



Blackheath & Bromley Courier

September 2020.

President 2020-21. Nic Corry.

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



John Hubbard models THE mask. Well done Dick Griffin on getting these produced. The first delivery sold out straight away so another order has been placed.

More results this month as we creep back to normal. The Twilight Meeting was moved from Tonbridge to Norman Park and was a classy affair. Highlight was the mens 3000 metres which was won in 7.43.48 but all races were of high quality. There were even drug testers there. Back at Norman Park the next day we hosted a very successful open meeting which included the Dina Asher Smith 150 Invitation. Great work by everyone involved. Keep a look out for more events, they pop up overnight like a Banksy.

Forthcoming Fixtures

The Will Bolton Relays have been postponed and will now take place on the 3rd of April 2021.

Proposed fixtures dates for September and October are shown below but do not be surprised if these change due to the current pandemic.

20-Sep-20	SEAA 6/4/3 Stage Road Relays	Crystal Palace
27-Sep-20	Club 5 Miles XC Championships (10:30) B1	Hayes (Club House)
03-Oct-20	National 6/4/3/ Stage Road Relays	Sutton Coldfield (TBC)
04-Oct-20	London Marathon (Postponed from April 2020)	Greenwich
17-Oct-20	SEAA XC Relays	tba
31-Oct-20	ECCA National XC Relays	Berry Hill Park Mansfield

Social.

Wednesday Night outdoors at the Clubhouse from 7pm to 9pm there is a limited bar facility, card payments only. Well worth popping along and catching up with people, (at a social distance of course). The President's news is at 8pm and goes out live on Facebook.

Fantasy Football

For the 2020/21 Fantasy Premier League why don't you join the "Blackheath & Bromley 150 years" mini league?

Joining the league couldn't be easier. Simply use the link below and you'll be added automatically after you've entered the game.

<https://fantasy.premierleague.com/leagues/auto-join/949jr0>

League Code: 949jr0

Results

1/8/20

London Inter Club Challenge – Young Athletes, Lee Valley. Under 17M. 400. R1. 4. Michael Uzozie 52.05. R2. 1. Sam "Kelsey Pullin 43.07. DT. 1. Zara Obamakinwa 45.62. **Under 15 Boys.** 100. 2. Issah Abdulkarim 11.75. 300. R5 2. Nathan Firla 38.75. **Under 15 Girls.** 75H. Race 3. 2. Emily Algeo 12.65.

2/8/20

London Inter Club Challenge – Seniors and Under 20. 100. MX2. 1. Kaliyah Young 12.30. MX4. DNF. Korede Awe. MX13. 3. Rico Cottell 11.62. 400. MX5. 1. Bailey Stickings 50.44. MX7. 3. Prince Reid 53.26. MX11. 2. Richard Holt 59.06, 4. Morgan Squibb 62.25. MX14. 1. Kelsi Cornish 63.15. 110H U20. R2. 2. Theo Adesina 15.84. LJ. MMX. 1. Myles Xavier 6.51, 2. Sarah Abrams 6.41. SP MXA. 2. Nana Gyedu 14.47.

Nuneaton Senior and Under 20 Open. Men. 400. R8. 3. Dan Putnam 48.34. TJ. 1. Jonathan Ilori 15.86. JT. 1. James Whiteaker 77.81. **Women.** 200. Race 4. 1. Mallory Cluley 25.30 (3.0). 100H R3. 2. Mallory Cluley 14.29. 400H. R2. 4. Alex Hill 62.68. JT. 2. Lauren Farley 46.56.

5/8/20

Lee Valley BMC Gold Standard Races and Sprints. Women. 800. B. 4. Caroline Ford 2.15.76. C. 1. Amarisa Sibley 2.11.41. D. 2. Ava White 2.16.48. G. 1. Hannah Clark 2.19.40, 3. Lily Meers 2.26.94.

8/8/20

Podium 5km, Barrowford. R.D. 1. Mark Cage 16.32. R.EM. 3. Phil Sesemann 13.39, 19. Graham Rush 14.20.

9/8/20

Horizontal Jumps Trial Event, Bournemouth. Men. LJ. B. 1. Theo Adesina 7.00. Women. LJ. 2. Sarah Abrams 6.31.

11/8/20

BMC Gold Standard Races, Stretford. 800. C. Joe Rogers 1.51.56.

Worthing Track Night. Men. 100. Mx4. 4. Theo Adesina 11.41 (0.0). MX5. 6. Jordan Layne 11.53 (-0.2). 200. MX5. 3. Theo Adesina 23.11 (-0.2). MX7. 3. Jordan Layne 23.72 (1.0). Women. MX9. 2. Parris Johnson 12.70 (0.0).

12/8/20

Belgrave Endurance Night, Battersea. 3000. Race 8. 4. Ross Braden 8.26.04

13/8/20

Grand Prix Sopotu, Sopot, Poland. 800. R2. 2. Alex Botterill 1.47.09.

14/8/20

Herculis Meeting, Monaco. 200. 4. Adam Gemili 20.68 (0.7).

