



Blackheath & Bromley Courier

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President 2022-23. David Appleton.

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



Two Deaths were reported in July, Bill Boulton and Geoff Geere. Both had been members since the early 1950s. Geoff is no 41 in the picture below, kindly supplied by Chris Haines. Lots of fun to be had identifying the others in this photo from 1972.



After the photo was taken Geoff finished 29th in the Club 5 in 35.08. He was at the Centenary Dinner at the Mansion House in 1969 and ran in the Centenary 100 X 1 Mile relay (leg 93 with a time of 5.58). In later years he would officiate for the Club at track and field matches. He wrote to Rob Brown in more recent times to say that now that he was over 90 he did not feel

the need to renew his EA affiliation fee. However, as one door closed, another one opened, he was National over 90s orienteering champion. Rest In Peace.

Results.

There are plenty of outstanding performances listed below, headed by Dina's individual bronze in the 200 metres at the World Championships, plus Adam's bronze with the relay squad. How many of those below will gain medals at future Worlds? Faith Akinbilije broke Dina's Club Under 17 200 record at the European Under 18 Championships with Cleo Agyepong winning the shot. Medals across the age groups at numerous Championships, with plenty of new Club Records, not a bad month.

So from Jerusalem to Haverfordwest, from Cork to Squerryes Winery, from Barcelona to Battersea, from Finland to Foots Cray, from Mannheim to Mole Valley, from...

26/6 – 10/7/22

World Masters Championships, Tampere, Finland. W40. 100. SF1. 5. Louisa Vallins 12.87 (0.6). Ht4. 4. Louisa Vallins 12.82 (2.7). 200. SF2. 6. Louisa Vallins 26.60 (-1.8). Ht2. 4. Louisa Vallins 26.09 (1.0).

2/7/22

National Athletics League, Premier, Woodford. Men. A. 3. Abdul Rahaman Jolaoso 10.58 (1.7). B. 2. Luke Dorrell* 10.65 (1.6). N/S. R1. 1. Rico Cottell 11.17 (0.8). R2. 2. Charles Nortey 10.81 (2.9), 3=. Chizute Ogbedeh 11.02. R3. 6. Kyle Reynolds Warmington 10.68 (2.0). 200. A. 2. Luke Dorrell* 21.08 (3.1). B. 1. Dan Putnam 21.11 (0.1). N/S. 1. Lyle Reynolds Warmington 22.37 (2.0). 400. A. 1. Dan Putnam 46.69. B. 7. Charles Nortey 53.30. 800. A. 1. Sam Reardon 1.51.33. B. 3. Thomas Sugden 2.00.07. 1500. A. 1. Harry Cox 3.56.03. B. 2. Charlie Davis 4.05.86. 5000. A. 8. Dan Kennedy 16.25.54. B. 8. Joshua Dowling 17.59.44. 110H. A. 4. Rico Cottell 14.61 (2.5). 400H. A. 1. Bailey Stickings 52.16. B. 2. Luke Dronfield 55.76. 3000 s/ch. A. 4. Lewis Harknett* 9.42.78. B. 1. Alex Gibbins 10.35.55. HJ. A. 1. Kelechi Aguocha 2.17. B. 3. Patrick Apantaku 1.52. LJ. A. 6. Patrick Apantaku 5.18. B. -. TJ. A. 1. Toby Dronfield 14.85. B. 2. Patrick Apantaku 11.71. PV. A. 4. Oscar Witcombe 3.92. B. 2. Ben Platt 3.72. SP. A. 4. Ben Hawkes 13.53. B. 1. Dillon Claydon 13.44. DT. A. 1. Dele Aladese 49.48. B. 1. Dillon Claydon 40.12. JT. A. 4. Angus Harrington 47.35. B. 3. Ben Platt 41.07. HT. A. 1. Ben Hawkes 69.19. B. 3. Roger Platt 19.41. 4X100. 2. B&B 41.60. 4X400. 1. B&B (Harry Cox, Bailey Stickings, Dan Putnam, Sam Reardon) 3.11.05 (**CLUB SENIOR RECORD**). **Women.** 100. A. 2. Darcey Kuypers 12.02 (2.4). B. 1. Modupe Shokunbi 12.20 (2.4). N/S. R2. 4. Annie Davies 12.26 (3.0), 5. Modupe Shokunbi 12.28. 200. A. 2. Darcey Kuypers 24.89 (2.2). B. 4. Channelle Cole 25.75 (1.6). 400. A. 3. Cameron Kelly Gordon 57.45. B. 3. Kelsi Cornish 62.86. 800. A. 2. Morgan Squibb 2.13.50. B. 2. Jessica Keene 2.19.48. 1500. A. 1. Niamh Bridson Hubbard 4.31.71. B. 1. Amarisa Sibley 4.36.64. 3000. A. 1. Niamh Bridson Hubbard 9.36.06. B. 1. Morgan Squibb 10.49.87. 100H. A. 1. Mallory Cluley 13.67 (2.1). B. -. 400H. A. 1. Sophie Elliss 59.83. B. -. 2000 s/ch. A. 1. Ailbhe Barnes 7.30.0. B. 1. Hannah Clark 7.47.1. HJ. A. -. B. -. LJ. A. 4. Mary Adeniji 5.55. B. 4. Molly Savage 5.13. TJ. A. 3. Karina Harris 11.40. B. 4. Molly Savage 10.14. PV. A. 1. Sophie Dowson 3.92. B. NH. Liz Hughes. SP. A. 5. Hannah MacAulay 10.77. B. 4. Annie Davies 9.18. DT. A. 2. Hannah MacAulay 41.73. B. 3. Gypsy Nash 28.37. JT. A. 8. Annie Davies 21.18. B. 6. Niamh Bridson Hubbard 12.44. HT. A. 5. Gemma Vickery* 48.88. B. 2. Gypsy Nash 43.86. 4x100. 2. B&B 48.21. 4X400. 1. B&B 3.57.75.

Night Of Athletics – World Athletics Continental Tour Bronze Heusen – Zolder, BEL. JT. 5. James Whiteaker 67.12.

ESAA English Schools Cup Final, Abingdon. Intermediate Boys. 80H. A. 1. Andrew Nikoro 11.1. HJ. A. 4. Andrew Nikoro 1.74. **Intermediate Girls.** 1500. A. 3. Lara Tunali Flynn 4.58.8. **Junior Girls.** 1500. A. 2. Isabel Pauling 5.08.7.

Veterans AC 5km Championships, Battersea Park. 2. Micah Evans 16.39, 3. David Adams 16.43.

Podium 5km, Leicester. Race C. 16. Jennifer Walsh* 16.19.

Parkruns. Bushy. 491. John Isaacs 27.09. **Bromley.** 2. Micah Evans 16.36, 13. Millie Smith 18.43, 25. Steve Evenden 19.32, 26. Paul Kerekgyarto 19.37, 40. Roger Vilardell 20.44, 46. Carys Firth 21.00, 60. Matthew Maddocks 21.26, 70. Sarah Belaon 21.43, 79. Emily Deveney 22.04, 96. Austin Adams 22.43, 107. Andy Tucker 23.01, 137. Gregory Firth 24.02, 261. Bernard Wilson 28.14. **Bexley.** 86. Chris Pike 26.11. **Beckenham Place park.** 53. Luigi Arcuri 23.54. **South Norwood.** 1. Paul Sharpe 18.24, 2. Clayton Aves 18.32, 30. David Beadle 24.52. **Orpington.** 57. Dave Leal 25.33, 156. Karen Desborough 33.44.

Southwark. 1. Robert Perry 17.14. **Pegwell Bay.** 8. Paul Ross-Davies 20.42. **Lullingstone.** 1. Darren Corneille 20.22. **Malling.** 2. Steve Hough 18.02. **Exmouth.** 79. Bob Minting 25.28. **Littleport.** 42. Jackie Montgomery 26.28. **Foots Cray Meadows.** 30. Adrian Perry 37.21. **Caffarella.** 14. Anthony Pontifex 35.24. **Walmer and Deal Seafront.** 85. Mick Keene 27.46. **Isabel Trail.**

36. Mike Simms 22.46. **Bethlem Royal Hospital.** 29. James Unwin 25.11. **Killarney House.** 43. Zoe Kingsmell 25.45, 58. Andrew Kingsmell 28.22. Squerryes Winery. 36. Mark Ellison 23.42. **Sutcliffe park.** 20. Steven Pairman 20.50, 56. Peter Hamilton 24.21, 95. Julia Pairman 28.20. **Ross On Wye.** 2. Pippa Woolven 18.23 (1st woman).

2-3/7/22

BAUHAUS Junioren Gala – World Athletics Tour Challenge, Mannheim, GER. 100. Ht3. 1. Jeriel Quainoo 10.35 (0.1). 2/7. 4x100. 1. Great Britain (inc Jeriel Quainoo) 40.78. 3/7. 4x100. DNF. Great Britain (inc Jeriel Quainoo).

3/7/22

Be Fit Today Outdoor Series, Dagenham. Men. R1. R1. 4. Makai Sabido-Rodney (U15B) 12.04 (2.9). R3. 7. Raheem Finley (U15B) 12.35 (1.3). R7. 1. Rhys Francis 10.78 (3.3). R12. 2. Korede Awe 10.43 (1.9). R2. R1. 1. Raheem Finley 12.23 (1.7). R2. 3. Makai Sabido-Rodney 12.07 (2.1). R8. 4. Rhys Francis 10.88 (2.3). R11. 3. Korede Awe 10.34 (1.5). 150. R2. 2. Raheem Finley 18.28 (1.1), 3. Makai Sabido Rodney 18.46. 200. R1. 3. James Lawson (U17M) 23.08 (2.5). R8. 2. Korede Awe 21.06 (2.9).

