

# Blackheath & Bromley Courier

June 2023.

President 2023-24. John Hubbard.

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The other old Club House



Both Blackheath Harriers and Bromley AC had a number of headquarters over the years before the two clubs merged and eventually moved themselves to the current base at Norman Park. This is where Bromley AC started, at the Freemasons Arms in Hampstead, when Wigmore Harriers formed a womens section on the 8<sup>th</sup> of September 1950. Wigmore Harriers were founded in 1885 and moved their HQ a number of times before settling at the Freemasons. Given that a number of these premises were pubs, and, that some are still open, your editor and John Turner felt that, in the interest of research, a tour of these old haunts would be appropriate. We had a surprising, illuminating and revealing time.

We certainly picked the right date, a lovely sunny day. We met outside Belsize Park tube station and started with our longest walk of the day, an uphill trek to Jack Straws Castle, where Wigmore Harriers were based after the first World War until 1930.



In 1923 Kensington AC visited for a fixture and brought their Ladies with them, Kensington being the first mens club in the country to introduce a womens section. It was the first time that women had run from here, making it quite an occasion. It would be another 27 years before Wigmore followed the Kensington pathway, and, many of the Kensington women would shortly become part of a new club Middlesex Ladies.

This was the only venue we visited that is not now open. It was the highest pub in London and was a favourite haunt of Charles Dickens. Dickens is actually discussed in appendix one of the Blackheath Harriers Centenary History with reference to hare and hounds. The Sport is mentioned in chapter 17 of David Copperfield, which was published in 1850, and it is speculated that, as parts of the book were autobiographical, then, this was a memory from his youth. Alternatively, as Dickens would travel across the Heath, to dine at this establishment perhaps the activity of hare and hounds was readily apparent, both reminding him of his youth, and, reflecting the present. Perhaps also, a few years earlier he had enjoyed his meal so much that he said to the landlord "please sir, could I have some more" and had a eureka moment. All is just speculation. What we can say with confidence is "Lucky old Chazza" as at least he could get a drink when he visited. The Campaign For Real Ale (CAMRA) states that "It was a scandal that this iconic listed pub was allowed to be converted to flats and a gym." After the uphill drag from Belsize Park in the near midday sun, we could only agree. We were getting thirsty. Still while one door remained closed, another one was about to open. We were off to the Freemasons Arms.

As we retraced our steps and then headed along Downshire Hill towards the Freemasons, we couldn't help but note the number of famous people who had lived in this area. As well as Dickens, Engels and Karl Marx had frequented Jack Straws', and now we were noticing a plethora of blue plaques. All sorts of achievers were recognised, and then we struck gold. There it was..... Jim Henson creator of The Muppets. There was just time for John to put on make up before having his picture taken outside said residence. If you half close your eyes and use your imagination, it could be Gonzo!



I suppose the hope, on entering the Freemasons, was that we would mention why we were visiting and the landlord would respond by saying that he had just been clearing out the attic and found a picture of the Wigmore Ladies team that had won the National Junior Cross Country Championships in 1960. There was more too, for example, the Southern equivalent in 1959 plus a collection of pictures, memorabilia and Club paperwork. No chance, of course, but a very hospitable barman, on learning of our interest in Sport beckoned us to follow him downstairs with our halves of London Pride to view an old skittle alley in the base of the building. Though not in use, the walls were adorned with pictures, medals, trophies and certificates. Perhaps there would be some Athletics photos but no, it was all skittles. It even included the famous naked skittle player, his modesty protected, of course, by a large skittle.



One of the early victors of Wigmore Harriers club events at the time of the move in 1930 was one A. Stratford who in December won the 6 mile handicap race. This was "George" A. V Stratford who would be Wigmore Harriers President in 1960; who would be President of Bromley Ladies; who would advise a young Margaret Moir that she would be more suited to middle distance than hurdles and see her progress, as Margaret Beacham, to win the European Indoor 1500 metre championships in a World record time; who would agree to coach a young Lorna Boothe, inspired by the exploits of Mary

Peters at the 1972 Olympics, and set her on the pathway to Commonwealth Gold in 1978; who, after moving to Bickley in the early 60s would pivotal in bringing Wigmore Ladies south of the river later in the decade; who would coach Helen Minting to five English Schools Championships selections (but little knowing she would progress to World records); and who, before his passing in 1989, would also be a member of Blackheath Harriers.



Left to right. Sue Cluney (nee Dalgoutte), son David and coach George Stratford. Her 57.79 for 400H ranked her 10<sup>th</sup> in the World in 1980, but, back then it was not an Olympic event). Helen Minting who metamorphosed into World Record breaker Helen Godsell.



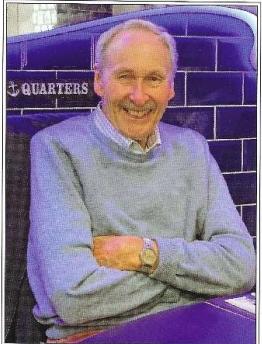
Time to move on. After a short walk we arrived at the Roebuck which is opposite the Royal Free Hospital in Pond Street. Wigmore Harriers were based here from 1904 until the First World War, and, refreshingly, it is now a Youngs pub. As we clutched our halves of Ordinary we scoured the premises for any signs of its former tenants and spied a plaque....This was the pub where Rosslyn Park rugby club was founded in 1887. Interestingly, Blackheath President for 1909-10 and 1910-11 R St John Matthews was a vice president of Rosslyn Park. It's a small world. We were brought crashing back to 21<sup>st</sup> Century reality when we noticed the price of the sausage rolls on the bar... £6!, and both agreed that the same item at the new facility at Norman Park was considerably more competitively priced. A good chat with the barmaid about our reasons for being there did not elicit anything relating to the Harriers, mainly because she had only been in the Country for a year. It was time to step further back in time. The arrival of the railways opened up the Hampstead area, so it was appropriate that we use that mode of transport to visit our final venue. After a short walk back to Hampstead Heath station, we hopped on the train to West Hampstead. As we came out of the station we spotted the Billy Fury Way and reflected on the fact that this Liverpudlian had more hits in the 1960s than the Beatles. We were halfway to paradise, well part of the way to The Alliance actually.



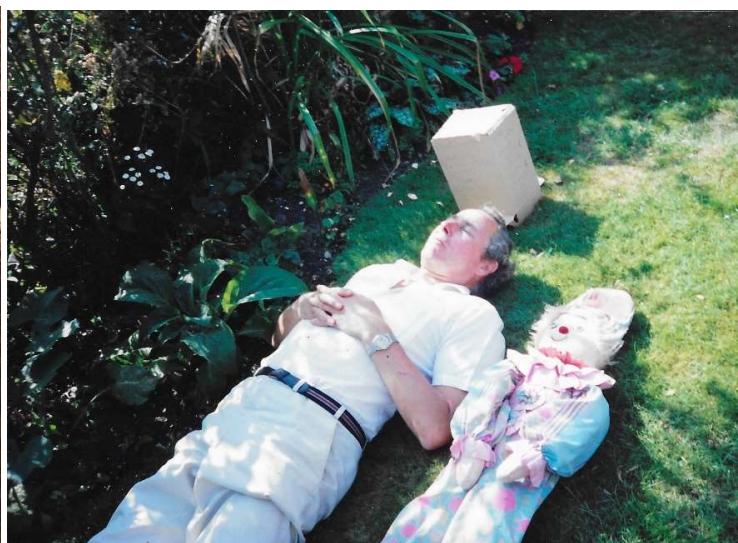
Wigmore Harriers moved here in 1898 and enjoyed some commodious changing rooms and an impressive billiard room but there was little sign of that 125 years later. The pub has been opened up to form just one bar area. Yet again, we were able to natter with a very helpful member of staff who showed us to the back of the pub where we could look down and see from where the members would have gone running and where they would have removed the mud from their shoes. Interestingly at this time, the Club could boast Lord Farquhar, Earl Of Hardwicke, Viscount Duncannon and Edmund Boulnois MP for Marylebone East as vice presidents. And that was that. We both agree that more research is required so another trip is planned. If you would like to join us, please get in touch.

**Len Dalmon RIP** - May 2023 saw the sad passing of Vice President Len Dalmon. Len, a member for over 40 years, was a great supporter of the Club, through his running, being a Trail Layer, 200 Club organiser and a great attender of Club socials.

A Celebration of the Life of



*Leonard George Dalmon*



**On the Social side.** As this Courier is late, social events are not included. However, here is an interesting picture from an event at the old Blackheath Clubhouse sometime last Century. Anyone remember what this was all about?



## **Results.**

The track and field season kicked off big time with six Club members winning gold medals at the BUCS Championships, particularly impressive, as, we have so many athletes based in the US. The League seasons started promisingly, though your editor believes it was a bad mistake to cancel the first NAL match. The League needs four fixtures. Home promotions such as the Ted Pepper 10km, Parris Handicap and the Open Meeting all went well. The Kent Championships returned to Norman Park and feedback was good. Club records are being broken. The season is up and running. It's all happening.

**4/4/23**

**Veterans AC 5km, Battersea Park.** 9. David Hoben\* (M70) 39.11

**16/4/23**

**Race Walking Association 10k and Young Age Group Championships, Coventry.** 10KW. 10. Jonathan Ellerton 56.17.

**20-21/4/23**

**Cyprus Under 20 Championships, Nicosia. Women.** 800. 3. Hannah Clark 2.18.52. 1500. 1. Hannah Clark 4.45.66.

**27/4/23**

**Run Media City 5km/10km.** 8. Naomi Kingston 37.49 (37.46) (1<sup>st</sup> woman).

**29/4/23**

**Enfield League.** 5KW. B. 2. David Hoben\* (M70) 39.11.

**29/4 – 1/5/23**

**BUCS Championships, Sportcity, Manchester. Men.** 100. 3. Korede Awe\* 10.50 (4.0). SF2. 1. Korede Awe 10.63 (2.1). Ht2. 1. Korede Awe\* 10.58 (1.5). Ht8. 5. Chima Ndikwu 11.51 (1.4). Ht12. 3. Chizute Ogbedeh 11.20 (1.1). 200. SF1. 6. Chizute Ogbedeh 22.83 (-1.3). Ht6. 2. Chizute Ogbedeh 22.58 (2.4), 4. Charles Nortey 23.11. Ht9. 6. Maurizio Corrodus 23.91 (2.2). 400. Ht4. 5. Maurizio Corrodus 52.84. 800. 1. Angus Harrington 1.50.67, 7. Henry Fisher 1.52.57, 8. Ben Gardiner 1.58.24. SF1. 1. Henry Fisher 1.52.72. SF3. 1. Angus Harrington 1.50.95, 3. Ben Gardiner 1.52.38. Ht3. 1. Angus Harrington 1.53.84. Ht5. 1. Henry Fisher 1.54.87. Ht8. 2. Ben Gardiner 1.56.48. 400H. 1. George Seery 51.35, 2. Alex O'Callaghan Brown 53.18. Ht2. 1. Alex O'Callaghan Brown 54.67. Ht3. 1. George Seery 52.71. 3000. s/ch. 8. Lewis Harknett 9.23.57. Ht2. 5. Lewis Harknett 9.34.09. HJ. 1. Kelechi Aguocha 2.06. QB. 1=. Kelechi Aguocha 1.88. LJ. 3. Ben Sutton 7.09, 7. Theo Adesina 6.87. QA. 3. Ben Sutton 7.01. QB. 4. Theo Adesina 6.82. TJ. 3. Shawn Ampofo 14.90. QA. 3. Shawn Ampofo 14.16. SP. 8. Dillon Claydon 14.84. QA. 4. Dillon Claydon 14.48. DT. Pool 1. 2. Dillon Claydon 49.97. Pool 2. 10. Coleman Corry 19.76. JT. Pool 2. 8. Coleman Corry 38.11. HT. Pool 1. 1. Ben Hawkes 68.44. **Women.** 100. SF1. 7. Shakanya Osahon 12.75 (1.5). Ht2. 4. Shakanya Osahon 12.57 (2.2). 1500. 3. Niamh Bridson Hubbard 4.21.85, 10. Chloe Sharp 4.31.10. SF2. 1. Niamh Bridson Hubbard 4.28.60, 6. Chloe Sharp 4.30.53. Ht1. 3. Niamh Bridson Hubbard 4.43.37. Ht2. 1. Chloe Sharp 4.40.28. 100H. 8. Zoe Austridge 14.56 (-1.7). SF1. 4. Zoe Austridge 14.38 (-1.0). Ht1. 3. Zoe Austridge 14.40 (1.4). 2000 s/ch. 4. Morgan Squibb 6.46.00. Ht2. 2. Morgan Squibb 7.05.77. LJ. 3. Mary Adeniji 5.84. QA. 2. Mary Adeniji 5.68. DT. Pool 1. 1. Zara Obamakinwa 49.98. JT. Pool 1. 1. Bekah Walton 56.31, 10. Peanut Meekings\* 35.62.

