Alex Botterill 1.47.90. Ht3. 1. Alex Botterill 1.48.45. 5000. 4. Pii Sesemann 14.09.91. 400H. Ht2. 4. Bailey Stickings 53.94. Ht3. 6. Alex O Callaghan Brown 54.03. HJ. 9. Kelechi Aguocha 2.03. TJ. 6. Jonathan Ilori 16.25. Women. 1. Dina Asher Smith 10.96 (-0.9). Sf3. 1. Dina Asher Smith 11.03 (-2.0), 7. Modupe Shakunbi 12.23 (-2.0). Ht1. 5. Vivien Olatunji 12.38 (0.9). Ht3. 5. Maya Bruney 12.56 (2.5). Ht5. 4. Modupe Shakunbi 12.25 (1.1). 400. Ht1. 4. Louise Evans 53.95. Ht2. 5. Maya Bruney 54.56. Ht4. 3. Krystal Galley 55.05. 100H. Ht2. 3. Anastasia Davies 13.94 (-1.4). 400H. Ht3. 3. Alex Hill 61.44, 6. Sophie Elliss 63.82. HJ. 7=. Deborah Martin 1.71. LJ. 7. Sara Abrams 6.9 (0.8). TJ. 5. Zara Asante 12.92 (0.7). PV. 6. Sophie Dowson 3.95. SP. 3. Divine Oladipo 16.38. DT. 4. Divine Oladipo 49.60. Javelin. 5. Bekah Walton 48.15, 11. Holly Arnold 41.99, 12. Lauren Farley 41.23.

26/8/19

Kent U13 Pentathlon, Tonbridge. U13 Boys. 3. Zuriel Nwogwugwu 1518. (200. 26.71/75H. 14.19/ HJ. 1.36/ LJ 5.02/ SP 8.74). 11. Marley Byfield 1212 (800 2.46.45/75H. 15.62/ HJ 1.30/ LJ. 4.25/ SP. 6.40). Under 13G. 2. Daisy Snell 2466 (800 2.42.38/ 70H 11.96/HJ 1.39/ LJ 4.41/ SP 8.62),5. Amber Cockburn 2006 (800 2.39.75/70H. 12.31/ HJ 1.21/ LJ 3.79/ SP 6.61).

Tonbridge Avril Bowring Open Meeting. 1500. Mx2. 9. Amarisa Sibley (U15G) 5.07.24. 75H. U15G. 1. Abigail Smith 12.63 (1.0). DT. 1.5Kg. 1. Dillon Claydon (U17M) 44.48.

Crawley Open Meeting. 100. Mx1. 2.Haroon Sangare (U15B) 11.90. 300. Mx2. 1. Haroon Sangare (U15B) 38.46. 600. U11. Mx1. 5. Luciana Smith 1.54.8. 800. Mx7. 5. Daniella Harper (U17W) 2.27.49. 1500. U15. 4. Arthur Starvis (U15B) 4.53.73, 10. Harry Fage (U13B) 5.14.71, 15. Jed Starvis (U13B) 5.50.94. Mx2. 7. Ailbhe Barnes (U17W) 5.04.57, 8. Isabelle Stoneham (U17W) 5.09.37. 400H. 1. Richard Morris 55.39. JT. U15B. 2. Josh Buddle Smith 30.16. HT. 6kg. 1. Sam Illsley 52.91.

28/8/19

Lee Valley Open Meeting. 100. Mx4. 2.Michael Damoah 10.83 (3.6). Mx13. 2. Tyra Khambai-Annan 12.49 (2.9). Mx16. 5. Zara Asante 13.45 (3.3). 200. Mx4. 2. Michael Damoah 22.23 (2.7).

28-29/8/19

Weltklasse, Zurich, Switzerland. Men.100. 7. Adam Gemili 10.15 (-0.4). Women. 2. Dina Asher Smith 22.08 (0.4).

30/8/19

Tonbridge Twilight Meeting. Men. 400. 1.Dan Putnam 48.22. Women. 3000. 4 Niamh Bridson Hubbard 9.32.00.