15/8/20

London Inter Club Challenge, Lee Valley. 200. Mx2. 5. Adam Islam Medeaux 23.91 (1.9). Mx4. 2. Haroon Sangare 23.74 (1.3). Mx5. 3. Nathan Firla 24.72 (2.3). Mx10. 5. Amarisa Sibley 26.68 (1.0). 800. MX1. 3. Sam Reardon 1.57.55. Mx2. 3. Matthew Smith 2.05.95. Mx7. 6. Tallulah Ndikanwu 2.28.95. Mx8. 5. Harry Fage 2.40.66. 300H. 2. Kelsey Pullin 45.92. PV. A. 2. Barnaby Corry 4.10, 4. Ben Platt 3.70. B. 1. Oscar Witcombe 3.00. JT. U15B. 4. Max Kennedy 35.10.

Norfolk Trial Event, Norwich.

100. MX2. 3 Adam Herring 11.7 (1.3)

16/8/20

London Inter Club Challenge, Lee Valley. 200. Mx6. 5. Rico Cottell 23.38 (0.2). Mx7. 4. Bailey Stickings 23.14 (0.4). Mx8. 2. Zac Nwogwugwu 22.92 (0.3). Mx9. 1. Chizute Ogbedeh 22.54 (0.1). Mx11. 6. Holly Mpassy 25.22 (1.1). Mx13. 3. Kaliyah Young 25.34 (0.6). 800. Mx1. 3. Matthew Francis 1.56.57. Mx4. 4. Caroline Ford 2.12.72, 5. Morgan Squibb 2.20.11. Mx6. 5. Kelsi Cornish 2.34.87. 400H. SM1. 1. Alex O Callaghan Brown 54.45. SM3. 3. Richard Holt 64.42. SW2. 2. Alex Hill 63.07. PV. MxB. 1. Holly Platt 2.70. JT. SM. 2. Pedro Gleadall 55.06. HT. SW. 6. Abbie Stewart 36.91.

Loughborough August Invitational. 200. R2. 2. Ethan Akanni 22.34 (-1.0). JT. 3. Bekah Walton 41.34.

Nuneaton Senior and Under 20 Open. 100. Mx4. 1. Mallory Cluley 12.62 (-0.7). 400. Mx7. 1. Dan Putnam 48.61. 100H. U20W. 3. Mallory Cluley 14.45 (-1.5). 110H. U20M. 4. Theo Adesina 15.49 (-0.6). TJ. 2. Jonathan Ilori 15.31. JT. SM. 3. Theo Adesina 33.83.

Yate Field Meeting. HJ. 2. Danielle Hopkins 1.65.

University of Kent, Canterbury 10km. 2. Ross Braden 31.53.

19/8/20

World Athletics Continental Tour Gold Level, Szekesfehervar, Hungary. 100. 2. Adam Gemili 10.28 (0.3).

Chelmsford Sprints Open. 100. R2. 2. Issah Abdulkarim 11.65

Nuneaton Night Of 100 pbs. R2. R13. 1. Abdul-Rahaman Jolaoso 10.84.

21/8/20

Bromley Twilight Meeting, Norman Park. 800. R1. 2. Sam Reardon 1.52.82, 3. Henry Fisher 1.53.18. R2. 1. Ben Gardiner 1.50.94. R4. 2. Alex Botterill 1.46.82. 3000. Men. R1. 5. Ross Braden 8.28.32. R2. 5. Will Fuller 8.14.63. R4. 5. Phil Sesemann 7.52.42. Women. R1. 4. Hannah Clark 10.36.05. R2. DNF Niamh Bridson Hubbard.

MK5km PB Special. 5KM. Race C. 7. Alex Bruce Littlewood 15.06 (15.04). RK. 1. Josh Schofield 15.27 (15.26).

22/8/20

Blackheath & Bromley Open Meeting, Norman Park. 100. R1. 4. Kyle Reynolds Warmington U20 10.94 (-0.8), 7. Jak Mensah U20 11.29. R2. 2. Ben Sutton U20 11.23 (-0.8), 3. Chizute Ogbedeh 11.27, 4. Rico Cottell U20 11.57. R3. 1. Charles Nortey U17 11.60 (0.0), 5. LJ Wright U20 12.05. R4. 1. Adam Islam Medeaux U17 11.74 (0.9), 2. Connor Sutton U17 11.74. R5. 4. Holly Mpassy U20 12.37 (-1.0) 5. Faith Akinbileje U15 12.48. R6. 4. Leo McCallum U20 12.40 (-0.7), 5. David Dare U15 12.92. R7. 1. Dylan Carroll U15 12.03 (-0.6), 2. Tobias Seales U17 12.45, 6. Emily Kerr U17 13.45. R9. 1. Ralph Baker U15 12.19 (-1.4), 5. Sophie Kerr U17 13.65, 6. Jadon Ekpo U15 13.81. R10. 5. Kelsey Calladine-Smith U17 13.50 (0.1). R12. 2. Richard Holt M45 13.17 (-0.3), 4. Karina Harris U20 13.44. R13. 1. Ruben Stober U15 13.1 (0.0), 3. Nina Whitter U15 13.5. R14. 1. Adaeze Boothe U15 13.33 (-0.2), 3. Louisa Vallins W40 13.86. R15. 1. David Ikuesan U13 12.95 (1.6), 2. Chizam Boniface U13 13.62, 5. Makai Sabido-Rodney U13 14.07, 6. Jessica Kelly U13 15.01. 150. R1. 1. Isabella Hilditch 18.46 (1.4), 2. Zsiria Thomas U20 18.97, 3. Tianna Haynes U17 19.04, 4. Shakanya Osahon U17 19.31, 5. Ofejiro Otemewo U20 19.47. R2. 1. Zak Nwogwugwu U17 16.44 (-0.7), 2. Josh Watson U20 16.49, 3. Haroun Sangare U17 17.33. R3. 1. Dina Asher Smith 17.20 (-1.1), 3. Darcey Kuypers 19.37. 300. R1. 3. Bailey Stickings 34.95. R2. 1. Adam Herring 37.24, 3. Nathan Firla U15 38.27, 4. Megan Walsh 39.68. R4. 1. Ethan Alapafuja U15 41.53, 3. Stephanie Fisher 43.77. R5. 1. Zoe Austridge U20 43.58, Tallulah Ndikanwu U15 44.25, 5. Emily Deveney U15 47.59. R6. 4. Sophie Placek U15 50.06. 400. R1. 2. Alex O Callaghan Brown U20 49.10, 3. Michael Uozie U17 50.44, 4. Pablo Seema Roca U17 51.57. R2. 1. Sam Reardon U17 48.87. R3. 2. Jake Anthony U17 52.98.

