Blackheath & Bromley Courier

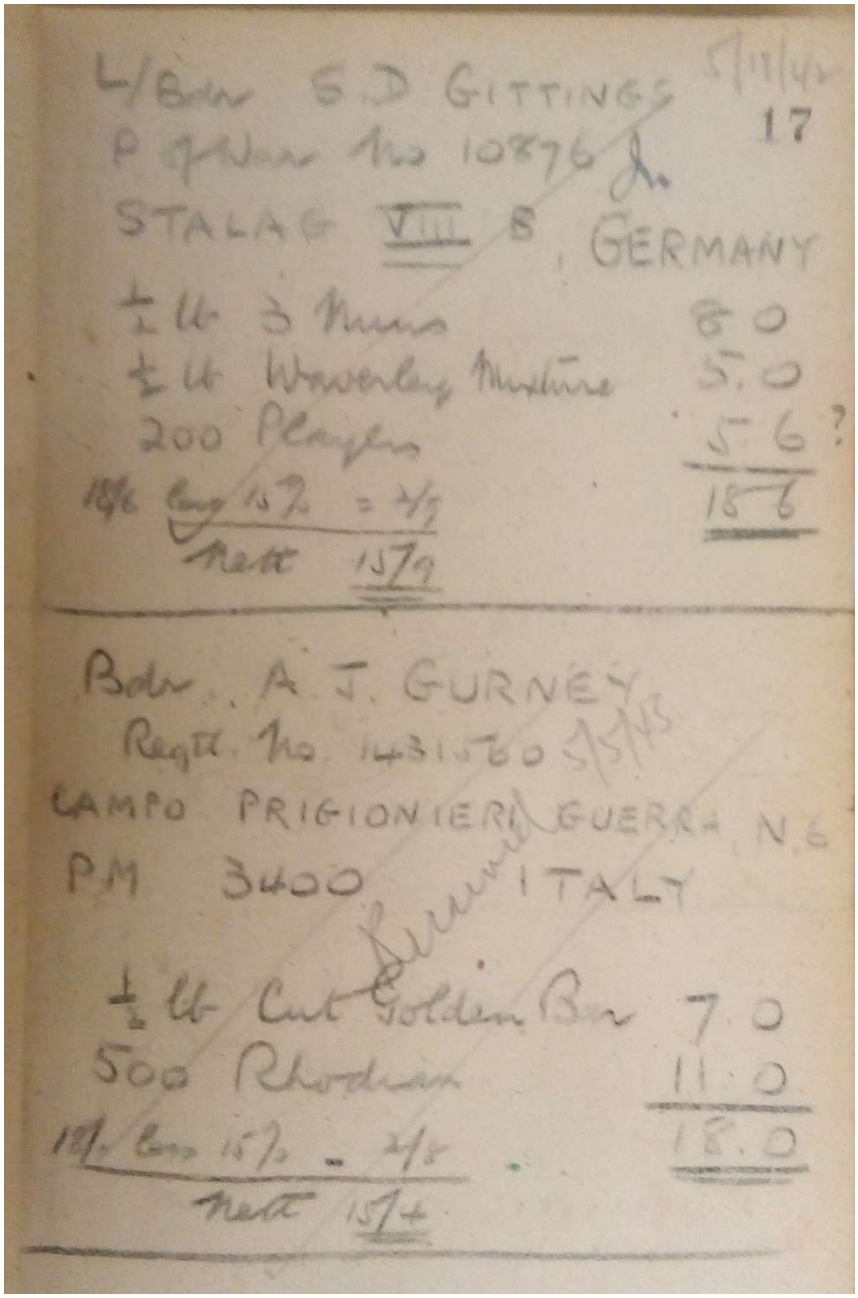
August 2023.

President 2023-24. John Hubbard.

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

Comforts for the troops.

Nestling in the Club archive is small volume which shows why the Club is so much more than just about Athletics. Recorded in it are the names of the Club's members who were held as prisoners during the Second World War and it details the parcels of cigarettes and tobacco sent to them and the cost. The Prisoners Of War Fund was set up in late 1941 and members were encouraged to not only contribute but also to correspond with the Heathens abroad.



L/Bdr S.D. GITTINGS 5/11/42
P of War No 10876 17
STALAG VIII B, GERMANY

½ lb 3 Nuns	8.0
½ lb Waverley Mixture	5.0
200 Players	5.6 ?
18% Exp 15% = 2/9	18.6
Nett 15/9	

Bdr. A.J. GURNEY
Regtl. No. 1431560 5/5/43
CAMPO PRIGIONIERI GUERRA N.6
P.M. 3400 ITALY

½ lb Cut Golden Bar	7.0
500 Rhodian	11.0
18% Exp 15% = 2/8	18.0
Nett 15/4	

The Gazettes of these years are filled with snippets of news from those in the POW camps. S D Gittings wrote on Christmas Day 1941 “We had an extra parcel this week and the lads have been very busy turning out puddings and cakes – some really excellent efforts I’ve seen too. My pudding is on the fire now, cooking for tomorrow. We have four gas fire rings outside in the corridor for cooking purposes.”
Four Club members are in Offlag VI B and E A Gleeson sends a card to say “The Heathens present held a “meeting” to chinwag over Heathen subjects recently and are surprised and pleased to hear of continued activities and discoveries.” In April 1942 J H Sewell reports all four Heathens are well and J. L. M. Moss of SLH is in the next room to Sewell, who sends kind regards and is glad to hear the Club is going strong.

Results.
No doubt about the highlight of the month. Hollie Arnold wins her fifth World Championship title in the javelin. Astonishing. Sam Reardon breaks the Senior Mens 800 record which has stood since 1987. There are six English Schools Champions, two UKA Champions, six England Athletics champions and four members competing at the European Under 23 Champs. M**o**re Club records and personal bests. It’s all happening at the Club that never sleeps. So from Dublin to Dinton Pastures; from Monaco to Maidstone; from Wadhurst to Willesden; from….

Standing at the changeover at the Southern Road Relays in 1989, Chris McGeorge has a premonition his 800 record will go in 2023.

30/6 – 1/7/23

English Schools Championships, Birmingham. Sen Boys. 400. Ht2. 5. S Mowa 49.83. 110H. 2. D Goriola 13.61 (0.1). Ht2. 1. D Goriola 13.87 (-2.0). 400H. 6. L Dronfield 56.73. Ht1. 4. L Dronfield 55.03. 2000 s/ch. 10. J Barnes 6.27.33. DT. 6. B Duncan 43.53. JT. 7. F McArdle Hodge 51.66, 8. A Padaruth 51.13. **Sen Girls**. 100. 1. F Akinbileje 11.38 (1.0). Ht2. 1. F Akinbileje 12.11 (-2.6). 400. Ht1. 5. C Kelly Gordon 58.15. SP. 1. C Agyepong 14.69. **Inter Boys**. 100. 3. J Beecroft 10.81 (-0.6). Ht2. 5. R. McCausland 11.98 (-0.8). Ht3. 1. J Beecroft 11.05 (-2.1). 400. 8. J Lawson 51.55. Ht3. 3. J Lawson 49.35. 100H. 1. R. Mourtada 13.12 (-1.7). Ht1. 1. R Mourtada 12.98 (1.7). JT. 16. M Kennedy 43.75. **Inter Girls**. LJ. 1. D Snell 5.83 (-0.5), 4. S Kidd 5.34. TJ. 1. Q C Ukpai 12.21 (0.0). DT. 6. E Simpson 31.82. **Jun Boys**. 800. Ht1. 3. J Hill 2.01.09. Ht2. 2. J Scanes 2.00.98. HJ. 3. J Dako 1.81. PV. 1. C Platt 3.80. **Jun Girls**. 100. 3. C Nketia 12.45 (-0.4). Ht3. 1. C Nketia 12.24 (1.4). 300. Ht3. 6. L Kyriacou 42.44. 800. Ht3. 3. L Smith 2.14.34. SP. 8. E. Adese 11.29.

1/7/23

BMC Grand Prix – World Athletics Challenger, Watford. Men. 800. 2. S Reardon 1.47.97, 8. A. Botterill* 1.48.74. B. 4. A Harrington 1.47.84, 5. H Fisher 1.47.96, 6. J Rogers* 1.50.35. D. 10. B Gardiner 1.56.51. 1500. C. 3. H Cox* 3.46.84. 3000. B. 13. D Neary* 8.26.48. C. 6. L Mills 8.20.79. **Women**. 1500. A. 3. N Bridson – Hubbard 4.12.00. C. 5. C Sharp 4.27.05, 8. M Squibb 4.30.21.

Parkruns. Bromley. 4. G Lugar 16.35, 5. A Leggatt 17.23, 6. M Evans 17.26, 8. L Ercolani 17.27, 11. C Aves 18.06, 12. P Sharpe 18.07, 27. W Spurle 19.26, 30. S Evenden 19.44, 57. G Kleanthous 20.53, 77. H Schmidt 21.46, 88. C Hutton-Squire 22.10, 111. L Bhadeshia 22.52, 123. A Adams 23.17, 273. J Montgomery 26.59, 288. P Byfield 27.19. **Bexley**. 115. C Pike 27.15. **Maidstone**. 30. C Swatton 22.22. **Beckenham Place park**. 30. T Nguyen 21.40 (1st woman), 46. A Stocks 22.40, 114. Z Kingsmell 26.33, 184. B Wilson 30.35. **Roundhay**. 88. S Cullum 25.29. **Dulwich**. 9. R Harvey* 16.27 (1st woman), 86. R Harrington 21.23. **Orpington**. 5. C Firth 20.01 (1st woman), 11. G Firth 20.57, 101. M Keene 28.36, 154. K Desborough 33.43. **Wimpole Estate**. 135. N Milmo 28.37. **Dartford**. 57. J Turner 26.26, 146. M Turner 34.30. **Penrose**. 57. A Perry 24.51. **Lullingstone**. 1. D Adams 19.15. **Bideford**. 26. M Simms 23.40**. Exmouth**. 88. B Minting 24.14. **Clapham Common**. 224. J Cunningham 24.16. **Dinton Pastures**. 71. G Collins 27.13. **Bethlem Royal Hospital**. 22. J Unwin 25.58, 26. I Swatton 26.22, 50. J Isaacs 30.24, 57. D Appleton 33.19, 66. B Thomas 34.18. **The Leas, Minster**. 24. G Griffin 25.26, 78. R Griffin 38.04. **Sutcliffe**. 30. S Pairman 21.58, 126. J Pairman 29.30. **Yarborough Leisure Centre**. 35. I Montgomery 23.05

2/7/23

Bauhaus Galan, Stockholm, SWE. 200. 2. D Asher – Smith 22.58 (-0.6).