31/8/19

Parkruns. Bromley. 1 Daniel Kennedy 17.18, 4 Luca Ercolani 18.10, 12 Bertie Harrington 18.47, 14 Clayton Aves 18.56, 20 Arthur Starvis 19.21, 25 Thomas Sugden 19.31, 38 Ted Marston 20.04, 54 Steve Pairman 20.33, 55 Damian Hayes 20.35, 66 Megan Slattery 20.49, 77 Adrian Stocks 21.05, 90 Maria Salamanca 21.31, 93 Mark Ellison 21.36, 101 James Unwin 21.42, 106 Ken Daniel 21.50, 112 Paul Kerekgyarto 21.57, 120 Ross Braden 22.01, 131 Stuart Cullum 22.10, 133 Rod Harrington 22.14, 286 Austin Adams 25.08, 383 Madeleine Marston 26.39, 510 Tom Leeson 28.27, 516 Julia Pairman 28.35, 517 John Leeson 28.36, 518 Iain Swatton 28.36, 573 Bernard Wilson 29.39, 737 Graham Smith 33.18, 739 Joshua Smith 33.19, 740 Andy Tucker 33.19, 885 Adrian Perry 39.55. **Bexley.** 15 Bailey Stickings 21.20, 44 Nigel Stickings 23.00, 118 Charlotte Stickings 25.51. **Harrow.** 138 James Perry 30.43. **Greenwich.** 9 Darren Corneille 19.33. **Ipswich.** 125 Zoe Kingsmill 28.18, 222 Andrew Kingsmill 34.29. **Beckenham Place park.** 134 Will Slack 25.57, 272 Leszek Malynicz 35.56. **Crystal Palace.** 55 Glen Read 22.53. **Lloyd park.** 54 Sarah Belaon 23.42. **South Norwood.** 7 Ifetobi Salako 20.02. **Winchester.** 6 Jon Vintner 17.48. **Hoblingwell.** 3 Jason Meers 21.18, 6 Nigel Haffenden 22.55, 11 Sally Haffenden 24.30. **Orpington.** 11 David Beadle

21.14. **Homewood**. 57 Zoe Wood 25.49. **Harrow Lodge**. 17 Jessica Keene 21.30 (1st woman), 110 Mick Keene 29.33. **Penrith**. 148 Andrew Riches 28.17. **Peckham Rye**. 107 Peter Rogers 25.46, 276 Maz Turner 33.29. **Worthing**. 52 Rob Brown 21.35. **Catford**. 10 Chris Swinfen 21.18, 16 Andrew Lawes 21.53. **Foots Cray Meadows**. 8 George Collins 23.12. **Woolacombe Dunes**. 54 Barry Wetherill 27.58. **The Pastures**. 15 Robert Perry 22.34. **Haldon Forest**. 22 Harry Kendall 23.55. **Bethlem Royal Hospital**. 6 Jennie Butler 20.38 (1st woman).

100 years ago in 1919

"We are informed by our Hon Secretary that in future he proposes to collect the grub money before the event. There seems to have been a shortage on the last deal, and some of the "absent minded beggars," we believe was the name applied, went off without dubbing up probably imagining all the while they had actually paid twice, or that someone else had paid for them.... We know that some of the members did not, or could not, keep account of the quantity of beer the consumed, and a little of that soon tots up!"

"We are sincerely hoping that our social events will be restarted again next Cross Country Season, which, of course, include Bohemian Concerts, Dances, Cribbage, Whist, Chess, Billiards, and other tournaments. The latter are dealt with after Wednesday evening runs as a rule, and we expect these runs to be well supported when the Season come round."

A report on the second Summer run. "Two packs took part in the run, which was immensely enjoyed, especially that part which took them through the Keston pond – very few declined the swim, and no lives were lost... At the Supper which followed, and to which more than thirty sat down, our President was in more than his usual genial mood... The toast of the King was followed by many others more or less appropriate to the occasion... The success attending the revival of these Summer runs reflects great credit on the Club's executive and augurs well for the coming Cross Country season, which, if it be safe to judge from appearances, will indeed be a bumper one."

75 years ago in 1944.

"It was with regret that we cancelled our token evening meeting which was to have taken place on Aug 16 at the Midland Bank Sports Ground. With full news of the "flying bomb" battle now published, members will appreciate that this was the right action to take as the Midland Bank ground was on one of the "main routes" of these noisy missiles."

"At the Annual General Meeting of the Southern Counties Cross Country Association held on Aug 25... A. D. Thwaites was elected President for the year... The President has expressed the hope that the occasion might be marked by the Club fielding teams in all of the SCCCA races this year."

"Sam Guthrie had a close encounter with a doodle bug which knocked him down; but, we understand he is now on his feet again and going strong."

