



Blackheath & Bromley Courier

May 2023.

President 2023-24. John Hubbard.

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



Are you sitting comfortably?



Then we'll begin

While Under 13 Piers Spencer Simms sparkled as the rain poured down for the Club's first Open Meeting on the 24th of April, inside, the cafe was lit up by the presence of three of Bromley Ladies most successful athletes. Left to right are Shani Palmer (nee Anderson), Joyce Hepher (nee Oladapo) and Myrtle Augee. Joyce and Myrtle had come down to take a look at the new facility while Shani was dropping off her son who is in the Bees Academy.

Shani was the AAA's Under 20 triple jump champion in 1992 and 1993. Having moved to the club of which Roy Dickens is a member, she was the AAA'S Senior 200 champion in 2002 to add to the indoor title she won in 1999. She has competed at

the Olympics, World Championships, European Championships and Commonwealth Games and is currently England Athletics Event Group Lead for sprints and hurdles.

Joyce is a pioneer, a trail blazer, the Club's first ever Commonwealth champion winning the long jump in 1986 in Edinburgh. She is also the first Club athlete to compete at the European Junior Championships and also the first to win a medal, a long jump bronze. She gained her first Senior International vest at the age of 17 and is the national long jump record holder in the W35 age group with a distance of 6.32, (which is further than the Club M35 record).



She is a Past President of the Club and it is through her that the lady next to her joined the Club.

Myrtle is proud to have been a member of the Greenwich Borough netball team who were North West Kent Division One winners three years in a row, guided by their manager John Hillier. We are proud too, but also that she was the 1990

Commonwealth champion at the shot, and has also won silver twice and bronze in her five Games. She was England team captain at Manchester in 2002. She has also competed in the shot at two Olympic Games, two World Championships, one World Indoor Championships, and three European Championships; been National outdoor champion five times; and is ranked third on the UK all time list.

Not only that, she has twice been European Senior Weightlifting champion, and in that Sport has won eight continental championship medals across the disciplines, won four successive European Cup titles and finished third overall in the World Championships in 1994. In fact in 1994 she was the last British weightlifter to win a World Championship medal until Emily Muskett (nee Godley) won a bronze in 2019. (Of course, Emily was also a Club member).

Not only that, Myrtle is a World and European Powerlifting champion and for many years held a bench press world record of 137.5kg.

Not only that, she received the MBE for her work in the prison service and is a Club Vice President.

However, just to prove that she is not superhuman, when called upon to run the opening leg of the 4x100 for a Bromley quartet, she managed to topple over performing her standing start, and is committed enough to triple jump for the Club while carrying a knee injury.

Myrtle is now helping her coach John Hillier with his current group and what better mentor could they want?



And here's something for those trivia buffs, although Myrtle won the Commonwealths in 1990 in Auckland, she only finished second in the Kent Championships that year. She was beaten by Paul Patten's sister in law Judy Oakes, who, up until that defeat in Australia, had been unbeaten by a British athlete for four and a half years.

So, if it comes up on A Question Of Sport, now you know. Talking of which two of our members Shaunagh Brown and Adam Gemili appeared on the show recently. There can't be many clubs in any Sport who have had two representatives on the same show, but we did. Shaunagh's team were fastest out the blocks scoring maximum points in the opening round and Adam's team were never able to catch them. All good fun.

But back to the Kent Champs which were set to return to Norman Park in May after a gap of 30 years. They were also held there for the first time in 1983. Probably, with Crystal Palace unavailable, this was the only tartan track left in Kent. In 1983 the only shelter was the metal hut at the end of the home straight. The toilets were out in the park.

The Blackheath results and some of the Bromley ones are detailed below. They contain a few names that many will know. John Wakeman won the senior pole vault in 1983 and Paul Austridge the junior 400 hurdles. Violet Douglas' win in the 100

hurdles was her eighth successive victory in the event at these Championships. Sue Burtonwood's wins in the Junior Girls 800 and 1500 are notable in that in both races the runner up was Kelly Holmes of Tonbridge, who went on to become Kelly Holmes Olympic 800 and 1500 metre champion. Ken Daniel produced a double double in the two championships as he was knocked out in the heats of the 800 and 1500 in both 1983 and 1993.

Interestingly Richard Coles' time of 14.44.7 for 8th in the 5000 in 1983 would have won the event in 1993.

1993. Blackheath. 100m Sen 1 M R Williams 10.9; 4 K Hart 11.3; 6 C Karageorghis 11.4; ht A Browne 11.4; S Pearce 12.4; A Wallington 12.5; U17 1 D Gilkes 11.6; GU15 ht H Noble 15.0; 200m Sen 1 M Williams 22.7; 2 K Hart 23.2 {h 23.1}; 4 N Keogh 23.6 {h 23.2}; 6 C Karageorghis 24.5 {h 23.5}; ht A Browne 23.6; P Featherston 23.9; P Byfield 24.2; A Wallington 25.2; U20 4 M Champion 23.0 {h 22.9}; GU15 ht E Rogers 28.9; H Noble 30.1; 400m Sen 3 P Featherston 50.6 {h 50.5}; 5 P Squires 51.8; ht A Wallington 53.8; U20 2 M Champion 51.2; 800m Sen 8 P Galloway 1:57.6; ht A Algeo 2:01.8; A Dennison 2:03.8; K Daniel 2:09.2; D Dhammaloka 2:22.7; SL ht S Budd 2:27.0; U20 1 A Draper 1:55.3; 4 Dn Marsden 2:00.0; 8 J Vander 2:10.1; U17 9 D Pipe 2:19.5 {h 2:06.8}; ht N Russell 2:12.7; D Hunter 2:23.6; 1500m Sen 4 Dl Smith 3:56.5; 7 M Colpus 4:01.7 {h 4:00.0}; 9 D Neale 4:04.0 {h 3:57.6}; 12 L Bulson 4:07.6 {h 4:00.5}; ht A Algeo 4:03.4; P Galloway 4:05.7; K Daniel 4:12.2; A Dennison 4:15.5; D Dhammaloka 4:45.2; U20 7 J Marks 4:24.6 {h 4:20.9}; 8 D Marks 4:27.2 {h 4:19.2}; 10 A Gibbins 4:28.0 {h 4:27.2}; ht S Jewell 4:46.3; U17 ht P Cavallo 4:32.1; G Evans 4:52.4; 5000m Sen 1 M Colpus 14:54.9; 6 P Calnan 15:32.6; 12 C Fincham 17:16.7; 110H U20 1 D Barker 17.8; 75H GU15 ht N Thomson 14.0; 400H Sen 1 N Keogh 56.2; U17 1 A Daniel 57.3; 3000SC(S) 1 P Brice 9:06.9; 2000SC(U20) 2 J Marks 6:29.6; 3 D Marks 6:49.7; HJ Sen 1 A Hodge 2.00; 4 S Tolson 1.80; U17 1 N Brewer 1.95; PV Sen 1 D Coleman 4.00; 2 S Tolson 3.90; 6 J Day 2.80; U20 4 An Jones 2.70; LJ U20 5 M Champion 4.73; U17 1 C Amey 6.00; GU15 5 E Rogers 4.32; TJ Sen 2 E Clarke 14.96; U20 1 E Clarke 14.85w (14.82 CBP); 2 S Bobb 13.11; U17 1 A Woodhouse 14.13 CBP; 2 P Carpenter 13.01; SP Sen 1 J Mulcahy 14.59; U17 1 M Bundock 15.03; 2 S Burman-Roy 13.91; HT U17 2 J Nichols 34.60; DT U17 1 M Bundock 44.80; JT U17 1 B Martin 51.00; 4 D Lingham 45.02. **Bromley Ladies. Seniors.** 100. 1. Joice Maduaka 12.6 (-5.9). 200. 1. Donna Bannister 24.7, 2. Jenny Kelly 25.0, 3. Joice Maduaka 25.4, 6. Emily Ashford 25.8. 400. 5. Emma Clapson 58.5 (57.6 ht). Hts. Gillian Stacey 59.9. 100H. 1. Jenny Kelly 14.8 (-5.4), Uju Efobi DNF. Hts. Uju Efobi 15.1. HJ. 2. Jenny Kelly 1.65. SP. 1. Myrtle Auggee 17.03. DT. 1. Myrtle Auggee 43.58. Under 20 Women. 100H. 1. Bianca Liston 16.2. Under 15 Girls. 2. Fran Green 4.56.4. 75H. 1. Amelia Martin 12.5.



1. Daren Neale and Mark Colpus, 2. Future member Phil Hogston leads Paul Galloway, 3. Darrell Smith, Liam Bulson, Anthony Algeo and Ken Daniel

1983. Bromley Ladies. 100. 2. Sybil Joseph 12.4. 200. 2. Sybil Joseph 24.9 (24.6 sf). 400. 4. Maureen Barnes 56.6. 100H. 1. Violet Douglas 15.3. 400H. 3. Juliet Kay 65.0. LJ. 1. Sandra Simmons 5.90. Inters. HJ. 3. Rebecca Guest 1.55. Juniors. 800. 1. Sue Burtonwood 2.20.4. 1500. 1. Sue Burtonwood 4.46.4.

Blackheath results

21/22nd May Kent County Championships Norman Park

Senior

400H Final: 1. S. Munday 56.1 Shot Putt: 1. 14.44, 2. C. Ellis 12.60
LJ: 1. 7.13, 3. R. Weaver 6.76, 4. P. Davies 6.74.
200: Ht 1: 1. 22.9, 2. J. Salmon 23.0, 3. R. Pinson 23.5.
Ht 2: 1. 22.8, 2. P. Said 23.0.
Ht 4: 1. J. Phillips 22.2.
Final: 1. 22.6, 3. J. Phillips 23.6.
800: Ht 1: 1. N. Wise 2.02.2, 3. K. Daniel 2.03.7.
Final: 1. 1.51.9, 8. N. Wise 2.02.8.
1500: Ht 1: 1. 3.57.9, 2. M. Jackson 3.58.2, 8. M. Field 4.11.6, 11. J. Phelan 4.22.9.
Ht 2: 1. 4.01.8, 9. K. Daniel 4.09.8.
Final: 1. 3.51.5, 8. M. Jackson 4.17.7.
100: Ht 2: 1. 10.9, 2. J. Phillips 11.0, 3. R. Pinson 11.5.
Ht 3: 1. P. Davies 11.0, 3. R. Lyston 11.2.
Final: 1. P. Davies 10.7, 3. J. Phillips 10.9, 7. R. Lyston 11.2.
PV: 1. J. Wakeman 3.40, 3. J. Day 3.30. Jav: 1. D. Brand 58.14.
Discus: 1. 49.16, 2. C. Ellis 45.44, 4. A. Fairbairn 33.22.
5000: 1. 14.15.3, 4. J. Wigley 14.26.5, 8. R. Coles 14.44.7, 10. P. Brenchley 15.21.0,
19. M. Athawas 16.04.0., 24. C. Bird 16.57.0, 25. P. Shephard 17.13.0.

Youths

400: Ht 4: 1. 54.0, 2. K. Mulligan 54.0. Final: 1. 52.5, 5. K. Mulligan 54.7.
TJ: 1. 13.50, 7. B. White 11.22. Hamm: 1. 41.96, 2. N. Haffenden 29.54.
200: Ht 2: 1. G. Churchill 25.0, 3. A. Crawford 25.7.
Final: 1. 24.2, 5. G. Churchill 25.0.
800: Ht 3: 1. P. Lester 2.04.2. Ht 4: 1. 2.02.6, 4. A. Mitchell 2.11.1, 7. A. Hartley 2.18.2.
Final: 1. 2.00.0, 8. P. Lester 2.09.2.
400H: 1. N. Keogh 58.6. LJ: 1. 6.54, 4. R. Wall 5.33.
1500: Ht 2: 1. 4.14.1, 7. A. Blackwell 4.31.8. Ht 3: 1. 4.18.0, 10. D. Blackman 4.39.3, 11. A. Hartley 4.41.9.
100: Ht 1: 1. G. Churchill 12.0. Ht 3: 1. E. Agbandje 11.5, 3. A. Crawford 12.1.
Final: 1. 11.3, 2. E. Agbandje 11.3, 4. G. Churchill 11.7.

Colts

100: Ht 1: 1. S. Powell 13.8. Ht 3: 1. 14.2, 2. M. Phillips 14.2.
Final: 1. S. Powell 13.8, 3. M. Phillips 14.1.
400: Ht 1: 1. M. Phillips 66.6. Final: 1. M. Phillips 65.0.
1500: Ht 1: 1. 4.59.9, 10. N. Hartley 6.12.5.
200: Ht 1: 1. S. Powell 28.8. Final: 1. S. Powell 29.00.
300: Ht 1: 1. 2.29.7, 8. N. Hartley 3.05.5.

