Blackheath & Bromley Courier

June 2022.

President 2022-23. David Appleton.

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

If Rob Brown (no 24) had been introduced at an AGM as the new President, he would have been received with rapturous applause, the numbers attending his funeral were testimony to that. He was everything that is good about the Club.

Given the number of Quiz Nights he and Steve Hollingdale produced, it seemed fitting to have a Rob Brown Memorial Quiz (RBMQ). So eyes down for questions on Cross Country, Foreign Athlete Registration, track and field, Virtual Athletics, Results software, and more ….. Answers at the end.

RBMQ Question One– National champions at Cross Country
28/10/17 B&B win the M65 race at the British Masters cross country relays. Who moved the Club up from fourth to first on the second leg?

Fixtures.
June
4/6/22 – National Athletics League, Kingsmeadow
5/6/22 – Kent Young Athletes League, Tonbridge
10-12/6/22 – BMAF Track and Field Championships, Derby.
11/6/22 – Kent Schools, Gillingham
12/6/22 – Southern Athletics League, Gillingham
17/6/22 – Kent Masters League, Erith
17/6/22 – EA 10,000 Championships, Waltham Forest
18-19/6/22 – SEAA Senior and U20 Championships, Chelmsford.
18-19/6/22 – EA U17/U15 Combined Events Championships, Bedford.
19/6/22 – SEAA U15/U17 3000 Championships, Chelmsford.
24-26/6/22 – UK Athletics Championships, Manchester
25/6/22 – Kent Young Athletes League, Erith
26/6/22 – UK Youth Development League, U20s and U17s, Woking.
29/6/22 – Parris Handicap, West Wickham.
29/6/22 – Kent 3000 and 10,000 Championships, Dartford.

RBMQ Question Two – Social Events

A young couple have the chance to have their picture taken with sprint star Adam Gemili, but who is the photo bomber?

July

2/7/22 – National Athletics League, Woodford.
3/7/22 – UK YDL Lower, U15/U13, Hornchurch.
4-7/7/22 – European U18 Champs, Jerusalem.
8-9/7/22 – English Schools, Manchester
9/7/22 – SEAA Senior/U20 Inter Counties, Horspath.
15/7/22 – Kent Masters League, Tonbridge.
15-25/7/22 – World Athletics Championships, Eugene, OR, USA.
16/7/22 – Southern Athletics League, Chelmsford
16-17/7/22 – EA U20/U23 World Junior Trials, Bedford.
23-24/7/22 – SEAA Combined Events, Horspath.
24-30/7/22 – European Youth Olympics Festival, Slovakia.
27/7/22 – Parris Handicap,
29/7/22 – Kent Masters League, Dartford
30/7/22 – UK YDL Lower, U15/U13, Tonbridge.
30-31/7/22 – England Athletics Senior Championships

RBMQ Question Three - John Hoy Memorial

When John Hoy and his three children were swept away in the tsunami in Thailand in late 2004, who spoke on behalf of the Club at the Memorial Service in 2005? “John made an impact on many club members in his short association with us. When I was asked to write a brief obituary for publication in our biannual Gazette, I spoke to his friends among his group of runners. I wanted to seek others views and stories. Overwhelmingly, the opinions centred on the fact that the word gentleman (or gentle man) was made for John. It is something to which we all should aspire”.

RBMQ Question Four – Foreign Athlete Registration

Which Membership Secretary said “Repeat after me..."I hate foreign athlete registration". Frankly, the whole thing is a minefield.” And on one particular application…“ "It's all a bit complicated”! Something like saying that Hitler was a bit naughty”.

RBMQ Question Five – Virtual Athletics

Who finished second in the European Masters Virtual 10km Challenge in 2020?

Results.

30/4 – 2/5/22
BUCS Championships, Chelmsford. Men. 100. 5. Korede Awe* 10.81 (-0.8). SF3. 2. Korede Awe* 10.62 (0.4), 3. Michael Damoah 10.69. Ht2. 2. Korede Awe* 10.91 (1.3). Ht5. 2. Michael Damoah 10.74 (1.1), 3. Chizute Ogbedeh 11.13. Ht9. 2. Jak Mensah 11.06 (0.8). 200. SF4. 5. Michael Damoah 22.08 (0.6). Ht2. 2. Michael Damoah 22.67 (-0.3). 400. Ht4. 4. Alex O’Callaghan Brown 52.67. 400P. 2. Prince Reid 52.00. 800. SF2. 3. Harry Cox* 1.51.56, 5. Henry Fisher 1.51.81. Ht6. 2. Henry Fisher 1.54.28. Ht8. 1. Harry Cox* 1.58.23. 110H. 4. Rico Cottell 14.79 (0.8). Ht2. 2. Rico Cottell 14.52 (1.1). 400H. Ht1. DNF Coleman Corry. 3000 s/ch. 7. Lewis Harknett* 9.22.86. Ht1. 3. Lewis Harknett* 10.03.56. LJ. 8. Ben Sutton 6.90. Q1. 4. Ben Sutton 6.59. DT.P 1. Prince Reid 21.00. HT. 3. Ben Hawkes 62.26. **Women**. 400. 7. Ellie Grove 56.49. SF3. 3. Ellie Grove 57.43. Ht2. 2. Ellie Grove 58.21. 400H. 6. Stephanie Fisher 63.98. SF2. 4. Stephanie Fisher 63.51. Ht2. 4. Stephanie Fisher 64.54. 2000 s/ch. 10. Morgan Squibb 7.09.93. Ht2. 5. Morgan Squibb 7.15.38. PV2. 7. Holly Platt 2.60. DT. 9. Hannah MacAulay 38.82. Q1. 2. Hannah MacAulay 43.74. JT. 1. Bekah Walton 51.06. Q1. 1. Bekah Walton 47.80.
1/5/22

Be Fit Today Outdoor Series, Dagenham. 75. R3. 1. Piers Spencer – Simms 9.85 (1.9), 2. Jonathan Ekpo 10.30. 150. R4. 3. Piers Spencer –Simms 19.45 (2.9), 5. Jonathan Ekpo 20.57. R6. 2. Jeriel Quainoo 15.53 (1.9). 200. Men. R1. 1. Jadon Ekpo (U17M) 23.35 (1.8), 3. James Lawson 23.87. Women. R1. 2. Kara Bryan (U13G) 27.74 (1.9). 800. MX. R1. 1. Benjamin O'Grady (U15B) 2.28.74, 5. Beth Regan (U15G) 2.36.93, 9. Samuel Barlow (U15B) 2.43.52. R2. 1. Joseph Scanes (U15B) 2.12.22, 2. Megan Barlow (U15G) 2.18.59.
Southampton AC Invitation Throws, Winchester. SP. 3Kg. U18. 1. Cleo Agyepong 14.65. HT. 4Kg. 6. Gypsy Nash 44.49.
West Suffolk Steeplechase and Middle Distance Fest, Bury St Edmonds. 1500 s/ch. 2. Ailbhe Barnes (U20W) 5.16.2.
Virginia Invitational, Charlottesville, VA, USA. HT. 1. Tom Parker 66.39.
2/5/22
London Vitality 10km. 5. Phil Sesemann* 29.19, 106. Martin Richardson 33.49, 161. David Adams 35.06, 333. Alex Leggatt 37.01, 410. Christian Clement 37.45, 615. Tim Ayres 39.24. 1998. Dermot Hough 46.34, 4342. Gerry Alger 55.08.
Ted Pepper Memorial 10km. 1. Micah Evans 36.32, 2. Tony Crowder 39.10, 3. Steve Hough 39.19, 6. Darren Corneille 40.26, 12. Steve Evenden 41.55 (41.54), 27. Len Crowder 44.55 (44.48), 28. Matthew Maddocks 44.59 (44.55), 29. Jessica Keene 45.03 (44.58), 59. Luigi Arcuri 49.17 (49.12), 147. Mick Keene 59.19 (59.00).
3/5/22
Tonbridge AC Evening Open Meeting. 100. MX4. 4. Matthew Ellerton (M45) 13.38 (-0.1), 5. Emily Hayden de Carbonnieres (U17W) 13.65. MX5. 2. Alyssa Firla (U15G) 13.32 (0.0), 5. Ian Firla (M50) 13.69. MX7. 3. Ashley Reid (M35) 12.35 (0.3). MX8. 5. Nathan Firla (U17M) 11.91 (0.6). 200. MX3. 1. Ian Firla 27.51 (0.1), 2. Emily Hayden de Carbonnierres 28.46. MX4. 3. Alyssa Firla 26.62 (0.5), 4. Matthew Ellerton 27.28. MX5. 1. Ashley Reid 25.56 (0.2). MX6. 2. Nathan Firla 23.36 (0.0), 3. Samuel McShane (U20M) 23.73. 300. U15MX. 3. Abigail Williams 48.74. 400. MX1. 4. Amelia Middleton (U20W) 67.42. MX2. 5. Cameron Kelly Gordon (U20W) 60.14, 6. Channelle Cole (U23W) 61.04. MX3. 6. Thomas Sugden 54.81. 800. MX1. 6. Daisy Thom (U13G) 3.01.08, 7. Saskia Pinn (U13G) 3.06.31. MX2. 2. Sophie Fleming (U13G) 2.35.15, 4. Islay Pearson (U17W) 2.43. 63, 5. Jack Barlow (U13B) 2.48.08. MX5. 5. Lydia Witcombe (U15G) 2.24.14, 6. Kara Bryan (U13G) 2.26.73, 8. Francesca Middleton (U17W) 2.37.11. MX6. 3. Luciana Smith 2.23.36. MX7. 2. Hendri Verster (U15B) 2.09.97, 6. Megan Barlow (U15G) 2.18.57, 7. Lily Meers (U20W) 2.29.35. MX8. 4. Thomas Sugden (U20M) 2.02.71. 3000. MX1. 4. Steve Hough (M45) 10.44.07, 5. Carys Firth (U17W) 10.54.38, 11. Isla Spink 11.33.62. MX2. 9. Blair Wilson (M35) 9.53.50, 11. Harry Fage (U17M) 9.56.29. PV. 3. Ben Platt (U20M) 4.00, 5. Oscar Witcombe (U17M) 3.60, 6. Charlie Platt (U15B) 3.00, 8. Alan Hardy (M60) 2.20. SP. 3Kg. 1. Tallulah Ndikanwu (U17W) 10.15, 2. Erin Simpson (U15G) 9.22. DT. 1.75Kg. 1. Brydon Duncan (U20M) 43.54. DT. 1.25Kg. 1. Noah Fage (U15B) 16.20. DT. 1Kg. 2. Erin Simpson 30.32.
Trafford Grand Prix, Stretford. 3000. 6. Jennifer Walsh* 9.18.41.
4/5/22
Watford Open. 1500. R9. 2. Darren Corneille (M40) 4.33.95. 3000. R2. 15. Dan Kennedy 9.18.21.
Virginia High Performance, Charlottesville VA, USA. HJ. 1. Rebecca Hawkins 1.70.
Liberty Twilight, Lynchburg, VA, USA. 400. R2. 2. Holly Mpassy 55.15.
Dudley Kingswinford 10km. 34. Millie Smith 39.10 (39.08) (1st woman).
6/5/22
Jim Thorpe, University Park, PA, USA. HT. 4. Tom Parker 64.35.
6-7/5/22
Heart Of America Champs, Oskaloosa, IA, USA. 100. 2. Elizabeth Ibidunni 12.62 (1.7). Ht3. 1. Elizabeth Ibidunni 11.96 (1.9). 200. 1. Elizabeth Ibidunni 24.39 (2.6). Ht2. 1. Elizabeth Ibidunni 24.53 (1.2).
7/5/22
National Athletics League, Manchester. Men. 100. A. 1=. Jeriel Quainoo 10.48 (-2.3). B. 3. Michael Damoah 10.84 (-0.7). N/S. R3. Kyle Reynolds Warmington 10.92. 200. A. 1. Jeriel Quainoo 21.37 (-0.9). B. 7. Barnaby Corry 23.92 (-2.7). 400. A. 7. Bailey Stickings 48.76. B. 6. Michael Uzozie 51.64. 800. A. 3. Matthew Smith 1.57.59. B. 3. Thomas Sugden 2.01.80. 1500. A. 1. Angus Harrington 3.57.01. B. 1. Harry Cox 3.57.46. 5000. A. 1. Scott Overall 14.35.44. B. 5. Martin Richardson 16.14.70. 110H. A. 4. Rico Cottell 14.91 (-0.6). B. 3. Theo Adesina 16.02 (-2.2). 400H. A. 3. Bailey Stickings 52.39. B. 4. Luke Dronfield 56.35. 3000 s/ch. 2. Blair Wilson 10.47.86. B. 1. Thomas Sugden 11.07.89. HJ. A. 1. Kelechi Aguocha 2.14. B. 4. Theo Adesina 1.80. LJ. A. 3. Ben Sutton 6.67. B. 1. Theo Adesina 6.51. TJ. A. 3. Toby Dronfield 14.62. B. 2. Emmanuel Dodoo 12.55. PV. A. 3. Barnaby Corry 4.30. B. 2. Ben Platt 3.70. SP. A. 7. Dele Aladese 10.39. B. 6. Brydon Duncan 10.04. DT. A. 5. Dele Aladese 45.28. B. 5. Brydon Duncan 30.74. JT. A. 6. Ben Platt 41.62. B. 4. Blair Wilson 28.28. HT. A. 3. Ben Hawkes 59.84. B. 4. Charlie Short 34.80. 4x100. DQ. 4X400. B&B. 3.25.93. **Women**. 100. A. 6. Darcey Kuypers 12.39. B. 2. Louise Evans 11.99 (0.9) N/S.4.