"Leslie Lee, another patient POW, sends many thanks for the "smokes" and best wishes to the Club. Says he hopes to persuade Lymbery and Gleeson (both in the same Oflag) to run in a triangular sports meeting to be held in August – England, Scotland and Dominions"

50 years ago in 1969

The AAA's Championships takes place at the White City for almost certainly the last time, having been staged there since 1932. Athletics Weekly comments "Last Saturday's pitiful attendance of 8000 must be regarded as a low water mark". For the Club Tony Wadhams wins the triple jump with a leap of 15.66. The last member to win a title was John Whall in the same event in 1959. Graham Hamlyn is 4th in the triple, while Les Jones is 6th in the pole vault with 4.00; Peter Hudson 7th in the long jump with 6.98; and Bob Richardson 12th in the 10,000 in 29.23.2.

The Club Centenary Meeting takes place at Crystal Palace, the day after the AAA's Championships "with the hope that several of the athletes who competed in the Championship would be available. This proved to be the case". It features a match between the Club, the Southern Counties and the Kent AAA. Strongest event is the triple jump with a win for Tony Wadhams in 15.68 with Graham Hamlyn second in 15.49.

Other winners for the Club are Graham Gower in the 110 Hurdles (14.9); and Peter Hudson in the long jump (6.88). The meeting features the return to competition in the ladies 300 of Lillian Board, who is preparing for the European Championships later in the season.

"As one left the Stadium...one could not help but ponder on what our Victorian forefathers would have thought about the development of such athletic facilities as all weather Tartan Tracks and fibreglass poles; a different world indeed from their early morning meetings in a London park".

It is a busy month for Tony Wadhams who represents Great Britain against the USA, and then again against Italy and Czechoslovakia.

The Club win a track and field "Mob Match" against South London Harriers at Ladywell. Events are 8x110 yards, 6x220 yards, 6x440 yards, Mile team, 2 mile team, High jump (4 to score), Long Jump (6 to score), Weight (5 to score), discus (3 to score), javelin (8 to score).

The second National League match of the season takes place three months after the opening fixture, but for the Club the result is the same... last. Tony Wadhams sets a new best of 7.13 in the long jump but then injures himself in the first round of the triple leaving Graham Hamlyn to win in 15.27. His is the only A string victory by a Club member.

Amongst those competing for other clubs are Olympic long jump champion Lynn Davies who wins the 100 and 200; future BBC commentator Stuart Storey (1st in 110 hurdles); and future Club member Mike Winch who is 4th for Brighton & Hove in the shot with 12.96.

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THE Blackheath Harriers' Gazette

AND

Club



Record

"Perfer et Obdura"

TONY WADHAMS



(Photo by courtesy of Tony Duffy and Athletics Weekly)

Tony Wadhams was born on 16th May, 1944, at Tunbridge Wells, but it was not until 1958 that his interest in athletics began. While at school in Folkestone his natural agility and strength led to his being introduced to the Pole Vault and it was on this event that he concentrated. He achieved considerable success and several times represented the Kent Schools in the All-England Championships.

Tony lost interest in athletics after leaving school, but while at Loughborough College training to be a teacher, his enthusiasm was revived by Britain's successes in the Tokyo Olympics. However, he did not revert to his Pole Vaulting but concentrated on the Triple Jump, an event which had captured his interest for some time. He joined Blackheath Harriers in February, 1965 and from that time he has not looked back. With top class competition through both Loughborough and Blackheath, his performances improved steadily, and in 1966 he achieved two of his ambitions; he broke the fifty foot barrier (thus bettering John Whall's club record) and he became an international.

Although his Pole Vaulting was pushed into the background, he did not forsake it completely and his best-ever vault was increased to 13' 0" in 1968. His Long Jumping, which became his second event, fol-

lowed a similar course, and in 1969 he reached 23' 9½", a good performance by any standards. He also has a 5,582 point Decathlon to his credit which he achieved in April, 1967.

The 1969 track season really showed Tony to be World class material and before long one expects him to be able to achieve his all-time goal of 55 feet. He won the A.A.A. Championship and was chosen for several early season representative matches. He was selected for several Great Britain internationals when he competed with distinction, winning his event against U.S.A., Italy, Czechoslovakia, and Finland and finishing second against France and West Germany.

The climax of his season came in September when he was chosen to represent Great Britain in the European Games in Athens. He was in astounding form in his heat and cleared 54' 1½", which would have been a U.K. record but for a following wind that was over the limit. Unfortunately, he was not so successful in the final, but, nevertheless, he had made his mark in the eyes of the British Athletics public.

