



Blackheath & Bromley Courier

July 2023.

President 2023-24. John Hubbard.

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It's Coming Home

After 133 years it's back. We were contacted recently by a Jayne Dalley from Hampshire who had inherited a Blackheath Harriers tray from 1890 and wished to donate it to the Club. We were very grateful to accept.



The Club has a long History of hosting big meetings and this tray was presented to the winner of the 300 yards handicap at a prestige event at Catford Bridge on 26th July 1890. This was a T A Baker of South London Harriers. Jayne Dalley advises she can find no connection between her family and T A Baker, so, it's history is a bit of a mystery. She inherited the tray from her aunt and grandmothers estate, who were publicans in Havant, though the family came from London.

The tray has been received safe and sound and sits in our archive. Obviously, if anyone knows anything more about the tray and its history, then, we would like to hear from you.

New Club 400 record

We have been spoilt by the number of Club records achieved by our athletes this year. All are great performances, but there is the odd one that leaves some of our older members a little misty eyed and nostalgic. It hasn't happened for a while, but, on 10/6/23 the Club Senior Mens 400 record was broken. It now stands at 46.02. Congratulations Dan Putnam, an athlete who has made a huge contribution to the Club's teams from the Young Athletes League, through to Junior and Senior. The previous record of 46.04 was set 21 years ago by Tawanda Chiwira. Prior to this it was held by Ted Sampson with the 46.5 recorded in 1958 at the Commonwealth Games in Cardiff. Just three records in 65 years. Given we had three runners under 46.5 this Summer it could be broken again soon.

The Club has had some top quality one lap runners over the years. Charles G Wood was the AAAs 440 yards champion in 1886 and 1887. He was the first Englishman to run under 50 seconds for 440 yards and first Englishman to run under 22 seconds for 220 yards. He was Club President 1911-12.

Then there was Cyril N Seedhouse who was the AAA 440 yards champion 1912 and 1914. He was part of the Club team that won the AAA Medley Mile Championship in 1911 in a World Record.



He and Soutter were part of the British team who won bronze medals at the 1912 Olympics. Browne could not compete through injury. Seedhouse was a war hero as well. While flying over enemy lines he fought off two German fokkers, and then despite having been shot, flew his plane nearly twenty miles over enemy lines and back to his aerodrome. R A Lindsay went to the Olympics in 1920 and was part of the GB 4X400 team that won gold. In 1921 he became AAAs 440 yards champion beating the Olympic Champion Bevil Rudd of South Africa (note the race was not in lanes).



"THE 440 YARDS CHAMPIONSHIP OF ENGLAND, 1921."

R.A. Lindsay beating Bevil Rudd.

It's nearly 100 years since the Club last had a National outdoor champion over one lap and that was Henry Stallard in 1925. He went to the Paris Olympics in 1924 where he won the bronze medal in the 1500 metres. He is the only person to have been National champion at the 440 yards, 880 yards and the mile. We have never had a female National Champion over 400. Perhaps that will change soon.

Mike McFarlane OBE RIP

It was with great sadness that the Club learned of the passing of Mike McFarlane. Mike coached our Past President Julian Golding to the Commonwealth Games 200 metres title in 1998. Mike was himself a Commonwealth 200 metre champion, sharing the title with Allan Wells in 1982. He also coached Ejike Wodu who won a bronze in the 100 metres at the European Junior Championships in 1993; and other Blackheath athletes such as Femi Obe and Greg Martin. He was the principal guest at the Club's 150 Years Anniversary Dinner at the Houses Of Parliament.



Mike McFarlane pips Phil Davies in the British League in the 1980s.

Scott Overall

Nearly joining Mike was fellow Olympian Scott Overall who was involved in a very serious motorbike accident at the start of June. It resulted in his pelvis being broken in 2 places, a broken elbow, an open fracture of the other arm, two broken wrists, and knee ligament damage. A number of surgeries included one to save a limb and he has had all sorts of metalwork and screws inserted. He is progressing slowly and is awaiting knee surgery. He says he is not expecting to be running for a while! Everyone at the Club sends their best.

Update

The May Courier gave health updates on Christina Collins (nee Moore) and Peter Barlow. Christina continues to receive treatment for her condition. Pete Barlow's heart surgery was a success and, less than a week after, he was able to visit the pub and watch West Ham become "champions of Europe". However, any drinks were non alcoholic. One day he might actually visit the new facility at the track.

Results.

As ever, it was a busy month for the Club that never sleeps, so, from Nyiregyharza to Nuneaton; from Nashville to the North Downs; from Oslo to Orpington, from...

2/6/23

Wanda Diamond League, Florence, ITA. 100. DNS. Dina Asher Smith.

Kent Master League Div One, Tonbridge. Men. **M35.** 100. A. 1. Duayne Bovell 11.2. B. 2. Ashley Reid 12.1. 800. A. 3. Cristian Clement 2.10.1. B. 4. Luca Ercolani 2.23.8. N/S. Steve Hough 2.27.5, Tim Ayres 2.31.7. 4x100. 3. B&B (Ashley Reid, Ian Firla, Duayne Bovell, Tim Ayres) 48.7. HJ. 4. Tim Ayres 1.20. JT. 1. Alex Pope 37.02. **M50.** 100. 2. Ian Firla 12.9. N/S. Tom Phillips 14.5. 800. 3. Ian Firla 2.23.9. HJ. 6. Luca Ercolani 1.20. JT. 1. Steve Langdon 37.35. **M60.** 800. 5. Mark Ellison 2.54.5. N/S. Ken Daniel 2.57.6. HJ. 5. Alan Hardy 0.85. **Match.** 1. Tonbridge 68, 2. Dartford Harriers 57, 3. B&B 51, 4. Cambridge Harriers 50, 5. Bromley Veterans 32, 6. Paddock Wood 5. **Overall.** 1. Tonbridge 18, 2. Dartford Harriers 15, 3. B&B 12, 4. Cambridge Harriers 9, 5. Bromley Veterans 6, 6. Paddock Wood 3. **Women.** **W35.** 100. A. 1. Louisa Vallins (W45). 13.0. B. 1. Daniela Sage (W45) 14.1. 800. A. 3. Ashley Pearson 2.35.8. B. 2. Aurelia Osbourne (W45) 2.47.0. 4X100. 3. B&B (Aurelia Osborne, Ashley Pearson, Daniela Sage, Louisa Vallins) 58.5. JT. 6. Ashley Pearson 5.83. **W50.** 100. 6. Maz Turner 22.4. 800. 5. Helen Godsell 3.23.9. JT. 6. Maz Turner 4.92. **W60.** 100. 1. Helen Godsell 15.2. JT. 5. Maureen Miller 8.45. **Match.** 1. Tonbridge 52, 2. Dartford Harriers 43, 3. Cambridge Harriers 37, 4. B&B 34, 5. Central Park Athletics 26, 6. Bexley 24. **Overall.** 1. Tonbridge 18, 2. Dartford Harriers 12, 3. Bexley 10, 4. Cambridge Harriers 9.5 (121), 5. B&B 9.5 (119), 6. Central Park Athletics 4.

3/6/23

Youth Development League, Lower, Southern Premier, Poole. Match. 1. B&B 607.5 2. Team Dorset 530.0, 3. Tonbridge 461, 4. Reading 436, 5. Havering 424, 6. Basildon 363.5. **Under 15 Boys.** 100. A. 6. Nicholas Marquez 12.8 (-2.4). B. 4. Daniel Olatunji 12.9 (-2.5). 200. A. 5. Tristan Thomas 26.5 (-0.6). B. 3. Daniel Olatunji 26.1 (-0.2). 300. A. 6. Tristan Thomas 43.2. B. 6. Ben O'Grady 44.4. 800. A. 3. Ben O'Grady 2.22.7. B. 3. Matias Caceres 2.24.2. N/S. 2. Oliver Ward 2.31.5, 3. Alex Martin 2.32.1. 1500. A. 5. Daniel Horgan 4.46.8. B. 3. James Shaw 4.58.1. 80H. A. 1. Joshua Dako 12.0 (-2.7). B. 2. Jamie Ellerton 13.1 (-0.2). HJ. A. 2. Joshua Dako 1.70. B. 1. Alexander Giles 1.70. LJ. A. 4. Alexander Giles 4.69. B. 1. Jamie Ellerton 4.68. PV. A. 2. Joshua Dako 2.40. B. 1. Rory Witcombe 1.90. SP. A. 4. Alexander Giles 7.35. B. 5. Matias Caceres 4.53. DT. A. 1. George Henderson 32.63. B. 3. James Shaw 11.92. JT. A. 4. George Henderson 31.10. B. 4. Rory Witcombe 24.50. HT. A. 1. George Henderson 42.90. B. 1. Rory Witcombe 19.46. 4x100. 2. B&B (Nicholas Marquez, Jonathan Ellerton, Daniel Olatunji, Charlie Platt) 48.6. 4x300. 5. B&B (Oliver Ward, Matias Caceres, Ben O'Grady, Joshua Dako) 3.00.8. **Under 15 Girls.** 100. A. 2. Cheyanne Nketia 12.8 (-2.6). B. 1. Chizam Boniface 12.8 (-2.8). N/S. 1. Sienna Williams 13.7 (-4.6), 2. Isabella Campbell Andou 14.0. 200. A. 3. Cheyanne Nketia 26.9 (0.0). B. 2. Chizam Boniface 27.2 (-1.6). 300. A. 2. Luciana Smith 42.7. B. 1. Leah Kyriacou 43.5. 800. A. 1. Luciana Smith 2.23.4. B. 1. Sophie Tran 2.28.4. N/S. 1. Ariana Jenner Heard 2.37.5, 2. Lily Bridgeman 2.38.4. 1500. A. 1. Aoife McDonagh 4.55.9. B. 1. Naimah Mossi 4.56.8. 75H. A. 2. Beth Regan 12.8 (0.0). B. 3. Heidi Coulson 13.7 (-2.0). HJ. A. 4=. Heidi Coulson 1.40. B. 4. Sophie Tran 1.35. LJ. A. 3. Isabella Campbell Andou 4.44 (-0.2). B. 1. Sophie