Darcey Kuypers 12.46 (-1.1). 200. A. 2. Louise Evans 24.17 (-1.5). B. 5. Chanelle Cole 26.32 (-1.9). 400. A. Cameron Kelly Gordon 60.27. B. 2. Morgan Squibb 59.73. 800. A. 4. Leah Everson 2.17.90. B. 2. Hannah Clark 2.21.45. 1500. A. 1. Fleur Todd Warmoth 4.28.11. B. 2. Hannah Clark 4.51.64. 3000. A. 3. Niamh Bridson Hubbard 10.28.96. B -. 100H. A. 2. Mallory Cluley 13.75 (-1.9). B. -. 400H. A. 4. Alex Hill 60.78. B. 1. Sophie Elliss 61.54. 2000 s/ch. A. 1. Morgan Squibb 7.05.47. B. -. HJ. A. -. B. -. LJ. A. 7. Jade Oni 5.24. B. 2. Zara Asante 5.03. TJ. A. 2. Zara Asante 11.95. B. 1. Jade Oni 11.44. PV. A. 1=. Sophie Dowson 3.80. B. B. N/H. Holly Platt. SP. A. 2. Cleo Agyepong 13.57. B. 5. Hannah MacAulay 9.46. DT. A. 4. Hannah MacAulay 43.71. B. 8. Holly Platt 14.09. JT. A. 8. Annie Davies 20.47. B. Zara Asante NM. HT. A. 6. Hannah MacAulay 26.01. B. -. 4X100. 3. B&B 48.02. 4X400. 3. B&B 3.56.94. Match. 1. B&B 509, 2. Shaftesbury Barnet 497.33, 3. Trafford 486.33, 4. Birchfield 421, 5. City Of Sheffield 400.33, 6. Windsor, Slough, Eton & Hounslow 388, 7. Glasgow Jaguars 386.50, 8. Bristol & West 320.50.

Courier Exclusive! – **The previously unpublished Match report submitted but never uploaded for the NAL website**.

It has been a long time coming, but the National Athletics League, first scheduled to commence in 2020, and operating purely on a local level in 2021, has now had it first proper National round of matches in 2022. The Premiership fixture at Manchester's Sports City provided a kaleidoscope of performances with some meaty early season postings from a number of the top athletes in the country; a rack of personal bests from some of it's up and coming stars; and heroic efforts from athletes who were just proud to represent their clubs in the top Division in the UK.

Adding to the enjoyment was the pleasant sunny weather, and, with the Man City v Newcastle match moved to Sunday, there were no booze and drug fuelled renditions of "Blue Moon" and "Blaydon Races" to disturb the peace and tranquillity of Premier League Athletics. On the downside Birchfield team manager Dave Lawrence had to miss his first National League fixture in 42 years after contracting covid, but he's a lot better now and putting to the Athletics world to rights.

Blackheath & Bromley never won a Premier Division match in either the British Athletics League, or the UK Womens League, but took the team honours by a small margin from Shaftesbury Barnet after eight hours of competition.

Happiest athlete of the day was Jacob Paul of Windsor Slough Eton & Hounslow who ran his fastest time in three years in winning the mens 400 hurdles in 49.89. Having run outside of 51 seconds in his opening two races, the Marina Armstrong coached athlete hadn't been expecting to improve to sub 50. "I'm very happy with that. The strides were ok and I felt strong on the home straight. I'm sure I can go faster as we haven't really started our speed work yet". An achilles injury in 2020 left him with his foot in a boot and meant he missed too much training to perform as he would have liked in 2021. Last Winter he had a couple of niggles, but nothing serious, and it looks like it will be a race between himself and training partner Chris McAllister (Thames Valley Harriers) to break the League record of 49.40.

Scott Lincoln had been hoping to pepper around the League Record of 20.76 in the shot but had to settle for 19.73. "Things that have been working in training haven't been working in competition" reflected Shaftesbury Barnet's Olympian, "but it is what it is." He still won the contest by over four metres, but there will be much more to come.

He was among a number of the country's top throwers who chose to compete at the venue which will host the British Trials. Among these was Birchfield's Jessica Mayho who won the hammer by over eight metres in 64.51. Down on what perhaps she might have hoped, she was quick to dismiss the 9.35am early start as a cause. "I train this time of the day so I can't use it as an excuse." Her focus remains firmly on the Trials.

Club mate Craig Murch was pleased to be over 70 metres in the mens event in his first competition of the year. "The circle is little slow here, and is better for discus throwers, but it was a good opener and it was good to represent Birchfield. I feel there is more to come. My target is to get over 74 metres".

With Chris Shorthouse and Phoebe Baggott picking up B string victories, it was maximum points for the Stags, as it was in the discus for Shaftesbury Barnet.

Here, Nicholas Percy continued his good start to the season. With a 63.47 new best already under his belt, he took the mens contest in 61.28 and Shadine Duquemin edged out Windsor's Amy Holder in the womens contest with a throw of 53.47. Under 20 Alexandra Baltazar Hall and, 65 metre man on his day, Greg Thompson provided the B string wins.

The North London outfit also enjoyed great success in the hurdles races with Hayley Mclean continuing her early season success in the 400 hurdles. Her 57.25 the previous weekend had been her fastest ever opener and she improved again to clock 57.22. The reigning England Athletics champion enthused "The rhythm was good and there was nothing messy." Having posted these times she will now be looking to take the next jump and go under 57 and home in on the England Commonwealth Games standard of 56.00.

In the short hurdles Jessica Hunter impressed as she clocked 13.63 despite running into a -1.9m/s headwind, a seasons best and her quickest since 2019. For the men Edson Gomes took the honours with a very useful 14.02, in his first race of the season.

Closest race of the day was the mens 100 metres with just eight hundredths of a second separating the first four home. Birchfield's Olympian Leon Reid and B&B's European Junior 4x100 gold medallist Jeriel Quainoo were both given 10.48 with Louie Hinchliffe third for the City Of Sheffield (10.51) and Shaftesbury's John Otugade fourth in 10.55. Still an under 20, Quainoo was "pleased to get the legs rolling" and he came out on top in the 200, his favourite event, winning in a personal best of 21.37 to Reid's 21.40. However, a hamstring issue kept him out of the relays.

Eve Wright (SB), also a relay gold medallist at last years European Juniors, dominated the womens 100 coming in home in 11.71. Trafford's Jazmine Moss edged the 200 by two hundredths from B&B's Louise Evans in 24.15, again into a headwind. The hosts also provided both winners of the 400 with England Under 23 champion Hannah Kelly taking the womens race in 54.49, and Kevin Metzger prevailing in the mens contest with an encouraging 46.40 in a race that saw the whole field under 49 seconds. The former triple jumper was satisfied with his performance and felt strong after opening his season in Bermuda last month. Like many he is targeting the British Championships as well as wanting to run as fast as he can.

Running faster than he has ever run before, Angus Harrington (B&B) got his tactics spot on in the 1500 as he controlled the race to win in 3.57.01, with team mate Harry Cox second over the line to secure maximum points. The South London Club also provided the oldest and youngest A string winners of the day in Scott Overall and Fleur Todd Warmoth.

Former Olympic Marathon runner Overall moved away from the field over the closing laps of the 5000 metres to finish a couple of seconds ahead of the City of Sheffield's Alex Durant. "The first lap felt like marathon pace," said the 39 year old. "I didn't want to go that early. 5kms are a bit short for me now and I won't be doing anymore marathons. I'm best suited for 10ks.

He is nearly two and a half times as old as Todd-Warmoth, (sorry Scott), whose manner of victory in the womens 1500 was not dissimilar. She did not have a set plan for the race but feeling strong took on the pace on the penultimate lap to finish five seconds clear of Glasgow Jaguars' Hannah Cameron, who had earlier won the 800 metres. The 16 year olds time of 4.28.11 was a personal best by over eight seconds but her main priority this year is selection for in the 3000 metres at the European Under 18 Championships. The qualifying standard is 9.38 and she has run 9.16.35 in a mixed race, a time which has given her the B&B Club record in four age groups from under 17 to senior women.

Previous holder of that Club senior record was Tanya Blake, who at one time held the world best for the 3000 steeplechase. Her coach Andy Frankish now has Manchester's 2022 chase winner Morgan Squibb under his wing and she enjoyed a near gun to tape victory to cross the line in 7.05.47. Remarkably, Magnus Tait (Glas Jags) won the mens race by nearly a minute and a half in 9.19, and, with no disrespect to any of the athletes who took part, the overall standard over the chases was woeful with 80 unused points over the two races as just 12 out of a possible 32 athletes competed. The womens 3000 won by Birchfield's Hannah Robinson in 9.55.92 also had only seven finishers.

Yet the chase was probably where B&B won the match as they scored a whopping 20 points in the mens race using two athletes who had not done the event before. Blair Wilson, who was set to compete in the British Masters pentathlon the following day, was second in the A string, while first year under 20 Thomas Sugden, who had earlier competed in the 800, got permission from his mum to run and won the B string.

