



Blackheath & Bromley Courier

August 2021.

President 2021-22. Nic Corry.

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



Farewell



So many memories for so many people. There is no time or space to write an obituary for 56 Bourne Way in the Courier but perhaps in the Gazette or even in a book?

And farewell to Pauline Wilson who has passed away. Wife of Past President Ian, who died last year, she was someone who was part of Club Life for a long time, a javelin thrower firstly for Kent AC and then for Bromley Ladies, and great supporter of Ian and all the Club's activities. In a feature in Athletics Today in 1993 entitled "A Day In The Life – Ian Wilson" Ian described his "work" as one of Britain's leading cross country administrators "Pauline thinks it's too much! But the truth is if she wasn't involved I wouldn't be able to do it." Some who have sat at the top table at the Club will appreciate the comfort she has provided, as Past President Don Gillate recorded in his own inimitable style.



■ GETTING TO THE BOTTOM of THINGS...

Another act of generosity stole silently up on the President last winter when four elegant, new, red-seated chairs appeared unexpectedly among those on the top table. No bum-numbing, NAAFI-issue stackers these, but your genuine, horsehair-stuffed, Antiques Roadshow material fit for the most royal of rears.

P/P Ian Wilson seemed to be wearing a knowing look, as well he might; for it appears that a generous offer of the four chairs by P/P Alan Ball had been matched by an equally generous offer by Pauline Wilson to upholster them in red leather conforming with the pattern of the rest of the hospitality chairs ornamenting the President's table.

This remarkable combined operation is typical of the many thoughtful and unheralded acts of kindness performed almost daily for the common weal by members and families of our extraordinary society.

Thank you, Alan and thank you, Pauline.

DRG

The Wilsons were wonderful company and are greatly missed

So while the Courier can't produce a Club cry to mark these changing times it can supply a picture of perhaps it's greatest cheerleader Past President Brian Stone



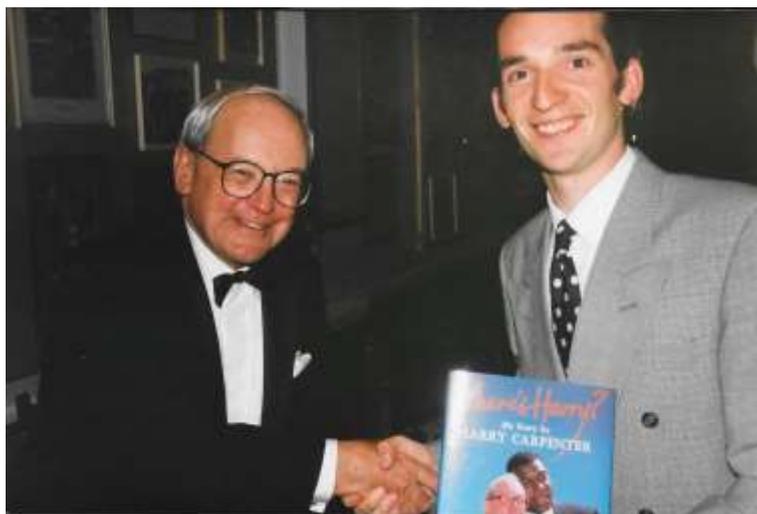
So what happens now...

"For the next few months we are fortunate enough to have been offered use of Becchamians Clubhouse for Wednesday night runs as well as food and bar facilities. Becchamians is only a few hundred yards from the old clubhouse so familiar routes can still be run. It will be open from 6.30pm. The address is : Becchamian Rugby Football Club, Corkscrew Hill, West Wickham BR4 9BB

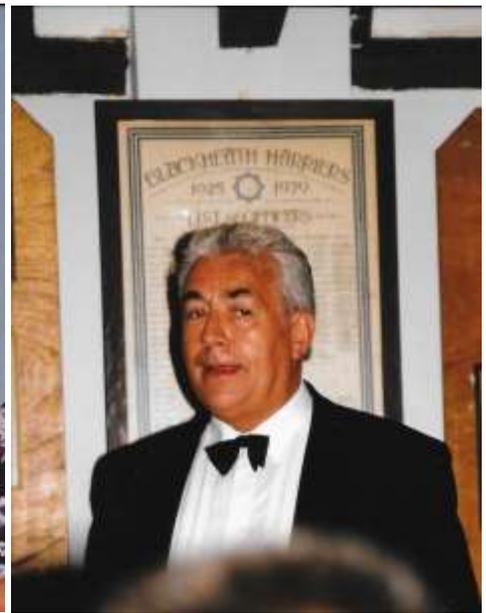
FACILITIES: There are changing and shower facilities for both men and women, and afterwards a large room for our exclusive use with a bar for eating, drinking, President's news etc.

FOOD: To start with a limited range of food will be on offer, which must be ordered before 6pm on Tuesdays. Price will be no more than £5. Please communicate Food orders to dmlawrie162@googlemail.com House & Social Committee"

Social Memories from the Clubhouse – Some Celebs.



Harry Carpenter with Jonathan Murray. Andy Rayner and Peter Tucker with Dina Asher Smith



Olympians Sydney Wooderson and Jack Braughton at Sydney's 80th. Ron Pickering at a Club Dinner.



David Moorcroft had only just accepted the role as Chief Executive of the British Athletics Federation when it went into administration. Despite all this chaos he still attended our Club Dinner "because it was Blackheath Harriers". Club record holders Adam Gemili, Jackie Montgomery and Rob Brown get to meet Ian Montgomery.



Three Commonwealth 200 metre champions, Mike McFarlane (1982), Julian Golding (1998) and Allan Wells (1982). Mike and Allan dead heated. Two British 100 metre record holders Montell Douglas presents an award to Dina.

Forthcoming Fixtures and events.

August

6/8/21 – Kent Masters League, Dartford

7/8/21 - National Athletics League, Eton

7-8/8/21 – England Athletics Under 17 and Under 15 Championships, Manchester.

8/8/21 – Kent Young Athletes League, Tonbridge

13/8/21 – B&B Open, Norman Park.

14/8/21 – Southern Athletics League, Erith

18/8/21 – Manchester International - ENG v WAL v SCO v NIRL v NAL v GBU20s plus ENG U20s v SCO U20s v WAL U20s v GB&NI U18s.

21-22/8/21 – SEAA Under 17, Under 15 and Under 13 Championships, Kingston.

22/8/21. SEAA 5000 Walk Championships for Senior Men and Women and Under 20 Men and Women.

22/8/21. SEAA 3000 Walk Championships for Under 17 Men and Women and Under 15 Boys and Girls.

28/8/21 – National Athletics League, Eton

28-29/8/21 – England Athletics Under 17 and Under 15 Combined Events Championships, incorporating European Athletics Combined Events Challenge, Manchester.

30/8/21 – Kent Under 13 and Open Pentathlon Championships, Tonbridge.

September

2-5/9/21 – School Games National Final, Loughborough.

4/9/21 – UK Youth Development League, Under 15s and Under 13s, Medway Park.

5/9/21 – UK Youth Development League, Under 20s and Under 17s, Dartford.

11/9/21 – Southern Athletics League, TBA.

11/9/21 – Will Bolton Relays, Sparrows Den (13.45) * Taken from the current draft fixture list.

12/9/21 – Kent Relays Championships and Masters Jumps, Sutcliffe Park.

18-19/9/21 – Kent Under 13 Championships, Masters (excluding jumps), and Combined Events Championships, Erith.

25-26/9/21 – SEAA Road Relays, Crystal Palace. * Taken from the current draft fixture list

26/9/21 – Club 5 Mile Championships (10.30). * Taken from the current draft fixture list.

European Under 23 Championships 2021

Four Club members were selected for these Championships at Talinn in Estonia with varying fortunes. Best placed was Bekah Walton who finished in 5th place in the womens javelin. Having become National Senior champion just two weeks before, she set a new personal best of 54.27 to finish first in her Qualifying Pool. She could not improve in the final but still threw a very useful 53.46 her third furthest distance of the season.

Annie Davies ran her second fastest ever time in the heats of the 100 hurdles as recorded 13.45 to finish in fourth place. This took her through to the semi finals where she timed 13.52 for third place and qualified for the final by two one thousandths of a second. It was a great achievement to make the final. She finished eighth in 13.53 on this occasion into a headwind. So that was three of her fastest ever races all at a major championships, great stuff.

Ethan Brown was in the Great Britain 4x400 team who won their heat in 3.05.42 which was the fastest by a European under 23 team. His split was 46.47. However, an ongoing Achilles injury meant he did not run in the final. Second claim member Amber Anning did not start in the 200 also because of injury.

European Under 20 Championships 2021.

Jeriel Quainoo and Sam Reardon returned from the European Under 20 Championships in Tallinn, Estonia with relay gold medals. Jeriel's came in the 4x100 and Sam's in the 4x400. Their efforts helped Great Britain to top the medal table with a total of six golds.

Going into the Championships Jeriel's best for the 100 metres stood at 10.50 which he had run twice on the same day. This was the only time he had run under 10.60. His 10.30 in his heat was, therefore, a major breakthrough. He went even

quicker in his semi final to win in 10.25. He was not quite as quick in the final where he finished fifth but it was, nevertheless, an outstanding set of performances.

With three in the top five in the final, Britain were the favourites for the relay especially after setting a European Leading time of 39.68 in the heats with Jeriel running second leg. Not surprisingly they kept the same team for the final and won by over three tenths of a second, the only team to go under 40 seconds with 39.74. It was a great Championships for Jeriel and he is still a junior next year.