Boys

Discus: 1. 33.88, 2. S. Green 32.28. Hammer: 1. S. Green 31.88 (CBP)
800: Ht 2: 1. C. Suckling 2.14.7. Final: 1. C. Suckling 2.06.7.
100: Ht 1: 1. 12.5, 3. G. Lineker 12.6. Ht 2: 1. 12.4, 4. D. Coleman 13.2.
Final: 1. 12.2, 5. G. Lineker 12.7, 8. D. Coleman 13.3.
400: Ht 1: 1. 58.2, 2. G. Lineker 60.9. Ht 2: 1. 58.9, 4. D. Coleman 63.7.
Ht 3: 1. 57.2, 4. T. Hubner 61.5.
Shot: 1. S. Green 11.57. LJ: 1. 505, 10. A. Brett 3.85.

200: Ht 1: 1. 25.4, 2. D. Coleman 27.5. Ht 2: 1. G. Lineker 26.4.
Final: 1. 25.8, 2. G. Lineker 26.4.

Juniors

100: 1. P. Ashen 11.1. Final: 1. P. Ashen 10.8 (CBP)
400: Ht 2: 1. 51.6, 4. D. Farrelly 53.8. Ht 3: 1. R. Ward 51.6, 2. P. Austridge 52.3,
4. P. Stack 55.3. Final: 1. 48.5, 4. R. Ward 50.5, 6. P. Austridge 52.8.
800: Ht 1: 1. 1.59.6, 6. M. Laws 2.03.2. Ht 2: 1. 1.58.5, 2. G. Fernandez 1.58.5,
5. D. Hussey 2.03.1. Ht 3: 1. 1.58.2, 6. D. Farrelly 2.04.3.
Ht 4: 1. S. Thompson 2.00.8. Final: 1. 1.55.6, 4. S. Thompson 1.57.6,
6. G. Fernandez 1.59.6.
200: Ht 1: 1. P. Ashen 22.5. Ht 2: 1. 23.7, 2. R. Ward 24.1.
Final: 1. P. Ashen 22.1, 5. R. Ward 23.5.
400H: 1. P. Austridge 58.7. Discus: 1. A. Fairbairn 40.30.

Get well soon!

It's fair to say that Christina Collins (nee Moore) has had an eventful couple of years, married and then 10 weeks after giving birth to her first child being diagnosed with cancer. She is currently recovering from major surgery and we wish her and all her family all the very best. Below, Christina a few years ago receiving a medal and a string of puns and one liners from Brendan McShane.



At the time of writing Pete Barlow is due to go into hospital for heart surgery at the end of May. Ever the pessimist he is convinced West Ham have qualified for their first European Final in years when they found he would be in hospital and unable to watch. We wish him a successful op and full recovery so that he can celebrate his 40 years of Club membership in September. Brendan won't be visiting Pete as he will already be in stitches. Pete (with glass) with the legend that is Mark Colpus (Kent 5000 metre champion 1993).

Best wishes also to Terri Shotton who is recovering from a fall.

On the Social side.

We have a social on the horizon. Race Night 16th of June, and an opportunity to dig out this timeless photo.

BBHAC PRESENTS

**£5pp
or Family of 5
£20**

A NIGHT AT THE RACES BUT THIS TIME ITS HORSES

FRIDAY, 16TH JUNE 7.30pm

All the excitement of an athletics meet without leaving your chair! Bring CASH to place your bets and buy a raffle ticket. Refreshments from the cafe, or a chicken&chips dinner and the Bar will be open!

All is set for a great night raising funds for club equipment and catching up with friends. All welcome, U18's must attend with an adult.

NORMAN PARK COMMUNITY SPORTS CENTRE, HAYES LANE, BR2 9EG

To Book Email: KL.barlow@hotmail.com



Results.

Yasmin Austridge's new Club Record in the 3000 steeplechase was probably the highlight of the month, although the new marathon record of Carole Coulon and the performances of Under 13s Piers Spencer Simms and Kara Bryan are most praiseworthy. Hopefully the Norman Park International will become a regular contest, an imaginative event to have as an opening fixture at the new facility.

It was good to see Sam Williams (nee Singer) returning to Athletics and competing at the Club Open. If you are wondering how old she is now, the picture below of her competing at the National Cross Country Championships in 1998 offers a clue.



Our athletes continue to compete across the Globe, so from Fairfax to Fooths Cray, from Torun to Town Moor, from Tom Jones to Norman Fowler, from

5/3/23

Essex & Eastern Indoor Championships, Lee Valley. 200. 1. Dan Putnam 21.75. Ht2. 1. Dan Putnam 21.69. 400. 1. Dan Putnam 47.36. Ht1. 1. Dan Putnam 50.03.

27/3 – 3/4/23

WMA, World Masters Indoor Championships, Torun, POL. **M35.** 60. 4. Duayne Bovell 7.07. SF1. 2. Duayne Bovell 7.09. **M40.** 100. Ht3. 3. Ashley Reid 7.68. 200. Ht2. 3. Ashley Reid 24.78. LJ. 8. Ashley Reid 5.59. **M50.** 400. Ht6. 4. Ian Firla 58.58. Pentathlon. 26. Ian Firla 2517 (SP – 7.55, HJ – 1.30, 60H – 11.82, 1000 – 3.06.29, LJ – 4.53). **M60.** JT 600g. 2. Steve Langdon 39.57. **M65.** 60. SF2. 8. Clem Leon 9.03. Ht2. 5. Clem Leon 8.89. 200. Ht3. DNF. Clem Leon. Pentathlon. 9. Clem Leon 2734 (SP – 7.60, LJ – 4.05, HJ – 1.36, 60H – 12.63, 1000 – 4.06.06).

29/3 – 1/4/23

95th Clyde Littlefield Texas Relays, Austin, TX, USA. 1500. A. 3. Yasmin Austridge 4.19.48.

30/3-1/4/23

Colonial Relays, Williamsburg, USA. 1500. R1. 7. Naomi Toft 4.41.22.

31/3 – 1/4/23

Pepsi Florida Relays, Gainesville, USA. SP. 1. 5. Divine Oladipo 16.11.

Stanford Invitational, Stanford, CA, USA. SP. 1. 4. Nana Gyedu 15.41.

Vertklasse High Point, NC, USA. 1500. R5. 4. Sabrina Mannes 4.55.31.

1/4/23

Basingstoke & Mid Hants Open. 200. U17W. R2. 1. Sienna Kidd 25.45 (1.8), 2. Indiana Marshall 25.74. 80H. U17W. 1. Sienna Kidd 11.82 (0.9). LJ. U17W. 1. Sienna Kidd 5.53 2. Indiana Marshall 5.35.

Lee Valley April Open. 100. Men. R7. 7. Tristan Thomas (U15B) 12.61 (0.2). Women. R1. 3. Zoe Austridge (U23W) 12.50 (1.9). 200. Men. R4. 7. Harrison Vallins (U17M) 25.19 (1.6). R8. 4. Thomas Vallins (U15B) 27.58 (2.2). Women. R1. 5. Louisa Vallins (W45) 28.67 (2.3). 300. Men. R1. 5. Clayton Jacinto (U20M) 37.65. R2. 6. Tristan Thomas 44.16. 800. Women. R3. Emily De Backer (U20W) 2.33.20. 75H. U15G. 3. Heidi Coulson 13.47 (1.1). 80H. U17W. 2. Qi'-Chi Ukpai 12.62 (2.4). 100H. Women. R1. 1. Zoe Austridge 14.61 (2.1), 4. Jesse Sergeant (U20W) 16.58. 400H. 1. George Seery 53.06. HJ. Mx. 3=. James Nightingale 1.68, 6. Jesse Sergeant 1.58. LJ. Mx. A. 1. Qi'-Chi Ukpai 5.17, 5. Heidi Coulson 4.30, 7. Rachael Ilori 4.19. SP. U17W. 1. Qi'-Chi Ukpai 10.63. U15G. 2. Heidi Coulson 6.74. DT. U17W. 2. Erin Simpson 30.45. JT. Women. 1. Jesse Sergeant 33.74. U17W. 3. Qi'-Chi Ukpai 22.26. HT. Women. 2. Abbie Stewart 45.32.

South London Athletics Network Early Season Open, Carshalton. 100. Mx. 4. Chima Ndukuwu (U23M) 11.79 (-2.2).

Surrey CAA Disability County Championships And Throws Meeting, Kingston. 400. 1. Prince Reid 52.43. JT. 700g. 1. Max Kennedy (U17M) 44.02. 600g. 2. Steve Langdon (M65) 36.01.

Northern Counties Womens 6 Stage Road Relay, Redcar. 3. Leeds City (inc Leg One, Jennifer Walsh* 32.50).

Midland Counties Mens 12 Stage Road Relay, Sutton Coldfield. 2. Birmingham Running Athletics and Triathlon Club (inc leg 4, Charlie Davis* 27.30).

Jack Christiansen Invitational, Fort Collins, CO, USA. 800. 2. Joe Rogers 1.51.73.

Parkruns. Chippenham Playing Fields, Monmouth. 6. Pippa Woolven* 21.01 (1st woman). **Bromley.** 1. Thomas Sugden 16.29, 13. Nathan Crossan 18.39, 17. Steve Evenden 18.46, 34. Aaron Crossan 19.48, 48. Harry Schmidt 20.19, 49. Katy Sugden 20.21, 56. Tuan Tran 20.35, 130. Luigi Arcuri 23.06, 147. Damian Hayes 23.38, 159. Ryan Tran 23.50, 167. Ian Montgomery 23.58, 252. Andre Verster 26.06, 334. Jackie Montgomery 28.08, 403. Bernard Wilson 30.20, 422. James Unwin 31.04, 477. Mick Keene 33.09, 561. Gareth Griffin 37.52, 562. Richard Griffin 37.54, 617. Denis Lawrie 44.40, 646. John Isaacs 55.39. **Town Moor.** 130. Phil Sesemann* 23.59. **Andover.** 31. Adrian Perry 26.35. **Beckenham Place park.** 26. Rod Harrington 22.57, 56. Austin Adams 24.57, 75. Nigel Wood 26.01, 155. David Appleton 32.46, 174. Anthony Pontifex 35.52, 196. Bob Thomas 42.07. **South Norwood.** 3. Ted Marston 19.26, 17. Lydia Marston 22.21 (1st woman). **Dulwich.** 2. Arthur Starvis 16.04, 8. Jed Starvis 16.44, 10. Joseph Hill 17.08. **Orpington.** 75. Karen Desborough 34.53. **Portobello, Edinburgh.** 27. Steve Pairman 21.58. **Malling.** 4. Steve Hough 19.25. **Exmouth.** 119. Bob Minting 24.25. **Clapham Common.** 118. Robert Perry 23.03. **Foots Cray Meadows.** 17. Zoe Kingsmell 26.54, 19. John Turner 27.28, 36. Maz Turner 35.55. **Bethlem Royal Hospital.** 3. Niamh Stanley 21.21 (1st woman), 18. Iain Swatton 26.34, **Mote Park.** 133. Tom Phillips 42.59. **Stockley Country park.** 15. Mike Simms 25.14

1-2/4/23

Nuneaton Season Opener. 400H. 1. Alex O'Callaghan Brown 55.05.

2/4/23

Brighton Marathon. 84. Luca Ercolani 2.53.51, 184 Gareth Evans 2.59.06 (2.59.05), 399. Paul Kerekgyarto 3.10.28 (3.09.42), 459. Johnny Cleary 3.12.50 (3.12.48).

Brighton 10km. 16. Roger Vilardell 34.25 (34.24), 22. David Adams 34.37.

Havering Spring Open. 800. Mx1. 2. Chloe Morez (U13G) 2.44.17, 3. Isabella Jenkins (U13G) 2.50.88. Mx4. 1. Leah Kyriacou (U15G) 2.26.11, 4. Freya Dinwiddie (U15G) 2.49.00. Mx6. 2. Emily de Backer 2.30.86, 4. Lily Meers (U20W) 2.35.56, 6. Olivia Magee Brown (U20W) 2.40.68. 1500. Mx2. 6. Hannah Clark (U20W) 4.44.19, 12. Isabella Louth (U20W) 5.19.30.

Black & Gold Invitational, Smithfield, IL, USA. PV. B. 2. Lois Warden 3.70.

Junior parkruns. Bromley. 1. Benjamin O'Grady 7.41.

4/4/23

DADA Meet 1. Midweek Flat Track & Field Meeting, Dundee. 100. Mx1. 4. Camron Nwaozoh 11.70 (1.1).

