

Blackheath & Bromley Courier

February 2023.

President 2022-23. David Appleton.

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We start with a Quiz Question.

Which athlete competed for the Club in the Southern Cross Country Championships at Parliament Hill in 1998 and this years event at Beckenham Place Park? Answer at the bottom.

Round Up. January saw the gradual opening up of the new facility at Norman Park. Initially the toilets and indoor track were available for use. Bookings began to be taken for the various classes available and then the cafeteria began business. Unfortunately, there were insufficient numbers to make it viable to go ahead with the Burns Night scheduled to take place at Old Beccehamians.

Club AGM – Saturday 25th March - Who will be the new President? David Appleton will introduce his successor.

Results.

No doubt about the performance of the month. Dina Asher Smith set a new National Record of 7.04 for the 60 metres at a Meeting at Karlsruhe, Germany. Congratulations Dina!

Andrea Clement's second place in the Southern Cross Country Championships is the second best ever individual placing by a Club Member, Gillian Stacey having won the race in 1993. She is only the eighth Club member to finish in the top 10 over the last 70 years and is the highest placer this century. She is also the first veteran from the Club to make the top ten. Our 2023 womens team were 7th which is the first time we have finished a team since 2016. Is this the start of a new era?



Above. Andrea Clement at the Southernns (pic by Mike Peel); Olympic triathlete Sian Brice; and Jennie Butler from 2005.

Top 10 placings in the Senior Womens Southern Cross Country Championships. (WH = Wigmore Harriers, BL = Bromley Ladies, BH = Blackheath Harriers, B&B = Blackheath & Bromley HAC).

1960. Gosport. 9. Sheila Harrison (WH)
1965. Romford. 6. Margaret Moir (WH)
1991. Horspath. 3. Gillian Stacey (BL)
1993. Bedford. 1. Gillian Stacey (BL), 3. Julie Stacey (BL)
1994. Parliament Hill. 3. Tanya Blake (BH)
1995. Parliament Hill. 10. Sian Brice (BH)
1999. Parliament Hill. 6. Sian Brice (BH)
2002. Parliament Hill. 10 Jennie Butler (BH)
2005. Parliament Hill. 9. Jennie Butler (B&B)

Lots of other good performances from across the globe from the club that never sleeps. So from Bloomington to Brands Hatch, from Warley Woods to Rendlesham Forest; from Hilly Fields to Lightwater Valley; from Robert Platt to Roger Platt; from Lubbock to Lee Valley; from...

1/1/23

Parkruns. Roundshaw Downs. 25. Ifetobi Salako 23.50. **Silksworth.** 44. Mick Keene 29.16. **Bromley.** 1. Joshua Dowling 17.39, 6. Liberty Whyte 18.22 (1st woman), 18. Nathan Crossan 19.41, 20. Ashley Pearson 19.55, 44. Harry Schmidt 21.42, 45. Aaron Crossan 21.47, 56. Tim Ayres 22.23, 62. Rowan Pearson 22.39, 68. Colin Pearson 22.58, 148. James Unwin 25.59, 151. Ian Montgomery 26.04, 152. Austin Adams 26.05. **Bexley.** 61. Chris Pike 26.24. **Beckenham Place park.** 8. Steve Evenden 21.07, 67. Mike Simms 27.30, 154. Anthony Pontifex 42.24. **Roding Valley.** 26. George Collins 26.43, 44. Zoe Kingsmill 31.52. **Riddlesdown.** 43. Gareth Griffin 32.42, 47. David Appleton 34.53, 57. Bob Thomas 40.15. **Hoblingwell.** 24. Roger Vilardell 25.08, 66. John Isaacs 33.14. **Hilly Fields.** 31. Barry Wetherilt 25.13. **Heartlands.** 13. Robert Perry 22.05, 44. Adrian Perry 27.51. **Sutcliffe.** 36. Nick Barber 23.58. **Rendlesham Forest.** 1. Steve Cooper 19.19. **Mote Park.** 157. Tom Phillips 37.36.

2/1/23

Lee Valley Open. R2. R2. 5. Qi'-Chi Ukpai (U17W) 8.13. 200. R2. R1. 1. Qi'-Chi Ukpai 26.22. 300. R10. 1. Luciana Smith (U15G) 43.98. R6. 1. Chanelle Cole 42.42. 400. R1. 1. Dan Putnam 47.14. 800. R3. 7. Hendri Verster (U17M) 2.14.20. R5. 4. Chloe Sharp 2.13.44. R10. 6. Kara Bryan (U13G) 2.34.89.

7/1/23

Kent Cross Country Championships, Brands Hatch. Senior Men. 34. Dan Kennedy 45.21, 36. Rob Donohue* 45.47, 42. Tom Desborough 46.09, 46. Graeme Lugar 46.39, 48. Andy Rayner 46.50, 52. Darren Corneille 47.19, 56. David Adams 47.51, 59. Fintan Parkinson 48.24, 61. Blair Wilson 48.36, 76. Chris Holmes 49.47, 82. Steve Hough 50.03, 90. Gregory Firth 50.29, 95. Simon Harris 51.16, 96. Martin Richardson 51.35, 117. Roger Beswick 53.37, 129. Steve Evenden 54.44, 148. Jason Meers 56.25, 173. Rod Harrington 60.35, 182. Chris Martin 62.01, 192. Luigi Arcuri 64.00. **Teams. 6 to score.** 4. B&B 278. **12 to score.** 4. B&B 741. **Senior Women.** 7. Millie Smith 34.32, 14. Jessica Keene 35.55, 16. Zoe White (U20W) 36.32, 19. Ailbhe Barnes (U20W) 36.53, 20. Ashley Pearson 37.42, 28. Aurelia Osborne* 38.45, 30. Maxine McNulty 38.50, 36. Katy Sugden 39.34, 48. Sarah Belaon 40.39. **Teams. 3 to score.** 3. B&B 37. **6 to score.** 3. B&B 106. **Under 20 Men.** 5. Miles Brown 20.52, 11. Thomas Sugden 22.46, 15. Ted Marston 23.44, 16. George Shaw 23.50. **Teams.** 2. B&B 31. **Under 20 Women.** 1. Morgan Squibb 23.45, 3. Hannah Clark 24.29, 13. Lily Meers 28.47. **Teams.** 2. B&B 17. **Under 17 Men.** 10. Mark Constable 22.34, 15. Arthur Starvis 22.55, 17. James Barnes 23.13, 20. Harry Fage 23.24, 21. Alex Middleton 23.31, 22. Franco Hillier 23.42. **Teams.** 2. B&B 62. **Under 17 Women.** 3. Carys Firth 24.35, 5. Megan Slattery 24.56, 6. Liberty Whyte 25.22, 13. Isla Spink 26.52, 18. Olivia Magee Brown 27.40, 20. Amber Cockburn 29.24, 24. Molly Shaw 30.43. **Teams.** 1. B&B 14. **Under 15 Boys.** 2. Joseph Scanes 15.56, 7. Jed Starvis 16.11, 8. Joseph Hill 16.20, 31. Tane Chambers 17.51, 34. Nathan Clark 18.20, 41. Alex Martin 19.11, 45. Benjamin O'Grady 19.42, 48. Samuel Barlow 20.18, 50. Oliver Ward 20.32. **Teams.** 2. B&B 48. **Under 15 Girls.** 1. Megan Barlow 17.51, 12. Niamh Stanley 19.18, 16. Jessica Kelly 19.37, 17. Lydia Witcombe 19.39, 19. Isabel Pauling 19.43, 20. Kyla Dervish 19.49, 23. Lydia Marston 20.17, 24. Beth Regan 20.17, 25. Lily Bridgeman 20.23, 26. Leah Kyriacou 20.35, 27. Angelina Mernaka 20.46, 31. Caitlin Hough 20.59, 39. Matilda Shilland 22.09. **Teams.** 3. B&B 29. **Under 13 Boys.** 3. Daniel Horgan 11.36, 5. Kian Farrell 11.52, 12. Alex Smith 12.14, 16. Aaron Sebuwufu 12.27, 20. Finn Gotkine 12.33, 21.