**1/5/23**

**Ted Pepper Memorial 10km,** (multi terrain). 1. Graeme Lugar 38.39 (38.37), 3. Alex Leggatt 39.33 (39.31), 5. David Adams 40.28, 6. Elias Jordan 40.43 (40.42), 10. Tony Crowder 41.45 (41.44), 11. Peter Brooks 41.57, 14. Thomas Sugden 43.44, 17. Jessica Keene 44.23 (44.21), 22. Chris Tuck 45.13 (45.11), 25. Sam Beadle 46.20 (46.15), 32. Steve Evenden 47.08 (47.07), 38. Jason Meers 47.39 (47.36), 45. Katy Sugden 48.30 (48.26), 50. Harry Schmidt 49.04 (49.02), 56. Damian Hayes 49.39 (49.36), 69. Chris Fishlock 51.11 (51.05), 85. Sara Elmquist 52.31 (52.28), 87. Luigi Arcuri 52.42 (52.38), 110. Jane Bradshaw 54.59 (54.52), 132. Jenny Leng 56.23 (56.16), 137. Nic Corry 56.54 (56.31), 151. John Leeson 58.13 (58.06), 264. Alex Black 71.01 (70.46), 291. Maz Turner 77.46 (77.22).

**The Amanda Marlow Memorial Open, Kettering.** 200. R8. 7. Jak Mensah 23.39 (-2.5).

**2/5/23**

**Tonbridge AC Club Evening Open Meeting.** 300. Mx1. 3. Ariana Jenner Heard (U15G) 45.51, 6. Lydia Witcombe (U17W) 47.32. 800. R2. 3. Chris Martin (M50) 2.36.98. R4. 4. Alex Martin (U15B) 2.30.41. R5. 3. Benjamin O'Grady (U15B) 2.21.99. 3000. R2. Harry Fage (U17M) 9.43.86. PV. 1. Oscar Witcombe (U20m) 4.00, 4=. Charlie Platt (U15B) and Finn Kitteridge (U17M) 3.20, 10. Lydia Witcombe (U17W) 2.30, 11. Lily Anderson (U17W) 2.20, 13. Luna Corry (U15G) 2.00. DT. 1kg. 1. Charlotte Bloodworth (U15G) 22.83.

**3/5/23**

**BMC Regional Races, Brighton.** 400. R1. 4. Bailey Marks Belaon 53.75. 800. 8. Cameron Kelly Gordon 2.13.80, 10. Megan Barlow 2.16.91, 12. Kelsi Cornish 2.26.27.

**Watford Harriers Open.** 1500. R7. 3. Liberty Whyte 4.44.81.

**Hereford Couriers 5km Series.** Wave 1. 8. Dan Kennedy 16.19.

**Dudley Kingswinford 10km.** 25. Millie Smith 37.21 (37.25) (1<sup>st</sup> woman).

**Parris Handicap, Norman Park.** 1. Leo De Bruyn 30.41 (18.26), 2. Zoe Kingsmell 31.04 (24.34), 3. Tim Ayres 31.13 (20.13), 4. Chris Martin 31.48 (22.03), 5. Evie De Bruyn 31.51 (21.51), 6. Iain Swatton 32.23 (24.53), 7. Steve Evenden 32.40 (20.25), 8. Harry Schmidt 32.45 (21.45), 9. Chris Fishlock 33.00 (22.00), 10. Angelina Mernaka 33.02 (23.02), 11. Dave Leal 33.21 (24.51), 12. Angela Powell 33.31 (25.46), 13. Steve Pairman 33.32 (21.17), 14. John Turner 33.40 (25.10), 15. Luigi Arcuri 33.44 (24.14), 16. Damian Hayes 33.46 (21.31), 17. George Collins 33.49 (24.49), 18. Dev Vimal 33.51 (24.51), 19. Adrian Stocks 34.03 (22.48), 20. Maz Turner 34.16 (34.16), 21. Ian Montgomery 36.34 (24.34).

**5/23**

**Diamond League, Doha, Qatar.** 100. 3. Dina Asher Smith 10.98 (0.9).

**SCVAC League, Kent Division, Sutcliffe Park. Men. M35.** 400. A. Ashley Reid 59.9. B. 3. Matthew Ellerton 63.7. 3000. A. 4. Martin Richardson 9.45.7. B. 3. Darren Corneille 10.02.9. PV. 2. Roger Platt 3.02. TJ. 3. Matthew Ellerton 9.09. DT. 1. Alex Pope 35.38. **M50.** 400. 1. Ian Firla 58.4. 3000. 2. Luca Ercolani 10.20.8. TJ. 5. Luca Ercolani 7.72. PV. 2. Alan Hardy 2.02. DT. 4. Ian Firla 22.93. **M60.** 400. 5. Roger Beswick 72.2. TJ. 5. Roger Beswick 5.68. 400. N/S. 3. Steve Hough 69.0, 5. Ken Daniel 79.2 (**CLUB M70 RECORD**). Teams. 3. B&B 55. **Women. W35.** 400. 1. Sam Williams 63.8. B. 3. Sarah Belaon 76.4. 3000. A. 4. Katy Sugden 11.54.8. B. 2. Sarah Belaon 12.34.7. DT. 5. Maz Turner 5.99. **M50.** 400. 6. Maz Turner 86.4. 3000. 6. Zoe Kingsmell 14.04.5. TJ. 3. Jackie Montgomery 6.32. DT. 4. Jackie Montgomery 13.15. **W60.** 400. 1. Helen Godsell 76.9. DT. 4. Anne Cilia 11.84. Match. 3. B&B 38.

**5/23**

**Arkansas Twilight Meeting, Fayetteville, AR, USA.** 200. 2. Amber Anning\* 23.26 (3.2).

**Oregon Twilight, Eugene, OR, USA.** 1500. 11. Joe Rogers\* 3.51.58.

**6/23**

**Podium Mile/5km, Leicester.** 5km. B. 14. Jennifer Walsh\* 16.34. C. 24. Mark Bolland Cage\* 15.37.

**Parkruns. Bromley.** 2. Arthur Starvis 15.39, 5. Jed Starvis 16.31, 11. Micah Evans 17.02, 12. Peter Brooks 17.03, 15. Thomas Sugden 17.40, 18. Nathan Crossan 18.31, 22. William Spurle 18.56, 30. Ted Marston 19.06, 38. Steve Evenden 19.25, 43. Megan Barlow 19.42, 59. Aaron Crossan 20.20, 61. Harry Schmidt 20.21, 64. Tuan Tran 20.24, 69. Damian Hayes 20.41, 78. Tim Ayres 20.48, 86. Matthew Maddocks 21.14, 90. Lydia Marston 21.26, 94. Stuart Cullum 21.31, 132. Richard Byford 22.25, 175. Adrian Stocks 23.24, 256. Ryan Tran 25.10, 353. Paul Byfield 27.08, 414. Bernard Wilson 28.39, 661. Denis Lawrie 42.23. **Bexley.** 90. Chris Pike 26.22. **Beckenham Place park.** 13. Clayton Aves 20.06, 24. Trang Nguyen 20.48, 36. Rod Harrington 22.05, 70. Luigi Arcuri 23.46, 99. Iain Swatton 25.02, 150. Zoe Kingsmell 26.45. **Colney Lane.** 71. David Beadle 24.39. **Orpington.** 18. Kyla Dervish 23.20 (1st woman), 49. Islay Pearson 26.32, 50. Ashley Pearson 26.34, 129. Karen Desborough 33.17. **Zandvlei.** 2 1. Robert Perry 18.25, 22. Adrian Perry 25.08. **Exmouth.** 87. Bob Minting 24.19. **Clapham Common.** 54. Jessica Keene 20.43, 479. Mick Keene 29.16. **Felixstowe.** 5. Steve Cooper 17.59. **Foots Cray Meadows.** 10. John Turner 26.47, 28. Maz Turner 34.36. **Bethlem Royal Hospital.** 10. Jennie Butler 22.57. **Mallards Pike.** 1. Daniel Kennedy 19.08. **Sutcliffe park.** 16. Steven Pairman 21.06, 126. Julia Pairman 29.30. **Swanley.** 15. Austin Adams 24.14, 24. Gareth Griffin 27.00, 48. John Isaacs 30.23, 65. Bob Thomas 35.27, 76. Richard Griffin 38.29, 85. Anthony Pontifex 40.44. **Mote Park.** 176. Tom Phillips 41.54.

**7/23**

**UK Youth Development League Lower – Southern Premier, Poole. Match.** 1. B&B 573.5, 2. Tonbridge 492, 3. Reading 485.5, 4. Havering 478.5, 5. Team Dorset 429, 6. Basildon 366.5. **Under 15 Boys.** 100. A. 4. Charlie Platt 11.84 (-0.2). B. 6. Theodore Osobu 13.19 (-0.1). N/S. 2. Daniel Olatunji 12.53 (-0.2), 6. Gethin Syson 12.84. 200. 5. Jason Yamoah 25.40 (0.3). B. 6. Thomas Vallins 26.95 (0.6). 300. A. 2. Joseph Scanes 39.79. B. 4. Thomas Vallins 43.15. 800. A. 1. Joseph Scanes 2.01.66. B. 1. Joseph Hill 2.04.39. 1500. A. 3. Daniel Horgan 4.45.9. B. 2. James Shaw 4.52.77. 80H. 2. Jamie Ellerton 12.80 (0.1). B. 3. Alexaner Giles 14.73 (0.2). HJ. A. 1. Joshua Dako 1.65. B. 2. Samuel Barlow 1.25. LJ. A. 3. Alexander Giles 5.13. B. 2. Jamie Ellerton 4.79. PV. A. 1. Charlie Platt 3.30. B. 1. Joshua Dako 2.50. SP. A. 5. Charlie Platt 7.77. B. 4. Alexander Giles 6.07. DT. A. 1. George Henderson 35.17. B. 5. Rory Witcombe 16.24. JT. A. 3. George Henderson 32.79. B. 4. Rory Witcombe 21.64. HT. A. 2. George Henderson 43.89. B. 2. Rory Witcombe 18.11. 4x100. 2. B&B (Daniel Olatunji, Jason Yamoah, Jamie Ellerton, Charlie Platt) 47.50. 4x300. 1. B&B (Joseph Hill, Alfie Whitelock, Joseph Scanes, Joshua Dako) 2.41.08. **Under 15 Girls.** 100.