Tran 3.98 (1.1). PV. A. 3. Luna Corry 2.10. SP. A. 6. Heidi Coulson 6.84. B. 6. Caitlin Hough 5.98. DT. A. 5. Lottie Palmer 14.71. B. 5. Beth Regan 12.64. JT. A. 3. Caitlin Hough 19.99. B. 5. Lottie Palmer 11.39. HT. A. 6. Beth Regan 15.62. B. 5. Lottie Palmer 8.78. 4x100. 1. B&B (Sienna Williams, Cheyanne Nketia, Isabella Campbell Andou, Chizam Boniface) 50.5. 4X300 1. B&B (Luna Corry, Beth Regan, Ariana Jenner Heard, Luciana Smith) 2.55.8. **Under 13 Boys.** 75. A. 1. Piers Spencer Simms 9.7 (-2.4). B. 4. TJ Owen 11.0 (-2.2). N/S. 1. Thomas Fairbanks 11.1 (-2.2), 5. Luca Hunstone 11.6. 150. A. 1. Piers Spencer Simms 19.5 (-0.5). B. 3. Jericho Senior 20.9 (-3.0). 800. A. 4. Jake Martin 2.33.9. B. 1. James Bunn 2.31.4. N/S. 2. Aaron Crossan 2.43.8, 3. Vuk Hajdukovic 2.47.0. 1200. A. 1. Alex Smith 3.52.0. B. 1. Nathan Crossan 4.03.8. 75H. A. 1. Jack Ruby 13.4 (-2.2). B. 1. Sebastian North 14.8 (-1.9). HJ. A. 2. Sebastian North 1.40. B. 1. Jack Ruby 1.40. LJ. A. 2. Piers Spencer Simms 4.30 (-0.7). B. 1. Zachary Ferraz 4.19 (-0.3). SP. A. 1. Jack Ruby 10.21. B. 5. Luca Hunstone 4.56. JT. A. 1. Sebastian North 31.87. B. 1. Jake Martin 18.14. 4x100. 5. B&B (Jericho Senior, TJ Owen, Luca Hunstone, Thomas Fairbanks) 56.6. **Under 13 Girls.** 75. A. 2. Zamaia Dixon 10.3 (-0.9). B. 1. Ella Brooker 10.8 (-0.4). N/S. 3. Sofia Mossi 12.1 (-1.0). 150. A. 1. Kara Bryan 20.2 (nws). B. 1. Ella Brooker 21.2 (-3.7). 800. A. 1. Kara Bryan 2.22.6. B. 1. Amelie Ramdeen 2.38.2. N/S. 1. Sofia Mossi 2.38.6, 2. Elizabeth McGillivray 2.47.4. 1200. A. 1. Alba Homans Yau 4.06.7. B. 1. Evie De Bruyn 4.17.9. 70H. A. 1. Freya Pearson 12.3 (nws). B. 2. Alessia Scala 14.3 (-0.5). HJ. A. 1. Alessia Scala 1.48. B. 1= Zamaia Dixon 1.25. LJ. A. 2. Amelie Ramdeen 3.94. B. 1. Alessia Scala 3.68. SP. A. 3. Freya Pearson 6.08. B. 4. Dulcie Simpson 4.95. JT. A. 5. Freya Pearson 16.35. B. 3. Dulcie Simpson 11.84. 4x100. 2. B&B (Alessia Scala, Kara Bryan, Zamaia Dixon, Ella Brooker) 54.3.

Nike PB Classic, Oxford. 2000 s/ch. A. 4. James Barnes 6.33.68.

Nike PB Classic, Street. 3000. 6. Dan Kennedy 9.19.28.

LUCA Outdoor Championships, Battersea Park. 100. R1. 1. Rhys Francis 11.22 (-0.5).

Music City Track Carnival, Nashville, TN. SP. 4. Divine Oladipo 16.48.

XVII Atletica 2000 Meeting, San Vito al Tagliamento, ITA. 100. 3. Abdul Rahaman Jolaoso 10.89 (-0.9).

Harvel 5. 43. Steve Evenden 33.55, 54. Matthew Maddocks 34.49, 77. Harry Schmidt 35.55.

Parkruns. Black Park. 15. Pippa Woolven* 22.05. **Richmond.** 4. Robert Perry 17.16, 131. Adrian Perry 25.44. **Bromley.** 1. Peter Brooks 16.37, 13. Luca Moloney Pedro 18.38, 27. Paul Kerekgyarto 19.16, 31. William Spurle 19.20, 52. Harry Schmidt 20.32, 54. Steve Evenden 20.34, 58. Katy Sugden 20.39, 82. Richard Byford 21.37, 122. Austin Adams 22.46, 203. Ian Montgomery 24.33, 283. Mick Keene 26.09, 335. Jackie Montgomery 27.29, 588. Richard Griffin 37.49. **Beckenham Place park.** 8. Paul Sharpe 18.47, 12. Clayton Aves 19.28, 22. Trang Nguyen 21.12 (1st woman), 37. Rod Harrington 21.59, 77. Nigel Wood 24.04, 215. Bernard Wilson 30.19. **Lloyd park, Croydon.** 148. John Isaacs 31.47, 185. Bob Thomas 36.26. **Lymington Woodside.** 41. James Cunningham 23.13. **Hoblingwell.** 11. Jason Meers 23.06, 13. Cameron Hutton-Squire 23.56. **Orpington.** 1. Graeme Lugar 17.14, 2. Alessio Tutt 18.04, 62. Gareth Griffin 26.30. **Preston Park, Brighton.** 50. Bertie Harrington 21.31. **Tooting Common.** 13. Jessica Keene 19.00 (1st woman). **Exmouth.** 97. Bob Minting 23.09. **Felixstowe.** 2. Steve Cooper 17.56. **Woolacombe Dunes.** 81. Mike Simms 31.47. **Bethlem Royal Hospital.** 31. James Unwin 25.49. **Sutcliffe.** 183. Andrew Lawes 52.41. **Broadwater.** 82. Zoe Kingsmill 26.10, 219. Andrew Kingsmill 38.24, **Thames Path, Woolwich.** 51. Adrian Stocks 22.03.

3-4/6/23

South Of England Senior and Under 20 Championships, Walton. Senior Men. 100. 3. Michael Damoah 11.01 (-3.1), 5. Joshua Gbagbo 11.13. SF1. 6. Chizute Ogbedeh 11.27 (-1.5). SF2. 1. Michael Damoah 11.08 (-3.4), 3. Joshua Gbagbo 11.26. Ht2. 3. Chizute Ogbedeh 11.21 (-1.9). Ht3. 1. Joshua Gbagbo 11.26 (-3.8). Ht4. 1. Michael Damoah 10.97 (-1.3). 200. DQ. Joshua Gbagbo. Ht2. 2. Joshua Gbagbo 22.43 (-3.4), 5. Chizute Ogbedeh 22.57. 1500. 5. Lewis Harknett* 4.01.52. TJ. 1. Emmanuel Dodoo 14.47 (1.3). SP. 3. Dillon Claydon 14.72. DT. 2. Dillon Claydon 48.75. **Senior Women.** 100. Ht2. 3. Chanelle Cole 13.20 (-4.2), 4. Louisa Vallins 13.52. 400. Ht2. 7. Samantha Williams (W40) 62.18. 1500. 2. Morgan Squibb 4.28.51. 400H. 2. Sophie Elliss 59.5, 5. Alex Hill 63.1. PV. 1. Sophie Dowson 4.00. JT. 4. Peanut Meekings* 34.31. **Under 20 Men.** 100. 4. Daniel Goriola 11.32 (-2.5). Ht1. 3. Daniel Goriola 11.19 (-2.5). Ht3. 6. Nkwazi Ndila 11.85 (-3.8). 200. Ht3. 5. Nkwazi Ndila 24.21 (-1.6). 400. 4. Tommy Owler 49.08. Ht2. 3. Tommy Owler* 49.56. 110H. 6. Price Gediz 15.91 (-3.3). 400H. DNF. Luke Dronfield. LJ. 2. Augustine Kodji 6.67 (2.8). PV. 2. Oscar Witcombe 4.30. DT. 4. Brydon Duncan 42.23. JT. 1. Aryan Padaruth 65.22, 2. Felix McArdle Hodge 55.05. **Under 20 Women.** 100. 1. Faith Akinbileje 11.96 (-2.4). Ht1. 1. Faith Akinbileje 12.04 (-2.3). 400. 4. Cameron Kelly Gordon 57.36. Ht2. 1. Cameron Kelly Gordon 58.72. 1500. 1. Hannah Clark 4.39.42. 100H. 3. Jodie Self 15.82 (-2.6). 400H. 5. Faith M'passy 66.32. LJ. 1. Daisy Snell 5.8 (1.8). DT. 1. Zara Obamakinwa 53.87. **Midland County Championships, Nuneaton. Men.** 110H. 6. Franciszek Chudak 16.46 (-1.2). 800. 6. Will Fuller 1.57.73. Ht3. 2. Will Fuller 1.58.66. 1500. 6. Will Fuller 4.03.49. **Women.** 400H. 4. Stephanie Fisher 63.41. **Northern Counties Championships, Sportscity.** 3000 s/ch. 3. Mark Bolland Cage 10.1.26.

4/6/23

Orpington High Elms 10km. 4. David Adams 37.34 (37.33), 10. Luca Ercolani 39.34 (39.33), 28. Ashley Pearson 44.38 (44.35), 38. Trang Nguyen 46.11 (46.10), 49. Steve Pairman 48.08 (48.04), 85. Chris Martin 52.34 (52.31), 119. Austin Adams 56.39 (56.21), 136. Islay Pearson 58.14 (57.57).

East Anglia League. HT. 1. Gemma Vickery 45.79.

Junior Parkruns. Bromley. 2. Luca Moloney Pedro 7.19. **Hoblingwell.** 1. Alexander Martin 7.27.

5/6/23

Invicta East Kent Open Meeting, Canterbury. 75. U11. R1. 3. Lena Aldridge 13.02 (0.3), 5. Quentin Aldridge 15.05. R3. 2. Emery Aldridge 11.43 (-0.8). 100. R1. 6. Tristan Thomas 12.93 (-1.1). 300. 2. Tristan Thomas 43.15. 800. R1. 9. Lena Aldridge 3.21.20, 10. Quentin Aldridge 3.27.30. R2. 1. Emery Aldridge 2.38.95. DT. 5. Lacee Webb (U17W) 21.83. JT. (500g). 4. Qi Chi Ukpai 23.84.

6/6/23

Tonbridge AC Evening Open Meeting. 200. R6. 1. Zuriel Nwogwugwu 23.75 (-0.2). 1500. R2. 5. Milena Nahornaya 5.11.85. R3. 2. Luca Maloney Pedro 4.50.80. R5. 2. Joseph Hill 4.13.70, 8. Elias Johnson 4.25.03.

7/6/23

BMC Gold Standard Races, Birmingham University. 800. A. 2. Henry Fisher 1.46.56, 7. Ben Gardiner 1.49.68. 1500. A. 12. Lewis Mills 3.52.77.

University Of Birmingham Series, Birmingham University. 100. Mx2. 1. Shakanya Osahon 12.52 (-0.6). 400H. 1. Zoe Austridge 61.98, 2. Steph Fisher 62.04.

Copenhagen Athletics Games, DEN. Men. 400. 2. Sam Reardon 46.21. **Women.** 200. 6. Louise Evans 23.82 (-1.5).

Hercules Wimbledon 3000 Festival Night, Wimbledon. 3000. Mx5. 11. Niamh Bridson Hubbard 9.07.08 (**CLUB SENIOR WOMEN RECORD**).

Lee Valley Sprints Night. 100. A1. 5. Jeriel Quainoo 10.42 (2.3). A3. 1. Michael Damoah 10.56 (1.3). A8. 3. Darcy Kuypers 11.83 (1.3). B1. 6. Jeriel Quainoo 10.51 (1.1). B8. 3. Darcy Kuypers (1.3) 11.85 (1.3).

Hereford Couriers 5k Series. Wave 1. 6. Dan Kennedy 16.05..

8/6/23

Aldershot Open. U11. 1000. 3. Emery Aldridge 3.17.15.

Magyar Nagydíj Sorozat, Budapest, HUN. JT. 4. Bekah Walton 55.20.

NoCo All Comers Track Meet Series, Loveland Co, USA. 400. 1. Joe Rogers* 49.45.

9/6/23

Diamond League Meeting de Paris. 200. 4. Dina Asher Smith 22.57 (-0.4).

Framlington Friday 5. 15. Steve Cooper 29.03.

Blaydon Races 5.7, Blaydon. 3. Graham Rush 27.34 (27.33).

10/6/23

Adrian Martinez Classic, Concord, MA, USA. 1500. R2. 7. Declan Neary* 3.50.69.