Jake Martin 12.36, 23. Nathan Crossan 12.37, 27. James Bunn 12.42, 41. Benjamin Evans 13.24, 44. Johnny Lee 13.36, 46. Jack Barlow 13.37, 47. Aaron Crossan 13.38. **Teams.** 2. B&B 36. **Under 13 Girls.** 1. Aoife McDonagh 11.58, 6. Alba Homans Yau 12.44, 7. Evie de Bruyn 13.22, 10. Rowan Pearson 13.36, 12. Amelie Ramdeen 13.40, 15. Ariana Jenner Heard 13.58, 18. Freya Pearson 14.05, 20. Sophie Tran 14.11, 29. Mariana Caceres 15.10. **Teams.** 1. B&B 14.

Surrey Cross Country Championships, Croydon. Under 13 Girls. 37. Ines Maignan 13.22.

Essex Cross Country Championships, Basildon. 41. Lewis Harknett 44.38.

Yorkshire Cross Country Championships, Lightwater Valley. 3. Graham Rush* 35.39.

RunThrough Battersea Park Half Marathon. 48. Tony Crowder 84.26 (84.24).

Phoenix Invitational, Chicago, IL. 60. 2. Myles Xavier 6.98. Ht2. 1. Myles Xavier 7.04. 200. R4. 2. Myles Xavier 23.22.

Parkruns. Bromley. 5. Roger Vilardell 18.55, 35. Harry Schmidt 20.44, 51. Stuart Cullum 21.36, 60. Tim Ayres 21.55, 102. Ian Montgomery 23.11, 338. James Unwin 29:15, 359. Bernard Wilson 29.50, 367. Mick Keene 30.02. **Tamar Trails.** 1. Robert Perry 18.25, 25. Adrian Perry 28.24. **Beckenham Place park.** 7. Paul Sharpe 19.46, 138. Zoe Kingsmell 28.29, 254. Andrew Kingsmell 52:12. **Beckton.** 11. George Collins 25.11. **Orpington.** 84. Dave Leal 29.37, 122. Karen Desborough 34.28.

Peckham Rye. 110. John Turner 25.27, 310. Maz Turner 35.02. **Dartford.** 1. Luciana Smith 19.57. **Northallerton.** 15.

Cameron Swatton 23.41. **Wyre Forest.** 167. Bob Thomas 43.38. **Malling.** 33. Austin Adams 23.57, 105. Gareth Griffin 28.50, 147. John Isaacs 32.03. **Exmouth.** 69. Bob Minting 24.48. **Clapham Common.** 138. James Cunningham 23.09. **Bethlem Royal Hospital.** 20. Mike Simms 27.31. **Sutcliffe.** 24. Steven Pairman 21.56, 43. Barry Wetherilt 23.44, 110. Julia Pairman 28.59.

Mote Park. 150. Tom Phillips 36.12.

7-8/1/23

EA Senior and Under 20 Combined Events and Walks Championships, Sheffield. 3000w. 5. Jonathan Ellerton (U20M) 17.04.16.

8/1/23

Cross Internacional Juan Muguerza, Elgoibar, POR. 13. Niamh Bridson Hubbard 27.58.

Be Fit Today Track Academy Indoor Series 2, Lee Valley. 60. **Men.** R1. R7. 4. Veresse Charles (U17M) 7.60. R2. R4. DNF.

Veresse Charles. **Women.** R1. R12. 1. Darcey Kuypers 7.64. R2. R10. 5. Darcey Kuypers 7.64. 200. **Men.** R7. 2. James Lawson 23.49. 400. **Women.** R1. 1. Megan Barlow (U17W) 63.45. R3. 2. Megan Barlow 2.19.09.

BMC Sheffield Grand Prix. 800. A. 1. Henry Fisher 1.51.49, 4. Angus Harrington 1.52.13. B. 2. Ben Gardiner 1.52.38. 1500. B. 1. Chloe Sharp 4.29.65. 3000. C. 1. Phil Sesemann 7.54.34.

SLAN Indoor Open, Carshalton. HJ. 2. James Nightingale 1.65. PV. B. 2. Oscar Witcombe (U20M) 4.00, 3. Charlie Platt (U15B) 3.80, 7=. Finn Kitteridge (U17M) 3.20, 9. Roger Platt (M50) 3.20.