South Of England Senior/U20 Inter Counties, Horspath. Senior Men. 100. 2. M Damoah 10.66 (-0.6). 200. 2. M Damoah 22.02 (-0.5). HJ. NH. J Nightingale. PV. 5. E Kitteridge 4.20. DT. D Aladese 49.38. **Senior Women**. HJ. 3. D Martin* 1.60. **Under 20 Men**. 200. 3. C Jacinto 23.10 (-1.1). LJ. 1. A Kodji 6.77. TJ. 1. A Kodji 12.91. JT. F McArdle Hodge 49.24. **Under 20 Women.** 200. 7. J Sargeant 28.25 (1.5). 400. 7. K Pullin 62.70. 800. 5. H Clark 2.24.24. HJ. 3. J Sargeant 1.55. LJ. 1. J Sargeant 5.36. TJ. 3. C Hosp 10.32.

Medway & Maidstone Open Meeting, Gillingham. 75. U13. R2. E Aldridge 11.41. R4. 5. L Aldridge 12.84. 100. A. R1. 2. R Francis 10.95 (0.0). R3. 6. T Thomas 12.51 (2.1), 8. C Cole 12.61. B. R1. 3. R Francis 11.30 (-3.5). R3. 5. T Thomas 12.91 (-0.1). 300. R2. 4. B Regan 44.59. 400. R1. 1. B Stickings 48.03. R2. 6. G Martin 61.71. 600. U11. R1. 2. Q Aldridge 2.25.37. R2. 12. L Aldridge 2.27.42. R3. 1. E Aldridge 1.52.18. 800. R1. 4. B O'Grady 2.16.81, 6. K Cornish 2.20.28, 7. O Magee Brown 2.24.28. 1500. R2. 6. C Stevens 5.42.11. 3000 walk. 4. J Ellerton 16.09.65, 7. M Ellerton 17.54.35. LJ. U13. A. 2. E Aldridge 3.65. B. 7. L Aldridge 2.63, 11. Q Aldridge 2.16. JT. 700g. 1. M Kennedy 44.61.

Bewl 15 Wadhurst. 123. W Brindley 2.08.54 (2.08.36).

Junior Parkruns. Bromley. 1. L Moloney Pedro 6.51, 10. E John 8.25 (1st girl), 46. S Rayner 10.26. **Eltham**. 2. A Crossan 8.04. **Hoblingwell.** 1. A Martin 7.39.

3/7/23

National Preparatory Schools Athletics Championships. Nuneaton. JT. 400g. 2. S North 36.85.

5/7/23

Guildford & Godalming Summer Track Night. 800. R4.5. K Cornish 2.17.02.

Lee Valley Sprints Night. 100. Mx. R1. R1. 2. M Shokunbi 12.31 (0.3)

Oxon & Bucks Midweek Open, Horspath. 100. 2. J Parry 11.19 (1.0). 300. 2. J Parry 37.33.

7/7/23

Kent Masters League, Tonbridge. M35. 400. 4. A Reid 60.7. B. 5. T Ayres 65.2. 3000. A. 3. D Adams 9.35.4. B. 2. C Clement 9.38.2. TJ. 3. M Ellerton 9.75. PV. 2. A Pope 2.60. HT. NM. A Pope. 4X400. 4. B&B (A Reid, T Ayres, M Ellerton, I Firla) 4.15.4.

M50. 400. 2. I Firla 57.7. 3000. 2. L Ercolani 10.25.7. TJ. 5. I Firla 8.93. PV. 1. R Platt 3.20. HT. 4. R Platt 19.88. **M60**. 3000. 4. S Pairman 12.28.5. HT. 4. J Turner 7.44. N/S. 3000. C Aves 10.55.2, C Martin 12.09.4. **Teams**. 1. Tonbridge 76, 2. Dartford Harriers 67, 3. Cambridge Harriers 55, 4. B&B 52, 5. Bromley Vets 28, 6. Paddock Wood 13. **Overall.** 1. Tonbridge 30, 2. Dartford Harriers 25, 3. B&B 19, 4. Cambridge Harriers 16, 5. Bromley Vets 10, 6. Paddock Wood 5. **W35**. 400. A. 1. S Williams 63.3. B. 1. D Sage 67.8. 3000. A. 3. K Sugden 11.58.7. B. 2. S Belaon 12.35.8. HJ. -. TJ. 2. D Sage 7.89. HT. 5. S Belaon 6.02. 4x400. 3. B&B (D Sage, H Godsell, K Sugden, S Williams) 4.43.9. **W50**. 400. 3. H Godsell 77.4. 3000. -. HJ. 3. J Montgomery 1.05. TJ. 2. J Montgomery 6.95. HT. 4. J Montgomery 13.87. **W60**. 3000. 4. M Turner 20.26.1. TJ. 2. H Godsell 6.38. **Teams**. 1. Tonbridge 72, 2. B&B 56, 3. Dartford Harriers 50, 4. Bexley 44, 5. Central Park Athletics 33, 6. Cambridge Harriers 27. **Overall**. 1. Tonbridge 30, 2. B&B 19.5, 3. Dartford Harriers 19, 4. Bexley 15, 5. Cambridge Harriers 14.5, 6. Central Park Athletics 7.

8/7/23

ESSA English Schools AA Cup, Chelmsford. Junior Girls. 100. R3. 1. E Adese 12.9 (0.6). 200. R1. 4. L Corry 29.3 (-0.3). 800. R1. 5. M Warner 2.42.3. 1500. R1. 6. P Trainier 5.28.7. SP. 1. E Adese 11.80. DT. 2. M Warner 21.84, 13. P Trainier 15.73. **YDL Lower, Premier, Reading. Match**. 1. B&B 607, 2. Tonbridge 510, 3. Reading 504, 4. Team Dorset 465, 5. Havering 387, 6. Basildon 316. **Overall.** 1. B&B 18, 2. Tonbridge 14, 3. Reading 11, 4. Team Dorset 10, 5. Havering 7, 6. Basildon 3. **Under 15 Boys**. 100. A. 4. C Platt 12.2. B. 2. T Osobu 12.2. N/S. R1. 3. N Marquez 12.7. R2. 1. D Olatunji 12.7. 200. A. 6. T Ogedengbe 25.5. B. 3. J Yamoah 25.6. 300. A. 5. T Vallins 42.4. B. 1. T Ogedengbe 39.8. 800. A. 2. J Hill 2.04.0. B. 2. K Farrell 2.18.0. N/S. 1. G Cheesman 2.23.6, 3. A Sebuwufu 2.30.2. 1500. A. 1. Joseph Scanes 4.16.8. B. 2. J Shaw 5.39.8. 80H. A. 3. J Ellerton 13.3. B. 1. A Giles 13.2. HJ. A. 2. A Giles 1.65. B. 2. F Sinkinson 1.50. LJ. A. 3. A Giles 5.19. B. – J Ellerton. PV. A. 1. C Platt 3.70. B. 1. R Witcombe 2.10. SP. A. 5. R Witcombe 7.47. B. 4. F Sinkinson 6.45. DT. A. 1. G Henderson 33.27. B. 2. D Lawson 21.40. JT. A. 1. D Lawson 43.69. B. 1. C Platt 42.19. HT. A. 2. G Henderson 40.41. B. 1. R Witcombe 19.66. 4x100. 1. B&B (N Marquez, J Ellerton, D Olatunji, J Yamoah) 48.8. 4x300. 2. B&B (C Platt, T Vallins, K Farrell, J Scanes) 2.43.1. **Under 15 Girls**. 100. 1. C Nketia 12.4. B. 1. C Boniface 12.9. N/S. R1. 1. I Campbell – Andou 13.2, 2. S Williams 13.2. 200. A. 1. C Nketia 26.4. B. 2. C Boniface 27.1. 300. A. 2. L Kyriacou 42.8. B. 2. B Regan 45.2. 800. A. 1. N Mossi 2.22.2. B. 1. S Tran 2.28.2. N/S. 1. D Yohannes 2.26.4, 2. A Jenner Heard 2.36.0. 1500. A. 3. N Stanley 5.09.1. B. 2. I Pauling 5.14.4. 75H. A. 2. B Regan 12.5. B. 3. H Coulson 13.4. HJ. A. 1. F Olatunde 1.53. B. 1=. H Coulson 1.40. LJ. A. 4. I Campbell Andou 4.27. B. 2. S Tran 3.96. PV. A. -. B. -. SP. A. 6. H Coulson 7.39. B. 6. L Palmer 4.78. DT. A. 4. C Bloodworth 18.73. B. 1. O Rickard 16.90. JT. A. 6. C Hough 13.92. B. 5. L Palmer 13.63. HT. A. 3. C Bloodworth 22.84. B. 4. Beth Regan 14.44. 4x100. 1. B&B (S Williams, C Nketia, I Campbell Andou, C Boniface) 49.9. 4x300. 1. B&B (B Regan A Jenner Heard, I Pauling, L Kyriacou) 2.58.4. **Under 13 Boys**. 75. A. 1. P Spencer Simms 9.8. B. 5. D Djan Krofa 10.8. N/S. R1. 2. T Fairbanks 10.8. R2. 1. J Dako 10.6. 150. A. 1. P Spencer Simms 18.2. B. 4. J Senior 21.0. 800. A. 3. J Martin 2.27.1. B. 3. J Lee 2.40.9. N/S. 3. V Hajdukovic 2.42.8. 1200. A. 1. A Smith 3.55.4. B. 3. J Bunn 4.04.4. 75H. A. 1. J Ruby 12.9. B. 2. S North 14.7. HJ. A. 2. S North 1.40. B. 1. J Ruby 1.35. LJ. A. 4. J Dako 4.23. B. 2. Z Ferraz 4.23. SP. A 1. J Ruby 8.83. B. ND Z Ferraz. JT. A. 1. S North 33.84. B. 2. J Martin 22.49. 4x100. 3. B&B (S North, D Djan Krofa, J Senior, T Fairbanks) 54.5. **Under 13 Girls**. 75. A. 1. Z Dixon 10.2. B. 1. E Brooker 10.4. N/S. A. 5. S Mossi 12.1. B. 1. E John 11.4. 150. A. 1. K Bryan 20.6. B. 1. E Brooker 21.2. 800. A. 1. K Bryan 2.22.2. B. 1. A Ramdeen 2.35.3. N/S. 1. S Mossi 2.41.5, 2. E John 2.43.3. 1200. A, 3. A Homans Yau 3.59.1. B. 1. E De Bruyn 4.07.0. 70H. A. 2. A Scala 13.5. B. 2. Z Dixon 13.4. HJ. A. 1. A Scala 1.45. B. 1. Z Dixon 1.30. LJ. A. 2. A Ramdeen 4.11. B. 2. A Scala 3.96. SP. A. 4. A Ramdeen 6.06. B. 2. D Simpson 5.39. JT. A. 6. D Simpson 10.43. B. 5. E De Bruyn 8.29. 4x100. 1. B&B (Z Dixon, K Bryan, A Scala, E Brooker) 54.2. **Parkruns. Bromley**. 1. D Kennedy 16.52, 4. L Ercolani 17.30, 5. P Sharpe 17.57, 13. W Spurle 18.59, 14. S Evenden 19.02, 31. A Martin 19.55, 34. B O'Grady 20.05, 70. C Martin 21.56, 72. F Pearson 21.59, 75. A Pearson 22.04, 86. C Pearson 22.37, 94. H Schmidt 22.55, 106. A Adams 23.21, 119. R Pearson 23.40, 121. I Pearson 23.43, 132. M Maddocks 24.08, 179. L Bhadeshia 25.04, 201. M Wallace 25.46, 312. P Byfield 29.21, 355. D Appleton 31.03, 416. A Pontifex 34.45, 479. R Griffin 47.08. **Bexley**. 68. J Turner 25.57, 105. C Pike 27.53, 237. M Turner 36.20, 286. G Collins 44.05. **Greenwich**. 53. S Pairman 25.08, 135. J Pairman 30.53. **Beckenham Place park**. 24. T Nguyen 21.26 (1st woman), 64. L Arcuri 23.47, 205. B Wilson 30.06. **Crystal Palace**. 2. D Adams 17.55. **Walsall Arboretum**. 4. M Smith NT. (1st woman). **Roundhay**. 2. G Lugar 17.54. **Mile End**. 274. J Gosnell 30.50. **Hilly Fields**. 52. A Lawes 23.38. **Orpington**. 2. P Brooks 18.07. **Northala Fields**. 149. J Isaacs 30.26. **Tonbridge**. 294. M Keene 29.56. **Northallerton**. 28. C Swatton 24.39. **Clonmel**. 2. L Moloney Pedro 20.02. **Exmouth**. 88. B Minting 23.46. **Clapham Common**. 194. J Cunningham 23.47. **Felixstowe**. 6. S Cooper 18.16. **Brooklands**. 130. Z Kingsmell 25.47, 334. A Kingsmell 37.09. **Bethlem Royal Hospital**. 17. D Beadle 22.14, 59. M Simms 27.02. **Hunstanton Promenade**. 21. A Perry 24.54. **Mote Park**. 136. T Phillips 47.30. **Black Park**. 16. P Woolven* 20.51. **Wimpole Estate**. 1. G Rush* 16.00.