Atletica Geneve, SUI. 200. 7. Jeriel Quainoo 20.87 (1.9), 8. Dan Putnam 21.02. 400. 1. Dan Putnam 46.02 (**SENIOR CLUB RECORD**). 400H. R4. 2. George Seery 50.83.

Berkshire Schools, Reading. 2000 s/ch. 1. James Barnes 6.22.0.

BMC Grand Prix - World Athletics Challenger, Loughborough. 800. A. 2. Alex Botterill* 1.46.31. 1500. C. 2. Harry Cox* 3.47.07.

British Grand Prix of Race Walking inc England Athletics and British Athletics Championships, Leeds. 10,000. 3. Jonathan Ellerton 61.43.86.

Kent Schools Championships, Gillingham. Senior Girls. 1500 s/ch. 4. Carys Firth 5.29.6. **Intermediate Boys.** 100. 1. James Beecroft 10.87 (-0.6), 2. Reo McCausland 11.16. Ht1. 1. James Beecroft 10.84 (0.9). Ht2. 2. Reo McCausland 11.20 (-1.0). 200. 1. Marley Byfield 22.74 (-2.7), 5. Harrison Vallins 24.28, 6. Tish Fatona 24.49. Ht1. 1. Marley Byfield 23.20 (-3.8). Ht2. 2. Harrison Vallins 24.34 (-2.1), 4. Tish Fatona 24.62. 400. 3. Zuriel Nwogwugwu 50.70. 800. 4. Mark Constable 2.03.85, 6. Hendri Verster 2.06.35, 8. Connor Wray 2.09.33. 1500. 2. Jed Starvis 4.15.67, 8. Joshua Healey 4.44.86. 100H. 1. Rayhan Mourtada 12.99 (-0.6), 3. Andrew Nikoro 13.82. 400H. 2. Rayhan Mourtada 54.76, 3. Alexander Morrell 60.95. HJ. 3. Andrew Nikoro 1.85, 6. Callum McCarthy 1.65. LJ. 4. Oji Okoro 5.86. TJ. 3. Tishe Fatoma 12.24. PV. 2. Finn Kitteridge 3.80. JT. 1. Max Kennedy 53.78, 3. Ellis Ibrahim 50.69. **Intermediate Girls.** 100. 3. Zara Okoroafor 12.47 (0.4). Ht2. Zara Okoroafor 12.46 (1.6). 200. 4. Zara Okoroafor 26.21 (-1.9). Ht1. Zara Okoroafor 25.82 (-0.1). 300. 1. Alyssa Firla 41.03, 7. Matilda Shilland

46.20. 800. 4. Lola Bischoff 2.31.57, 5. Kyla Dervish 2.34.04, 8. Assia El Mourtabite 2.39.56. 80H. 2. Daisy Snell 11.71 (1.9). 300H. 2. Tallulah Ndikanwu 47.85. 1500 s/ch. 2. Amber Cockburn 5.54.65, 3. Isla Spink 6.59.79. LJ. 1. Daisy Snell 5.73. TJ. 1. Qi Chi Ukpai 12.14. PV. 1. Lydia Witcombe 2.40. DT. 1. Erin Simpson 33.52, 4. Lacee Webb 21.01. JT. 3. Tallulah Ndikanwu 33.17. HT. 3. Lacee Webb 31.32. **Junior Boys.** 100. 5. Joshua Meduoye 12.19 (1.8). Ht3. 2. Joshua Meduoye 12.13 (0.5). 800. 1. Joseph Hill 2.03.03, 5. Alfie Whitelock 2.15.38, 6. Kian Farrell 2.15.39. Ht1. 1. Joseph Hill 2.13.40, 3. Benjamin O'Grady 2.18.82. Ht2. 2. Kian Farrell 2.14.11. Ht3. 1. Alfie Whitelock 2.17.08, 5. Oliver Ward 2.21.37. 1500. 1. Joe Scanes 4.13.72, 12. James Shaw 4.49.10. 80H. 3. Joshua Dako 11.69 (-1.6), 5. Jamie Ellerton 12.89. Ht1. 3. Jamie Ellerton 12.77 (-0.8) Ht2. 2. Joshua Dako 11.71 (-1.9). 3000 walk. 1. Trejan Checkeku Boamah 19.23.50. HJ. 1. Joshua Dako 1.80. LJ. 11. Jamie Ellerton 4.14. PV. 1. Charlie Platt 3.80. **Junior Girls.** 100. 1. Cheyanne Nketia 12.39 (-0.1), 2. Chizam Boniface 12.65, 6. Sienna Williams 13.39. Ht1. Cheyanne Nketia 12.44 (-0.3). Ht2. 1. Chizam Boniface 12.86 (-1.9). Ht3. 2. Sienna Williams 13.32 (-0.7). 200. 4. Faith Sogoye 28.31 (-1.6). Ht2. 3. Faith Sogoye 27.93 (-3.2). 300. 1. Beth Regan 44.46. 800. 1. Luciana Smith 2.17.28, 3. Aoife McDonagh 2.22.28, 4. Sophie Tran 2.23.44, 6. Charlotte Bloodworth 2.34.67. Ht1. 1. Luciana Smith 2.30.68, 3. Lily Bridgeman 2.35.62. Ht2. 1. Aoife McDonagh 2.27.23, 2. Sophie Tran 2.28.82. Ht3. 2. Charlotte Bloodworth 2.35.78. 1500. 7. Niamh Stanley 5.09.24. 75H. 3. Beth Regan 12.86 (-1.1). Ht2. 1. Beth Regan 12.66 (-2.1). DT. 5. Orla Rickard 17.42. HT. 2. Charlotte Bloodworth 27.83. **Year 11 Boys.** 800. 7. Alex Smith 2.30.17, 14. James Bunn 2.34.94. 3000 walk. DQ. Matthew Tootell. **Year 11 Girls.** 100. R2. 6. Alessia Scala 14.99 (-1.5). 800. 1. Kara Bryan 2.18.58, 5. Evie De Bruyn 2.43.62. LJ. 2. Alessia Scala 4.32. SP. 1. Kara Bryan 9.92.

London Schools Championships, Battersea. Intermediate Boys. 400. 1. James Lawson 50.13. DT. 2. George Henderson 34.53. HT. 1. George Henderson 41.02. **Junior Girls.** 100. 1. Emilia Adese 12.74 (2.2). Ht1. Emilia Adese 13.23 (-1.3). 300. 2. Leah Kyriacou 42.50. Ht1. 2. Leah Kyriacou 44.98. SP. 1. Emilia Adese 11.50.

Middlesex Schools, Lee Valley. Junior Girls. 1500. 3. Naimah Mossi 4.57.78.

Surrey Schools Championships, Kingston. Senior Boys. 400. 2. Samuel Mowa 49.09. **Senior Girls.** TJ. 2. Charlotte Hosp 10.56. **Intermediate Boys.** 1500. 2. Alexander Middleton 4.22.49. **Intermediate Girls.** 100. 1. Indiana Marshall 12.1 (2.7), 6. Sianna Nelson Langaigne 12.7. Ht1. 3. Sienna Nelson Langaigne 12.7 (1.3). Ht3. 1. Indiana Marshall 12.2 (2.0). 300. 1. Julia Newman 42.5. Ht1. 1. Julia Newman 42.33. LJ. 1. Sienna Kidd 5.48. TJ. 4. Emily Hayden de Carbonnieres 9.90. **Junior Boys.** HJ. 2. Alexander Giles 1.70. JT. 2. Dylan Lawson 41.69. **Junior Girls.** 1500. Ht1. 10. Isabel Pauling 5.09.33. Ht2. 7. Lydia Marston 5.38.00.

Sussex Schools, Crawley. Intermediate Boys. 200. 7. Ebube Madubata 24.4.

London Spring 10km, Regents Park. 1. Sam Douglass 35.30.

Adrian Martinez Classic, Concord, MA. 1500. 7. Declan Neary 3.50.69.

Parkruns. Bushy. 46. Steve Evenden 19.38, 94. Steven Pairman 20.44, 174. Harry Schmidt 21.57, 344. Ian Montgomery 24.42, 366. Zoe Kingsmill 24.50, 663. Jackie Montgomery 28.23, 842. Julia Pairman 30.30, 1154. Andrew Kingsmill 36.38.

Black Park. 78. Robert Perry 24.27. **Beckenham Place park.** 2. Luca Ercolani 18.25, 7. Paul Sharpe 19.04, 14. Clayton Aves 19.35, 36. Trang Nguyen 21.17 (1st woman), 265. Bernard Wilson 30.44. **Nonsuch.** 83. David Beadle 22.05, 212. Iain Swatton 25:15. **Crystal Palace.** 34. Rod Harrington 22.34. **Valentines.** 62. Mick Keene 26.27. **Hoblingwell.** 3. Thomas Sugden 22.20, 5. Katy Sugden 22.37. **Dulwich.** 82. Paul Ross-Davies 21.25. **Orpington.** 1. Graeme Lugar 18.10, 2. Alessio Tutt 18.17, 173. Karen Desborough 33.30. **Exeter Riverside.** 66. Cameron Swatton 23.20. **Folkestone.** 204. John Isaacs 30.37, 283. Bob Thomas 35.45, 318. Richard Griffin 39.18. **Lullingstone.** 1. Peter Brooks 19.26. **Haga.** 49. Adrian Perry 24.02. **Exmouth.** 92. Bob Minting 23.32. **Catford.** 41. Stuart Cullum 23.40. **Uckfield.** 1. David Adams 18.28. **Bethlem Royal Hospital.** 4. Ashley Pearson 21.26, 5. Benjamin Evans 21.31, 23. Freya Pearson 23.24, 26. Colin Pearson 23.50, 90. David Appleton 34.54. **Edgbaston Reservoir.** 6. Millie Smith 18.23 (1st woman). **Sutcliffe.** 221. Barry Wetherilt 54.16.

10-11/6/23

C.D.S. Assoluto su Pista "A" Argento, Bergama, Italy. 100. R1. 1. Adam Gemili 10.37 (0.0). 200. R1. 1. Adam Gemili 20.93 (-1.2).

11/6/23

National Athletics League, Premier Division, Manchester. Match abandoned due to torrential rain but scores at time to stand as final result. **Match.** 1. TVH 422.78, 2. Sale 392.78, 3. Birchfield 349.78, 4. B&B 296.78, 5. Trafford 287.75, 6. Swansea 278.18, 7. City Of Sheffield 276.18, 8. Chelmsford 246.78. **Men.** 100. A. 5. Abdul Rahaman Jolaoso 10.79 (1.4). B. 1. Kieran Gowan Wade 10.62 (2.1). N/S. R1. 1. Luke Dorrell 10.47 (-0.6), 4. Michael Damoah 10.68, 7. Chizute Ogbedeh 10.97. R2. 1. Joshua Gbagbo 10.73 (0.1). 400. A. 3. Angus Harrington 48.32. B. 6. Luke Dronfield 51.66. 800. A. 1. Angus Harrington 1.51.05. B. 1. Harry Cox 1.54.69. 1500. A. 8. Arthur Starvis 4.07.27. B. 6. Harry Cox 4.23.62. 110H. A. 3. Josh Watson 14.92. B.