YDL Lower, Premier, Hornchurch. Match. 1. B&B 610, 2. Havering 541, 3. Reading 533, 4. Tonbridge 461, 5. Crawley 381, 6. Bracknell 204. **Overall.** 1. B&B 17 (1744.5), 2. Reading 15 (1636), 3. Tonbridge 11 (1469.5), 4. Havering 11 (1444), 5. Crawley 8 (1226.5), 6. Bracknell 3 (826.5). **Under 15 Boys.** 100. A. 1. Reo McCausland 11.40 (-0.8). B. 2. Alexander Morrell 12.00 (-0.2) N/S. A. 1. Theodore Osubu 12.69 (-0.6). B. 1. Ellis Ibrahim 12.52 (-0.3). 200. A. 3. Ryen Rennie 24.09 (-0.5). B. 1. Harrison Vallins 25.53 (-1.8). 300. A. 1. Ryen Rennie 38.43. B. 1. Tishe Fatona 40.09. 800. A. 2. Joseph Scanes 2.09.13. B. 1. Hendri Verster 2.07.86. N/S. A. 5. Ben O'Grady 2.25.72, 6. Ryan Tran 2.26.88. 1500. A. 3. Lucas Elmqvist 4.19.30. B. 1. Joseph Will 4.32.13. 80H. A. 3. Joshua Dako 12.55 (-0.9). B. 4. Ben O'Grady 15.46 (-0.7). HJ. A. 3. Joshua Dako 1.60. B. 4. Samuel Barlow 1.30. LJ. A. 1. Joshua Dako 5.19. B. 1. Tishe Fatona 5.04. PV. A. 1. Charlie Platt 2.60. B. -. SP. A. 2. Ellis Ibrahim 10.10. B. 1. Ryen Rennie 9.79. DT. A. 4. Alexander Morrell 22.02. B. 3. Hendri Verster 17.44. JT. A. 1. Ellis Ibrahim 48.19. B. 5. Alexander Morrell 13.17. HT. A. 6. Samuel Barlow 10.89. B. -. 4x100. 1. B&B (Theodore Osubu, Alexander Morrell, Harrison Vallins, Reo McCausland) 47.22. 4x300. 1. B&B (Hendri Verster, Joseph Scanes, Harrison Vallins, Ryen Rennie) 2.41.19. **Under 15 Girls.** 100. A. 1. Chizam Boniface 12.87. B. 2. Cheyenne Nketia 13.06. N/S. A. 4. Lottie Palmer 14.41 (0.4). B. 5. Deianira Gyampa Boamah 14.77 (-0.4). 200. A. 3. Chizam Boniface 26.98 (-1.3). B. 1. Sybil Wirrom – Jorrie 26.56 (0.9). 300. A. 1. Alyssa Firla 41.24. B. 1. Megan Barlow 42.50. 800. A. 1. Megan Barlow 2.17.42. B. 1. Naimah Mossi 2.25.97. N/S. 1. Leah Kyriacou 2.25.85, 2. Niamh Stanley 2.29.13. 1500. A. 3. Luciana Smith 5.01.31. B. 1. Lydia Witcombe 5.01.69. 75H. A. 3. Alyssa Firla 12.00 (-1.1). B. 4. Beth Regan 13.39 (-0.8). HJ. A. 2. Megan Barlow 1.45. B. 4. Abigail Williams 1.20. LJ. A. 1. Sybil Wirrom Jorrie 4.75. B. 1. Chizam Boniface 4.74. PV. A. 2. Lydia Witcombe 2.20. B. -. SP. A. 1. Alyssa Firla 9.10. B. 5. Lydia Witcombe 6.21. DT. A. 6. Beth Regan 10.24. B. 4. Lottie Palmer 6.84. JT. A. 4. Abigail Williams 13.74. B. 3. Lottie Palmer 8.03. HT. A. 4. Abigail Williams 12.30. B. 3. Beth Regan 6.79. 4X100 3. B&B (Cheyenne Nketia, Sybil Wirrom Jorrie, Lottie Palmer, Chizam Boniface) 52.21. 4x300. 2. B&B (Alyssa Firla, Naimah Mossi, Matilda Shilland, Megan Barlow) 2.56.74. **Under 13 Boys.** 75. A. 2. Piers Spencer Simms 10.02 (-0.2). B. 2. Jamie Ellerton 10.29 (0.3). N/S. A. 1. Nicholas Marquez 10.32 (-0.5). B. 1. Thomas Vallins 10.40. 150. 4. Thomas Vallins 20.77 (0.2). B. 4. Oscar Sadowski 21.56. 800. A. 1. Gabriel Cheesman 2.32.92. B. 1. Jake Martin 2.36.24. N/S. 1. Trejan Checkeku – Boamah 2.38.40, 3. Benjamin Evans 2.41.44. 1200. A. 3. James Shaw 3.52.48. B. 1. Daniel Horgan 4.01.76. 75H. A. 1. Jamie Ellerton 12.11 (-0.1). B. 3. Sebastian North 14.98 (-1.1). HJ. A. 3. Sebastian North 1.30. B. 5. Oscar Sadowski 1.10. LJ. A. 2. Jamie Ellerton 4.42. B. 3. Oscar Sadowski 4.01. SP. A. 4. Rory Witcombe 6.86. B. -. JT. A. 1. Sebastian North 26.62. B. 1. Rory Witcombe 21.65. 4x100. 1. B&B (Nicholas Marquez, Jamie Ellerton, Thomas Vallins, Piers Spencer Simms) 52.64. **Under 13 Girls.** 75. A. 1. Emilia Adese 10.11 (0.9). B. Isabella Campbell – Andou 10.49 (-0.4). N/S. A. 2. Mariana Caceres 11.05 (0.6). B. 6. Freya Pearson 11.97 (-0.7). 150. A. 2. Emilia Adese 19.97 (-0.9). B. 3. Kara Bryan 20.89 (-1.3). 800. A. 1. Kara Bryan 2.25.31. B. 1. Sophie Tran 2.29.69. N/S. 1. Hissa Al Faisal 2.40.08, 5. Sofia Mossi 2.51.37. 1200. A. 1. Sophie Fleming 4.05.91. B. 2. Evie De Bruyn 4.21.25. 75H. A. 4. Heidi Coulson 12.49 (0.3). B. 2. Rowan Pearson 13.54 (1.2). HJ. A. 3. Maya Al Faisal 1.35. B. 3. Heidi Coulson 1.30. LJ. A. 3. Isabella Campbell Andou 4.13. B. 2. Heidi Coulson 4.00. SP. A. 1. Emilie Adese 10.36. B. 3. Rowan Pearson 5.77. JT. A. 5. Rowan Pearson 10.12. B. 4. Freya Pearson 8.13. 4X100. 2. B&B. (Kara Bryan, Emilia Adese, Heidi Coulson, Isabella Campbell Andou) 54.94.

Bewl 15, Wadhurst. 12. Tony Crowder 1.46.42 (1.46.39), 43. Steve Evenden 1.56.40 (1.56.36), 74. Steve Pairman 2.02.44 (2.02.31), 78. William Brindley 2.04.19 (2.04.08), 82. Matt Bullen 2.05 (2.04.53).

East Anglia League, Ipswich. SP. N/S. 1. Gemma Vickery* 7.85. DT. A. 2. Gemma Vickery* 27.48. HT. A. 1. Gemma Vickery* 46.55.

4/7/22

National Preparatory Schools Athletics Champs, Nuneaton. Intermediate Girls. 75H. 5. Charlotte Bloodworth 13.52 (2.8). Ht1. 3. Charlotte Bloodworth 13.56 (1.9). **Junior Boys.** HJ. 10. Sebastian North 1.25.

4-7/7/22

European Under 18 Championships, Jerusalem. 200. 1. Faith Akinbileje 23.36 (2.5). Ht1. 1. Faith Akinbileje 23.44 (1.6) (**CLUB UNDER 17 RECORD**). Medley Relay. 1. Great Britain inc Faith Akinbileje 2.07.18. Ht3. 1. GB INC Faith Akinbileje 2.07.66. SP. 1. Cleo Agyepong 17.39. Q.A. 2. Cleo Agyepong 15.82.

5/7/22

Cork City Sports. 100. 1. Kieran Daly 10.41 (1.3).

Miting Internacional a Atletisme Ciutat de Barcelona – World Athletics Continental Tour Challenge, Barcelona, ESP. JT. 3. Bekah Walton 51.23.

Tonbridge AC Open Meeting. 100. R3. 3. Tom Phillips (M65) 14.60 (0.5). Women. R2. 1. Ariana Jenner-Heard 14.59 (-0.4). R4. 4. Emily Hayden De Carbonnieres 14.21 (-1.1). 200. Mx. R2. 1. Ariana Jenner-Heard 29.30 (-0.9), 3. Tom Phillips 30.91 (-0.9). R4. 3. Emily Hayden de Carbonnieres 28.85 (-1.3). 400. MX. R1. 2. Steve Hough (M45) 64.79. R2. 3. Ian Firla (M50) 60.41. R3. 1. Alex Hill 56.88, 4. Gabriella Martin (U17W) 61.93. Men. R5. 1. Matthew Smith (U20) 52.64. R6. 3. James Naylor (U23M) 53.65. 800. R10. 1. Sam Reardon (U20M) 1.47.38, 5. Ben Gardiner (U23M) 1.52.56. MX3. 1. Steve Hough 2.21.53, 4. Charlotte Bloodworth (U15G) 2.30.90. MX4. 1. Benjamin O'Grady (U15B) 2.23.30. MX6. 2. Harry Fage (U17M) 2.13.34. PV. N/H. Alan Hardy. DT. 1K. 1. Erin Simpson (U15G) 28.13.

6/7/22

BMC Gold Standard Races, Birmingham. 1500. B. 13. Joe Rogers* 4.08.87.