Sutcliffe Indoor 60s. 60. **Men.** R1. R2. 2. Kieran Gowan Wade 6.92, 5. Rhys Francis 7.23. R5. 4. Duayne Bovell (M35) 7.21. R6. 1. Clayton Jacinto (U20M) 7.23, 5. Chinedu Ndukwa (U20M) 7.39. R7. 3. Nkwazi Ndila 7.28, 4. Chima Ndukwa (U20M) 7.30. R11. 2. Mario Stewart 7.27. R12. 4. Makai Sabido Rodney (U17M) 7.68. R13. 4. Piers Spencer Simms (U13B) 7.82. R16. 4. Luca Hunstone (U13B) 9.27. R2. R1. 5. Kieran Gowan Wade 6.97. R4. 5. Duayne Bovell 7.19. R5. 1. Clayton Jacinto 7.17. R6. 1. Mario Stewart 7.16, 6. Nkwazi Ndila 7.34. R7. 4. Chima Ndukwa 7.34. R8. 5. Chinedu Ndukwa 7.40. R13. 5. Piers Spencer Simms 8.07. **Women.** R1. R1. 3. Annie Davies 7.67. R3. 2. Nina Whitter (U17W) 8.08. R6. 5. Zamaia Dixon (U13G) 9.57. R8. 1. Nielle Springer (U13G) 8.67. R9. 2. Tallulah Ndikanwu (U17W) 8.95. R2. R1. 5. Annie Davies 7.71. R3. 2. Nina Whitter 8.10. R8. 4. Tallulah Ndikanwu 8.94. R9. 1. Zamaia Dixon 9.06.

Kent Fitness League, Birchington. 102. Steve Pairman 46.46, 229. John Leeson 54.22.

Junior Parkruns. Hoblingwell. 2. James Bunn 9.58

13/1/23

Arkansas Invitational, Fayetteville, AR. Men. 400. 3. Ethan Brown 47.93. Mile. R3. 8. Lewis Mills 4.15.50. 3000. DNF. Lewis Mills. **Women.** 200. R13. 2. Amber Anning 23.47. 400 relay leg. Amber Anning 52.64.

Leonard Hilton Memorial Invitational, Houston, TX. 3000. 2. Yasmin Austridge 9.53.73.

Cougar Classic, Spokane, WA. SP. 1. Nana Gyedu 15.29.

13-14/1/23

Rod McCravy Memorial, Lexington, KY. 60. Ht6. 3. Marcia Sey 7.75. 60H. 3. Marcia Sey 8.40, SF1. 2. Marcia Sey 8.51. Ht4. 2. Marcia Sey 8.56.

14/1/23

NCC Cardinal Opener Track & Field Invitational 2023, Naperville, IL. 60. 4. Myles Xavier 7.05. Ht4. 2. Myles Xavier 7.07.

MIT Tri Meet, Cambridge, MA. 60. R1. 1. Zac Nwogwugwu 7.19.

Birmingham League Division One, Warley Woods. 33. Will Fuller* 31.52.

Parkruns. Bromley. 3. Thomas Sugden 16.41, 11. Micah Evans 18.07, 13. David Adams 18.11, 15. Jessica Keene 18.24, 20. Megan Barlow 19.10, 26. Nathan Crossan 19.56, 35. Tuan Tran 20.56, 43. Katy Sugden 21.20, 46. Aaron Crossan 21.26, 47. Sophie Tran 21.27, 50. Harry Schmidt 21.38, 64. Roger Vilardell 21.56, 95. Damian Hayes 23.10, 162. James Unwin 25.27, 415. Mick Keene 34.08, 441. Adrian Perry 35.52. **Bexley.** 51. Chris Pike 26.23. **Beckenham Place park.** 1. Joe Scanes 18.39, 2. Joseph Hill 18.52, 3. Jed Starvis 19.04, 19. Steven Pairman 22.52, 21. Rod Harrington 22.57, 24. Austin Adams 23.27, 46. Luigi Arcuri 25.12, 55. David Beadle 25.49, 136. Julia Pairman 31.10, 169. David Appleton 34.14, 194. John Isaacs 38.03, 207. Bob Thomas 42.46. **Hoblingwell.** 3. Alexander Martin 22.28, 4. Chris Martin 23.03. **Orpington.** 44. Gregory Firth 29.04, 51. Zoe Kingsmell 30.10, 80. Karen Desborough 35.41. **Cheltenham.** 349. Anthony Pontifex 35.57. **Tonbridge.** 57. Robert Perry 25.38. **Dartford.** 16. Freya Pearson 24.05 (1st woman), 28. Rowan Pearson 25.21, 29. Ashley Pearson 25.22, 30. Islay Pearson 25.23, 31. Colin Pearson 25.39. **Lullingstone.** 2. Steve Hough 22.29. **Exmouth.** 72. Bob Minting 24.59. **Foots Cray Meadows.** 1. Matt Rozee 23.21, 5. George Collins 26.06. **Woolacombe Dunes.** 20. Barry Wetherilt 27.34. **Bethlem Royal Hospital.** 33. Mike Simms 27.08. **Ifield Mill Pond.** 21. Ian Montgomery 24.40. **Woodgate Valley Country Park.** 5. Millie Smith 20.00 (1st woman). **Mote Park.** 163. Tom Phillips 47.08.

14-15/1/23

Southern Under 17, Under 15 and Under 13 Championships, Lee Valley. Under 17 Men. 60. SF2. 7. Marley Byfield 7.38. Ht2. 2. Marley Byfield 7.31. 200. SF2. 4. Marley Byfield 23.61. Ht2. 2. Marley Byfield 23.54. 800. Ht2. 4. Hendri Verster 2.08.57. 60H. 1. Rayhan Mourtada 8.33. Ht1. 2. Rayhan Mourtada 8.49. PV. 5. Finn Kitteridge 3.40. **Under 17 Women.** 60. 7. Zara Okoroafor 7.98. SF2. 3. Zara Okoroafor 7.93. Ht2. 2. Zara Okoroafor 8.00. 400. 1. Alyssa Firla 59.42, 5. Tallulah Ndikanwu 64.35. Ht2. 1. Alyssa Firla 60.05. Ht3. 1. Tallulah Ndikanwu 63.33. 800. 2. Megan Barlow 2.19.49. Ht2. 3. Megan Barlow 2.18.47. HJ. 1. Qi'-Chi Ukpai 1.73, 10. Megan Barlow 1.50. LJ. 1. Daisy Snell 5.55. TJ. 1. Qi'-Chi Ukpai 11.62. SP. 8. Tallulah Ndikanwu 11.15. **Under 15 Boys.** 800. Ht1. 4. Benjamin O'Grady 2.29.56. 60H. 6. Benjamin O'Grady 11.04. Ht1. 4. Benjamin O'Grady 10.61. PV. 1. Charlie Platt 3.50. **Under 15 Girls.** 200. Ht4. 5. Heidi Coulson 30.07. 800. 4. Luciana Smith 2.18.17. Ht4. 1. Luciana Smith 2.27.53. HJ. QA. 7. Heidi Coulson 4.16. SP. 15. Heidi Coulson 7.08. **Under 13 Girls.** 1. Kara Bryan 2.23.86.