5/4/23

Watford Open Graded Meeting. 1500. Mx9. 11. Chloe Sharp 4.33.67. 3000. Mx1. 12. Hannah Clark 10.06.55.

7/4/23

Folkestone 10. 267. Mark Ellison 80.29 (80.12), 328. Austin Adams 84.49 (84.16).

Duke Invitational, Durham, NC, USA. 800. R12. 6. Katy Ann McDonald 2.07.38.

NCC 1st Chance Invitational, Naperville, IL, USA. 200. R9. 1. Myles Xavier 22.88 (1.2). LJ. 4. Myles Xavier 6.35.
Whitworth Peace Meet, Spokane, WA, USA. SP. C. 3. Nana Gyedu 13.79.

7-8/4/23

George Mason Ebanks Invitational, Fairfax, VA. R1. 1. Holly Mpassy 55.19.

Joe Walker Invitational, Oxford, MS, USA. 3000 s/ch. 1. Yasmin Austridge 9.52.12 (**CLUB SENIOR RECORD**)

8/4/23

Be Fit Today Track Academy Outdoor Series 1, Lee Valley. 100. Senior Men. A. 4 3. Chima Ndukwu 11.65 (0.2). B. 3. 4. Chima Ndukwu 11.55 (2.2). 200. SM1. 4. Trejan Checketu Boamah (U15B) 28.72 (0.8) SM4, 3, Chima Ndukwu 23.73 (2.0). 600. Mx2. 2. Kara Bryan (U13G) 1.40.40. 800. Mx1. 1. Trejan Checketu Boamah 2.36.63. Mx2. 2. Joseph Hill (U15B) 2.11.22. 80H. U15B. 2. Kian Farrell 13.14 (0.1).

Harvard/Yale v Oxford/Cambridge, Cambridge MA, USA. Men. 100. 5. Chizute Ogbedeh 11.17 (1.2). 200. 3. Chizute Ogbedeh 23.05 (-3.1). 800. R2. 2. Angus Harrington 1.52.41, 8. Harry Cox* 2.04.83.

Miramar Invitational, World Athletics Continental Tour Silver, Miramar FL, USA. SP. 3. Divine Oladipo 16.49.

Fighting Illini Challenge, Champaign, IL, USA. 100H. R4. 1. Isabella Hilditch 13.76 (0.9).

UMASS Flagship Opener, Amherst MA. PV. Lois Warden 3.50.

Amherst College Spring Fling, Amherst, MA, USA. 100. R1. 6. Zac Nwogwugwu 11.08 (0.8). 200.R2. 3. Zac Nwogwugwu 22.75 (1.5).

Parkruns. Heslington. 1. Mark Bolland Cage* 16.02. **Bromley.** 3. Micah Evans 16.35, 4. Jake Leng 16.40, 6. Fintan Parkinson 17.09, 7. Steve Hough 17.13. 8. Franco Hillier 17.19, 29. Steve Evenden 18.35, 47. James Bunn 20.01, 48. Harry Schmidt 20.01, 50. Steve Pairman 20.05, 83. David Beadle 21.24, 107. Robert Whyte 22.04, 160. Ian Montgomery 23.55, 172. Roger Vilardell 24.18, 189. Austin Adams 24.42, 205. Matthew Maddocks 25.05, 206. Damian Hayes 25.06, 222. Andy Tucker 25.18, 227. Andre Verster 25.22, 248. Adrian Stocks 25.47, 305. Julia Pairman 27.20, 332. Jackie Montgomery 28.02, 463. David Appleton 31.46, 464. John Isaacs 31.50, 557. Anthony Pontifex 37.23, 600. Denis Lawrie 44.36. **Bexley.** 79. Chris Pike 25.32. **Beckenham Place park.** 11. Paul Keregyarto 20.36, 70. Nigel Wood 24.40, 157. Leszek Malynicz 29.51, 161. Bernard Wilson 30.05. **Strathclyde.** 306. Richard Griffin 35.50. **Lymington Woodside.** 50. James Cunningham 23.55. **Eden Project.** 73. Rowan Pearson 22.19, 80. Ashley Pearson 22.38, 81. Freya Pearson 22.39, 94. Colin Pearson 23.17, 107. Islay Pearson 23.45. **Hoblingwell.** 3. Jason Meers 21.41. **Dulwich.** 29. Ted Marston 18.17, 96. Lydia Marston 21.20. **Portrush.** 24. Ailbhe Barnes 22.48. **Orpington.** 4. Aoife McDonagh 19.22 (1st woman), 72. Gregory Firth 27.08, 122. Karen Desborough 32.16, 161. Carys Firth 55.12. **Queen Elizabeth park.** 1. David Adams 18.52. **Tonbridge.** 151. Adrian Perry 26.28. **Dartford.** 67. John Turner 26.34, 142. Maz Turner 34.42. **Victoria Dock.** 14. Luciana Smith 19.47. **Jamaica Pond.** 19. Rod Harrington 21.39. **Street.** 21. Aleksander Wiltshire 24.38. **Foots Cray Meadows.** 17. George Collins 28.05. **Henstridge Airfield.** 1. Thomas Sugden 18.03, 10. Katy Sugden 21.31. **Penistone.** 37. Mike Simms 24.02. **Kiessee.** 3. Isla Spink 20.40. **Clevedon Salthouse Fields.** 89. Zoe Kingsmell 25.27. **Great Yarmouth North Beach.** 46. Mick Keene 37.29. **Mote Park.** 151. Tom Phillips 35.48.

9/4/23

Junior Parkrun. Bromley. 19. Benjamin Evans 10.35. **Par Track.** 2. Elizabeth Regan 8.24 (1st girl).

10/4/23

Crawley AC Easter Monday Open. 75. U13. Mx3. 1. Piers Spencer Simms (U13B) 9.83 (-1.2). R5. 3. Michael Nelson Langaigne (U11) 12.22 (-3.0). 100. R4. 2. Sianna Nelson Langaigne (U17W) 13.41 (0.2). 150. Mx. 3. Piers Spencer Simms 19.03 (2.8). 200. R5. 1. Sianna Nelson Langaigne 27.70 (-1.0). JT. 800g. A. 2. Felix McArdle Hodge 56.47.

Norman Fowler Memorial Easter Monday Open Meeting, Tonbridge. 150. R3. 4. Helen Godsell (W65) 23.18 (0.5). R6. 2. Francesca Middleton (U17W) 22.07 (0.1). R7. 1. Jamie Ellerton (U15B) 19.59 (2.5), 3. Ariana Jenner Heard (U15G) 20.74. R11. 4. Tristan Thomas (U15B) 19.44 (-0.5). R16. 4. Bailey Stickings 16.57 (0.9). 300. R1. 1. Ariana Jenner Heard 44.16. R3. 4. Matilda Shilland 46.32. R4. 5. Kelsi Cornish 44.82. R5. 5. Tristan Thomas 43.85. R8. 3. Nathan Firla (U20M) 36.52. R10. 2. Bailey Stickings 34.86. 400. R1. 3. Olivia Magee Brown 65.95. R2. 4. Julia Newman (U17W) 62.78. R3. 2. Ian Firla (M50) 59.54. R4. 1. Zurial Nwogwugwu (U17M) 52.67. 600. R1. 1. Vuk Hajdukovic (U13B) 2.01.28, 4. Imogen Jenner Heard (U13G) 2.11.40. R4. 1. Benjamin O'Grady (U15B) 1.41.90. R5. 2. Kara Bryan (U13G) 1.40.14, 3. Kelsi Cornish 1.42.63. R7. 3. Matthew Smith 1.25.73. 1500. R1. 3. Abigail Smith (U20W) 5.58.78, 7. Ava Burford (U13G) 6.24.92. R3. 3. James Bunn (U13B) 5.19.31, 4. Emily De Backer (U20W) 5.21.09. R5. 10. Lily Meers (U20W) 5.23.89. R6. 8. Hannah Clark (U20W) 4.48.92. R7. 5. Joseph Hill (U15B) 4.33.50, 6. Chloe Sharp 4.35.14. R8. 8. Joseph Scanes (U15B) 4.18.86. 3000. R2. 2. Alexander Middleton 9.21.25. 5000. 10. Steve Hough (M45) 18.08.47. 3000 Walk. 2. Jonathan Ellerton 15.29.37, 9. Matthew Ellerton 18.10.72. HJ. B. 6.

James Nightingale 1.65. LJ. B. 5. Jamie Ellerton (U15B) 4.56. PV. B. 4. Finn Kitteridge 3.30, 8. Roger Platt 2.90. DT. 1.5. 3. Max Kennedy (U17M) 27.41. JT. 700g. 1. Max Kennedy 46.64. HT. 5kg. 2. Max Kennedy 19.97.

12-15/4/23

Mount Sac Relays, Walnut, CA, USA. SP. 1. Nana Gyedu 15.63.

13-15/4/23

Brian Clay Invitational, Azusa, CA. 800. R10. 3. Joe Rogers* 1.51.49. 1500. QA4. 6. Joe Rogers* 3.48.65. SP. D. 2. Nana Gyedu 15.29.

14/4/23

Mesa Outdoor, Mesa, AZ, USA. 100. R4. 3. Louise Evans 11.84 (1.6). 200. R7. 3. Louise Evans 23.78 (0.6).

14-15/4/23

Jim Freeman Louisville Invitational, Louisville, KY, USA. 200. R1. 3. Isabella Hilditch 24.23 (1.8). 100H. 1. Isabella Hilditch 13.65 (1.5).

UConn Northeast Challenge, Storrs, CT, USA. 100. R6. 4. Zac Nwogwugwu 10.86 (2.4). 1500. R1. 10. Naomi Toft 4.51.16.

Tom Jones Memorial, Gainesville, FL, USA. 100. OD3. 7. Joshua Gbago 10.84 (0.2).

14-16/4/23

Bison Classic, Lewisburg, PA, USA. PV. 1. 7. Lois Warden 3.65.