8-9/7/22

English Schools Championships, Manchester. Senior Boys. 100. 6. Charles Nortey 11.15 (-0.5). SF2. 3. Charles Nortey 11.36 (-2.2). Ht1. 1. Charles Nortey 11.22 (-1.1). 400. 4. Pablo Seema Roca 48.44. Ht1. 1. Pablo Seema Roca 49.35. 400H. 6. Luke Dronfield 55.23. Ht1. 3. Luke Dronfield 55.66. PV. 4. Barnaby Corry 4.35. DT. 2. Dillon Claydon 44.71, 11. Brydon Duncan 38.55. **Senior Girls.** 1500 s/ch. 7. Ailbhe Barnes 5.13.16. HT. 4. Gypsy Nash 45.87. **Intermediate Boys.** 100. SF3. 8. Issah Abdulkarim 11.76 (-2.5). Ht3. 4. Issah Abdulkarim 11.47 (-0.5). 200. Ht1. 2. Samuel Mowa 22.81 (-1.5). 400. Ht3. 4. Nathan Firla 51.48. 100H. Ht1. 6. Rayhan Mourtada 14.07 (0.2). PV. 3. Oscar Witcombe 3.90. JT. 1. Felix McArdle Hodge 64.27. **Intermediate Girls.** 80H. 8. Jodie Self* 14.12 (-0.6). Ht2. 1. Jodie Self* 11.34 (1.1). LJ. 4. Sienna Kidd 5.55, 5. Daisy Snell 5.53. **Junior Boys.** 100. 6. Reo McCausland 11.56 (0.3). SF1. 2. Reo McCausland 11.64 (-1.6). Ht2. 1. Reo McCausland 11.39 (-1.6). PV. 3. Charlie Platt 3.50. JT. 1. Ellis Ibrahim 51.89. **Junior Girls.** 300. 8. Alyssa Firla 42.09. SF2. 3. Alyssa Firla 41.67. Ht2. 2. Alyssa Firla 41.59. 800. 4. Megan Barlow 2.13.86. Ht3. 4. Megan Barlow 2.14.78. HJ. 1. Qi'-Chi Ukpai 1.71. DT. 5. Erin Simpson 30.37.

9/7/22

South Of England Senior and Under 20 Inter Counties, Horspath. Senior Women. 400. 2. Alex Hill 55.68. 100H. 1. Mallory Cluley 14.16 (0.4). PV. 2. Holly Platt 2.60. **Under 20 Men.** 1. Michael Uzozie 51.49. 800. 1. Thomas Sugden 2.00.39. **Under 20 Women.** 800. 1. Morgan Squibb 2.15.40. 1500. 1. Hannah Clark 4.47.33. 400H. 2. Kelsey Pullin 70.39. DT. 1. Zara Obamakinwa 44.53.

MK 5000 PB Special, Milton Keynes. 3. Jennifer Walsh* 15.59.70.

Parkruns. Bromley. 17. Peter Brooks 19.22, 21. Rod Harrington 19.42, 54. Sarah Belaon 21.39, 71. Matthew Maddocks 22.23, 87. Tuan Tran 22.56, 98. Andy Tucker 23.23, 129. Ian Montgomery 24.30, 163. Jackie Montgomery 25.53, 227. Sally Smith 28.15, 408. Denis Mclean Lawrie 42.20. **Bexley.** 20. Paul Ross-Davies 21.45. **Maidstone.** 27. Mark Ellison 23.00, 116. Anne Cilia 27.58. **Beckenham Place park.** 55. Luigi Arcuri 23.38, 74. Iain Swatton 24.43. **Crystal Palace.** 111. John Isaacs 27.55, 168. David Appleton 32.38. **Bournemouth.** 124. Peter Hamilton 26.08. **South Norwood.** 3. Clayton Aves 19.00. **Riddlesdown.** 77. Mick Keene 29.10. **Orpington.** 1. Thomas Desborough 17.21, 29. Carys Firth 23.07, 119. Karen Desborough 32.59. **Nose Hill.** 1. Robert Perry 17.46, 12. Adrian Perry 24.39. **Exmouth.** 72. Bob Minting 23.15. **Mole Valley.** 115. Zoe Kingsmill 32.06, 116. Andrew Kingsmill 32.14. **Clapham Common.** 103. Jessica Keene 22.41, 146. James Cunningham 23.51. **Foots Cray Meadows.** 12. John Turner 25.41, 38. Maz Turner 35.57, 45. George Collins 57.04. **Marlborough Common.** 8. Cristina Gilodi-Johnson 21.03. **Bethlem Royal Hospital.** 8. Aurelia Osborne 21.35, 13. Mike Simms 23.11. **Sutcliffe park.** 42. Barry Wetherilt 24.10.

9-10/7/22

University Of Birmingham Track And Field Fest. 100. MX. R1. R2. 6. Darcey Kuypers 12.14 (1.2). R2. R2. 4. Darcey Kuypers 12.12 (1.0). 400. R1. 2. Henry Fisher 48.14. SM. I. 2. Dan Putnam 47.04. 800. R5. 1. Ben Gardiner (U23M) 1.51.60.

10/7/22

BMC Regional Racs, Gillingham. 800. C. 2. Morgan Squibb 2.11.97. D. 1. Lara Mannes 2.16.24, 2. Kate Price 2.19.58.

Medway & Maidstone AC Open Meeting, Gillingham. 100. R3. 1. Christopher Barrett (U17M) 11.79 (1.2). R5. 2. Tristan Thomas (U15B) 13.20 (0.2), 5. Troy Ogedengbe (U13B) 13.51. 200. R5. 1. Trejan Checkeku Boamah (U13B) 29.29 (-0.1). R6. 2. Troy Ogedengbe 27.86 (1.2), 4. Deianira Gyampa Boamah (U15G) 43.52. 300. R1. 6. Tristan Thomas 43.52. R2. 2. Tone Charles (U15B) 41.81, 5. Islay Pearson (U17W) 48.19. 400. R1. 3. Christopher Barrett 53.32. R2. 5. Emily Deveney (U17W) 64.55. R3. 3. Benjamin O'Grady (U15B) 64.80. 1500. 8. Daniel Horgan (U13B) 5.05.44, 9. Niamh Stanley (U15G) 5.08.95, 12. Lydia Marston (U15G) 5.37.21, 13. Matthew Tootell (U13B) 5.49.10. 3000 Walk. 7. Abigail Smith (U20W) 17.15.18. HJ. 7. Islay Pearson 1.30. JT. 600g. 1. Steve Langdon (M60) 39.24. HT. 3K. 6. Freya Pearson (U13G) 11.85.

Sevenoaks 7. 5. Martin Richardson 40.24 (40.23), 6. Graeme Lugar 40.54 (40.52), 7. David Adams 41.05 (40.03), 12. Steve Hough 42.20 (42.18).

12/7/22

Trafford GP, Stretford. 3000. 15. Jennifer Walsh* 9.13.34

Veterans AC 5K Race Walk Championships, Battersea Park. 5. David Hoben* 37.40, 8. Peter Hannell* 39.54.

13/7/22

BMC Gold Standard Races, Watford. Men. 800. B. 4. Harry Cox* 1.50.73. **Women.** 800. A. 3. Zakia Mossi 2.12.6.

Hercules Wimbledon 800 and 3000 Night. 3000. R1. 6. Roger Beswick 10.18.81. R3. 17. Dave Taylor 9.48.73. R4. 3. Niamh Bridson Hubbard 9.07.83 (**CLUB SENIOR WOMEN RECORD**). R5. 4. Dan Kennedy 9.02.87.

RunThrough Battersea Park Chase The Sun 5km. 27. Darren Corneille 40.23 (40.16).

14/7/22

Track Academy Open Competition, Willesden. 200. Women. R3. 4. Maya Al Faisal (U13G) 30.37 (0.5). 300. U15. 3. Naimah Mossi 45.20. 400. MX. 3. Pierre Guillaume 55.18. 800. U13. 1. Devora Yohannes 2.35.94.

15/7/22

Kent Masters League Div One, Tonbridge. M35. 400. A. 5. Ashley Reid 61.3. B. 2. Darren Corneille 60.4. 1500. A. 5. Steve Hough 4.54.7. B. 6. Ian Scott 5.17.2. 4x400. 5. B&B (Ian Scott, Steve Hough, Darren Corneille, Ashley Reid) 4.23.8. HJ. -. HT. -. **M50.** 400. 5. John Turner 89.6 (**CLUB M70 RECORD**). 1500. 6. Mark Ellison 5.52.4. HJ. 4. Clem Leon 1.31. HT. 6. John Turner 5.28. **M60.** 400. 4. Clem Leon 69.3. HT. 6. Clem Leon 11.29. **Match.** 1. Dartford 67, 2. Tonbridge 58.5, 3. Cambridge Harriers 50.5, 4. Medway & Maidstone 40.5, 5. Bexley 29.5, 6. B&B 23. **Overall.** 1. Dartford 17 (181), 2. Tonbridge 16 (162.5), 3. Cambridge Harriers 10 (138.5), 4. Medway & Maidstone 8 (118.5), 5. B&B 7 (111), 6. Bexley 5 (97.5). **W35.** 400. 5. Aurelia Osbourne 71.2. B. 3. Sara Elmqvist 74.9. 1500. A. 3. Aurelia Osbourne 5.38.7. B. 2. Sarah Belaon 5.48.7. 4X400. 3. B&B (Aurelia Osbourne, Sara Elmqvist, Sarah Belaon, Helen Godsell) 5.06.3. PV. -. SP. 5. Sara Elmqvist 5.91. **W50.** 400. 4. Jackie Montgomery 83.9. 1500. 5. Jackie Montgomery 7.06.2. PV. 2. Anne Cilia 1.10. SP. 2. Jackie Montgomery 5.89. **W60.** 400. 1. Helen Godsell 78.3. SP. 4. Anne Cilia 5.15. **Match.** 1. Tonbridge 54, 2. Dartford Harriers 51, 3. B&B 45, 4. Bexley 39, 5. Cambridge Harriers 32. **Overall.** 1. Tonbridge 18 (172), 2. Dartford Harriers 14.5 (145), 3. Bexley 10.5 (125.5), 4. Cambridge Harriers 9 (118), 5. B&B 8 (119), 6. Bromley Vets 2 (32.5).