Wilson's reward was to receive the Club's Steeplechase Challenge Trophy, an initiative from Club Past President Chris Haines, who ran in the first ever National One match in 1969, aimed at increasing interest and participation in the event. The trophy now has a third base, and his investment paid big dividends for the Club.

The versatility shown by Wilson and Sudgen was mirrored by the Meeting officials as connoisseurs of the Sport will have noted Conrad Milton, coach to former European Cross Country champion Hayley Yelling, forsaking his normal timekeeping duties to help in the smooth running of the pole vault. He was rewarded with the sight of the City Of Sheffield's George Heppinstall winning with a clearance of 5 metres. Having won the competition he decided not to go higher.

William Lane made it maximum points in the B string and the Yorkshire squad were particularly strong on the mens side all afternoon with Harry Russell and Sam Cullen racking up maximum points in the 800, and Joe Dunderdale and Nathan Ramsay doing the same in the javelin. Dunderdale won the event by over ten metres with 69.58, down on his recent opener of 75.37, but the 2014 Commonwealth Games representative looks like he is in shape to surpass the qualifying standard for this years Championships in Birmingham. Emma Hamphlett (Birchfield) won the womens contest with 48.41 and with a 52.28 to her credit this year she is another to have produced her best performances for three years.

Among those also seeking the Commonwealth standard is Kelechi Aguocha (B&B) who won the high jump with an outdoor best of 2.14. The qualifying is 2.25 but he does have the confidence of having cleared 2.22 indoors. In second place Bristol & West's Charlie Husbands bettered his pb three times over the course of the afternoon ending up with 2.08, a nine centimetre improvement. It's why the League is important.

Unusually the first four in the womens shot were all under 20s with current UK junior number one Teddy Tchoudja (Glas Jags) winning in 13.88, and Cleo Agyepong (B&B) setting a new best of 13.57 in second.
Six athletes finished with 1.70 in the womens event but it was Birchfield's Bernice Coulson who took first on countback. The Midlanders also enjoyed success in the horizontal jumps with BUCS triple jump champion Joseph Gilkes winning the mens long jump with 6.94, and Janet Browne taking the womens triple jump with 12.04. Gilkes had to settle for second in the mens event where Daniel Lewis (SB) prevailed in 14.86 to add to team mate Eavion Richardson's one centimetre victory in the long jump. In the womens vault Sophie Dowson (B&B) and current Scottish rankings leader Courtney MacGuire (Glas Jags) both had good afternoons clearing 3.80.
The relays didn't disappoint and the men's 4x100 saw Birchfield win in 40.85, just one hundredth of a second from Shaftesbury Barnet. The North Londoners had to settle for the runners up spot again in the womens race as Trafford sped to victory in 46.56.
They made no mistake in the women 4x400, however, winning by over five seconds in 3.50.91. Similarly the City of Sheffield dominated the mens race finishing over four seconds clear with 3.14.38.
Everything completed, and it was just a wait for the results, which was easier said than done. All will know that there were issues with the system which was a huge frustration, as working properly it will be a big upgrade for the running and presentation of the meetings. Currently final placings are still provisional.
Overall the match organisation went well with officials working hard to make it run smoothly and to time. However, with clubs and athletes travelling from all over the UK to the land of the Eccles cake, many were surprised to find no trackside catering facility to purchase said item or anything else, not even a brew.
All the Clubs will have taken positives away from the match and look forward to the next round of fixtures on the 4th of June. Birchfield, B&B, Glasgow Jaguars and Bristol & West travel to Kingston to compete against Thames Valley, Harrow, Newham and Notts, while Shaftesbury, Windsor, City of Sheffield and Trafford head to Eton taking on Woodford, Cardiff, Swansea and Southampton.
Len Paddock Open, Ann Arbor, MI, USA. HT. 1. Joe Ellis 73.03.
Parkruns. Bromley. 4. Clayton Aves 17.37, 14. Katie Murray 18.17, 21. Steve Evenden 18.54, 34. Tuan Tran 19.31, 45. Matthew Maddocks 19.57, 46. Steve Pairman 20.01, 55. Damian Hayes 20.37, 63. Robert Whyte 20.49, 68. Rowan Pearson 21.05, 95. Stuart Cullum 22.05, 145. Islay Pearson 23.31, 283. Bernard Wilson 27.35, 300. Julia Pairman 27.53, 348. Mick Keene 28.49. **Bexley**. 68. Chris Pike 25.01. **St Albans**. 129. John Wilkinson 26.04. **Beckenham Place park**. 67. David Beadle 25.14, 110. Iain Swatton 28.07. **Dulwich**. 11. Marco Arcuri 17.13, 131. Luigi Arcuri 22.58. **Orpington**. 1. Alessio Tutt 18.59, 17. Kyla Dervish 23.18, 110. Karen Desborough 34.16. **Shorne Woods**. 151. David Appleton 32.41. **Peckham Rye**. 48. Hannah Garcia 22.37, 74. John Turner 24.05, 216. Maz Turner 33.58. **Lullingstone**. 7. Austin Adams 24.45. **Tooting Common**. 28. Jessica Keene 19.53. **Exmouth**. 64. Bob Minting 23.20. **Foots Cray Meadows**. 32. Andrew Kingsmell 42.54, 33. Zoe Kingsmell 42.58. **Mura di Lucca**. 1. Robert Perry 17.19, 11. Adrian Perry 21.58. **Bethlem Royal Hospital**. 19. James Unwin 25.34. 22. Mike Simms 26.03. **Itchen Valley Country park**. 37. Peter Hamilton 24.39.
7-8/5/22
NEC Championships, Emmitsburg, MD, USA. PV. 1. Lois Warden 3.50.
8/5/22
British Masters Throws Pentathlon, Pentathlon, 10,000 and walks, Horspath. Pentathlon. **M35**. 2. Blair Wilson 2307 (200 – 26.96, 1500 – 4.50.90, LJ – 5.21, DT – 26.89, JT – 31.71). DNF. Alex Pope. 200 – 1.01.50, LJ – 5.11. DT – 35.27, JT – 35.79). **M50**. 4. Ian Firla 2404 (200 – 27.29, 1500 – 5.06.93, LJ – 4.44, DT – 21.24, JT (700g) – 19.37). **M65**. 2. Clem Leon 2448. (200 – 30.95, 1500 – 6.31.89, LJ – 3.95, DT (1KG) – 24.72, JT (600G) – 15.15).
Oxford University v Cambridge University 147th Varsity Match, Oxford. Men. 100. A. 1. Chizute Ogbedeh 11.03 (-1.3). 200. A. 2. Chizute Ogbedeh 22.70 (0.7). 400. A. 1. Angus Harrington 49.28. 800. A. 1. Angus Harrington 1.53.15. Mile. A. 1. Harry Cox* 4.18.16. **Women**. Mile. A. 1. Niamh Bridson Hubbard 4.49.15. LJ. A. 1. Mary Adeniji 5.93. TJ. A. 1. Mary Adeniji 11.45. DT. A. 2. Chimdi Okpalouko 36.03.
Seiko Golden Grand Prix – World Athletics Continental Tour Gold, Tokyo, Japan. LJ. 2. Jahisha Thomas 6.56.
UK Youth Development League, Southern Premier. **Under 15 Boys**. 100. A. 1. Reo McCausland 11.60 (0.6). B. 1. Alexander Morrell 12.28 (0.5). N/S. 1. Jason Yamoah 12.80. 200. A. 4. Alexander Morrell 25.03 (1.2). B. 1. Harrison Vallins 25.31 (0.1). 300. A. 1. Ryan Rennie 38.54. B. 1. Harrison Vallins 40.54. 800. A. Hendri Verster 2.14.11. B. 3. Alfie Whitelock 2.24.14. N/S. 3. Tane Chambers 2.27.90, 5. Ben O Grady 2.37.30. 1500. A. 2. Joseph Scanes 4.23.46. B. 3. Oliver Stone 5.09.91. 80H. A. 4. Joshua Dako 12.88 (0.0). B. 3. Ben O Grady 16.05 (0.0). HJ. A. 3. Joshua Dako 1.58. B. Samuel Barlow -. LJ. A. 1. Joshua Dako

5.29. B. 3. Harrison Vallins 4.35. PV. A. 1. Charlie Platt 3.50. B. -. SP. A. 2. Ryen Rennie 9.94. B. 2. Charlie Platt 8.60. DT. A. 5. Hendri Verster 17.78. B. 4. Noah Fage 15.85. JT. A. 4. Charlie Platt 31.55. B. 4. Noah Fage 24.03. HT. A. 4. Noah Fage 15.52. B. -. 4x100. 1. B&B (Charlie Platt, Alexander Morrell, Jason Yamoah, Reo McCausland) 48.30. 4x300. 1. B&B (Harrison Vallins, Joseph Scanes, Hendri Verster, Ryen Rennie) 2.44.90. **Under 15 Girls**. 100. A. 1. Chizam Boniface 12.82 (1.7). B. 5. Isabel Pauling 14.18 (-0.4). N/S. A. 5. Lottie Palmer 14.30. B. 5. Deinira Gyampa Boamah 15.20. 200. A. 3. Chizam Boniface 26.93 (0.0). B. 6. Beth Regan 29.34 (1.4). 300. A. 2. Alyssa Firla 42.60. B. 1. Megan Barlow 43.19. 800. A. 1. Megan Barlow 2.20.38. B. 1. Naimah Mossi 2.26.48. N/S. 1. Beth Regan 2.34.20, 2. Eva Chambers 2.36.50. 1500. A. 3. Luciana Smith 4.58.68. B. 3. Niamh Stanley 5.12.32. 75H. A. 2. Alyssa Firla 12.05 (0.0). B. 4. Beth Regan 13.42 (0.0). HJ. A. 1. Megan Barlow 1.50. B. 1. Alyssa Firla 1.40. LJ. A. 1. Chizam Boniface 4.92. B. 6. Lydia Witcombe 3.46 PV. A. -. B. -. SP. A. 2. Erin Simpson 8.80. B. 3 Charlotte Bloodworth 6.29. DT. A. 1. Erin Simpson 30.29. B. 1. Charlotte Bloodworth 22.11. JT. A. 2. Erin Simpson 24.83. B. 5. Charlotte Bloodworth 11.76. HT. A. 4. Abigail Williams 8.66. B. 3. Lottie Palmer 6.07. 4x100. 5. B&B (Erin Simpson, Isabel Pauling, Lottie Palmer, Chizam Boniface) 53.53. 4x300. 2. B&B (Megan Barlow, Charlotte Bloodworth, Abigail Williams, Alyssa Firla) 3.01.93. **Under 13 Boys**. A. 3. Piers Spencer Simms 10.03 (2.0). B. 1. Nicholas Marquez 10.36 (0.8). N/S. A. 1 Thomas Vallins 10.4. B. 2. Oscar Sadowski 11.2. 150. A. 3. Piers Spencer – Simms 19.62 (1.5) (**CLUB RECORD**). B. 3. Thomas Vallins 20.88 (0.1). 800. A. 4. Trejan Checkeku – Boamh 2.45.61. B. 2. Luca Vignoli 2.43.40. N/S. 2. Nathan Crossan 2.51.70, 3. Aaron Crossan 2.57.10. 1200. A. 1. Harry Collins Smith 3.46.42. B. 1. Jake Martin 4.13.89. 75H. A. 5. Rory Witcombe 16.58. B. 2. Luca Vignoli 15.88. HJ. A. 4. Oscar Pickering 1.30. B. 5. Nicholas Marquez 1.10. LJ. A. 2. Oscar Sadowski 4.31. B. 6. Trejan Checkeku – Boamh 3.45. SP. A. 2. Rory Witcombe 6.56. B. 5. Luca Vignoli 4.58. JT. A. 3. Rory Witcombe 19.19. B. 4. Trejan Checkeku – Boamh 12.39. 4x100. 2. B&B (Nicholas Marquez, Thomas Vallins, Oscar Sadowski, Piers Spencer Simms) 53.89. **Under 13 Girls**. 75. A. 3. Isabella Campbell Andon 10.43 (0.7). B. 5. Heidi Coulson 11.20 (2.8). N/S. A. 3. Isobel Rae 11.40. B. 4. Alessia Scala 11.50. 150. A. 3. Isabella Campbell Andou 21.13 (1.6). B. 1. Kara Bryan 21.13 (0.6). 800. A. 1 Kara Bryan 2.30.02. B. 1. Sophie Tran 2.36.00. N/S. 2. Freya Pearson 2.47.80, Abbie Lee 2.51.80. 1200. A. 2. Evie De Bruyn 4.16.48. B. 3. Ariana Jenner Heard 4.27.33. 75h. A. 3. Heidi Coulson 12.60 (0.0). B. 4. Rowan Pearson 15.62 (0.0). HJ. A. 4=. Heidi Coulson 1.25. B. 4=. Isobel Rae 1.05. LJ. A. 3. Isabella Campbell Andou 4.15. B. 2. Alessio Scala 3.61. SP. A. 5. Rowan Pearson 5.23. B. 3. Freya Pearson 5.06. JT. A. 5. Rowan Pearson 11.00. B. 2. Freya Pearson 10.04. 4x100. 4. B&B (Heidi Coulson, Kara Bryan, Alessia Scala, Isabella Campbell Andou) 57.34. **Match.** 1. Reading 551, 2. B&B 547.5, 3. Tonbridge 514.5, 4. Havering 460.5. 5. Crawley 437.5, 6. Bracknell 273.