A. 2. Chizam Boniface 12.55 (0.1). B. 1. Cheyanne Nketia 12.50 (0.4). N/S. 1. Sienna Williams 13.05, 2. Emilia Adese 13.10. 200. A. 5. Chizam Boniface 26.90 (0.1). B. 2. Cheyanne Nketia 26.76 (-0.3). 300. A. 3. Luciana Smith 42.10. B. 1. Leah Kyriacou 42.42. 800. A. 1. Luciana Smith 2.19.34. B. 1. Naimah Mossi 2.24.47. 1500. A. 1. Aoife McDonagh 4.53.70. B. 1. Isabel Pauling 5.05.70. 75H. A. 2. Beth Regan 12.56 (-0.1). B. 3. Heidi Coulson 13.56 (0.1). HJ. A. 5=. Heidi Coulson 1.35. B. 4. Sophie Tran 1.25. LJ. A. 2. Chizam Boniface 4.74. B. 1. Isabella Campbell Andou 4.59. PV. A. 3. Luca Corry 2.00. B. -. SP. A. 2. Emilia Adese 10.03. B. 4. Luna Corry 6.84. DT. A. 6. Lottie Palmer 11.93. B. 6. Beth Regan 11.57. JT. A. 6. Heidi Coulson 14.13. B. 6. Lottie Palmer 10.40. HT. A. 5. Charlotte Bloodworth 20.96. B. NM. Lottie Palmer. 4x100. 1. B&B (Sienna Williams, Cheyanne Nketia, Isabella Campbell Andou, Chizam Boniface) 50.35. 4x300. 1. B&B. (Leah Kyriacou, Beth Regan, Ariana Jenner Heard, Luciana Smith) 2.54.36. **Under 13 Boys.** 75. A. 1. Piers Spencer Simms 9.32 (-0.5). B. 5. Thomas Fairbanks 10.98 (-0.4). N/S. 1. Daniel Djan – Krofa 10.94 (0.1), 4. Zachary Fernay 11.18. 150. A. 1. Piers Spencer Simms 18.30 (-0.1). B. 3. Jericho Senior 20.85 (-0.1). 800. A. 5. Jake Martin 2.29.68. B. 3. Johnny Lee 2.39.38. N/S. 2. James Bunn 2.33.89, 4. Benjamin Evans 2.38.27. 1200. A. 1. Alex Smith 3.47.45. B. 3. Finn Gotkine 4.10.18. 75H. A. 1. Jack Ruby 12.96 (-0.1). B. 1. Sebastian North 14.12 (0.1). HJ. A. 2. Jack Ruby 1.41. B. 4. Jericho Senior 1.15. LJ. A. 2. Zachary Fernay 4.36. B. 1. Sebastian North 4.13. SP. A. 1. Jack Ruby 7.49. B. 6. Jake Martin 4.15. JT. A. 4. Sebastian North 22.43. B. 5. Jake Martin 11.99. 4x100. 3. B&B (Sebastian North, Daniel Djan – Krofa, Jericho Senior, Thomas Fairbanks) 55.65. **Under 13 Girls.** 75. A. 4. Leah Abisi 10.37 (-0.1). B. 1. Ella Brooker 10.45 (-0.4). N/S. 1. 1. Zamaia Dixon 10.36 (0.4), 6. Precious Okoye 11.25. 150. A. 1. Kara Bryan 19.81 (0.5). B. 2. Ella Brooker 20.94 (-0.5). 800. A. 1. Kara Bryan 2.21.39. B. 1. Sofia Mossi 2.38.65. N/S. Chloe Morez 2.41.01, Amelie Ramdeen 2.34.26. 1200. A. 1. Alba Homans Yau 4.04.57. B. 1. Evie De Bruyn 4.16.24. 70H. A. 4. Freya Pearson 13.03 (-0.1). B. 2. Alessia Scala 13.54 (-0.3). HJ. A. 1. Alessia Scala 1.51. B. 3. Evie De Bruyn 1.10. LJ. A. 3. Amelie Ramdeen 4.00. B. 3. Elizabeth McGillivray 3.28. SP. A. 5. Freya Pearson 6.03. B. 5. Dulcie Simpson 3.92. JT. A. 5. Freya Pearson 15.74. B. 5. Dulcie Simpson 10.30. 4x100. 1. B&B (Leah Abisi, Kara Bryan, Zamaia Dixon, Ella Brooker) 53.29.

**148<sup>th</sup> Oxford v Cambridge Varsity Match, Cambridge. Men.** 100. B. 2. Chizute Ogbedeh 10.85 (2.4). 200. B. Chizute Ogbedeh 22.54 (2.4). 400. B. 2. Angus Harrington 48.66. 800. B. 1. Angus Harrington 1.54.65. **Women.** 100. A. 3. Charlotte Kerr 13.94 (2.0). 800. B. 2. Niamh Bridson Hubbard 2.10.62. 1500. B. 1. Niamh Bridson Hubbard 4.24.06. LJ. 1. Mary Adeniji 6.06. SP. 1. Chimdi Okpalauko 11.38. DT. 1. Chimdi Okpalauko 37.75.

**Be Fit Today Track Academy Outdoor Series 2, Lee Valley.** 100. Men. A. R2. 3. Veresse Charles (U17M) 11.84 (2.0). R7. 4. Clayton Jacinto (U20M) 11.03 (0.2). R13. 5. Kieran Gowan Wade 10.86 (1.5). B. R3. 6. Veresse Charles 11.90. R7. 3. Clayton Jacinto 10.95 (1.1). R8. 3. Kieran Gowan Wade 10.77 (1.8). 200. Men. R5. 5. Clayton Jacinto 22.68 (-1.0). Women. R6. 3. Modupe Shokunbi 25.48 (-2.9). 400. Men. R3. 1. Dan Putnam 46.61. 600. 3. Oliver Stone (U15B) 1.44.91, 5. Vuk Hajdukovic (U13B) 1.59.92. 800. R2. 5. Oliver Stone 2.26.42.

**The Coronation Games, Catford.** 100. Men. R2. 4. Tristan Thomas (U15B) 12.56 (0.9). R3. 4. Chinedu Ndukwu (U20M) 11.51 (1.4). R4. 3. Duayne Bovell (M35) 11.12. Women. R4. 8. Samantha Williams (W40) 13.93 (1.4). 200. R3. 3. Tristan Thomas 26.41 (0.4). R5. 2. Chinedu Ndukwu 23.14 (1.6). 400. R2. 2. Samantha Williams (W40) 62.37, 5. Chris Martin 66.77.

**Junior Parkrun. Bromley.** 1. Luca Moloney Pedro 7.34

**9/5/23**

**Veterans AC 5, Battersea Park.** 11. Micah Evans 28.04. Walk. 9. David Hoben\* (M70) 61.13

**10/5/23**

**BMC Gold Standard Races, Birmingham.** 800. A. 1. Sam Reardon 1.47.97, 2. Henry Fisher 1.48.16. 3000. 19. Charlie Davis\* 8.39.67.

**Lee Valley Sprints Nights.** 100. Mx1. 2. Korede Awe\* 10.62 (0.3). Mx6. 2. Modupe Shokunbi 12.53 (-0.6). Mx9. 2. Korede Awe\* 10.60 (0.0). Mx14. 1. Modupe Shokunbi 12.47 (-0.1).

**Run With The Wind And Throws, Cardiff.** HT. 1. Ben Hawkes 65.30.

**TVH Open, Wormwood Scrubs.** 100. Mx1. B. 2. Kyle Reynolds Warmington 11.09 (-1.4). Mx2. A. 2. Kyle Reynolds Warmington 11.09 (-1.1).

**University Of Birmingham Track & Field Series. Senior Men.** 110H. R1. 4. Franciszek Chudak 16.26 (0.2). R2. 7. Franciszek Chudak 16.57 (-0.4). **Senior Women.** 100H. R2. 3. Mallory Cluley (U23W) 13.99 (1.4). R4. 3. Mallory Cluley 13.87 (0.5).

**11-12/5/23**

**APU Franson Last Chance, Azusa, CA, USA. Women.** TJ. 3. Alison Wilder\* 12.21.

**11-13/5/23**

**SEC Outdoor Track & Field Championships, Baton Rouge, LA, USA.** 400. Ht2. 2. Amber Anning\* 51.84. 4x400. L4. Amber Anning\* 50.79.

**13/5/23**

**Warwickshire County Championships, Nuneaton. Men.** 800. 2. Will Fuller\* 2.01.31. Ht2. 1. Will Fuller\* 2.13.05.

**De Ter Speke Bokaal, Lisse, NED.** JT. 2. Bekah Walton 52.85.

**Parkruns.** **Black Park.** 13. Pippa Woolven\* 20.42. **Beckenham Place park.** 7. Paul Sharpe 18.54, 12. Clayton Aves 19.55, 16. Paul Kerekgarto 20.16, 22. Trang Nguyen 20.31 (1st woman), 38. Rod Harrington 21.56, 47. Damian Hayes 22.24, 90. Nigel Wood 24.03, 96. Adrian Stocks 24.17, 280. Bernard Wilson 30.19. **Bury St Edmunds.** 66. Adrian Perry 25.19. **Dulwich.** 35. Luca Moloney Pedro 18.06, 69. Robert Perry 19.31, 72. Steve Evenden 19.38, 113. Harry Schmidt 20.51. **Orpington.** 1. Graeme Lugar 18.09, 99. Mick Keene 30.15, 121. Karen Desborough 32.51. **Fulham Palace.** 123. James Cunningham 23.22. **Peckham Rye.** 6. David Adams 17.59. **Dartford.** 65. John Turner 26.01. **Harlow.** 66. Zoe Kingsmill 26.01, 200. Andrew Kingsmill 38.10. **Malling.** 9. Steve Hough 19.44. **Bedgebury Pinetum.** 19. Paul Ross-Davies 23.58. **Exmouth.** 94. Bob Minting 23.19. **Catford.** 66. George Collins 25.55. **Foots Cray Meadows.** 2. Nathan Crossan 20.45, 3. Aaron Crossan 21.29. **Bethlem Royal Hospital.** 2. Richard Webb 18.32, 13. Jennie Butler 21.40, 36. Ian Montgomery 25.27, 66. James Unwin 28.12, 98. Mike Simms 32.11. **Squerryes Winer.** 8. Jason Meers 21.23. **Sutcliffe park.** 1. Peter Brooks 17.05, 72. Steven Pairman 23.13, 166. John Isaacs 28.09, 247. Anthony Pontifex 34.35, 265. Richard Griffin 36.59, 314. Andrew Lawes 57.27. **Thames Path, Woolwich.** 164. Gareth Griffin 25.22, 347. Bob Thomas 34.15.