So too is Sam who ran two outstanding relay legs for the 4x400 team. Given his best for an individual 400 is 47.48, his split of 46.07 on the second leg in the heats was exceptional. It helped the GB team to victory by nearly three seconds. He was the fastest of the quartet. Showing the GB strength, two changes were made for the final and with Sam on second leg they ran the fastest time in the World this year by an under 20 team with 3.05.25. Sam's split was 46.21, another cracking run. Is Ethan Brown's under 20 400 record of 46.44 under threat?

The Club had four other athletes at these Championships, a great achievement. Before this season Mallory Cluley had only run under 14 seconds twice for the 100 hurdles. This season she has consistently been below the mark culminating in an excellent 13.70 at the Olympic Trials which took 0.15 seconds off her best. At Tallinn, she ran a wind assisted 13.88 to finish fifth in her heat and followed this with 13.95 in her semi final. So no place in the final but it has been a good season.

It has certainly been a good year too for Nana Gyedu in the shot. She is a County champion, South Of England champion, England Athletics champion and English Schools champion. However, she was a little down on what she would have liked in the Qualifying Round and her 13.97 was not good enough to make the final.

There was a similar story for Zara Obamakinwa in the discus. She finished in ninth place in her Qualifier with 45.83 which was not sufficient to progress. Nevertheless, it is only her first year in this age group and with another two left we can expect lots more from this exciting talent who last year broke the British under 17 record.

Sadly second claim member Funminiyi Olajide had one of those days in the long jump. The GB Under 20 number one was not able to get a jump in her qualifying round.

Blackheath & Bromley at the European Under 20 Championships.

The first Championships took place in 1970 but it was not until 1981 in Utrecht that the Club had its first representative. This was Bromley AC's Joyce Oladapo. She finished in third place in the long jump with a leap of 6.36 in a contest won by East Germany's Heike Daute who under her married name of Drechsler would progress to World and Olympic gold. Joyce would become Commonwealth champion in 1986. 1981 was a breakthrough year for Joyce as she made her senior GB debut and at the London Boroughs Championships she set a UK age 17 best of 6.45 (with her younger sister Georgina, not a club member, setting a UK age 14 best of 6.07). She improved to 6.46 by the end of the season and was named young woman athlete of the year by the British Athletics Writers Association. Two future Blackheath members Chris McGeorge and Mike Makin won bronze medals in Utrecht in the 800 and triple jump respectively. In 2021 Britain topped the medal table with six golds from 44 events. In 1981 East Germany dominated with 22 golds from the 38 events. They headed the medal table at every Championship from 1970 to 1989.

It would be ten years before the Club had another competitor at these Championships, though in 1983 future Bromley member Debbie Marti won bronze in the high jump with 1.89 at the age of 15. In 1991 Blackheath's Jamie Quarry was seventh in the decathlon at Thessaloniki with 7016. He would finish third in the decathlon at the Commonwealth Games in 2002. It was the seventh again in 1993 at San Sebastian for Gavin Sunshine with 7112 points and Bromley's Uju Efobi scored 5292 also for seventh in the heptathlon. However, the Club's athletes won four medals. Ejike Wodu finished third in the 100 metres in 10.77 and was part of the winning relay team. Julian Golding, who was unlucky to miss out on selection for the 200 metres ran in the relay team in the heats. Noel Levy won bronze in the 400 hurdles with 51.47. Five years later Julian was Commonwealth champion at 200 metres.

In 1995 at Nyiregyhaza, Mark Findlay ran for Britain in the heats of the 100 but was not part of the quartet who won the final. Two years later in Ljubljana, he was in the winning team and also won bronze in the 200 metres in 20.99. There were two field event golds with Nathan Morgan taking the long jump with his Club record breaking 7.90; and Emeka Udechuku winning the discus with 53.90. Emeka also competed in the shot but his 15.73 didn't take him beyond the qualifying round. More relay gold came in 2001 at Grosseto with Dwayne Grant part of the winning 4x100 quartet. He also won bronze in the 200 metres in 20.82. It would be six years before the Club were next represented when at Hengelo, Anike Shand Whittingham was a member of the womens winning 4x100 team. She was also sixth in the 100 metres final in 11.82. The men finished in second place with Funmi Sobodu in the line up and James Alaka running for the team in the heats. James made it through to the semi final of the 100 where he finished sixth in 10.77. He timed 10.62 in his heat. Funmi shared his experiences in the Gazette.

My experience in the European juniors: Olufunmi Sobodu

I arrived at the European Junior Championships late, after a disappointing world youth championships in the Czech Republic. I met up with fellow team mate James Alaka. As well as sharing with James, I shared with Richard Kilty, Luke Smallwood, David Martin and the GB captain Daniel Awde! The facilities were top class, with indoor tennis courts, sauna, spa, indoor swimming pool, table tennis tables, and Play Station Two! The atmosphere was a relaxed one as competition had not begun yet.

At breakfast for the first time I met athletes that I have not met before and have heard about in the media and the press, and that is when I start to realise what I have achieved this year! Met with sprint coach Harry King to discuss relay plans for the week, which brought up problems. I had no spikes or kit! The previous day I returned from the Czech Republic but my bags didn't! Out of 30 Great Britain bags mine had got lost in transition from Ostrava to Prague. I did enquire about this and they said they would send it to my house which they did, leaving me with a small bag that I packed for when I went to the Europeans with a few more boxers, socks and jeans! The kit was ordered from the UK and was on its way.

At relay practice there were a few countries and the track was very busy; it was the biggest of tracks in the world. That day I had to train in Ashlee Nelson's spikes as I did not pack my spikes in my hand luggage; three pairs of spikes went back to the UK! A mistake I will not do again! Training went relatively well, but to be honest I was not ready for the European squad. Went back to hotel fairly relaxed, still people getting prepared for their day of athletics the next day. I had a day off from training, so me and my fellow sprint partner Jordan Huggins, who went to world youths with me, watched the athletics at the stadium. Later that day me, Richard, Jordan and Ashlee went swimming. Not a good idea! When we left the pool our legs were so heavy it was unbelievable; word of advice, don't. The fact I could not swim didn't help! I spent another day of chilling at the hotel; as you can note, my days were quite relaxed whereas other athletes had quite a hectic schedule.

We had another training session on the Friday. That was after the terrible weather we had! The athletics was suspended for an hour and a half. We were not allowed to go back to the hotel because the weather was that bad. Training went reasonably well apart from the fact I still had no spikes, and the track was still wet. After training we watched the 100m final. Unfortunately, Levan got disqualified in this race! The camp was down! On the way to the bus, my coach Carl Graham informs me of my grandma's death, so I was really down. I spoke to my parents and my coaches and they basically said, "keep your head up and go out there and win a medal it is what she would have wanted".



The relay was on Saturday. After dinner that day my spikes from Nike arrived half a size too small but they had to do. Also that night the team was decided, anxious times because three of us shared the room; me, James and Richard, and naturally we all wanted a spot. Well, we all got one! And all three of us ran well. It was weird going into call-up, because I hadn't expected to make the team. The relay went well; main objective was to get round it safely. At the hotel we sorted ourselves out, relaxed, played X-Box, and a bit of tennis with fellow B&B member James. Later on that evening the team was announced. They were making changes, meaning only one of us from our room would be in the team. The team was announced backwards, it went Levan, Luke Fagen, Alex Nelson and me, Olufunmi Sobodu. I was so grateful! My changes in training were not the smoothest. We ran the relay and came second, disappointed to be beaten by 0.02 sec. We went out for gold and got silver. Disappointment did not last long; later that night we had a party, everyone gelled as a team, it was a shame to go back to England! I met new people, new faces, and had great experiences. And I look forward eagerly to the Europeans in 2009, and the World Juniors in 2008. As a whole it was a great experience. I have not been in athletics that long, but I am learning so quickly in this sport, and I think that is important.

Olufunmi Sobodu

Funmi was back two years later but he only got to run in the heats of the 4x100 sitting out the final as GB took bronze medals. Kola Adedoyin (triple jump 15.39), Lorraine Ugen (long jump 5.85) and Shaunagh Brown (discus 43.78) did not make it beyond the qualifying groups, while second claim member Jack Green did not start his semi final of the 400 hurdles having qualified with 52.67 in his heat.

It was ten years ago that the championships were last in Talinn and Adam Gemili's career was just beginning. He won silver in the 100 in 10.41 and was also part of the GB 4x100 team who finished second. Megan Southwart made the semi finals of the 400 hurdles timing 59.87 but Ben Hopkins (53.39) did not progress beyond the heats in the mens event. Second claimers Isobel Pooley and Izzy Jeffs went out in the qualifiers of the high jump (1.80) and javelin (49.94) respectively. And then came Dina. At Rieti, Italy in 2013 she won the 200 metres in 23.29. She was also in the winning sprint relay team which broke the British record in both the semi final (43.89) and final (43.81). At 17 she then went off to the Senior World Championships as well.

Two years on and the Hylton twins returned from Eskilstuna in Sweden with a relay gold and individual silver each. Shannon was second in the 200 (22.73) and was in the 4x100 team which won in 44.18. Cheriece timed 53.16 to finish second in the 400 and then helped the relay team to gold in 3.34.96.

Maya Bruney won gold in the 200 at Grosseto in Italy in 2017 with a time of 23.04. She was also in the relay team which won bronze. Divine Oladipo finished fourth in the shot with 16.03 but did not it through the qualifying pool of the discus throwing 46.11. Neither did James Whiteaker in the javelin where he threw 66.34.