15/4/23

Norman Park International Challenge. Men. 100. 5. Rhys Francis 11.38 (-0.2). N/S. R1. 1. Clayton Jacinto 11.12 (0.3), 4. Nkwazi Ndila 11.66. R2. 1. Duayne Bovell 11.14 (0.9), 2. David Ikuesan 11.66. 200. 3. Charles Nortey 22.66 (0.8). N/S. 2. Samuel Mowa 22.79 (1.6), 3. Adam Islam Medeaux 23.23. 400. 4. Aaron Wells 52.17. 800. 1. Matthew Smith 1.58.13, 3. George Shaw 1.59.02, 8. Joshua Dowling 2.23.10. 1500. 3. Thomas Sugden 4.06.93, 4. Arthur Starvis 4.07.10, 8. Alexander Middleton 4.16.69, 9. Jed Starvis 4.29.45, 11. Joshua Healey 4.36.80. 3000. 2. Micah Evans 9.51.50, 3. Christian Clement 9.55.30, 5. Franco Hillier 10.13.16. 400H. 1. Bailey Stickings 52.49. 2000 s/ch. 1. James Barnes 6.45.60. HJ. 2. James Nightingale 1.60. LJ. 1. Ben Sutton 6.98. N/S. Dennis Savage 5.43. TJ. -. PV. 2. Oscar Witcombe 4.00. SP. 1. Dillon Claydon 14.54, 6. Ellis Ibrahim 8.34. N/S. Patrick Apantaku 10.42. DT. 1. Dele Aladese 48.14. N/S. Dillon Claydon 49.16. JT. 1. James Whiteaker 64.78. N/S. Max Kennedy 42.64, Ben Platt 42.50, Josh Buddle Smith 42.41. HT. 1. Ben Hawkes 65.59. 4x100. 1. B&B 43.42. **Women.** 100. 1. Tianna Haynes 12.66 (-0.3). N/S. 1. Anastasia Davies 12.31 (2.9), 2. Zara Okoroafor 12.40, 3. Jodie Self 12.42, 4. Louisa Vallins 13.17. 200. 3. Tianna Haynes 26.44 (-0.5), 4. Shakanya Osahon 26.61, 5. Louisa Guthrie 27.12, 8. Grace Bennett 31.01. N/S. 2. Zara Okoroafor 25.94. 400. 2. Gabriella Martin 60.67, 3. Kelsi Cornish 62.43. 800. 1. Morgan Squibb 2.12.48, 2. Lara Mannes 2.18.07. 1500. 1. Chloe Sharp 4.33.18, 2. Hannah Clark 2.45.22, 3. Liberty Whyte 4.49.26, 5. Megan Barlow 4.56.84, 6. Olivia Magee Brown 5.11.76, 7. Emily De Backer 5.13.03, 12. Kyla Dervish 5.33.06. 3000. Isabella Louth 11.17.55. 100H. 1. Zoe Austridge 14.75, 5. Jodie Self 18.98. 400H. 1. Zoe Austridge 63.34, 4. Kelsey Pullin 69.62. 1500 s/ch. 1. Morgan Squibb 5.06.98. HJ. -. LJ. 3. Emily Algeo 4.75. N/S. 2. Charlotte Hosp 3.98. TJ. 2. Rachael Ilori 9.52. N/S. Emily Algeo 9.87. PV. 1. Holly Platt 2.70. N/S. 1. Lily Meers 2.50. SP. 1. Cleo Agyepong 14.57. DT. -. JT. -. HT. 1. Abbie Stewart 47.75. N/S. 2. Sapphire Houston Bell 35.04. 4X100. 1. B&B 48.72. **Senior Mixed.** 4x400. B&B 3.42.71, 3. B&B 3.49.08. **Under 17 Men.** 100. 1. Reo McCausland 11.26 (2.1). 200. 2. Marley Byfield 22.82 (0.0). N/S. 1. Ryan Rennie 23.73 (-0.1), 3. David Ikuesan 24.48, 4. Harrison Vallins 24.67. 400. 1. Zuriel Nwogwugwu 51.67, 2. Ryan Rennie 53.29, 4. Hendri Verster 54.87. 800. 4. Jasper Brooks 2.05.50, 5. Mark Constable 2.08.29, 6. Tane Chambers 2.20.23. 100H. 2. Rayhan Mourtada 13.40. 400H. 3. Alexander Morrell 64.14. 1500 s/ch. 2. Harry Fage 4.51.54. HJ. -. LJ. 3. Chiemerie Hemeson 4.92. TJ. -. PV. 1. Finn Kitteridge 3.60. DT. 1. Max Kennedy 31.43. JT. 1. Ellis Ibrahim 46.62. HT. 2. Max Kennedy 23.76. 4X100. 3. B&B 46.45. **Under 17 Women.** 100. 2. Indiana Marshall 12.31 (1.8). 300. 1. Alyssa Firla 42.28, 6. Francesca Middleton 47.23, 7. Lydia Witcombe 48.00. 800. 4. Lola Bischoff 2.36.10, 5. Jessica Kelly 2.36.42, 6. Eva Chambers 2.49.00. 80H. 1. Daisy Snell 11.67 (1.1), 2. Sienna Kidd 11.78. 300H. 2. Tallulah Ndikanwu 47.34, 3. Alyssa Firla 47.58, 5. Amber Cockburn 51.47. HJ. 2. Qi' Chi Ukpai 1.65. LJ. 1. Sienna Kidd 5.38. N/S. 1. Daisy Snell 4.90, 2. Indiana Marshall 4.67. PV. 1. Lydia Witcombe 2.40. SP. 2. Tallulah Ndikanwu 11.34. N/S. Lacee Webb 7.53, Sapphire Houston Bell 6.29. DT. 1. Erin Simpson 34.05. N/S. Lacee Webb 18.74. JT. 1. Tallulah Ndikanwu 35.55. N/S. 1. Erin Simpson 25.30. HT. 1. Lacee Webb 32.04. N/S. Erin Simpson 27.24. 4x100. 1. B&B 48.71. **U17 Mixed.** 4X300. 1. B&B 2.39.20. N/S. 1. B&B 2.43.93, 2. B&B 2.58.60. **Under 15 Boys.** n/s. 100. 1. Charlie Platt 11.89 (0.5), 2. Theo Osobu 12.35, 3. Jason Yamoah 12.52, 4. Tristan Thomas 12.64, 5. Troy Ogedengbe 12.75, 6. Nicholas Marquez 12.86, 7. Jamie Ellerton 12.87, 8. Thomas Vallins 13.02. 800. N/S. R1. 3. Liam Hough 2.38.14, 8. Trejan Checheku Boamah 2.48.13. R2. 1. Alfie Whitelock 2.18.74, 2. Benjamin O Grady 2.20.10, 3. Nathan Clark 2.22.31, 4. James Shaw 2.28.59, 5. Oliver Stone 2.29.83, 6. Oliver Ward 2.35.05, 7. Aaron Sebuwufu 2.37.02, 8. Samuel Barlow 2.38.35, 9. Eliot

Botten-Vanacore 2.42.05. PV. N/S. 1. Charlie Platt 3.80. **Under 15 Girls.** 100. N/S. 1. Cheyanne Nketia 12.68 (1.0), 2. Chizam Boniface 12.74, 3. Sienna Williams 13.13, 4. Isabella Campbell – Andou 13.44, 5. Faith Sogoye 13.75, 6. Isobel Roe 13.93, 7. Lotti Palmer 14.45. 800. N/S. 1. Luciana Smith 2.22.28, 2. Aoife McDonagh 2.27.63, 3. Leah Kyriacou 2.33.15, 4. Sophie Tran 2.33.33, 5. Ariana Jenner Heard 2.35.39, 6. Lily Bridgeman 2.38.05, 7. Beth Regan 2.39.24, 8. Lydia Marston 2.39.34, 9. Caitlin Hough 2.47.94, 10. Freya Dunwiddie 2.51.07. **Under 13 Boys.** N/S. 1. Piers Spencer Simms 12.31 (2.7), 2. Jericho Senior 13.83, 3. Sebastian North 13.97, 4. TJ Owen 14.23, 5. Zachary Ferraz 14.72, 6. Daniel Djan-Krofa 14.75, 7. Luca Hunstone 14.89, 8. Harrison Luck 15.08. 800. 1. Alex Smith 2.31.96, 2. Jake Martin 2.37.14, 4. Benjamin Evans 2.44.38, 5. Matthew Tootell 2.46.09, 6. Jack Barlow 2.47.06, 7. Aaron Crossan 2.47.76, 9. Vuk Hajdukovic 2.48.38. **Under 13 Girls.** 1. Leah Abisi 13.94 (2.8), 2. Zamaia Dixon 13.95, 3. Ella Brooker 14.25, 4. Alessia Scala 14.50, 5. Precious Okoye 15.04, 6. Isabella Johnson 16.08. 800. N/S. 1. Kara Bryan 2.30.91, 2. Amelie Ramdeen 2.40.77, 3. Chloe Morez 2.42.47, 4. Eva John 2.43.29, 5. Evie De Bruyn 2.54.27, 6. Isabella Jenkins 2.54.71, 7. Imogen Jenner Heard 3.00.05, 8. Leela Bhadeshia 3.02.50, 9. Ava Burford 3.03.52.

ERRA Mens 12 Stage Road Relay, Sutton Park. 3. Kent AC (inc Leg 10, Ross Braden* 15.10), 8. Leeds City (inc leg 3, Graham Rush* 25.52), 17. Birmingham Running Athletics & Triathlon (inc Leg 1, Charlie Davis* 26.44).

ERRA Womens 6 Stage Road Relay, Sutton Park. 1. Leeds City (inc leg 6, Jennifer Walsh 17.31.).

JMU Invitational, Harrisonburg, VA, USA. 400. R1. 1. Holly Mpassy 54.65.

Meet Of Champions, High Point, NC. 800. R2. 9. Sabrina Mannes 2.19.45

Transatlantic Series. Achilles (Oxford/Cambridge) v Penn/Cornell, Ithaca, NY, USA. 100. R1. 7. Chizute Ogbedeh 10.92 (1.5). 200. R1. 4. Chizute Ogbedeh 22.50 (1.0). 800. R1. 4. Angus Harrington 1.51.16.

Parkruns. Silksworth. 87. Mick Keene 27.22. **Bromley.** 24. William Spurle 19.29, 29. Steve Evenden 19.50, 36. Harry Schmidt 20.00, 55. Rod Harrington 20.57, 60. Katy Sugden 21.16, 66. Cornelius Griffin 21.33, 117. Damian Hayes 23.10, 168. Stuart Cullum 24.24, 169. Ian Montgomery 24.25, 170. Micah Evans 24.26, 317. Tim Ayres 27.21, 353. Jackie Montgomery 28.15, 460. John Isaacs 31.54, 461. David Appleton 31.54. **Aberdeen.** 305. Richard Griffin 38.22. **Kingston.** 1. Robert Perry 16.46.

Beckenham Place park. 54. Luigi Arcuri 24.23, 57. David Beadle 24.37, 65. Nigel Wood 24.57, 156. Iain Swatton 29.53.

Stonehaven. 36. Bernard Wilson 30.44. **Normanby Hall.** 9. James Bunn 20.15. **Dulwich.** 67. Graham Hollingdale 19.49.

Southwark. 174. George Collins 24.52, 184. Zoe Kingsmill 25.08, 217. Claire Springett 26.11. **Penrose.** 68. Adrian Perry 26.27. **Jamaica Pond.** 57. Steven Pairman 22.03, 216. Julia Pairman 28.45. **Coldham's Common.** 37. James Cunningham 23.01. **East Brighton.** 3. Bertie Harrington 21.42. **Kingdom.** 27. Mark Ellison 25.06. **Bethlem Royal Hospital.** 2. Ted Marston 20.58, 4. Jennie Butler 21.59(1st woman), 5. Jason Meers 22.01, 12. Mike Simms 25.59. **University Parks.** 359. Zoe Martial 32.14.

15-16/4/23

Coventry Spring Meeting. 400. 4. Prince Reid 52.12.

16/4/23

Charnwood Open Meeting, Loughborough. HT. 6. Abbie Stewart 46.80.

Borders League 5. 1. Scott Overall (M40) 24.48.

The Pod Plus Kent Spring Marathon. 7. Tony Crowder 3.19.58 (3.19.55).

The Pod Plus Kent Spring Half Marathon. 75. David Leal 1.56.19 (1.56.06), 89. John Turner 1.59.08 (1.58.55).

Adidas Manchester Marathon. 2300. William Brindley 3.14.37.

Junior Parkrun. Crystal Palace. 1. Joe Scanes 5.58.

20/4/23

BMC Regional Races, Leeds. 3000. B. Mark Bolland Cage* 9.08.66.

20-22/4/23

Virginia Challenge, Charlottesville, VA, USA. 400. R8. 4. Holly Mpassy 54.36.

21/4/23

Friday Night 5km Under The Lights, Battersea. R1. 61. Graeme Lugar 16.27 (16.23).

John McDonnell Invitational, Fayetteville, AR, USA. 400. R4. 5. Amber Anning* 53.64.

21-22/4/23

Indiana Invitational, Bloomington, IN, USA. SP. B. 2. Divine Oladipo 16.97.

22/4/23

Loughborough Open. Men. 1500. R1. 2. Henry Fisher 3.51.24, 9. Will Fuller* 4.02.65. 400H. 1. George Seery 51.82. HJ. 1. Kelechi Aguocha 2.05. SP. 2. Dillon Claydon 14.97. DT. 3. Dillon Claydon 49.42. **Women.** 100. R2. 5. Mallory Cluley 12.63

(2.0). 200. R3. 1. Zoe Austridge 25.39 (1.4), 5. Stephanie Fisher 26.16. 100H. R1. 4. Mallory Cluley 14.05 (1.8), 6. Anastasia Davies 14.64. R2. 2. Zoe Austridge 14.49 (2.0). Under 18 100H. 5. Sienna Kidd 14.80 (1.2). 400H. R2. 4. Stephanie Fisher 63.47. JT. 7. Hollie Arnold 36.64. HT. 5. Abbie Stewart 48.17.

London Mini Marathon. Under 17 Men. 4. Arthur Starvis 7.54, 12. Alex Middleton 8.05, 21. Mark Constable 8.16, 36. Jasper Brooks 8.34, 44. Harry Fage 8.40, 56. Franco Hillier 8.51. **Under 17 Women.** 3. Liberty Whyte 9.01, 11. Gabriela Martin 9.31, 16. Carys Firth 9.43, 24. Olivia Magee Brown 9.52, 25. Isla Spink 9.53, 40. Molly Mooney Clarke 10.25. **Under 15 Boys.** 3. Joe Scanes 7.53, 5. Jed Starvis 8.06, 6. Joseph Hill 8.08, 45. Alfie Whitelock 9.04, 51. Hendri Verster 9.13, **Under 15 Girls.** 7. Luciana Smith 9.24, 13. Naimah Mossi 9.37, 19. Cristina Gilodi Johnson 9.46, 21. Megan Barlow 9.47, 28. Niamh Stanley 10.05, 36. Lydia Marston 10.17, 55. Isobel Pauling 10.32, 60. Kyla Dervish 10.38, 70. Leah Kyriacou 10.43. **Under 13 Boys.** 12. James Shaw 9.04, 22. Alexander Smith 9.14, 30. Daniel Horgan 9.21, 80. Finn Gotkine 10.06. **Under 13 Girls.** 4. Aoife McDonagh 9.11, 13. Sofia Mossi 9.54, 26. Ariana Jenner Heard 10.10, 37. Alba Homans Yau 10.20, 48. Sophie Tran 10.38, 61. Rowan Pearson 10.48, 67. Hissah Al Faisal 10.53, 111. Evie De Bruyn 11.35.