**13-14/5/23**

**Kent Championships, Norman Park, Bromley. Senior Men.** 100. 1. Michael Damoah 10.6 (2.2), 5. Chizute Ogbedeh 11.0, 8. Rhys Francis NTR. Ht1. 3. Rhys Francis 11.13 (2.0). Ht2. 1. Michael Damoah 10.62 (3.3), 2. Chizute Ogbedeh 10.92. 200. 2. Michael Damoah 21.62 (0.0), 4. Chizute Ogbedeh 22.24. Ht1. 1. Michael Damoah 21.92 (-0.6). Ht2. 2. Chizute Ogbedeh 22.61 (-0.7). 400. 1. Sam Reardon 47.18, 2. George Seery 48.07. Ht1. 1. Sam Reardon 47.15, 2. George Seery 48.39. Ht2. 5. Bailey Mark Belaon 52.80. 800. 4. Ian Firla 2.16.57. 1500. 6. Christian Clement 4.31.80. 5000. 6. Micah Evans 17.18.08. 400H. 1. George Seery 50.85, 2. Bailey Stickings 51.30. 3000 Walk. 3. Matthew Ellerton 18.18.88. HJ. 1. James Nightingale 1.65. PV. 4. Roger Platt 3.10. SP. 1. Dillon Claydon 14.54. DT. 1. Dillon Claydon 50.23. **Senior Women.** 100. 5. Louisa Vallins 13.23 (0.1). 200. 3. Chanelle Cole 26.42 (1.4), 4. Sam Williams 26.97, 5. Louisa Vallins 27.49. 400. 2. Chanelle Cole 58.74, 4. Sam Williams 60.83. 800. 1. Morgan Squibb 2.12.02. 1500. 1. Morgan Squibb 4.36.30. 400H. 1. Zoe Austridge 65.78. 1500 s/ch. 1. Morgan Squibb 5.10.32. HJ. 1= Deborah Martin\* 1.55. LJ. 3. Claudia Baker 5.40. TJ. 2. Karina Harris 10.89, 3. Rachael Ilori 9.92. PV. 1. Eleanor Barrett 3.10. JT. 1. Lauren Farley 55.64 (**CBP**). HT. 2. Abigail Stewart 47.15. **Under 20 Men.** 100. 6. Nkwazi Ndila 11.42 (1.2). Ht1. 3. Nkwazi Ndila 11.51 (1.5). 200. 8. Nathan Firla 23.44 (0.1). Ht1. 4. Nathan Firla 23.30 (0.9). Ht2. 6. Nkwazi Ndila 23.72 (-1.0). 400. 4. Nathan Firla 52.53, 7. Oscar Witcombe 56.08. 800. 1. Thomas Sugden 1.56.78. 1500. 3. Arthur Starvis 4.07.80. 3000 Walk. 1. Jonathan Ellerton 15.45.36. PV. 2. Oscar Witcombe 4.10. DT. 2. Brydon Duncan 44.03. JT. 1. Felix McArdle Hodge 54.99. **Under 20 Women.** 400. 2. Cameron Kelly Gordon 57.38, 4. Olivia Magee Brown 64.51. 800. 1. Cameron Kelly Gordon 2.15.00, 3. Gabriella Martin 2.16.93, 4. Hannah Clark 2.17.36, 7. Emily De Backer 2.26.26, 9. Olivia Magee Brown 2.31.81, 10. Lily Meers 2.36.07. 1500. 2. Hannah Clark 4.41.63, 7. Emily De Backer 5.06.13, 9. Isabella Louth 5.07.74, DNF. Liberty Whyte. 100H. 2. Jesse Sargeant 16.01 (1.0). 400H. DNF. Grace Bennett. 1500 s/ch. 1. Carys Firth 5.35.00. HJ. 1= Jessie Sargeant 1.55. LJ. 2. Jessie Sargeant 5.17, 4. Emily Algeo 4.86. TJ. 2. Emily Algeo 10.25. SP. 1. Cleo Agyepong 14.68. DT. 1. Zara Obamakinwa 49.05. JT. 2. Jessie Sargeant 35.27. **Under 17 Men.** 100. 1. Reo McCausland 11.03 (0.6), 3. Daniel Ikuesan 11.44. Ht1. 1. Reo McCausland 11.00 (1.3). Ht2. 2. Daniel Ikuesan 11.53 (1.7). 200. 4. Marley Byfield 22.99 (0.5). Ht2. 2. Marley Byfield 23.33 (-1.3). 800. 4. Hendri Verster 2.04.76, 5. Mark Constable 2.07.60, 7. Connor Wray 2.17.81. Ht1. 1. Mark Constable 2.07.28, 5. Connor Wray 2.15.09. Ht2. 3. Hendri Verster 2.18.60, 4. Tane Chambers 2.19.09. 1500. 4. Jed Starvis 4.16.37, 6. Alex Middleton 4.19.29. 100H. 1. Rayhan Mourtada 12.99 (1.6) (**CBP**). 400H. 1. Rayhan Mourtada 54.69. DQ. Alexander Morrell. 1500 s/ch. 2. Harry Fage 4.50.70. PV. 2. Finn Kitteridge 3.70. JT. 1. Ellis Ibrahim 47.85, 2. Max Kennedy 45.41. **Under 17 Women.** 200. 3. Qi-Chi Ukpai 25.58. 300. 1. Alyssa Firla 40.98, 4. Matilda Shilland 46.12. 800. 2. Megan Barlow 2.17.69, 7. Lola Bischoff 2.30.83, 8. Lydia Witcombe 2.31.16. Ht1. 1. Megan Barlow 2.26.22, 2. Lydia Witcombe 2.30.07, 4. Matilda Shilland 2.30.98, 5. Jessica Kelly 2.32.21. Ht2. 4. Lola Bischoff 2.28.18, 7. Islay Pearson 2.40.13. 1500. 2. Megan Barlow 4.49.65, 8. Kyla Dervish 5.19.45. 80H. 1. Daisy Snell 11.44 (1.0). Ht2. 1. Daisy Snell 11.52 (0.7). 300H. 3. Tallulah Ndikanwu 46.26, 6. Alyssa Firla 49.67. Ht1. 3. Tallulah Ndikanwu 48.91. Ht2. 1. Alyssa Firla 47.63. HJ. 2. Qi Chi Ukpai 1.65. LJ. 1. Daisy Snell 5.41. TJ. 1. Qi Chi Ukpai 12.10. PV. 1. Lydia Witcombe 2.40. SP. 1. Tallulah Ndikanwu 11.05, 5. Lacee Webb 7.60. DT. 1. Erin Simpson 32.18, 2. Lydia Witcombe 21.43. JT. 2. Erin Simpson 30.66, 3. Tallulah Ndikanwu 29.77. HT. 2. Lydia Witcombe 33.43. **Under 15 Boys.** 100. 8. Tristan Thomas 12.68 (2.1). Ht3. 2. Tristan Thomas 12.53 (1.2), 5. Oscar Sadowski 13.70. 300. 8. Thomas Vallins 41.96. Ht1. 4. Trejan Checketu-Boamah 47.64, 5. Liam Hough 48.69. Ht2. 5. Thomas Vallins 43.20. 800. 1. Joe Scanes 1.59.75 (**CBP**), 2. Joseph Hill 2.03.74, 7. Daniel Horgan

2.17.48. Ht1. Joseph Scanes 2.18.33, 3. Benjamin O'Grady 2.19.51, 4. Oliver Stone 2.22.06, 7. Oliver Ward 2.26.80, 8. Alex Martin 2.28.34, 9. Oscar Pickering 2.34.31. Ht2. 1. Joseph Hill 2.12.05, 4. Matias Caceres 2.20.51, 9. Liam Hough 2.36.06. Ht3. 3. Daniel Horgan 2.17.36, 6. Aaron Sebuwufu 2.27.68. 1500. 1. Joseph Scanes 4.15.33 (**CBP**), 5. Daniel Horgan 4.37.91, 10. Matias Caceres 4.53.80, 11. Alex Martin 4.57.20, 12. Oliver Stone 5.00.82, 14. Benjamin O'Grady 5.10.79. 80H. 5. Joshua Dako 11.68 (1.4). Ht2. 3. Joshua Dako 11.76 (1.3). 3000 walk. 1. Trejan Checketu Boamah 24.15.20. HJ. 6. Joshua Dako 1.55. NM. Liam Hough. LJ. 2. Joshua Dako 5.97, 14. Liam Hough 3.87. PV. 1. Charlie Platt 4.01. SP. 7. Rory Witcombe 6.89. DT. 1. George Henderson 35.46, 9. Rory Witcombe 17.82. JT. 8. Rory Witcombe 24.34. HT. 2. George Henderson 43.70, 8. Rory Witcombe 20.97. **Under 15 Girls.** 100. 2. Chizam Boniface 12.81 (-0.3), 5. Emilia Adese 13.14, 6. Sienna Williams 13.25, 8. Isabella Campbell Andou 13.50. SF1. 4. Sienna Williams 13.11 (1.1), 8. Isobel Rae 14.02. SF2. 1. Chizam Boniface 12.77 (0.2), 3. Emilia Adese 13.01, 4. Isabella Campbell Andou 13.40, 5. Faith Sogoye 13.47. Ht1. 1. Emilia Adese 12.97 (-0.8), 2. Faith Sogoye 13.60, 3. Isobel Rae 14.13, 4. Mariana Caceres 14.39. Ht2. 1. Chizam Boniface 12.98 (-1.4), 3. Isabella Campbell Andou 13.70. Ht4. 3. Sienna Williams 13.26 -1.0). 200. Ht1. Ablgail Williams DNF (1.3). Ht2. 7. Mariana Caceres 29.40 (2.8). 300. 1. Leah Kyriacou 42.04, 2. Beth Regan 43.69, 3. Ariana Jenner Heard 43.91, 4. Isobel Rae 44.98, 7. Charlotte Bloodworth 47.50. Ht1. 1. Leah Kyriacou 43.41, 2. Beth Regan 44.79. Ht2. 1. Ariana Jenner Heard 44.82, 2. Isobel Rae 45.47, 4. Charlotte Bloodworth 46.76, 5. Caitlin Hough 48.68. 800. 1. Luciana Smith 2.18.98, 3. Aoife McDonagh 2.22.82, 4. Niamh Stanley 2.26.62, 5. Leah Kyriacou 2.30.14, 7. Charlotte Bloodworth 2.34.17. Ht1. 1. Luciana Smith 2.28.98, 2. Charlotte Bloodworth 2.29.58, 4. Lily Bridgeman 2.29.96, 7. Freya Dinwiddie 2.44.48. Ht2. 2. Aoife McDonagh 2.24.18, 3. Niamh Stanley 2.27.34, 5. Ariana Jenner Heard 2.37.60, 6. Caitlin Hough 2.39.65. 1500. 3. Aoife McDonagh 4.54.16, 4. Niamh Stanley 5.02.98, 7. Isobel Pauling 5.04.10. 75H. 3. Beth Regan 12.43 (1.1), 6. Heidi Coulson 13.12. Ht1. 3. Heidi Coulson 13.37 (1.5). Ht2. 2. Beth Regan 12.55 (2.6). HJ. 1. Heidi Coulson 1.40. LJ. 1. Chizam Boniface 4.86, 2. Isabella Campbell Andou 4.52, 6. Heidi Coulson 4.37, 10. Faith Sogoye 3.81, 15. Caitlin Hough 3.22. PV. 3. Luna Corry 2.00. SP. 1. Emilia Adese 10.52, 7. Heidi Coulson 7.07, 10. Caitlin Hough 5.29. DT. 1. Charlotte Bloodworth 21.95, 5. Lottie Palmer 12.48. JT. 7. Caitlin Hough 14.17, 8. Lottie Palmer 10.81. HT. 2. Charlotte Bloodworth 30.61.

**Hertfordshire and Bedfordshire County Championships, Watford. Under 20 Men.** 100. 1. Clayton Jacinto 11.29 (-1.2). 200. 2. Clayton Jacinto 22.42 (-0.6).

**Middlesex Championships, Lee Valley. Under 15 Girls.** 300. 8. Hissah Al Faisal 50.17. 1500. 2. Naimah Mossi 4.58.36. 3000. 1. Naimah Mossi 10.49.56. **Under 13 Girls.** 1500. 6. Sofia Mossi 5.19.91.

**Norfolk Championships, Norwich. Senior Women.** HT. 1. Gemma Vickery 47.28.

**Surrey Championships, Kingston. Senior Women.** 100H. 1. Mallory Cluley 13.94 (-0.8). 400H. 4. Stephanie Fisher 63.14.

**Under 20 Men.** 200. DNS. Samuel Mowa. Ht1. 3. Samuel Mowa 22.68 (0.3). 400. 5. Luke Dronfield 50.81. 400H. 2. Luke Dronfield 54.33. **Under 20 Women.** TJ. 2. Charlotte Hosp 10.07. **Under 17 Men.** 400. 7. Ryan Rennie 52.25. Ht1. 4. Ryan Rennie 52.40. **Under 17 Women.** 100. 1. Indiana Marshall 12.46 (-0.8), 5. Sianna Nelson – Langaigne 12.87. SF1. 1. Indiana Marshall 12.41 (0.8). SF2. 3. Sianna Nelson – Langaigne 13.05 (-0.2). Ht3. 1. Indiana Marshall 12.72 (-3.1). Ht4. 1. Sienna Kidd 12.75 (-0.9), 2. Sianna Nelson – Langaigne 12.91. 200. 3. Sienna Kidd 25.63 (0.3). SF1. 2. Sienna Kidd 26.19 (-0.9). Ht3. 1. Sienna Kidd 26.16 (-0.8). 300. 2. Julia Newman 42.09. Ht2. 2. Julia Newman 43.07. 80H. 1. Sienna Kidd 11.85 (-0.5). LJ. 1. Sienna Kidd 5.32, 2. Indiana Marshall 5.28. **Under 15 Boys.** 80H. 4. Alexander Giles 14.07 (-1.5). HJ. 3. Alexander Giles 1.63. LJ. 5. Alexander Giles 4.93. JT. 6. Alexander Giles 23.14. **Under 15 Girls.** 100. SF2. 5. Silvia Gadzama 13.3. Ht4. 3. Silvia Gadzama 13.25 (-0.2). 200. 6. Silvia Gadzama 27.46 (0.0). SF3. 1. Silvia Gadzama 27.34 (nw). Ht2. 2. Silvia Gadzama 27.56 (-2.0). HJ. 9. Marly Taylor 1.40. **Under 13 Boys.** 100. 1. Piers Spencer Simms 12.25 (-0.9). Ht1. 1. Piers Spencer Simms 12.28 (-1.1). 200. 1. Piers Spencer Simms 25.51 (0.7). Ht2. 1. Piers Spencer Simms 25.73 (-1.1). **Under 13 Girls.** 200. 3. Noelle Carr 28.50 (-1.2).