Woodbridge 10km. 23. Steve Cooper 38.03 (38.02).

Darent Valley 10km. 3. Martin Richardson 35.30, 9. Steve Hough 38.14.

9/5/22

SCVAC League Kent Div 1, Sutcliffe Park. Men. **M35**. 100. A. 2. Ashley Reid 12.6. B. 2. Matthew Ellerton 13.7. 1500. A. 3. Darren Corneille 4.31.7. B. 5. Steve Hough 5.04.6. N/S. Roger Beswick 4.54.6. 4x100. 2. B&B (Matthew Ellerton, Blair Wilson, Ian Firla, Ashley Reid) 50.8. PV. 4. Alan Hardy 2.00. DT. 3. Blair Wilson 24.20. **M50**. 100. 4. Ian Firla 14.2. 1500. 2. Luca Ercolani 4.45.3. PV. 1. Roger Platt 3.30. DT. 4. Ian Firla 22.94. **M60**. 100. 5. Roger Beswick 16.5. DT. 4 Richard Coe 23.43. **Match**. 1. Tonbridge A 52, 2. Dartford 51, 3. B&B 50, 4. Cambridge Harriers 46, 5. Bexley A 36, 6. Medway & Maidstone 32. **Women. W35**. 100. A. 1. Louisa Vallins 13.3. B. 4. Ashley Pearson 16.4. 1500. A. 2. Carole Coulon 5.03.7. B. 2. Ashley Pearson 5.23.4. 4x100. 3. B&B (Helen Godsell, Carole Coulon, Louisa Vallins, Ashley Pearson) 59.3. HJ.-. SP. 5. Ashley Pearson 5.94. **W50.** 100. 5. Maureen Miller 18.8. 1500. -. HJ. -. SP. 5. Maureen Miller 6.10. **W60**. 100. 1. Helen Godsell 15.1. **Match**. 1. Tonbridge 51, 2. Dartford 44, 3. Cambridge Harriers 40, 4. Bexley 36.5, 5. B&B 31, 6. Bromley Vets 16.5.

10/5/22

Charlie Kelly Speed Series, Coventry. Men. 400. 1. Dan Putnam 47.83.

Veterans AC 5 Mile Walk. 9. David Hoben 64.14, 10. Peter Hannell 65.22.

11/5/22

Lee Valley Sprints Night Double 100 Sprints Night. 100. R1. R4. 2. Jeriel Quainoo (U20M) 10.45 (0.2), 4. Korede Awe* 10.50. R5. 1. Kieran Daly 10.55, 2. Luke Dorrell* 10.57. R2. R1. 1. Kieran Daly 10.37 (0.3), 5. Jeriel Quainoo 10.49, 7. Korede Awe* 10.54. R2. 1. Luke Dorrell* 10.63.

Loughborough Open. 200. SM2. 1. Joshua Gbagbo 22.45 (1.1). Women. HT. 4Kg. 6. Abbie Stewart (U23W) 47.22.

University Of Birmingham Track & Field Series. 3000. MX2. 10. Joshua Dowling 9.51.0. **Women.** 100H. 3. Zoe Austrdge 14.7.

11-14/5/22

Mountain West Championships, Clovis, CA, USA. 800. 4. Joe Rogers* 1.49.85. Ht1. 2. Joe Rogers* 1.50.38.

12/5/22
Puerto Rico Invitational World Athletics Continental Tour Silver. 100. Ht1. 8. Adam Gemili 12.57 (-1.1).
12-14/5/22
SEC Championships, Oxford, MO, USA. 400. Ht2. 3. Amber Anning* 53.46. 800. 4. Katy Ann McDonald 2.03.09. Ht1. 1. Katy Ann McDonald 2.04.89. 1500. 3. Katy Ann McDonald 4.12.30. Ht3. 4. Katy Ann McDonald 4.18.03. SP. 2. Divine Oladipo 17.97. SP. B. 6 Divine Oladipo 17.97.
WAC Championships, Seattle, WA, USA. **Men.** 1500. Ht1. 4. Lewis Mills 4.06.51. 5000. 20. Lewis Mills 15.08.03, DNF. Declan Neary*. 3000 s/ch. 3. Declan Neary* 8.51.60, 5. Lewis Mills 8.52.37 (**CLUB U23 RECORD**). **Women**. 1500. 1. Yasmin Austridge 4.22.72. Ht3. 1. Yasmin Austridge 4.42.79. 3000 s/ch. 2. Yasmin Austridge 10.17.14.
13-14/5/22
Fighting Chance Invitational, Joilet, IL, USA. 100. Ht5. 4. Myles Xavier 11.16 (0.3). 200. Ht4. 1. Myles Xavier 22.36 (1.9).
NEICAAA Champs, Smithfield, RI, USA. PV. 9 Lois Warden 3.60.
13-15/5/22
The American Outdoor Championship, Wichita, KS, USA. LJ. B. Funminiyi Olajide* 6.48.
IC4A/ECAC hampionships, Williamsburg, VA, USA. 200 R2. 1. Holly Mpassy 24.72 (0.1). 400. R4. 4. Holly Mpassy 54.78.
Big Ten Championships, Minneapolis, MN, USA. 100H. 5. Marcia Sey 13.32 (2.4). Ht1. 3. Marcia Sey 13.32 (2.8).
PAC -12 Outdoor Champs, Eugene, OR, USA. SP. 11. Nana Gyedu 15.05.
14/5/22
Mid Summer Track Night, Vienna, AUT. JT. 2. Bekah Walton 54.54.
Night of 10,000 pbs. Senior Men R3. 2. Ross Braden* 30.04.54. **Senior Women**. B. 8. Andrea Clement 36.22.97 **(CLUB SENIOR AND W35 RECORD).**
BMC Grand Prix, Birmingham. Men. 800. A. 7. Sam Reardon 1.50.76. B. 1 Angus Harrington 1.49.20, 2. Henry Fisher 1.49.91, 5. Harry Cox* 1.50.84. **Women**. 5000. 5. Jennifer Walsh* 15.54.57..
Cambridgeshire County Championships, **Cambridge**. LJ. 1. Mary Adeniji 5.71.
ACC Championships, Durham NC, USA. 6=. Rebecca Hawkins 1.73.
Parkruns. Black Park. 7. Carole Coulon 19.05 (1st woman). **Bromley**. 1. Roger Vilardell 17.05, 22. Steve Evenden 19.37, 25. Tuan Tran 19.51, 41. Damian Hayes 21.08, 56. Micah Evans 22.04, 67. Austin Adams 22.26, 215. Ian Montgomery 26.38, 291. Jackie Montgomery 28.14, 340. Sally Smith 29.14. **Bexley**. 66. Chris Pike 25.27. **Aberdeen**. 78. Nick Barber 23.04. **Town Moor**. 93. Bertie Harrington 22.24. **St Albans**. 148. John Wilkinson 25.40. **Beckenham Place park**. 20. Charlie Hay 20.51, 25. Rod Harrington 21.26, 207. Bernard Wilson 29:08, 236. William Slack 30.10. **Cannon Hill, Birmingham**. 11. Millie Smith 18.40 (1st woman). **Lloyd park**. 41. David Beadle 24.53, 72. Iain Swatton 28.06. **Hoblingwel**l. 1. Robert Perry 18.22, 8. Adrian Perry 23.19. **Dulwich**. 24. Clayton Aves 18.07, 173. Hannah Garcia 23.23. **Orpington**. 1. Alessio Tutt 18.03, 129. Karen Desborough 33.30. **Newent, Forest of Dean**. 45. Andrew Kingsmell 33.18, 46. George Collins 33.22, 61. Zoe Kingsmell 39.28. **Tonbridge**. 91. Mark Ellison 23.18. **Lanhydrock.** 3. Richard Daniels 20.58. **Peckham Rye**. 82. John Turner 25.12, 191. Maz Turner 33.43. **Malling**. 3. Steve Hough 18.21. **Seaford Beach**. 79. Mick Keene 26.41. **Bethlem Royal Hospital**. 26. James Unwin 25.49. **Sutcliffe park**. 46. Robert Whyte 21.03, 54. Paul Ross-Davies 22.03, 72. Barry Wetherilt 23.12, 74. Mike Simms 23.34, 188. Millie Haffenden 33.53. **Flegg High**. 2. Katie Murray 19.16 (1st woman). **Swanley**. 16. John Isaacs 29.32, 26. David Appleton 32.35, 35. Anthony Pontifex 35.08. **Alton Water**. 2. Steve Cooper 19.08. **York**. 1. Graham Rush 14.55.
14-15/5/22
Bedfordshire and Hertfordshire County Championships, Bedford. Under 20 Men. 100. 3. Clayton Jacinto 11.62 (-0.5). 200. 4. Clayton Jacinto 23.86 (3.2).
Berkshire Championships, Bracknell. Men. 200. Harrison Thorne 23.69 (-1.0). HJ. 1. Harrison Thorne 1.80, 2. Martin Thorne 1.50. LJ. 1. Harrison Thorne 6.55.
Buckinghamshire and Oxfordshire County Championships, **Horspath** SP. 1. Chimdi Okpalauka 11.15. DT. Chimdi Okpalauka NM.
Essex Championships, Chelmsford. Senior Men. 3000. 1. Lewis Harknett* 9.02.20. 2000 s/ch. 1. Lewis Harknett* 6.09.84. **U17 Women**. 100. 2. Jodie Self 12.49 (0.5). Ht1. 2. Jodie Self 12.59 (0.6). 80H. 1. Jodie Self 11.28 (0.8).
Kent Championships, Gillingham. **Senior Men**. 100. Ht1. DQ. Duayne Bovell. 200. 4. Chizute Ogbedeh 22.32 (-1.5). Ht2. 3. Chizute Ogbedeh 22.46 (-1.1). 400. 2. Bailey Stickiings 48.56. Ht2. 1. Bailey Stickings 49.40, 6. Matthew Knight 53.96. 5000. 4. Robert Donohue 16.03.86. 400H. 1. Bailey Stickings 51.32. 2000 s/ch. 1. Blair Wilson 6.56.25. PV. 3. Roger Platt 3.20. DT. 1. Dele Aladese 48.79. JT. 1. James Whiteaker 69.49, 5. Blair Wilson 28.34. **Senior Women**. 100. 4. Louisa Vallins 13.20 (0.5).