Milton Keynes Open. Under 13 Girls. 600. 1. Kara Bryan 1.39.2 (**CLUB U13 GIRLS RECORD**).

Chico State Invitational, Chico, USA. LJ. 2. Alison Wilder* 5.35. TJ. 1. Alison Wilder* 12.10.

George Davis International, Lowell, MA. PV. NH. Lois Warden.

CNU Wildcat Open, Ellensburg, USA. SP. B. 1. Nana Gyedu 14.88.

J Fred Duckett Twilight, Houston, TX, USA. 1500. R1. 9. Ava White 4.34.41.

MIT Sean Collier Invitational, Cambridge, MA, USA. 100. R1. 1. Zac Nwowugwu 10.85 (1.4).

LSU Alumni Gold, Baton Rouge, LA, USA. 100. R3. 6. Jeriel Quainoo 10.45 (2.4). 200. R2. 3. Jeriel Quainoo 20.81 (2.1).

Parkruns. Bromley. 5. Paul Keregyarto 18.15, 8. Ian Scott 18.31, 11. Oliver Ward 18.43, 15. William Spurle 18.56, 27. Nathan Crossan 19.24, 28. Matthew Maddocks 19.26, 34. Harry Schmidt 19.44, 39. Tim Ayres 20.01, 60. Stuart Cullum 21.25, 77. Aaron Crossan 21.52, 89. Damian Hayes 22.05, 218. Adrian Perry 24.54, 220. Ian Montgomery 24.55, 222. Zoe Kingsmell 24.57, 346. Jackie Montgomery 27.47, 360. Bernard Wilson 28.06, 616. Denis Lawrie 42.50. Bexley. 95. Chris Pike 26.38. **Maidstone.** 31. Cameron Swatton 23.08. **Beckenham Place park.** 62. Luigi Arcuri 23.31, 86. David Beadle 24.54, 263. Bob Thomas 36.15, 265. Anthony Pontifex 36.35, 266. John Isaacs 36.36, 267. David Appleton 36.37. **Roosevelt Island DC.** 6. Steven Pairman 22.48, 37. Julia Pairman 30.47. **Cannon Hill, Birmingham.** 17. Millie Smith 19.08 (1st woman). **Bracknell.** 1. Rowan Fuss 18.57. **Dulwich.** 87. Rod Harrington 21.15. **Orpington.** 5. Jason Meers 21.34, 41. Dave Leal 25.44, 114. Karen Desborough 34.29. **Daventry.** 2. Joseph Georgiadis 18.49. **Lullingstone.** 11. Robert Perry 26.13. **Malling.** 117. Mick Keene 29.46. **Exmouth.** 78. Bob Minting 23.27. Victoria Dock. 648. George Collins 42.54. **Bethlem Royal Hospital.** 14. Mike Simms 26.57, 17. Jennie Butler 27.38, 45. Elizabeth Regan 53.13. **Sutcliffe.** 228. Andrew Lawes 56.12. **West Links.** 53. Richard Griffin 41.34. **Mote Park.** 140. Tom Phillips 33.15.

22-23/4/23

UAA Track & Field Outdoor Championships, Chicago, IL. 100. 2. Myles Xavier 10.87 (0.9). Ht1. 1. Myles Xavier 10.96 (-1.4). LJ. A. 3. Myles Xavier 6.25.

Mark Young Invitational, New Haven, CT, USA. 800. R1. 2. Naomi Toft 2.15.71.

23/4/23

London Marathon. 8. Phil Sesemann* 2.10.23, 16. Ross Braden* 2.15.47, 501. Micah Evans 2.38.34, 622. Robert Perry 2.40.15, 682. Fintan Parkinson 2.41.19, 1039. Alex Gibbins 2.45.47, 1607. Fadie Shamoona 2.51.23, 1748. Steve Hough 2.52.34, 1864. Greg Firth 2.53.31, 2019. Martin Richardson 2.54.48, 2071. Carole Coulon 2.55.13 (**CLUB SENIOR AND W45 RECORD**), 3649. Andrew Jordon 3.05.05, 3763. Ashley Pearson 3.05.49, 4064. Steve Evenden 3.07.56, 6838. Francois Berrier 3.23.10, 6915. Martin Parkinson 3.23.27, 11727. Bomene Barikor 3.41.21. 16065. David Lewis 3.54.38, 36562. George Collins 5.04.54, 40896. Anita Evenden* 5.18.23, 41779. Jobey Mitchell 5.33.43.

BMC Regional Races, Gillingham. Men. 800. C. 2. Arthur Starvis 2.00.91, 4. Joseph Scanes 2.01.69, 6. Joseph Hill 2.06.97.

Women. 800. A. 2. Morgan Squibb 2.10.19, 6. Cameron Kelly Gordon 2.14.28, 7. Megan Barlow 2.17.04.

Medway & Maidstone Summer Open Meeting, Gillingham. 100. A. R3. 8. Dennis Savage (u20m) 12.26 (0.2). R5. 4. Claudia Baker 13.19 (0.4). B. R4. 4. Dennis Savage 12.06 (-0.6). R5. 4. Claudia Baker 13.28 (0.1). 200. R8. 1. Dan Putnam 21.21 (-0.9). 300. R1. 1. Dan Putnam 33.07. R2. 2. Leah Kyriacou (U15G) 43.81, 3. Daniel Horgan (U15B) 44.96, 6. Matilda Shilland 46.66 (U17W), 7. Kyla Dervish (U17W) 48.48. 400. R3. 2. Connor Wray (U17M) 57.52, 3. Ian Firla (M50) 58.48, 5. Gabriella Martin (U20W) 60.33. 800. R1. 1. Jed Starvis (U17M) 2.07.34, 5. Connor Wray (U17M) 2.18.89, 7. Daniel Horgan (U15B) 2.24.21. R2. 2. Olivia Magee Brown (U20W) 2.27.23, 3. Lola Bischoff (U17W) 2.35.90. 1500. R2. 5. Lydia Marston (U15G) 5.29.63. 75H. U15G. 3. Heidi Coulson 14.29 (0.0). 300H. U17W. 2. Alyssa Firla 48.15, 3. Amber Cockburn 51.81. 400H. U17M. 2. Alexander

Morrell 65.55. LJ. D. 3. Ralph Baker 5.79. SP. 6kg. 1. Brydon Duncan (U20M) 12.80. 3kg. 4. Heidi Coulson (U17W) 6.65. DT. 1.75kg. 1. Brydon Duncan 40.94. 1kg. 1. Erin Simpson 29.01, 2. Charlotte Bloodworth 22.08. JT. 700g. 1. Max Kennedy 44.51. 600g. 1. Lauren Farley 51.51.

Pure Athletics Spring Invitational, Clermont, FL, USA. 100. R2. 4. Joshua Gbago 10.56 (3.4). Ht2. 6. Joshua Gbago 10.56 (4.3). 200. R4. 2. Joshua Gbago 21.86 (3.2).

Junior Parkruns. Bromley. 1. Nathan Crossan 7.34, 22. Sebastian Rayner 10.37. **Eltham.** 2. Aaron Crossan 8.26. Hoblingwell. 1. James Bunn 8.05

23-25/4/23

Raleigh Relays, Raleigh, NC, USA. 400. R11. 2. Holly Mpassy 54.40.

24/4/23

Blackheath & Bromley Spring Open Meeting. 100. A. R1. 1. Michael Damoah 10.57 (2.2), 3. Mario Stewart 10.85, 5. Reo McCausland (U17W) 11.17, 7. Adam Islam Medeaux (U20M) 11.40. R2. 1. Samuel Mowa (U20M) 11.25 (1.7), 2. Warren Lewis (U23M) 11.49, 3. Chinedu Ndukuwu (U20M) 11.59, 4. Ralph Baker (U20M) 11.60, 6. Charlie Platt (U15B) 11.86. R3. 2. Ryen Rennie (U17M) 11.58 (1.2), 3. David Ikuesan (U17M) 11.76, 4. Alexander Morrell (U17M) 11.86, 5. Harrison Vallins (U17M) 11.97, 6. Piers Spencer Simms (U13B) 12.12 (**UNDER 13 BOYS CLUB RECORD**), 7. Ronan Lynch (U17M) 12.33, 8. Louisa Guthrie (W40) 13.14. R4. 1. Tristan Thomas (u15B) 12.54 (1.7), 2. Jason Yamoah (U15B) 12.59, 3. Chanelle Cole (U23W) 12.60, 4. Chizam Boniface (U15G) 12.64, 5. Cheyanne Nketia (U15G) 12.65, 6. Rianna Rennie (U20W) 13.01, 8. Zamaia Dixon (U13G) 14.03. R5. 1. Theo Osobu (U15B) 12.31 (1.9), 2. Daniel Olatunji (U15B) 12.90, 3. Jamie Ellerton (U15B) 12.95, 4. Sienna Williams (U15G) 13.18, 5. Sophie Kerr (U20W) 13.21, 6. Isabella Campbell Andou 13.87, 7. Kyle Reader (U20M) 14.35. R6. Ian Firla (M50) 12.98 (3.7), 2. Tianna Lewis (U20W) 13.42, 3. Faith Sogoye (U15G) 13.72, 4. Isobel Rae (U15G) 14.03, 5. Lottie Palmer (U15G) 14.14, 6. Jerico Senior (U13B) 14.45, 7. Thomas Fairbanks (U13B) 14.65, 8. Nielle Springer (U13G) 15.19. R7. 1. Samantha Williams (W40) 13.31, 2. Oscar Sadowski (U15B) 13.74, 3. Sebastian North (U13B) 14.13, 4. Daniela Sage (W45) 14.41, 5. Carys Bowling (U15G) 15.17, 6. Harrison Luck (U13B) 15.28, 7. Zachary Domaingue (U13B) 15.84. R8. 1. Nicholas Marquez (U15B) 12.84 (4.2), 2. Jamie McDowell 13.20, 3. Mariana Caceres (U15G) 14.35, 4. Anaiya Sutar (U20W) 14.78, 5. Abigail Ikuesan (U15G) 15.28, 6. Precious Okoye (U13G) 15.63. B. R1. Michael Damoah 10.55 (3.7), 4. Samuel Mowa 11.19, 5. Reo McCausland 11.30. R2. 3. Ralph Baker 11.49 (1.8), 4. Ryen Rennie 11.60, 5. Chinedu Ndukuwu 12.09. R3. 1. Piers Spencer Simms 11.76 (3.5), 2. Charlie Platt 11.78, 3. Alexander Morrell 11.84, 5. Ronan Lynch 12.20, 6. Theo Osobu 12.23, 7. Tristan Thomas 12.67. R4. 1. David Olatunji 12.54 (3.5), 2. Jason Yamoah 12.84, 3. Nicholas Marquez 12.95, 4. Jamie Ellerton 13.08. R5. 1. Rianna Rennie 13.05 (2.1), 2. Ian Firla 13.06, 3. Sienna Williams 13.17, 4. Sophie Kerr 13.25, 5. Samantha Williams 13.33, 6. Jamie McDowell 13.37, 7. Tianna Lewis 13.49. R6. 1. Isabella Campbell Andou 13.79 (1.1), 2. Isobel Rae 13.87, 3. Zachary Domaingue 14.13, 4. Kyle Reader 14.24, 5. Oscar Sadowski 14.30, 6. Nielle Springer 15.17. 400. R1. 3. Thomas Sugden (U20M) 50.67, 4. Luke Dronfield (U20M) 50.99, 7. Cameron Kelly Gordon (U20W) 58.55. R2. 1. Joshua Dako (U15B) 54.25, 3. Tane Chambers (U17M) 57.64, 5. Lily Meers (U20W) 60.66, 6. Leah Kyriacou (U15G) 60.97, 7. Megan Barlow (U17W) 61.26. R3. 1. Tallulah Ndikanwu (U17W) 62.09, 2. Oliver Stone (U15B) 64.67, 3. Matilda Shilland (U17W) 65.57, 5. Lydia Witcombe (U17W) 66.96, 6. Olivia Wauters (U20W) 68.71, 7. Lily Beaton (U20W) 74.74. 800. R1. 1. Jasper Brooks (U17M) 2.06.00, 2. Hendri Verster (U17M) 2.06.33, 7. Connor Wray (U17M) 2.21.34, 8. Hannah Clark (U20W) 2.25.51. R2. 1. Alfie Whitelock (U15B) 2.17.82, 2. Liberty Whyte (U20W) 2.20.08, 3. Kara Bryan (U13G) 2.24.73, 4. Olivia Stone (U15B) 2.26.86, 7. Olivia Magee Brown (U20W) 2.27.68. R3. 2. Aoife McDonagh (U15G) 2.26.81, 3. Emily De Backer (U20W) 2.27.54, 4. Niamh Stanley (U15G) 2.28.70, 6. Jake Martin (U13B) 2.34.89, 7. Lily Bridgeman (U15G) 2.35.15, 8. Beth Regan (U15G) 2.36.93, 9. Samuel Barlow (U15B) 2.38.04. R4. 2. Aaron Sebuwufu (U15B) 2.34.73, 5. Ariana Jenner Heard (U15G) 2.35.87, 6. Alba Homans Yau (U13G) 2.36.46, 7. Treja Checkeku Boamah (U15B) 2.36.85, 8. Eva Chambers (U17W) 2.39.27. R5. 1. Sophie Tran (U15G) 2.28.32, 2. Assia El Mountabite (U17W) 2.39.23, 3. Elliot Morris (U13B) 2.39.67, 4. Liam Hough (U15B) 2.39.77, 5. Kyla Dervish (U17W) 2.40.16, 8. Benjamin Evans (U13B) 2.42.22, 9. Amelie Ramdeen (U13G) 2.42.51, 10. Eva Denbow (U15G) 2.44.54, 11. Angelina Mernaka (U15G) 2.45.42. R6. 1. Oliver Ward (U15B) 2.34.70, 2. Johnny Lee (U13B) 2.39.51, 3. Rowan Pearson (U15G) 2.41.42, 4. Chris Martin (M50) 2.41.71, 5. Caitlin Hough (U15G) 2.43.32, 6. Oscar Pickering (U15B) 2.47.61, 7. Matthew Tootell (U13B) 2.53.63. R7. 1. Jessica Kelly (U17W) 2.33.62, 2. Freya Pearson (U13G) 2.44.49, 4. Jack Barlow (U13B) 2.54.71, 6. Imogen Jenner Heard (U13G) 3.10.62, 7. Nancie Cox (U13G) 3.22.63. 1500. R1. 1. James Shaw (U15B) 4.59.77, 2. Alex Martin (U15B) 5.03.48, 3. Finn Gotkine (U13B) 5.10.33, 4. Isabella Louth (U20W) 5.11.78, 5. Nathan Crossan (U13B) 5.19.27, 6. Molly May Mooney Clarke (U17W) 5.26.27, 7. Aaron Crossan (U13B) 5.35.73, 8. Molly Shaw (U17W) 5.48.16, 9. Charlotte Stevens (U15G) 5.52.34, 10. Ava Burford (U13G) 6.08.87, 11. Leela Bhadeshia (U13G) 6.18.81, 12. Laura Shaw (W45) 7.17.67, 13. Elizabeth Jacob (W50) 7.56.46. R2. 2. Harry Fage (U17M)