Loughborough Indoor Open. Women. 60. A. R1. 5. Annie Davies 7.88. R3. 6. Mallory Cluley 8.11. 60H. A. R1. 1. Annie Davies 8.46, 6. Mallory Cluley 8.68. B. R1. 6. Annie Davies 8.63. R2. 1. Mallory Cluley 8.76. PV. A. 4. Sophie Dowson 3.91.

15/1/23

10km Valencia Ibercaja, Valencia. 46. Phil Sesemann* 28.56 (28.54), 100. Charlie Davis* 30.21 (30.13)

Kent Fitness League, Deal. 251. Mike Simms 46.28.

Umass Flagship Invitational, Boston, MA. PV. 5. Lois Warden 3.65.

Junior Parkruns. Bromley. 2. Benjamin Evans 8.27. **Hoblingwell.** 1. James Bunn 8.29.

18/1/23

Newham And Essex Beagles Indoor Sprint Series. Men. 60. R1. R1. 4. Jeriel Quainoo 6.92. R3. 1. Kieran Gowan Wade 6.84. R4. 1. Michael Damoah 6.97. R5. 5. Duayne Bovell (M35) 7.24. R11. 4. Ashley Reid (M40) 7.81. R2. R1. 6. Kieran Gowan Wade 6.87. R2. 2. Jeriel Quainoo 6.91, 3. Michael Damoah 6.93. R5. 3. Duayne Bovell 7.22. R10. 3. Ashley Reid 7.82.

Women. R1. R1. 5. Maya Bruney 7.85. R2. 2. Modupe Shokunbi 7.77. R2. R1. 3. Modupe Shokunbi 7.68.

20/1/23

Robert Platt Invitational, Houston, TX. Men. 800. R2. 1. Lewis Mills 1.59.16. Mile. R2. 4. Lewis Mills 4.16.27. **Women.** 800. R3. 2. Yasmin Austridge 2.09.59. Mile. R2. 8. Ava White 5.07.84. 3000.3. Yasmin Austridge 10.06.62.

Blue Demon Alumni Classic, Chicago, IL. 200. R2. 2. Isabella Hilditch 25.06.

20-21/1/23

Vanderbilt Invitational, Nashville, tn. LJ. D. 4. Funminiyi Olajide 6.09. SP. 3. Divine Oladipo 15.93.

Lauren McCluskey Memorial Open, Moscow, ID. SP. B. 1. Nana Gyedu 14.52.

21/1/23

World Athletics Indoor Tour Bronze, Jablonec, CZE. 60. 1. Dina Asher Smith 7.09. Ht1. 1. Dina Asher Smith 7.17.

Kuldiga Catherines Cup, Kuldiga, Latvia. 400. R3. 2. Dan Putnam 48.21.

1 55 Invite 2023, Bloomington IL. 60. 2. Myles Xavier 7.08. Ht2. 1. Myles Xavier 7.08. 200. R8. 3. Myles Xavier 23.56.

URI Invitational, Kingston RI. 60. Ht5. 4. Zac Nwogwugwu 7.19. PV. 3. Lois Warden 3.51.

Simmons Harvey Invitational, Ann Arbor, MI. 60. Ht1. 2. Marcia Sey 7.58. 60H. 2. Marcia Sey 8.25. Ht1. 1. Marcia Sey 8.42.

Run Jump And Throw and Masters Grand Prix, Sheffield. 60. R6. 2. Luke Dorrell* 6.81. 200. R1. 1. Luke Dorrell* 21.44. 400. R2. 4. Ben Gardiner 50.25.

Kent Schools Championships, Dartford. Senior Boys. 14. Arthur Starvis 25.19, 25. Ted Marston 28.00. **Senior Girls.** 1. Cary Firth 15.07, 2. Hannah Clark 15.13, 9. Liberty Whyte 16.04, 15. Isabella Louth 16.41, 23. Emily de Backer 17.21, 24. Lily Meers 17.29. **Intermediate Boys.** 15. Harry Fage 22.06, 16. Jed Starvis 22.16, 25. Tane Chambers 23.11, 29. Jasper Brooks 23.41, 34. Kyle Firth 24.32. **Intermediate Girls.** 3. Megan Barlow 15.11, 11. Isla Spink 16.20, 12. Lydia Witcombe 16.28, 17. Kyla Dervish 16.58, 26. Amber Cockburn 17.38, 31. Lola Bischoff 18.05, 33. Matilda Shilland 18.13, 35. Molly Shaw 18.27, 37. Islay Pearson 18.48. **Junior Boys.** 1. Joseph Scanes 13.39, 3. Joseph Hill 14.00, 14. Lucas Elmqvist 14.54, 18. Nathan Clark 15.02, 20. Kian Farrell 15.10, 23. James Shaw 15.14, 26. Alfie Whitelock 15.28, 35. Aaron Sebuwufu 16.00, 45. Benjamin O'Grady 16.19. **Junior Girls.** 1. Luciana Smith 10.54, 2. Aoife McDonagh 10.54, 12. Niamh Stanley 11.30, 16. Beth Regan 11.51, 17. Sophie Tran 11.59, 18. Ariana Jenner Heard 12.03, 19. Lily Bridgeman 12.05, 23. Angelina Mernaka 12.21, 25. Caitlin Hough 12.27, 26. Rowan Pearson 12.37, 28. Charlotte Bloodworth 12.43, 64. Eva Denbow 13.44. **Year 11 Boys.** 2. Alex Smith 10.48, 7. Jake Martin 11.15, 8. Finn Gotkine 11.16, 13. James Bunn 11.26, 24. Benjamin Evans 11.48, 50. Jack Barlow 12.25. **Year 11 Girls.** 2. Kara Bryan 10.04, 3. Alba Homans Yau 10.06, 7. Freya Pearson 10.33, 9. Evie De Bruyn 10.40, 10. Amelie Ramdeen 10.49, 15. Elizabeth McGillivray 11.12, 22. Alessia Scala 11.37.

Surrey Schools, Reigate. Senior Boys. 4. Miles Brown 22.56. **Intermediate Boys.** 8. Alexander Middleton 19.47, 28. Franco Hillier 21.11. **Junior Girls.** 26. Isabel Pauling 14.14, 64. Lydia Marston 15.35. **Year 11 Girls.** 17. Poppy Traynier 12.49.