Two years ago there were more relay golds at Boras in Sweden. After finishing fourth in the 100 in 11.60, Immanuela Aliu was in the GB sprint relay team who won gold in 44.11. In the 4x400 second claim member Amber Anning and Louise Evans were among the quartet that won gold in 3.33.03. Amber also won silver in the 400 in 52.18 with Louise seventh in 54.06. Another second claim member Holly Mills was third in the long jump with 6.50 and was also fourth in the heptathlon with 5802 points. Ethan Brown finished 5th in the 400 in 46.45.

We look forward to 2023....

Results.

Aside from the two European Championships our athletes have brought home medals from the English Schools Championships and the England Athletics Championships; our teams have performed well in the various leagues across the age; Club records and personal bests have been set and Parkrun is back. So from Sutcliffe to Szekesfehervar, from Catford to Carlisle, from Bromley to Bondoufle, from.... As Ian Wilson would say " Wherever you go in the World you will meet a Club member"

30/6/21

Johnson Bowl, Norman Park. 1. Roger Michell 40.46.3, 3. David Hoben 47.6.1, 6. Peter Hannell 51.03.9. Teams. 1. B&BHAC Historical 10, 2. Surrey Walking Club 11.

3/7/21

NAL Premier London South, Wormwood Scrubs. Men. 100. A. 3. Abdul Rahaman Jolaoso 11.07 (0.3). B. 1. Jak Mensah 10.90 (0.4). N/S. 1. Toby Olubi 11.36 (-1.3), 2. Matthew Knight 11.53, 3. Rico Cottell 11.54. 200. A. 2. Jak Mensah 22.00 (-3.6). B. 3. Matthew Knight 23.52 (-3.6). 400. A. 4. Pablo Seema Roca 49.51. B. 3. Prince Reid 52.28. 800. A. 2. Sam Reardon 1.54.18. B. 1. Callum Parker 1.55.49. N/S. Prince Reid 2.00.48. 1500. A. 4. Alex Leggatt 4.13.06. B. 4. Dan Kennedy 4.15.87. N/S. Joshua Dowling 4.49.69. 5000. A. 2. Charlie Davis 14.36.50. B. 3. Scott Overall 15.12.01. N/S. Roger Vilardell 15.56.90. 110H. A. 2. Rico Cottell 15.44 (-2.3). B. 2. Richard Morris 17.54 (-2.3). 400H. A. 2. Bailey Stickings 53.00. B. 3. Coleman Corry 58.67. N/S. Richard Morris 56.51. 3000 s/chase. A. 2. Lewis Harknell 9.52.71. B. -. HJ. A. 1. Kelechi Aguocha 2.00. B. -. LJ. A. 4. Ben Sutton 5.29. B. 3. Roger Platt 4.25. TJ. A. -. B. -. PV. A. 1. Ben Platt 3.90. B. 1. Barnaby Corry 2.50. SP. A. 2. Luc Durrant 12.83. B. 2. Dele Aladese 11.55. DT. A. 1. Dele Aladese 44.02. B. 2. Coleman Corry 21.89. JT. A. 4. Coleman Corry 31.30. B. 3. Roger Platt 21.77. HT. A. 4. Charlie Short 34.80. B. Tom Parker NM. 4X100. 2. B&B (Abdul Rahaman Jolaoso, Rico Cottell, Toby Olubi, Jeriel Quainoo) 43.11. 4X400. 3. B&B (Bailey Stickings, Callum Parker, Pablo Seema Roca, Sam Reardon) 3.20.31. **Women.** 100. A. 2. Modupe Shokunbi 12.54 (-1.9). B. 2. Parris Johnson 12.49 (-1.4). N/S. Zsiriah Thomas 12.71. 200. A. 3. Zsiriah Thomas 26.04 (-0.8). B. 3. Achieng Oneko 26.69 (-0.8). 400. A. 2. Holly Mpassy 56.05. B. 3. Stephanie Fisher 59.77. 800. A. 4. Leah Everson 2.20.86. B. 3. Lily Meers 2.21.19. N/S. Jessica Keene 2.30.14. 1500. A. -. B. -. 3000. A. 4. Carole Coulon 10.25.67. B. -. 100H. A. -. B. -. 400H. A. 2. Alex Hill 62.00. B. -. 2000 s/chase. A. 2. Morgan Squibb 7.15.36. B. -. HJ. A. 3. Deborah Martin 1.70. B. -. LJ. A. 4. Holly Platt 4.04. B. -. TJ. A. 4. Holly Platt 8.93. B. -. PV. A. 3. Holly Platt 2.40. B. -. SP. A. 4. Hannah MacAulay 10.49. B. -. DT. A. 2. Zara Obamakinwa 48.67. B. 1. Hannah MacAulay 41.74. JT. Zara Obamakinwa 23.30. B. 3. Holly Platt 13.98. HT. A. 2. Gemma Vickery 48.30. B. 4. Hannah MacAulay 28.81. 4X100. 1. B&B (Modupe Shokunbi, Achieng Oneko, Parris Johnson, Mallory Cluley) 47.70. 4X400. 2. B&B (Holly Mpassy, Stephanie Fisher, Alex Hill, Morgan Squibb) 3.59.18.

5/7/21

Southern Counties Veterans League, South London Division, Carshalton. 200. R2. 4. Helen Godsell 31.6.

5-6/7/21

Istvan Gyulai Memorial, Szekesfehervar, Hungary. 100. 5. Adam Gemili 10.14 (1.2). 200. R2. 4. Adam Gemili 20.41 (-1.1).

6/7/21

Tonbridge Open Meeting. 100. Mx3. 1. Troy Ogedengbe (U13B) 14.45 (-1.1). MX4. 1. Thomas Vallins (U13B) 14.60 (-1.8). MX5. 1. Lily Anderson (U15G) 14.01 (1.5). MX6. 5. Louisa Vallins (W40) 13.80 (-1.6). MX8. 3. Alexander Morrell (U15B) 13.17 (-1.0). MX9. 6. Alyssa Firla (U15G) 13.63 (-0.8). MX10. 5. Nathan Firla (U17M) 12.18 (-2.4). 200. MX2. 1. Thomas Vallins (U13B) 30.32 (-1.6). MX3. 4. Troy Ogedengbe (U13B) 29.75 (0.4). MX4. 3. Alyssa Firla (U15G) 27.22 (-0.2), 4. Emily Hayden De Carbonnieres (U15G) 27.77, 5. Louisa Vallins (W40) 28.06. MX5. Alexander Morrell (U15B) 26.35 (-1.3). MX6. 3. Nathan Firla (U17M) 24.08 (0.0). 1500. MX2. 3. Lydia Witcombe (U15G) 5.03.30. MX3. 2. Ian Firla (M50) 4.47.44., 8. Hendri Verster (U15B) 4.59.31, 10. Charlotte Bloodworth (U13G) 5.25.53. 5000. MX2. 10. Roger Vilardell (M40) 15.55.19, 15. Micah Evans (M35) 16.55.24. HJ. MX. 1. Elena Duncombe (U17W) 1.40. LJ. MXB. 1. Dennis Savage (U17M) 5.06, 3. Molly Savage (U20W) 4.99, 4. Elena Duncombe (U17W) 4.49, 7. Emily Hayden De Carbonnieres (U15G) 4.11. SP. 3K. 3. Noah Fage (U13B) 6.56, 4. Rory Witcombe (U13B) 5.01. DT. 1K. 4. Rory Witcombe (U13B) 13.84. DT. 0.75K. 1. Charlotte Bloodworth (U13G) 19.02.

7/7/21

BMC Regional Races, Wormwood Scrubs. 800. F. Naomi Toft (U20W) 2.20.70.

Lee Valley 100/200 Open Series. 100. MX1. 5. Korede Awe* (U23M) 10.50 (2.6). MX6. 1. Drew Burridge (U20M) 11.36 (2.3).

West Yorkshire League, Cleckheaton. 1500. 5. Mark Cage 4.25.02.

Castle 5km, Carlisle. 20. Jo Hickman Dunne 19.04.

8-11/7/21

European Under 23 Championships, Talinn, EST. Men. 4x400. Ht2. 1. GB (inc Ethan Brown) 3.05.42. **Women.** 200. HT4.

Amber Anning DNS. 100H. 8. Anastasia Davies 13.53 (-0.9). SF3. 3. Anastasia Davies 13.52 (0.8). Ht3. 4. Anastasia Davies 13.45 (0.5). JT. 5. Bekah Walton 53.46. QA. 1. Bekah Walton 54.27.

9-11/7/21

ESSA New Balance English Schools Championships, Manchester and Stretford. Senior Boys. 100. B. Zac Nwogwugwu 10.84 (1.2). Ht2. 4. Zac Nwogwugwu 10.91 (1.4). 400. 5. Pablo Seema Roca 49.60. Ht2. 3. Pablo Seema Roca 49.81. PV. 4. Barnaby Corry 4.40. HT. 5. Dillon Claydon 45.86. **Senior Girls.** 100. B. 2. Tianna Haynes 12.46 (1.3). Ht2. 6. Tianna Haynes 12.38 (1.0). 200. A. 4. Kaliyah Young 24.90 (0.2). Ht1. 2. Kaliyah Young 24.78 (1.8). 400. 1. Holly Mpassy 55.75. Ht2. 1. Holly Mpassy 56.59. 100H. A. 5. Shakanya Osahon 14.45 (1.4). Ht1. 2. Shakanya Osahon 14.26 (2.0). 1500 s/chase. 3. Morgan Squibb 4.58.73, 12. Ailbhe Barnes 5.23.04. SP. 1. Nana Gyedu 14.14. **Intermediate Boys.** 100. Ht1. 3. Verrel Charles 11.54 (-0.9). PV. 4. Ben Platt 3.95. HT. 9. Brydon Duncan 41.13. **Intermediate Girls.** 200. 3. Faith Akinbileje 24.39 (-0.7). Ht1. 2. Faith Akinbileje 24.90 (-1.3). 800. 1. Amarisa Sibley 2.09.44. 3000. 2. Fleur Todd – Warmoth 9.37.66 (**CLUB U17W RECORD**). 80H. 1. Jodie Self* 11.48 (1.6). Ht2. 4. Jodie Self* 11.77 (-2.0). 1500 s/chase. 8. Gabriella Martin 5.26.05. TJ. 1. Amelia Gray* 11.99. SP. 2. Cleo Agyepong 14.46. HT. 2. Gypsy Nash 48.98. **Junior Boys.** 80H. 3. Rayhan Mourtada 11.29 (0.6). Ht2. 1. Rayhan Mourtada 11.52 (1.2). PV. 5=. Finn Kitteridge 3.15. JT. 11. Max Kennedy 38.47. **Junior Girls.** HJ. 7. Daisy Snell 1.56.