4.24.27, 3. Thomas Sugden (U20M) 4.24.38, 4. Elias Jordan 4.28.72, 6. David Adams (M35) 4.36.72, 9. Joshua Healey (U17M) 4.43.27, 10. Nathan Clark (U15B) 4.54.04, 11. Joshua Dowling 4.58.24, 12. Alex Smith 5.00.95, 14. Eva Maignan 5.10.26. LJ. Men. 1. Chinedu Ndikwu (U20M) 5.53. Women. 1. Claudia Baker 4.19. Under 15 Boys. 1. Alexander Giles 4.99, 2. Luca Hunstone 3.62. Under 15G. 1. Heidi Coulson 4.08, 2. Alessia Scala (U13G) 4.05, 3. Carys Bowling 3.77. SP. M35. 1. James Clevery 10.77. 6kg. 1. Brydon Duncan (U20M) 12.80. 5kg. 1. Cameron Rice (U17M) 6.69, 2. Nehemiah Dick (U17M) 6.61. 4kg. 1. Joshua Dako (U15B) 11.51. 3kg. 1. Tallulah Ndikanwu (U17W) 10.76.

26/4/23

Even Splits Leeds 5km Series. 1. Mark Bolland Cage 15.59.

26-29/4/23

Drake Relays – World Athletics Continental Tour Silver, Des Moines, IA, USA. HT. 1. 7. Joe Ellis 70.37.

28/4/23

Comeback 5000, Battersea Park. R5. 19. Will Fuller* 14.59.71.

Elmhirst Twilight Invite at Wheaton, Wheaton, IL, USA. 200. R1. 3. Myles Xavier 22.38 (0.9). LJ. C. 4. Myles Xavier 6.26.

28-29/4/23

Texas Invitational, Austin, TX, USA. 1500. 6. Lewis Mills 3.54.43.

Music City Challenge, Nashville, TN, USA. SP. 1. Divine Oladipo 17.52.

Clark Wood Open, Louisville, KY, USA. 100H. 3. Isabella Hilditch 13.81 (2.8). Ht3. 1. Isabella Hilditch 13.93 (2.1).

Oregon State High Performance, Corvallis, OR, USA. SP. 3. Nana Gyedu 15.24.

Charlotte Invitational, Charlotte, NC, USA. 400. R3. 5. Sabrina Mannes 62.48. 800. 11. 8. Sabrina Mannes 2.19.62.

29/4/23

Kent Young Athletes League, Norman Park. Under 15 Boys. Teams. 2. B&B 138.5. 100. A. 2. Charlie Platt 12.0. B. 2. Jason Yamoah 12.5. N/S. 1. Nicholas Marquez 12.9. 300. A. 3. Tristan Thomas 41.4. B. 2. Troy Ogedengbe 42.2. N/S. 1. Joseph Scanes 39.7. 1500. A. 1. Joseph Hill 4.32.0. B. 1. Daniel Horgan 4.40.8. N/2. 2. Benjamin O'Grady 5.00.0. 80H. A. 3. Joshua Dako 11.8. B. 2. Jamie Ellerton 12.6. N/S. 1. Benjamin O'Grady 13.9. HJ. A. 2. Joshua Dako 1.75. B. 3. Alexander Giles 1.55. N/S. 1. Benjamin O'Grady 1.40. LJ. A. 44. Jamie Ellerton 4.83. B. -. SP. A. 4. Charlie Platt 8.78. B. 4. Rory Witcombe 6.55. N/S. Trejan Checkeku Boamah 6.83. DT. A. 2. Joshua Dako 25.00. B. 4. Rory Witcombe 17.97. N/S. 1. Samuel Barlow 10.61. JT. A. 4. Alexander Giles 27.23. B. NM. Rory Witcombe. N/S. 2. Samuel Barlow 17.93. 4x100. 2. B&B (Jamie Ellerton, Jason Yamoah, Nicholas Marquez, Charlie Platt) 49.6. 4x300. 2. B&B (Joseph Scanes, Troy Ogedengbe, Tristan Thomas, Joseph Hill) 2.48.7. **Under 15 Girls. Teams.** 2. B&B 137. 100. A. 2. Sienna Williams 13.2. B. 6. Eunice Olagbolabo 14.3. N/S. 3. Isobel Rae 14.3. 300. A. 4. Ariana Jenner Heard 45.1. B. 3. Abigail Williams 47.3. N/S. 1. Mariana Caceres 46.4. 1500. A. 2. Niamh Stanley 5.07.0. B. 3. Rowan Pearson 3.57.8. N/S. 2. Jessica Lingham 6.35.0. 75H. A. 1. Beth Regan 12.7. B. 3. Carys Bowling 17.4. N/S. 2. Orla Rickard 15.7. HJ. A. 1. Heidi Coulson 1.35. B. NH. Sophie Tran. N/S. 1. Isobel Rae 1.20. LJ. A. 1. Isabella Campbell Andou 4.59. B. -. N/S. 2. Eunice Olagbolabo 3.51. SP. A. 4. Heidi Coulson 7.48. B. 3. Lottie Palmer 4.93. JT. A. 6. Lottie Palmer 10.21. B. 4. Heidi Coulson 7.60. HT. A. 5. Abigail Williams 14.90. B. 2. Beth Regan 12.11. 4x100. 1. B&B (Sienna Williams, Mariana Caceres, Isabella Campbell Andou, Cheyanne Nketia) 51.5. 4X300. 1. B&B (Leah Kyriacou, Isabel Pauling, Beth Regan, Luciana Smith) 2.54.1. **Under 13 Boys. Teams.** 2. B&B 122.5. 100. A. 4. Thomas Fairbanks 14.7. B. 2. TJ Owen 13.4. N/S. B. 1. Daniel Djan Krofa 14.4. 200. A. 3. Jericho Senior 28.6. B. 2. Luca Hunstone 30.2. N/S. 2. Harrison Luck 32.4. 1500. A. 3. Nathan Crossan 5.06.2. B. 4. Jack Barlow 5.33.1. N/S. 1. Aaron Crossan 5.21.6. 75H. A. 2. Sebastian North 14.4. B. 2. TJ Owen 15.6. N/S. 1. Jack Ruby 13.2. HJ. A. 3. Sebastian North 1.35. B. 2. TJ Owen 1.10. N/S. 1. Jack Ruby 1.30. LJ. A. 2. Zachary Farraz 4.12. B. 2. Luca Hunstone 3.50. N/S. 1. Harrison Luck 2.90. SP. A. 5. Luca Hunstone 4.72. B. 3. Harrison Luck 3.51. N/S. 1. Jack Barlow 4.55. DT. A. NM. Sebastian North. B. -. JT. A. 5. Zachary Farraz 11.56. B. 2. Jake Martin 10.88. N/S. 1. Jack Barlow 12.59. 4x100. 2. B&B (Sebastian North, TJ Owen, Jericho Senior, Thomas Fairbanks) 56.9. **Under 13 Girls. Teams.** 1. B&B 135. 75. A. 2. Leah Abisi 10.3. B. 1. Ella Brooker 10.6. N/S. 1. Nielle Springer 11.2. 150. A. 2. Zamaia Dixon 20.8. B. 1. Ella Brooker 21.3. N/S. 1. Eva John 22.3. 1200. A. 3. Alba Homans Yau 4.13.5. B. 1. Freya Pearson 4.13.8. N/S. 2. Elizabeth McGillivray 4.15.7. 70H. A. 4. Freya Pearson 13.0. B. 1. Alessia Scala 13.7. HJ. A. 1. Alessia Scala 1.46. B. 2. Zamaia Dixon 1.15. LJ. A. 2. Amelie Ramdeen 3.99. B. 5. Elizabeth McGillivray 3.48. SP. A. 2. Freya Pearson 6.11. B. 4. Dulcie Simpson 3.55. DT. A. 3. Dulcie Simpson 12.14. B. -. HT. A. B. -. 4X100. 1. B&B (Leah Abisi, Zamaia Dixon, Imogen Jenner Heard, Ella Brooker) 57.2. **Overall Match Score.** 1. B&B 568, 2. Tonbridge 477.5, 3. Cambridge Harriers 474.5, 4. Bexley 437, 5. Dartford Harriers 403, 6. Sevenoaks 342, 7. Invicta East Kent 236.5, 8. Central Park Athletics 214.5.

South London Athletics Network April Open, Coulsdon. 300. R1. 3. Luke Dronfield 36.35. R2. 3. Sophie Elliss 40.98. 400. R1. 2. Bailey Stickings 49.24. 400H. Men. 2. Bailey Stickings 51.33. Women. 1. Sophie Elliss 60.18.

LUS Invitational, Baton Rouge, USA. 400. R1. 5. Amber Anning* 52.30.

Doug Max Invitational, Fort Collins, CO, USA. 800. 1. Joe Rogers* 1.50.46.

Desert Heat Classic, Tucson, AR, USA. Men. HT. B. 5. Tom Parker 61.39. Women. 400. R2. 4. Louise Evans 53.98.

Parkruns. Riverside. 3. Jennifer Walsh* 16.32. **Bromley.** 1. Joe Scanes 15.40, 5. Peter Brooks 17.16, 8. Luca Ercolani 17.34, 27. William Spurle 18.57, 39. Steve Evenden 19.26, 41. Trang Nguyen 19.30, 43. James Bunn 19.35, 72. Harry Schmidt 20.56, 73. Kyla Dervish 20.57, 85. Benjamin Evans 21.25, 214. Austin Adams 24.55, 257. Ian Montgomery 25.35, 616. Denis Lawrie 41.34. **Beckenham Place park.** 5. Paul Sharpe 19.31, 12. Clayton Aves 20.27, 57. Jane Bradshaw 23.31, 58. Luigi Arcuri 23.33, 82. Nigel Wood 24.31, 99. David Beadle 25.00, 115. Niamh Milmo 25.48, 121. Zoe Kingsmell 26.03, 227. Iain Swatton 31.04.