4. Franciszek Chudak 16.12. 400H. A. 4. Luke Dronfield 54.44. B. -. 3000 s/ch. A. 4. Mark Bolland Cage 10.19.49. B. 5. Dan Kennedy 10.43.63. LJ. A. 8. Augustine Kodji 6.11. B. 6. Joshua Gbagbo 5.73. PV. A. -. B. -. SP. A. 1=. Dillon Claydon (points shared). B. 1=. Patrick Apantaku (points shared). DT. A. 3. Dillon Claydon 49.55. B. 2. Ben Hawkes 47.41. HT. A. 1. Ben Hawkes 67.14. **Women**. 100. A. 7. Tianna Haynes 12.61 (-0.9). B. 5. Shakanya Osahon 12.47 (0.1). 400. A. 1. Louise Evans 53.39. B. 7. Zakia Mossi 59.73. 800. A. 3. Chloe Sharp 2.11.99. B. 2. Kelsi Cornish 2.19.46. 3000. A. 1. Niamh Bridson Hubbard 9.42.34. B. -. 100H. A. 5. Zoe Austridge 14.53. B. -. 400H. A. 3. Sophie Elliss 59.26. B. 1. Alex Hill 61.80. HJ. A. 6. Jessie Sergeant 1.60. B. -. LJ. A. 8. Emily Algeo 5.09. B. 5. Claudia Baker 4.92. TJ. A. 6. Emily Algeo 10.09. B. 3. Rachael Ilori 9.41. PV. A. 1=. Sophie Dowson (points shared). B. 1=. Eleanor Barrett (points shared). SP. A. 6. Zara Obamakinwa 10.75. B. 8. Jessie Sergeant 8.51. DT. A. 3. Zara Obamakinwa 53.04. B. NM. Erin Simpson. HT. A. 4. Abbie Stewart 46.29. B. 2. Sapphire Houston Bell 37.08.

Magyar Nagydíj Sorozat, Nyiregyharza, HUN. JT. 4. Bekah Walton 56.39.

Meeting EAP d'Annecy, FRA. 100. R2. 1. Korede Awe* 10.38 (-0.1). 400H. 3. George Seery 50.36. 4X100. 2. Great Britain (inc leg 2 Dan Putnam 45.30) 3.02.43.

Junior Parkruns. Burgess. 1. Joe Scanes 6.23. **Hoblingwell**. 1. Alexander Martin 7.32.

12/6/23

B&B Summer Open. 100. R1. 3. Issah Abdulkarim 11.18 (0.0), 6. Matthew Knight 11.43. R2. 5. Alexander Morrell 11.88 (-0.7), 7. Theo Osobo 12.39. R3. Harrison Vallins 12.39 (1.4). R4. 3. Daniel Olatunji 12.42 (0.2), 4. Tristan Thomas 12.55, 5. Nicholas Marquez 12.63, 6. Getting Syson 12.69, 7. Louisa Vallins 12.97, 8. Nielle Springer 15.41. R5. 2. Isabella Campbell Andou 13.60 (-1.0), 5. Jericho Senior 14.27, 6. Daniela Sage 14.37. R6. 1. Zamaia Dixon 13.44 (-0.2), 2. Ella Brooker 13.84, 5. Thomas Fairbanks 14.69, 6. Helen Godsell 14.93, 8. Harrison Luck 15.33. R7. 1. Fayo Olatunde 13.28 (-0.2), 2. Jack Ruby 13.45, 3. Carys Bowling 14.66, 4. Elsie Heath Pampin 15.14. 200. R1. 4. Rico Cottell 22.52 (-1.2). R2. 2. Issah Abdulkarim 23.82 (0.0), 3. Faith Akinbileje 24.09, 4. Christopher Barrett 24.38. R3. 3. Alexander Morrell 24.12 (0.0). R4. 2. Troy Ogedengbe 25.23 (0.4), 5. Tristan Thomas 25.85, 7. Emilia Adese 27.91. R5. 1. Joshua Meduoye 25.21 (0.1), 2. Nicholas Marquez 26.87, 3. Samantha Williams 27.16, 4. Isabella Campbell Andou 28.13. R6. 1. Zamaia Dixon 29.16 (-0.6), 2. Sebastian North 29.64, 3. Mariana Caceres 29.93, 4. Luna Hunstone 30.83. R7. 1. Fayo Olatunde 27.87, 2. Jack Ruby 28.10, 4. Helen Godsell 31.37, 5. Harrison Luck 31.44. 300. R1. 3. Joshua Dako 37.32, 4. Ralph Unwin 37.47, 5. Joseph Hill 38.66. R2. 1. Chanelle Cole 41.35, 3. Leah Kyriacou 42.16, 5. Ariana Jenner Heard 43.89, 6. Isabel Pauling 43.96, 7. Benjamin O'Grady 43.99. R3. 1. Samantha Williams 43.25, 2. Beth Regan 43.99, 4. Caitlin Hough 46.74, 5. Charlotte Bloodworth 46.85. 400. R1. Henry Fisher 48.27, 3. Samuel Mowa 49.45, 6. Zuriel Nwogwugwu 51.50. R2. 1. Maurizio Corrodus 52.12, 3. Harrison Vallins 54.09, 6. Ian Firla 58.74. R3. 2. Oliver Stone 62.01, 3. Olivia Magee Brown 62.93, 5. Tim Ayres 64.61, 7. Matilda Shilland 65.98. 800. R1. 2. Alex Leggatt 2.02.86, 4. Cristian Clement 2.05.88, 5. Franco Hillier 2.06.59, 9. Jonathan Royce 2.15.34. R2. 1. Harry Fage 2.03.72, 2. Connor Wray 2.10.25, 3. Alfie Whitelock 2.11.19, 5. Kara Bryan 2.15.38 (**CLUB UNDER 13 GIRLS RECORD**), 7. Joshua Dowling 2.21.90, 8. Kate Price 2.22.38, 10. Leah Kyriacou 2.25.18. R3. 1. Oliver Stone 2.21.86, 2. Oliver Ward 2.22.48, 3. Niamh Stanley 2.26.68, 5. Johnny Lee 2.31.63, 6. Lily Bridgeman 2.32.47. R4. 1. Finn Gothine 2.30.47, 2. Chris Martin 2.33.09, 3. Elliott Morris 2.36.58, 5. Benjamin Evans 2.37.08, 6. Assia El Mountabite 2.37.30, 7. Jack Barlow 2.40.03, 8. Eva Denbow 2.40.17, 9. Joshua Bentley 2.43.39, 10. Eva John 2.44.55. R5. 2. Oscar Pickering 2.36.38, 3. Charlotte Stevens 2.44.64, 4. Jessica Lingham 2.50.49, 5. Isabella Jenkins 2.50.62, 6. Leela Bhadeshia 2.56.48, 7. Ariana Jenner Heard 2.57.24, 8. Ava Burford 3.01.69, 9. Freya Denbow 3.05.41, 10. Nancie Cox 3.12.43. LJ. 1. Ashley Reid 5.33, 2. Alexander Giles 5.02, 3. Joshua Dako 5.00, 4. Jamie Ellerton 4.45, 5. Sebastian North 4.36, 6. Alessia Scala 4.18, 7. Freya Pearson 4.00, 9. Daniela Sage 3.42, 10. Carys Bowling 3.40. PV. 1. Ethan Kitteridge 4.40, 2. Charlie Platt 3.80, 3. Finn Kitteridge 3.70, 6. Roger Platt 3.20, 8. Lydia Witcombe 2.50, 9. Luna Corry 2.20, 10. Rory Witcombe 2.00. JT. 600g. 1. Steve Langdon 40.36, 2. Peanut Meekings 35.58, 4. Samuel Barlow 17.38. 500g. 2. Lottie Palmer 15.02. 400g. 1. Sebastian North 30.83, 2. Jack Barlow 16.12, 3. Dulcie Simpson 10.91.

13/6/23

Worthing Track Night. SP. B. 2. Patrick Apantaku 10.12.

Trafford Grand Prix. 3000. 5. Naomi Kingston 10.37.44.

14/6/23

BMC Gold Standard Races, Watford. Men. 1500. A. 13. Lewis Mills 3.59.40. **Women**. 800. A. 6. Morgan Squibb 2.09.51.

BMC Regional Races, Loughborough. 800. F. Mx. 7. Kelsi Cornish 2.19.06.

Charnwood Open Meeting, Loughborough. HT. A. 6. Abbie Stewart 45.30.

Nuneaton Night of 100 pbs. 100. A. 10. 6. Chima Nduku 11.91 (-1.6). B. 7. 5. Chima Nduku 12.00. (-1.2).

Rosenheim League West, Ewell, Men. 100. NS. 7. Ashley Reid 12.2. 200. 2. Ashley Reid 24.5. **Women.** 100. 10. Helen Godsell 15.0. 200. 9. Helen Godsell 31.5.

Watford Harriers Open. 800. R13. 5. Arthur Starvis 1.57.54, 11. Jed Starvis 2.00.07. R5. 7. Naimah Mossi 2.22.20. R9. 12. Luciana Smith 2.16.90.

South West PB Series 5k, Bath. 20. Dan Kennedy 16.01.

Otley 10. 1. Graham Rush 53.47.

15/6/23

Bislett Games, Oslo, NOR. 100. 4. Dina Asher Smith 10.98 (0.9).

Ashford AC Summer Open Meeting. 75. U11. R1. Lena Aldridge 12.85. R2. 1. Emery Aldridge 11.27. 600. U11. 1. Emery Aldridge 1.49.74, 7. Lena Aldridge 2.19.19. DT. 1.75g. 1. Brydon Duncan 41.31.

17/6/23

Iron Wood Classic, Rathdrum, ID, USA. SP. 4. Divine Oladipo 16.86.

Kent Young Athletes League, Division One, Norman Park. Overall. 1. B&B 670, 2. Tonbridge 572, 3. Cambridge Harriers 524, 4. Dartford Harriers 515.5, 5. Bexley 476.5, 6. Invicta East Kent 330, 7. Sevenoaks 315.5, 8. Central Park Athletics 196.

Under 15 Boys. 1. B&B 177, 2. Cambridge Harriers 174, 3. Tonbridge 150, 4. Dartford Harriers 112, 5. Bexley 91.5, 6. Sevenoaks 67.5, 7. Invicta East Kent 65, 8. Central Park Athletics 56. 100. A. 1. Charlie Platt 11.9. B. 1. Nicholas Marquez 12.4. N/S. 100. 1. Gethin Syson 12.7. 200. A. 4. Troy Ogedengle 24.9. B. DQ. Oscar Sadowski. 800. A. 6. Oliver Stone 2.26.2. B. 5. Luca Moloney Pedro 2.24.6. N/S. 5. Samuel Barlow 2.36.5. 80H. A. 3. Jonathan Ellerton 12.7. B. 2. Alexander Giles 13.3. N/S. 1. Frankie Simkinson 14.3. 2000 walk. A. 1. Trejan Checketu Boamah 12.33.8. B. -. HJ. A. 3. Alexander Giles 1.55. B. 1. Frankie Simkinson 1.50. N/S. 3. Oscar Pickering 1.30. LJ. A. 4. Alexander Giles 4.91. B. 2. Jonathan Ellerton 4.82. N/S. 2. Oscar Sadowski 4.30. PV. A. 1. Charlie Platt 4.02. B. 2. Rory Witcombe 1.90. SP. A. 1. Charlie Platt 8.61. B. 3. Rory Witcombe 6.98. N/S. Trejan Checketu Boamah 5.57. DT. A. 1. George Henderson 34.22. B. 4. James Shaw 12.05. HT. A. 1. George Henderson 36.51. B. 2. Rory Witcombe 20.02. N/S. 1. Samuel Barlow 14.40. 4x100. 1. B&B (Gethin Syson, Nicholas Marquez, Daniel Olatunji, Charlie Platt) 48.3. 4x300. 3. B&B (Oliver Ward, Luca Moloney Pedro, Matias Caceres, Oscar Sadowski)

3.01.5. **Under 15 Girls.** Teams. 1. B&B 163, 2. Bexley 147, 3. Cambridge Harriers 145, 4. Dartford Harriers 109, 5. Invicta East Kent 103, 6. Tonbridge 97, 7. Sevenoaks 75. 8. Central Park Athletics 22. 100. A. 6. Faith Sogoye 13.5. B. 3. Isobel Rae 13.4. N/S. 3. Eunice Olagbolabo 14.0. 200. A. 3. Emilia Adese 27.8. B. 1. Silvia Gadzamia 27.0. N/S. 1. Mariana Caceres 28.9. 800. A. 6. Abbie Lee 2.53.0. B. 3. Rowan Pearson 2.39.0. N/S. 1. Eva Denbow 2.40.7. 75H. A. 2. Heidi Coulson 12.9. B. 4. Carys Bowling 16.0. N/S. 1. Orla Rickard 14.3. 2000 walk. A. -. B. -. HJ. A. 1. Heidi Coulson 1.35. B. 3. Sophie Tran 1.25. LJ. A. 3.