15-24/7/22

World Athletics Championships, Eugene, OR. Men. 200. Ht6. 4. Adam Gemili 20.60 (1.1). 4x100. Ht1. 2. GB (inc Adam Gemili) 38.49. Final 3. GB. (Although he was not part of the quartet Adam also receives a bronze medal). **Women.** 100. 4. Dina Asher Smith 10.83 (0.9). SF1. 2. Dina Asher Smith 10.89 (-0.2). Ht5. 1. Dina Asher Smith 10.84 (1.3). 200. 3. Dina Asher Smith 22.02 (0.7). SF2. 2. Dina Asher Smith 21.96 (1.5). HT4. 2. Dina Asher Smith 22.56 (0.5). 4x100. 6. GB (inc Dina Asher Smith) 42.75. Marathon. DNF. Rose Harvey*.

16/7/22

SIAB Schools International, Belfast. 3000 walk. 4. Jonathan Ellerton 16.02.81.

Southern Athletics League Div One, Chelmsford. Match. 1. Chelmsford 227, 2. Harrow 220, 3 B&B 197, 4. Eastbourne Rovers 106. **Men.** 100. 1. Michael Damoah 10.8. B. 1. Kyle Reynolds Warmington 11.2. N/S. Chizute Ogbedeh 11.1, Matthew Knight 11.5, Warren Lewis 11.5, Nkwazi Ndila 11.5, Jessy Cimanga 11.9, Adam Islam Medeaux 11.3, Issak Abdulkarim 11.3, Marly Byfield 11.6, Nathan Firla 11.7. 200. A. 2. Michael Damoah 22.2. B. 2. Kyle Reynolds Warmington 23.7. N/S. Adam Islam Medeaux 23.0, Nathan Firla 23.5, David Hall 24.1, Marly Byfield 24.1, Chizute Ogbedeh 22.9, Nkwazi Ndila 23.7, Bailey Marks Belaon 23.9, Matthew Knight 24.2. 400. A. 1. Dan Putnam 46.4. B. 1. Bailey Stickings 48.1. N/S. Ben Gardiner 48.6, Matthew Smith 52.3, Bailey Marks Belaon 53.6. 800. A. 3. Arthur Starvis 2.03.4. B. 3. Mark Constable 2.06.9. N/S. Alex Middleton 2.09.3, Franco Hillier 2.14.1. 1500. A. 3. Alexander Middleton 4.44.4. B. 3. Micah Evans 5.58.9. 5000. A. 3. Dan

Kennedy 16.13.0. B. 2. David Adams 16.41.5. 110H. A. -. B. -. 400H. A. -. B. -. 2000 s/ch. A. 3. Alex Gibbins 6.49.2. B. 1. Micah Evans 6.58.9. HJ. A. 3. Andrew Nikoro 1.75. B. 3. James Nightingale 1.65. LJ. A. 4. Micah Evans 4.75. B. 4. Andrew Nikoro 3.92. TJ. A. 4. Marly Byfield 11.71. B. 3. James Nightingale 9.75. PV. A. 3. Ben Platt 3.70. B. 3. Roger Platt 2.70. SP. A. 2. Dele Aladese 10.88. B. -. DT. A. 1. Dele Aladese 49.24. B. 1. Alex Pope 35.23. JT. A. 2. Ben Platt 44.21. B. 3. Joshua Buddle Smith 36.39. HT. A. 4. Roger Platt 20.21. B. -. 4X100. 1. B&B 43.7. 4X400. B&B 3.27.4. **Women.** 100. A. 1. Chanelle Cole 12.5. B. 2. Nina Whitter 13.3. N/S. Emily Hayden De Carbonnieres 14.2, Anais Hemetsberger 15.2. 200. A. 2. Chanelle Cole 25.9. B. 1. Nina Whitter 26.1. N/S. Anais Hemetsberger 31.4. 400. A. 1. Rachel Dickens 56.1. B. 1. Alex Hill 56.8. N/S. Kelsi Cornish 61.1, Cara Gould 66.2, Francesca Middleton 72.1. 800. A. 2. Kelsi Cornish 2.20.8. B. 2. Emily Deveney 2.36.2. 1500. A. 3. Kate Price 4.57.6. B. 1. Lara Tunali Flynn 4.59.1. 3000. A. 2. Carys Firth 11.02.8. B. -. 100H. A. -. B. -. 400H. A. 1. Alex Hill 59.7. B. 1. Tallulah Ndikanwu 69.4. 2000 s/ch. A. -. B. -. HJ. A. 2. Daisy Snell 1.50. B. 2. Madeleine Marston 1.35. N/S. Tallulah Ndikanwu 1.40. LJ. A. 1. Daisy Snell 5.50. B. 2. Rachel Ilori 4.48. N/S. Lily Anderson 4.30. TJ. A. 2. Rachel Ilori 10.54. B. 2. Charlotte Hosp 9.66. N/S. Emily Hayden De Carbonnieres 9.07. PV. A. 2. Sophie Dowson 3.70. B. 1. Liz Hughes 2.80. SP. A. 3. Hannah MacAulay 10.58. B. 3. Liz Hughes 8.55. DT. A. 2. Hannah MacAulay 39.57. B. -. JT. A. 4. Liz Hughes 17.29. B. 1. Sapphire Houston Ball 14.28. HT. A. 2. Gypsy Nash 47.81. B. 1. Sapphire Houston Ball 31.55. 4x100. 1. B&B 50.3. 4X400. 1. B&B 4.09.0. **Man Of The Match.** Dan Putnam 400. 998 points. **Woman Of The Match.** Alex Hill 400H. 933 points. **Southern Athletics League Div Two West, Guildford.** 110H. A. 1. Richard Morris 17.3. 400H. A. 1. Richard Morris 62.7. Southern Athletics League Div 3, South London, Tooting Bec. 100. N/S1. 3. Julia Newman 13.52 (0.2). 200. N/S. 2. Julia Newman 27.48 (2.1).

Podium 10km, Barrowford. 3. Graham Rush* 29.32.

Podium Half Marathon, Barrowford. 3. Phil Sesemann* 64.56, 6. Ross Braden* 67.40.

Parkruns. Bromley. 1. Thomas Sugden 16.36, 3. Steve Hough 17.27, 6. Joseph Hill 17.53, 12. Peter Brooks 19.03, 13. Megan Barlow 19.06, 26. Steve Evenden 20.08, 35. Katy Sugden 20.48, 58. Sarah Belaon 21.43, 61. Tuan Tran 21.46, 102. Austin Adams 23.22, 153. Ian Montgomery 24.51, 196. Jackie Montgomery 26.36, 210. Mick Keene 27.11, 232. Graham Coates 27.37, 285. Sally Smith 29.38, 407. Denis Lawrie 43.24, 423. Julia Pairman 59.12. **Beckenham Place park.** 16. Isla Spink 21.08 (1st woman), 40. Luigi Arcuri 23.52. **South Norwood.** 3. Clayton Aves 19.27. **Orpington.** 50. Dave Leal 25.22, 112. Karen Desborough 33.32. **Exmouth.** 44. Bob Minting 22.50. **Clapham Common.** 18. Jessica Keene 19.13 (1st woman). **Foots Cray Meadows.** 22. John E. Turner 25.51, 65. George Collins 35.27, 68. Maz Turner 37.50. **Marlborough Common.** 7. Cristina Gilodi-Johnson 21.59 (1st woman). **Woolacombe Dunes.** 50. Barry Wetherilt 30.19. **Bethlem Royal Hospital.** 8. Tim Ayres 22.32, 9. David Beadle 22.39, 19. Iain Swatton 25.07, 37. Mike Simms 27:53. **Cyclopark.** 50. Andrew Kingsmell 29.49. **Sutcliffe.** 5. Darren Corneille 18.33, 10. Ailbhe Barnes 19.09 (1st woman). **Mote Park.** 76. John Isaacs 28.42. **Stonehouse.** 1. Pippa Woolven 17.33.

16-17/7/22

EA Under 20 and Under 23 Championships, Bedford. Under 23 Men. 800. 1. Henry Fisher 1.50.08. Ht1. 2. Henry Fisher 1.52.38. 110H. 5. Rico Cottell 14.82 (0.3). 3000 s/ch. 6. Lewis Harknett 9.25.46. HJ. 1. Kelechi Aguocha 2.16. **Under 23 Women.** 3. Mallory Cluley 13.76 (1.2). Ht1. 3. Mallory Cluley 13.92 (-0.7). 3000s/ch. 4. Morgan Squibb 11.12.39. TJ. 5. Karina Harris 11.26 (-1.3). JT. 1. Lauren Farley 48.52. HT. 10. Abbie Stewart 46.62. **Under 20 Men.** 100. 1. Jeriel Quainoo 10.27 (2.4). SF1. 1. Jeriel Quainoo 10.29 (2.6). Ht1. 1. Jeriel Quainoo 10.56 (-0.2). 200. 1. Jeriel Quainoo 20.85 (-0.6). SF1. 1. Jeriel Quainoo 21.37 (-0.8). Ht1. 1. Jeriel Quainoo 21.48 (0.8). 400. 5. Pablo Seema Roca 48.59. Ht1. 2. Pablo Seema Roca 48.87. 800. 1. Sam Reardon 1.50.20. Ht1. 1. Sam Reardon `1.54.21. 400H. DNF. Luke Dronfield. Ht2. 3. Luke Dronfield 54.53. TJ. 1. Toby Dronfield 15.20. PV. 3. Barnaby Corry 4.00. SP. 5. Dillon Claydon 15.76. **Under 20 Women.** 400. 6. Holly Mpassy 56.21, 8. Cameron Kelly Gordon 58.54. Ht1. 2. Holly Mpassy 56.15, 4. Cameron Kelly Gordon 57.64. SP. 1. Cleo Agyepong 14.82. DT. 1. Zara Obamakinwa 48.23.