9/7/21

FAST Friday 10,000 inc England Athletics Championships, Walthamstow. 10,000. Race 3. 3. Ross Braden 31.01.13.

10/7/21

Kent Young Athletes League Div One, Dartford. Under 15 Boys. 100. A. 3. Ryen Rennie 12.3. B. 1. Andrew Nikoro 12.0. 200. A. 2. Laurence Goslin 24.7. B. 1. Marley Byfield 25.2. N/S. 1. Ryen Rennie 26.0. 800. A. 3. Franco Hillier 2.20.4. B. -. 80H. A. 1. Andrew Nikoro 12.1. B. -. 3000W. A. -. B. -. HJ. A. 2. Maxwell Stober 1.58. B. 1. Marley Byfield 1.50. LJ. A. 1. Zuriel Nwogwugwu 5.34. B. -. SP. A. 1. Andrew Nikoro 11.73. B. Zuriel Nwogwugwu NM. DT. A. -. B. -. HT. A. -. B. -. 4X100. 1. B&B. (Zuriel Nwogwugwu, Andrew Nikoro, Laurence Goslin, Ryen Rennie) 47.8. 4X300. 1. B&B (Zuriel Nwogwugwu, Marley Byfield, Laurence Goslin, Ryen Rennie) 2.41.1. Teams. 1. Medway & Maidstone 167, 2. Tonbridge 2/Judd 145, 3. B&B 116, 4. Cambridge Harriers 88, 5. Tonbridge 1 84, 6. Sevenoaks 76, 7. Bexley 54, 8. Paddock Wood/Folkestone 19. **Under 15 Girls.** 100. A. 3. Nina Whitter 13.1. B. 4. Alexia Moren – Rosado 13.8. N/S. 2. Sybil Wirrom-Jorrie 13.5. 200. A. 2. Nina Whitter 27.0. B. 1. Alyssa Firla 27.6. 800. A. 1. Tallulah Ndikanwu 2.24.0. B. 5. Lola Bischoff 2.43.4. N/S. 2. Isla Spink 2.39.8. 75H. A. 2. Alyssa Firla 12.3. B. 1. Sybil Wirrom-Jorrie 14.0. 2000W. A. -. B. -. HJ. A. 1. Megan Barlow 1.45. B. 1. Nina Whitter 1.35. LJ. A. 1. Sybil Wirrom-Jorrie 4.91. B. 1. Emily Hayden De Carbonnieres 4.07. SP. A. 5. Madeleine Marston 6.70. B. 4. Emily Hayden De Carbonnieres 5.73. JT. A. 7. Madeleine Marston 11.69. B. Alyssa Firla NM. HT. A. 3. Madeleine Marston 17.41. B. 1. Emily Hayden De Carbonnieres 16.67. 4X100. 2. B&B (Sybil Wirrom-Jorrie, Nina Whitter, Emily Hayden De Carbonnieres, Alexia Moren-Rosado) 52.3. 4X300. 1. B&B (Tallulah Ndikanwu, Megan Barlow, Alyssa Firla, Emily Deveney) 3.02.1. Teams. 1. B&B 156, 2. Cambridge Harriers 122, 3. Bexley 113, 4. Tonbridge 1 110.5, 5. Paddock Wood/Folkestone 96, 6. Medway & Maidstone 91, 7. Sevenoaks 78, 8. Tonbridge 2/Judd 56.5. **Under 13 Boys.** 100. A. 3. Theodore Osobu 13.7. B. 2. Andrew Seuret Montgomery 14.3. 200. A. 2. Jamie Ellerton 29.0. B. 1. Antonio Seuret Montgomery 28.6. N/S. 1. Theodore Osobu

28.5. 800. A. 1. Joseph Scanes 2.19.2. B. 4. Samuel Barlow 2.49.0. N/S. 3. Charlie Hay 2.41.9. 75H. A. 1. Jamie Ellerton 12.9. B. -. HJ. A. 3. Samuel Barlow 1.15. B. -. LJ. A. 1. Jamie Ellerton 4.22. B. 2. Theodore Osobu 3.73. SP. A. 2. Lorne Burnett 9.41. B. 1. Charlie Platt 7.38. N/S. 1. Noah Fage 6.50. DT. A. 1. Lorne Burnett 22.44. B. 1. Noah Fage 15.90. JT. A. 1. Charlie Platt 30.81. B. 1. Noah Fage 25.51. N/S. 3. Lorne Burnett 20.07. 4x100. 1. B&B (Antonio Seuret Montgomery, Jamie Ellerton, Charlie Platt, Theodore Osobu) 56.0. Teams. 1. B&B 155, 2. Medway & Maidstone 136, 3. Tonbridge 2/Judd 135, 4. Cambridge Harriers 110, 5. Paddock Wood/Folkestone 84.5, 6. Tonbridge 1 82.5, 7. Bexley 71, 8. Sevenoaks 26. **Under 13 Girls.** 75. A. 3. Emelia Adese 10.6, B. 4. Heidi Coulson 11.6. N/S. 2. Lothie Palmer 11.4. 150. A. 4. Sophie Tran 22.8. B. 3. Lottie Palmer 22.8. 800. A. 1. Naimah Mossi 2.32.7. B. 2. Beth Regan 2.40.9. N/S. 2. Lily Bridgeman 2.56.3. 70H. A. 1. Charlotte Bloodworth 13.3. B. -. 1000W. A. -. B. -. HJ. A. 2. Emelia Adese 1.20. B. 1. Heidi Coulson 1.15. LJ. A. 1. Emilia Adese 4.05. B. 1. Heidi Coulson 3.80. SP. A. 2. Charlotte Bloodworth 6.45. B. -. JT. A. 1. Charlotte Bloodworth 16.02. B. 3. Beth Regan 7.42. HT. A. -. B. -. 4X100. 2. B&B (Heidi Coulson, Sophie Tran, Lottie Palmer, Emelia Adese) 59.2. Teams. 1. B&B 128.5, 2. Paddock Wood/ Folkestone 109, 3. Medway & Maidstone 103.5, 4. Tonbridge 1 100, 5. Cambridge Harriers 96, 6. Bexley 72, 7. Sevenoaks 49, 8. Tonbridge 2/Judd 33. Overall Match Score. 1. B&B 580.5, 2. Medway & Maidstone 522.5, 3. Cambridge Harriers 431, 4. Tonbridge 2/Judd 394.5, 5. Tonbridge 1 377, 6. Bexley 355, 7. Paddock Wood/Folkestone 333.5, 8. Sevenoaks 254.

Kent Young Athletes League, Division Two, Dartford. Under 15 Boys. 100. A. 2. David Ikuesan 12.5. B. 1. Reo McClausland 12.4. 200. A. 2. James Lawson 25.8. B. 2. David Ikuesan 26.6. 800. A. 1. Harry Fage 2.20.2. B. 4. Ryan Tran 2.44.0. LJ. A. 2. Harrison Vallins 4.25. 4x100. 1. B&B (David Ikuesan, Reo McClausland, Harrison Vallins, James Lawson) 50.3. 4x300. 2. B&B (David Ikuesan, Harry Fage, Harrison Vallins, James Lawson) 2.54.1. Teams. 1. Dartford Harriers 151, 2. Central Park Athletics 102, 3. B&B 2 79, 4. Medway & Maidstone 2 68, 5. Invicta East Kent 58, 6. Swale Combined 26, 7. Thanet 14. **Under 15 Girls.** 100. A. 2. Eniola Ayeni 13.7. B. 2. Lily Anderson 13.8. 200. A. 6. Claudia Adams 32.0. B. 3. Keira Oluchi Nwaozoh 34.5. 800. A. 2. Lydia Witcombe 2.28.7. B. 1. Kyla Dervish 2.36.1. LJ. A. 2. Eniola Ayeni 4.08. B. 2. Lydia Witcombe 3.71. SP. A. 5. Lydia Witcombe 5.41. 4x100. 4. B&B 2 (Eniola Ayeni, Claudia Adams, Lily Anderson, Lydia Witcombe) 56.6. Teams. 1. Thanet 155, 2. Dartford Harriers 115, 3. Invicta East Kent 104, 4. Medway & Maidstone 2 86, 5. Central Park Athletics 84, 6. Paddock Wood/Folkestone 75, 7. B&B 2 74, 8. Swale Combined 13. **Under 13 Boys.** 100. A. 4. Troy Ogedengle 14.7. B. 2. Tristan Thomas 14.3. 200. A. 2. Troy Ogedengle 29.7. B. 3. Thomas Vallins 30.2. 800. A. 1. Alfie Whitelock 2.33.6. B. 3. Heath Griffin 2.49.1. 75H. A. 1. Joshua Dako 13.1. LJ. A. 1. Joshua Dako 4.32. B. 1. Thomas Vallins 3.83. SP. A. 4. Rory Witcombe 5.22. DT. A. Rory Witcombe 11.93. JT. A. 4. Rory Witcombe 15.53. 4x100. 1. B&B (Joshua Dako, Troy Ogedengle, Oscar Sadowski, Thomas Vallins) 58.8. Teams. 1. Swale Combined 137, 2. Dartford Harriers 135, 3. B&B 2 109, 4. Central Park Athletics 108, 5. Medway & Maidstone 70, 6. Thanet 58, 7. Invicta East Kent 54. **Under 13 Girls.** 75. A. 3. Mariana Caceres 11.4. 150. A. 5. Mariana Caceres 23.1. 800. A. 3. Lydia Marston 2.46.8. B. 1. Ariana Jenner-Heard 2.47.4. Teams. 1. Dartford Harriers 150, 2. Invicta East Kent 120, 3. Thanet 109, 4. Central Park Athletics 49, 5. Medway & Maidstone 2 47, 6. Swale Combined 35, 7. B&B 2 31, 8. Paddock Wood/Folkestone 16. Overall Match Result. 1. Dartford Harriers 576, 2. Central Park Athletics 368, 3. Thanet 346, 4. Invicta East Kent 341, 5. B&B 2 318, 6. Medway & Maidstone 2 296, 7. Swale Combined 231, 8. Paddock Wood/Folkestone 116.