Wanstead Flats. 113. George Collis 27.59. **Hoblingwell.** 6. Chris Martin 23.12, 11. Alexander Martin 25.16. **Preston Park, Brighton.** 125. Bertie Harrington 24.19. **Peckham Rye.** 147. John Turner 25.42, 331. Maz Turner 38.04. **Malling.** 146. Mick Keene 31.38. **Hoedspruit.** 1. Robert Perry 23.17, 8. Adrian Perry 27.28. **Victoria Dock.** 3. David Adams 17.24 (1st woman).

Clapham Common. 32. Jessica Keene 19.13 (1st woman). **Foots Cray Meadows.** 12. Gareth Griffin 28.23, 19. John Isaacs 30.31, 23. David Appleton 33.19, 34. Bob Thomas 36.43, 35. Richard Griffin 38.54. **Littlehampton Prom.** 20. Rod Harrington 21.39. **Kingdom.** 13. Mark Ellison 24.54. **Bethlem Royal Hospital.** 1. Thomas Sugden 20.04, 4. Katy Sugden 22.22, 19. Mike Simms 26.30. **Sutcliffe.** 206. Andrew Lawes 56.21. **Mote Park.** 194. Tom Phillips 44.45.

29-30/4/23

NEWMAC Outdoor Track & Field Championships, Cambridge, MA. 100. 4. Zac Nwogwugwu 10.78 (2.2). Ht2. 3. Zac Nwogwugwu 10.79 (3.9). 200. R2. 2. Zac Nwogwugwu 22.48 (1.9).

30/4/23

UK Youth Development League, Southern Premier, Hemel Hempstead. Under 20 Men. 100. A. 2. Clayton Jacinto 10.94 (1.9). B. 5. Nkwazi Ndila 11.41 (0.7). N/S. 4. Chinedu Ndukwu 11.46 (1.1). 200. A. 4. Clayton Jacinto 22.64 (0.8). B. 3. Chinedu Ndukwu 23.47 (1.6). N/S. Nkwazi Ndila 23.17 (1.6). 400. A. 3. Tommy Owler 49.57. B. 2. Samuel Mowa 50.51. 800. A. 2. Thomas Sugden 1.59.01. B. 4. Tane Chambers 2.17.92. 1500. A. 2. Thomas Sugden 4.08.10. B. 2. Arthur Starvis 4.09.34. 3000. A. -. B. -. 110H. A. 3. Luke Dronfield 15.20. B. -. 400H. A. 1. Luke Dronfield 55.00. B. -. 2000 S/ch. A. -. B. -. HJ. A. 3=. Luke Dronfield 1.60. LJ. A. 2. Chinedu Ndukwu 6.15. B. 2. Ralph Baker 5.62. TJ. A. 3. Ralph Baker 11.27. PV. A. 2. Oscar Witcombe 4.10. SP. A. 2. Brydon Duncan 12.62. B. 3. Ben Platt 7.36. DT. A. 2. Brydon Duncan 45.86. JT. A. 2. Felix McArdle Hodge 55.67. B. Ben Platt 39.49. HT. A. 3. Brydon Duncan 41.10. 4x100. 2. B&B (Nkwazi Ndila, Ralph Baker, Chinedu Ndukwu, Clayton Jacinto) 43.61. 4x400. 2. B&B (Luke Dronfield, James Lawson, Samuel Mowa, Tommy Owler) 3.21.75.

Under 20 Women. 100. A. 3. Zara Okoroafor 12.41 (-0.4). B. 3. Emily Kerr 12.69 (0.7). 200. A. 3. Zara Okoroafor 25.83 (0.6). B. 3. Sophie Akuja 26.35 (0.6). 400. A. 1. Cameron Kelly Gordon 58.05. B. 1. Lily Meers 61.40. 800. A. 4. Olivia Magee Brown 2.27.61. B. 3. Emily De Backer 2.29.22. 1500. A. 1. Hannah Clark 4.45.53. B. 1. Liberty Whyte 4.49.36. 3000. A. 1. Isabella Louth 11.18.78. B. -. 100H. A. 5. Jessie Sargeant 16.01. B. -. 400H. A. 3. Faith Mpassy 68.99. B. 2. Amber Bloomfield 76.15. 1500 s/ch. A. 3. Hannah Clark 5.25.69. B. 1. Liberty Whyte 5.28.26. HJ. A. 2. Jesse Sargeant 1.61. LJ. A. 3. Sophie Ajuka 5.16. TJ. A. 2. Emily Algeo 10.24. B. 2. Charlotte Hosp 9.59. PV. A. 2. Lily Meers 2.30. SP. A. 1. Olivia Austin 12.13. DT. A. 1. Olivia Austin 42.72. JT. A. 2. Jesse Sargeant 32.74. HT. A. 1. Olivia Austin 46.95. B. 1. Sapphire Houston Ball 41.66. 4x100. 2. B&B (Emily Kerr, Sophie Ajuka, Alyssa Firla, Daisy Snell) 48.87. 4X400. 1. B&B (Cameron Kelly Gordon, Megan Barlow, Faith Mpassy, Lily Meers) 4.01.00. **Under 17 Men.** 100. A. 4. Reo McCausland 11.08 (2.1). B. Marley Byfield 11.34 (-0.1). N/S. Joseph Cope 11.55 (0.5), Chiemerie Hemeson 12.00 (0.5) 200. A. 3. Marley Byfield 22.82 (-0.4). B. 3. Ryen Rennie 23.58 (3.2). 400. A. 1. James Lawson 50.57. B. 2. Zuriel Nwogwugwu 51.48. N/S. Ryen Rennie 53.80, Harrison Vallins 55.91. 800. A. 4. Hendri Verster 2.06.87. B. 2. Mark Constable 2.07.81. 1500. A. 3. Alex Middleton 4.15.62. B. 2. Joshua Healey 4.37.83. 3000. A. 2. Jed Starvis 9.40.74. B. 1. Finn Duggan 11.50.41. 100H. A. 1. Rayhan Mourtada 13.47 (0.2). B. 1. Andrew Nikoro 14.08 (0.6). 400H. A. 1. Rayhan Mourtada 56.36. B. 2. Alexander Morrell 63.30. 1500 s/ch. A. 2. Harry Fage 4.58.00. B. -. HJ. A. 1. Andrew Nikoro 1.75. B. 2. Finn Kitteridge 1.50. N/S. Rayhan Mourtada 1.65. LJ. A. 3. Chiemerie Hemeson 5.66. TJ. A. -. PV. A. 1. Finn Kitteridge 3.50. SP. A. -. DT. A. 5. Max Kennedy 28.97. B. ND. Alexander Morrell. JT. A. 2. Max Kennedy 47.17. HT. A. 3. Max Kennedy 22.98. 4x100. 2. B&B (Reo McCausland, Ryen Rennie, Joseph Cope, Marley Byfield) 44.17. 4x400. 1. B&B (Rayhan Mourtada, Hendri Verster, Ryen Rennie, Zuriel Nwogwugwu) 3.30.14. **Under 17 Women.** 100. A. 1. Indiana Marshall 12.24 (0.9). B. 1. Qi Chi Ukpai 12.49 (1.6). 200. A. 1. Indiana Marshall 25.56 (0.5). B. 1. Sienna Kidd 25.48 (1.7). 300. A. 3. Alyssa Firla 42.00. B. 3. Julia Newman 42.75. 800. A. 4. Matilda Shilland 2.31.07. B. 5. Islay Pearson 2.44.01. 1500. A. 1. Megan Barlow 5.01.67. B. 2. Lola Bischoff 5.25.73. 3000. A. 3. Lydia Witcombe 12.07.20. 80H. A. 2. Sienna Kidd 11.79 (2.3). B. 1. Daisy Snell 11.77 (3.0). 300H. A. 2. Tallulah Ndikanwu 48.28. B. 1. Alyssa Firla 48.96. 1500 s/ch. A. 3. Amber Cockburn 5.52.85. B. -. HJ. A. 1. Qi' Chi Ukpai 1.60. B. 3. Tallulah Ndikanwu 1.40. LJ. A. 1. Sienna Kidd 5.40. B. Daisy Snell 5.29. TJ. A. -.

PV. A. 3. Lydia Witcombe 2.45. SP. A. 2. Qi' Chi Ukpai 10.89. B. 3. Lacee Webb 8.19. DT. A. 1. Erin Simpson 34.07. JT. A. 2. Tallulah Ndikanwu 29.41. B. 2. Erin Simpson 25.50. HT. A. 2. Lacee Webb 26.46. 4x100. 1. B&B (Indiana Marshall, Zara Okoroafor, Qi' Chi Ukpai, Sienna Kidd) 48.31. 4x300. 1. B&B (Julia Newman, Tallulah Ndikanwu, Alyssa Firla, Daisy Snell) 2.52.80. Match. 1. B&B 752.5, 2. Harrow and Dacorum 696, 3. Windsor Slough Eton & Hounslow 578.5, 4. Shaftesbury Barnet 555, 5. Reading 481.5, 6. Crawley 423.5.

Yale Springtime Invitational, NH, USA. 800. R1. 4. Naomi Toft 2.18.01.

Junior Parkruns. **Bromley.** 2. Nathan Crossan 7.31, 4. Benjamin Evans 8.16, 6. Caitlin Hough 8.32 (1st girl). **Eltham.** 1. Aaron Crossan 8.03.

125 years ago in April 1898.

The 29th Annual Dinner takes place at the Hotel Cecil, “where there was a very large gathering in the Princes Hall. Mr C G Wood occupied the Chair.” C G Wood was the first Englishman to break 22 seconds for 220 yards and the first to break 50 seconds for 440 yards. Coming from Norfolk, he was known as the “Flying farmer” and was Blackheath President 1911-12. Around 3000 spectators are at Catford Sports Ground for the Blackheath meeting which features a mixture of running and cycling events.

100 years ago in April 1923.

The Club 5 Mile Handicap and Closing Night Concert takes place. “The Club room was full for the high tea and concert which followed”. The points handicap was won by D K Saunders. “It was voted on all sides as easily the best night we have had for many a day, reminding one very strongly of the old cheery and enthusiastic smokers of pre war days.”

“There appear to be several of our Club Cups which are at present without the cases which originally contained them. Will those members who are in possession of these be good enough, therefore, to communicate with the Hon Secretary.”

The 54th Annual Dinner takes place at the Hotel Victoria, with the President Trevor C Davis in the Chair. “There are probably neither finer nor more luxurious rooms in London... Although it is a hackneyed statement, it is a very true one, that success can only be achieved by careful attention to detail.” It is reported we “had a membership record, the total number of members being 523... H F Pash proposing “The Visitors”... recalled the fact that he had proposed the same toast in 1910” when “he prophesied the time was not distant when we might expect athletic activities from members of the fair sex. This had now been fulfilled... At eleven o clock arms crossed and hands joined in the hearty singing of Auld Lang Syne by a hundred Heathen voices, and another Annual Dinner had passed into B. H. History.”

“Our Entertainments Chairman addressed C. G. Wood in a letter as “My dear Sir” and had prompt reply: “Dear Ponsford, - You old idiot! Fancy addressing me as “My Dear Sir”. That’s the true Heathen spirit. Wood sends his kind regards to all members who remember him... Agricultural trouble in Norfolk kept him from being with us on April 14”(the Annual Dinner).

75 years ago in April 1948.

After winning the National in March, Sydney Wooderson represents England at the International Cross Country race at Leighton Park, Reading. He feels he never really got going and finishes in 14th with England third in the team race.

Shortly following the race the Club receives a letter from France from Vice President Maurice Bandeville who joined the Club in 1902 and who became a leading light of the Sport in France. He recalls the part he and the Club played in France first contesting the International in 1907. Also below is his obituary which appeared in the Gazette in 1953.

Correspondence

We are sure the following letter from our old V.P.
will be of interest to many:-

May 10th, 1948.

Sydney Taylor, Esq.,
V.-P. Blackheath Harriers,
53, Hawes Lane, West Wickham, Kent.

MY DEAR SYDNEY,

I have not forgotten my promise to write a note about the part played by the Old Club towards the extension of the International Cross Country Race, but I have had to spend quite a while abroad sent on mission by the French Ministry of Food and Agriculture.

As a matter of fact, I spent nearly a fortnight in England but I had to stay on board the s.s. *Desirade*, a long way down the Thames while loading some 4,000 tons of meat. No need to tell you how sorry I was to be unable to go to the City and meet you. As we used to say in the army, "duty is duty"!