**Sussex Championships, Crawley. Senior Men.** SP. 4. Patrick Apantaku 10.85.

**Yorkshire Championships, Cudworth. Senior Men.** 1500. 5. Mark Bolland Cage\* 4.17.27. 3000 s/ch. 2. Mark Bolland Cage\* 10.22.89.

**Essex Championships, Grays. Men.** 1500. 1. Lewis Harknett\* 4.00.83. 3000. 2. Lewis Harknett\* 8.38.12.

**14/5/23**

**Great Bristol Run Half Marathon.** 983. Darren Corneille 1.43.22 (1.43.21).

**Great Bristol Run 10km.** 14. Dan Kennedy 33.50 (33.49).

**Darent Valley 10km, Eynsford.** 3. Martin Richardson 35.59, 4. David Adams 36.31 (36.30), 9. Luca Ercolani 37.53 (37.52).

**Colchester 10km.** 15. Steve Cooper 36.29.

**16/5/23**

**BMC Gold Standard Races, Stretford.** 1500. 1. Alex Botterill\* 3.42.04.

**17/5/23**

**BMC Gold Standard Races, Watford. Men.** 800. A. 1. Sam Reardon 1.47.82. **Women.** 800. A. 5. Morgan Squibb 2.10.51.

**Watford Open.** 800. R9. 5. Luciana Smith (U15G) 2.15.62. R10. 6. Kara Bryan (U13G) 2.17.64.

Beckenham Relays. 6. B&B1 (Graeme Lugar 13.37, Kevin Fini 14.18, Peter Brooks 14.03) 41.58, 11. B&B2 (Micah Evans 14.11, Fintan Parkinson 14.56, Alex Gibbins 14.09) 43.16, 15. B&B mx (David Adams 13.51, Elaine Rayner 15.32, Roger Vilardell 14.16) 43.39, 19. B&B3. (Seb Jones 14.21, Luca Ercolani 15.03, Steve Hough 15.16) 44.40, 23. B&B4. (Chris Holmes 14.45, Richard Webb 14.48, Paul Sharpe 15.22) 44.55, 61. B&B mx2. (Trang Nguyen 17.00, Harry Schmidt 13.17, Clayton Aves 20.52) 51.09, 65. B&B (Chris Tuck 16.28, Richard Byford 12.53, Tim Ayres 22.54) 52.15, 69. B&B (Jennie Butler 17.54, Sarah Belaon 18.18, Steve Evenden 16.57) 53.09, 79. B&B (Will Brindley 18.15, Mark Ellison 19.24, Paul Kerekgarto 16.24) 54.03, 81. B&B (Chris Martin 18.14, Damian Hayes 17.33, Rod Harrington 18.22) 54.09.

**20/5/23**

**Flanders Cup AVLO, Locheren, BEL. Senior Women.** 400H. 2. Alex Hill 66.13.

**Highgate Harriers Night Of The 10,000 pbs including British Championships and World Championships Trials, Parliament Hill.** 800. Senior Women B. 4. Megan Barlow (U17W) 2.13.57. 10000. B. 1. Jennifer Walsh\*34.05.13.

**Southern Athletics League, Bracknell. Match.** 1. Harrow 347, 2. TVH 319, 3. Hercules Wimbledon 249, 4. Medway & Maidstone 230, 5. Bracknell 221, 6. B&B 220. **Men.** 100. A. 3. Duayne Bovell 11.43 (-3.3). B. 2. Warren Lewis 11.51 (-1.6). N/S. Dennis Savage 11.90 (-0.5). 200. A. 4. Duayne Bovell 22.87 (0.8). B. 1. Warren Lewis 22.78 (2.9). N/S. Ryan Rennie 23.83 (-0.1), Harrison Vallins 24.39. 400. A. 1. Thomas Sugden 50.57. B. 2. Luke Dronfield 51.30. 800. A. 5. Jed Starvis 2.01.72. B. 6. Connor Wray 2.15.02. N/S. Tane Chambers 2.17.79. 1500. A. 6. Thomas Sugden 4.22.57. B. -. 3000. A. 5. Graeme Lugar 9.44.58. B. -. 110H. A. -. B. -. 400H. A. 2. Prince Reid 60.66. B. -. 3000 s/ch. A. -. B. -. HJ. A. 5. James Nightingale 1.60. B. -. LJ. A. 2. Augustine Kodji 6.54. B. 3. Dennis Savage 5.33. N/S. Ian Firla 4.59. TJ. A. 4. Augustine Kodji 11.61. B. 6. James Nightingale 10.05. PV. A. 2. Oscar Witcombe 4.30. B. 1. Roger Platt 3.30. SP. A. 6. Ian Firla 7.58. B. 6. Harrison Vallins 4.00. DT. A. 5. Roger Platt 22.69. B. Ian Firla 19.99. JT. A. 6. Connor Wray 15.27. B. 6. Tane Chambers 9.19. HT. A. 6. Roger Platt 16.62. B. -. 4X100. 1. B&B 44.77. 4X400. 5. B&B 3.45.19. **Women.** 100. A. 5. Louisa Vallins 13.07 (-0.6). B. 6. Tianna Lewis 13.53 (-0.6). N/S. Sybil Wissome Jorrie 13.57 (-4.6). 200. A. 6. Louisa Vallins 26.79 (-1.1). B. 4. Alyssia Firla 26.05 (-1.5). 400. A. 2. Cameron Kelly Gordon 57.98. B. 2. Alyssia Firla 60.53. 800. A. 6. Matilda Shilland 2.39.20. B. -. 1500. A. 1. Hannah Clark 4.54.12. B. 3. Olivia Magee Brown 5.30.20. 3000. A. -. B. -. 100H. A. 1. Jessie Sargeant 16.19 (1.3). B. -. 400H. A. 4. Grace Bennett 81.78. B. -. 2000 S/CH. A. 2. Katy Sugden 8.56.26. B. 1. Aurelia Osborne 9.06.88. HJ. A. 4. Jessie Sargeant 1.55. B. 3. Matilda Shilland 1.25. LJ. A. 2. Indiana Marshall 5.25. B. 1. Claudia Baker 5.03. N/S. Molly Savage 5.00. TJ. A. 1. Emily Algeo 10.47. B. 1. Molly Savage 9.95. N/S. Rachael Ilori 9.50. PV. A. -. B. -. SP. A. 3. Jessie Sargeant 8.91. B. -. DT. A. 3. Erin Simpson 30.87. B. 5. Holly Platt 15.12. JT. A. 2. Jessie Sargeant 34.64. B. 5. Matilda Shilland 9.95. HT. A. -. B. -. 4x100. 1. B&B 49.87. 4X400. 2. B&B 4.11.04.

**Southern Athletics League Div 2 South and West, Eton.** 800. B. 5. Deborah Martin\* 3.15.8. 400H. A. 1. Deborah Martin\* 82.3. HJ. N/S. 1. Deborah Martin\* 1.60. JT. B. 2. Deborah Martin\* 15.79. HT. B. 4. Deborah Martin\* 15.21.

**Southern Athletics League Div 2 South and West, Walton. Men.** 400. A. 3. Richard Morris\* 55.7. 110H. A. 2. Richard Morris\* 20.5. 400H. A. 2. Richard Morris 61.4. JT. B. 4. Richard Morris\* 22.77.

**Northern Track & Field League, East Premier, York. Men.** 5000. A. 2. Mark Bolland Cage\* 15.54.32.

**Parkruns. Richmond.** 38. Robert Perry 21.26. **Silksworth.** 81. Mick Keene 28.10. **Bromley.** 3. Joseph Hill 16.25, 4. Micah Evans 16.50, 5. David Adams 16.53, 7. Luca Ercolani 17.34, 14. Luca Moloney Pedro 18.18, 15. Oliver Ward 18.19, 16. Benjamin O'Grady 18.22, 19. Alexander Martin 18.31, 20. Steve Evenden 18.46, 24. William Spurle 19.01, 42. Steve Pairman 20.10, 47. Harry Schmidt 20.33, 50. Damian Hayes 20.45, 51. Sophie Tran 20.49, 52. Tuan Tran 20.50, 56. Chris Martin 20.55, 132. Ian Montgomery 23.35, 149. Austin Adams 24.07, 163. Adrian Perry 24.27, 172. Ryan Tran 24.35, 392. Julia Pairman 31.05, 511. Andrew Kingsmill 35.43. **Bexley.** 2. Peter Brooks 17.40. **Beckenham Place park.** 11. Trang Nguyen 20.41 (1st woman), 33. Ashley Pearson 22.40, 53. Colin Pearson 23.46, 66. David Beadle 24.19, 71. Nigel Wood 24.23, 98. Zoe Kingsmill 25.25, 160. Charlie Hay 27.58, 171. Iain Swatton 28.41. **Riddlesdown.** 21. Adrian Stocks 24.14. **Nobles.** 78. Bob Thomas 36.29. **Eden Project.** 79. George Collins 26.03. **Orpington.** 110. Karen Desborough 33.42. **Bedgebury Pinetum.** 23. Rod Harrington 24.06. **Exmouth.** 83. Bob Minting 23.15. **Clapham Common.** 218. James Cunningham 24.03. **Foots Cray Meadows.** 19. John Turner 26.44, 58. Maz Turner 36.15. **Bethlem Royal Hospital.** 16. Stuart Cullum 22.57, 38. Angela Powell 25.59. **Sutcliffe.** 13. Nathan Crossan 19.43. **Mote Park.** 16. Paul Ross-Davies 22.21. **Thames Path, Woolwich.** 232. John Isaacs 28.52, 297. David Appleton 31.22, 410. Richard Griffin 38.27.

**21/5/23**

**Loughborough International. Men.** 200. 2. Luke Dorrell 21.54 (-1.3). 400. 3. Dan Putnam 46.95. G. A. 1. Sam Reardon 46.33. 800. 1. Angus Harrington 1.48.63. 4x400. England (inc Sam Reardon 46.33, Dan Putnam 47.0). 400H. 3. George Seery 51.64. DNF. Bailey Stickings. G. B. 3. Luke Dronfield 54.69. HJ. 5. Kelechi Aguocha 2.08. TJ. 4. Toby Dronfield 15.40. SP. 7. Dillon Claydon 14.98. HT. 3. Ben Hawkes 67.07. **Women.** 100. G. B. 3. Darcey Kuypers 12.35 (-2.9). 400. 4. Louise Evans 54.42. Mile. 1. Niamh Bridson Hubbard 4.50.53. 100H. G. A. 6. Mallory Cluley 14.06 (-1.0). 400H. G. A. 3. Sophie Elliss 58.92. PV. 6. Sophie Dowson 3.90. SP. 5. Cleo Agyepong 14.30. DT. 4. Zara Obamakinwa 52.85. JT. 1. Lauren Farley 56.73, 2. Bekah Walton 56.66, 9. Hollie Arnold 38.78. 4x400. England (inc Louise Evans 55.7). **Under 20 Men.** 110H. 1. Daniel Goriola 13.96 (-1.3).