8-9/7/23

UK Athletics Championships, Manchester. **Men**. 100. SF1. 8. M Damoah 10.69 (0.3). SF2. 6. K Awe* 10.50 (0.9). Ht2. 7. K Gowan Wade 10.73 (2.4). Ht4. 2. K Awe* 10.31 (2.4), 3. M Damoah 10.50. Ht5. 5. A R Jolaoso 10.70 (1.0). Ht6. 6. J Gbagbo 10.73 (1.3). 200. 4. A Gemili 20.53 (2.3), 5. L Dorrell* 20.59. Ht2. 2. A Gemili 20.76 (1.7). Ht3. 3. L Dorrell* 20.58 (2.3). 400. Ht1. DQ. D Putnam. Ht2. 3. E Brown 47.61. 800. Ht2. 3. A Botterill* 1.47.23, 4. H Fisher 1.47.72, 7. J Rogers* 1.50.67. 110H. Ht2. 4. J Watson 14.68 (1.0). 400H. Ht3. DNF. A O'Callaghan Brown. 3000 s/ch. 6. D Neary* 9.11.06, 7. L Mills 9.12.43. HJ. NH. K Aguocha. DT. 7. D Claydon 51.21. HT. 2. B Hawkes 70.08. **Women**. 100. 1. D Asher Smith 11.06 (0.2). SF1. 6. D Kuypers 11.82 (-0.6). SF2. 1. D Asher Smith 11.28 (-0.9). Ht3. 3. D Kuypers 11.69 (1.6). 200. 8. F Akinbileje 23.58 (1.3). Ht3. 4. D Kuypers 23.53 (4.2). Ht4. 2. F Akinbileje 23.53 (1.4). 400. 4. A Anning* 51.62. Ht1. 3. L Evans 54.33. Ht3. 2. A Anning* 51.65. 1500. 7. N Bridson Hubbard 4.18.44. Ht3. 2. N Bridson Hubbard 4.16.71. 5000. 15. J Walsh* 17.13.09. 400H. Ht2. 6. Zoe Austridge 66.40. Ht3. 2. S Elliss 60.26. Ht4. 4. A Hill 60.73. 3000 s/ch. 5. Y Austridge 10.24.87. PV. 9. S Dowson 3.85. SP. 3. D Oladipo 16.28, 6. C Agyepong 14.29. DT. 3. Z Obamakinwa 55.99, 7. D Oladipo 53.92. JT. 1. B Walton 58.19, 3. L Farley 53.18.

9/7/23

Southern Athletics League Div One, Bromley. 1. B&B 286, 2. Ipswich and Colchester & Tendring 252, 3. Worthing 236, 4. Hercules Wimbledon 229, 5. City Of Norwich 201, 6. Southampton 178. Men. 100. A. 4. D Bovell 11.00 (-0.3). B. 1. C Ogbedeh 11.17 (-0.4). NS. L McBean 12.14 (-1.5), R McCausland 11.20 (-0.1).200. A. 4. C Ogbedeh 22.34 (-2.1). B. 3. C Jacinto 22.64 (-2.1). NS. D Bovell 23.11 (-1.7) C Ndukwu 24.09 (-1.7), Zuriel Nwogwugwu 24.12 (-1.7), J Merry 25.45 (-1.7) 400. A. 1. B Stickings 48.04. B. 1. S Mowa 49.36. NS. T Sugden 49.62, M Corrodus 50.95, M Byfield 51.89, H Vallins 52.98, I Firla 57.51. 800. A. 2. C Parker 1.54.58. B. 3. A Leggatt 2.01.79. NS. C Wray 2.07.70, J Naylor 2.12.88, T Chambers 2.13.19. 1500. A. 5. M Constable 4.18.15. B. 5. G Lugar 4.19.32. 3000. A. 6. M Evans 9.45.78. B. 6. R Webb 10.18.72. 110H. A. -. B. -. 400H. A. 4. C Ndukwu 61.31. B. -. 3000 s/ch. A. 2. H Fage 10.56.31. B. 1. A. Gibbins 11.04.46. HJ. A. 2. A Nikoro 1.75. B. 2. J Nightingale 1.60. LJ. A. 2. A Kodji 6.67. B. C Ndukwu 5.77. NS. O J Okoro 5.66 (2.5). TJ. A. 2. T Fatona 12.79. B. 1. C Ndukwu 11.79. PV. A. 3. F Kitteridge 3.80. B. 2. R Platt 3.40. NS. I Firla 2.30. SP. A. 4. P Apantaku 11.07. B. 1. J Cleverly 10.78. DT. A. 1. D Aladese 48.76. B. 1. C Benjamin 28.92. JT. A. 2. E Ibrahim 45.51. B. 2. J Buddle Smith 42.12. HT. A. 4. C Benjamin 26.92. B. 4. R Platt 15.62. 4x100. 2. B&B 43.28. 4x400. 3. B&B 3.22.27. **Women**. 100. A. 1. Z Okoraofor 12.47 (-0.3). B. 4. L Vallins 13.17 (-0.4). NS. E Ayeni 13.69 (-0.7), D Sage 13.87 (-0.7), A Hemetsberger 15.24 (-0.7), T Lewis 13.35 (0.1), E Hayden De Carbonnieres 13.52 (0.1). 200. A. 3. N Whitter 26.91 (-2.3). B. 1. Z Okoraofor 26.32 (-1.8). NS (all wind speeds -2.5). S Williams 27.43, E Hayen De Carbonnieres 28.51, D Sage 29.88, A Hemetsberger 33.30, L Vallins 27.22. 400. A. 1. C Kelly Gordon 56.76. B. 1. A Firla 58.67. NS. S Williams 61.48, F Middleton 70.21. 800. 3. O Magee Brown 2.23.04. B. 3. M Slattery 2.24.84. NS. E Chambers 2.33.64. 1500. A. 5. O Magee Brown 5.18.02. B. 5. L Meers 5.34.22. NS. K Dervish 5.12.92. 3000. A. 1. C Sharp 9.46.50. B. 1. M Squibb 9.58.80. 100H. A. 1. J Sargeant 16.04 (-0.1). B. -. 400H. A. -. B. -. 2000 s/ch. A. 1. A Barnes 7.22.13. B. 3. K Sugden 8.55.47 (**CLUB W45 RECORD**). HJ. A. 1. J Sargeant 1.60. B. 2. M Shilland 1.25. LJ. A. 1. D Snell 5.70 (0.9). B. 2. E Algeo 4.82. NS. R Ilori 4.21. TJ. A. 1. C Hosp 10.52. B. 1. E Algeo 10.39. NS. E Hayden De Carbonnieres 9.81 (2.0). PV. A. 1. E Barrett 3.30. B. -. SP. A. 1. S Brown 12.38, 5. G Vickery* 7.40. B. 1. J Sargeant 8.39. DT. A. 1. S Brown 38.40, 3. G Vickery* 26.19. B. 1. E Simpson 28.86. JT. A. 2. J Sargeant 36.22. B. S Houston Ball 13.19. HT. A. 1. G Vickery* 49.01, 2. A Stewart 46.42. B. 1. S Houston Ball 34.77. 4x100. 4. B&B 53.41. 4x400. 1. B&B 4.03.16. **Male Athlete Of The Match**. Bailey Stickings. **Female Athlete Of The Match**. Chloe Sharp.