R4. 5. Matthew Smith U17 54.29, 6. Bailey Marks Belaon U20 54.92. R5. 5. Yasmin Austridge 60.05. R7. 2. Arthur Starvis U15 58.87, 3. Kelsi Cornish 62.05, 4. Morgan Squibb U20 62.15. R8. 1. Jasper Brooks U15 63.83, 2. Franco Hillier U15 66.13, 4. Cara Gould U15 67.53, 6. Amie Gould U15 71.20. LJ. A. 1. Emily Algeo U15 4.98, 8. Alyssa Firla U13 4.05. B. 6. Daisy Snell U15 5.34, 7. Claudia Baker U17 5.20, 10. Paul Sutherland 4.16. SP. (5K). 1. Dillon Claydon U17 15.35, 2. Brydon Duncan U17 13.01. SP (4K) A. 1. Nana Gyedu U20 14.30. B. 5. Chimdi Okpalauko U20 11.07. SP (3K) A. 4. Madeleine Marston U15 6.01. JT (700G) A. 2. Josh Buddle Smith U17 34.16. B. 1. Ben Platt U17 42.17. JT (600G) 1. Lauren Farley U20 44.58, 2. Max Kennedy U15 36.94. JT (500G) A. 1. Islay Pearson U15 15.25. JT. (400G). A. 2. Charlie Platt U13 25.16, 3. Erin Simpson U13 20.74. **Dartford HAC Invitational.** B. 1. Barnaby Corry 4.22, 5. Oscar Witcombe 2.72. NH. Ethan Kitteridge. **BIGish Jumps Fest, Lee Valley.** Men. LJ. NM. Myles Xavier. TJ. 1. Jonathan Ilori 15.83. Women. LJ. 1. Sarah Abrams 6.20. **Stretford Open Meeting.** 3000. Mx1. 3. Mark Cage 9.32.54. **South London Athletic Network Sprint Open, Tooting Bec.** 100. MX1. 2. Abdul Rahaman – Jolaoso 10.91 (-0.9). MX7. 2. Issah Abdulkarim U15 11.70 (3.0). 400. MX2. 3. Richard Morris 52.86.

23/8/20

Wanda Diamond League, Bauhaus-Galan, Stockholm, Sweden. 200. 1. Adam Gemili 20.61 (3.0).

BFTTA Open, Dagenham. U17W. 800. Hannah Clark 2.20.79. U15B. 100. R1. R1. 5. Jadon Ekpo 13.44 (1.3). R2. 6. Zuriel Nwogwugwu 12.39 (2.3). R2. R1. 5. Jadon Ekpo 13.60 (1.7), DQ. Zuriel Nwogwugwu. U15G. 800. R1. 10. Emily Deveney 2.39.71. U13G. 800. R1. 2. Luciana Smith 2.34.00. R2. 7. Kyla Dervish 2.39.58.

Birchfield 4 Clubs Inter Club, Nuneaton. 200. R2. 1. Dan Putnam 21.34 (6.9). 100H. 4. Mallory Cluley 14.08 (1.7). 400H. Women. R2. 5. Alex Hill 62.18.

Yate Track Meeting. 400H. R2. 2. Richard Holt 64.57

26/8/20

Hercules Wimbledon 3k Night, Wimbledon. Race 8. 7. Alex Bruce Littlewood 8.24.9.

28/8/20

BMC Regional Races, Nuneaton. 800. B. 2. Joe Rogers* 1.56.60.

29/8/20

BMC Gold Standard Races, Lee Valley. Men 1500. Race D. 4. Henry Fisher 4.01.14. **Women.** 800. R.B. 2. Amarisa Sibley 2.14.22. 1500. R.C. 7. Hannah Clark 4.58.85. **Under 13s.** 800. R.B. 1. Luciana Smith 2.32.43.

Run Through Lee Valley VeloPark. 5km. 6. Ellie Osmond 18.45.