**Essar Chester Half Marathon.** 2. Scott Overall 66.28 (66.27).

**Woodbridge 10km.** 10. Steve Cooper 36.48 (36.47).

**Chislehurst Half Marathon.** 5. Andrea Clement 81.04, 29. Paul Kerekgarto 92.10 (92.08), 35. Steve Evenden 93.39 (93.37), 40. Trang Nguyen 95.08 (95.07), 188. Dave Leal 1.59.36 (1.59.27), 217. Austin Adams 2.05.11 (2.04.56), 227. John Turner 2.05.58 (2.05.48).

**AJ Bell Great Manchester Run 10km. Women.** 5. Rose Harvey\* 32.59.

**Junior Parkrun. Bromley.** 1. Luca Moloney Pedro 7.33, 3. James Bunn 7.52, 5. Matthew Tootell 8.27, 6. Caitlin Hough 8.29 (1st female). **Hoblingwell.** 1. Oliver Ward 7.22, 2. Alexander Martin 7.

**22/5/23**

**Invicta East Kent Open, Canterbury.** 100. MX5. 4. Qi-Chi Ukpai (U17W) 12.55 (2.3). 600. 5. Lena Aldridge (U11G) 2.21.89. 80H. 1. Qi-Chi Ukpai 12.07 (0.3). SP. (3KG) 1. Qi-Chi Ukpai 11.56. HT. (3KG). 2. Lacee Webb 28.36.

**24/5/23**

**Meeting Internazionale "Citta di Savona", Savona, Italy.** 200. 1. Dina Asher Smith 22.61 (2.3).

**BMC Regional Races, Sutcliffe Park.** 800. C. 3. Joseph Hill (U15B) 2.05.5. D. 4. Cameron Kelly Gordon 2.14.9. E. 3. Gabriella Martin (U20W) 2.21.4, 7. Leah Kyriacou (U15G) 2.24.6, 9. Olivia Magee Brown (U20W) 2.31.4. 1500. B. 4. Arthur Starvis (U20M) 4.03.4, 5. Joseph Scanes (U15B) 4.04.6, 13. Jed Starvis (U17M) 4.15.1. C. 1. Morgan Squibb 4.29.7, 5. Hannah Clark 4.44.3.

**Cambridge Harriers Track & Field Night, Sutcliffe Park.** 100. MX3. 4. Helen Godsell (W65) 15.0. 400. R1. 4. Abigail Williams 68.2. R2. 2. Vuk Hadjukovic 73.6. 800. R2. 1. Connor Wray (U17M) 2.11.82, 4. Megan Barlow (U17W) 2.19.64. R3. 4. Oliver Ward (U15B) 2.26.86, 6. Matilda Shilland (U17W) 2.29.85, 7. Lydia Witcombe (U17W) 2.30.55. R4. 2. Eva Chambers (U17W) 2.32.09, 4. Lydia Marston (U15G) 2.34.12, 6. Johnny Lee (U13B) 2.35.62. R5. 3. Kyla Dervish (U17W) 2.36.9. R6. 7. Isabella Jenkins (U13G) 2.54.4. 1500. R1. 2. Harry Fage (U17M) 4.25.6. R2. 9. Samuel Barlow (U15B) 5.28.8, 10. Evie De Bruyn (U13G) 5.37.7. 3000 Walk. 4. Jonathan Ellerton (U20M) 15.28.8, 7. Matthew Ellerton (M45) 17.53.4. DT. (1.75KG). 1. Brydon Duncan (U20m) 42.81.

**24 - 27/5/23**

**NCAA D1 West Region Prelims, Sacramento, CA, USA.** 400. Ht3. 7. Amber Anning\* 54.28.

**25/5/23**

**B&B Open, Norman Park.** 100. R1. 1. James Beecroft (U17M) 10.91 (-0.1), 2. Kyle Reynolds Warmington (U23M) 10.95, 4. Mario Stewart 11.03, 5. Reo McCausland (U17M) 11.33, 7. Issah Abdulkarim (U20M) 11.41. R2. 2. Joseph Cope (U17M) 11.50 (0.0), 3. Chinedu Ndukuwu (U20W) 11.67, 4. David Ikuesan (U17M) 11.71, 5. Prince Gediz (U20M) 11.72, 6. Piers Spencer Simms (U13B) 11.90, 7. Alexander Morrell (U17M) 11.92. R3. 1. Dennis Savage (U20M) 11.87 (-0.9), 2. Ebube Madubata (U17M) 12.18, 3. Tristan Thomas (U15B) 12.66, 4. Daniel Olatunji (U15B) 12.72, 5. Nicholas Marquez (U15B) 12.76, 6. Ian Firla (M50) 12.95, 7. Alyssa Firla (U17W) 13.10, 8. Sianna Nelson – Langaigne 13.12. R4. 1. Zara Okorofar (U17W) 12.57 (2.7), 2. Tianna Lewis (U20W) 13.37, 3. Oscar Sadowski (U15B) 13.72, 4. Jericho Senior (U13B) 13.91, 5. Thomas Fairbanks (U13B) 14.19, 6. Abigail Williams (U15G) 14.40, 7. Abigail Ikuesan 15.27. R5. 2. Carys Bowling (U15G) 14.73 (-0.8), 4. Harrison Luck (U13B) 15.20, 5. Luca Hunstone (U13B) 15.24, 6. Elsie Heath – Pampin 15.46. R6. 1. Chizam Boniface (U15G) 12.88 (1.2), 2. Isobel Rae (U15G) 13.83, 3. Jack Ruby (U13B) 13.93, 5. Noelle Carr (U13G) 14.06. 200. R1. 1. Mario Stewart 23.45 (-0.6), Warren Lewis 22.68. R2. 1. Zurial Nwogwugbu (U17M) 23.44 (-0.9), 2. Prince Gediz 23.65, 3. David Hall 23.99, 4. Alexander Morrell 24.35, 5. Harrison Vallins 24.60, 6. Jonathan Cope 26.09. R3. 1. Piers Spencer Simms 24.67 (-0.9), 2. Tane Chambers 25.83, 3. Zara Okorofar 26.14, 4. Tristan Thomas 26.45, 5. Sienna Nelson – Langaigne 27.61, 6. Louisa Vallins 27.67. R4. 1. Ian Firla 26.48, 2. Chizam Boniface 26.87, 3. Faith Sogoye 28.38. R5. 1. Thomas Vallins 27.25 (0.7), 2. Isobel Rae 28.44, 4. Noelle Carr 28.86, 5. Beth Regan 29.02, 6. Emiy Hayden de Carbonieres 29.12. R6. 1. Ebube

Madubata (U17M) 25.63 (0.7), 2. Nicholas Marquez 27.08, 3. Oscar Sadowski 28.51, 4. Elliot Morris 28.89, 5. Abigail Williams 30.19, 6. Elsie Heath – Pamplin 32.62. 400. R1. 2. Thomas Sugden 50.18, 3. Prince Reid 52.00. R2. Ralph Unwin 53.75, 2. Connor Wray 56.67, 3. Tane Chambers 57.99, 4. Cameron Kelly Gordon 58.44, 5. Oliver Cook 59.04, 6. Samantha Williams 63.06. R3. 1. Megan Barlow (U17W) 59.94, 2. Leah Kyriacou (U15G) 60.67, 3. Lily Meers (U20W) 60.89, 4. Faith Mpassy (U20W) 61.22, 5. Tallulah Ndikanwu (U17W) 61.86, 6. Hannah Clark 61.88. R4. 1. Benjamin O’Grady (U15B) 61.46, 2. Olivia Magee Brown (U20W) 63.97, 3. Emily de Backer (U20W) 64.95, 4. Matilda Shilland (U17W) 65.33, 5. Olivia Wauters (U20W) 67.11, 6. Isabella Louth (U20W) 68.84. R5. 1. Lola Bishoff (U17W) 64.21, 2. Oscar Pickering (U15B) 65.67, 4. Molly May Moony – Clarke (U17W) 68.95, 6. Freya Dinwiddie (U15G) 72.94. Mile. R1. 2. Elias Jordan 4.53.02, 4. Daniel Horgan (U15B) 5.02.19, 7. James Shaw (U15B) 5.14.90, 9. Alex Martin (U15B) 5.18.37, 11. James Bunn (U13B) 5.33.61, 13. Alba Homans – Yau (U13G) 5.44.29, 14. Sophie Tran (U15G) 5.45.41. R2. 1. Harry Fage (U17M) 4.51.43, 2. Alex Smith (U13B) 5.19.48, 3. Aoife McDonagh (U15G) 5.21.62, 4. William Spurle (U15B) 5.41.71, 6. Benjamin Evans (U13B) 5.44.75, 7. Liam Hough (U15B) 5.45.14, 8. Tuan Tran (M45) 5.51.56. 9. Chris Martin (M50) 5.55.50, 10. Evie De Bruyn (U13G) 6.01.06, 11. Angelina Mernaka (U15G) 6.08.04. R3. 2. Finn Gotkine (U13B) 5.38.81, 6. Eva Denbow (U15G) 6.07.35, 8. Jack Barlow (U13B) 6.15.51, 10. Islay Pearson (U17W) 6.26.94, 11. Leela Bhadeshia (U13G) 6.31.81, 12. Ava Burford (U13G) 6.42.14. R4. 1. Kian Farrell (U15B) 5.18.60, 2. Steve Hough (M45) 5.23.99, 4. Jake Martin (U13B) 5.36.10, 5. Milena Nahomaya (U13G) 5.36.23, 6. Samuel Barlow (U15B) 5.55.26, 7. Charlotte Stevens (U15G) 6.15.75, 8. Ken Daniel (M70) 6.21.85, 10. Jessica Lingham (U15G) 6.50.34. 3000. 3. Joshua Dowling 10.38.42. LJ. 1. Chinedu Ndukwu (U20M) 5.80, 2. Jessie Sargeant (U20W) 5.06, 3. Charlotte Hosp (U20W) 4.36, 4. Alessia Scala (U13G) 4.32, 5. Zachary Ferraz (U13B) 4.16, 6. Faith Sogoye (U15G) 3.84, 8. Carys Bowling (U15G) 3.69, 9. Harrison Luck (U13B) 3.39. PV. 1. Oscar Witcombe (U20M) 4.43, 2. Ethan Kitteridge (U23M) 4.00, 3. Charlie Platt (U15B) 3.80, 4. Finn Kitteridge (U17M) 3.70, 9. Lydia Witcombe (U17W) 2.40, 10. Lily Meers (U20W) 2.30, 11. Joshua Dako (U15B) 2.30, 13. Luna Corry (U15G) 2.20. DT. Senior Men. 1. Dele Adese 43.53. Senior Women. 1. Erin Simpson (U17W) 33.83, 3. Charlotte Bloodworth (U15G) 21.92, 4. Orla Rickard (U15G) 17.69, 5. Lottie Palmer (U15G) 14.71. Under 15 Boys. 1. George Henderson 33.12, 2. Joshua Dako 29.51. Under 13 Girls. 1. Dulcie Simpson 12.43.

**26/5/23**

**SCVAC Kent League Div One, Dartford. M35.** 200. A. 1. Duayne Bovell 23.5. B. 3. Ashley Reid (M40) 25.1. N/S. Tim Ayres 28.5. 1500. A. 3. David Adams 4.34.5. B. 2. Micah Evans (M40) 4.38.4. 4X100. 3. B&B (Ian Firla, Tim Ayres, Ashley Reid, Duayne Bovell) 48.7. LJ. 1. Ashley Reid 5.35. SP. 1. Alex Pope 11.83. HT. 1. Alex Pope 38.95. **M50.** 200. 2. Ian Firla 26.1. 1500. 5. Luca Ercolani 4.54.9. LJ. 2. Ian Firla 4.72. SP. 2. Roger Platt 8.39. HT. 5. Roger Platt 18.76. **M60.** SP. 4. Alan Hardy 7.11.