17/7/22

Newham & Essex Beagles Summer Series, Stratford. Men. 100. R1. R2. 1. Kieran Daly 10.41 (0.9), 5. Korede Awe* 10.59. R3. 2. Luke Dorrell* 10.51 (1.6), 6. Abdul Rahaman Jolaoso 10.74. R8. 3. Duayne Bovell 11.07 (0.3) (**CLUB M35 RECORD**). R15. 3. James Naylor 12.00 (-1.4). R2. R2. 2. Kieran Daly 10.34 (1.3). R3. 7. Luke Dorrell* 10.55 (1.4). R4. 3. Korede Awe* 10.47 (0.9). R5. 3. Abdul Rahaman Jolaoso 10.74 (0.3). R7. 6. Duayne Bovell 11.06 (2.4). 200. R3. 3. Kieran Daly 21.17 (1.0). R10. 3. Clayton Jacinto 23.06 (-0.5). R14. 1. Chinedu Ndukwa (U17M) 24.26 (-1.9), 2. Chima Ndukwa (U20M) 24.79. 300. 3. Tane Chambers (U15B) 43.42. 400. 1. Dan Putnam 46.33. R9. 3. James Naylor 52.53. R11. 2. Trejan Checkeku Boamah 68.46. **Women.** 100. R1. R2. 6. Darcey Kuypers 12.09 (1.8). R8. 2. Isabella Campbell Andou (U13G) 13.47. R2. R2. 5. Darcey Kuypers

12.04 (0.3). R8. 3. Isabella Campbell Andou 13.38 (1.2). 200. R5. 5. Kara Bryan (U13G) 27.95. 400. R2. 5. Deianira Gyampa Boamah (U15G) 71.86.

Midland Counties Track & Field League, Div 4 SW, Tipton. 400. A. 1. Joe Rogers* 50.2.

20/7/22

BMC Regional Races, Sutcliffe Park. 800. E. 2. George Shaw (U20M) 2.01.78. F. 2. Pierre Guillaume 2.04.5, 9. Joseph Scanes (U15B) 2.10.9, 11. Zakia Mossi (U20W) 2.14.4. G. 5. Cameron Kelly Gordon (U20W) 2.13.37. H. 4. Kelsi Cornish (U23W) 2.18.31. 1500. A. 6. Henry Fisher (U23M) 3.55.75. B. Charlie Davis 4.01.80, 9. Dan Kennedy 4.09.53. C. 10. Arthur Starvis (U17M) 4.13.99. D. 9. Morgan Squibb (U20W) 4.36.55. E. 5. Megan Barlow (U15G) 4.49.79, 13. Millie May Collins Smith (U17W) 5.12.66.

Sutcliffe Park Track & Field Night. 100. R1. 3 Jonah Quartey – Papafio (U17M) 11.83 (-0.1), 5. Makai Sabido Rodney (U15B) 12.14, 6. Raheem Finley (U15B) 12.70. R2. 3. Daniel Jenkins (U17M) 12.93 (-0.1), 6. Piers Spencer Simms (U13B) 13.31. R3. 4. Nicholas Marquez (U13B) 13.51 (0.5), 5. Jamie Ellerton (U13B) 13.52. R4. 2. Oscar Sadowski (U13B) 14.14 (4.1), 3. Kyla Dervish (U15G) 15.03. 400. R2. 3. Christopher Barrett (U17M) 53.77. R4. 1. Tane Chambers (U15B) 61.95, 4. Kyla Dervish (U15G) 68.50, 5. Oscar Sadowski (U13B) 72.65. 800. R1. 4. Jasper Brooks (U17M) 2.13.66, 8. Connor Wray (U15B) 2.18.24. R2. 2. Leah Kyriacou (U15G) 2.23.44, 3. Kara Bryan (U13G) 2.24.55, 4. Gregory Firth (M45) 2.30.61, 6. Jessica Kelly (U15G) 2.33.03, 7. Samuel Barlow (U15B) 2.35.61. R3. 3. Lily Bridgeman (U15G) 2.31.67, 6. Eva Chambers (U15G) 2.34.15, 9. Carys Firth (U17W) 2.40.70. R4. 1. Jake Morton (U13B) 2.33.05, 8. Saskia Pinn (U13G) 3.12.34. 1500. 5. James Shaw (U13B) 4.58.37, 12. Evie De Bruyn (U13G) 5.34.06, 13. Molly Shaw (U17W) 5.35.56. 3000 walk. 5. Abigail Smith (U20W) 16.20.6, 7. Matthew Ellerton (M45) 19.34.4. HT. 4k. 1. Abbie Stewart (U23W) 47.02.

BMC Regional Races, Wormwood Scrubs. 800. D. 5. Lara Tunalı Flynn (U17W) 2.29.58.

Dave Clarke Mile Extravaganza, Wimbledon. MX9. 2. Niamh Bridson Hubbard 4.37.08.

Lee Valley Sprints Night 100/200. 100. R1. 2. Korede Awe* 10.79 (-2.1). 200. R1. 3. Korede Awe* 21.58 (0.5).

TVH Open, Wormwood Scrubs. 200. R2. 3. Maya Al Faisal (U13G) 31.37 (-1.1). R6. 2. Drew Burrige (U23M) 24.13 (-2.5). 800. R3. 8. Hissah Al Faisal (U13G) 2.43.86. HJ. 2. Maya Al Faisal 1.35.

22/7/22

Medway Mile Invitational Track Race. Mile. B. 3. Rob Donohue 4.43.39.

23/7/22

BMC Grand Prix, Stretford. Women. 1500. A. 2. Niamh Bridson Hubbard 4.14.12, 8. Jennifer Walsh* 4.19.50.

London Inter Club Challenge, Hendon. 100. R3. 1. Rico Cottell 11.23. 200. R3. 5. Harrison Vallins (U15B) 24.75. R4. 6. Louisa Vallins (W40) 27.26. R5. 4. Thomas Vallins (U13B) 29.00. 400. R1. 1. Sam Reardon (U20M) 46.76. 800. R2. 5. Millie May Collins Smith (U17W) 2.43.65. 100H. R1, 4. Annie Davies 14.11. 400H. R1. 2. Bailey Stickings 50.08. R2. Luke Dronfield (U20M) 54.59. 400H. 3. Sophie Ellis 59.19, 4. Alex Hill 59.83. 5000 Walk. 1. Jonathan Ellerton (U17M) 28.31.42. PV. 7=. Alan Hardy (M60) 2.20. HT. 1. Ben Hawkes 67.12.

Manchester HJ and PV Challenge. PV. F. NH. Eleanor Barrett.

SETAFA Summer Track Series R3 with College Scholarships USA, Winchester. Women. 100. R1. R3. 1. Indiana Marshall (U17W) 12.90 (-1.9). 200. R2. 2. Indiana Marshall 26.63 (-2.6).

Parkruns. Wimbledon Common. 38. Cristina Gilodi-Johnson 20.42. **Bromley.** 7. Millie Smith 18.41, 11. Peter Brooks 19.09, 12. Steve Evenden 19.16, 16. Tuan Tran 19.44, 36. Katy Sugden 20.59, 37. Steven Pairman 21.01, 41. Sarah Belaon 21.22, 47. Damian Hayes 21.35, 85. Andy Tucker 23.00, 94. Austin Adams 23.23, 108. James Unwin 23.54, 127. Ian Montgomery 24.31, 129. Matthew Tootell 24.32, 135. Mark Wallace 24.38, 151. Mick Keene 25.04, 161. Jackie Montgomery 25.42, 244. Julia Pairman 28.37. **Bexley.** 98. Chris Pike 28.20. **Greenwich.** 70. John Isaacs 27.46, 146. Anthony Pontifex 35.03. **Beckenham Place park.** 5. Paul Sharpe 18.39, 6. Clayton Aves 19.28, 17. Isla Spink 20.56, 23. Paul Kerekgyarto 21.22, 92. Adrian Stocks 25.05, 113. David Beadle 26.13, 195. Bernard Wilson 30.16 196. Iain Swatton 30.18. **Bournemouth.** 133. Peter Hamilton 25.49. **Hoblingwell.** 29. David Adams 27.45. **Burgess park.** 196. Robert Perry 26.47. **Orpington.** 1. Graeme Lugar 18.31, 9. Cameron Kelly-Gordon 21.28(1st woman), 57. Dave Leal 25.57, 129. Karen Desborough 33.55. **Southwark.** 193. Claire Springett 26.45. **Haverfordwest.** 14. Mark Ellison 23.11. **Lanhydrock.** 16. Richard Daniels 22.35. Folkestone. 82. George Collins 26.15. **Tooting Common.** 15. Jessica Keene 19.05. **Exmouth.** 53. Bob Minting 22.32. **Cirencester.** 37. Nick Barber 24.08. **Bethlem Royal Hospital.** 1. Joshua Dowling 18.24, 13. Mike Simms 23.37. **Ilevedon Salthouse Fields.** 54. Luigi Arcuri 23.32, 129. Andrew Kingsmill 28.27. **Sutcliffe.** 1. Darren Corneille 17.35, 32. Barry Wetherilt 23.01, 88. Sally Smith 28.43. **Ambleside.** 7. Adrian Perry 23.05.

23-24/7/22

SEAA Outdoor Combined Events Championships, Horspath. Under 15 Girls. 5. Qi'-Chi Ukpai 2760 (SP – 10.01, LJ – 4.56, HJ – 1.54, 75H – 12.76, 800 – 2.43.86).

24/7/22

Helena Tipping Wrexham 10km. 2. Scott Overall 31.15 (31.14).

26/7/22

Southampton Pole Vault Academy Open. Women. 1. Sophie Dowson 3.93.