Middlesex County Centenary Championships, Parliament Hill. Under 20 Women. 2. Zakia Mossi 25.45. **Under Girls.** 4. Naimah Mossi 15.45. **Under 13 Girls.** 3. Sofia Mossi 12.22, 16. Hissah Al Faisal 13.34.

Parkruns. Bushy. 96. Steve Evenden 20.17. **Bromley.** 1. Micah Evans 17.29, 3. David Adams 17.42, 9. Daniel Horgan 18.30, 16. Nathan Crossan 19.23, 33. Aaron Crossan 20.18, 34. Harry Schmidt 20.20, 42. Tim Ayres 20.35, 50. Tuan Tran 20.56, 54. Jason Meers 21.04, 87. Stuart Cullum 22.40, 155. Ryan Tran 24.36, 204. Zoe Kingsmell 26.03, 310. Mick Keene 28.17, 334. Bernard Wilson 28.59, 367. Andre Verster 29.45. **Bexley.** 32. Nick Barber 23.25, 71. Chris Pike 25.27, 397. George Collins 46.48. **Greenwich.** 90. Gareth Griffin 28.46, 104. John Isaacs 29.46, 135. David Appleton 32.40. **Beckenham Place park.** 5. Luca Ercolani 18.54, 7. Paul Sharpe 19.05, 12. Clayton Aves 20.07, 26. Paul Kerekgyarto 21.54, 67. Luigi Arcuri 24.21, 82. David Beadle 25.34, 102. Nigel Wood 26.38, 198. Iain Swatton 33.05. **Crystal Palace.** 40. Roger Vilardell 22.38. **Lymington Woodside.** 8. James Cunningham 22.58. **Orpington.** 122. Karen Desborough 32.25. **Woodley.** 185. Adrian Perry 28.09. **Dartford Heath.** 5. Austin Adams 22.18, 11. Ian Montgomery 23.59. **Swansea Bay.** 83. Cameron Swatton 23.25. **Foots Cray Meadows.** 14. John Turner 26.23, 40. Maz Turner 36.32. **Kingdom.** 25. Mark Ellison 25.34, 46. Anne Cilia 30.23. **Bethlem Royal Hospital.** 1. Richard Webb 18.25, 28. Mike Simms 26.40. **The Leas, Minster.** 1. Blair Wilson 17.39. **Sutcliffe.** 27. Steven Pairman 20.40, 31. Jon Pairman 20.53, 70. Barry Wetherilt 24.05, 145. Julia Pairman 28.06. **Mote Park.** 187. Tom Phillips 54.48. **Brockenhurst.** 7. Pippa Woolven 19.26 (1st women).

21-22/1/23

London Indoor Games, Seniors and Under 20s, Lee Valley. Senior Men. 60. R1. A. R4. 2. Kieran Gowan Wade 6.90. B. R2. 6. Rico Cottell 7.29. R3. 4. Duayne Bovell (M35) 7.20. R4. 3. Chizute Ogbedeh 7.19. R2. A. 2. 4. Kieran Gowan Wade 6.97. B. R3. 5. Chizute Ogbedeh 7.23, 6. Duayne Bovell 7.25. R4. 3. Rico Cottell 7.29. 400. R1. 1. Sam Reardon 47.30. R2. 1. Bailey Stickings 48.98. R4. 3. David Hall 51.66. R5. 4. Prince Reid 53.48. R7. 3. Ralph Unwin 54.92. 800. R1. 1. Angus Harrington 1.50.54. R3. 2. Thomas Sugden 1.58.37. 60H. A. R1. 4. Rico Cottell 8.25. B. R1. 7. Rico Cottell 8.49. PV. A. 6. Roger Platt (M50) 2.97. B. 8=. Oscar Witcombe 4.02. **Senior Women.** A. R2. 4. Darcey Kuypers 7.67. R4. 3. Mallory Cluley 8.01, 6. Chanelle Cole 8.10. B. R2. 3. Darcey Kuypers 7.68. R3. 4. Mallory Cluley 7.95. R4. 6. Chanelle Cole 8.18. 400. R3. 3. Chanelle Cole 61.12, 4. Morgan Squibb 61.45. 800. R2. 1. Morgan Squibb 2.14.64, 2. Chloe Sharp 2.15.04. R3. 2. Cameron Kelly Gordon 2.18.62. R4. 4. Lily Meers 2.32.24. 60H. A. R1. 2. Annie Davies 8.49, 5. Mallory Cluley 8.69. R3. 1. Jodie Self 8.73. B. R1. 3. Annie Davies 8.44, 4. Mallory Cluley 8.59, 7. Jodie Self 8.83. PV. B. 3. Sophie Dowson 4.02. SP. 1. Cleo Agyepong 13.97, 5. Chimdi Okpalauko 11.60. **Under 20 Men.** A. R4. 4. Clayton Jacinto 7.23. R6. 3. Adam Islam Medeaux 7.21. R7. 3. Nkwazi Ndila 7.41. B. R4. 1. Clayton Jacinto 7.18, 2. Adam Islam Medeaux 7.20. R6. 4. Nkwazi Ndila 7.47. 200. R2. 3. Adam Islam Medeaux 23.13. R3. 3. Clayton Jacinto 23.34. R4. 3. Nkwazi Ndila 24.14. 400. R2. 5. Samuel Mowa 52.19. R5. 2. Christopher Barrett 54.86. **Under 20 Women.** 400. R1. 2. Cameron Kelly Gordon 59.34.

22/1/23

Cardiff Met Grand Prix. 800. Men. R4. 1. James Naylor 2.09.58

Farnborough Winter Half Marathon. 63. Darren Corneille 78.45 (78.33).

Canterbury 10. 14. Graeme Lugar 57.32 (57.29), 377. Austin Adams 79.51 (79.05).

Junior parkruns. Bromley. 42. Sebastian Rayner 12.17. **Hoblingwell.** 3. James Bunn 9.48.

26-28/1/23

Texas Tech Open and Multis, Lubbock, TX. 200. R8. 3. Marcia Sey 24.98. 60H. 4. Marcia Sey 8.30. Ht1. 3. Marcia Sey 8.29.

27/1/23

World Athletics Indoor Tour Gold – International Indoor Meeting, Karlsruhe, GER. 60. 1. Dina Asher Smith 7.04 (**NATIONAL RECORD AND CLUB RECORD**). Ht2. 1. Dina Asher Smith 7.07.