With his goal of 55 feet in sight and every indication of improvements to follow, we pin our hopes on Tony to provide the Club with an Olympic Medal at Munich in 1972.

25 years ago in 1994.

At the Commonwealth Games in Victoria, Canada, Myrtle Augee is 2nd in the shot with 17.64 and Debbi Marti third on countback in the high jump with 1.91. Jenny Kelly is 5th in the heptathlon and Jamie Quarry is 8th in the decathlon. The Club win the final British Athletics League division two match of the season in Liverpool to secure promotion to the top tier. A string wins come from Julian Golding (200), James Harrison (5000), Spencer Newport (3000 s/c), and Lee Newman (shot and discus).

Bill Foster breaks the Club Marathon record while competing for Great Britain in the European Championships in Helsinki. He times 2.17.12 for 31st place. Myrtle Augee is 7th in her pool of the shot with 16.77; and Debbi Marti clears 1.85 in the high jump qualifying.

The Club win the National Junior Athletics League title for the 4th year in a row, winning the final match in Middlesbrough. There are A string wins for Julian Golding (100 - 11.1), Michael Champion (200 - 22.4 and 400 - 49.5), Steve Timmins (110H - 15.6 and 400H - 55.4 below), John Marks (2000 s/ch - 6.14.6), Mark Findlay (long jump - 6.79), Matt Bundock (shot - 14.95), Emeka Udechuku (discus 52.76) and both relay quartets. The 4x100 quartet of Julian Golding, Andre Johnson, Mark Findlay and Michael Champion (below), set a new Club and League record of 42.3.



It means that in 1995 the Club will represent the UK in the European Champions Club Cup for Juniors for the sixth year in a row (prior to the Junior League becoming established this privilege went to the winners of the National Young Athletes League).

20 years ago in 1999.

Julian Golding warms up for the World Championships with a win in the 200 metres at the CGU Grand Prix at Crystal Palace. He times 20.23 into a -1.1 m/s headwind.

At the Championships themselves in Seville, he finishes in 7th place in the final in 20.48, having run 20.28 in his semi final. In the Gold Cup Final the Club finishes in equal fourth place, its' highest ever position. There are individual wins for Joe Mills in the 1500 and Dave Heath in the 5000. Runner up spots are achieved by Mark Steinle (10,000), Emeka Udechuku (discus) and Mensah Elliott (110H). Mensah is the new British League team captain taking over from Nigel Keogh, who after 15 years of competing at the highest level has decided to make his running more recreational.

Mensah (110H), Dave Heath (5000) and Nick Thomas (triple jump) all represent Great Britain in an International match against France in Ashford.

In the Womens Plate Final, Bromley Ladies finish in 5th place with individual wins for Liz Hughes in the pole vault and Myrtle Augee in the shot.

Bromley Ladies are champions of the Kent Womens League. There also win the under 13s age group in the Thameside League and are runners up in the under 15s. The final Kent League sees a young Montell Douglas finish in third place in the under 15 girls high jump.

The Blackheath Junior Mens team qualifies for the National Final.

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

Letter from John Baldwin (Blackheath Harriers) to Barbara Ganly, Hon. Secretary, Bromley AC.

Dated 3rd Aug 1999

Re: Merger Discussions between Blackheath Harriers and Bromley AC

Following last week's meeting between our two Clubs' senior officers, our President and Chairman reported back to the General Committee at their August meeting last night, and as I promised I am now writing to you with the Committee's response.

Merger discussions first took place in 1987, but Bromley then decided not to proceed at that time. In 1991-2 a working group of past and vice presidents of our two clubs carried out a detailed feasibility study for amalgamation, and a working group report was prepared dated 5/5/1992, but it was never submitted to the Blackheath General Committee and was allowed to lapse. At the request of our Committee I wrote to you in June this year inviting you to join us in discussions with a view to Blackheath Harriers and Bromley AC operating as a single club from 1st Oct 1999 or 1st Jan 2000, or as soon thereafter as possible.

Two meetings have now taken place at which Blackheath emphasized their wish that there be no pre-conditions for the good of athletics in Bromley. However our representatives have reported that your Committee have laid down 7 requirements that have been suggested as non-negotiable, which in order of importance to your Committee are:

- 1) The name should be: "Bromley and Blackheath A.C
- 2) There should be equal numbers from each of the previous clubs on the new committee.
- 3) The constitution shall be fixed for 10 years.
- 4) The new committee shall elect its first President from the former Bromley A.C
- 5) You require a copy of our Club rules.
- 6) The new club strip shall be re-designed.
- 7) No merger shall be effective until 2001.