Ht2. 3. Louisa Vallins 13.30 (1.1). 200. 3. Chanelle Cole 26.08, 5. Louisa Vallins 27.40. Ht1. 3. Louisa Vallins 27.23. Ht2. 2. Chanelle Cole 26.21. 400. 2. Chanelle Cole 59.64. PV. 1. Holly Platt 2.70. JT. 1. Lauren Farley 50.92. **Under 20 Men**. 100. 2. Charles Nortey 10.88 (0.3). Ht1. 2. Charles Nortey 10.90 (-1.3). Ht2. 6. Nkwazi Ndila 11.59 (-2.2). 200. 3. Michael Uzozie 22.57, 4. Adam Islam Medeaux 22.62, 8. Nkwazi Ndila 23.54. Ht1. 2. Adam Islam Medeaux 22.90 (1.0). Ht2. 2. Michael Uzozie 22.9 (0.3), 4. Nkwazi Ndila 23.7. 400. 2. Michael Uzozie 50.88. 800. 1. Matthew Smith 1.55.45, 2. Thomas Sugden 1.55.76. PV. 1. Barnaby Corry 4.50, 3. Ben Platt 4.00, 4. Ethan Kitteridge 3.80. SP. 1. Brydon Duncan 11.97. DT. 1. Dillon Claydon 46.25, 2. Brydon Duncan 42.76. JT. 2. Ben Platt 44.79. **Under 20 Women**. 100. 3. Emily Kerr 12.79 (-1.9). 400. 2. Cameron Kelly Gordon 58.68. 800. 2. Morgan Squibb 2.11.42, 3. Cameron Kelly Gordon 2.16.58, 4. Hannah Clark 2.18.96. 1500. 1. Morgan Squibb 4.33.85, 2. Hannah Clark 4.51.58. 3000 walk. 2. Abigail Smith 16.53.92. 400H. 1. Kelsey Pullin 67.08. 1500 s/ch. 1. Morgan Squibb 5.08.96, 2. Ailbhe Barnes 5.24.31. SP. 1. Cleo Agyepong 13.84. DT. 1. Zara Obamakinwa 49.24, 2. Gypsy Nash 27.80. HT. 2. Gypsy Nash 45.31. **Under 17 Men**. 100. 2. Rayhan Mourtada 11.70 (-2.3). Ht2. 3. Rayhan Mourtada 11.68 (-1.1). 400. 3. Christopher Barrett 52.56, 5. Nathan Firla 53.30, 8. Marley Byfield 56.02. Ht1. 1. Nathan Firla 51.87, 2. Christopher Barrett 53.57. Ht2. 4. Marley Byfield 54.17. 800. 6. Mark Constable 2.07.85, 8. Franco Hillier 2.10.83. 1500. 5. Arthur Starvis 4.23.05, 7. Harry Fage 4.39.39, 8. Joshua Healey 4.43.65. 100H. 1. Rayhan Mourtada 13.58 (0.2), 6. Andrew Nikoro 15.46. 400H. 3. Harry Fage 66.46. HJ. 1. Andrew Nikoro 1.76. LJ. 7. Andrew Nikoro 5.49. PV. 1. Oscar Witcombe 3.71, 2. Finn Kitteridge 3.10. JT. 1. Felix McArdle Hodge 56.89, 3. Max Kennedy 48.39. **Under 17 Women**. 100. 1. Faith Akinbileje 11.82 (0.5), 4. Nina Whitter 12.86. Ht1. 1. Faith Akinbileje 11.87 (-0.5), 2. Nina Whitter 12.81. 200. 1. Faith Akinbileje 24.29 (-1.0), 3. Nina Whitter 25.85. Ht1. 1. Faith Akinbileje 24.30 (-0.9), 2. Nina Whitter 26.10. 300. DQ. Tallulah Ndikanwu. 800. 3. Amber Cockburn 2.28.26, 9. Molly Shaw 2.39.71. 1500. 1. Liberty Whyte 4.46.71, 6. Olivia Magee Brown 5.02.00, 11. Amber Cockburn 5.16.87, 15. Islay Pearson 5.52.30. 1500 s/ch. 1. Carys Firth 5.35.00, 2. Isla Spink 6.05.16. HJ. 3. Elena Duncombe 1.40. LJ. 3. Elena Duncombe 4.50. SP. 3. Tallulah Ndikanwu 10.79, 7. Grace Bennett 8.02. HT. 2. Sapphire Houston Ball 41.19. **Under 15 Boys.** 100. Ht2. 5. Theodore Osobu 12.79 (0.1). 800. 3. Joseph Scanes 2.11.23. Ht1. 2. Joseph Scanes 2.13.86, 7. Samuel Barlow 2.31.32. Ht2. 4. Tane Chambers 2.21.88, 9. Benjamin O Grady 2.30.20. 1500. 5. Lucas Elmqvist 4.39.59, 7. Joseph Hill 4.41.25. Ht1. 2. Lucas Elmqvist 4.43.73. Ht2. 6. Joseph Hill 4.48.05, 11. Samuel Barlow 5.29.54. 80H. 5. Joshua Dako 12.99. HJ. 2. Joshua Dako 1.55. PV. 1. Charlie Platt 3.60. JT. 1. Ellis Ibrahim 46.60, 4. Charlie Platt 32.85, 7. Noah Fage 24.41. **Under 15 Girls**. 100. 2. Chizam Boniface 12.68 (-0.1). SF2. 1. Chizam Boniface 12.78 (-0.8). Ht2. 1. Chizam Boniface 12.80 (-0.3). 300. 1. Alyssa Firla 42.07, 6. Abigail Williams 48.45. 800. 1. Megan Barlow 2.17.35, 2. Luciana Smith 2.20.15, 5. Leah Kyriacou 2.28.98, 6. Niamh Stanley 2.31.58, 8. Charlotte Bloodworth 2.36.67.. Ht1. 2. Megan Barlow 2.27.00, 3. Charlotte Bloodworth 2.28.21, 5. Niamh Stanley 2.30.17, 6. Beth Regan 2.33.16, 7. Eva Chambers 2.33.81. Ht2. 1. Luciana Smith 2.29.51, 3. Leah Kyriacou 2.29.90, 4. Jessica Kelly 2.30.41, 6. Lily Bridgeman 2.31.90, 8. Kyla Dervish 2.38.02. 1500. 1. Megan Barlow 4.47.92, 3. Luciana Smith 4.54.78, 6. Isabel Pauling 5.05.25, 11. Beth Regan 5.16.42, 13. Eva Chambers 5.21.61, 14. Leah Kyriacou 5.24.44, 15. Angelina Mernaka 5.41.53. 75H. 2. Alyssa Firla 11.97 (-0.6). Ht2. 2. Alyssa Firla 12.13 (-0.4), 4. Charlotte Bloodworth 14.23. HJ. 1. Qi-Chi Ukpai 1.60, 3. Megan Barlow 1.50. LJ. 1. Qi-Chi Ukpai 4.99, 6. Chizam Boniface 4.29. TJ. 1. Qi-Chi Ukpai 11.10 (**CBP)**. SP. 1. Erin Simpson 9.90, 2. Alyssa Firla 9.41. DT. 1. Erin Simpson 28.02, 2. Charlotte Bloodworth 19.69. JT. 1. Erin Simpson 28.13.

Middlesex Centenary County Championships, Lee Valley. Under 15 Girls. 1500. 2. Naimah Mossi 5.00.11. **Under 13 Girls**. 200. 4. Maya Al Faisal 30.57 (1.2). 800. 6. Maya Al Faisal 2.45.55. 1500. 1. Sofia Mossi 5.29.93. HJ. 2. Maya Al Faisal 1.30. LJ. 4. Maya Al Faisal 3.73.

Surrey County Championships, Kingston. Senior Men. 100. 1. Kyle Reynolds Warmington 10.63 (1.2), Brandon Murray 10.73. Ht2. 1. Kyle Reynolds Warmington 10.89 (-0.2). Ht3. 1. Brandon Murray 10.90 (0.2). 200. 2. Kyle Reynolds Warmington 22.22 (-0.1). Ht1. 1. Kyle Reynolds Warmington 22.82 (0.3). 400. 2. James Naylor 52.39. 800. Ht1. Pierre Guillaume 2.08.57. 400H. 4. Richard Holt 64.60. SP. 5. Prince Reid 7.89. **Senior Women**. 100. 2. Mallory Cluley 12.37 (0.0). Ht2. 1. Mallory Cluley 12.43 (-2.3). 200. 4. Mallory Cluley 25.98 (1.3). Ht2. 2. Mallory Cluley 26.08 (-0.2). 400. 1. Alex Hill 57.36. 100H. 1. Mallory Cluley 13.93 (0.1). 400H. 3. Sophie Elliss 60.26. **Under 20 Men**. 400. 1. Luke Dronfield 51.46. 400H. 1. Luke Dronfield 56.69. TJ. 1. Toby Dronfield 14.40. **Under 17 Men**. 100. 4. Joseph Cope 11.44 (1.2). Ht1. 2. Joseph Cope 11.54 (0.2). 400. 1. Samuel Mowa 50.27. **Under 17 Women**. 100. 2. Indiana Marshall 12.61 (0.2), 6. Sienna Kidd 12.81. Ht1. 1. Indiana Marshall 12.78 (-0.9), 2. Sienna Kidd 12.83. 200. 4. Indiana Marshall 26.43 (1.7). Ht1. 2. Indiana Marshall 26.58 (0.0). 300. Ht2. 5. Julia Newman 43.68. 80H. 4. Sienna Kidd 12.13 (-0.6). LJ. 2. Indiana Marshall 4.85. TJ. 2. Emily Hayden de Carbonnieres 9.05. SP. 3. Sienna Kidd 10.53. **Under 15 Boys**. 300. 3. Ryen Rennie 37.60. Ht1. 1. Ryen Rennie 38.84. **Under 13 Boys**. 1. Piers Spencer Simms 12.96 (1.4). Ht1. 1. Piers Spencer Simms 13.17 (0.8). 200. 3. Piers Spencer Simms 27.37 (1.5). Ht2. 2. Piers Spencer Simms 28.10 (-1.5).