BU John Thomas Terrier Classic, Boston, MA. Men. 800. 1. Joe Rogers 1.52.32. **Women.** 800. DQ. Katy Ann McDonald. PV. B. 3. Lois Warden 3.60.

VMI Winter Classic, Lexington, VA. 400. 2. Holly Mpassy 56.06.

Houston Invitational, Houston, TX. 800. R2. 1. Ava White 2.18.06. R3. 2. Yasmin Austridge 2.10.23.

27-28/1/23

Razorback Invitational, Fayetteville, AR, USA. 400. R14. 1. Amber Anning 51.56. 400 relay leg Amber Anning 52.16.

Aurora Grand Prix, Chicago, IL. 60. 5. Myles Xavier 7.04. Ht7. 1. Myles Xavier 7.14. 200. R6. 2. Myles Xavier 22.60.

Riverhawk Invitational, Boston, MA. 60. R9. 3. Zac Nwogwugwu 7.22. 200. R12. 4. Zac Nwogwugwu 23.13.

Illini Challenge, Champaign, IL. 60H. 2. Isabella Hilditch 8.68. Ht1. 1. Isabella Hilditch 8.68.

28/1/23

SEAA Cross Country Championships, Beckenham Place Park. Senior Men. 105. Dan Kennedy 52.20, 115. Alex Gibbins 52.50, 122. Tom Desborough 53.01, 132. Micah Evans 53.39, 144. Andy Rayner 53.50, 153. Graeme Lugar 54.05, 177. David Adams 55.05, 207. Fintan Parkinson 55.59, 267. Darren Corneille 58.09, 276. Greg Firth 58.22, 277. Luca Ercolani 58.23, 309. Joshua Dowling 59.14, 326. Steve Hough 60.01, 331. Ian Scott 60.06, 364. Paul Sharpe 61.27, 374. Martin Parkinson 61.53, 387. Simon Harris 62.19, 466. Matthew Maddocks 66.04, 484. Jason Meers 66.48, 604. Mark Ellison 74.24, 621. Luigi Arcuri 75.29, 622. Ifetobi Salako 76.00. **Teams.** 14. B&B 771. **Senior Women.** 2. Andrea Clement 27.04, 26. Millie Smith 29.04, 62. Amy Leach 30.50, 133. Katy Sugden 33.11, 186. Sarah Belaon 34.54. **Teams.** 7. B&B 223. **Under 20 Men.** 20. Miles Brown 25.12, 66. Ted Marston 28.43, 71. George Shaw 29.32. **Under 20 Women.** 8. Hannah Clark 21.55, 9. Morgan Squibb 22.01, 24. Zoe White 23.12. **Under 17 Men.** 43. Arthur Starvis 19.43, 46. James Barnes 19.47, 79. Mark Constable 20.34, 98. Harry Fage 20.52. **Teams.** 11. B&B 266. **Under 17 Women.** 15. Carys Firth 22.08, 17. Megan Slattery 22.25, 60. Isla Spink 24.33, 100. Milly Shaw 27.12, 106. Islay Pearson 28.02. **Teams.** 5. B&B 192. **Under 15 Boys.** 5. Joseph Scanes 13.59, 16. Joseph Hill 14.24, 30. Jed Starvis 14.43, 78. Nathan Clark 15.25, 129. Tane Chambers 16.10, 171. Oliver Ward 17.10, 175. Ben O'Grady 17.22, 187. Elliott Botten Vanacore 17.49, 191. Alex Martin 18.01. **Under 15 Girls.** 11. Megan Barlow 15.58, 89. Isabel Pauling 17.42, 100. Beth Regan 17.55, 103. Leah Kyriacou 17.57, 116. Kyla Dervish 18.17, 118. Lydia Marston 18.19, 135. Caitlin Hough 18.38, 145. Jessica Kelly 18.47, 176. Matilda Shilland 20.26. **Teams.** 15. B&B 303. **Under 13 Boys.** 37. James Shaw 10.52, 47. Alex Smith 11.00, 77. Nathan Crossan 11.22, 84. Aaron Sebuwufu 11.26, 85. Jake Martin 11.26, 100. James Bunn 11.36, 110. Finn Gothine 11.44, 125. Liam Hough 11.59, 126. Aaron Crossan 11.59, 147. Johnny Lee 12.23, 148. Benjamin Evans 12.26. **Teams.** 9. B&B 245. **Under 13 Girls.** 6. Aoife McDonagh 10.44, 35. Ines Maignan 11.40, 60. Sophie Tran 12.02, 62. Evie De Bruyn 12.04, 72. Alba Homans Yau 12.10, 79. Ariana Jenner Heard 12.18, 91. Amelie Ramdeen 12.23, 100. Rowan Pearson 12.28, 115. Freya Pearson 12.40, 127. Chloe Morez 12.54, 145. Elisabeth McGillivray 13.14, 155. Mariana Caceres 13.21. **Teams.** 5. B&B 163.

Northern Cross Country Championships, Blackburn. Senior Men. 4. Graham Rush* 37.06.

Midland Cross Country Championships, Leamington Spa. Senior Men. 9. Charlie Davis* 33.36, 40. Will Fuller* 36.11.

World Athletics Indoor Tour Bronze, Manchester Sportcity. 800. 2. Sam Reardon 1.48.46. 60H. 8. Annie Davies 8.46.

World Athletics Indoor Tour Challenge Meeting Internacional Catalunya Pista Coberta, Sabadell, ESP. 400. 1. Dan Putnam 47.31.

World Athletics Indoor Tour Challenger. Perch En Or, Roubaix, FRA. PV. C. 8=. Sophie Dowson 3.70.

Dr Sanders Columbia East/West Challenge, NY. 800. R3. 6. Naomi Toft 2.15.75.