London Inter Club Challenge, Hendon. Women. 400H. 2. Alex Hill 61.49. DT. 2. Hannah MacAulay 43.86.

11/7/21

Southern Athletics League, South East London, Sutcliffe Park. Men. 100. A. 1. Dan Putnam 11.08 (-3.3). B. 1. Rhys Francis 11.43 (-2.3). N/S. R1. 1. Michael Uozie 11.57 (-3.8), 2. Matthew Knight 11.85. R2. 1. Charles Nortey 11.32 (-1.0), 2. Chizute Ogbedeh 11.35, 3. Adam Islam Medeaux 11.38, 4. L.J. Wright 11.80, 5. Ralph Baker 11.90. R3. 1. Rico Cottell 11.55 (-2.2), 2. Issah Abdulkarim 11.82. 200. A. 1. Dan Putnam 21.94 (-1.4). B. Adam Islam Medeaux 23.10 (-2.1). N/S2. 1. Chizute Ogbedeh 23.10 (-2.8), 2. Michael Uozie 23.23, 4. Matthew Knight 24.58. 400. A. 1. Dan Putnam 48.40. B. 1. Henry Fisher 49.85. N/S. 1. Drew Burrige 51.8, 3. James Naylor 53.9, 4. Maurizio Corrodus 54.7, 5. Harley Sitwell 57.5. 800. A. 1. Henry Fisher 1.57.90. B. 1. Prince Reid 2.03.07. N/S. 1. Louis Woods 2.06.22, 3. Alessio Tutt 2.13.75, 4. Ted Marston 2.16.25. 1500. A. 3. Jake Leng 4.20.64. B. 1. Callum Horton 4.40.62. N/S. 1. Lewis Brook 4.43.99. 3000. A. 2. James Barnes 9.44.90. B. 2. Joshua Dowling 10.01.73. 400H. A. 2. Harley Sitwell 60.70. B. 1. Richard Holt 63.77. N/S. 1. Jonathan Ellerton 70.36. HJ. A. 3. Edward Regan 1.55. LJ. A. 4. Ben Sutton 5.41. B. 3. Paul Sutherland 4.28. TJ. A. 3. Ralph Baker 11.33. B. 3. Issah Abdulkarim 10.05. PV. A. 1. Barnaby Corry 3.60. B. 1. Roger Platt 3.10. SP. A. 1. Dele Aladese 11.53. B. 2. Roger Platt 7.44. DT. A. 1. Dele Aladese 45.61. B. 1. Brydon Duncan 33.35. JT. A. 2. Ben Platt 39.12. B. 2. Paul Sutherland 20.40. HT. A. 2. Charlie Short 35.55. B. 2. Roger Platt 21.86. 4X100. 1. B&B (Rhys Francis, Rico Cottell, Dan Putnam, Adam Islam Medeaux) 43.89. 4X400. 1. B&B 3.58.20 (Drew Burrige, Dan Putnam, Morgan Squibb and Yasmin Austridge). N/S. 1. B&B (Matthew Knight, Adam Islam-Medeaux, Kate Price, Cameron Gordon-Kelly) 3.54.69. **Women.** 100. A. 1. Modupe Shokunbi 12.42 (-1.1). B. 1. Molly Savage 12.99 (-2.8). N/S1. 2. Olivia Gewitzke 13.67 (0.0), 3. Louisa Vallins 13.74, 5. Rachel Ilori 14.07. 200. A. 2. Chanelle Cole 25.99 (-2.4). B. 2. Olivia Gewitzke 28.55 (-3.4). N/S1. 2. Louisa Vallins 28.61 (-3.4). 400. A. 1. Krystal Galley 56.94. B. 2.

Morgan Squibb 60.37. N/S1. 1. Yasmin Austridge 60.44, 2. Cameron Kelly Gordon 61.04, 3. Imogen Hadley 64.11. 800. A. 2. Kate Price 2.20.25. B. 2. Liberty Whyte 2.30.76. N/S. 1. Grace Bennett 2.33.52, 2. Cara Gould 2.34.96, 4. Bethany Panton 2.48.85. 1500. A. 2. Hannah Clark 4.54.18. B. 2. Jessica Keene 4.56.59. N/S. 1. Zoe White 5.01.12. 100H. A. 1. Zoe Austridge 16.28 (-2.1). B. 1. Holly Platt 18.88 (-2.1). 400H. A. 1. Alex Hill 62.15. B. 1. Zoe Austridge 69.45. 1500 s/chase. A. 1. Isabelle Stoneham 5.25.10. B. 1. Amelia Middleton 6.23.47. N/S. 1. Isla Spink 5.57.51. HJ. A. 2. Elena Duncombe 1.55. B. 2. Akeiyla Robinson Pascal 1.35. N/S. Grace Bennett 1.15. LJ. A. 1. Claudia Baker 5.34. B. Akeiyla Robinson Pascal 4.52. N/S. Charlotte Hosp 3.87. TJ. A. 1. Rachel Ilori 10.58. B. 1. Molly Savage 10.15. PV. A. 1. Holly Platt 2.60. B. 2. Liz Hughes 2.60. SP. 1. Hannah MacAulay 11.03. B. 1. Abbie Stewart 9.44. DT. A. 1. Hannah MacAulay 40.00. B. 1. Titobiowula Akinrele 30.11. N/S. Chanelle Mensah 25.72. JT. A. 4. Holly Platt 15.80. B. 3. Zoe Austridge 12.71. HT. A. 1. Abbie Stewart 41.45. B. 1. Gypsy Nash 39.15. 4X100. 1. B&B (Parris Johnson, Modupe Shokunbi, Emily Kerr, Molly Savage) 50.46. Match. 1. B&B 396.5, 2. Bexley 267.2, 3. Cambridge Harriers 2.52.3, 4. Kent AC 147.2, 5. London City AC 78.6.

12/7/21

Sri Chinmoy 5k, Battersea Park. 11. Fintan Parkinson 16.32

13/7/21

Muller British Grand Prix, Gateshead. 100. 8. Adam Gemili 10.21 (0.4). 400. P. 4. Prince Reid 51.89.

Trafford Grand Prix, Stretford. 800. MX8. 6. Jennifer Webb* 2.09.97.

VAC Battersea Park Summer Series 3. 5K Walk. 7. David Hoben 37.40.

14/7/21

BMC Regional Races, Sutcliffe Park. 800. E. MX. 2. Morgan Squibb (U20W) 2.13.20. F. MX. 6. Lily Meers (U17W) 2.22.98. G. 2. Cameron Kelly Gordon (U17W) 2.21.77. 1500. B. 11. Dan Kennedy 4.19.87. D. 9. Kate Price (U17W) 5.09.39.

Cambridge Harriers Open Meeting, Sutcliffe Park. 100. MX1. 2. L. J. Wright (U20M) 11.38 (1.7). MX2. 1. Jadon Ekpo (U15B) 12.32 (3.2), 3. Makai Sabido Rodney (U13B) 12.66. MX3. 4. Paul Sutherland (M55) 14.04 (2.3). MX4. 2. Jamie Ellerton (U13B) 13.90 (2.3), 5. Jonathan Ekpo (U13B) 14.18. 400. MX3. 2. Chanelle Cole (U20W) 60.86. MX4. 4. Cara Gould (U17W) 65.63. SW. 2. Krystal Galley 56.33. 800. MX1. 6. Megan Slattery (U15G) 2.23.18. MX2. 3. Charlotte Bloodworth (U13G) 2.33.33. MX3. 2. Matilda Shilland (U15G) 2.37.19, 5. Amie Gould (U15G) 2.39.78. MX4. 4. Eva Chambers (U15G) 2.44.19, 5. Leah Kyriacou (U13G) 2.44.57, 7. Sophie Lee (U17W) 2.47.72. 1500. MX1. 1. Ted Marston (U17M) 4.39.39, 2. Joseph Scanes (U13B) 4.40.30, 8. Megan Barlow (U15G) 4.51.79. MX2. 1. Harry Fage (U15B) 4.54.21, 10. Kyla Dervish (U15G) 5.32.63, 11. Samuel Barlow (U13B) 5.33.13. 5000. MX. 8. Gregory Firth (M45) 18.05.53. SP. 3K. 1. Cleo Agyepong (U17W) 14.67.