15/5/22

Devon Championships, Exeter. Senior Men. 800. 5. Coleman Corry 2.07.17.

Chislehurst Half Marathon. 5. Tony Crowder 1.28.38 (1.28.37), 14. Steve Evenden 1.34.17 (1.34.15), 17. Christian Clement 1.36.12 (1.36.09), 32. Paul Kerekgyarto 1.41.35 (1.41.31).

Tewkesbury Half Marathon. 252. Luigi Arcuri 1.48.38 (1.48.35), 761. George Collins 2.24.42 (2.24.04), 762. Zoe Kingsmell 2.24.42 (2.24.04).

18/5/22

Chelmsford Open Meeting. 200. R3. 4. Tallulah Ndikanwu 28.56 (-1.1). R5. 1. Dan Putnam 21.78 (0.2). LJ. U17W. 1. Tallulah Ndikanwu 4.51.

Watford Open. 800. R4. 9. Kara Bryan (U13G) 2.32.49. R7. 9. Harry Collins Smith (U13B) 2.24.63. R9. 2. Megan Barlow (U15G) 2.13.64, 7. Cameron Kelly Gordon (U20W) 2.15.76.

Beckenham Relays. 12. B&B Tuesday Nighters (Dave Adams 14.17, Carole Coulon 15.39, Roger Vilardell 14.14) 44.10 (1st mixed team), 58. B&B RoCS (Steve Hough 15.12, Chris Pike 20.26, Rod Harrington 17.54) 53.32, 64. B&B (DIF) (Ian Scott 16.19, Faye Scott 21.00, Damien Hayes 18.00) 55.19, 66. B&B (MIS) (Steve Pairman 17.43, Iain Swatton 20.03, Dave Beadle 18.01) 55.47, 70. B&B (GoaL) (Ashley Pearson 17.43, Luigi Arcuri 20.00, Ozzie Adams 19.06) 56.49.

19-21/5/22

Tucson Elite Classic Tucson, AZ, USA. HT. 7. Joe Ellis 74.52. (**CLUB SENIOR MENS RECORD**).

21/5/22

Muller Wanda Diamond League, Birmingham. Men. 100. 6. Adam Gemili 10.38 (-0.2). 4x100. DNF. GB (inc Adam Gemili) **Women**. 100. 1. Dina Asher Smith 11.11 (-0.1). 4x100. 1. GB (inc Dina Asher Smith) 42.29. **Under 17 Women**. Club Connect 4x100. DNF. B&B.

Sri Chimnoy 10km, Battersea Park. 24. Fintan Parkinson 34.52, 43. Martin Parkinson 37.36.

Parkruns. Edinburgh. 58. Paul Ross-Davies 21.37. **Bromley**. 2. Steve Hough 17.59, 6. Katie Murray 18.37 (1st woman), 12. Steve Evenden 19.31, 24. Paul Kerekgyarto 20.44, 60. Sarah Belaon 22.23, 122. Islay Pearson 24.36, 180. Ian Montgomery 26.45, 221. Jackie Montgomery 27.50, 227. Bernard Wilson 28.01. **Bexley**. 62. Chris Pike 25.03. Town Moor. 27. Bertie Harrington 19.48. **Beckenham Place park**. 115. Iain Swatton 26.41, 147. Zoe Kingsmell 28.40. **Crystal Palace**. 33. Rod Harrington 21.35. **Cannon Hill, Birmingham**. 22. Millie Smith 19.05. **South Norwood**. 2. Arthur Starvis 18.36, 56. Angela Powell 26.15, 77. John Isaacs 28.16, 102. David Appleton 33.15, 123. Anthony Pontifex 38.28. **Dulwich**. 22. Clayton Aves 17.52, 121. Hannah Garcia 21.35. **Burgess park**. 323. Sally Smith 28.43. **Orpington**. 4. Gregory Firth 19.21, 13. Carys Firth 21.35 (1st woman), 54. Dave Leal 25.12. 120. Andrew Kingsmell 30.32. **Shorne Woods**. 24. Nick Barber 23.18. **Lanhydrock**. 7. Richard Daniels 22.02. **Peckham Rye**. 82.John Turner 24.51. 224. Maz Turner 35.27. **Exmouth.** 48. Bob Minting 22.35. **Woolacombe Dunes**. 31. Barry Wetherilt 26.23. **Squerryes Winery**. 34. James Unwin 24.31. **Sutcliffe park**. 11. Ailbhe Barnes 18:43, 13. Jessica Keene 18.57, 116. Mick Keene 27.25. **Charlton**. 32. Steven Pairman 20.50, 105. Julia Pairman 27.52.

22/5/22

Great Manchester Run. 13. Phil Sesemann* 29.24, 18. Scott Overall 29.49, 21. Graham Rush* 30.01, 5699. Marie Cartwright 63.18.

Loughborough International. Men. 100. 3. Kieran Daly 10.40 (1.6). N/S. R1. 4. Korede Awe 10.59 (0.4). 200. N/S. R1. 6. Kieran Daly 21.50 (0.8). R3. 4. Korede Awe 21.77 (0.7). 400. 5. Dan Putnam 47.51. N/S. R3. 3. Pablo Seema Roca 48.93. 800. 1. Angus Harrington 1.50.51, 2. Sam Reardon 1.50.82. 110H. N/S. 6. Rico Cottell 14.89 (0.2). 400H. 5. Bailey Stickings 51.18. 400H. U18. 2. Luke Dronfield 56.52. HJ. 2. Kelechi Aguocha 2.16. TJ. 7. Toby Dronfield 14.57. HT. 3. Ben Hawkes 69.88. 4x400 relay splits. Sam Reardon 47.8, Bailey Stickings 47.5. **Women**. 100. N/S. R2. 4. Darcy Kuypers 12.21 (1.1). 200. N/S. R1. 2. Faith Akinbileje 23.68 (0.0), 3. Louise Evans 23.70. 3000. 4. Jennifer Walsh* 9.17.40. 100H. N/S R2. 4. Annie Davies 13.8 (2.5), 7. Mallory Cluley 13.9. 400H. N/S. R1. 2. Sophie Elliss 60.50. R2. 3. Alex Hill 61.93. TJ. 1. Jahisha Thomas 13.39. DT. 9. Zara Obamakinwa 46.13. JT. 1. Bekah Walton 54.75. 4x400 relay splits. Louise Evans 54.4.

Championnat de France des clubs NIA, Poule B. PV. 5. Sophie Dowson 3.70.

Southern Athletics League, Gillingham. Men. 100. A. 2. Matthew Knight 11.2. B. -. N/S. Joseph Cope 11.7, Samuel Mowa 11.7, Ralph Unwin 12.1, Ashley Reid 12.4. 200. A. 2. Michael Uzozie 23.0. B. 2. Bailey Marks – Belaon 24.4. N/S. James Lawson 23.7, Duayne Bovell 23.2, Ralph Unwin 23.9, Samuel Mowa 22.5. 400. A. 2. Nathan Firla 51.4. B. 1. James Naylor 53.0. N/S. James Lawson 52.0, Bailey Marks 52.7. 800. A. 1. Thomas Sugden 2.01.3. B. 3. Ian Firla 2.17.8. 1500. A. 2. Thomas Sugden 4.23.6. B. 2. Harry Fage 4.31.3. 5000. A. 2. Tom Desborough 16.25.6. B. 2. Roger Vilardell 16.47.6. 110H. A. -.B.-. 400H. A. 2. Richard Holt 65.4. B. Blair Wilson 67.1. 2000 s/ch. A. 1. Blair Wilson 6.59.9. B. 1. Darren Corneille 7.25.9. HJ. A. 2.