29-30/8/20

South Of England Covid Games, Chelmsford. Senior Men. 400. Ht1. 5. Bailey Stickings 52.66. **Senior Women.** 400. Ht2. 4. Kelsi Cornish 63.38. **Under 20 Men.** 100. SF1. Ben Sutton DNS. Ht4. 1. Ben Sutton 11.00 (0.5). 400. Ht3. 4. Drew Burr ridge 53.95. LJ. 2. Theo Adesina* 7.13, 7. Myles Xavier 6.44. DT. 7. Theo Adesina* 26.73. **Under 20 Women.** 100. SF2. 4. Kaliyah Young 12.33 (2.5). Ht2. 2. Kaliyah Young 12.39 (-0.4). 400. 1. Holly Mpassy 58.62. Ht1. 1. Holly Mpassy 58.87. Ht3. 3. Morgan Squibb 62.09. SP. 3. Chimdi Okpalauko 11.47. DT. 3. Hannah Macaulay 43.50, 10. Titobioluwa Akinrele 34.10, 11. Chimdi Okpalauko 33.01. **Under 17 Men.** 100. 1. Zac Nwogwugwu 11.00 (2.2). SF1. 1. Zac Nwogwugwu 10.91 (3.4). Ht5. 1. Zac Nwogwugwu 11.07 (3.8). 400. 1. Sam Reardon 49.86. Ht3. 2. Michael Uzozie 52.29. Ht4. 1. Sam Reardon 51.48. LJ. 9. Connor Sutton 6.24. SP. 2. Dillon Claydon 14.84. DT. 2. Dillon Claydon 49.24, 6. Brydon Duncan 43.21. **Under 17 Women.** 100. Ht3. 6. Claudia Baker 13.42 (2.1). 400. Ht2. 3. Kelsey Pullin 63.91. SP. 1. Cleo Agyepong 13.02. DT. 1. Zara Obamakinwa 46.47. **Under 15 Boys.** 100. Ht2. 4. Ralph Baker 12.01 (4.6). LJ. 5. Dylan Carroll 5.71, 15. Ralph Baker 4.70. **Under 15 Girls.** 300. Ht1. 5. Tallulah Ndikanwu 45.62.

30/8/20

Midland Open Competition, Nuneaton. 1500. R4. 1. Will Fuller 3.55.21. LJ. A. 2. Danielle Hopkins* 5.00.

Second claim *.

100 years ago in August 1920

R A Lindsay wins his heat of the 440 yards at the Olympic Games in Antwerp in a time of 52.0. He is 4th in his quarter final in 51.7. He wins gold in the 4x440 yards as Great Britain are victorious in a time of 3.22.2. The Gazette records "Congratulations to R. A. Lindsay on winning his heat in the Olympic 440 yards and on representing Great Britain, and incidentally the Club, in the relay".

Future coach to the Club and to Sydney Wooderson, Albert Hill wins the 800 and 1500.

After the Great War followed by the Spanish flu pandemic which infected over 500 million people worldwide killing anywhere between 17 and 50 million people, it is fair to say the Olympics were more low key than today. The AAA

considered not sending a team and requested the BOA drop the "throwing the grenade" competition, an event that had been included in the Inter Allied Games in 1919.

R. A. Lindsay remained a member of the Club until his death in 1958.

R. A. Lindsay

WITH very deep regret, we have to inform Members of the death of our Senior Vice-President, R. A. ("Lex") Lindsay. No one who saw him in such great form at the recent Club Barbecue would have imagined that this lovable character was so soon to be taken from us, but so it was to be, and he succumbed to a brain tumour in Bofingbroke Hospital, Wandsworth, on the 21st October. The cremation took place at Sutton on the 24th October, when from the Club to bid him farewell were C. H. R. Williams, V. W. W. Beardon, J. Sims, A. W. Clay-Thomas and R. S. Burley. To Mrs. Lindsay, a friend of so many of us for so long, we have conveyed our deepest sympathy.

In the years immediately preceding the First World War, Lindsay was a very well-known athlete indeed. A grand quarter-miler and furlong runner, he was a contemporary of those other outstanding Club members, C. N. Seedhouse, W. D. Lancefield, D. T. Soutter and F. T. Browne. He represented Scotland on many occasions in the triangular Internationals of those days, being $\frac{1}{2}$ mile champion of each country on three occasions; but his greatest triumphs came after the war when, in 1920, he was selected to represent Great Britain in the Olympic Games at Antwerp and, with C. R. Griffiths, G. M. Butler and J. C. Ainsworth-Davies, won for his country the 1,600 metres relay. He won the A.A.A. "quarter" in 1921 at an age when most men had long since hung up their shoes, and retiring soon after was made a Vice-President in 1923.

In recent years, we had come to look upon the presence of Lindsay and his wife as something without which our Evening Meetings could hardly start, and had the calls of business allowed him to give more time to Club affairs there is little doubt that, genial and good fellow as he was, he would have become one of our most popular and able Presidents.

He will be remembered by those who knew him on the track as a great competitor and a doughty opponent until the tape was broken. The name of Blackheath Harriers has never stood higher than it did in those far-off days when Lindsay and his like carried the black vest in the forefront of what were truly amateur athletics.

The Lindsay Salver was awarded in his memory. The first recipient was John Herring who would represent Great Britain at the 1964 Olympics. Another Olympian, Tawanda Chiwira received the award in 2004.

THE LINDSAY SALVER

THE name and fame of one of the Club's greatest athletes, the late Vice-President R. A. Lindsay, will be commemorated by a splendid silver salver which has been acquired through the generosity of Mrs. Lindsay. The Committee has decided that the salver shall be awarded annually to the member whose example and performance in Track or Field events have contributed most to the credit of the Club and it is hoped that this will give encouragement to members to achieve their best in the way that Lindsay himself would have wished.