Emilia Adese 4.03. B. 4. Faith Sogoye 3.54. N/S. 2. Carys Bowling 3.27. PV. A. 1. Luna Corry 2.30. B. -. SP. A. 1. Emilia Adese 10.24. B. 4. Heidi Coulson 6.43. N/S. 3. Carys Bowling 6.29. DT. A. 4. Orla Rickard 17.69. B. 1. Charlotte Bloodworth 17.29. N/S. 2. Lottie Palmer 14.18. JT. A. 4. Lottie Palmer 14.03. B. 1. Caitlin Hough 13.94. 4x100. 1. B&B (Sienna Williams, Emilia Adese, Isabella Campbell Andou, Mariana Caceres) 52.7. 4x300. 1. B&B (Leah Kyriacou, Charlotte Bloodworth, Ariana Jenner Heard, Mariana Caceres) 3.04.4. **Under 13 Boys.** 1. B&B 154, 2. Tonbridge 151, 3. Dartford Harriers 116, 4. Bexley 98, 5. Cambridge Harriers 82, 6. Sevenoaks 80, 7. Invicta East Kent 74, 8. Central Pak Athletics 59. 100. A. 3. Daniel Djan Krofa 14.1. B. 1. Zachary Ferraz 14.3. N/S. 2. Ruain Carey 14.7. 200. A. 6. Luca Hunstone 31.0. B. 5. Harrison Luck 31.8. n/s. 2. Jericho Senior 28.1. 800. A. Finn Gotkine 2.29.4. B. 2. Benjamin Evans 2.36.7. N/S. 2. Jack Barlow 2.39.1. 75H. A. 1. Jack Ruby 12.5. B. -. 1000 WALK. 1. Matthew Tootell 6.11.1. HJ. A. 3. Jack Ruby 1.45. B. 1. Jericho Senior 1.20. LJ. A. 6. Luca Hunstone 3.68. B. 3. Harrison Luck 3.53. SP. A. Jack Ruby 10.58. B. 3. Luca Hunstone 4.01. JT. A. 1. Jake Martin 21.36. B. 2. Jack Barlow 13.55. HT. A. 1. Jack Barlow 15.45. B. 2. Vuk Hajdukovic 10.52. 4x100. 2. B&B (Daniel Djan Krofa, Luca Hunstone, Jericho Senior, Thomas Fairbanks) 56.0. **Under 13 Girls.** Teams. 1. Dartford Harriers 153, 2. B&B 151, 3. Tonbridge 139, 4. Bexley 110, 5. Cambridge Harriers 98, 6. Sevenoaks 78, 7. Invicta East Kent 73, 8. Central Park Athletics 39. 75. A. 3. Leah Abisi 10.3. B. 1. Zamaia Dixon 10.0. N/S. 2. Nielle Springer 11.1. 150. A. 2. Ella Brooker 20.6. B. 1. Noelle Carr 20.9. N/S. 1. Precious Okoye 22.9. 800. A. 2. Freya Pearson 2.32.3. B. 5. Imogen Jenner Heard 3.04.9. N/S. Nancie Cox NTR. 70H. A. 2. Freya Pearson 11.8. B. 2. Alessia Scala 13.7. 1000walk. 3. Evie De Bruyn 7.16.4. HJ. A. 1. Alessia Scala 1.45. B. 1. Zamaia Dixon 1.35. NM. Evie De Bruyn. LJ. A. 2. Freya Pearson 4.25. B. 1. Amelie Ramdeen 4.23. SP. A. Alessia Scala 4.96. B. 1. Dulcie Simpson 4.81. N/S. 1. Amelie Ramdeen 5.74. DT. A. 4. Dulcie Simpson 14.82. B. -. JT. A. 7. Dulcie Simpson 9.58. B. 4. Nancie Cox 8.05. N/S. 1. Evie De Bryun 9.01. 4X100. 1. B&B (Leah Abisi, Kara Bryan, Zamaia Dixon, Ella Brooker) 52.9.

Meeting Nikaia, Nice, FRA. 200. 5. Adam Gemili 21.19 (-0.3).

Meeting Meilen, SUI. 800. R1. 1. Alex Botterill* 1.47.18.

South East Schools Inter Counties, Cunliffe Cup, Basingstoke. Intermediate Boys. 200. R1. 2. Marley Byfield 22.72 (-1.2). 1500. 7. Alexander Middleton 4.08.83, 9. Jed Starvis 4.18.10. 100H. R2. 1. Andrew Nikoro 14.12 (1.2). N/S. 1. Rayhan Mourtada 13.88 (1.6). 400H. 1. Rayhan Mourtada 54.72, 4. Alexander Morrell 61.48. HJ. 9. Andrew Nikoro 1.67. PV. 2. Finn Kitteridge 3.70. JT. 7. Max Kennedy 44.45. **Intermediate Girls.** 300. 3. Alyssa Firla 41.88, 5. Julia Newman 42.47. DT. 3. Erin Simpson 32.42. **Junior Boys.** 800. 2. Joseph Hill 2.01.54. JT. 6. Dylan Lawson 40.65. **Junior Girls.** 100. R1. 2. Cheyanne Nketia 12.52 (-0.1). R2. 1. Chizam Boniface 12.82 (-1.1). 300. 7. Beth Regan 44.14. 800. 3. Luciana Smith 2.17.70. HT. 2. Charlotte Bloodworth 24.52.

Parkruns. Bromley. 3. Thomas Sugden 16.58, 5. Luca Ercolani 17.16, 11. Paul Sharpe 18.02, 12. Clayton Aves 18.04, 19. Steve Evenden 18.57, 20. William Spurle 19.20, 24. Paul Kerekgyarto 19.25, 51. Harry Schmidt 21.14, 94. Austin Adams 22.49, 128. Ian Montgomery 23.45, 165. Graeme Lugar 24.40, 167. Iain Swatton 24.43, 232. Gareth Griffin 26.20, 274. Jackie Montgomery 27.26, 304. Mick Keene 28.16, 370. David Appleton 31.16. **Bexley.** 149. Chris Pike 29.31. **Beckenham Place park.** 223. Bernard Wilson 30.42. **Lymington Woodside.** 38. James Cunningham 24.02. **Worcester Pitchcroft.** 108. Zoe Kingsmell 24.53, 154. George Collins 27.05, 310. Andrew Kingsmell 36.25. **Hilly Fields.** 87. Adrian Stocks 25.30. **Southwark.** 49. Rod Harrington 21.17. **Fulham Palace.** 308. John Isaacs 30.21, 443. Richard Griffin 38.44, 454. Bob Thomas 43.34. **Lullingstone.** 11. Chris Martin 23.44. **Aldenham.** 18. David Beadle 23.22. **Exmouth.** 112. Bob Minting 23.42. **Felixstowe.** 3. Steve Cooper 17.48. **Catford.** 50. Andrew Lawes 23.30. **Foots Cray Meadows.** 8. Peter Brooks 23.58. **Bethlem Royal Hospital.** 14. Colin Pearson 24.20, 33. Mike Simms 28.15, 45. James Unwin 31.22. **Land's End.** 32. Adrian Perry 25.48. **Sutcliffe.** 16. Steven Pairman 20.36, 104. Julia Pairman 29.24. **Holyrood.** 22. Carys Firth 19.31

17-18/6/23

EA Under 20/U23 Championships, Chelmsford. Under 23 Men. 100. 6. Joshua Gbagbo 10.77 (0.0)/ SF1. 5. Josh Gbagbo 10.72 (0.5). Ht3. 2. Josh Gbagbo 11.02 (-3.0). 200. 5. Jeriel Quainoo 21.26 (-1.9). SF1. 1. Jeriel Quainoo 21.54 (-4.5). 6. Josh Gbagbo 22.31. Ht1. 1. Jeriel Quainoo 21.03 (0.8). Ht3. 3. Joshua Gbagbo 22.26 (-1.1). 800. 2. Sam Reardon 1.48.75, 4. Angus Harrington 1.49.46, 5. Henry Fisher 1.50.30. Ht1. 1. Angus Harrington 1.49.25. Ht2. 1. Sam Reardon 1.49.66. Ht3. 2. Henry Fisher 1.49.87. 400H. 1. George Seery 51.15. HJ. 2. Kelechi Aguocha 2.06. LJ. 3. Ben Sutton 7.16 (-1.2). TJ. 3. Shawn Ampofo 14.98 (1.0), 4. Toby Dronfield 14.81 (2.1). SP. 5. Dillon Claydon 15.20. DT. 3. Dillon Claydon 50.47. **Under 23 Women.** 400H. Ht2. 5. Zoe Austridge 66.65. 3000 s/ch. 2. Morgan Squibb 10.49.22. PV. 7. Eleanor Barrett 3.20. JT. 1. Lauren Farley 52.06. HT. 8. Abbie Stewart 49.30. **Under 20 Men.** 100. Ht3. 7. Clayton Jacinto 11.22 (-2.2). 200. Ht2. 7. Clayton Jacinto 22.36 (-0.2). 110H. 1. Daniel Goriola 13.88 (-2.8). Ht1. 1. Daniel Goriola 14.03 (-3.3), 5. Prince Gediz 15.49. 400H. 5. Luke Dronfield 54.48. Ht1. 3. Luke Dronfield 54.70. 3000 walk. 1. Jonathan Ellerton 15.39.27. DT. 7. Brydon Duncan 42.18. JT. 9. Aryan Padaruth 56.92. **Under 20 Women.** 200. 3. Faith Akinbileje 24.52 (-3.1). Ht3. 2. Faith Akinbileje 24.15 (-2.4). 100H. 5. Jodie Self 15.00 (-3.6). Ht1. 4. Jodie Self 14.82 (-2.5). LJ. 6. Daisy Snell 5.97 (4.6). SP. 1. Cleo Agyepong 14.83. DT. 1. Zara Obamakinwa 52.57.