You explained that there was mistrust of Blackheath in some areas of your Club, which we understand relates to accusations of attempted poaching, but it was pointed out that Blackheath neither acknowledges nor condones such practice, but were it to be true, the problem would disappear following a merger.

It was also stated that Bromley no longer considers the 1992 working group report relevant, as your club is now stronger than then.

The Blackheath General Committee last night concluded the following:

- a) You will probably not be surprised to learn that a number of Bromley's 7 requirements are not acceptable to Blackheath, and it was felt that no other Club of substance could possibly accept them. In particular, the name bears no relationship to our comparative strengths. However, it was felt that either "Blackheath & Bromley A.C" or "Bromley & Blackheath Harriers" might be reasonable compromises.
- b) That the constitution should be fixed is hardly practicable.
- c) The first President of the new Club could come from either Bromley or Blackheath.
- d) Delaying completion of a merger until 2001 or later means a continuation of the present duplication of resources, so that athletes in the Borough of Bromley suffer because of our inability to come together sooner.
- e) In the interest of openness to Blackheath members and courtesy to Bromley, a copy of this letter should be published in the Blackheath Courier after your August Committee meeting has taken place, which we understand is scheduled for the last week of this month.

We trust that your Committee will see this letter as a constructive response from Blackheath, and we look forward to taking matters forward as soon as convenient to you.

15 years ago in 2004

In the first year of it being a joint scoring boys and girls competition, the Club's youngsters qualify for the National Young Athletes League Final winning the Southern Premier Division of the League and remaining unbeaten all season.

At the AAAs under 17 and under 15 championships in Birmingham there are wins for Serita Solomon in the under 15 girls 75metre hurdles and for Joe Stockton in the under 15 boys hammer. In the under 17s age group Rachel Blackie and Vickie Thomas win golds in the hammer. Stuart Harvey is second in the javelin. Shaunagh Brown is third in the under 15 discus.

Dave Taylor smashes the Club over 40s 1500 metres record when he times 3.49.7.

Scott Huggins represents Scotland at the Celtic Junior Games.

The Club win three of the four age groups in the first season of the Kent Young Athletes League.

10 years ago in 2009

Montell Douglas is part of the Great Britain 4x100 relay team who finish in 6th place at the World Championships in Berlin. The senior men are promoted to Division One of the British Athletics League, so matching the achievement of the women in the UK Womens League.

The Club's under 20s team qualify for the National Junior Athletics League Final.

The Club finish in 2nd place in the 10 in 100 Cup Final. Among the winners are Dwayne Grant in the 100, James Alaka in the 200 and Ed Harrison in the 400 hurdles.

Under 15 Dina Asher Smith runs the fastest ever time in the 300 for her age group. She also breaks the Club Record in the 100 and 200 at the AAA U17 and U15 championships at Bedford where she wins gold and silver. There is a Club record also for Sabine Efiannayi in the Under 17 womens shot. Samantha Milner wins gold in the discus in the same age group.

Tom Phillips is part of the GB Over 55s team who win gold at the World Championships in Finland. He is just pipped for bronze in the 200 but Dave Taylor does pick up third in the over 45s 5000.

The Club wins three out of four of the age groups for the season in the Kent Young Athletes League.

Flashback to August 1958 and the European Championships in Stockholm! The last event the 4x400. "We progressed smoothly through the heat and semi final, and lined up for the final. I, as had become usual, ran the first leg which is in lanes. The German first runner was in the lane one outside mine. Although I could see him all the way, he gained a lead on me, and handed over first, with me a yard behind. The three Johns did their stuff, overtaking the German Side early on, and increasing our lead to about three yards at the tape. We had won a gold medal for Great Britain! Having run at the Cardiff Games, and obtained a silver in the relay, I had some idea of the feeling of success. Nothing had prepared me however for what it feels like to be a Gold Medal winner... Ours was the final medal ceremony of the games. This time we were on the top level of the podium. The British National Anthem was played....The feeling of pride and pleasure in that moment, in that situation for me has never been surpassed. Our picture was in all the British, and European papers, and we were very proud." Ted Sampson from his unpublished autobiography "Running For Cover".



Another former young athlete in action