SAL Div 2 South & West, Bournemouth. 400. A. 6. R Morris* 88.4. 110H. A. 1. R Morris* 18.9. TJ. A. 3. R Morris* 10.04. SP. B. 5. R Morris* 6.74. HT. B. 5. R Morris* 11.60.

London Inter Club Challenge, Hendon. 1500. 2. H Collins Smith 4.49.21.

Woodchurch 10. 62. Z Kingsmell 91.19 (91.10).

Northern Track & Field League, East Premier. Hull. 3000 s/ch. A. 1. Mark Bolland Cage* 10.18.40.

Junior Parkruns. Bromley. 1. J Scanes 6.07, 46. S Rayner 10.08

10/7/23

Invicta East Kent Open, Canterbury. 150. U11. R1. 2. L Aldridge 26.32, 6. Q Aldridge 30.01. R5. 1. E Aldridge 22.29. 600. U11. R1. 4. L Aldridge 2.21.21, 11. Q Aldridge 2.30.65.R2. 1. E Aldridge 1.49.53. LJ. 1. E Aldridge 3.62, 15. L Aldridge 2.90, 24. Q Aldridge 2.17.

11/7/23

Tonbridge Open. 200. R6. 2. A Reid 24.93 (-0.5). 400. R3. 5. A Morrell 55.09. 800. R2. 2. A Pearson 2.37.06, I Pearson 2.42.53, 6. R Pearson 2.43.77. R3. 2. A Martin 2.23.13, 4. F Pearson 2.31.43, 5. C Martin 2.32.31. R5. 6. B O'Grady 2.20.72, 8. O Ward 2.26.77. R7. 9. H Verster 2.06.72. R8. 6. A Middleton 2.04.20. 3000. R2. 2. J Scanes 8.54.82, 7. J Hill 9.17.30, 8. J Starvis 9.18.17.

Rose Inn 4 Series, Redwick. 10. D Kennedy 21.20.

12/7/23

Paris 23 World Championships. JT. 1. H Arnold 41.06 WORLD CHAMPION FOR THE FIFTH TIME..

BMC Gold Standard Races, Watford. 800. A. 2. M Squibb 2.10.67.

Watford Harriers Open Graded Meeting. 800. R10. 11. K Bryan 2.19.17. R11. 3. Cameron Kelly Gordon 2.11.28. 3000. 20. M Slattery 10.55.23.

Charnwood Open. PV Mx. 4. E Barrett 3.31.

University Of Birmingham Track & Field Series 3. Men. 1500. 2. W Fuller 3.57.12. Women. 200. R2. 1. Z Austridge 25.37 (1.6).

West Yorkshire League, Wakefield. 1500. 1. M Bolland Cage* 4.16.85.

12-16/7/23

European Under 23 Championships, Espoo, FIN. Men. 800. 5. S Reardon 1.47.06. Ht1. 2. S Reardon 1.45.95 (**CLUB SENIOR AND UNDER 23 RECORD**). 400H. SF. 6. G Seery 51.25. Ht3. 3. G Seery 51.33. 4x400. 3. GB (inc leg one E Brown 47.25 and leg three S Reardon 45.70) 3.03.12. Ht1. 2. GB (inc leg 1 E Brown 46.67) 3.06.21. **Women**. JT. 10. L Farley 52.34. QB. 5. L Farley 54.60.

14/7/23

Morton Games, Dublin. 5000. 13. P Sesemann* 13.56.41.

15/7/23

National Athletics League Premier Division B, Woodford. Men. 100. A. 1. L Dorrell* 10.13 (7.4). B. 1 K Gowan Wade 10.40 (3.2). NS. Race A. 1. D Bovell 11.0, 4. M Knight 11.2. 200. A. 1. L Dorrell* 20.54 (4.6). B. 2. K Gowan Wade 21.22 (5.6). 400. A. 3. B Stickings 48.82. B. 1. B Gardiner 49.23. 800. A. 1. B Gardiner 1.53.57. B. 4. C Parker 1.56.14. 1500. A. 2. H Cox* 4.06.91. B. 3. W Fuller* 4.11.98. 5000. A. 2. C Davis* 15.20.82. B. -. 110H. A. 4. J Watson 14.47 (1.7) B. 4. J Gbagbo 15.62 (3.6). 400H. A. 7. R Holt 70.19. B. -. 3000 s/ch. A. 1. L Mills 9.19.02. B. 2. A Gibbins 11.07.35. HJ. A. 2. K Aguocha 2.01. B. 4. A Nikoro 1.76. LJ. A. 6. S Ampofo 6.53 (5.0). B. 5. A Kodji 5.69 (3.1) TJ. A. 3. E Dodoo 14.41 (4.9). B. 4. P Apantaku 11.88 (3.2). PV. A. 7. E Kitteridge 4.21. B. 4. R Platt 3.01. SP. A. 4. D Claydon 14.99. B. 7. P Apantaku 10.94. DT. A. 4. D Claydon 49.53. B. 1. D Aladese 47.58. JT. A. 5. D Claydon 52.24. B. 4. A Harrington 35.58. HT. A. 2. B Hawkes 67.00. B. 7. R Platt 15.55. 4x100. 1. B&B 41.62. 4X400. 7. B&B 3.33.90. **Women**. 100. A. 1. D Kuypers 11.56 (4.6). B. DQ. Ns. Race 1. 3. Louisa Vallins 12.73. 200. A. 1. D Kuypers 23.75 (3.1). B. 1. I Hilditch 24.74 (4.3). NS. 4. C Cole 26.16 (1.9), 8. L Vallins 26.67. 400. A. 5. C Kelly Gordon 57.93. B. 2. Z Mossi 59.16. 800. A. 4. C Sharp 2.14.12. B. 1. K Cornish 2.19.29. 1500. A. 1. N Bridson Hubbard 4.30.40. B. 2. H Clark 4.47.50. 3000. A. 1. C Sharp 10.27.61. B. 1. N Bridson Hubbard 10.27.69. 100H. A. 3. I Hilditch 13.94 (3.0). B. 1. J Self 14.30 (1.8). 400H. A. 4. A Hill 60.91. B. 2. K Pullin 68.54. 2000 s/ch. A. 1. M Squibb 7.06.92. B. 1. A Barnes 7.21.30. HJ. A. 3. D Martin* 1.61. B. 3. J Sargeant 1.56. LJ. A. 2. M Adeniji 5.97 (3.4). B. 3. J Sargeant 5.22 (2.8). TJ. A. 7. E. Algeo 10.48 (3.8). PV. A. 1= S Dowson (points shared). B. 1=. E Barrett (points shared). SP. A. 4. C Agyepong 13.86. B. 3. Z Obamakinwa 11.27. DT. A. Z Obamakinwa 54.14. B. 4. E Simpson 31.40. JT. A. 3. J Sargeant 32.77. B. 5. L Meers 20.60. HT. A. 6. A Stewart 47.86. B. -. 4X100. 5. B&B 50.29. 4X400. 5 B&B 3.59.31.

SIAB International, Grangemouth. Boys. 100H. 1. R Mourtada 13.40 (-3.7). **Girls**. 1. D Snell 6.05 (2.1) (5.81 (1.2)). TJ. 1 Q C Ukpai 12.35 (1.6).

Kent Young Athletes League, Medway. **Under 15 Boys**. Match. 1. Cambridge Harriers 178, 2. B&B 145.5, 3. Dartford Harriers 124, 4. Tonbridge 114.5, 5. Bexley 112.5, 6=. Central Park Athletics and Sevenoaks 73, 8. Invicta East Kent 24. 100. A. 3=. N Marquez 12.3. B. 3. T Ogedengbe 12.4. NS. O Sadowsski 13.4. 300. A. 4. T Thomas 41.1. B. 2. T Vallins 42.7. NS. 2. O Pickering 44.8. 1500. A. 4. N Clark 4.42.1. B. 1. M Caceres 5.00.2. NS. A Martin 4.51.8. 80H. A. 3. J Ellerton 12.4. B. 2. A Giles 12.7. NS. B O'Grady 14.0. HJ. A. 3. A Giles 1.65. B. 4. B O'Grady 1.40. NS. 3. O Pickering 1.35. LJ. A. 3. A Giles 5.04. B. 4. J Ellerton 4.56. NS. O Sadowski 4.65. SP. A. 4. R Witcombe 7.29. B. 2. O Sadowski 5.74. DT. A. 5. R Witcombe 16.83. B. 5. S Barlow 11.81. NS. T Vallins 14.83. JT. A. 3. C Platt 39.57. B. 1. R Witcombe 24.03. NS. 3. S Barlow 19.37. 4x100. 2. B&B (T Ogedengbe, N Marquez, J Ellerton, C Platt) 49.3. 4x300. 2. B&B (B O'Grady, T Thomas, T Vallins, M Caceres) 2.58.8. **Under 15 Girls.** Match. 1. B&B 159.5, 2. Bexley 137.5, 3. Invicta East Kent 123, 4, Dartford Harriers 122, 5. Cambridge Harriers 115, 6. Tonbridge 74, 7. Sevenoaks 55. 100. A. 3. E Adese 12.9. B. 1. I Rae 13.4. NS. F Sogoye 13.6. 300. A. 1. S Gadzama 44.3. B. 2. M Caceres 46.4. 1500. A. 4. C Stevens 5.43.2. B. 1. L Marston 5.43.9. NS. A Mernaka 5.33.9. 75H. A. 2. H Coulson 12.9. B. 2. C Bowling 16.5. HJ. A. 1. H Coulson 1.40. B. 4. E Adese 1.20. NS. I Rae 1.30. LJ. A. 4. H Coulson 3.99. B. 1. F Sogoye 3.92. NS. E Olagbolabo 4.38. SP. A. 1. E Adese 11.24. B. 5. C Bowling 5.78. NS. 2. L Palmer 4.87. DT. A. 6. C Bowling 15.45. B. 2. L Palmer 15.20. HT. A. 3. C Bloodworth 28.17. 3. L Palmer 9.81. 4x100. 1. B&B (S Williams, C Nketia, I Campbell – Andou, E Adese)