18/6/23

Southern Athletics League Div One, Eton. Match. 1. Windsor Slough Eton & Hounslow 322, 2. B&B 257, 3. Hercules Wimbledon 245, 4. Brighton & Hove 244, 5. Epsom & Ewell 212, 6. Eastbourne Rovers 97. **Men.** 100. A. 1. Duayne Bovell 10.87 (0.2) (**CLUB M35 RECORD**). B. 2. Rhys Francis 11.10 (1.2). N/S. R1. 5. Nkwasu Ndila 11.64 (-1.2). R2. 4. Ralph Unwin 11.94 (-0.5). R3. 1. Chinedu Ndukwu 11.45 (-0.4). 200. A. 5. Chinedu Ndukwu 23.43 (-0.4). B. 4. Nkwazi Ndila 23.53 (-0.2). N/S. 1. Rhys Francis 22.77 (1.1), 2. Chima Ndukwu 23.52. 400. A. 1. Bailey Stickings 49.04. B. 3. Maurizio Corrodus 52.74. N/S. 4. Harrison Vallins 56.20. 800. A. 1. Callum Parker 1.56.67. B. 4. Mark Constable 2.05.45. N/S. 4. Connor Wray 2.16.62, 5. Tane Chambers 2.17.38, 8. Joshua Dowling 2.22.17. 1500. A. 4. Graeme Lugar 4.21.75. B. 3. Elias Jordan 4.31.89. 5000. A. 3. Ryan Weston 16.09.81. B. 3. Peter Brooks 17.01.78. 110H. A. -. B. -. 400H. A. - B. -. 2000 s/ch. A. 1. Lewis Mills 5.53.37. B. 2. Franco Hillier 7.28.70. HJ. A. 4. Andrew Nikoro 1.73. B. 1. James Nightingale 1.68. LJ. A. 2. Augustine Kodji 6.55. B. 2. Chinedu Ndukwu 6.15. TJ. A. 2. Augustine Kodji 13.09. B. 3. Patrick Apantaku 11.83. PV. A. 3. Roger Platt 3.10. B. 3. Connor Wray 2.50. SP. A. 2. Alex Pope 12.29. B. 1. Patrick Apantaku 10.34. DT. A. 1. Dele Adese 50.36. B. 2. Crispin Benjamin 30.67. JT. A. 1. Ben Platt 41.80. B. 6. Duayne Bovell 26.47. HT. A. 3. Alex Pope 40.29. B. 3. Roger Platt 16.88. 4X100. 3. B&B 43.57. Mixed 4x400. A. 2. B&B 3.48.41. B. 2. B&B 4.05.16. **Women.** 100. A. 2. Chanelle Cole 12.52 (-0.7). B. 4. Louisa Vallins 12.92 (-1.2). N/S. 2. Emily Hayden De Carbonnieres 13.46 (-0.4), 5. Anais Hemetsberger 15.07. 200. A. 2. Indiana Marshall 25.61 (-0.3). B. 4. Chanelle Cole 26.21 (0.2). N/S. 1. Louisa Vallins 26.92 (0.3), 3. Emily Hayden de Carbonnieres 27.80, 4. Samantha Williams 27.84. 400. A. 4. Lily Meers 62.51. B. 2. Samantha Williams 62.31. N/S. 2. Olivia Magee Brown 63.12. 800. A. 4. Olivia Magee Brown 2.23.69. B. 4. Eva Chambers 2.45.45. 1500. A. 4. Gabriella Martin 4.56.44. B. -. 5000. A. 4. Katy Sugden 20.45.34. B. 4. Aurelia Osborne 2.18.26. 100H. A. 1. Jesse Sargeant 15.82 (0.1). B. -. 400H. A. 1. Alex Hill 60.89. B. 1. Kelsey

Pullin 65.70. N/S. 3. Grace Bennett 78.69. 1500 s/ch. A. -. B. -. HJ. A. 2. Jesse Sargeant 1.58. B. -. LJ. A. 2. Indiana Marshall 5.31. B. -. TJ. A. 4. Charlotte Hosp 10.27. B. 1. Rachael Ilori 9.67. N/S. 1. Emily Hayden de Carbonnieres 9.78. PV. A. 4. Lily Meers 2.05. B. 3. Matilda Shilland 1.95. SP. A. 1. Shaunagh Brown 13.23. B. 3. Jessie Sargeant 7.93. DT. A. 2. Shaunagh Brown 38.11. B. -. JT. A. 2. Jessie Sargeant 34.71. B. 3. Lily Meers 24.40. HT. A. 2. Shaunagh Brown 42.77. B. 1. Sapphire Houston Ball 40.38. 4x100. 3. B&B 50.23.

Southern Athletics League Div 2 South and West, Crawley. 400. A. 4. Richard Morris 55.35. 110H. A. 1. Richard Morris 17.65 (-0.4). 400H. A. 1. Richard Morris 58.71. JT. A. 4. Richard Morris 32.58.

Folksan Grand Prix, Gothenburg, SWE. 400. A. 1. Louise Evans 52.84.

Milton Keynes Open. 600. **Under 13 Girls.** R2. 1. Kara Bryan 1.37.5. (**CLUB UNDER 13 GIRLS RECORD**).

Midland Counties League Technical Events, Nuneaton. 400. 4. Joe Rogers 49.52.

Northern Track & Field League, East Premier, Sheffield. 1500. A. 2. Mark Bolland Cage 4.18.26.

Junior Parkruns, Bedford. 2. Nathan Crossan 6.56. 4. Aaron Crossan 7.20. **Bromley.** 1. Luca Moloney Pedro 7.05.

Hoblingwell. 1. Alexander Martin 7.28. 2. James Bunn 7.48

19/6/23

ISA National Athletics Finals, Birmingham. Year 10-11. Boys. 100. 3. Joshua Meduoye 12.10. 1500. 12. Oliver Ward 5.00.70. 80H. 4. Jamie Ellerton 12.85. LJ. 7. Jamie Ellerton 4.22. **Year 8-9. Boys.** 75H. 1. Jack Ruby 12.02. HJ. 2. Jack Ruby 1.40. **Girls.** HJ. 1. Alessia Scala 1.51.

21/6/23

BMC Regional Races, Sutcliffe Park. 800. B. 5. Joseph Scanes 2.01.27. D. 4. Gabriella Martin 2.17.79. 1500. B. 11. Elias Jordan 4.19.42. C. 7. Hannah Clark 4.43.10.

Cambridge Harriers Track & Field Nights, Sutcliffe Park. 100. R3. 2. Helen Godsell 15.34 (-1.7). 400. 1. Bailey Stickings 49.08. 800. R2. 4. Benjamin O'Grady 2.17.85. 6. Olivia Magee Brown 2.24.03. R3. 3. Lydia Witcombe 2.29.01. 5. Amelie Ramdeen 2.36.31. 6. Jessica Kelly 2.36.79. R4. 2. Kyla Dervish 2.37.96. 4. Charlotte Stevens 2.41.79. 5. Evie De Bruyn 2.43.48. 1500. R1. 2. Alexander Middleton 4.09.01. 5. Graeme Lugar 4.21.59. 6. Harry Fage 4.22.70. 9. Daniel Horgan 4.36.27. R2. 3. Niamh Stanley 5.08.94. 8. Johnny Lee 5.14.37. 11. Jack Barlow 5.29.7.

BMC Regional Races, Wormwood Scrubs. 800. E. 8. Harry Collins Smith 2.28.14. 1500. C. 9. Kate Price 5.02.78.

TVH Open, Wormwood Scrubs. 800. R2. 7. Sofia Mossi 2.35.21. 3000. 7. Naimah Mossi 10.48.22. PV. 2. Alan Hardy 2.10.

BMC Regional Races, Bracknell. 800. A. 4. Joe Rogers* 1.49.42. 1500. A. 5. Morgan Squibb 4.26.83.

Lee Valley Sprints Night. 100. R2. 1. Luke Dorrell* 10.35 (1.7). 4. Kieran Gowan Wade 10.60. R9. 1. Darcy Kuypers 11.61 (2.6). 200. R1. 1. Luke Dorrell* 20.86 (1.4). R2. 4. Kieran Gowan Wade 21.54 (1.3). R7. 2. Darcy Kuypers 23.97 (1.2).

Loughborough Open. DT. 1. Dillon Claydon 43.61.

Oxford & Cambridge v Cornell & Pennsylvania, Oxford. 100. 3. Chizute Ogbedeh 11.17 (-2.3). 800. 1. Angus Harrington 1.54.16.

Bromley Midsummer Evening 10km. 4. David Adams 37.16 (37.15), 9. Micah Evans 39.35 (39.33), 21. Steve Evenden 41.54 (41.51), 45. Trang Nguyen 44.21 (44.17), 82. William Brindley 48.33 (48.18), 86. Chris Fishlock 48.53 (48.47), 151. George Collins 54.41 (54.24), 155. Islay Pearson 55.04 (54.54).

22/6/23

Sale Sizzler 5k, Manchester. 98. Naomi Kingston 18.41 (18.39).

23/6/23

SCVAC Kent League, Norman Park. Men. M35. 200. A. 1. Duayne Bovell 23.4. B. 1. Ashley Reid 25.1. 1500. A. 4. David Adams 4.29.9. B. 4. Micah Evans 4.49.7. 2000 walk. 1. Matthew Ellerton 11.30.8. HJ. 4. Ian Firla 1.21. SP. 3. Tim Ayres 7.60. JT. 3. Tim Ayres 26.89. M50. 200. 2. Ian Firla 26.3. N/S. Clem Leon 29.9, Tom Phillips 30.8. 1500. 4. Luca Ercolani 4.51.2. 2000 walk. 5. Luca Ercolani 16.00.4. HJ. 5. Clem Leon 1.16. SP. 4. Roger Platt 8.28. JT. 4. Roger Platt 19.38. M60. 1500. 3. Mark Ellison 5.21.1. JT. 1. Steve Langdon 38.94. **Match.** 1. Tonbridge 76, 2. Dartford 67, 3. B&B 63, 4. Cambridge Harriers 62, 5. Bromley Vets 34. 6. Paddock Wood 11. **Overall.** 1. Tonbridge 24, 2. Dartford Harriers 20, 3. B&B 16, 4. Cambridge Harriers 12, 5. Bromley Vets 8, 6. Paddock Wood 4. **Women.** W35. 200. A. 1. Samantha Williams 27.8. B. 1. Daniela Sage 29.2. 1500. A. 2. Carole Coulon 5.03.3. B. 2. Katy Sugden 5.43.0. N/S. Sarah Belaon 5.47.9, Rita Awatefe Aydin 7.03.6, DNF Maz Turner. 2000 walk. 5. Aurelia Osborne 14.22.7. PV. 2. Jackie Montgomery 2.00. JT. 5. Carole Coulon 9.03. SP. 6. Samantha Williams 5.75. W50. 200. 4. Rita Awatefe Aydin 36.8. 1500. 2. Jennie Butler 5.42.0. 2000 walk. 2. Jackie Montgomery 14.08.5. PV. 2. Anne Cilia 1.50. JT. 5. Maureen Miller 8.51. SP. 2. Jackie Montgomery 5.88. W60. 200. 1. Helen Godsell 32.0. N/S. Maz Turner 50.6. SP. 4. Maureen Miller 5.57. **Match.** 1. Tonbridge 81, 2. B&B 65, 3. Cambridge Harriers 47, 4. Dartford Harriers

46, 5. Bexley 43, 6. Central Park Athletics 31. **Overall**. 1. Tonbridge 24, 2. Dartford Harriers 15, 3. B&B 14.5, 4. Cambridge Harriers 13.5, 5. Bexley 12, 6. Central Park Athletics 5.

23/6/23

Trackwired Arkansas Grand Prix, Fayetteville, AR. 400. R2. 6. Amber Anning* 52.74.

23-25/6/23

European Team Championships Div One, Charzow, Poland. JT. 3. Bekah Walton 59.76.