The first award for the 1959 season will be made on 17th October to J. B. Herring.



The Kent County Championships “were brought off at Well Hall on August 7th, by kind permission of the Woolwich Polytechnic Athletics Club, to whom this excellent ground belongs. We were represented in the 100 and 220 yards by G. D. Basan and A. T. G. Trumble. In the 3 miles by B. H. Lymbery and in the relay 1 mile by A. C. Edwards, A. T. G. Trumble, G. D. Basan and R. W. Pattison”

75 years ago in August 1945

52,000 spectators cram into the White City to watch Sydney Wooderson race Arne Andersson of Sweden in the mile.

Monday, August 6, 1945.

BANK HOLIDAY MEETING AT THE WHITE CITY.

THE White City was packed with a crowd of 52,000, and many more were turned away. This was in great part due to the appearance of those two brilliant Swedes, Haegg and Andersson, but perhaps most of all it was a tribute to our own Sydney Wooderson. How magnificently worthy of that tribute he proved

will be known by now to all remotely interested in athletics. Most of those who were not fortunate enough to see his race will have heard Harold Abrahams' fine running commentary. We must, however, put on record some description and we cannot do better than quote Bevil Rudd's (in the *Daily Telegraph*). He said :

“ Andersson beat Sydney Wooderson in the mile in 4 min. 8.8 secs. in one of the grandest races I have seen. It was the most honourable of the few defeats our champion has suffered.

“ He matched Andersson all the way with terrier tenacity and sublime courage and confidence, but he had not quite the youth and physique to counter the Swede's ferocious burst over the last 100 yards.

“ J. W. Alford took the lead for the first 200 yards. He was then passed by H. W. Pascoe, Andersson and Wooderson. Andersson was in the lead after the first quarter (in 60.6 secs.) with Wooderson hard at his heels.

“ These two gradually drew away from the rest of the field, their relative positions unchanged. The time for the half-mile was 2 min. 3.2 secs. So they sped on, and entering the straight just before the bell came the first thrill.

“ Wooderson tore past the Swede and had a three-yard lead at three-quarter mile (3 min. 8 secs.). His form was faultless and his energy dynamic.

“ But so was his great opponent's, and down the back stretch he seemed to be gathering himself up like a watch spring ready to unleash his remaining energies ; and sure enough, 20 yards from the final straight he went all out, passing Wooderson in a few strides and flinging rhythm to the winds.

“ He flung his head from side to side and his arms worked like pistons. His vigour was terrific. Wooderson summoned every ounce of strength to close the barely three-yard gap but all he could do was to prevent it widening, and they sped over the line in 4 min. 8.8 secs. Wooderson's time was 4 min. 9.2 secs.”

Sydney knows what the Club has long thought of him—we are now prouder than ever.

At the same meeting D. G. Harrold (R.A.F.) was second in the 440 yds. (second strings) to C. Denroche (A.A.A.), who won in 51.1 secs.—a very good performance. Also, in the two miles M. Bingham was third to Haegg and D. G. Wilson (A.A.A.).

“The drama of this confrontation crystallised my sporting ambitions. I resolved then to become a miler.” (Sir Roger Bannister)

From India “I listened to Abrahams' broadcast of the mile and 2 mile races on August Bank Holiday and, what is more, got the whole of the Regimental Mess listening, too, and remarking, after the mile that “ they wouldn't have missed that for anything”... Even at 7000 miles odd distance, I got all the “atmosphere”.”

"Congratulations to our ex P.O.W. S. D. Gittings, who was married in August. He sends best wishes to his pals at the Club, particularly to his fellow P. O. W.'s and says, "my present job is at a Jerry P. O. W. Camp. The tables are rather turned, what!"

50 years ago in August 1970

The Club finish in 4th place in the third Division Two match of the National League. This means that they need to win the final match of the season and Polytechnic and Southampton finish fifth and sixth for the Club to avoid relegation.

Saturday, 15th August, 1970.

MOB MATCH v. S.L.H., AT TOOTING BEC

The Club just succeeded in winning this year's mob match by virtue of the versatility of the six members who managed to find their way to Tooting Common. With the score all square and only the Javelin to go Barry Shapcott arrived in the nick of time to strengthen our two stalwarts of the afternoon, Bob Taylor and Ian Ross. New member Sandy Beveridge had a busy but successful afternoon on the track and field.

4 x 100m.—1, B.H. (I. Ross, R. Taylor, N. Bailey, J. Beveridge), 48.2; 2, S.L.H., 48.7. 4 x 200m.—1, B.H. (I. Ross, G. Martin, N. Bailey, J. Beveridge), 1:38.5; 2, S.L.H., 1:41.2. 4 x 400m.—1, B.H. (I. Ross, J. Beveridge, G. Martin, N. Bailey) 3:41.7; 2, S.L.H., 3:43.9. 800m.—1, N. Bailey, 2:01.2; 3, G. Martin, 2:03.9. Result—1, B. H., 4; 2, S.L.H., 6. 1500m., 3000m. and H.J.—No B.H. competitors. L.J.—1, S.L.H., 57' 0½"; 2, B.H. (I. Ross, 16' 9½"; R. Taylor, 14' 8½"; J. Beveridge, 17' 0½"); 48' 6½". Wt.—1, S.L.H., 89' 3"; 2, B.H. (R. Taylor, 29' 7½"; I. Ross, 27' 4"; C. Purves, 24' 3¼"), 81' 3". Dis.—1, B.H. (I. Ross, 77' 5¼"; R. Taylor, 81' 10¼"; C. Purves, 91' 6"; 250' 10"; 2, S.L.H., 206' 0". Jav.—1, B.H. (R. Taylor, 151' 5"; B. Shapcott, 136' 0"; I. Ross, 121' 2"); 408' 7"; 2, S.L.H., 321' 2".