15-18/7/21

European Under 20 Championships, Talinn, Estonia. Men. 100. 5. Jeriel Quainoo 10.35 (1.3). SF1. 1. Jeriel Quainoo 10.26 (0.1). Ht4. 1. Jeriel Quainoo 10.30 (0.2). 4x100. 1. GB (inc Jeriel Quainoo) 39.74. Ht3. 1. GB (inc Jeriel Quainoo) 39.68. 4x400. 1. GB (inc Sam Reardon 46.21) 3.05.25. Ht3. 1. GB (inc Sam Reardon 46.07) 3.08.74. **Women.** 100H. SF2. 7. Mallory Cluley 13.95 (0.3). Ht5. Mallory Cluley 13.88 (3.1). LJ. QA. Funminiyi Olajide NM. SP. QA. 7. Nana Gyedu 13.97. DT. QA. 9. Zara Obamakinwa 45.83.

17/7/21

Youth Development League, Lower, South, Kent. Erith. Match. 1. B&B 495, 2. M&M 380, 3. Cambridge Harriers 318, 4. Bexley 252, 5. Paddock Wood/Folkestone 163. **Under 15 Boys.** 100. A. 2. Andrew Nikoro 12.0. B. 2. Zuriel Nwogwugwu 12.1. N/S. 1. Reo McCausland 12.1, 2. Rayhan Mourtada 12.2. 200. A. 2. Laurence Goslin 24.3. B. 2. Ryen Rennie 25.0. 300. A. 2. Marley Byfield 39.2. B. 1. James Lawson 39.8. 800. A. 1. Jasper Brooks 2.16.1. B. 1. Zuriel Nwogwugwu 2.15.7. N/S. 1. Ryan Trans 2.50.8. 1500. A. 1. Joshua Healey 4.46.3. B. 1. Harry Fage 4.50.5. 80H. A. 1. Andrew Nikoro 11.6. B. 1. Rayhan Mourtada 11.6. HJ. A. 2. Ryen Rennie 1.60. LJ. A. Zuriel Nwogwugwu NM. SP. A. 1. Andrew Nikoro 11.28. JT. A. 4. ? 21.14. 4X100. 3. B&B (Reo McCausland, Rayhan Mourtada, Zuriel Nwogwugwu, Andrew Nikoro) 4.52.3. 4x300. 1. B&B (Marley Byfield, James Lawson, Ryen Rennie, Laurence Goslin) 2.40.8. **Under 15 Girls.** 100. A. 3. Nina Whitter 13.1. B. 1. Sybil Wirrom Jorrie 13.2. N/S. 2. Eniola Ayeni 13.3, 3. Lily Anderson 13.9. 200. A. 2. Nina Whitter 26.6. B. 1. Emily Hayden De Carbonnieres 28.3. 300. A. 1. Alyssa Firla 43.8. B. 1. Emily Deveney 45.8. 800. A. 2. Tallulah Ndikanwu 2.28.3. B. 1. Megan Barlow 2.27.2. N/S. 1. Francesca Middleton 2.29.6, 2. Maria Salamanca 2.35.8. 1500. A. 1. Megan Slattery 4.50.8. B. 1. Lydia Witcombe 4.56.8. 75H. A. 1. Daisy Snell 11.5. B. 1. Alyssa Firla 12.2. HJ. A. 1. Megan Barlow 1.51. B. 1. Tallulah Ndikanwu 1.51. LJ. A. 1. Daisy Snell 5.65. **(CLUB RECORD)** B. 1. Sybil Wirrom Jorrie 4.91. SP. A. 1. Daisy Snell 10.05. B. 1. Alyssa Firla 8.36. DT. A. 2. Madeleine Marston 11.52. B. 2. Emily Hayden de Carbonnieres 10.84. JT. A. 3. Sybil Wirrom Jorrie 14.40. B. 3. Madeleine Marston 11.56. HT. A. 1. Emily Hayden De Carbonnieres 16.05. B. 1. Madeleine Marston 15.56. 4x100. 3. B&B. (Emily Hayden De Carbonnieres, Lily Anderson, Nina Whitter, Sybil Wirrom Jorrie) 52.0. 4x300. 1. B&B (Tallulah Ndikanwu, Megan Barlow, Alyssa Firla, Emily Deveney) 3.04.4. **Under 13 Boys.** 75. A. 2. Max Jeffrey 10.1 **(CLUB RECORD)**. B. 2. Antonio Seuret Montgomery 10.5. 150. A. 2. Max Jeffrey 20.1 **(EQUALS CLUB RECORD)**. B. 1. Antonio Seuret Montgomery 20.5. 800. A. 1. Joseph Scanes 2.17.0. B. 1. Heath Griffin 2.47.4. N/S. 1. Issac Evans 3.01.0. 1200. A. 1. Alfie Whitelock 4.09.8. B. 1.

Samuel Barlow 4.26.5. 75H. A. 1. Jamie Ellerton 13.5. B. 1. Joshua Dako 13.1. HJ. A. 1. Joshua Dako 1.33. B. 1. Samuel Barlow 1.20. LJ. A. 1. Joshua Dako 4.38. B. 1. Jonathan Ellerton 4.13. SP. A. 2. Lorne Burnett 9.62. B. 1. Charlie Platt 8.39. JT. A. 1. Charlie Platt 27.32. B. 1. Noah Fage 25.71. 4x100. 1. B&B (Antonio Seuret Montgomery, Jonathan Ellerton, Charlie Platt, Max Jeffrey) 55.0. **Under 13 Girls.** 75. A. 1. Chizam Boniface 10.2. B. 1. Emelia Adese 10.6. N/S. Sophie Tran 11.3, 2. Lottie Palmer 11.4. 150. A. 1. Chizam Boniface 20.2. B. 3. Heidi Coulson 22.9. 800. A. 1. Naimah Mossi 2.31.2. B. 1. Beth Regan 2.37.4. N/S. 1. Lydia Marston 2.53.7, 2. Mariana Caceres 2.54.2. 1200. A. 1. Charlotte Bloodworth 3.51.1. B. 1. Luciana Smith 3.53.3. 70H. A. 1. Charlotte Bloodworth 12.9. B. 3. Lottie Palmer 16.8. LJ. A. 1. Emelia Adese 4.28. B. 1. Heidi Coulson 3.84. SP. A. 5. Lydia Marston 5.04. B. Chizam Boniface 2.79. JT. A. 2. Charlotte Bloodworth 11.74. B. 3. Beth Regan 5.64. 4x100. 1. B&B (Heidi Coulson, Chizam Boniface, Lottie Palmer, Emelia Adese) 56.9.

Sri Chimnoy 10km, Battersea Park. 14. Rose Harvey* 33.36, 19. Fintan Parkinson 34.16, 69. Simon Harris 38.54.

17-18/7/21

England Athletics Senior Championships including Disability Championships, Bedford. Men. 100. SF3. 5. Korede Awe* 10.59 (0.1). Ht2. 3. Korede Awe* 10.73 (-0.8). Ht4. 6. Abdul Rahaman Jolaoso 11.06 (-1.2). 400. 4. Dan Putnam 48.10. SF1. 2. Dan Putnam 47.67. Ht4. 2. Dan Putnam 48.67. 5000. 2. Charlie Davis 14.46.77. HT. 2. Tom Parker 64.66. **Women.** 400. Ht1. 3. Krystal Galley 56.32. 400H. 4. Alex Hill 60.49. Ht2. 3. Alex Hill 61.29. 3000 walk. 4. Abigail Smith 17.34.72. HJ. 8=. Deborah Martin 1.71. LJ. 1. Jahisha Thomas 6.50. PV. 5. Sophie Dowson 3.80. DT. 9. Hannah MacAulay 35.84. JT. 10. Hollie Arnold 37.55.

Open de France, Bondoufle, France. TJ. 7. Zara Asante 11.92. Ht2. 3. Zara Asante 12.11.

18/7/21

Caterham Rotary Half Marathon. 1. Scott Overall (M35) 69.01, 190. John Turner (M70) 2.06.32.

21/7/21

Lee Valley Sprint Double 100 Open Series. 100. MXR1. R3. 3. Brandon Murray 10.98 (-0.5), 4. Zac Nwogwugwu (U20M) 10.98. R8. 2. LJ Wright (U20M) 11.48 (0.5). R10. 1. Rhys Francis 11.19 (-0.6). R12. 5. Modupe Shokunbi 12.40 (-1.2). R2. R3. 1. Brandon Murray 10.78 (0.2), 4. Zac Nwogwugwu (U20M) 10.92. R5. 3. Rhys Francis 11.18 (-0.8). R7. 4. LJ Wright 11.40 (-0.3).

Chelmsford Open. 200. MX5. 1. Issah Abdulkarim (U17M) 23.66 (-0.1). MX6. 2. Drew Burrridge (U20M) 22.86 (-0.3).

22/7/21

Ashford AC Open. 200. MX1. 3. Abdul Rahaman Jolaoso 22.33 (0.9). MX2. 2. Nathan Firla (U17M) 23.66 (2.6). MX3. 4. Alyssa Firla (U15G) 27.18 (2.2). 1500. MX1. 11. Charlotte Bloodworth (U13G) 5.05.91. MX2. 1. Liberty Whyte (U17W) 5.03.93. 3000. 8. Ian Firla (M45) 10.16.11. HJ. 6. Alyssa Firla (U15G) 1.30. DT. 1.5K. 1. Brydon Duncan (U17M) 44.57.