24/6/23

Nuneaton Open Summer Special. 800. R5. 4. Will Fuller 1.59.48. 3000. 4. Dan Kennedy 9.26.34. 400H. R2. Sophie Elliss 59.91.

Eastern AAA Championships, Cambridge. HT. 1. Gemma Vickery* 47.45.

Mile Of Miles, Chelmsford. A. 5. Lewis Harknett 4.15.66.

Parkruns. Church Mead. 12. Pippa Woolven 22.12 (1st woman). **Tooting**. 2. Joe Rogers* 16.42. **Bromley**. 1. Graeme Lugar 16.31, 2. Luca Ercolani 17.16, 8. Paul Sharpe 17.58, 10. Clayton Aves 18.08, 12. Luca Moloney Pedro 18.15, 19. Steve Evenden 18.52, 35. Micah Evans 19.42, 41. Aaron Crossan 19.52, 51. William Spurle 20.24, 57. Tuan Tran 20.54, 89. Jason Meers 21.49, 122. Austin Adams 23.00, 136. Harry Schmidt 23.24, 143. Adrian Perry 23.35, 224. Ryan Tran 25.21, 252. Ian Montgomery 26.02, 332. Jackie Montgomery 28.08, 360. Paul Byfield 29.03, 368. John Isaacs 29.23, 412. David Appleton 30.55, 499. Anthony Pontifex 35.14. **Bexley**. 141. Chris Pike 28.17. **Greenwich**. 1. Peter Brooks 17.55. **Maidstone**. 57. Adrian Stocks 22.49. **Beckenham Place park**. 3. Christopher Tuck 20.12, 12. Tim Nash 21.06, 21. Rod Harrington 22.23, 22. Jane Bradshaw 22.28 (1st woman), 201. Bernard Wilson 30.25. **Hoblingwell**. 13. Cameron Hutton-Squire 24.26. **Bressay**. 16. Angela Powell 26.14. **Orpington**. 4. Joseph Georgiadis 19.07, 17. Katy Sugden 21.53 (1st woman), 110. Mick Keene 28.45, 159. Karen Desborough 33.35. **Southwark**. 3. David Adams 17.06. **Pegwell Bay**. 6. Paul Ross-Davies 20.01. **Dartford**. 42. John Turner 25.41, 168. Maz Turner 37.03. **Lullingstone**. 34. Bob Thomas 39.34. **Thurrock, Orsett Heath**. 37. George Collins 26.10. **Exmouth**. 104. Bob Minting 23.25. **Clapham Common**. 21. Jessica Keene 19.29. **Bethlem Royal Hospital**. 10. David Beadle 22.41. 21. Iain Swatton 25.21. 50. Claire Austridge 33.46. **Squerryes Winery**. 2. Jake Leng 18.01. **Rothay Park**. 40. Zoe Kingsmell 26.49, 84. Andrew Kingsmell 40.03. **Sutcliffe**. 176. Barry Wetherilt 55.00. **Holyrood**. 46. Steven Pairman 22.08

24-25/6/23

Bauhaus Juniorengala, Mannheim. Under 20 Women. 200. 2. Faith Akinbileje 24.20 (-2.3). SP. 4. Cleo Agyepong 14.62.

English Schools Regional South East Combined Events, Lee Valley. Senior Girls. Heptathlon. 2. Jessie Sargeant 4326 (200 – 27.98 (0.2), 800 – 2.42.25, 100H – 16.09 (-2.0), HJ – 1.62, LJ – 5.25, SP – 9.08, JT – 35.84). **Intermediate Girls.** Heptathlon. 3. Sienna Kidd 4472 (200 – 26.21 (0.7), 800 – 2.47.58, 80H – 12.18 (-1.4), HJ – 1.52, LJ – 5.44, SP – 10.72, JT – 32.56). **Junior Boys.** Pentathlon. 1. Joshua Dako 3048 (800 – 2.12.03, 80H – 11.80 (-2.4), HJ – 1.69, LJ – 6.20, SP – 11.65), 14. Alexander Giles 2184 (800 – 2.35.50, 80H – 13.03 (-0.1), HJ – 1.66, LJ – 5.40, SP – 7.77). **Junior Girls.** Pentathlon. 16. Heidi Coulson 2297 (800 – 2.44.55, 75H – 13.18 (-2.9), HJ – 1.40, LJ – 4.25, SP – 7.15).

25/6/23

YDL Upper, Southern Premier, Norman Park. Match. 1. B&B 786.5, 2. Harrow & Dacorum 631.0, 3. Windsor Slough Eton & Hounslow 573.0, 4. Shaftesbury Barnet 529, 5. Reading 48, 6. Crawley 411.5. **Under 20 Men.** 100. A. 1. Clayton Jacinto 11.08 (-1.5). B. 3. Nkwazi Ndila 11.64 (-1.9). 200. A. 2. Clayton Jacinto 22.76 (-4.4). B. 2. Samuel Mowa 22.66 (-5.1). N/S. Christopher Barrett 24.35 (-2.5). 400. A. 2. Samuel Mowa 49.60. B. 1. James Lawson 50.85. 800. A. 1. Thomas Sugden 1.58.15. B. 1. Arthur Starvis 2.03.33. 1500. A. 5. Jasper Brooks 4.30.01. B. 3. Matthew Smith 4.34.90. 3000. A. 3. Arthur Starvis 9.36.17. B. 1. Ted Marston 11.24.18. 110H. A. 1. Daniel Goriola 13.74 (-3.1). B. 2. Luke Dronfield 15.19 (-3.1). 400H. A. 2. Luke Dronfield 54.87. B. 1. George Shaw 65.92. 2000 s/ch. A. 2. Miles Brown 7.58.58. B. -. HJ. A. 3. Edward Regan 1.60. B. 2. Luke Dronfield 1.60. LJ. A. 1. Augustine Kodji 7.05. B. 1. Chinedu Ndukuwu 5.88. TJ. A. 2. Augustine Kodji 13.07. B. 2. Chinedu Ndukuwu 11.83. PV. A. -. SP. A. 1. Brydon Duncan 13.23. B. 2. Matthew Smith 8.07. DT. A. 2. Brydon Duncan 41.49. JT. A. 2. Joshua Buddle Smith 41.11. HT. A. 4. Brydon Duncan 32.86. B. 3. Nathan Firla 14.02. 4x100. DQ. B&B (Clayton Jacinto, Nkwazi Ndila, Chinedu Ndukuwu, Daniel Goriola). 4x400. 1. B&B (Luke Dronfield, Thomas Sugden, Maurizio Corrodus, Samuel Mowa) 3.24.62. **Under 20 Women.** 100. A. 5. Tianna Haynes 12.93 (-2.0). B. -. 200. A. 3. Daisy Snell 25.76 (-0.5). B. 4. Kelsey Pullin 27.22 (-0.9). 400. A. 2. Cameron Kelly Gordon 57.04. B. 2. Lily Meers 62.52. N/S. Gabriella Martin 59.67. 800. A. 2. Hannah Clark 2.18.50. B. 3. Emily De Backer 2.31.99. 1500. A. 2. Olivia Magee Brown 5.10.50. B. 2. Molly May Mooney Clarke 5.25.23. 3000. A. 1. Isabella Louth 11.19.47. B. 1. Amelie Willars 12.53.02. 100H. A. 1. Jodie Self 15.09 (-2.2). B. 2. Kelsey Pullin 17.12 (-3.1). 400H. A. 3. Kelsey Pullin 67.88. B. -. 1500 s/ch. A. 1. Carys Firth 5.27.39. B. 1. Olivia Magee Brown 6.09.77. HJ. 6. Hannah Clark 1.35. LJ. 6. Emily Algeo 4.80. TJ. 2. Charlotte Hosp 10.53. PV. 2. Lily Meers 2.60. SP. 2. Olivia

Austin 11.59. DT. 1. Olivia Austin 40.56. JT. 4. Lily Meers 23.85. HT. 1. Olivia Austin 46.41. 4x100. 1. B&B (Jodie Self, Kelsey Pullin, Tianna Lewis, Tianna Haynes) 48.87. 4x400. 2. B&B (Cameron Kelly Gordon, Hannah Clark, Gabriella Martin, Lily Meers) 3.57.41. **Under 17 Men.** 100. A. 4. Reo McCausland 11.08 (-1.4). B. 3. Marley Byfield 11.56 (-2.1). N/S. Ronan Lynch 12.23 (-1.8). David Ikuesan 12.0 (nw). 200. A. 3. Marley Byfield 23.14 (-1.7). B. 3. Ryen Rennie 23.90 (-0.8). 400. A. 3. Zuriel Nwogwugwu 50.06. B. 1. Ryen Rennie 51.78. N/S. Harrison Vallins 54.34. 800. A. 2. Mark Constable 2.05.72. B. 2. Hendri Verster 2.08.14. 1500. A. 2. Alexander Middleton 4.20.54. B. 3. Franco Hillier 4.32.41. 3000. A. 3. Jed Starvis 9.43.14. B. 1. Joshua Healey 10.33.84. 100H. A. 1. Rayhan Mourtada 13.36 (4.2). B. 1. Andrew Nikoro 14.47 (-2.3). 400H. A. 5. Alexander Morrell 62.52. B. 2. Harry Fage 64.28. 1500 s/ch. A. 1. Harry Fage 4.54.68. B. 2. Connor Wray 5.35.95. HJ. A. 1. Andrew Nikoro 1.80. LJ. A. 2. Oji John Okoro 6.00. N/S. Chiemerie Hemeson 5.51. TJ. 2. Tishe Fatona 12.62. PV. A. 2-. Finn Kitteridge 3.70. B. 1. Connor Wray 2.85. SP. A. 5. Max Kennedy 9.93. DT. A. 6. Max Kennedy 28.38. B. 5. Alexander Morrell 24.02. JT. A. 2. Max Kennedy 48.50. B. 1. Ellis Ibrahim 48.28. HT. A. 4. James Beecroft 21.59. 4x100. 2. B&B (Marley Byfield, Andrew Nikoro, Rayhan Mourtada, Reo McCausland) 42.54. 4x400. 2. B&B (Zuriel Nwogwugwu, Alexander Morrell, Harrison Vallins, Ryen Rennie) 3.29.26. **Under 17 Women.** 100. A. 3. Zara Okoroafor 12.86 (-2.1). B. 3. Nina Whitter 13.17 (-1.8). 200. A. 2. Indiana Marshall 26.04 (-2.2). B. 2. Nina Whitter 26.79 (-2.3). 300. A. 2. Alyssa Firla 41.74. B. 5. Matilda Shilland 47.34. N/S. Francesca Middleton 50.75. 800. A. 4. Lola Bischoff 2.26.25. B. 2. Lydia Witcombe 2.29.20. 1500. A. 4. Kyla Dervish 5.33.82. B. 1. Eva Chambers 5.43.05. N/S. Islay Pearson 5.53.35. 3000. A. 2. Megan Slattery 11.23.66. B. -. 80H. A. 2. Daisy Snell 11.81 (-5.9). B. 1. Madeleine Dodd 12.67 (-4.4). 300H. A. 3. Alyssa Firla 47.97. B. -. 1500 s/ch. A. 3. Lydia Witcombe 6.24.34. B. 1. Lola Bischoff 6.25.18. HJ. A. 3. Islay Pearson 1.35. B. 2. Matilda Shilland 1.30. LJ. A. 1. Daisy Snell 5.96 (3.7). B. 1. Indiana Marshall 5.39 (2.3). TJ. A. -. PV. A. 3. Madeleine Dodd 2.70. B. 2. Lydia Witcombe 2.60. N/S. Matilda Shilland 2.00. SP. A. 5. Lacee Webb 7.72. DT. A. 3. Erin Simpson 31.17. B. 2. Lacee Webb 21.51. JT. A. 4. Erin Simpson 23.99. B. 2. Islay Pearson 14.95. HT. A. 3. Lacee Webb 33.07. B. 1. Erin Simpson 20.54. 4x100. 1. B&B (Madeleine Dodd, Zara Okoroafor, Alyssa Firla, Nina Whitter) 50.33. 4X300. 3. B&B (Alyssa Firla, Daisy Snell, Matilda Shilland, Francesca Middleton) 2.58.28.