Barnaby Corry 1.65. B. -. LJ. A. 2. Marley Byfield 5.17. B. 3. Ian Firla 4.31. TJ. A. 2. Marley Byfield 10.83. B. -. PV. A. 1. Barnaby Corry 4.40. B. 1. Ben Platt 4.10. N/S. Oscar Witcombe 4.10. SP. A. Alex Pope 11.41. B. 2. Roger Platt 7.43. DT. A. 1. Dele Aladese 48.54. B. 1. Blair Wilson 22.52. JT. A. 1. James Whiteaker 74.86. B. 1. Ben Platt 44.95. HT. A. 1. Alex Pope 36.29. B. 2. Roger Platt 17.78. 4x100. 1.B&B 43.1. 4X400. 2. B&B 3.36.5. **Women**. 100. A. 3. Molly Savage 12.9. B. 2. Sophie Kerr 13.2. N/S Louisa Guthrie 13.2, Tianna Lewis 13.4, Lily Anderson 13.6. 200. A. 2. Chanelle Cole 25.9. B. 2. Emily Kerr 26.8. N/S. Stephanie Fisher 26.0, Louisa Vallins 27.2, Sophie Kerr 28.2, Anaiya Sutar 30.8. 400. A. 1. Camron Kelly Gordon 58.5. B. 1. Amelia Middleton 66.9. N/S. Emily Deveney 64.4. 800. A. 1. Liberty Whyte 2.22.3. B. 2. Francesca Middleton 2.47.4. N/S. Amie Gould 2.35.7. 1500. A. 2. Olivia Magee Brown 5.06.2. B. -. 3000. A. 2. Hannah Clark 10.37.5. B. -. 100H. A. 3. Holly Platt 17.7. B. -. 400H. A. 1. Stephanie Fisher 64.5. B. -. 2000 s/ch. A. 1. Morgan Squibb 7.12.4. B. 1. Amber Cockburn 7.59.7. HJ. A. 3. Elena Duncombe 1.45. B. 3. Jade Oni 1.25. LJ. A. 2. Molly Savage 5.33. B. 3. Grace Bennett 2.82. N/S. Lily Anderson 4.05. TJ. A. 1. Jade Oni 11.66. B. 1. Molly Savage 10.53.N/S. Emily Hayden de Carbonnieres 9.01. PV. A. 1. Eleanor Barrett 3.30. B. -. SP. A. 1. Chimdi Okpalauko 11.66. B. -. DT. A. 1. Hannah MacAulay 42.03. B. 2. Gypsy Nash 24.65. JT. A. 4. Holly Platt 18.32. B. -. HT. A. 2. Gypsy Nash 45.17. B. 3. Chimdi Okpalauko 11.34. 4X100. 1. B&B 50.3. 4X400. 1. B&B 4.04.4. **Man Of The Match.** James Whiteaker. **Match**. 1. City Of Norwich 220, 2, B&B 214, 3. City Of Salisbury 139, 4. Bournemouth 85.
Southern Athletics League, Div 2, West, Portsmouth. 200. B. 3. Richard Morris* 25.22. 400. B. 2. Richard Morris* 57.20. 110H. A. 1. Richard Morris* 18.02. 400H. A. 1. Richard Morris* 58.76. JT. B. 2. Richard Morris* 22.03
Southern Athletics League, Div 3 South London, Carshalton. 200. n/s. 1. Julia Newman * 27.6. LJ. 3. Julia Newman* 4.51. JT. 1. Elspeth Jamieson* 40.14.
Richmond Park Marathon. 9. William Brindley 3.43.22 (3.43.19).
25/5/22
BMC Regional Races, Sutcliffe Park. 800. C. 7. Joseph Scanes (U15G) 2.08.46. D. 9. Gabriella Martin (U17W) 2.23.55. E. 6. Kate Price (U20W) 2.21.93, 7. Lily Meers (U20W) 2.24.72. 1500. B. 10. Dan Kennedy 4.16.50. D. 6. Megan Barlow 4.46.1, 8. Hannah Clark 4.51.6, 14. Olivia Magee Brown 5.24.4. 5000. A. 11. Roger Vilardell 16.24.0. B. 11. David Adams 16.59.54.
Sutcliffe Park Track and Field Nights. 100. MX1. 1. Abdul Rahaman Jalaoso 10.81 (-1.1), 5. Jadon Ekpo (U17M) 11.76. Mx2. 4. Makai Sabido- Rodney (U15B) 12.18 (-3.1). Mx3. 1. David Jenkins (U17M) 12.68 (0.7), 6. Jonathan Ekpo (U13B) 14.16. 400. Mx1. 4. Harry Fage (U17M) 55.79. Mx2. 4. Leah Kyriacou (U15G) 63.30, 6. Emily Deveney (U17W) 63.68. Mx3. 1. Cameron Kelly Gordon (U20W) 62.28, 2. Matilda Shilland (U15G) 65.51, 3. Ariana Jenner – Heard (U13G) 72.73, 5. Chloe Morez (U13G) 79.08. 800. Mx1. 4. Ted Marston (U20W) 2.11.59. Mx2. 1. Liberty Whute (U17W) 2.20.38, 4. Connor Wray (U15B) 2.26.64, 5. Tallulah Ndikanwu (U17W) 2.28.21, 6. Kara Bryan (U13G) 2.28.81, 8. Kyla Dervish (U15G) 2.37.43. Mx3. 6. Beth Regan 2.32.31, 7. Lydia Marston (U15G) 2.34.94, 8. Liam Hough (U13B) 2.46.08. Mx4. 2. Lola Bischoff (U17W) 2.40.75, 3. Madeleine Marston (U17W) 2.42.75, 4. Abigail Smith (U20W) 2.43.12, 5. Caitlin Hough (U15G) 2.43.71, 6. Rowan Pearson (U13G) 2.46.40, 8. Isaac Evans (U15B) 2.54.69, 9. Saskia Pinn (U13G) 3.05.03. 1500. Mx. 12. Samuel Barlow (U15B) 5.31.08. SP. 3Kg. 1. Tallulah Ndikanwu 10.71.
Parris Handicap. 1. James Shaw 27.40 (17.10), 2. Ian Scott 28.54 (16.54), 3. Lewis Brook 29.14 (15.59), 4. John Turner 29.18 (21.48), 5. Steve Evenden 29.31 (17.31), 6. Oliver Stone 29.36 (19.06), 7. Charlie Hay 29.43 (18.43), 8. Maz Turner 29.48 (29.48), 9. Fay Scott 29.51 (22.36), 10. James Winbourne 30.04 (19.04), 11. Luigi Arcuri 30.07 (21.07), 12. Becky Sampson 30.11 (23.11), 13. Iain Swatton 30.14 (21.29), 14. Zoe Kingsmell 30.22 (23.52), 15. Dave Beadle 30.28 (19.28), 16. Chris Pike 30.33 (22.03), 17. Molly Shaw 30.44 (20.14), 18. Steve Pairman 30.48 (19.03), 19. George Collins 30.54 (21.54), 20. Callum Horton 31.32 (17.17), 21. Lilly Beaton 31.55 (22.55).
Internationales Leichtathletik Meeting Anhalt, Dessau-Roblau, GER. 100. B. 1. Jeriel Quainoo 10.42 (-0.6). Ht2. 5. Jeriel Quainoo 10.59 (-0.5).
RunThrough Clapham Common 5km. 1. Caroline Ford* 17.22.
25-28/5/22
NCAA D1 West Prelims, Fayetteville, AR, USA. Men. 400. Ht1. 7. Ethan Brown 47.37. 800. Ht6. 5. Joe Rogers* 1.49.78. 3000 s/ch. Ht1. 12. Declan Neary* 9.09.82. **Women**. 3000 s/ch. Ht1. 14. Yasmin Austridge 11.00.49. LJ. 8. Funminiyi Olajide* 6.22. NCAA D1 East Prelims, Bloomington, IN, USA. 800. SF3. 1. Katy Ann McDonald 2.03.42. Ht1. 3. Katy Ann McDonald 2.05.76. 100H. Ht2. 6. Marcia Sey 13.68 (-0.6). SP. D. 4. Divine Oladipo 17.64. DT. C. 5. Divine Oladipo 53.89.
27/5/22
Serpentine Last Friday Of The Month 5km. 123. Adrian Perry 22.11.
27-28/5/22
Muller Wanda Diamond League – The Prefontaine Classic, Eugene, OR, USA. 100. 4. Dina Asher Smith 10.98 (0.7).

28/5/22

International Javelin Throws Comp "Talsu skepi 2022", Talsi, Latvia. JT. 2. Bekah Walton 57.65 (**CLUB SENIOR RECORD**).

Be Fit Today Outdoor Series, Dagenham. 100. Men. R1. R2. 4. Veresse Charles 12.57 (-2.5). R15. 5. Brandon Murray 10.92 (0.1). R16. 2. Luke Dorrell* 10.54 (-1.4). R17. 1. Korede Awe* 10.40 (1.9). R18. 5. Jeriel Quainoo 10.55 (1.0). R2. R1. 4. Korede Awe* 10.51 (-0.7). R2. 1. Jeriel Quainoo 10.51 (-0.8), 2. Luke Dorrell 10.57. R5. 2. Brandon Murray 10.96 (-0.3). R13. 2. Veresse Charles 12.70 (-2.2). Women. R1. R8. 1. Louise Evans 12.03 (-3.2), 8. Modupe Shokunbi 12.77. R2. R.1. 7. Louise Evans 11.86 (0.4). R5. 2. Modupe Shokunbi 12.58 (0.3). 200. R1. 1. James Lawson 23.65 (-1.9). R8. 1. Luke Dorrell* 21.11 (-1.0). 800. Mx1. 1. Isabel Pauling (U15G) 2.28.19. Mx2. 4. Francesca Middleton 2.41.93. 100H. Women. R1. 2. Mallory Cluley 13.57 (0.3), 5. Annie Davies 13.94. R2. 3. Mallory Cluley 13.63 (2.0), 5. Annie Davies 14.02.

BMC Grand Prix, Sportscity, Manchester. Men. 800. A. 1. Angus Harrington 1.48.58, 4. Henry Fisher 1.49.62. **Women**. 1500. A. 7. Jennifer Walsh* 4.21.81.

Meeting Internazionale Citta di Lucca, Lucca, Italy. HJ. 4. Kelechi Aguocha 2.16.

South London Athletics Network May Time Open, Carshalton. 100. Mx4. 3. Isabella Campbell – Andou 13.99 (-0.9). Mx11. 1. Issah Abdulkarim (U17M) 11.47 (0.0).

UK Youth Development League, Southern Premier, Hendon. U20M. 100. A. 1. Charles Nortey 10.88 (0.4). B. 4. Nkwazi Ndila 11.66 (0.1). 200. A. 4. Clayton Jacinto 23.31 (1.5). B. 4. Bailey Marks Belaon 23.74 (1.4). 400. A. 3. Pablo Seema Roca 49.27. B. 2. Bailey Marks Belaon 52.57. 800. A. 2. Matthew Smith 1.57.54. B. 1. Thomas Sugden 1.59.81. 1500. A. 5. Miles Brown 4.21.04. B. 1. Alessio Tutt 4.34.00. 3000. A. -. B. -. 110H. A. 3. Regan Laurence 14.73 (2.2). B. – 400H. A. 1. Luke Dronfield 55.48. B. 1. George Shaw 65.79. 2000 s/ch. A. 2. Ted Marston 7.11.90. B. -. HJ. A. 1. Barnaby Corry 1.75. LJ. A. 1. Barnaby Corry 5.94. B. 1. Jacob Byfield 5.89. TJ. A. 2. Jacob Byfield 12.73. PV. A. 1. Barnaby Corry 4.30. B. 1. Ben Platt 3.95. SP. A. 1. Dillon Claydon 15.52. B. 1. Brydon Duncan 11.36. DT. A. 1. Dillon Claydon 47.15. B. 1. Brydon Duncan 41.78. JT. A. 1. Ben Platt 45.94. HT. A. 2. Brydon Duncan 33.26. 4x100. 2. B&B (Nkwazi Ndila, Clayton Jacinto, Regan Laurence, Charles Nortey) 43.59. 4x400. 1. B&B (Bailey Marks – Belaon, Samuel McShane, Luke Dronfield, Pablo Seema Roca) 3.33.70. **U20W**. 100. A. 1. Tianna Haynes 12.34 (1.2). B. 1 Tyra Khambai- Annan 12.80 (1.2). 200. A. 2. Tianna Haynes 25.64 (0.4). B. 2. Tyra Khambai – Annan 25.55 (1.4). 400. A. 1. Zakia Mossi 57.91. B. 1. Liberty Whyte 64.00. 800. A. 2. Hannah Clark 2.18.93. B. 1. Lily Meers 2.27.44. 1500. A. 1. Hannah Clark 4.49.38. B. -. 3000. Event cancelled. 100H. A. 4. Kelsey Pullin 17.10 (0.3).B. -. 400H. A. 3. Kelsey Pullin 68.05. B. -. 1500 s/ch. A. -. B. -. HJ. A. -. LJ. A. N/M. Molly Savage. TJ. A. 2. Molly Savage 10.44. B. 1. Rachel Ilori 10.14. PV. -. SP. A. 1. Cleo Agyepong 14.38. B. 1. Peanut Meekings 9.04. DT. A. 2. Gypsy Nash 30.28. B. 2. Peanut Meekings 20.01. JT. A. 4. Peanut Meekings 37.16. HT. A. 2. Gypsy Nash 47.48. B. 2. Cleo Agyepong 25.80. 4x100. 1. B&B (Tyra Khambai Annan, Tianna Haynes, Emily Kerr, Molly Savage) 49.21. 4X400. 1. B&B (Kelsey Pullin, Lily Meers, Hannah Clark, Zakia Mossi) 4.09.00. **U17M**. 100. A. 3. Joseph Cope 11.52 (1.1). B. 4. Marley Byfield 11.75 (0.7). 200. A. 1. Samuel Mowa 22.26 (0.7). B. 2. Marley Byfield 23.76 (0.9). 400. A. 2. Samuel Mowa 50.90. B. 1. Nathan Firla 51.80. 800. A. 4. Mark Constable 2.09.22. B. 3. Franco Hillier 2.15.19. 1500. A. 3. Arthur Starvis 4.14.03. B. 1. Alexander Middleton 4.28.35. 3000. A. 2. James Barnes 9.45.05. B. 2. Lewis Brook 10.05.01. 100H. A. -. B. -. 400H. A. Harry Fage 64.30. B. -. 1500 s/ch. A. 4. Lewis Brook 5.22.14. B. -. HJ. A. 5. Finn Kitteridge 1.50. LJ. A. 4. Ralph Baker 5.36. TJ. A. 3. Ralph Baker 10.87. PV. A. 2. Oscar Witcombe 3.95. SP. A. 4. Max Kennedy 8.65. DT. A. 4. Max Kennedy 27.07. JT. A. 1. Felix McArdle Hodge 58.59. B. 1. Max Kennedy 42.30. HT. A. 3. Finn Kitteridge 13.40. 4x100. 2. B&B (Oscar Witcombe, Nathan Firla, Marley Byfield, Joseph Cope) 46.01. 4x400. 1. B&B (Harry Fage, Marley Byfield, Nathan Firla, Samuel Mowa) 3.36.89. **U17W**. 100. A. 2. Nina Whitter 12.67 (1.8). B. 1. Indiana Marshall 12.61 (-0.9). 200. A. 2. Nina Whitter 26.00 (1.2). B. 1. Indiana Marshall 26.02 (1.5). 300. A. 4. Julia Newman 44.08. B. 3. Emily Deveney 45.85. 800. A. 2. Gabriella Martin 2.21.69. B. 1. Emily Deveney 2.31.50. 1500. A. 2. Liberty Whyte 4.51.59. B. -. 3000. A. 2. Olivia Magee Brown 12.01.48. B. -. 80H. A. 1. Jodie Self 11.20 (2.6). B. 1. Sienna Kidd 11.83 (0.6). 300H. A. 1. Tallulah Ndikanwu 49.30. B. -. 1500 s/ch. A. 1. Amber Cockburn 5.31.09. B. 1. Carys Firth 5.33.73. HJ. A. 4. Elena Duncombe 1.45. B. 2. Tallulah Ndikanwu 1.45. LJ. A. 1. Daisy Snell 5.41. B. 1. Indiana Marshall 4.82. TJ. A. Charlotte Hosp 9.43. PV. A. -. SP. A. 1. Sienna Kidd 10.66. DT. A. -. JT. A. 3. Amber Cockburn 24.56. B. 2. Sienna Kidd 22.82. HT. A. 2. Sapphire Houston – Ball 42.35. 4x100. 1. B&B (Jodie Self, Indiana Marshall, Nina Whitter, Sienna Kidd) 48.63. 4x300. 1. B&B (Tallulah Ndikanwu, Julia Newman, Gabrielle Martin, Daisy Snell) 2.53.88. **Match**. B&B 747, 2. Windsor, Slough, Eton & Hounslow 564.5, 3. Reading 550, 4. Shaftesbury Barnet 455, 5. Basildon Beagles 313.5, 6. Camberley & Woking 154.