Parkruns. Bromley. 23. Steve Evenden 19.41, 25. Harry Schmidt 19.42, 70. Damian Hayes 21.54, 94. Andy Tucker 22.45, 194. Ian Montgomery 25.04, 195. Stuart Cullum 25.05, 318. Jackie Montgomery 28.11, 333. Mick Keene 28.23, 368. Bernard Wilson 29.07, 385. Andre Verster 29.32. **Greenwich.** 4. Roger Vilardell 18.34. **Beckenham Place park.** 112. Nigel Wood 26.23. **Valentines.** 126. Zoe Kingsmell 25.53, 201. Andrew Kingsmell 29.24. **Barnstaple.** 49. Angela Powell 26.28. **Horsham.** 139. John Isaacs 30.15, 245. Bob Thomas 40.27. **Tilgate.** 181. Adrian Perry 29.14. **Orpington.** 125. Karen Desborough 33.39. **Reigate Priory.** 125. Gareth Griffin 29.31. **Exmouth.** 79. Bob Minting 23.49. **Clapham Common.** 118. Rod Harrington 22.03. **Catford.** 194. Andrew Lawes 50.55. **Foots Cray Meadows.** 5. Austin Adams 23.52, 10. David Beadle 24.38, 16. John Turner

26.05, 39. Maz Turner 35.27. **Bethlem Royal Hospital**. 23. Mike Simms 25.46. **The Leas, Minster**. 1. Blair Wilson 17.13. **Sutcliffe**. 41. Barry Wetherill 22.44, 42. Steven Pairman 22.45, 132. Julia Pairman 28.22. **University Parks**. 367. Zoe Martial 30.20. **Mote Park**. 166. Tom Phillips 44.47. **York**. 1. Alex Botterill 15.18. **Marlborough Common**. 3. Pippa Woolven 19.49 (1st woman).

28-29/1/23

London Indoor Games, Young Age Groups, Lee Valley. Under 17 Men. 60. A. R1. 3. James Beecroft 7.05, 6. Reo McCausland 7.24. B. R1. 5. James Beecroft 7.12. R2. 1. Reo McCausland 7.25. 200. R2. 4. Marley Byfield 23.78. 300. R1. 2. James Lawson 51.63. R3. 1. Hendri Verster 55.35. 60H. A. R1. 1. Rayhan Mourtada 8.23. B. R1. 1. Rayhan Mourtada 8.17. PV Mx. 1. Charlie Platt 4.00 (**CLUB UNDER 15 RECORD**), 3. Finn Kitteridge 3.60. **Under 17 Women**. R1. 3. Nina Whitter 25.87. 300. R1. 2. Alyssa Firla 41.86. R2. 3. Julia Newman 43.66. R4. 1. Tallulah Ndikanwu 44.15. SP. 5. Tallulah Ndikanwu 11.26. **Under 15 Boys**. A. R1. 2. Joshua Dako 9.19. B. R2. 2. Joshua Dako 9.17. HJ. Mx B. 1. Joshua Dako 1.70. LJ. 1. Joshua Dako 5.69. **Under 15 Girls**. 200. R5. 4. Isabella Campbell – Andou 28.51. 300. R3. 2. Beth Regan 46.06. HJ. MX A. 8=. Heidi Coulson 1.36. LJ. A. 4. Isabella Campbell Andou 4.22, 5. Heidi Coulson 4.08. **Under 13 Boys**. 60. A. R4. 1. Piers Spencer Simms 7.79. B. R1. 1. Piers Spencer Simms 7.73. 200. R1. 1. Piers Spencer Simms 26.07. **Under 13 Girls**. R1. 2. Kara Bryan 27.39. 800. R1. 1. Kara Bryan 2.24.78.

Welsh Athletics Senior and Under 15 Championships, Cardiff. 800. Ht1. 4. James Naylor 2.05.63. 60H. 3. Rico Cottell 8.24. Ht2. 1. Rico Cottell 8.27. PV. 8. Eleanor Barrett 3.26. LJ. B. 1. Ben Sutton 7.03.

29/1/23

EDP Medio Maraton de Sevilla. 50. Scott Overall 68.32 (68.30).

Manchester Open. 200. R5. Maurizio Corrodus 24.48.

RunThrough Crystal Palace. 115. Nigel Bewsher 1.48.49 (1.48.32).

Junior parkruns. Bromley. 1. Benjamin O'Grady 7.46, 2. Nathan Crossan 7.52, 3. Benjamin Evans 8.13. **Eltham**. 2. Aaron Crossan 8.25.

125 years ago in January 1898,

Blackheath lose to South London Harriers in the Mob Match at West Wickham. First for Blackheath is W G Suffield in 41.24. A smoking concert follows.

The annual Married v Single race is won by F Page with the single men winning 33 to 45, with six to score.

An Inter Club run with Lea Harriers at Chingford with packs of fast and slow runners covering 10 and 8 miles respectively. Tea and a concert follows.

100 years ago in January 1923.

The Club travel to Chingford for the annual Mob Match with Orion and the Gazette records "Orion had both a hearty welcome and a big licking for us at Chingford." Match result scoring 29 a side is Orion 515, Blackheath 1037. "It is somewhat incomprehensible that this important fixture did not receive much greater active support; for, as it was, we supplied only 29 out of a field of 74... A great and goodly company sat down to do justice to inviting fare afterwards" Blackheath also lose the Mob Match against Ranelagh from The Green Man, Putney, 654 points to 1296.

75 years ago in January 1948.

It's Olympic Year and it is reported that Durban Athletic Club have adopted Sydney Wooderson and will be sending him food parcels up until the start of the Games in July. It is an admirable gesture but Sydney has retired from track and field. He is still doing cross country, however, and he starts the year by winning the Kent County title, repeating his success of ten years previously. He also leads the team to victory to claim the Invicta Cup. The Junior Men finish third. Then it's back to the Clubhouse for Punchbowl Night and sausage and mash. "The Invicta Cup being filled with beer, the President drank the health of the Senior Team, Sydney Wooderson and the Junior team. The Cup was then passed round the table and all present drank to our successful members in turn.

Blackheath enjoy an emphatic victory over Orion at Chingford with Jack Braughton winning the race. "These Mob Matches between cross country clubs are one of the finest features of the sport, giving every runner, whatever his calibre, a chance to do something for his Club."

Missing from the match in Essex is Sydney Wooderson who is leading Kent to victory in the Inter County Championships at Horsham. He is third in the race.

The Gazette records that at the end of 1947 has 450 ordinary members and 308 Life Members.

It also reports the death of W G Suffield at the age of 75. Forty one years later he is mentioned again.

BACK AT LAST — AFTER 63 YEARS AWAY

At a members' night last April John Taylor, who received his 50 years membership award that evening, brought with him a large picture of a young man in Club uniform photographed in typical Victorian studio pose beside a silver cup. See back cover.

It seems that it had been among the objects taken by the licensee of the Railway Hotel, West Wickham (our HQ from 1921-26) when he retired and on coming across it some time later he decided to take it up the road to Bill Taylor knowing the connections of the Taylor family with BH. And John brought it to Hayes.