MATCH RESULT—1, Blackheath H., 6 events; 2, South London H., 5 events.

Score after 20 matches: B.H., 15 wins; S.L.H. 5 wins.

Saturday, 22nd August, 1970

NATIONAL LEAGUE, DIVISION 2, AT WOODFORD

On a damp afternoon, punctuated by heavy downpours, our team put up the Club's best performance in the National League to date. With a highest ever points total we snatched fourth place from Southampton in a closely fought competition, with the final positions being in doubt until the very last event, the Pole Vault. Although the team was still not a fully representative one, it was, thanks to some hard work by Ian Ross and Mike McFarnell, considerably stronger than at previous matches this season.

With high placings in the first two track events, 400 metres and 800 metres, by Mike McFarnell, new member Douglas Cocker, David Wright and Graham Martin, the Club made a better start than usual to the afternoon's competition. In the 1500 metres Peter Horwood made an early break, giving a fine exhibition of solo running to win the "A" event. Meanwhile in the jumping events, Peter Hudson and Tony Wadhams were accumulating many valuable points, including victories in the Long and Triple Jumps. Also Tony returned to the Pole Vault for the first time this year showing that he had retained his skill at this event.

In general our improvement in overall performance was due to a team effort by all the competitors; let us hope that this will continue and heralds an advancement in the fortunes of our track team.

100m.—A—1, D. Dear (Sou.) 10.9; 6, J. Friend, 11.5. B—1, R. Frith (Poly.), 11.3; 3, A. Wadhams, 11.4. 200m.—A—1, D. Dear (Sou.), 22.2; 6, J. Friend, 23.6. B—1, B. Mayo (Sale), 23.1; 5, M. Mahoney, 24.1. 400m.—A—1, R. Adams (Poly.), 50.0; 5, N. Bailey, 52.7. B—1, A. Braithwaite (WG.), 50.5; 2, M. Mahoney, 50.5. 800m.—A—1, C. Douglas (Ed.), 1:53.4; 2, D. Wright, 1:53.9. B—1, A. Weatherhead (Poly.), 1:54.0; 3, G. Martin, 1:56.4. 1500m.—A—1, P. Horwood, 3:49.9. B—1, Raeburn (Ed.), 4:04.7; 2, R. Hawtin, 4:05.3. 5000m.—A—1, A. Weatherhead (Poly.), 14:30.0; 2, R. Richardson, 14:33.0. B—1, S. Edmunds (Sale), 14:54.8; 3, I. Wilson, 15:00.2. 3000m.S.C.—A—1, A. Bryan-Jones (Ed.), 9:24.0; 4, C. Haines, 9:48.2. B—1, T. Coyle (Ed.), 9:58.2; 5, G. Botley, 10:23.0. 110m.H.—A—1, A. Robertson (Ed.), 15.5; 5, P.

Hudson, 17.6. B—1, R. Parker (Sou.), 16.4; 5, M. McFarnell, 19.6. 400m.H.—1, R. Fox (Sou.), 54.5; 3, McFarnell, 56.1. B—1, G. Hunt (Sou.), 58.3; 2, D. Cocker, 59.6. 4 x 100m.—1, W.G., 43.7; 6, B.H., 46.3. 4 x 400m.—1, Poly., 3:22.1; 5, B.H., 3:25.4. H.J.—A—1, Broughton (W.G.), 5' 10"; 3, P. Hudson, 5' 6". B—1, Omole (Poly.), 5' 8"; 4, M. McFarnell, 5' 0". L.J.—A—1, P. Hudson, 6.77. B—1, A. Wadhams, 6.72. T.J.—A—1, A. Wadhams, 14.54. B—1, Lewis (Poly.), 12.90; 3, D. Cocker, 12.17. P.V.—A—1, Challoner (Sale), 12' 6"; 3, A. Wadhams, 11' 9". B—1, Parkinson (Sale), 12' 6"; 2, J. Day, 10' 0". Dis.—A—1, Cushion (W.G.), 51.84; 5, B. Shapcott, 35.96. B—1, Black (Ed.), 40.54; 6, J. Wright, NT. Wt.—A—1, Cushion (W.G.), 14.25; 5, B. Shapcott, 12.26. B—1, Black (Ed.), 12.40; 2, J. Wright, 11.58. Jav.—A—1, Harrison (Sou.), 60.74; 5, J. Wright, 45.62. B—1, Roberts (Sale), 48.5; 3, R. Taylor, 42.14. Ham.—A—1, Black (Ed.), 54.14; 5, B. Shapcott, 34.32. B—1, Greasley (Poly.), 43.14; 6, R. Taylor, 17.34.