49.8. 4x300. 1. B&B (I Pauling, I Rae, C Bloodworth, L Kyriacou) 3.04.6. **Under 13 Boys**. Match. 1. B&B 127.5, 2. Dartford Harriers 123, 3. Tonbridge 118.5, 4. Bexley 111, 5. Sevenoaks 82, 6. Cambridge Harriers 71, 7. Central Park Athletics 70, 8. Invicta East Kent 48. 100. A. D Djan – Krofa 13.3. B. 5=. R Carey 14.7. NS. H Luck 14.9. 200. A. 7. H Luck 30.8. B. 2. Z Ferraz 29.8. 1500. A. 6. N Crossan 5.23.0. B. 4. A Crossan 5.25.7. 75H. A. 1. J Ruby 12.5. B. 1. S North 14.3. HJ. A. 1. S North 1.40. B. 1. J Ruby 1.40. LJ. A. 3. Z Ferraz 4.25. B. 1. H Luck 3.66. NS. R Carey 3.93. SP. A. 1. J Ruby 8.62. B. -. DT. A. -. B. -. JT. A. 1. S North 28.95. B. 2. J Barlow 15.83. 4x100. 2. B&B (J Ruby, D Djan – Krofa, Z Ferraz, S North) 56.0. **Under 13 Girls**. 1. B&B 150.5, 2. Dartford Harriers 137.5, 3. Tonbridge 113, 4. Invicta East Kent 84, 5. Sevenoaks 83, 6. Cambridge Harriers 69, 7. Bexley 65, 8. Central Park Athletics 39. 75. A. 3. E Brooker 10.2. B. 1. N Carr 10.3. 150. A. 3 E Brooker 20.5. B. 1. N Carr 20.5. 1200. A. 2. E John 4.21.5. B. 1. E McGillivray 4.27.3. NS. I Jenkins 4.48.7. 70H. A. 2. F Pearson 12.0. B. 3. A Scala 13.7.HJ. A. 1. A Scala 1.57. B. -. LJ. A. 2 A Scala 4.13. B. 2. F Pearson 3.98. NS. E McGillivray 3.62. SP. A. 1. K Pwol 8.84. B. 2. D Simpson 5.46. JT. A. 4. D Simpson 12.52 B. 1. N Cox 11.45. HT. A. 3. D Simpson 9.36. B. 2. E John 5.36. 4x100. 4. B&B (N Carr, F Pearson, A Scala, E Brooker) 58.5.

RunThrough Tatton 10k. 11. N Kingston 38.18 (38.14).

Parkruns. Bromley. 2. G Lugar 16.42, 5. T Sugden 17.14, 10. C Aves 18.03, 11. P Sharpe 18.06, 12. K Farrell 18.16, 33. S Evenden 19.38, 53. M Maddocks 20.33, 55. J Bunn 20.38, 58. K Sugden 20.41, 59. S Tran 20.43, 60. T Tran 20.43, 67. C Martin 21.02, 70. C Hutton-Squire 21.26, 79. H Schmidt 21.55, 117. A Adams 23.14, 214. G Griffen 25.33, 216. I Montgomery 25.39, 304. J Montgomery 27.38, 332. J Isaacs 28.32, 338. B Wilson 28.45, 371. D Appleton 30.11. **Bexley**. 145. C Pike 27.54. Guildford. 346. B Thomas 35.41. **Brockwell, Herne Hill**. 158. J Unwin 26.49. **Maidstone**. 16. S Pairman 21.23, 169. J Pairman 30.20. **Beckenham Place park**. 19. T Nash 21.14, 44. A Stocks 22.33, 131. Z Kingsmell 26.21. **Dulwich**. 6. D Adams 17.06, 28. L Moloney Pedro 19.11. **Orpington**. 5. J Georgiadis 19.32, 24. K Dervish 22.36 (1st woman). **Preston Park, Brighton**. 23. B Harrington 20.28. **Tonbridge**. 434. M Keene 44.06. **Portobello, Edinburgh**. 41. M Ellison 23.13, 129. A Cilia 28.17. **Great Notley**. 98. N Milmo 29.02. **Northallerton**. 69. C Swatton 26.59. **Tooting Common**. 36. T Nguyen 20.55 (1st woman). **Exmouth**. 90. B Minting 24.14. **Clapham Common**. 192. J Cunningham 23.36. **Bethlem Royal Hospital**. 6. J Butler 22.24. **Ifield Mill Pond**. 11. M Simms 24.42. **The Leas, Minster**. 1. B Wilson 19.09. **Durlston Country Park**. 14. G Hollingdale 24.50. **Thames Path, Woolwich**. 216. G Collins 36.08

16/7/23

Masters Grand Prix inc Northern Masters Championships, Leigh. 100. R8. 1. I Firla 13.26 (0.9). 400. R5. 3. I Firla 59.44. 100H.1. I Firla 19.16 (-1.5).

Newham & Essex Beagles Track Open Meetings Summer Series 2023. Men. 100. A7. 5. R Francis 11.01 (1.9), 6. D Bovell 11.10. A9. 3. C Lyttle 10.76 (3.4). A12. 3. I Abdulkarim 11.07 (0.6). A15. 3. C Ndukwu 11.27 (3.1). A20. 3. V Charles 12.03 (1.7). B5. DNF C Lyttle. B6. 3. C Lyttle 10.58 (8.1). B9. 3. R Francis 10.94 (2.4). B10. 4. I Abdulkarim 11.10 (0.9), 5. D Bovell 11.14. B13. 6. C Ndukwu 11.50 (0.4). B17. 6. V Charles 12.09 (1.7). 200. R1. R Francis 22.78. (0.6). R10. 3. C Ndukwu 23.70 (-1.2). 400. R5. 2. Zuriel Nwogwugwu 52.44. Women. 400. R1. 1. A Anning* 52.09. R3. 3. G Martin 61.00.

Run Dorney Half Marathon. 22. S Evenden 88.57 (88.51).

Junior Parkruns. Bedford. 4. N Crossan 7.24, 5. A Crossan 7.37. **Bromley**. 1. L Moloney Pedro 7.04

18/7/23

Standard Chartered Great City 5K. 30. P Brooks 16.27, 415. T. Nguyen 19.51, 514. T Nash 20.17.

19/7/23

BMC Regional Races, Sutcliffe Park. 800. B. 7. J Starvis 1.59.76. E. 4. A Whitelock 2.09.63. F. 2. K Cornish 2.16.99, 6. L Smith 2.23.96. 1500. B. 2. J Hill 4.14.13, 8. H Fage 4.22.65, 12. M Squibb 4.26.70. C. 2. I Williams 4.39.65, 3. H Clark 4.43.01, 4. A Barnes 4.43.93.

Cambridge Harriers Track & Field Night, Sutcliffe Park. 100. R1. 2. M Knight 11.21 (1.9). R2. 1. A Morrell 11.89 (1.9), 3. A Okunbar 12.09, 8. C Boniface 12.86. 400. Men. R2. 1. A Morrell 55.00, 4. T Chambers 58.14. R3. 2. C Martin 65.25, 3. V Hajdukovic 72.74. Women. R1. 1. C Cole 58.76. 800. R1. 5. H Verster 2.04.26. R2. 5. D Horgan 2.16.90, 6. G Martin 2.19.30. R3. 3. O Magee Brown 2.24.60. R4. 2. K Dervish 2.31.83, 7. M Shilland 2.37.02. R5. 3. F Pearson 2.33.17, 4. A Homans Yau 2.34.51, 7. E Chambers 2.41.51. R6. 2. I Pearson 2.41.25. 1500. R3. 3. A Martin 4.43.92, 6. S Middlewood 4.47.48. R4. 8. R Pearson 5.27.35. SP. U20M. 6k. 1. B Duncan 11.48. DT. 1.75k. 1. B Duncan 43.91.

Lee Valley Sprint Nights. 100. R2. 4. I Abdulkarim 11.19 (-0.5).

Meeting Arcobaleno Atletika Europa, Celle Ligue, ITA. Men. 100. R9. 2. L Dorrell* 10.38 (-0.2). 800. R1. 9. H Fisher 1.47.19. **Women**. 400. R2. 3. L Evans 53.62.

South West PB series 5k, Bath. 25. D Kennedy 16.15.

New Marske Summer Coast 5k. 3. S Davis* 16.08.

20/7/23

Track Academy Outdoor Cup, Willesden. 75. U11. R2. 1. E Aldridge 11.18 (2.3). 800. 2. E Aldridge 2.38.72.

21/7/23

Wanda Diamond League, Monaco. 200. 3. D Asher Smith 22.23 (0.2).