Worthing Track Night 2. Women. 100. R. 4. 1. Indiana Marshall (U17W) 12.41 (1.0). 200. R4. 3. Indiana Marshall 26.27 (0.0).

27/7/22

Watford Open Meeting. 1500. R12. 16. Dan Kennedy 4.11.65.

Parris Handicap, West Wickham. 1. Sheridan Morris 30.16 (19.31), 2. David Leal 30.25 (22.55), 3. John Turner 30.34 (22.49), 4. Maz Turner 31.07 (31.07), 5. Luigi Arcuri 31.09 (21.39), 6. George Collins 31.27 (22.57), 7. Lewis Brook 31.32 (16.47), 8. Johnny Cleary 31.37 (17.22), 9. Ian Scott 31.44 (17.59).

29/7/22

Kent Masters League, Dartford. M35. 100. A. 1. Duayne Bovell 11.3. B. 3. Ashely Reid 12.2. 3000. A. 3. Alex Gibbins 9.36.4. B. 3. Micah Evans 9.42.0. 4x100. 3. (Matthew Ellerton, Ashley Reid, Clem Leon, Duayne Bovell) 50.9. TJ. 3. Matthew Ellerton 9.21. SP. 1. Alex Pope 11.83. **M50.** 100. 5. Clem Leon 14.2. 3000. 1. Luca Ercolani 10.11.7. TJ. 6. Luca Ercolani 7.72. SP. 6. Clem Leon 6.94. **M60.** 3000. 1. Roger Beswick 10.22.9. TJ. 1. Clem Leon 8.76. **Match.** 1. B&B 54, 2. Tonbridge 53, 3. Dartford Harriers 48, 4. Medway & Maidstone 46, 5. Cambridge Harriers 44, 6. Bexley 24. **Overall.** 1. Dartford Harriers 21 (229), 2. Tonbridge 21 (215.5), 3. B&B 13 (165), 4. Cambridge Harriers 12 (182.5), 5. M&M 11 (164.5), 6. Bexley 6 (121.5). N/S. 3000. Darren Corneille 10.05.1, Peter Hamilton 14.24.6. **W35.** 100. A. 4. Aurelia Osborne 16.0. B. 3. Katy Sugden 16.0. 3000. A. 4. Aurelia Osborne 11.55.6. B. 2. Sarah Belaon 12.12.9. 4x100. 4. B&B (Aurelia Osborne, Sarah Belaon, Katy Sugden, Jackie Montgomery) 66.3. TJ. -. DT. 5. Maz Turner 7.84. **W50.** 100. 5. Jackie Montgomery 16.7. 3000. -. TJ. 4. Jackie Montgomery 6.92. DT. 3. Jackie Montgomery 15.27. **W60.** 3000. 3. Maz Turner 19.10.5. TJ. -. **Match.** 1. Tonbridge 54, 2. Dartford Harriers 50, 3. Bexley 44, 4. B&B 30, 5. Cambridge Harriers 27. **Overall.** 1. Tonbridge 24 (226), 2. Dartford Harriers 19.5 (195), 3. Bexley 14.5 (169.5), 4. B&B 11 (149), 5. Cambridge Harriers 11 (145), 6. Bromley Vets 2 (32.5).

30/7/22

UK YDL Lower, South Premier, Tonbridge. Match. 1. Reading 564, 2. B&B 532, 3. Havering 522, 4. Tonbridge 422.5, 5. Crawley 420.5, 6. Bracknell 236. **Under 15 Boys.** 100. A. 1. Reo McCausland 11.7. B. 1. Alexander Morrell 12.5. N/S. 3. Ellis Ibrahim 12.8, 4. Theodore Osobu 12.8. 200. A. 2. Ryen Rennie 24.1. B. 1. Harrison Vallins 24.8. 300. A. 1. Ryen Rennie 38.5. B. 1. Harrison Vallins 40.1. 800. A. 3. Hendri Verster 2.13.7. B. 3. Tane Chambers 2.22.9. N/S. 1. Jed Starvis 2.21.9. 1500. A. 1. Joseph Scanes 4.24.6. B. 5. Alfie Whitelock 4.57.6. 80H. A. -. B. -. HJ. A. 3. Ryen Rennie 1.50. B. -. LJ. A. 3. Alexander Morrell 4.74. B. 2. Harrison Vallins 4.68. PV. A. 1. Charlie Platt 3.80. B. -. SP. A. 2. Ellis Ibrahim 9.72. B. 2. George Henderson 8.45. DT. A. 2. George Henderson 28.28. B. Noah Fage 15.62. JT. A. 1. Ellis Ibrahim 46.09. B. 4. George Henderson 20.56. HT. A. 4. Noah Fage 18.65. B. 3. Jed Starvis 14.05. 4x100. 1. B&B (Theodore Osobu, Alexander Morrell, Harrison Vallins, Reo McCausland) 47.3. 4x300. 1. B&B (Tane Chambers, Joseph Scanes, Hendri Verster, Ryen Rennie) 2.43.2. **Under 15 Girls.** 100. A. 3. Sybil Wirron Jorrie 13.2. B. 1. Cheyenne Nketia 12.9. N/S. A. 4. Lottie Palmer 14.4. B. 4. Faith Sogoye 14.7. 200. A. 4. Sybil Wirron Jorrie 26.9. B. 6. Cheyenne Nketia 27.5. 300. A. 5. Naimah Mossi 45.2. B. 6. Beth Regan 45.9. 800. A. 6. Naimah Mossi 2.30.3. B. 3. Niamh Stanley 2.32.6. N/S. 1. Lily Bridgeman 2.29.0. 1500. A. 2. Luciana Smith 4.58.6. B. 1. Isabel Pauling 5.06.5. 75H. A. 3. Beth Regan 13.6. B. 3. Lottie Palmer 15.1. HJ. A. 3. Kaela Shearer – Coverly 1.35. B. 4. Lily Bridgeman 1.20. LJ. A. 2. Sybil Wirron Jorrie 4.48. B. 4. Charlotte Bloodworth 3.69. PV. A. -. B. -. SP. A. 2. Erin Simpson 9.17. B. 1. Kaela Shearer – Coverly 7.78. DT. A. 1. Erin Simpson 22.91. B. 2. Charlotte Bloodworth 19.54. JT. A. 2. Erin Simpson 25.66. B. 4. Caitlin Hough 12.76. HT. A. 4. Charlotte Bloodworth 15.53. B. 3. Beth Regan 7.47. 4x100. 5. B&B (Faith Sogoye, Cheyenne Nketia, Lottie Palmer, Sybil Wirron Jorrie) 53.1. 4x300. 4. B&B (Luciana Smith, Charlotte Bloodworth, Erin Simpson, Naimah Mossi) 3.05.4. **Under 13 Boys.** 75. A. 3. Piers Spencer Simms 10.0. B. 1. Nicholas Marquez 10.2. N/S. A. 1. Troy Ogedengbe 10.9. B. 3. Oscar Sadowski 10.9. 150. A. 4. Troy Ogedengbe 20.6. B. 2. Thomas Vallins 20.6. 800. A. 3. Gabriel Cheeseman 2.39.6. B. 1. Liam Hough 2.39.0. N/S. 1. Aaron Sebuwufu 2.37.7, 2. Oscar Pickering 2.47.2. 1200. 3. Trejan Checkeku – Boamah 4.15.0. B. 2. Benjamin Evans 4.16.7. 75H. A. 2. Jamie Ellerton 12.3. B. 4. Liam Hough 16.8. HJ. A. 5. Oliver Wright 1.20. B. 5. Oscar Sadowski 1.20. LJ. A. 2. Jamie Ellerton 4.45. 1. Oscar Sadowski 4.22. SP. A. 5. Oscar Pickering 5.80. B. 5. Trejan Checkeku – Boamah 5.52. JT. A. 5. Trejan Checkeku – Boamah 12.63. B. 5. Liam Hough 12.09. 4x100. 1. B&B (Oscar Sadowski, Jamie Ellerton, Thomas Vallins, Piers Spencer Simms) 51.9. **Under 13 Girls.** 75. A. 1. Emelia Adese 10.1. B. Isabella Campbell – Andou 10.4. 150. A. 2. Emelia Adese 20.1. B. 2. Kara Bryan 20.5. 800. A. 1. Kara Bryan 2.24.3. B. 1. Sophie Tran

2.31.7. N/S. 1. Hissa Al Faisal 2.43.5, 2. Sofia Mossi 2.51.5. 1200. A. 5. Evie De Bruyn 4.24.8. B. DNF. Sophie Fleming. 70H. A. 4. Heidi Coulson 12.3. B. -. HJ. A. 3. Maya Al Faisal 1.30. B. 3. Heidi Coulson 1.30. LJ. A. 2. Isabella Campbell – Andou 4.39. B. 3. Maya Al Faisal 3.72. SP. A. 1. Emilia Adese 9.18. B. 3. Heidi Coulson 5.75. JT. A. 5. Hissa Al Faisal 12.09. B. 4. Maya Al Faisal 10.87. 4x100. 2. B&B (Kara Bryan, Emelia Adese, Heidi Coulson, Isabella Campbell – Andou) 54.8.

Be Fit Today Track Academy, Dagenham. Men. 100. R1. R5. 3. Issah Abdulkarim 11.17 (1.7). R13. 3. Chizute Ogbedeh 10.92 (3.8). R2. R7. 1. Issah Abdulkarim 11.13 (1.7). R11. 6. Chizute Ogbedeh 11.01 (0.6). 200. R2. 1. Issah Abdulkarim 22.81 (2.1).

Women. 100. R1. R3. 4. Jodie Self 12.74 (0.5).