24/7/21

Be Fit Today Track Academy Open Series, Dagenham. Men. 100. R1.R1. 3. Jonathan Ekpo (U13B) 14.27 (2.3). R2. 1. Makai Sabido Rodney (U15B) 13.03 (1.6). R3. 5. Jadon Ekpo (U15B) 11.88 (1.4). R9. 4. Rhys Francis 11.17 (2.4). R2. R1. 4. Jonathan Ekpo (U13B) 14.51 (-1.0). R2. 4. Makai Sabido Rodney 13.09 (1.0). R5. 1. Rhys Francis 10.87 (1.1). 200. R2. 2. Zuriel Nwogwugwu (U15B) 24.62 (0.9), 3. Jadon Ekpo (U15B) 25.01. **Women.** R1. R3. 4. Tyra Khambai Annan (U17W) 12.07 (2.0). R2. R5. 4. Tyra Khambai Annan 11.86 (2.8). 300. R1. 5. Tallulah Ndikanwu (U15G) 44.86, 7. Charlotte Hosp (U17W) 48.50.

BMC Grand Prix, Loughborough. 800. B. 8. Joe Rogers 1.52.51. 1500. A. 4. Jennifer Walsh 4.17.24.

Parkruns. Bushy park. 582 James Perry 28.27. **Bromley.** 1 Robert Perry 17.45, 17. Steven Pairman 20.11, 24. Steve Evenden 20.27, 25. Amy Leach 20.29, 31. Chris Fishlock 20.49, 40. Jessica Keene 21.24, 48. Ted Marston 22.01, 50. Adrian Perry 22.05, 69. James Unwin 23.09, 98. Lydia Marston 24.01, 229. Julia Pairman 29.34, 342. Mick Keene 36.23. **Bexley.** 74. Chris Pike 26.36. **Beckenham Place park.** 10. Clayton Aves 20.28, 26. David Beadle 22.20, 61. Rod Harrington 25.19, 125. William Slack 28.32, 134. Niamh Milmo 29.14, 175. Anthony Pontifex 36.22. **Dulwich.** 34. Simon Harris 18.57, 123. James Morris 23.55. **Orpington.** 116. Karen Desborough 33.30. **Tonbridge.** 114. Mark Ellinson 25.38, 176. Anne Cilia 28.01. **Lanhydrock.** 16. Richard Daniels 22.41. **Penrith.** 161. Andrew Riches 29.18. **Ormskirk.** 60. Mark Compton 24.58. **Peckham Rye.** John Turner 26.09, 113. Maz Turner 34.07. **Lullingstone.** 25. Mike Simms 26.00. **Exmouth.** 53. Bob Minting 22.51. **Catford.** 44. Barry Wetherilt 23.54. **Foots Cray Meadows.** 9. Austin Adams 22.47, 12. Nick Barber 24.14, 27. Andrew Kingsmell 29.03, 35. Zoe Kingsmell 32.40, 37. David Appleton 32.57, 42. George Collins 34.29.

25/7/21

Youth Development League, Upper, South, Kent. Medway Park. Match. 1. B&B 636, 2. Tonbridge 389, 3. Team ATIP 342, 4. Medway & Maidstone 333, 5. Cambridge Harriers 317, 6. Dartford Harriers 108. **Under 20 Men.** 100. A. 2. Michael Uzozie 11.19 (-0.1). B. 1. Leonard Wright 11.52 (-0.8). 200. A. Drew Burrridge DQ. B. 2. Michael Uzozie 22.67 (0.5). 400. A. 1. Pablo Seema Roca 49.16. B. 1. Maurizio Corrodus 53.11. 800. A. 2. Jake Leng 2.05.51. B. 1. Louis Woods 2.08.2. 1500. A. 1. Henry Fisher 3.56.78. B. 2. Justin Strover 4.59.26. 3000. A. 2. Tom Brash 9.19.05. B. Alfie Fletcher DNF. HJ. A. 2. Barnaby Corry 1.75. LJ. A. Jacob Byfield 6.17. TJ. A. 1. Jacob Byfield 13.50. PV. A. 1. Barnaby Corry 4.10. SP. A. 1. Dillon Claydon 15.46. DT. A. 1.

Dillon Claydon 49.31. JT. A. 1. Dillon Claydon 37.58. 4x100. 1. B&B (Michael Uzozie, Henry Fisher, Maurizio Corrodus, Drew Burrige) 44.08. **Under 20 Women.** 100. A. 2. Tianna Haynes 12.26 (1.4). B. 2. Achieng Oneko 12.95 (1.2). 200. A. 2. Zsiriah Thomas 25.95 (-1.3). B. 2. Achieng Oneko 26.58 (-0.8). 400. A. 1. Amaris Sibley 56.76. B. 2. Francesca Evered 66.23. 800. A. 3. Lucy Lewis 2.53.99. 3000. A. 1. Zoe White 11.00.13. 100H. A. 1. Shakanya Osahon 14.83 (-0.9). B. 1. Zoe Austridge 15.07. 400H. A. 1. Zoe Austridge 72.09. 1500 s/chase. A. 1. Ailbhe Barnes 5.12.09. B. 1. Isabelle Stoneham 5.19.27. LJ. A. 1. Claudia Baker 5.11. TJ. A. 2. Molly Savage 10.57. B. 1. Rachel Illori 10.28. SP. A. 1. Zara Obamakinwa 10.51. DT. A. 1. Zara Obamakinwa 45.73. B. 1. Titobioluwa Akinrele 34.13. HT. A. 2. Titobioluwa Akinrele 18.80. 4X100. B&B DNF. 4X400. 1. B&B 4.04.60. **Under 17 Men.** 100. A. 2. Verrel Charles 11.16 (-1.3). B. 1. Issah Abdulkarim 11.56 (1.4). 200. A. 2. Adam Islam Medeaux 22.81 (-1.4). B. 1. Connor Sutton 23.28 (-1.0). N/S. Christopher Barrett 25.49. 400. A. 1. Adam Islam Medeaux 51.00. B. 1. Nathan Firla 52.42. 800. A. 1. Matthew Smith 2.06.78. 1500. A. 1. Alessio Tutt 4.42.16. 400H. A. 1. Ted Marston 67.38. B. 1. Jonathan Ellerton 69.78. LJ. A. 1. Connor Sutton 5.88. B. 1. Dylan Carroll 5.87. TJ. A. 3. Issah Abdulkarim 10.97. B. 1. Ralph Baker 10.76. PV. A. 1. Oscar Witcombe 3.60. SP. A. 1. Brydon Duncan 13.30. B. 1. Max Devon Lowe 13.16. DT. A. 1. Brydon Duncan 46.46. B. 2. Max Devon Lowe 27.08. JT. A. 2. Ben Platt 47.14. B. 2. Nathan Firla 32.75. HT. A. 1. Brydon Duncan 38.47. 4x100. 2. B&B (Ralph Baker, Issah Abdulkarim, Connor Sutton, Verrel Charles) 47.32. 4X400. 1. B&B (Nathan Firla, Christopher Barrett, Matthew Smith, Adam Islam Medeaux) 3.37.03. **Under 17 Women.** 100. A. 1. Tyra Khambai Annan 12.05 (0.8). B. 1. Vanessa Granada 12.49 (0.4). 200. A. Faith Akinbileje 24.74 (1.4). B. 2. Olivia Gewitzke 27.94 (-0.7). 300. A. 1. Cameron Kelly Gordon 43.04. B. 2. Olivia Wauters 47.60. 800. A. 2. Gabriella Martin 2.21.39. B. 3. Pippa Carver 2.40.42. 1500. A. 2. Liberty Whyte 5.05.13. 3000. A. 1. Olivia Magee Brown 11.17.82. 80H. A. 1. Jodie Self 11.79. 1500 s/chase. A. Amelia Middleton DNF (inj). LJ. A. 1. Amelia Gray 5.51. B. 1. Jodie Self 5.03. TJ. A. 1. Amelia Gray 12.04. SP. A. 1. Cleo Agyepong 14.41. B. 1. Chanelle Ohemeng-Mensah 10.21. DT. A. 2. Cleo Agyepong 29.05. N/S. Chanelle Ohemeng-Mensah 22.38. HT. A. 1. Gypsy Nash 45.51. 4X100. 1. B&B (?) 48.99. 4X400. 1. B&B (?) 2.59.42.

27/7/21

Trafford Grand Prix, Stretford. 1500. MX6. 4. Mark Cage 4.21.46.

Woodford Green with Essex Ladies Open, Woodford. 3000 Walk. 5. Abigail Smith 15.42.7.

Exeter Open Meeting. 100. MX8. 6. Bob Minting (M70) 18.96 (2.9) HJ. 5. Bob Minting (M70) 1.25 (**CLUB M70 RECORD**)

28/7/21

Chelmsford Open. 400H. 1. Alex Hill 60.98.

Dave Clarke Mile Extravaganza, (with 1500 split), Wimbledon. Mile. Mx8. 7. Dan Kennedy 4.33.40 (4.15.99).

30/7/21

Tonbridge AC Vets Open Meeting. 100. MX1. 1. Helen Godsell (W65) 15.79 (-1.4). MX4. 3. Louisa Guthrie (W40) 14.35 (-2.0). 200. MX3. 1. Matthew Ellerton (M45) 28.64 (-1.3). MX4. 1. Louisa Guthrie (W40) 28.79 (-1.5). 800. MX1. 1. Ashley Pearson (W45) 2.43.58. MX2. 1. Andre Verster (M45) 2.38.52, 2. Jason Short (M50) 2.56.64. 3000. MX1. 4. Ashley Pearson (W45) 11.41.92, 6. Jason Short (M50) 12.54.79. MX2. 2. Ian Firla (M50) 9.55.18. LJ. 3. Ian Firla (M50) 4.25. JT. 600g. 1. Steve Langdon (M60) 41.15.