But who was this young athlete? Fortunately there were some clues. The Cup was readily identifiable as the Five Miles Challenge Cup (our oldest trophy first competed for in 1880) and the date 1897 appeared beside the photographer's name. At that period the Cup was awarded twice each year and on 13 March 1897 and 5 December 1897 the winner was W. G. Suffield who had joined in 1896. In all probability therefore this is his portrait.

The picture was prominently displayed at the Green Man as our member C. A. Peachey (who joined in 1919) well remembers and was obviously taken to West Wickham when we moved from Blackheath though whether it was displayed there is not known. But now after all these years it proudly takes its place again at Club Headquarters, a striking souvenir of the last Century as we approach the next.

One final comment needs to be made: it was possible to identify the subject of this photograph from the clues mentioned above though even then probably not with absolute certainty. There are two similar photographs of the same period where identification is problematical or impossible. Worse still there are much more recent photographs, the Junior Track Team of 1953 for example, where four members cannot be named despite others in the photograph being still very active in Club affairs. Would all those who have photos please make sure to name and date them while these facts are still in mind!



A quick search on the British Newspaper Archive indicates that, prior to joining Blackheath, W G Suffield was a member of Herne Hill Harriers. While the article above by Harold Thompson refers to the Club 5 trophy, what is the large shield?

50 years ago in January 1973

D F Murray is awarded the CMG in the New Year Honours List. "In spite of having lost a leg in the War he still gets enjoyment from "a little gentle skiing" for which he had ample opportunity whilst in Tehran"

Bob Richardson finishes 4th in the Kent Championships as Blackheath finish second in the team race. Richard Coles wins the Youths race and the Club take the team award in the Boys Race.

Bob Richardson also wins the Club 10 with Bob Hawtin second and Peter Horwood third.

Blackheath win the mob match against Ranelagh at Hayes with the scoring 29 a side. The first three home are winner Ian Wilson, Bob Hawtin and John Baldwin.

Athletics Weekly publishes the AAAs standards for 1973 and it is interesting to compare with the current grades. In 1973 an athlete needed to throw 17.00 to achieve a grade one in the shot. Now, it is 14.55. A 1500 metre runner would need to clock 3.47.0 for a grade one but now it is 3.49.5. Some events are shown below.

1973/2023

200. 21.8/21.6

400. 48.8/48.5

800. 1.51.8/1.51.8

1500. 3.47.0./3.49.5

5000. 14.00.0./14.20.0

10000. 29.40.0./29.57.0

110H. 15.0./14.5

400H. 53.5/52.6

3000 s/ch. 9.05.0/8.59.0

HJ. 1.96./2.03

LJ. 7.25./7.20.

SP. 17.00./14.55

DT. 50.00./45.05.

25 years ago in January 1998

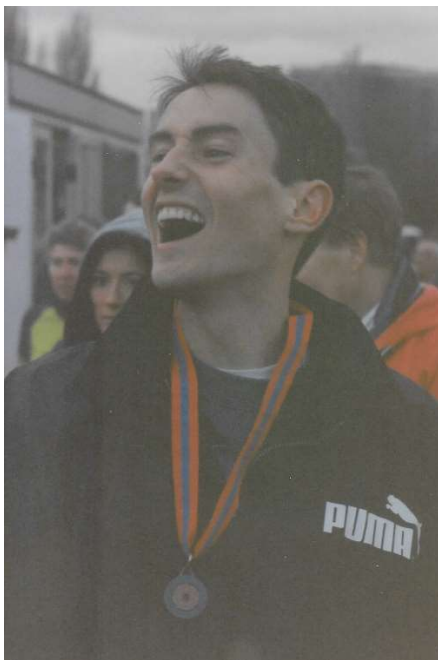
Blackheath's Senior Men win the Southern Cross Country title for the fifth time in six years. All six scorers finish in the top 50 with Spencer Newport 3rd, Dave Taylor 4th, Darrell Smith 13th, Bill Foster 15th, Dave Heath 28th and Liam Bulson 46th. Roy Smith takes the Perseverance Cup for being the 7th man home in 67th; and the Club win the Camden Cup for being the first Kent club to finish 12 runners with Mark Watling 81st, Richard Parrott 106th, Ant Draper 129th, Giles Clifford 133rd, and Jeremy Bradley 137th. Some previously unpublished photos below, not of the greatest quality which is why they were previously unpublished.



Left to right. (1). Dave Taylor is the early leader with Barry Roydon and Adrian Mussett tucked in behind. Then come Spencer Newport and Dave Buzza, the eventual winner. Dave and Spencer and the only Club members to have finished 1st, 2nd and 3rd in this race. (2). Roy Smith on his way to securing the Perseverance Cup. (3). Liam Bulson, 6th scorer.



Above. (1) Future President Bill Foster on his way to 15th place, twelve years after he was first home for the Club as we won the Southern for the first time. (2). Current Kent selector Darrell Smith, like Spencer Newport on his way to his 5th team gold in six years.



Above. Left to right. (1) Spencer Newport with his medal. (2) Dave Taylor. (3) Giles Clifford. Giles and Roy Smith would both win team golds in 1999 and 2000.

The Club also win the Under 17 mens team title, retaining the crown they won the previous year, with Lee Cooper 7th, Steve Holmes 12th, David Baker 16th and Russell Bentley 28th. Abdi Madar in 35th and Peter Tucker 39th also finish in the top 40. Matt Hill is second to Mo Farah in the under 15 boys race, and Mike Skinner is 20th in the Under 20 mens race. Blackheath beat Ranelagh in the Mob Match at Richmond. Dave Heath wins the race and Roy Smith is third.

Akinola Lashore and Sam Bobb strike gold at the Southern Indoor Championships at Bedford. “Lash” wins the 60 metres in 6.82 while Sam takes the triple jump crown with 14.23.

Sir Donald Murray KCVO, CMG, DL. passes away. His obituary reveals he referred to the loss of his leg as “an accident when I got too close to a machine gun”. He still became a cox at his college boating club and won a shooting blue. He had a long career in the foreign office, his last appointment being Ambassador to Sweden in 1980. He had joined the Club in 1942.

Quiz Answer.

If you stick at it long enough, you too can become a Quiz question

95th in the under 17 mens race in 1998 and 144th in the Senior Mens race in 2023 it's..... Andy Rayner.



Left..Not from the 1998 Southern but the National in Leeds, Andy tracks Peter Tucker. Right, Andy at this years Southern Champs.