Parkruns. Bromley. 1. Micah Evans 17.12, 5. Jessica Keene 18.30 (1st woman), 18. Tuan Tran 20.07. 28. Thomas Sugden 21.10, 40. Katy Sugden 21.47, 48. Paul Ross-Davies 22.17, 73. Austin Adams 23.19, 92. Ian Montgomery 23.39, 388. Mick Keene 42.09, 392. Denis Lawrie 42.32. **Bexley.** 67. Chris Pike 26.42, 160. George Collins 32.01. **Beckenham Place park.** 7. Clayton Aves 19.25, 146. Niamh Milmo 28.27, 175. Bernard Wilson 30.02, 187. Sally Smith 30.45. **Brabrand.** 1. Robert Perry 18.26. **South Norwood.** 15. Isla Spink 21.30 (1st woman). **Winchester.** 119. David Adams 24.15. **Orpington.** 23. Kyla Dervish 22.43. 51. Dave Leal 24.41. **Exeter Riverside.** 63. Adrian Perry 24.51. **Dartford.** 74. Andrew Kingsmell 29.06. **Exmouth.** 87. Bob Minting 23.05. **Foots Cray Meadows.** 1. Darren Corneille 19.30. **Bethlem Royal Hospital.** 1. Joshua Dowling 18.05, 3. Jake Leng 19.31, 11. David Beadle 22.19, 27. Iain Swatton 25.16. **Squerryes Winery.** 19. Mark Ellison 22.45, 81. John Isaacs 28.07, 128. Anthony Pontifex 34.32, 129. David Appleton 34.39. **Sutcliffe.** 1. Alex Gibbins 16.50, 29. Barry Wetherilt 22.25. **Swanley.** 8. Nick Barber 23.43. Alton Water. 2. Steve Cooper 18.44. **Banstead Woods.** 172. David Hoben* 39.29.

30-31/7/22

EA Senior Championships, Bedford. Men. 100. 4=. Kieran Daly 10.47 (0.8). SF1. 3. Korede Awe* 10.37 (3.8). SF3. 3. Kieran Daly 10.34 (2.8). Ht2. 2. Kieran Daly 10.50 (0.8), 4. Abdul Rahaman Jolaoso 10.72. Ht4. 2. Korede Awe* 10.59 (1.4), 5. Michael Damoah 10.77. 200. SF2. 4. Luke Dorrell* 21.04 (3.3). Ht2. 2. Luke Dorrell* 21.62 (1.9). 400. 3. Dan Putnam 47.51. SF3. 1. Dan Putnam 47.34. Ht5. 1. Dan Putnam 47.79. Para. 1. Prince Reid (T20/F20) 53.44. 110H. Ht1. 5. Rico Cottell 14.60 (2.1). 400H. 2. Bailey Stickings 51.07. Ht1. 3. Bailey Stickings 51.50. HJ. 3. (2 EA). Kelechi Aguocha 2.08. HT. 1. Ben Hawkes 68.34. **Women.** 100. Ht1. 4. Modupe Shokunbi 12.45 (0.6). Ht2. 3. Darcey Kuypers 12.37 (0.5). 400. Ht1. 5. Rachel Dickens 56.39. 100H. 8. Mallory Cluley 13.59 (2.6). Ht1. 4. Mallory Cluley 13.69 (0.4). 400H. 4. Sophie Elliss 59.04, 5. Alex Hill 59.53. Ht1. 2. Sophie Elliss 58.83 (**CLUB SENIOR WOMEN RECORD**), 4. Alex Hill 59.92. LJ. 1. Jahisha Thomas 6.54. PV. 5=. Sophie Dowson 3.82. JT. 1. Hollie Arnold 36.15.

31/7/22

England Masters AA Inter Area Match, Nuneaton. W60. 200. 3. Helen Godsell 30.99 (2.6). 400. 3. Helen Godsell 76.56.

South London Athletics Network Super 8 Athletics Meeting, Coulsdon. Under 17 Women. 200. 3. Julia Newman* 26.9. LJ. 5. Indiana Marshall 5.20.

125 years ago in July 1897.

In the first round of the Kent County Water Polo Competition, Lewisham Swimming Club beat Blackheath Harriers 1-0. Blackheath lose to South London Harriers in the annual cricket match. A couple of flat races took place afterwards. At Bromley Common Athletics Sports and Flower Show, B Baldry was second in the 100 yards handicap. Other events include a quarter mile and mile.

100 years ago in July 1922

The usual good sprinkling of members was to be seen at Stamford Bridge on July 1 for the AAA Championships. It is to be regretted that R. A. Lindsay had the misfortune to sprain the muscles of his back slightly and was therefore unable to turn out and defend his title in the heats for the Quarter Mile Championship... The racing arrangements were excellent, and Club congratulations are again due to Vice President H. J. Barclay, the Hon Secretary of the Association, for the wonderful success of the meeting, so largely due to his untiring and painstaking activities. It must have been particularly pleasing to him and the officials to view the record attendance and to have the King's presence at the fixture, which worked smoothly from start to finish... To refreshen Club memories, we insert names and particulars of members who have won Championship events at past meetings"

Date.	Member.	Championship Event.	Time.
			m. s.
1877	J. H. A. Reay ...	120 yds. Hurdles .	17 $\frac{1}{5}$
1881	G. M. Nehan ...	Four Miles ...	20 26 $\frac{1}{5}$
1884	E. Horwood ...	Long Jump ...	21 ft. 9 in.
1886	C. G. Wood ...	Quarter-Mile ...	49 $\frac{4}{5}$
1887	C. G. Wood ...	Quarter-Mile ...	50
1889	E. H. Pelling ...	100 yards ...	10 $\frac{2}{5}$
1903	B. J. Blunden ...	Half-Mile ...	1 58 $\frac{4}{5}$
1909	A. H. Healey ...	120 yds. Hurdles .	15 $\frac{4}{5}$
1911	W. D. Lancefield..	One Mile Relay ...	3 33 $\frac{4}{5}$
	C. N. Seedhouse...		
	J. T. Soutter ...		
	F. T. Browne ...		
1912	C. N. Seedhouse...	Quarter-Mile ...	49 $\frac{4}{5}$
1914	C. N. Seedhouse...	Quarter-Mile ...	50
1921	*R. A. Lindsay ...	Quarter-Mile ...	50 $\frac{2}{5}$

* Also past Scottish Champion; and ran in the British team which won the 1,600 Metres Relay Championship, Olympic Games, Antwerp, 1920.

Now, Young 'Heathens, who is going to be the next?

Cricket! West Wickham beat Blackheath Harriers by a wicket and 55 runs. The match proved most enjoyable, as did a concert which was given in the evening at the Railway Hotel (the Harriers headquarters).

75 years ago in July 1947.

Blackheath Harriers win the John Dennis Trophy against hosts Ealing Harriers, Queens Park and Southgate. Sydney Wooderson is unable to run but starts the 3 mile race and "spent a busy afternoon signing autographs".

Other matches this month take place against Colfe's Grammar School; Westminster Bank and Southgate Harriers.

The third Evening Meeting at Private Banks Ground. "The surroundings are much more pleasant than at Ladywell and the whole atmosphere is more intimate and more Blackheathen. Perhaps this accounted for the excellent attendance of members and friends... The two heats and final of the Ladies' Egg and Spoon race provided the usual stern struggle, but we think this race is becoming too fast and too easy – we suggest the use of flatter spoons or more bouncy eggs... Afterwards a good crowd stayed on for the dancing or to indulge in the usual endless conversation with old friends"

The AAA Championships take place at White City... "After the great triumphs of our President at this meeting in recent years, things, from the Club point of view, were a little flat this year".

50 years ago in July 1972

At the AAA Championships at Crystal Palace, John Watts throws an Olympic qualifying distance of 59.70 to finish second in the discus. Graham Gower finishes third in the 110 hurdles in 14.1. Blackheath finish in third place in the Junior 4x100 in 43.4. Trevor Walhen wins the Southern Counties Decathlon with 6489 points.

Another last place in the NAL Div 4 match at Enfield despite A string wins from Graham Gower in the 110 Hurdles (14.3) and Tony Wadhams in the triple jump (14.78). It is followed by another last place at Blackburn where the only winner is Trevor Walhen in the shot with 14.14. With the fixture running late, Blackheath and the Borough Of Enfield missed their train and had to come back in a milk train overnight. It meant waiting another four hours before travelling but fortunately hosts Blackburn organised food, drink and darts, so it turned into a convivial evening.

Helen Key of Wigmore Ladies has a memorable month. She competes in the 100 hurdles in a Junior International match in Harnosand, Sweden and wins the 100 hurdles at the English Schools Championships at Washington. In her heat she sets a new Championship Best of 14.3. She then finishes second in the Schools International in Cwmbran. For Blackheath, Derry Otu finishes second in the 200 metres at the English Schools and is then third in the International.

At the AAA Under 19 Championships at Kirkby there are bronze medals for Ken Tonkin in the junior 3000 walk (15.30.6) and Nick Burrows in the youths triple jump (13.29).

Bob Taylor wins the July 200 Group prize of £25 with Derek Gregory picking up £10.

25 years ago in July 1997

Julian Golding, captain of the GB team, wins the 200 metres at the European Under 23 Championships at Turku, Finland in a time of 20.46. He sets a new Club Record of 20.44 in the heat. Before the Championships his best was 20.74. He also anchors the GB 4x100 team to victory in 38.99.

Nathan Morgan wins the long jump at the European Under 20 Championships in Ljubljana, Slovenia with a Club Record of 7.90; and Emeka Udechuku wins the discus. Mark Findlay is in the GB 4X100 squad who win gold, and is third in the 200. Debbie Marti wins the high jump at the British Championships which include the World Trials. She clears 1.91. Myrtle Augée is runner up in the shot.

At the AAAs U20 Championships at Bedford, Nathan Morgan wins the long jump with a leap of 7.55. There are silver medals for Emeka Udechuku (shot and discus) and for Ruben Tabares (400H). Bronze medals go to Mark Findlay (100 and 200), Chris Moss (800) and Peter Francis (triple jump). John Baker wins silver in the Under 17s 3000 metres.