RESULT—1, Polytechnic H., 240; 2, Edinburgh South H., 238½; 3, Woodford Green A.C., 205; 4, Blackheath H., 199½; 5, Southampton A.C., 199; 6, Sale H., 179.

Saturday, 29th August, 1970

DENNIS AND JEWKES TROPHIES, AT SOUTHALL

DENNIS TROPHY (Senior)—100m.—A—1, Robinson (E), 11.5; 2, T. Walhen, 11.8. B—1, Rosen (E), 11.8; 2, I. Ross, 12.0. 200m.—A—1, Robinson (E), 23.7; 3, T. Walhen, 24.9. B—1, Glendinning (Bel.), 24.4; 2, I. Ross, 24.5. 400m.—A—1, Perry (O), 51.9. B—1, Burton (O), 800m.—1, Newman (E), 2:01.2. 1500m.—1, Tuttle (O), 4:08.7; 5, M. Athawes, 4:16.4. 3000m.—1, O'Hara (Bel.), 8:45.6; 12, M. Athawes, 10:11.0; 13, D. Kirk, 10:58.0. Team—1, Ealing, 9; 3, B.H. 25. 400m.H.—1, Clegg (O), 64.1; 3, J. Day, 78.9. 4 x 100m.—1, Ealing 46.5; 4, B.H., 49.5. H.J.—1, Watkins (E), 5' 7"; 3, T. Walhen, 5' 3". T.J.—1, Roess (E), 43.9"; 4, I. Ross, 33' 8". Wt.—1, Watkins (E), 42' 11"; 2, T. Walhen, 42' 9"; 5, C. Brand, 33' 9". Dis.—1, Lynn (E), 144' 6"; 2, T. Walhen, 126' 8". Ham.—1, T. Walhen, 121' 0"; 5, I. Ross, 60' 4".

RESULT—1, Ealing & Southall A.C., 261; 2, Blackheath H., 153; 3, Oxford City A.C., 143; 4, Belgrave H., 109.

JEWKES TROPHY (Junior)—100m.—1, Bennington (E), 12.3; 2, Beveridge, 12.4. 200m.—1, Beveridge, 25.5. 400m.—1, Bennington (E), 54.8; 3, Beveridge, 59.6. 800m.—1, Cornell (E), 2:46.8. 1500m.—1, M. Goodwin, 4:16.8. H.J.—1, Barnes (E), Youths 100m.—1, Marshall (Bel.), 11.8. 200m.—1, Marshall (Bel.), 24.5. 1500m.—1, Phelan (E), 4:35.3; 4, D. Kirk, 4:59.7. Boys 200m.—1, Moses (O), 26.9. 800m.—1, D. Kirk, 2:20.0.

RESULT—1, Ealing & Southall A.C., 158; 2, Oxford City A.C., 72; 3, Blackheath H., 40; 4, Windsor, Slough & Eton, 30; 5, Belgrave H., 12.

Monday, 31st August, 1970

READING TROPHIES MEETING, AT READING

Sen.—100y.—A—1, Matthews (T.V.H.), 10.1; 5, G. Friend, 10.9. B—1, Davis (T.V.H.), 10.6; 5, I. Ross, 10.9. 200m.—A—1, Matthews (T.V.H.), 22.1; 5, G. Friend, 23.7. B—1, Davis (T.V.H.), 23.5; 5, I. Ross, 24.5. 400m.—A—1, Edwards (Read.), 49.2; 5, R. Morgan, 52.9. B—1, Steyne (T.V.H.), 49.9. 3, M. McFarnell, 52.3. 800m.—A—1, D. Wright, 1:54.5. B—1, P. Horwood, 1:57.3. 1500m.—A—1, P. Horwood, 3:54.4. B—1, Duff (Read.), —; 3, D. Wright, 4:08.0. 5000m.—1, P. Stewart (Birch.), 14:25.8; 9, C. Haines, 16:01.8; 10, P. Shephard, 16:24.0. 110m.H.—1, Legge (Read.), 15.1; 5, C. Clarke, 16.4; 9, M. McFarnell, 18.5. 400m.H.—1, Hunt (Sou.), 55.4; 2, M. McFarnell, 55.8. B—1, C. Clarke, 59.1. 3000m.S.C.

John Watts and Graham Gower are part of the GB team who defeat France in an International match in Cwmbran.

At the AAA's Youths Championships at Kirkby, John Fenton is second in the long jump.

Graham Gower runs a personal best of 14.3 to finish third in the 110 hurdles at the AAAs Championships at White City. John

Watt is third in the discus and Tony Wadhams second in the triple jump.

Blackheath win the team race in the Worthing 11. First home is Ian Wilson in second place in 56.27, with Chris Haines sixth (58.00) and Bob Hawtin eighth (58.49).

25 years ago in August 1995.

Despite a fifth place in the final match of the season, Blackheath are relegated from the top division of the British League. They only finish in a relegation position in one of the four matches and it is only in the final race of the final match that relegation is confirmed.

The Club's four year reign as National Junior League champions ends when they finish second to Birchfield in the last match of the season. Bromley Ladies finish fifth on the day and fifth overall for the season.

Mark Findlay wins a gold medal as part of the Great Britain 4x100 squad at the European Junior Championships in Hungary. He runs in the heats but not the final.