Now let us proceed about the history of the I.C.C.U. At the beginning of this century Mr. Lumley offered his shield with the intention of promoting a sort of keenness in cross-country running throughout the British Isles as at the time England was practically alone to send teams to the Championship.

After four or five years of experiment the results did not come to Mr. Lumley's expectations.

It was then that H. W. G. Haslegrave, Hon. Sec. of the Blackheath Harriers, who had been over with me for various competitions at Le Touquet and Roubaix in the North of France, had the idea to introduce me to Mr. Garnham, Hon. Sec. of the Northern and English Cross-Country Union, and emphasised all the good that would result if a French team was invited to take part in the race bringing thus new emulation among Scotch, Welsh and Irish runners. Mr. Garnham inquired from me what the situation in France about C.C. was exactly, and strongly backed up by Haslegrave I went back to France with an invitation to the French governing body of the time (Union des Stes Francaises de Sports Athletiques) to send a national C.C. team to Glasgow in March, 1907.

I took the first French team to compete in the International on a Thursday, the 21st March, 1907. The race took place at Glasgow on Saturday, 23rd March, the weather was bitterly cold, the trail being partly covered with snow. The first man home was Underwood (England), a strong fellow who stood about 6 feet, who covered the 10 miles in 54 min. 26 sec., the English representatives finishing 1, 2, 3, 4, 6 and 7, while the French team finished third (11, 13, 19, 21, etc.).

The impression in the U.K. was such that on December 28, 1907, the N.C.C.U. at the National Board Meeting in London, France was admitted after a motion from Garnham (England) and G. Hume (Scotland) and invited for the following year. The idea was heartily backed up by the B.H. member whom, I forget the name, but I think it was Sir Harry Barclay, who knew me well! He was Mr. Barclay at this time.

I may say that at that time I had been elected President of French Athletics.

On March 26, 1908, the Board entrusted me with the organisation of the race near Paris at Colombes. England won first place, both individual and team. France had second place in team. I presided the Board.

March 20, 1909, as President of the French Union, I took the French team to Derby—finished second.

March 25, 1911, as President of the French Union, I took the French team to Newport.

Resigned as President in May, 1911, to go on mission to Madagascar.

The French team started his wins in 1926, 27, 28, 29; Jean Bouin won first place in 1911, 12, and 13 (killed in 14); J. Guillemot first in 1922 at Glasgow.

Very sincerely and "Heathenly" yours,
(signed) M. L. BANDEVILLE,
V. P. Blackheath Harriers.

3, Avenue Porte-d'Asineres,
Paris XVII.

Maurice Bandeville

It is with deep regret we have to record the death, in Paris, on May 1, of that staunch old Harrier, Vice President Maurice Bandeville, at the age of 75.

He had been a member for 51 years, and his contemporaries of "Green Man" days, before the 1914-18 war, will remember his untiring enthusiasm for organising Anglo-French matches, in particular a match at Le Touquet in 1905, when he invited a team to compete against the South of France, which we won.

Many of us will recall his last visit to Hayes in February 1937 when he brought over a team of members of the Club Olympique d'Aubervilliers and the return visit to Paris in August of that year. The beautiful Sevres vase they presented to the Club on that occasion adorns the walls at Hayes.

A great pioneer of sport in his native land he founded the Société Athlétique d'Arras in 1900, and was 800m. and 1,500m. champion of North of France in the same year. In March 1907 he took a leading part in bringing France into the International Cross Country Union. He accompanied the French team to compete in their first International at Glasgow that year. From 1905 to 1910 he was President of the French Athletic Union.

Maurice was a good all-rounder in his heyday, interested in athletics, football and golf alike, and we find too among his records that he was Champion cyclist of the 1st Army Corps when doing his military service. He founded the golf Club of Lys-Chantilly in 1929 (his photograph in the Club room at Hayes shows him in action) and was President of that Club until the German occupation.

He wrote many books on sport, and a new edition of his book "L'athlétisme pour tous" has just been published. This is the text book for officials and athletes alike in France, and on the cover the words "V.P. Blackheath Harriers" appear and a photo of his Clubmate, Sydney Wooderson.

The old Club was always in his thoughts, and in his last letter to us when he wrote that his health was failing, and he felt he was "covering the last lap," he asked our opinion of his idea of presenting a Challenge Cup or shield to the Club.

A busy and useful life right to the end. In his younger days he travelled extensively all over the world for his Government on missions connected with cattle breeding and the meat trade, and wrote an important work on the subject, "Les problèmes de la viande et l'évolution rurale". For these services, and his work for sport in general and athletics in particular, he was created Chevalier de la Légion d'Honneur by the President of the French Republic in September 1951.

Some of us were privileged to know him well, and we shall always remember the warm welcome and generous hospitality that awaited any Heathen who called on Maurice and his charming wife at their Paris flat. It was a real tonic to be in the company of this rare and lovable chap.

We tender our sincere sympathy to his widow in her, and our, great loss.

After the excitement of the International, Sydney represents Blackheath in the London To Brighton relay where the Club finish in third. Jack Braughton sets a new record on the last leg, his 17.07 beating by 12 seconds Sydney's record that had been set the previous year.

Blackheath win the Cambridge Harriers Relay with a team of Choat, Reynolds, Braughton, Scott Wilson, Spencer and Brent.

50 years ago in April 1973

Blackheath Harriers finish in 10th place in the Southern 12 Stage Road Relay at Wimbledon Common, "not a distinguished result and not good enough for the National event at the end of April."

Blackheath win the Croydon Harriers 50 x 1 Mile Relay. Amongst the BH team are Richard Coles (4.42), Chris Haines (4.41), John Baldwin (4.43), Andy Frankish (4.52), Mike Mahoney (5.12) and Nick Brooks (5.18).

The highlight of the month, however, is the Blackheath Harriers 24 Hour 10 man by 1 mile relay at Crystal Palace. The Club had targeted the World Club Record of Sale Harriers but finished 2 miles 72 yards short.

Those members who do not live locally will not be aware that there was another purpose to this event: to raise money for Club funds. A 28-page programme was produced, containing full details of the event, the team, the Club and its activities, and it was financed by various commercial advertisers. Revenue from this advertising, and the subsequent sale of more than 3,000 programmes, will yield the Club something in excess of £400, which is a great credit to Messrs. Wilson and Haines for bringing the idea to reality. 13-year-old Brian Howard sold more than 300 programmes, as did Bob Taylor on a quick deal at the Stock Exchange, but enough remain to send out with this Gazette for members' interest.

The competition for a Portable TV Set was won by Morris T. Poole of 32 Coombefield Drive, Darenth, Kent, who guessed 291m. 307yds., only 1 yard out! He in fact took cash instead and was persuaded immediately to part with some of it and join the 200 Club! Six other consolation prize winners received Findus Fish Cookery Books.

The organisers wish to record their special thanks to: Bob Taylor and Dudley Child; Arthur Nye and his timekeepers; Frank Rogers and his recorders; Angela Ridge and Bill Shillibeer, for physiotherapy; John Nash, for designing the programme; Mick Hamlin, for local press coverage; Philips Electrical, for generous sponsorship; Heuer, for timing equipment; Littlewoods, for food supplies; Radian B, for massage cream; Gerry North, for running shoes; Scholl, for foot comforts; all advertisers, for their financial support; and all members and friends who came along to give moral and vocal support on the day (or the night).



The end—Secretary Ian Smith does the final mathematics.

THE FINAL ANALYSIS

	Total miles	Fastest mile	Slowest mile	Average mile	Individual running time
R. Richardson	31	4:38	5:00	4:47.3	2hrs. 28m. 26.3s.
J. Baldwin	30	4:44	5:15	4:54.4	2hrs. 27m. 12.0s.
C. Haines	25	4:46	5:29	4:56.1	2hrs. 03m. 22.5s.
I. Wilson	30.2	4:36	5:22	4:57.7	2hrs. 29m. 38.3s.
J. Clare	29	4:52	5:18	5:06.7	2hrs. 28m. 14.3s.
C. Woodcock	29	4:47	5:19	5:01.7	2hrs. 25m. 49.3s.
R. Hawtin	29	4:46	5:12	4:58.5	2hrs. 24m. 16.5s.
P. Horwood	29	4:44	5:17	4:54.3	2hrs. 22m. 14.7s.
N. Bailey	29	4:42	5:16	4:56.6	2hrs. 23m. 21.4s.
G. Botley	30	4:43	5:17	4:54.9	2hrs. 27m. 24.7s.

291.2

24 hrs.

25 years ago in April 1998

Gareth Griffin wins the Closing 5 Yacht Handicap from Alison Jelly and Mark Compton. Stan Ridgewell wins the Bennett Cup five points clear of Mike Gasson who is just one point ahead of Brendan McShane.

Blackheath finish in 13th place at the Southern 12 Stage Road Relay at Thurrock and qualify for the National event. However with only ten available from the 24 man entry, a late decision is made to withdraw.

Darrell Smith wins the Cliff Temple 10 Mile race at Folkestone in 51.43.

Spencer Newport in 2nd in the Welwyn Garden City 5 mile race in 23.11.

Bromley Ladies Julie Stacey wins the Darent Valley 10km in 37.14.

Spencer is also the Club's first finisher in the London Marathon in 2.23.29. In the mini marathon Steve Holmes wins the under 18s race.

Alexis Sharp scores 7571 points in the decathlon, a Scottish Commonwealth Games qualifying performance.

Bromley Ladies win the first Kent Womens League match of the season with Blackheath third.

Over in Belgium, Blackheath finish second in the Wellington Relays in Ostend with a team of Steve Cooper, Nigel Keogh, Paul Byfield, Pat Squires, Mark Purser, Simon Jones, Ant Draper, Richard Daniels, Jamie Jefferies, Martyn Bucknall, Paul Featherston and Denis Wallington. The legs range from 200 to 1600 metres over a race course. The Veterans team are third. It's a busy start to the Summer season with a few logistical issues for the officials secretary...

SUMMER TRACK & FIELD FIXTURES 1998

Sun Apr 5	Sutton Coldfield	McDonalds Young Athletes Relays
Sun Apr 5	Thurrock	SEAA 12 Stage Road Relay
Sun Apr 5	Ashford	Ashford/Invicta EK Warm-up Meeting
Sat Apr 11	Haringey	Parkinson Trophy
Mon Apr 13	Tonbridge	Open Meeting (10.30 am)
Sat Apr 18	Sutton Coldfield	National 12 Stage Road Relay
Sat Apr 18	Ashford	Kent Womens League
Sat Apr 18	Kingston	Sward & Kinnaird Trophies
Sun Apr 19	Ostend	Wellington Relays
Sun Apr 19	Walthamstow	National Junior League
Sun Apr 19	Crystal Palace	Herc. Wimb. Young Athletes Open
Fri Apr 24	Norman Park	Blackheath Harriers Schools Meeting
Sat Apr 25	Barn Elms	Southern Womens League
Sun Apr 26	Deangate	Boys Young Athletes League
Sun Apr 26	Blackheath	London Marathon
Thu Apr 30	Norman Park	West/NW Kent Schools Champs
Fri May 1	Norman Park	West/NW Kent Schools Champs
Sat May 2	Woodford	Southern Mens League Div 1
Sat May 2	Ladywell	Southern Mens League Div 6
Sun May 3	Deangate	Kent Womens League
Sun May 3	Norman Park	Kent Boys & Colts League
Mon May 4	Beckenham	Ted Pepper 10km Road Race
Sat May 9	Ashford	Kent Championships
Sun May 10	Ashford	Kent Championships
Sat May 16	Woking	Southern Mens League Div 1
Sat May 16	Milton Keynes	Southern Mens League Div 6
Sat May 16	Enfield	British Athletics League Div 2
Sun May 17	Norman Park	Girls Young Athletes League
Sun May 17	Coppthall	Boys Young Athletes League
Sun May 17	Aldershot	Veterans National Road Relay Championships
Mon May 18	Ladywell	Veterans League
Sat May 23	Haringey	SEAA U20 Championships
Sun May 24	Haringey	SEAA U20 Championships
Sun May 24	Bedford	CAU Championships
Mon May 25	Bedford	CAU Championships
Sat May 30	Croydon	Southern Womens League
Sun May 31	Ashford	Kent Boys & Colts League

Would Dina run sub 11 seconds in this clobber?



Back in the day, some Blackheath Summer Championships would take place with the Private Banks Sports at Catford. The picture above show Miss Bailey anchoring the Bank Of England 440 yards relay team to victory. Could she be related to the current Governor? Thought it might raise some interest.