In the Senior Boys age group at the English Schools Championship, golds go to Darren Burley (200), Ruben Tabares (400H), and Emeka Udechuku (discus). Chris Moss is second in the 800 and Peter Francis third in the triple jump. Joe Kompani wins the hammer in the Intermediate Boys age group and there is silver in the shot for Adrian Cluskey in the shot and bronze for Daniel Plummer in the 100.

Adrian Cluskey wins the shot at the SIAB Schools International in Dublin with a put of 16.92. He lands back at Heathrow on the Sunday morning and is off up to Cophall to compete in the discus and help the Club win the Southern title in the McDonalds Young Athletes League. The Club have been unbeaten at Area level for over a decade and are favourites to win the National title for the ninth season in a row in September.

Mark Steinle is selected to represent Great Britain at the Half Marathon at the World Student Games in Sicily in August. Bromley Ladies and Blackheath Harriers are promoted to the Southern Premier division of the Girls Young Athletes League. Jim Day is 8th in both the 100 hurdles and pole vault in the over 60s age group at the World Veterans Championships. Peter Hannell wins the Johnson Bowl walk with Shuan Lightman second.

The first meeting of the Blackheath Harriers Golf Society takes place at Addington Court. Winner is Mike Lodwig.



Blackheath Harriers Golf Society

The Society was formed on an informal basis in the Spring of 1997 as it had been noticed that there were now about twenty members who played golf. The idea was to give members both a break from their intensive training programmes and the opportunity of a pleasant walk in congenial company and further, to try to refute the argument that golf is a long walk interspersed with disappointment.

The inaugural meeting was held on 3rd July 1997 on the Old Championship Course at Addington Court under the Stableford scoring system (ask Bill Clapham for an explanation). Conditions were wet, but the rain stayed away. Members taking part were Tony Pontifex, Steve Freemantle, Brian O'Flynn, Jonathan Brown, Brian Hartley, Dick Griffin, Past President Don Gillate, John Hills, Mike Lodwig and Barry Shapcott.

Brian O'Flynn took the opening drive and was no doubt relieved to see it go straight down the fairway. Other tee

In the other kit, back row Tony Pontifex, Brian Hartley, Dick Griffin, Don Gillate, Brian O'Flynn and Jonathan Brown; Front row Mike Lodwig, Steve Freemantle and John Hills

Photo: Barry Shapcott

shots had mixed results with Mike Lodwig hitting a colossal drive well out of bounds. Thereafter, he hardly put a foot wrong returning a gross score of 84 to be the clear winner with 43 Stableford points. Not bad for a player whose official handicap is 26! Tony Pontifex was second with 35 points and Bryan O'Flynn third with 33 points. The wooden spoon was won by John Hills with 5 points! Despite the doubtful conditions everybody had enjoyed themselves and it was therefore decided to have an afternoon at Kingsdown near Dover, where Don Gillate is a member, on 11th September.

Eight members and three guests took part and we were joined for the first time by Graham Fee and Denis Lawrie. Kingsdown is a very hilly course and with the wind blowing strongly it was a tough test of golf, added to which there was also another society on the course which led to very slow play. However, the result was much closer than in the previous competition. There was a tie on 33 points for first place between Brian O'Flynn and Mike Lodwig (despite his handicap being cut by 4 strokes), Brian eventually being adjudged the winner on the strength of a better last nine holes. Brian Hartley came third on 32 points with a further 4 players within 2 points of Brian. This time the wooden spoon went to professional snapper Barry Shapcott with 12 points. A most congenial evening was spent in the clubhouse, and thanks must go to Don Gillate for organising such an excellent day. Following the success of these two meetings, it is hoped to arrange similar events this year, so if there are any latent golfers in the club please get in touch with either myself or Steve Freemantle.

T.P.

1980 was Blackheath Harriers first season back in the British League and they were promoted to Div Four. Interesting to compare with 2022. Some very familiar names here.

BEST CLUB PERFORMANCES 1980

100 Metres (11.8)

11.0	R. Lyston	Aldershot	May 24
11.0	N. Lambert	Copenhagen	June 18
11.0	P. Ashen	Erith	July 20
11.1	R. Pinson	Cwmbram	June 28
11.3	E. Chambers	Crystal Palace	May 17

200 Metres (24.4)

22.4	P. Ashen	Windsor	June 7
22.6	R. Pinson	Cwmbram	June 28
22.7	R. Lyston	Cwmbram	June 28
22.8	E. Chambers	Crystal Palace	May 18
22.8	D. Lazaro	Crystal Palace	May 17

400 Metres (51.2)

49.0	J. Spooner	Oxford	Aug. 23
49.0	N. Brooks	Cwmbram	June 28
49.5	J. Salmon	Reading	Aug. 25
50.1	T. Llewelyn	Crystal Palace	June 1
51.3	D. Cocker	Crystal Palace	May 17

800 Metres (1.59.8)

1.47.1	N. Brooks	Knoxville	Apr. 11
1.47.8	J. Spooner	Knoxville	Apr. 11
1.53.8	J. Wilkinson	Oxford	Aug. 23
1.54.4	R. Wright	Kirby	July 11
1.54.5	W. Foster	Windsor	May 3

1500 Metres (4.02.5)

3.53.0	W. Foster	Cosford	Jan. 25
3.58.1	R. Coles	Crystal Palace	May 17
3.58.2	R. Farish	Lincoln	July 20
3.59.3	J. Spooner	Cwmbram	June 28
4.03.4	J. Wilkinson	Cwmbram	Aug. 10

3000 Metres (9.00.0)

8.20.7	R. Coles	Crystal Palace	Mar. 23
8.23.4	W. Foster	Cosford	Feb. 16
8.51.8	P. German	Sandhurst	May 28
8.55.0	M. Athawes	Ladywell	Apr. 20
8.55.0	P. Brencley	Deangate	May 31

5000 Metres (15.24.0)

14.15.4	R. Coles	Crystal Palace	July 5
15.04.0	J. Baldwin	Windsor	June 7
15.06.4	P. German	Ladywell	June 11
15.07.3	L. Roberts	Crystal Palace	Oct. 5
15.12.5	M. Athawes	Ladywell	June 11

10,000 Metres

29.52.4	R. Coles	West London	Apr. 9
32.02.0	L. Roberts	Beckenham	July 16
32.21.9	I. Wilson	Crystal Palace	June 1
32.44.0	M. Athawes	Beckenham	July 16
33.10.9	C. Woodcock	Erith	May 24

110 Metres Hurdles

15.8	D. Adkins	Enfield	Aug. 16
15.8	M. Carroll	Cwmbram	June 28
15.9	I. Simmons	Cwmbram	June 28
16.0	J. Pyman	Crystal Palace	Oct. 5
17.1	I. Holder	Croydon	July 16

400 Metres Hurdles (3' 0")

55.6	M. Carroll	Crystal Palace	June 1
56.7	P. Brooks	Oxford	Aug. 23
57.6	J. Wilkinson	Windsor	May 3
59.0	P. Austridge*	Crystal Palace	Oct. 5
59.9	I. Simmons	Ladywell	July 2

*56.3 (2' 9")

3000 Metres Steeplechase

9.29.9	A. Frankish	Crystal Palace	May 17
9.31.5	R. Cliff	Aldershot	May 24
9.32.2	T. Soutar	Cwmbram	July 28
9.43.1	G. Giles	Windsor	June 7
10.07.2	L. Roberts	Haringey	June 22

High Jump (1.70)

2.15	T. Foulger	Aldershot	May 24
2.10	T. Llewelyn	Crystal Palace	Oct. 5
2.01	P. Brooks	Ladywell	July 2
1.90	M. Cannon	Crystal Palace	May 18
1.83	G. Mitchell	Crystal Palace	May 17

Long Jump (5.92)

7.03	R. Weaver	Cwmbram	June 28
6.73	G. Mitchell	Tenterden	June 14
6.61	P. Brooks	Enfield	Aug. 16
6.57	I. Simmons	Crystal Palace	May 18
6.47	D. O'Connor	Enfield	Aug. 16

Pole Vault (2.50)

3.70	P. Aubrey	Windsor	June 14
3.20	J. Wakeman	Cwmbram	Aug. 10
3.20	J. Day	Crystal Palace	Oct. 5
3.00	N. Latchem	Windsor	May 3
3.00	P. Davies	Oxford	Aug. 23

Triple Jump (12.48)

13.61	P. Brooks	Enfield	Aug. 16
13.60	P. Davies	Enfield	Aug. 16
13.57	N. Burrows	Ladywell	June 18
12.88	M. Carroll	Cwmbram	June 28
12.61	D. O'Connor	Ladywell	June 18

Shot Putt

19.11	M. Winch	Carshalton	June 18
12.88	T. Walhen	Crystal Palace	Oct. 5
12.68	C. Ellis	Crystal Palace	Oct. 5
10.69	R. Harradine	Windsor	June 7
10.65	D. Brand	Enfield	Aug. 16

Javelin (41.14)

62.74	C. Hodder	Crystal Palace	Oct. 5
56.56	R. Harradine	Crystal Palace	June 1
53.74	C. Morris	Aldershot	May 24
50.94	T. Mason	Enfield	Aug. 16
48.44	C. Brand	Enfield	Aug. 16

Hammer

50.26	M. Winch	Crystal Palace	June 1
39.88	T. Walhen	Crystal Palace	Oct. 5
37.86	C. Ellis	Cwmbram	Aug. 10
31.48	D. Gray	Enfield	Aug. 16
21.26	C. Brand	Croydon	July 19

Discus

54.62	M. Winch	Cwmbram	June 28
44.22	C. Ellis	Crystal Palace	Oct. 5
38.42	T. Walhen	Crystal Palace	Oct. 5
30.74	D. Gray	West London	May 3
27.82	C. Brand	Croydon	July 19

REMINDER

Have you signed the President's book yet?