22/7/23

UKA YDL Lower, Tonbridge. Match. 1. Havering 543, 2. Tonbridge 538, 3. B&B 528, 4. Reading 461, 5. Basildon 397, 6. Team Dorset 380. **Under 15 Boys**. 100. A. 3. C Platt 12.05 (0.3). B. 4. N Marquez 12.66 (1.2). N/S. 2. D Olatunji 12.64 (-0.4), 6. O Sadowski 13.41. 200. A. 5. T Ogedengbe 24.90 (0.7). B. 4. J Yamoah 26.04 (-1.2). 300. A. 6. T Ogedengbe 43.47. B. 5. T Vallins 42.06. 800. A. 2. J Scanes 2.02.13. B. 1. K Farrell 2.14.43. NS. 1. M Caceres 2.22.91. 1500. A. 3. L Elmqvist 4.38.57. B. 2. D Horgan 4.44.37. 80H. A. 4. J Ellerton 13.07 (1.4). B. 2. A Giles 12.91 (1.9). HJ. A. 2. A Giles 1.60. B. 3. F Sinkinson 1.35. LJ. A. 4. A Giles 5.06. B. 4. J Ellerton 4.46. PV. A. 1. C Platt 3.60. B. 1. R Witcombe 2.20. SP. A. T Vallins 7.33. B. 3. R Witcombe 7.20. DT. A. 1. G Henderson 35.32. B. -. JT. A. 4. G Henderson 35.23. B. 3. C Platt 31.66. HT. A. 2. G Henderson 44.91. B. 2. R Witcombe 21.13. 4x100. 4. B&B (O Sadowski, J Ellerton, D Olatunji, N Marquez) 50.08. 4x300. 2. B&B (C Platt, M Caceres, T Vallins, J Scanes) 2.45.68. **Under 15 Girls**. 100. A. 2. C Nketia 12.76 (1.5). B. 2. C Boniface 13.20 (-0.7). NS. R1. I Campbell Andou 13.47 (-2.1). R2. 1. S Williams 13.30 (0.2). 200. A. 2. C Nketia 26.02 (-3.0). B. 1. C Boniface 26.97 (1.1). 300. A. 2. L Kyriacou 42.27. B. 1. L Smith 41.87. 800. A. 3. S Tran 2.29.39. B. 1. N Stanley 2.25.68. NS. R1. 1. M Caceres 2.49.62. R2. 2. R Pearson 2.41.00. 1500. A. 1. I Williams 4.40.97. B. 1. N Mossi 5.04.73. 75H. A. 5. B Regan 12.84 (2.2). B. 3. H Coulson 13.20 (0.8). HJ. A. 4. H Coulson 1.40. B. 3. E Adese 1.30. LJ. A. 4. I Campbell Andou 4.33. B. 3. S Tran 4.16. PV. A. -. B. -. SP. A. 2. E Adese 10.27. B. 3. H Coulson 6.86. DT. A. 6. C Bowling 15.14. B. 6. B Regan 10.96. JT. A. 5. C Hough 16.64. B. 3. E Adese 16.21. HT. A. 6. B Regan 15.06. B. 5. C Bowling 7.02. 4x100. DQ. B&B (S Williams, C Nketia, I Campbell Andou, C Boniface). 4x300. 1. B&B (L Kyriacou, B Regan, A Jenner Heard, L Smith) 2.54.69. **Under 13 Boys**. 75. A. 6. T J Owen 10.97 (1.6). B. 6. D Djan Krofa 11.19 (0.9). NS. R1. 3. T Fairbanks 10.97 (-1.2). 150. A. 6. J Senior 20.86 (3.5). B. 6. T Fairbanks 21.68 (0.9). 800. A. 4. F Gotkine 2.32.98. B. 5. B Evans 2.46.21. NS. R1. 2. R Carey 2.54.22. R2. J Barlow 2.40.77. 1200. A. 1. A Smith 3.53.10. B. 3. J Bunn 4.08.18. 75H. A. 1. J Ruby 12.70 (0.3). B. 2. S North 14.53 (1.2). HJ. A. 2. S North 1.45. B. 1. J Ruby 1.40. LJ. A. 6. J Barlow 3.58. B. 3. J Senior 3.14. SP. A. 1. J Ruby 9.25. B. 6. A Smith 3.92. JT. A. 2. S North 34.12. B. 4. J Barlow 16.32. 4x100. 3. B&B (T J Owen, D Djan Krofa, J Senior, T Fairbanks) 56.55. **Under 13 Girls**. 75. A. 4. Z Dixon 10.54 (-0.4). B. 1. E Brooker 10.55 (0.5). NS. R2. 3. E John 11.61 (1.5). 150. A. 3. E Brooker 20.53 (2.4). B. 2. N Carr 20.62 (0.7). 800. A. 2. F Pearson 2.31.91. B. A Ramdeen 2.36.65. NS. M Nahornaya 2.35.35. 1200. A. 2. A Homans Yau 3.59.95. B. 1. S Mossi 4.15.72. 70H. A. 2. F Pearson 12.08 (-0.7). B. 4. A Scala 13.80 (-1.5). HJ. A. 1. A Scala 1.50. B. 4. Z Dixon 1.25. LJ. A. 2. A Scala 4.35. B. 1. A Ramdeen 4.13. SP. A. 2. K Pwol 8.68. B. 5. A Ramdeen 5.80. JT. A. 4. K Pwol 14.34. B. NM. S Mossi. 4x100. 1. B&B (N Carr, Z Dixon, A Scala, E Brooker) 54.83. **Final Placings**. 1. B&B 22, 2. Tonbridge 19, 3. Reading 14, 4. Havering 13, 5. Team Dorset 11, 6. Basildon 5.

Parkruns. Bromley. 1. G Lugar 16.39, 2. J Georgiadis 16.39, 16.39, 7 P Sharpe 17.53, 11. C Aves 18.07, 13. A Martin 18.13, 20. S Evenden 18.54, 26. L Moloney Pedro 19.05, 28. W Spurle 19.08, 31. N Crossan 19.22, 38. T Nguyen 19.47 (1st woman), 60. A Crossan 20.37, 64. C Martin 20.51, 68. M Maddocks 21.01, 71. K Sugden 21.04, 74. M Evans 21.09, 75. H Schmidt 21.10, 85. S Belaon 21.25, 182. A Perry 24.21, 247. M Wallace 25.43, 305. A Tucker 26.45. **Bexley**. 118. C Pike 27.12. **Endcliffe**. 122. A Kingston 23.42. **Beckenham Place park**. 209. B Wilson 30.30, 271. A Pontifex 36.47. **Bournemouth**. 306. P Hamilton 28.46. **Lymington Woodside**. 41. J Cunningham 23.14. **Hoblingwell.** 12. C Hutton-Squire 23.52. **Hilly Fields**. 47. A Lawes 22.57. **Orpington**. 24. A McDonagh 23.09 (1st woman), 75. D Leal 27.27. **Barking**. 38. G Collins 26.17. **Margate**. 12. S Pairman 22.22, 100. J Pairman 29.59, 110. J Isaacs 30.24, 128. D Appleton 32.14, 167. B Thomas 36.32, 193. R Griffin 50.58. **Tonbridge.** 469. M Keene 41.46. **Peckham Rye**. 102. J Turner 25.45, 255. M Turner 35.00. **Dartford**. 3. P Brooks 18.50. **Northallerton**. 22. C Swatton 22.51. **Exmouth**. 96. B Minting 23.49. **South Woodham Ferrers**. 43. G Griffin 26.28. **Bethlem Royal Hospital**. 6. I Scott 20.19, 32. I Pearson 25.01, 35. J Unwin 25.17, 37. Ian Montgomery 25.28, 39. I Swatton 25.33, 41. M Simms 25.35, 59. J Montgomery 28.33. **Alton Water**. 34. Z Kingsmell 27.02, 68. A Kingsmell 37.30.

22-23/7/23

England Athletics Senior and Disability Championships and UK Athletics Combined Events, Chelmsford. **Men**. 100. 3. K Awe* 10.64 (-1.0). Ht3. 1. K Awe*10.74 (-2.2), 5. M Damoah 11.08. 200. 1. L Dorrell* 21.09 (-0.3). Ht1. 1. L Dorrell 21.47 (0.0). 400. 1. D Putnam 46.41. Ht1. 1. D Putnam 46.73. P2. 2. P Reid 52.08. Ht2. 1. P Reid 54.10. 3000 s/ch. 1. L Mills 9.07.97, 8. L Harknett* 9.27.71. TJ. 7. E Dodoo 14.13 (3.1) (13.84 (1.6)). SP. 4. D Claydon 15.04. DT. 3. D Claydon 51.00, 4. D Aladese 49.88. HT. 3. B Hawkes 68.13. **Women**. 100. 1. D Kuypers 11.88 (-1.8). Ht2. 4=. S Hylton 12.26 (-1.2). Ht3. 1. D Kuypers 12.17

(-2.3). 200. 1. L Evans 23.82 (-0.3), 3. D Kuypers 24.14. 400H. 7. A Hill 59.97, 8. S Elliss 60.15. Ht1. 4. A Hill 59.68. Ht2. 3. S Elliss 58.85. PV. 4=. S Dowson 3.82. DT. 1. Z Obamakinwa 53.26.

23/7/23

London Athletics Meeting. Men. 800. 3. A Botterill* 1.44.75, 9. S Reardon 1.48.50. **Women**. 100. 2. D Asher Smith 10.85 (1.2). **Under 20 Men**. 4x100. 4. B&B 42.82. **Under 20 Women**. 7. B&B 54.20. **Under 17 Men**. 3. B&B 42.23. **Under 17 Women.** 2. B&B 47.57.

Trafford Grand Prix. 1500. R2. 8. M Bolland Cage 4.11.94.

Junior Parkruns. Bromley. 1. B Evans 7.47, 6. P Traynier 8.33 (1st girl), 35. S Rayner 10.34. **Park Wood**. 1. L Moloney Pedro 7.04.

25/7/23

Exeter Evening Open Meeting. 75. U11. R1. 1. E Aldridge 11.24 (2.0). R2. 4. L Aldridge 13.05 (1.6). 600. 1. E Aldridge 1.51.41, 12. L Aldridge 2.21.15. LJ. U11B. 5. E Aldridge 3.46. U11G. 9. L Aldridge 2.42.

26/7/23

BMC Regional Races, Tooting. Men. 800. A. 1. S Reardon 1.47.31, 2. H Fisher 1.48.25. **Women**. A. 8. N Bridson Hubbard 2.04.45. B. 4. I Williams 2.16.28, 5. H Clark 2.16.89, 8. K Cornish 2.18.66. C. 3. L Meers 2.23.79, 4. O Magee Brown 2.24.25, 6. L Kyriacou 2.24.94. D. Mx. 2. J Brooks 2.02.64. E. 5. M Squibb 2.10.76, 7. C Kelly Gordon 2.11.56. 1500. D. 6. J Scanes 4.01.41. E. 2. J Starvis 4.08.17.

Brighton Track Night. 300. MA2. 2. J Newman 43.73. 3000. 6. A Barnes 10.21.64.

SSAFA 5k, Cardiff. 24. D Kennedy 16.20.