Parkruns. Silksworth. 51. Ian Taylor 26.08. **Bromley**. 1. Micah Evans 16.58, 25. Tuan Tran 20.36, 59. Jason Meers 22.02, 91. Austin Adams 23.19, 138. Stuart Cullum 25.10, 264. Graham Coates 29.01, 360. Anthony Pontifex 33.59. **Bexley**. 1. Darren Corneille 18.47, 50. Chris Pike 24.52. **Greenwich**. 27. Nick Barber 22.40. **Town Moor**. 34. Bertie Harrington 20.30. **Beckenham Place park**. 74. Adrian Stocks 24.31, 166. Bernard Wilson 29.25. **Nonsuch**. 48. Paul Ross-Davies 20.25. **Royal**

Tunbridge Wells. 155. Millie Haffenden 33.52. **Peacehaven**. 36. Mick Keene 27.27. **Lloyd park**. 60. David Beadle 24.40. **Eden Project.** 10. Richard Daniels 18.54, 29. Rod Harrington 20.46. **Hoblingwell**. 15. Adrian Perry 23.31, 18. Robert Perry 24.35. **Orpington**. 5. Gregory Firth 20.47, 131. Karen Desborough 34.10. **Southwark**. 186. Claire Springett 27.18. **Peckham Rye**. 73. John Turner 24.25, 208. Maz Turner 35.40. **Northallerton**. 34. Nick Swatton 26.35. **Malling**. 2. Steve Hough 17.58. **Tooting Common**. 366. Sally Smith 28.59. **Exmouth**. 78. Bob Minting 22.18. **Foots Cray Meadows**. 7. David Adams 23.58. **Bethlem Royal Hospita**l. 7. Paul Kerekgyarto 21.11. **Ifield Mill Pond**. 38. Zoe Kingsmell 26.46, 66. Andrew Kingsmell 32.02. **Sutcliffe park**. 6. Clayton Aves 17.49, 25. Steven Pairman 20.30, 45. Barry Wethrilt 23.16. 47. Peter Hamilton 23.23, 111. Julia Pairman 27.58. **Swanley**. 18. James Unwin 26.23.
Edinburgh Marathon Festival 10km. Jackie Montgomery 60.24 (59.39).
Harvel 5. 10. Blair Wilson 29.45 (29.44), 33. Steve Evenden 33.38 (33.35), 64. Keir Wilson 36.18 (36.14).
28-29/5/22
England Athletics Senior and Under 20 Combined Events Championships, Bedford. Senior Men. DNF. Theo Adesina (100 – 11.35, 400 – 51.55, 1500 – DNS, 110H – 16.44, HJ – 1.86, PV – 3.60, LJ – 6.72, SP – 11.75, JT – 12.75, DT – 31.02).
IFAM Dordegem, BEL. Men. 200. R1. 3. Dan Putnam 21.40 (0.1). A. 7. Dan Putnam 21.88 (0.3). 400. R1. 3. Dan Putnam 47.08. **Women**. 400H. R5. 2. Alex Hill 61.12.
29/5/22
East Anglian League, Peterborough. Women. HT. 1. Gemma Vickery* 45.52.
31/5/22
BMC Races, Exeter. 800. D. 5. Megan Barlow (U15G) 2.15.69.

RBMQ Question Six – Who is the odd man out?

RBMQ Question Seven – Results software

With a British Athletics League match fast approaching the Club is mailed by the League asking which of two results software packages we would be using…

Which Club results compiler commented "Sorry to be vague. I have read this but have no idea what the two systems are to compare one against the other. To be honest I cannot recall much about last year's system. That may be a good thing because I would have remembered if it was crap so maybe we should go with that".

125 years ago in May 1897.

There is a joint meeting of the Catford Cycling Club and Blackheath Harriers. First prize in the 100 yards is a case of carvers, second a salad bowl and third a case of butter knives. First prize in the 880 yards flat handicap is an entrée dish, second a case of spoons and third a biscuit box.
The Blackheath Harriers Annual Sports Festival takes place at Catford.
"Despite the wretched weather prevailing in the early part of the afternoon, there was a fairly good attendance of spectators to witness the excellent programme arranged by the old-established Blackheath Harriers".
"Probably the best sports programme of the season so far"
The Invitation Mile was worthy of a Championship. Sixty nine men ran in the one mile handicap, and twenty four in the Half mile steeplechase handicap.

In the second heat of the mile bicycle open handicap W Hodge (unattached) fell bringing down G D Casey (Victorsa Ramblers) who had the misfortune to break his collar bone, but Dr Munro was quickly in attendance and the bone was immediately set.

RBMQ Question Eight – Membership applications.

A new Membership form has arrived, hurrah. The Club just need to get him registered… he appears to be known by four different names.
Which Membership Secretary said "Good grief. It's enough to keep a psychiatrist busy for a year. After you with the aspirin"

100 years ago in May 1922

"Held in tropical conditions on Wednesday May 24 at Catford Bridge, the meeting, nevertheless, provided satisfactory racing, there being no lack of competitors…

RBMQ Question Nine – Club Records

Who holds the Club Record for the M65 triple jump?

75 years ago in May 1947.

A crowd of 15,000 attend the Whit Monday Sports at Pontypool Park as Sydney Wooderson competes in an invitation handicap mile. He wins the race despite a slight muscle problem the previous day.
Wooderson wins the two mile race at the Dartford Hospital Sports but then hot foots it to Coney Hall Recreation Ground to attend the first ever athletic meeting of youth organisations in West Wickham, Beckenham and Penge. Over 200 young people from 15 youth organisations take part. Mayor of Beckenham J. H. Atkins states "It has always been my view that there's not much wrong with the youth of the country and after seeing this afternoons athletics, I don't think I need despair of our young people." Referee of the meeting is G. F. Brooks who Wooderson introduces as his successor as President after the Club's Centenary Year in 1969.
The 15 year old secretary of the Hastings Cycling and Athletics Club, Anthony Pearson is able to announce that "Among noted athletes and coaches visiting the Club during the Summer will be Sydney Wooderson." Tony Weeks Pearson will be Blackheath Harriers Club President in the 1990-91 season.
Wooderson also wins the mile race in a triangular race against Surrey and Gillingham & District. All profits from the meeting are in aid of the National Union of Journalists Widow and Orphan Fund.
Among other races in a busy May schedule, Wooderson is first home in the two mile team race at the Billingham Synthonia's second annual meeting. He times 9.25.2, twenty seconds clear of Gordon Monshall.

50 years ago in April 1972

The Club finish last in the opening National League match of the season but on the plus side there are wins for Graham Gower in the 100 hurdles and Chris Clarke in the 400 hurdles. Future Presidents Mike Mahoney, Steve Cluney, Graham Botley, John Baldwin, Chris Haines and Jim Day are all in the team.
The first ever mixed County track and field championships take place at Crystal Palace. John Baldwin sets a Championship Best Performance of 9.07.2 in winning the 3000 steeplechase. Other Blackheath senior wins come from Graham Gower in the 110 hurdles and Barry Shapcott in the hammer. Ann Upson of Wigmore Ladies sets a Championship Best Performance of 5.91 in winning the long jump. Other victories come from Helen Minting in the 100 metres and Helen Key in the 100 Hurdles. The Intermediate Girls team of Alison Beer, Helen Downing, Nicola Klarkowski and Sue Reed set a CBP in the Intermediates 4x100.
The Club Evening Meeting at Ladywell – pavilion burnt out, alternative changing accommodation less than satisfactory, track in disgraceful condition and an almost complete lack of throwing implements.
At the Inter Counties at Leicester, John Watts wins the discus and Graham Gower is second in the 110 hurdles.

RBMQ Question Ten – Southern Vets Final

When Blackheath won the Southern Veterans Final in 2002, who won the B string M40 walk?

25 years ago in April 1997

Blackheath are last in the opening British League match of the season at Enfield. Best performance comes from Mark Steinle who is second in the 5000. The Club also field two teams the same day in the Southern League at Exeter and Watford.
Steve Harrison wins the javelin at the British Universities Championships in Antrim with a throw of 70.62.
Alexis Sharp wins the AAAs Decathlon Championships with 7500 points.
The AAAs 10,000 championships are held in conjunction with the Inter Counties. Mark Steinle wins in 29.27.98 with Dave Taylor second in 29.29.59. Joyce Hepher of Bromley Ladies wins the long jump at the Inter Counties.
At the Kent Championships at Crystal Palace there are wins for Blackheath for Lash Lashore (200), Ant Draper (800) Mensah Elliott (110H). Bromley Ladies have wins for Nicole Bowring (400), Bianca Liston (100H), Myrtle Augee (SP) and Joyce Hepher (LJ). At the Surrey Championships, Emeka Udechuku wins the Senior shot, discus and javelin titles. He also wins the under 20 events in these three disciplines and is second in the hammer. Tendaai Huntley wins the Senior long jump.
At the Southern Under 20 Championships there are wins for Ruben Tabares in the 400 hurdles and Emeka Udechuku in the shot and discus.
A close match in the Young Athletes League for Girls in Peterborough with Bromley Ladies first with 352, Peterborough second (344) and Blackheath third (340).

RBMQ – Answer