**Match.** 1. Tonbridge 76, 2. Dartford Harriers 67, 3. B&B 66, 4. Cambridge Harriers 53, 5. Bromley Vets 34, 6. Paddock Wood 2. Overall (after 2 matches). 1. Tonbridge 12, 2. Dartford Harriers 10, 3. B&B 8, 4. Cambridge Harriers 6, 5. Bromley Veterans 4, 6. Paddock Wood 2. **W35.** 200. 1. Samantha Williams (W40) 27.7. B. 1. Daniela Sage (W45) 30.1. 1500. A. 2. Carole Coulon (W45) 5.10.6. B. 3. Katy Sugden (W45) 5.39.2. N/S. Sarah Belaon 5.44.6. 4X100. 3. B&B (Daniela Sage, Carole Coulon, Katy Sugden, Samantha Williams) 62.0. LJ. 3. Daniela Sage 3.35. SP. 6. Sarah Belaon (W40) 4.40. HT. -. **W50.** 200. 3. Helen Godsell (W65) 31.7. 1500. 6. Zoe Kingsmill 6.55.9. LJ. -. SP. 4. Maureen Miller (W60) 6.36. HT. -. **W60.** 1500. 1. Helen Godsell 7.18.4. LJ. 3. Anne Cilia 2.50. HT. 4. Anne Cilia 13.54. **Match.** 1. Tonbridge 65, 2. Dartford Harriers 53, 3. Bexley 52, 4. B&B 47, 5. Cambridge Harriers 46, 6. Central Park Athletics 44. **Overall** (after 2 matches). 1. Tonbridge 12, 2. Bexley 9, 3. Dartford Harriers 7, 4. B&B 6.5, 5. Cambridge Harriers 5.5, 6. Central Park Athletics 2.

**Mike Todd Kirton Friday 5.** 17. Steve Cooper 29.14.

**27/5/23**

**B u S Kurpfaiz Gala, Weinheim, GER.** 200. R1. 2. Jeriel Quainoo 20.81 (0.9).

**Be Fit Today Track Academy Outdoor Series, Lee Valley.** 100. 1. L. 4. Rhys Francis 11.40 (0.1). 1. M. 3. Joshua Gbagbo 10.78 (1.7). 2. 1. 1. Joshua Gbagbo 10.60 (1.6). 200. R5. 2. Clayton Jacinto 22.21 (4.5). 800. R1. 1. Daniel Horgan (U15B) 2.18.97. 80H. U15B. 2. Jamie Ellerton 12.61 (3.2). U17W. 1. Qi Chi Upai 11.79 (3.2). LJ. B. 6. Jamie Ellerton 4.85.

**BMC Grand Prix, World Athletics Challenge, SportsCity.** 800. A. 1. Alex Botterill\* 1.47.58. C. 1. Ben Gardiner 1.49.72.

**Budapest Open Schulek Agoston Memorial Budapest, HUN.** 100. B. 1. Abdul Rahaman Jolaoso 10.64 (0.8).

**Heitjate SV II Etapp, Tallinn, EST.** JT. 5. Lauren Farley 48.30.

**Loughborough Throws Pathway International.** DT. 1. Dillon Claydon 51.25.

**SLAN 1, 2, 3, 4. Sprint Open and Relay Meeting, Tooting Bec.** 300. R2. 3. Leah Kyriacou (U15G) 43.34. 400. R2. 6. Morgan Squibb 58.79.

**Edinburgh Marathon Festival 10km.** 971. Jackie Montgomery 62.32 (61.52).

**Parkruns.** **Bromley.** 3. Alex Leggatt 16.58, 4. Daniel Horgan 17.14, 6. Matthew Smith 17.25, 14. Nathan Crossan 18.31, 20. Alexander Martin 18.52 22. Steve Evenden 19.08, 24. Aaron Crossan 19.14, 25. Paul Keregyarto 19.19, 29. Megan Barlow 19.31, 36. Benjamin O'Grady 19.43, 49. Jason Meers 20.26, 51. Tuan Tran 20.27, 52. Harry Schmidt 20:28, 57. Damian Hayes 20,38, 58. Katy Sugden 20.40, 62. Chris Martin 20.55, 69. Freya Pearson 21.09, 93. Ariana Jenner-Heard 22.05, 98. Colin Pearson 22.15, 141. Austin Adams 23.30, 208. James Unwin 25.29, 228. Ryan Tran 26.01, 351. John Isaacs 30.19, 360. David Appleton 30.42. **Beckenham Place park.** 3. Luca Ercolani 18.:17, 10. Clayton Aves 19.26, 27. Trang Nguyen 21.07 (1st woman), 53. Stuart Cullum 22.43, 99. David Beadle 24.44, 162. Niamh Milmo 27.31, 189. Iain Swatton 28.41. **Hoblingwell.** 10. Cameron Hutton-Squire 23.41. **Dulwich.** 281. Rod Harrington 23.59. **Orpington.** 2. Alessio Tutt 17.43, 3. Peter Brooks 17.57, 14. Gregory Firth 20.49, 56. Dave Leal 24.46, 136. Karen Desborough 32.49. **Longrun Meadow.** 92. Mike Simms 24.41. **Northala Fields.** 260. Bob Thomas 35.17, 275. Richard Griffin 38.31. **Lanhydrock.** 73. George Collins 30.08. **Northallerton.** 3. Christian Clement 17.53. **Penrose.** 68. Adrian Perry 24.46. **Swansea Bay.** 109. Cameron Swatton 23.07. **Exmouth.** 90. Bob Minting 23.05. **Catford.** 142. Andrew Lawes 30.44. **Foots Cray Meadows.** 14. John Turner 26.16, 21. Anne Cilia 27.58, 46. Maz Turner 34.25. **Woolacombe Dunes.** 62. Lorna Clowes 29.03. **The Leas, Minster.** 23. Zoe Kingsmell 25.46, 76. Andrew Kingsmell 36.01. **Salcey Forest.** 61. Gareth Griffin 27.09. **Sutcliffe park.** 30. Steven Pairman 21.51, 128. Julia Pairman 29.40. **Thames Path, Woolwich.** 170. Mick Keene 27.55

**27-28/5/23**

**EA Challenger Meeting EA – IFAM, Oordegem, BEL.** **Men.** 400. R2. 4. Dan Putnam 46.71. P1. 1. Dan Putnam 46.20. 800. R3. 2. Henry Fisher 1.47.77. 400H. R2. 2. George Seery 50.84. R6. 5. Luke Dronfield 55.23. **Women.** 200. R1. 1. Louise Evans 23.51 (0.3). 400. P1. 3. Louise Evans 54.12. 100H. 7. Mallory Cluley 13.92 (0.7). P1. 5. Mallory Cluley 13.75 (-0.2). P4. 1. Zoe Austridge 14.26 (1.5). 400H. R4. 6. Sophie Elliss 59.56. R5. 8. Alex Hill 63.21. R8. Stephanie Fisher 63.13, 8. Zoe Austridge 67.76.

**Internationales Sparkassen – Hammerwarfmeeting, Frankisch-Crumbach.** HT. 4. Ben Hawkes 69.17.

**Mistrzostwa Woj Siaskiego, Bielsko Biala, POL.** 800. R1. 1. Gabriella Martin 2.15.79.

**28/5/23**

**Meeting International de Forbach, Forbach, France.** 800. 3. Sam Reardon 1.46.56 (**CLUB SENIOR AND UNDER 23 RECORD**). **Youth Development League, Reading. Match.** 1 B&B 692, 2. Harrow and Dacorum & Tring 661.3, 3. Shaftesbury Barnet Harriers 598, 4. Reading 577.3, 5. Windsor Slough Eton & Hounslow 558, 6. Crawley 514.3. **Under 20 Men.** 100. A. 4. Chinedu Ndukuwu 11.35 (-0.6). B. 4. Ronari Lynch 12.23 (0.7). 200. A. 3. Tommy Owler 22.23 (-0.9). B. 4. Chinedu Ndukuwu 23.38 (-0.1). 400. A. 5. Thomas Sugden 50.81. B. 3. Ryen Rennie 53.20. 800. A. 3. Thomas Sugden 2.00.61. B. 4. Connor Wray 2.21.90. 1500. A. 3. Alexander Middleton 4.19.65. B. -. 3000. A. -. B. -. 110H. A. 1. Luke Dronfield 15.10 (-0.6). B. -. 400H A. 1. Luke Dronfield 54.81. B. -. 2000 s/ch. A. 2. James Barnes 6.30.52. B. -. HJ. A. 4. Andrew Nikoro 1.70. B. 1=. Oscar Witcombe 1.55. LJ. A. 1. Augustine Kodji 6.55. B. 1. Chinedu Ndukuwu 5.62. TJ. A. 3. Augustine Kodji 11.99. B. 1. Chinedu Ndukuwu 11.37. PV. A. 3. Oscar Witcombe 4.05. SP. A. 2. Brydon Duncan 11.79. B. 2. Ben Platt 6.72. DT. A. 2. Brydon Duncan 46.09. JT. A. 2. Felix McArdle Hodge 54.62. B. 2. Ben Platt 38.93. HT. A. N/T. Brydon Duncan. 4x100. 4. B&B (Augustine Kodji, Alexander Morrell, Chinedu Ndukuwu, Chiemerie Hemeson) 49.36. 4x400. 1. B&B (Tommy Owler, Thomas Sugden, James Lawson, Luke Dronfield) 3.24.53. **Under 20 Women.** 100. A. 4. Tianna Haynes 12.77 (0.7). B. 1. Zara Okoroafor 12.80 (0.6). 200. A. 5. Zara Okoroafor 25.95 (2.0). B. -. 400. A. 1. Cameron Kelly Gordon 57.87. B. 2. Lily Meers 61.44. 800. A. 4. Hannah Clark 2.22.03. B. 5. Olivia Magee Brown 2.28.41. 1500. A. 2. Hannah Clark 4.44.46. B. 2. Matilda Shilland 5.45.41. 3000. A. 3. Isabella Louth 11.22.32. B. -. 100H. A. 2. Sophie Ajuka 15.60 (-1.3). B. 2. Jessie Sargeant 16.47 (-1.0). 400H. A. 2. Faith Mpassy 66.84. B. -. 1500 s/ch. A. 3. Isabella Louth 6.04.68. B. 2. Lola Bischoff 6.30.47. HJ. A. 1. Jessie Sargeant 1.61. B. 1. Sophie Ajuka 1.55. LJ. A. 2. Jessie Sargeant 5.10. TJ. A. 1. Emily Algeo 10.24. B. 2. Charlotte Hosp 9.74. PV. A. 4. Lily Meers 2.35. SP. A. 3. Sophie Ajuka 9.52. DT. A. 5. Lydia Witcombe 11.95. JT. A. 2. Jessie Sargeant 34.08. HT. A. 2. Sapphire Houston Bell 42.86. 4x100. 3. B&B (Sophie Ajuka, Matilda Shilland, Emily Hayden De Carbonniers, Tianna Haynes) 51.53. 4x400. 3. B&B (Megan Barlow, Olivia Mageee Brown, Hannah Clark, Lily Meers) 4.09.74. **Under 17 Men.** 100. A. 3. Reo McCausland 11.28 (0.9). B. 2. Marley Byfield 11.40 (0.5). 200. A. 5. Marley Byfield 23.09 (0.7). B. 3. Ryen Rennie 23.30 (2.2). 400. A. 2. James Lawson 50.41. B. 1. Zuriel Nwogwugwu 51.18. 800. A. 4. Mark Constable 2.07.02. B. 4. Hendri Verster 2.14.50. 1500. A. 4. Harry Fage 4.25.40. B. 4. Franco Hillier 4.41.95. 3000. A. 1. Alexander Middleton 9.29.08. B. 2. Tane Chambers 11.04.57. 100H. A. 1. Rayhan Mourtada 13.30 (-1.0). B. 1. Andrew Nikoro 14.20 (0.9). 400H. A. 2. Rayhan Mourtada 56.44. B. 2. Alexander Morrell 62.47. 1500 s/ch. A. 3. Harry Fage 5.01.51. B. -. HJ. A. 2. Rayhan Mourtada 1.70. LJ. A. 4. Chiemerie Hameson 5.20. TJ. A. 6. Ebube Madubata 9.61. PV. A. 3. Finn Kitteridge 3.60. SP. A. NT. Alex Morrell. DT. A. 6. Alex Morrell 18.50. B. 4. Harrison Vallins 8.86. JT. A. 6. Connor Wray 18.12. HT. A. -. 4x100. 2. B&B (Rayhan Mourtada, Andrew Nikoro, Marley Byfield, Reo