Parris Handicap. 1. J Butler 32.02 (21.32), 2. S Beadle 32.14 (19.14), 3. A Powell 32.17 (25.02), 4. Z Kingsmell 32.19 (24.34), 5. L De Bruyn 32.34 (18.04), 6. C Fishlock 32.44 (21.59), 7. K Sugden 32.50 (21.05), 8. A Stocks 32.53 (22.08), 9. I Montgomery 32.59 (23.14), 10. S Belaon 33.18 (22.18), 11. M Turner 33.30 (33.30), 12. D Beadle 33.34 (21.49), 13. E De Bruyn 33.38 (20.53), 14. I Swatton 33.40 (25.10), 15. D Leal 35.06 (26.21), 16. G Collins 35.28 (25.58).

27/7/23

B&B Open Meeting. 100. R1. A Jolaoso 10.79 (-0.2), 3. I Abdulkarim 11.08, 5. R Francis 11.14, 6. M Knight 11.27. R2. 3. M Byfield 11.38 (0.2), 4. M Corrodus 11.41, 5. R Mourtada 11.41, 6. A. Islam Medeaux 11.67, 7. C Platt 11.76. R3. 3. A Morrell 11.98 (0.2), 5. H Vallins 12.21. R4. 1. E Madubata 11.79 (-0.6), 4. J Merry 12.20, 6. N Marquez 12.54, 7. C Boniface 12.65. R5. 1. H Verster 12.24 (0.2), 2. D Olatunji 12.37, 6. S Nelson Langaigne 12.79, 7. E Adese 12.82. R6. 2. T Vallins 12.66 (0.0), 3. L Vallins 13.04, 5. O Sadowski 13.32, 7. F Sogoye 13.62. R7. 2. E Brooker 13.68, 3. D. Sage 13.83, 6. N Springer 15.33. R8. 3. T Fairbanks 14.26 (-0.1), 5. A Hemetsbeger 15.09. 400. R1. 4. L Dronfield 50.90. R2. 1. R Mourtada 50.31, 2. H Verster 53.60, 4. L Goslin 54.38. R3. 1. H Vallins 53.96, 2. C Wray 55.29, 3. A Hill 56.62, 4. T Chambers 57.94, 5. M Squibb 59.42, 6. L Meers 62.15. R4. 1. L Smith 58.62, 2. L Kyriacou 59.39,3. Samantha Williams 61.66, 4. H Clark 61.53, 5. O Magee Brown 62.48, 6, M Shilland 65.55. 800. R1. M Smith 2.02.05, 3. M Constable 2.04.41, 6. F Hillier 2.07.07, 8. K Farrell 2.10.56, 9. K Bryan 2.18.97. R2. 1. D Horgan 2.12.98, 2, B O'Grady 2.15.16, 6. N Stanley 2.23.24, 7. S Tran 2.23.95, 10. L Bridgeman 2.35.25. R3. A Smith 2.25.53, 2. R Tran 2.27.94, 3. E Botten Vanacore 2.29.45, 5. M M Mooney Clarke 2.30.05, 6. A Ramdeen 2.31.07, 8. J Lee 2.31.56, 9. B Regan 2.33.44. R4. 1. E Chambers 2.32.37, 2. K Dervish 2.33.87, 4. I Pearson 2.37.45, 6. E Denbow 2.38.87, 8. C Morez 2.40.53, 10 C Stevens 2.45.66. R5. 1. A El Mourtabite 2.37.83, 2. A Starkey 2.40.11, 5. A Lee 2.49.43, 6. I Jenkins 2.54.02, 7. H Hughes 2.57.02, 8. F Denbow 3.03.57, 9. N Cox 3.15.53. 1500. R1. 2. L Elmqvist 4.28.44, 3. N Clark 4.33.65, 6. L Moloney Pedro 4.48.75, 8. J Shaw 4.56.76, 9. O Ward 4.57.14, 11. W Spurle 5.01.98. R2. 2. K Firth 4.55.78, 3. C Firth 4.58.79, 6. A Homans Yau 5.07.85, 8. J Bunn 5.08.54, 10. T Tran 5.12.89, 13. A Mernaka 5.43.14. Mile. R1. 7. S Middlewood5.15.39, 13. C Hutton Squire 5.35.70. R2. 5. E De Bruyn 5.38.66. 400H. U17M. 1. A Morrell 59.24. Senior Women. 1. S Elliss 58.81, 2. A Hill 59.64, 3. K Pullin 65.35. 3000 walk. 2. J Ellerton 15.56.37, 5. T Checkeku Boamah 17.40.96, 6. M Ellerton 17.43.75. LJ. 2. I Marshall 5.32, 5. E Algeo 4.75, 6. J Ellerton 4.57, 7. H Coulson 4.38, 10. A Ramdeen 4.18, 13. H Luck 3.66, 14. H Hughes 2.92. PV. 2. C Wray 2.40, 4. L Meers 2.30, 6=. M Shilland 2.00, 9. E Brooker 2.00. HT. 4k. 1. G Henderson 47.75.

Tracksmith London Twilight 5000. 5000. R7. 22. P Brooks 16.58.4.

Yeovil Evening Open. 400. 1. G McGrady 53.37.

28/7/23

SCVAC League, Kent, Dartford. M35. 100. 1. D Bovell 11.3. B. 1. A Reid 12.1. 800. A. 5. S Hough 2.33.4. B. 4. T Ayres 2.35.8. 4x200. 3. B&B (C Leon, T Ayres, A Reid, D Bovell) 1.48.1. LJ. 1. A Reid 5.65. DT. 5. T Ayres 17.87. **M50**. 100. 5. L Ercolani 14.2. 800. 3. L Ercolani 2.23.6. LJ. 3. L Ercolani 4.37. DT. 5. L Ercolani 13.02. **M60**. 100. 4. T Phillips 15.1. LJ. 3. C Leon 4.10. DT. 4. C Leon 26.85. **Match**. 1. Tonbridge 71, 2. Dartford Harriers 65, 3. Cambridge Harriers 59, 4. B&B 51, 5. Bromley Vets 34.

Overall. 1. Tonbridge 36, 2. Dartford Harriers 30, 3. B&B 22, 4. Cambridge Harriers 20, 5. Bromley Vets 12, 6. Paddock Wood 5. **W35**. 100. A. 1. L Vallins 13.1. B. 1. S Williams 13.8. 800. A. 2. C Coulon 2.32.8. B. 2. K Sugden 2.50.7. 4x200. 1. B&B (S Williams, H Godsell, D Sage, L Vallins) 1.57.2. HJ. 3. D Sage 1.15. LJ. 2. D Sage 4.18. DT. 5. S Williams 12.69. **W50**. 100. 3. H Godsell 15.2. 800. 4. Z Kingsmell 3.27.6. HJ. 3. A Cilia 1.00. LJ. 6. A Cilia 2.51. DT. 6. A Cilia 10.64. **W60**. 800. 1. H Godsell 3.24.7. HJ. 4. H Godsell 0.90. **NS**. 100. D Sage 14.0. 800. M Turner 4.55.1. **Match**. 1. Tonbridge 62, 2. B&B and Dartford Harrier 60.5, 4. Bexley 50, 5. Cambridge Harriers 39, 6. Central Park Athletics 32. **Overall**. 1. Tonbridge 36, 2. B&B 24, 3. Dartford Harriers 23.5, 4. Bexley 18, 5. Cambridge Harriers 16.5, 6. Central Park Athletics 8.

Serpentine Last Friday Of The Month 5k, Hyde Park. 54. T Nguyen 20.09.

29/7/23

Be Fit Today Academy Outdoor Series, Lee Valley. 100. Men. A3. 4. V Charles 11.78 (3.2). A18. 2. K Gowan Wade 10.44 (2.9). A19. 1. K Awe* 10.27 (1.4). B7. 8. V Charles 11.92 (1.9). B16. 5. K Awe 10.13 (2.9), 8. K Gowan Wade 10.46. Women. A3. 3. I Campbell Andou 12.99 (2.2). B3. 6. I Campbell Andou 12.90 (1.9).

BMC Grand Prix – World Athletics Challenge, Birmingham. Men. 800. B. 2. B Gardiner 1.51.09. C. 7. H Cox* 1.56.24. **Women**. 800. D, 2. C Sharp 2.11.48. E. 5. L Smith 2.19.28. 1500. A. 1. N Bridson Hubbard 4.11.13. C. 9. I Williams 4.44.05.

Derek Crookes Under 13 Inter County, Walton. Boys. 75H. A1. 2. J Ruby 12.11 (2.7). Girls. 100. B2. 3. Z Dixon 13.47 (4.2). 800. R1. 1. K Bryan 2.20.60. R2. 5. F Pearson 2.33.49. 1500. R2. 5. A Homans Yau 5.14.20. LJ. B. 3. F Pearson 4.29 (2.4) (4.23 (0.4)).

World Athletics Continental 2023 Challenge, Loughborough. Men. DT. 4. D Claydon 53.85. **Women**. 100. A. 6. D Kuypers 11.69 (1.7). B. 4. D Kuypers 11.72 (1.6). PV. 2. S Dowson 4.03. JT. 1. B Walton 57.06. **Under 20 Men**. 110H. DNF. D Goriola.

Parkruns. Bromley. 5. C Aves 18.46, 10. D Horgan 19.05, 17. K Farrell 19.55, 21. W Spurle 20.09, 28. T Nguyen 20.31 (1st woman), 40. S Evenden 21.40, 41. T Tran 21.41, 43. C Fishlock 21.43, 51. H Schmidt 22.05, 84. S Tran 23.47, 97. A Adams 24.15, 131. L Bhadeshia 24.57, 138. G Lugar 25.05, 139. I Swatton 25.06, 141. M Wallace 25.07, 229. G Lloyd 26.52, 315. R Tran 28.53, 439. J Isaacs 32.45, 442. David Appleton 32.50, 571. R Griffin 38.52, 605. D Lawrie 46.06. **Bexley**. 101. C Pike 26.37. **Beckenham Place park**. 146. L Arcuri 26.53, 196. N Milmo 29.40. **Walsall Arboretum**. 6. C Davis* 15.18. **Wormwood Scrubs**. 61. A Perry 24.50. **Dulwich**. 54. L Moloney Pedro 18.51, 71. B O'Grady 19.11. **Queen's, Belfast**. 80. G Collins 28.11. **Orpington**. 13. K Dervish 22.19 (1st woman), 26. G Firth 24.11, 62. D Leal 27.10. **Marlay**. 21. S Fleming 20.53. **Pegwell Bay**. 4. B Wilson 17.51. **Queen Elizabeth park**. 90. M Keene 32.59. **Brentwood.** 58. C Faries 31.43. **Foots Cray Meadows**. 17. J Turner 26.53, 46. M Turner 34.54. Kingdom. 17. I Montgomery 24.32. **Bethlem Royal Hospital**. 12. E Regan 23.12 (1st woman), 28. Z Kingsmell 26.36, 74. A Kingsmell 39.12. **Land's End**. 48. G Allan 25.33. **Great Yarmouth North Beach**. 49. G Griffin 38.48. **Edenbrook Country park**. 86. B Minting 24.50.