Blackheath athletes win three gold medals at the National Veterans Championships in Exeter. Gordon Hickey sets a British Record in the M60 Shot. Bob Minting M45 400 and Peter Hannell M50 3000 walk are the other victors.

20 years ago in August 2000.

At the AAAs Under 20 Championships at Bedford, Nange Ursell is second in the 400 hurdles, Dwayne Grant is third in both the 100 and 200; and Mark Awanah is third in the long jump with a leap of 7.37. Dwayne is subsequently selected for the 200 and 4x100 at the World Junior Championships in Santiago, Chile.

The Club finish 6th in the Cup Final. Mark Purser has to pull out of the 400 hurdles on the morning of the competition because his wife is having contractions.

Emeka Udechuku is second in the shot and third in the discus at the Olympic Trials and AAAs Championships in Birmingham. Dwayne Grant wins the 200 metres for England at the Commonwealth Youth Games in Edinburgh.

Blackheath are promoted back into the top division of the British League with a third place in the final match of the season at Enfield. Emeka Udechuku sets a personal best in the shot and a seasons best in the discus despite having competed in Sweden the day before. He is up at 3 in the morning to start a complicated trip home to attend the match. This includes taking a ferry to Copenhagen, Denmark, to make a connecting flight and also the use of bus, taxi, train and tube. Over the season ten athletes compete in all four fixtures and a further eleven compete in three.

The mens third team finish their Southern League Division Five season unbeaten.

The youngsters win the Kent Boys and Colts League for the 18th season in a row.

15 years ago in August 2005

The Club are Southern champions in the National Young Athletes League having won all five matches.

Scott Overall wins the 3000 metres for Great Britain in a time of 8.10.1 in the Under 23 International against the Czech Republic, France and Spain in Manchester.

Jim Day wins five gold medals in the M70 age group at the Southern Masters Championships in Exeter.

Serita Solomon wins the 80 metre hurdles at the AAAs Under 17 Championships.

The Club finish in 5th place in the Golden Jubilee Cup Final at Bedford. This is the first time they have competed in the final since it became joint scoring in 2002. Michael Skinner wins both the 800 and 1500 and Montell Douglas the 100 metres in a new best of 11.73. The next day she runs another pb of 11.56 at the Welsh Championships.

Scott Huggins wins the Scottish Under 17s title.

10 years ago in August 2010

Montell Douglas is selected to represent England in the 100 and 4x100 at the Commonwealth Games in Delhi.

Dina Asher Smith wins the 100 and 200 metres in the under 15 age group at the England Athletics Championships.

The Club finish second in the Southern Area Final of the National Young Athletes League and qualify for the National Final.

Having made all the necessary travel and hotel arrangements they discover the match has been rescored and they have finished third. The Club only find out when Windsor, who were second in the rescored match, ring up to see if they can take the Club's hotel booking. The Club will compete in the Auxillary Final on the following day.

Through The Ages – National Under 20 Champions (Outdoors)

1978

800. Julian Spooner 1.50.96

1988

Heptathlon. Jenny Kelly 5364

1990

1500. Gillian Stacey 4.23.4

1992

400H. Noel Levy 52.42

Triple Jump. Shani Anderson 11.95

1993

Triple Jump. Shani Anderson 12.35.

Decathlon. Gavin Sunshine 6006

1994

100. Julian Golding 10.52

200. Julian Golding 21.02

1995

Triple Jump. Marvin Bramble 15.23

1996

Triple Jump. Liz Gibbens 12.17

1997

Long Jump. Nathan Morgan 7.55

1998

400. Alloy Wilson 48.04

800. Chris Moss 1.50.09

Discus. Emeka Udechuku 60.97

2001

200. Dwayne Grant 20.4

2003

Hammer. Karim Chester 62.13

2005

Hammer. Amir Williamson 62.73

Javelin. Stuart Harvey 66.00

2006

Hammer. Victoria Thomas 56.78

5000 walk. Chelsea O Rawe Hobbs 26.22.51

2007

Pole Vault. Scott Huggins 4.80

2008

100. James Alaka 10.52

Pole Vault. Scott Huggins 4.95

Shot. Shaunagh Brown 48.00

2009

Long Jump. Lorraine Ugen 6.29

Shot. Shaunagh Brown 13.74

Discus. Shaunagh Brown 47.79

2010

Hammer. Sophie Hitchon* 63.74

Long Jump. Lorraine Ugen 6.42

2011.

400 Hurdles. Megan Southwart 59.49

Triple Jump. Joe Lawrence 15.48

2012

Triple Jump. Jonathan Ilori 15.55.

2013

100. Dina Asher Smith 11.30

200. Dina Asher Smith 23.19

2014

100. Dina Asher Smith 11.11

200. Dina Asher Smith 22.74

400. Cheriece Hylton 53.56

Triple Jump. Kerri Davidson 12.48.

2015

200. Shannon Hylton 23.22

400. Cheriece Hylton 53.54

Discus. Louis Mascarenhas 55.22

2016.

Discus. Divine Oladipo 48.11

2017

Javelin. James Whiteaker 74.64

Discus. Divine Oladipo 50.50

Long Jump. Holly Mills* 6.19

High Jump. Rebecca Hawkins* 1.76

2018

800. Alex Botterill* 1.50.52

100 Hurdles. Annie Davies 13.75

2019

400. Ethan Brown 46.44

Second claim *