McCausland) 43.15. 4x400. 1. B&B (Hendri Verster, Harrison Vallins, Ryen Rennie, Zurial Nwogwugwu) 3.33.75. **Under 17 Women.** 100. A. 1. Indiana Marshall 12.41 (0.3). B. 3. Sianna Nelson –Langaigne 13.01 (0.7). 200. A. 2. Indiana Marshall 25.88 (-1.5). B. 3. Sianna Nelson – Langaigne 27.66 (-2.5). 300. A. 3. Alyssa Firla 43.06. B. 2. Julia Newman 42.03. 800. A. 2. Megan Barlow 2.21.60. B. A. 2. Lydia Witcombe 2.29.93. 1500. A. 5. Eva Chambers 5.31.59. B. 4. Lola Bischoff 5.34.53. 3000. A. -. B. -. 80H. A. 2. Sienna Kidd 12.09. B. -. 300H. A. 2. Tallulah Ndikanwu 48.21. B. 1. Alyssa Firla 48.64. 1500 s/ch. A. 2. Amber Cockburn 5.54.40. B. -. HJ. A. 6. Matilda Shilland 1.30. LJ. A. 2. Sienna Kidd 5.40. B. 1. Indiana Marshall 5.06. TJ. A. 4. Emily Hayden De Carbonniers 9.49. PV. 4. Lydia Witcombe 2.35. SP. A. 2. Tallulah Ndikanwu 11.00. B. 3. Lacee Webb 7.01. DT. A. 2. Erin Simpson 29.99. B. 2. Lacee Webb 22.92. JT. A. 2. Tallulah Ndikanwu 31.71. B. 2. Erin Simpson 21.42. HT. A. 2. Lacee Webb 32.89. B. 1. Erin Simpson 22.31. 4x100. 1. B&B (Indiana Marshall, Zara Okoroafor, Sianna Nelson – Langaigne, Sienna Kidd) 49.10. 4x300. 2. B&B (Julia Newman, Matilda Shilland, Tallulah Ndikanwu, Alyssa Firla) 2.53.18. N/S. 100. Chiemerie Hemeson 12.09, Ebube Madubata 12.11. 200. Ebube Madubata 25.31 (1.4), Ronari Lynch 24.91 (1.0), Harrison Vallins 23.65 (1.4), Sienna Kidd 25.93 (-1.4), James Lawson 23.22 (1.0).

**Edinburgh Marathon Festival.** 5888. Ian Montgomery 5.08.56 (5.06.41).

**Edinburgh Marathon Festival, Half Marathon.** 390. Ashley Pearson 87.44 (87.11).

**Junior Parkruns. Bedford.** 3. Nathan Crossan 7.05, 5. Aaron Crossan 7.25. **Bromley.** 1. Oliver Ward 7.18, 3. Benjamin Evans 7.52, 4. Elizabeth Regan 8.13

**29/5/23**

**BCLF Hurdle Festival supported by EA and Chelmsford Sport and Athletics Centre, Woodford. Senior Women.** B. 4. Faith Mpassy 69.04. **Under 20 Men.** 110H. A1. 1. Daniel Goriola 13.86 (-2.5). A2. 2. Prince Gediz 15.46 (-1.4). B1. 1. Daniel Goriola 14.04 (-4.1). B2. 2. Prince Gediz 15.29 (0.3).

**BIGish Jumps & Throws Festival, Woodford. Men.** HJ. 8. Kelechi Aguocha 2.04. LJ. 3. Ben Sutton 7.06. TJ. 4. Toby Dronfield 15.16, 6. Shaun Ampofo 14.84. SP. 6. Amir Sarvestani 8.44. DT. A. 2. Dillon Claydon 51.35. B. 2. Dillon Claydon 52.01. U20M. 2. Brydon Duncan 45.54. **Women.** LJ. 3. Daisy Snell 5.92. TJ. B. 5. Qi Chi Ukpai 12.40w. DT. 1. Zara Obamakinwa 53.56.

**Newham & Essex Beagles Track Open Meetings Summer Series. Men.** 100. A1. 3. Korede Awe\* 10.58 (2.0). A4. 2. Michael Damoah 10.53 (2.4). A6. 1. Kieron Gowan Wade 10.68 (2.7). A7. 6. Rhys Francis 11.20 (3.3). A10. 2. Duayne Bovell 10.95 (1.9). A13. 1. Clayton Jacinto 10.94 (3.7). A15. 3. Chima Ndukwu 11.34 (2.7). A17. 1. Chinedu Ndukwu 11.42 (2.5). B1. 8. Michael Damoah 10.51 (2.7). B2. 1. Korede Awe\* 10.37 (4.2). B3. 2. Kieron Gowan Wade 10.47 (5.2). B6. 5. Clayton Jacinto 10.95 (1.4), 6. Duayne Bovell 10.98. B9. 1. Rhys Francis 11.03 (3.7). B11. 5. Chima Ndukwu 11.40 (3.6). B12. 3. Chinedu Ndukwu 11.39 (0.5). 200. R1. 1. Luke Dorrell\* 21.17 (3.0), 4. Jeriel Quainoo 21.32. R5. 2. Michael Damoah 21.61 (2.2). R9. 2. Clayton Jacinto 22.35 (2.5). R10. 2. Josh Watson 22.75 (3.0). R15. 2. Chinedu Ndukwu 23.65 (3.4). 400. R7. 1. Prince Reid 51.99. **Women.** 100. A3. 2. Darcey Kuypers 11.78 (2.1) B2. 2. Darcey Kuypers 11.71 (2.5). 200. R4. 2. Darcey Kuypers 24.27 (1.3). R8. 5. Kara Bryan 26.86 (3.7).

**30/5/23**

**Trafford Grand Prix, Stretford.** 1500. R3. 7. Mark Bolland Cage\* 4.20.07.

**31/5/23**

**Herc Wimbo 1500 Festival Night, Wimbledon.** R10. 4. Niamh Bridson Hubbard 4.10.60, 8. Jed Starvis (U17M) 4.13.08. R11. 3. Arthur Starvis (U20M) 4.04.32. R9. 9. Graeme Lugar 4.23.93.

**Loughborough Open Meeting. Men.** DT. 2. Dillon Claydon 52.87. U20M. 110H. 3. Prince Gediz 15.35 (-1.4). U18M. 3. Rayhan Mourtada 14.38 (-1.4). Women. PV. 4. Eleanor Barrett 3.30. HT. 4. Abbie Stewart 48.93.

**Surrey and Sussex Schools Open Combined Events, Crawley. U17 Women.** Pentathlon. 5. Sienna Kidd 2957 (800 – 2.46.4, 80H – 11.7 (1.1), HJ – 1.49, LJ – 5.28, JT – 24.23). **U15B** Pentathlon. 2. Alexander Giles 2337 (800 – 2.20.5, 80H – 13.2, HJ – 1.65, LJ – 5.96, SP – 7.80).

**Talsu Spears, Talsi, LAT.** 4. Bekah Walton 54.55.

**Watford Open.** 1500. R9. 11. Luciana Smith (U15G) 4.46.25.

**Loughborough Open.** 1500. 8. Will Fuller\* 4.01.26. 110H. 5. Franciszek Chudak 16.37 (-1.6).

**Parris Handicap, Norman Park.** 1. Rita Awatefe – Aydin 31.32 (26.32), 2. Evie De Bruyn 31.37 (20.22), 3. Tim Ayres 31.40 (20.10), 4. Zoe Kingsmill 31.42 (24.27), 5. Angela Mernaka 32.00 (22.15), 6. Katy Sugden 32.09 (21.09), 7. Leo De Bruyn 32.24 (17.54), 8. Steve Evenden 32.47 (19.47), 9. Adrian Stocks 32.49 (22.19), 10. Dave Leal 32.56 (24.11), 11. Chris Fishlock 33.05 (22.30), 12. George Collins 33.07 (24.07), 13. Nicole Hasoon 33.10 (23.10), 14. Isabella Jenkins 33.12 (23.27), 15. John Turner 33.22 (24.52), 16. Maz Turner 33.35 (33.35), 17. Iain Swatton 33.42 (25.12), 18. Matthew Maddocks 33.04 (20.04), 19. Harry Schmidt 33.14 (23.14).

### **125 years ago in May 1898.**

"Although the weather left little to be desired the attendance at the Catford Athletics Ground... was not as good as might be expected, when the quality of the programme submitted by Blackheath Harriers is taken into account". Admission is sixpence and a combined return rail fare and admission from all London stations is one shilling.

### **100 years ago in May 1923.**

Summer training – Training facilities are provided, under expert supervision, on the London County Athletics Grounds, Burbage Road, Herne Hill where there is a Club dressing room now open and reserved entirely for the use of members and their friends.

The first Summer Run takes place from the Club HQ at the Railway West Wickham. "They were out for over an hour, and those waiting at headquarters began to fear that they had lost themselves or gone over the ten miles course; but,...,the evening was such a fine one that a great deal of time was spent in admiring the scenery. Later on a cold collation was partaken of, and a merry evening was spent, the diehards catching the 10.21 train back to town"

The annual match against the Royal Military College at Sandhurst takes place. Among the Blackheath winners is H B Stallard who is victorious in the 880 yards. He would go on to win the bronze medal in the 1500 at the Paris Olympics in 1924. 1920 Olympic relay gold medallist R A Lindsay competes for the Club in the shot for a point. After tea, a char-a-banc provided by the Sandhurst authorities conveys the B. H. party back to Aldershot Station, "A great day.... Worthy of the old traditions of the Club – sport for sport's sake"

### **75 years ago in May 1948.**

Derek Reynolds finishes second in the Kent 20 Mile Road Race in a time of 2.08.21. He is the Kent Champion and helps the Club to the Kent team title. Among the marshalls are father and son George and Gordon Brooks.

P B Smith wins the UAU (Universities Athletic Union) 220 yards title at Motspur Park in 23 seconds.

Squadron Leader Mark Hobden writing from Iraq, informs us that his Assyrian Squadron of the RAF Levies sent in 690 entrants for the Annual Athletics Meeting. He, himself, won the open mile.

At the Surrey Championships, Jack Braughton wins the three miles In 14.49.

### **50 years ago in May 1973**

John Baldwin wins the Kent 20 in 1.49.34 with Chris Woodcock third in 1.50.22, Ian Wilson fourth (1.51.28) and Barry O'Gorman ninth (1.56.04). Blackheath win the team title.

Wigmore Ladies finish second to Dartford College, but ahead of Medway and Bedford College, in an inter club match at Crystal Palace. Helen Minting finishes second in the 100 metres to Olympic pentathlon champion Mary Peters, who is competing as a guest. There are wins for Nicola Klarkowski in the 200 and 400 and for Fiona Stacey in the high jump. Wigmore win the junior event.

### **25 years ago in May 1998**

At the British Universities Championships at Bath University, there are wins in the shot and discus for Emeka Udechuku with distances of 15.99 and 52.52 and for Steve Harrison in the javelin with 69.19.

There are wins in the Senior age group at the Kent Championships for Bromley Ladies athletes Bianca Liston (100), Nicole Bowring (200 and 400) and Julie Stacey (1500). For Blackheath wins come from Lash Lashore (100 and 200), Nigel Keogh (400 and 400H), Anthony Draper (800), Andy Hodge (HJ and 110H) and Simon Tolson (PV)

At the British League match at Enfield, Emeka Udechuku sets a British Junior record in the discus of 60.21, nearly three metres better than the next best.

Sam Singer sets a Blackheath club record of 2.15.5 in the under 17 womens 800.

Mensah Elliott finishes third in the Inter Counties Championships as does Anthony Draper in the 800. Lash Lashore is fourth in the 100 as is Nicole Bowring in the 400.