Clayton Invitational, Loughborough. PV. 4. Sophie Dowson 3.75.

31/7/21

London Inter Club Challenge, Hendon. 100. MX2. 1. Brandon Murray 10.69. MX4. 1. Chizute Ogbedeh 11.29. 200. MX3. 1. Brandon Murray 22.36, 2. Chizute Ogbedeh 22.50. 400. MX3. 5. Adam Herring 53.26. SP. 6kg. 2. Dillon Claydon (U20M) 14.47. DT. 1.75kg. 1. Dillon Claydon (U20M) 47.50.

K2 Summer Open, Crawley. 100. R8. 1. Jamie Ellerton (U13B) 13.86 (1.9), 3. Oscar Sadowski (U13B) 14.78. 200. Women. R2. 1. Daisy Snell (U15G) 26.24 (-0.4). 400. MX2. 2. James Naylor (U23M) 53.57. 800. MX4. 2. Amalisa Sibley (U17W) 2.10.43. MX6. 3. Megan Slattery (U15G) 2.24.60. 1500. MX3. 10. Charlotte Bloodworth (U13G) 5.07.86. MX4. 8. Cara Gould (U17W) 5.32.85, 9. Amie Gould (U15G) 5.34.90. 75H. U13B. 1. Jamie Ellerton 13.03 (0.1). 75H. U15G. R1. 1. Daisy Snell 11.61 (-0.2). 80H. U17W. 3. Emily Algeo 12.45 (-3.0). 100H. U17M. 4. Jonathan Ellerton 16.75 (-2.7). LJ. MXA. 7. Emily Algeo 5.00.

Parkruns. Silksworth. 40. Ian Taylor 23.49. **Bromley.** 3. Thomas Sugden 18.20, 26. Tim Ayres 19.50. 39. Steve Evenden 20.28, 48. Richard Byford 20.46, 77. Austin Adams 22.32, 104. James Morris 23.21, 224. Sally Smith 27.23, 239. Mark Wallace 27.48. **Bexley.** 81. Chris Pike 25.36, 185. Andrew Riches 29.38. **Hampstead Heath.** 3. Niamh Bridson Hubbard 19.04 (First woman). **Beckenham Place Park.** 61. Nick Barber 24.17, 88. Rod Harrington 25.57, 125. William Slack 27.44, 136. Zoe Kingsmill 28.07, 152. Andrew Kingsmill 29.11, 191. Anthony Pontifex 34.25. **Bath Skyline.** 77. James Unwin 24.21. Lloyd Park. 18. Ifetobi Salako 23.34. **South Norwood.** 2. Ellie Osmond 19.30 (First Woman). **Orpington.** 2. Alessio Tutt 18.47, 136. Dave Leal 31.25, 140. Karen Desborough 32.13. **Lanhydrock.** 38. Richard Daniels 22.28. **Peckham Rye.** 58. John Turner 24.56, 149. Maz Turner 34.15. **Crosby.** 18. Robert Perry 21.31, 28. Adrian Perry 23.10. **Tooting Common.** 1. Ross Braden 16.54. **Exmouth.** 86. Bob Minting 23.04. **Letchworth.** 69. Niamh Milmo 29.55. **Catford.** 35. Barry Wetherilt 22.56.

100 years ago in July 1921

"The third and final evening meeting of the season took place at Catford Bridge, and was well supported both by competitors and spectators, noteworthy features being the excellent times and close finishes of all races... Mention should be also made of the keen competition in the Ladies Egg and Spoon Race, the entries being so numerous that the event had to be run off in three heats. Mrs Edwards was a hot favourite, but in spite of the Winter Captain's training, her form did not materialise beyond securing second place in her heat. Mrs Lymbury, also, unfortunately dropped her egg early in the race. The final was won by Mrs Burley, with Miss Scott and Miss Madge Crafter second and third respectively."

The Annual Sunday Stroll. "From the point of view of attendance this fixture was somewhat disappointing... From Farningham, the party proceeded via Cudham and Downe to Leaves Green, where a particularly good lunch was waiting at the King's Head. It was a great pity there were only seven members present to do justice to it"

Second Evening Cross Country Run. "On this occasion the Railway Hotel at West Wickham was again invaded by a strong party of Heathens who were out to sample the new quarters and course for the coming Winter season... All sat down to "grub" afterwards, and a jovial evening ensued, our President being induced, after repeated calls, to operate on the piano, which he did for the rest of the evening in a most determined and successful manner"

"A goodly sprinkling of Heathens attended at the A.A.A. Championships Meeting on July 2 at Stamford Bridge, and they were rewarded by seeing R. A. Lindsay win the Quarter Mile Championship, on which he is to be most heartily congratulated"

75 years ago in July 1946.

10th AAA Team in Dublin. The A.A.A. sent a team to Dublin on the occasion of the Clonliffe Harriers Diamond Jubilee Sports at College Park. Sydney Wooderson "seems to have been the great attraction of the evening". He wins the two miles in 9mins. 5 sec, which beat the Irish record for the distance by 13.6 seconds. "It was also announced that, as far as could be ascertained, this was a world record for a grass track two miles"

19th and 20th A.A.A. Championships at The White City. "No One will quarrel if we say that S. C. Wooderson made this year's AAA Championships his own. Beside the three miles...everything paled into insignificance....Every spectator in the arena was on his feet yelling and cheering, mad with almost unbearable excitement...On Sydney came, irresistibly and magnificently on, into the tape to win, by some four yards, probably the finest race of his wonderful career... The time, when it came and when and when the cheering allowed it to be heard was 13.52.3 sec, thus knocking over six seconds off the British record of 13.59.4 set up by T Maki of Finland in 1939, and much more off Jack Emery's English Native record of 14 min. 8 sec".

From a letter from C. L. Westly "I may say that since Saturday (July 20) it has given me even more pleasure than usual to drape my rotund and elderly form in a B.H. blazer and parade the Lincolnshire coast-line thus embellished"

Third Evening Meeting at Catford Bridge. "There was a good crowd of spectators, swelled by a number of strangers who dropped in to see Wooderson run the mile..", which he won with ease in 4.23.5. "Twelve ladies fought out the Egg and Spoon race with great keenness and amid considerable barracking. After the heats Mrs Beardon was a strong favourite but the final was too much for her and it was Mrs Torr, showing considerable dash, who won from Mrs Brent"... "a round of thanks to Mrs Beardon for her fine efforts in selling the programmes. This was done with so much keenness that when late comers arrived, some members were persuaded to give up their programmes and share another, their programmes being promptly re-sold!"

The Club travel to Birmingham to the Birchfield Harriers Stadium to contest the Waddilove Trophy. Sydney Wooderson is first in the two mile team race "and were unlucky to lose first place to Polytechnic Harriers who scored 20 points to our 21." Overall the Club finished equal 4th with ten teams competing.

50 years ago in July 1971

John Watts sets a new UK National record of 57.80 in the discus while representing Great Britain in a match against France at Portsmouth. Graham Gower is third in the 110 Hurdles.

At the National League Division Three match at Reading, the Club finish in fifth just seven points off third. It leaves them third in the table with better match points than the fourth team. John Watts wins both the shot and discus, and Peter Hudson the long jump. Graham Gower is just beaten by Alan Pascoe in the 110 Hurdles. Also among those in action are future Club Presidents Mike Mahoney, John Baldwin, Chris Haines, Steve Cluney and Colin Brand. John Vernon, coach to a number of our athletes in recent years, wins the triple jump for Notts.

The next match at Cwmbran is something of a disaster as the Club finish last. In part this is because the main body of the team arrive some 90 minutes late after a very slow and frustrating coach journey. It means the team need to finish at least thirty points ahead of Croydon in the final match at Crystal Palace in order to stay in the division.

John Watts breaks the National discus record again at the AAAs Championships at Crystal Palace with 57.88. The European Qualifying standard is 58.00 but he is still selected for the team for Helsinki. Tony Wadhams wins the triple jump with 15.16. At the Fourth Evening Meeting held at Norbury, Martin Goodwin achieves a notable double "winning both the Senior and Junior 1500 Metres Championships. Owing to the lack of entries these races were run in conjunction with one another but Martin defeated everybody and went home bulging with trophies" Roger Michell wins the 3000 walk.

25 ago in July 1996.

Blackheath athletes win six gold, five silver and five bronze medals at the English Schools Championships in Sheffield. Golds go to Emeka Udechuku (Senior Boys Discus), Mark Findlay (SB 200), Chris Moss (SB 800), Darren Burley (Intermediate Boys 200), Jothan Brown (Junior Boys 100) and Paul Archer (JB Shot). Darren Burley, Daniel Plummer, Peter Francis and Rasheed Banda are selected for the Home Countries Schools International. Darren does not compete in the International Peter is second in the triple jump with 13.77, Daniel is fourth in the 100 with 11.0 and Rasheed is fifth in the long jump with 6.31. Blackheath remain unbeaten in eight years in the McDonalds Young Athletes League as they win the Southern Premier Division title for the eleventh year in a row.

At the AAA's Under 20 Championships Bromley's Liz Gibbens wins the triple jump. Silvers go to Marvin Bramble (triple jump) and Emeka Udechuku (shot and discus) while there are bronze medals for Chris Moss (800) and Mark Findlay (200).

Blackheath virtually seal promotion back to Division One of the British Athletics League in the third match of the season at Watford. Bill Foster wins the 5000 in 14.17.3 and Darrell Smith the B string with 14.20.1. Nicholas Thomas wins the triple jump with 14.84, having only been brought into the team the night before.

Time is up