North Downs Run 30km. 20. Steve Hough 2.28.34 (2.28.32), 70. Aurelia Osborne* 2.56.45 (2.56.39).

Welsh Championships, Cardiff. 3000 s/ch. 2. Lewis Harknett 9.12.79.

Junior Parkruns. Bromley. 1. Daniel Horgan 6.49, 2. Luca Moloney Pedro 6.57, 4. Angelina Mernaka 8.05 (1st girl).

27/6/23

Sri Chimnoy Dashing Deer 5k, Battersea. 36. Rose Harvey* 16.06.

Trafford Grand Prix. 3000. R1. 13. Mark Bolland Cage 9.07.45.

28/6/23

Dave Clarke 1 Mile Night (+1500 split). Mile. R5. 6. Harry Collins Smith 5.12.67 (4.54.45). R11. 8. Callum Parker 4.22.55 (4.06.49).

Kent 3000/10000 Championships with Dartford Harriers Open. 400. R2. 2. Olivia Magee Brown 62.72. 3000. 2. Hannah Clark 10.12.83.

Oxford & Cambridge Universities v Harvard & Yale, Cambridge. Men. 100. 4. Chizute Ogbedeh 10.85 (1.4). 200. 4. Chizute Ogbedeh 22.23 (1.5). 800. 1. Angus Harrington 1.53.17. LJ. 3. Chizute Ogbedeh 5.86. **Women.** 1500. 1. Niamh Bridson Hubbard 4.29.53. LJ. 1. Mary Adeniji 5.87.

Watford Open Meeting. 1500. R5. 2. Naimah Mossi 4.51.35.

Boysen Memorial, Oslo, NOR. 800. 1. Alex Botterill 1.45.54.

30/6/23

Newham & Essex Beagles Track Open Meeting Summer Series 2023. Men. 100. A3. 3. Korede Awe* 10.58 (2.0). A9. 1. Michael Damoah 10.62 (1.2). A10. 1. George Seery 11.09 (1.0). A12. 4. Issah Abdulkarim 11.19 (0.4). A19. 4. Joseph Merry 12.22 (1.2). B3. 1. Korede Awe* 10.47 (-0.2), 3. Michael Damoah 10.62. B9. 6. Issah Abdulkarim 11.21 (1.6). **Women.** A6. 2. Shakanya Osahon 12.45 (2.7). B4. 3. Shakanya Osahon 12.35 (2.2).

125 years ago in June 1898.

At the Huddersfield Athletic Festival there are only 6000 – 7000 spectators because of the rain. Among the officials is Blackheath Harrier C G Wood, the “flying farmer” the first Englishman to run under 50 seconds for 440 yards and the first to run under 22 seconds for 220 yards.

100 years ago in June 1923.

It is a busy month for H. B. Stallard. He wins the mile at the Southern AA Championships at Aldershot in a time of 4.27. Representing St Barts in the United Hospital Sports at Stamford Bridge, he wins the half mile in 1.59 4/5 sec. Again, at Stamford Bridge, at the Polytechnic meeting, he wins the 880 yards (Kinnaird Trophy) by eight yards in 2.07 3/5s. J R Major is 2nd in the 440 yards at the Southerns but then is first in the 440 yards at the England Championship at the AAA meeting at Fallowfield.

The second Summer Evening Run takes place. "Those who wended their way down to West Wickham wondered whether they had not made a mistake and come to a midwinter fixture... there appeared to be more likelihood of a fall of snow than anything else. The heroes and their supporters afterwards sat down to a cold feed in the Club room and ultimately gather round the fire and revelled in its warmth and cheeriness for the remaining hours of the evening."

The second evening meeting held in conjunction with the Private Banks AC, features Old English Fair Games which include "Coconut Shy, Hoop La, Pocket Your Prize, Gift Table, The Dandy and Hidden Ten Shilling Note, Fish Pond, Weigh Chair, Bran Tub Clock Golf etc." "We were particularly glad to see the two cup donors J. H. A. Reay and H. F. Pash present and acting as officials." "We are at a loss to recall, in the intervals of dancing and other forms of gaiety, the number of members and old friends whom we saw"

75 years ago in June 1948.

At the Southern Counties Championships at Uxbridge, in the Junior 4x110 yards the quartet equalled the AAA Record of 44.8 but were actually beaten by Cambridge Harriers who set a new record of 44.5. "Our baton changing was a joy to watch and reflected the diligent practice which had gone before"

It is announced that R R Choat will be one of the runners chosen to carry the Olympic torch through Kent. "On the night of July 28/9th the torch will be carried by 34 runners in relays from Dover until it is handed over to a Surrey runner in the early hours of the morning." The route goes from Dover, through Canterbury, Challock, Lenham, Maidstone, Borough Green, Ightham, Seal and Westerham to the Surrey border.

50 years ago in June 1973

Chris Woodcock is first home for the Club in the Maxol Marathon in Manchester finishing 42nd in 2.27.57, with Ian Wilson 64th in 2.31.30 and Chris Haines 69th in 2.32.26.

Blackheath win the team race at the Margate 10 with Chris Haines 7th (52.36, Mike Hampton 9th (54.12), and Mick Hamlin 11th (54.29).

Graham Gower competes in the 110 hurdles at an International Invitation Meeting in Paris. He finishes in 7th in 14.4 in a race won by Guy Drut of France in 13.5.

Graham also wins the Southern Championships title in 14.3; the Loughborough Past and Present v the AAA event; and the SCAAA v Wales v PE Colleges v UAU fixture.

At the Southern Womens Championships at the Crystal Palace there is a win the Junior Girls javelin for Wigmore Ladies Susan Knutton with a distance of 29.62. Second is J Luckings with 28.62.

25 years ago in June 1998

Julian Golding starts the month with a flurry of races. After running 20.57 in the Paris Grand Prix on the 4th he arrives back in the UK and drives down to Cardiff to race over the 100 metres in the British League on the 6th. Here he is narrowly beaten by youngster Christian Malcolm of the host club. Three days later he is competing in Bratislava over 200 and then he is racing again over 100 metres in Helsinki. Two weeks later he is part of the GB 4x100 quartet who win in the European Cup in St Petersburg.

The British League match in Cardiff sees Blackheath win by a narrow margin with the top places being decided in the 4x400. Going into the relay, Blackheath lead by five points with Cardiff needing to beat us by three places to win the match. With just 40 metres to go Cardiff are in front from Team Solent with Woodford third and Blackheath fourth. Then as they battle for the line the baton shoots out of the Woodford athlete's hand and flies into the infield; Team Solent rally to pip Cardiff

on the line; and Blackheath win the match by three points. Their winning total of 350 points is remarkable in that they only have one A string winner, Emeka Udechukwu in the discus, and only two B string winners. Alloy Wilson's 47.3 in the 400 is a new Club Junior record and is a qualifying time for the World Junior Championships.

The Club are also fielding two Southern League teams on the same day in a double fixture at Norman Park and both these win as well. Not only that, the following day there is a win in the Southern Premier Division of the Young Athlete League at Enfield, and on the Monday the men win the latest round of the Kent Vets League. "Simply the best from the cradle to the grave" says acting veterans captain Ken Daniel.

Over the rest of the month there are wins in the National Junior League; the Kent Boys & Colts League; and the Gold Cup; and Blackheath women notch up their third successive victory in the Southern League.

At that Junior League match, Emeka Udechukwu adds over three metres to his National discus record with a distance of 64.35. He also sets new bests in the shot and hammer. In the Kent Boys & Colts League, Alex Pope wins the javelin in the colts age group (U13s).

Anthony Draper wins the 800 at the Southern Championships and "Lash" Lashore is third in both the 100 and 200. Myrtle Augee of Bromley Ladies is second in the shot with 16.12.

Darrell Smith is first in the Worthing 10km in 31.33 and Roy Smith is second in the North Downs 30k in 1.57.12.

Bromley Ladies Liz Gibbens represents the Great Britain Under 23 team in Northumberland Challenge match against France and is 4th in the triple jump with 11.56. Mark Findlay of Blackheath is second in the 200 in 21.28. Liz also competes in an International Meeting in Barcelona where she leaps 12.01.

Bromley Ladies win the second round match of the Jubilee Cup at Norman Park with Blackheath in third. Among the Bromley winners are Bianca Liston (100 and 100 hurdles), Julie Stacey (3000) and Myrtle Augee (shot and discus).

Bromley are also ahead of Blackheath in the McDonalds Young Athletes League Premier 5 match at Basildon finishing in 4th place to the 'Heath's 7th.

Form 15 DEC 1931
BLACKHEATH HARRIERS.

To the Honorary Secretary,
SIR,

Wishing to become a Member of the above Club, I should feel obliged by your placing this letter before the Committee at their next meeting.

Should I be elected, I hereby agree to pay the Subscription immediately upon my election, and continue to pay the Subscriptions as they become due, and all moneys due from me to the Club, in accordance with the Rules, until I give notice of resignation.

I hereby declare that I am in no way disqualified to claim the title of "Amateur," as defined below.*

I am, Sir,
Yours, &c.,

Signature of Candidate: S.C. Wooderson

Proposed by: A. C. Wooderson } Members.
Seconded by: Harold Smith }

Elected 16 Dec 1931
Chairman: H. B. Kremer

NOTE.—In all cases a Candidate is expected to attend a Meeting of the Club previous to his ballot taking place.

*Definition of an Amateur as adopted by the Amateur Athletic Association: "An Amateur is one who has never competed for a money prize, or staked bet, or with or against a professional for any prize, or who has never taught, pursued or assisted in the practice of Athletic exercises as a means of obtaining a livelihood."

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[P.T.O.]

FORM TO BE FILLED UP BY CANDIDATE.

STATE:

Name (in block letters) SYDNEY CHARLES WOODERSON.

If under 19, state exact age 17 years 3 months

School or College at } which educated } Sutton Valence School

Occupation (if any) Scholar

Private Address "Brookside", Short Sutton
Maidstone Kent

Business Address —

Of what other Clubs a Member?

Principal Meetings, if any, at } which you have competed? Public Schools Athletic
Meeting - Stamford Bridge.

Have you ever competed at } Sports not registered by the
Amateur Athletic Association?

Has your entry for any race } ever been refused?

Have you ever been refused } when putting up for election
to any Club or Society; if so, state reasons

1068 AF

The Club has a good record of developing youngsters. This one from 1931 did ok

More Gold dust

Below a picture of the Bromley Ladies squad who represented the UK in the European Champion Clubs Cup for Juniors in 1991. Thank you Andy Frankish for supplying this.

We are always interested in any Bromley Ladies/Wigmore Harriers photographs, results, memories. If you are able to help, please get in touch.

In the meantime, can you name all the athletes below? Answers next month.