30/7/23

CAS Meeting International, Schifflange, LUX. Men. 400. R1. 1. S Reardon 46.46. **Women**. 400. R2. 1. L Evans 53.58.

YDL Upper, Crawley. Match. 1. B&B 757, 2. Harrow and Dacorum 609, 3. Windsor Slough Etan & Hounslow 501, 4. Reading 492, 5. Crawley 450, 6. Shaftesbury Barnet 380. **Under 20 Men**. 100. A. 2. I Abdulkarim 11.34 (-1.6). B. 3. N Ndila 11.66 (-1.2). 200. A. 3. I Abdulkarim 23.30 (-2.9). B. 4. N Ndila 23.82 (-0.7). NS. A Islam Medeaux 24.34 (-0.7). 400. A. 2. T Owler 49.31. B. 1. M Corrodus 51.61. NS. C Barrett 54.14. 800. A. 1. T Sugden 2.03.52. B. 1. M Smith 2.05.58. 1500. A. 4. J Brooks 4.31.82. B. 2. K Adjei 4.45.10. 3000. A. -. B -. 110H. A. 2. L Dronfield 15.51 (-0.6). B. -. 400H. A. 1. L Dronfield 56.28. B. -. 2000 s/ch. A. -. B. -. HJ. A. 2. B Corry 1.70. B. 2. E Regan 1.60. LJ. A. 1. A Sharif 6.43. NS. C Hemeson 5.78. TJ. -. PV. NH, B Corry. SP. A. 2. B Duncan 11.77. DT. A. 1. B Duncan 42.90. JT. A. 4. B Platt 34.24. HT. NM. B Duncan. 4x100. 2. B&B (N Ndila, A Islam Medeaux, M Corrodus, I Abdulkarim) 44.56. 4x400. 1. B&B (M Corrodus, T Chambers, H Vallins, M Byfield) 3.38.32. **Under 20 Women**. 100. A. 4. T Haynes 12.57 (0.0). B. 5. E Kerr 13.22 (-1.2). NS. R Rennie 13.23 (-2.0), T Lewis 13.53 (-2.0). 200. A. 5. D Snell 26.09 (-1.3). B. 4. K Pullin 27.46 (-2.3). 400. A. 2. C Kelly Gordon 57.59. B. 2. G Martin 61.19. 800. A. 3. H Clark 2.20.24. B. 2. L Meers 2.26.55. 1500. A. 1. H Clark 4.54.63. B. 1. O Magee Brown 5.06.54. 3000. A. 2. O Magee Brown 11.28.98. B. 1. I Louth 11.34.48. 100H. A. 1. J Self 14.73 (-0.8). B. 3. J Sargeant 16.29 (-1.6). 400H. A. 2. K Pullin 69.01. B. 2. F Mpassy 67.63. 1500 s/ch. A. -. B. -. HJ. 3. J Sargeant 1.58. LJ. 3. J Sargeant 5.07. TJ. -. PV. A. 3. L Meers 2.45. SP. A. 1. R Rennie 10.86. B. 1. O Austin 10.81. DT. A. 1. O Austin 39.37. JT. A. 2. J Sargeant 33.33. B. 1. R Rennie 30.98. HT. A. 1. O Austin 46.15. B. 1. S Houston Ball 43.00. 4x100. 1. B&B (J Sargeant, K Pullin, E Kerr, T Haynes) 49.40. 4x400. 1. B&B (G Martin, F Mpassy, L Meers, C Kelly Gordon) 4.00.13. **Under 17 Men**. 100. A. 1. J Beecroft 10.85 (-0.1). B. 2. M Clark 11.13 (-0.5). NS. D Ikuesan 11.97 (-1.1), J Cope 11.66 (-1.1). 200. A. 2. M Byfield 23.16 (-2.8). B. 4. H Vallins 25.13 (-1.3) 400. A. 1. J Lawson 50.83. B. 1. Zuriel Nwowugwu 52.24. 800. A. 3. M Constable 2.06.85. B. 1. H Verster 2.06.21. NS. T Chambers 2.23.28. 1500. A. 4. F Hillier 4.37.48. B. 1. C Wray 4.55.06. 3000. A. 2. H Fage 9.49.22. B. 1. J Healey 9.49.56. 100H. A. 1. R

Mourtada 13.28 (-1.3). B. 1. A Nikoro 14.30 (-0.6). 400H. A. 1. R Mourtada 57.72. B. 1. A Morrell 63.02. 1500 s/ch. A. 1. H Fage 5.07.12. B. 1. F Hillier 5.08.01. HJ. A. 2. A Nikoro 1.80. LJ. A. 2. O J Okoro 6.09. TJ. -. PV. A. 3. F Kitteridge 3.60. B. 1. C Wray 2.70. SP. A. 3. Z Nwogwugwu 11.39. B. 1. E Ibrahim 9.90. DT. A. 5. A Morrell 27.52. B. NM M Kennedy. JT. A. 4. E Ibrahim 44.99. B. 2. M Kennedy 43.23. HT. A. 4. M Kennedy 24.39. 4x100. 1. B&B (M Clark, M Byfield, D Ikuesan, J Beecroft) 43.09. 4x400. 1. B&B (Zuriel Nwogwugwu, A Morrell, M Constable, J Lawson) 3.32.37. **Under 17 Women**. 100. A. 1. I Marshall 12.59 (0.1). B. 1. Z Okoroafor 12.82 (0.5). 200. A. 4. I Marshall 27.51 (0.0). B. 1. S Kidd 26.53 (-2.3). 300. A. 2. J Newman 43.32. B. 1. M Shilland 46.40. 800. A. 6. L Bishoff 2.38.24. B. 3. E Chambers 2.35.68. 1500. A. 3. 1 Pearson 5.42.90. B. -. 3000. A. -. B. -. 80H. A. 1. D Snell 11.63 (-1.2). B. 1. S Kidd 11.97 (0.2). 300H. A. 2. A Bloomfield 48.60. B. 1. A. Cockburn 52.46. 1500 s/ch. A. 2. A Cockburn 5.50.15. B. -. HJ A. 3. M Shilland 1.30. LJ. A. 1. I Marshall 5.38. B. 1. S Kidd 5.27. TJ. -. PV. A. 1. L Anderson 2.15. B. NM. M Shilland. SP. A. 2. E Simpson 9.63. NS. T Ndikanwu 10.38, L Webb 7.96. DT. A. 1. E Simpson 35.21. B. 1. L Webb 23.06. JT. A. 1. T Ndikanwu 28.57. HT. A. 2. L Webb 35.01. 4x100. 1. B&B (I Marshall, D Snell, Z Okoroafor, S Kidd) 47.96. 4x300. 1. B&B (J Newman, A Bloomfield, M Shilland, D Snell) 2.56.88. **Final League Positions**. 1. B&B 24, 2. Harrow and Dacorum 20, 3. Windsor Slough Eton & Hounslow 14, 4. Shaftesbury Barnet 11, 5, Reading 10, 6. Crawley 5.

East Peckham 10km, Tonbridge. 106. M Ellison 48.01 (47.52).

East Anglian League, Kings Lynn. SP. A. 1. G Vickery* 7.63. DT. B. 1. G Vickery* 24.73. JT. A. 2. G Vickery* 19.09. HT. A. 1. G Vickery* 45.34.

University Of Birmingham Track & Field Festival Day Two. 1500. R3. 3. Will Fuller* 3.59.02.

Junior Parkruns. Bromley. 1. L Moloney Pedro 7.03, 2. B O'Grady 7.18, 10. A Mernaka 8.38 (1st girl). **Eltham**. 1. J Scanes 6.30. **Beckenham Place park**. 5. E Regan 8.21 (1st girl).

125 years ago in July 1898.

In the second round of the Kent Water Polo Competition, Goldsmiths Institute beat Blackheath Harriers by 8 goals to nil at Ladywell. Every member of the team scored. Every member of the Blackheath team didn't score.

The Bromley Common Flower Show Annual Sports takes place in the park, Bromley Common, by kind permission of Mr A C Norman JP. It is generally agreed that this is the best show ever, the Sports being increasingly attractive. Among the officials are Blackheath Harriers' J H A Reay and Arthur Cook. H F Pash is third in the quarter mile open, and E Ratcliff is second in the Open Mile Handicap. The meeting includes the Ambulance Competition where teams have to run to a patient and treat him for a fractured leg and arterial bleeding. He then has to be put on a stretcher and returned to the starting point. A glass of water is placed on the stretcher to indicate the steadiness of the carrying. After 8 pm the remainder of the evening is dancing to the Hayes Brass Band.

Blackheath Harriers and Catford Cycling Club have a joint meeting at Catford Sports Ground. The two miles flat handicap is won by E Ratcliffe from H A Munro with J Metcalf third.

100 years ago in July 1923.

At the AAA's Championships at Stamford Bridge, H B Stallard wins the mile in 4.21.6 and Henri Dauban is second in the javelin with 44.36. "Dauban is a British subject, although his mother tongue, curiously enough, is French, and at present he finds English a little difficult… He is another of our alert hon secretary's discoveries, and affords a fresh illustration of H J Dyball's remarkable ability to introduce members of a particularly promising type to our Club." The Club also finish third in the Mile Relay (880 yards, 2 x 220 yards, 440 yards) with a team of R D Bell, R S Burley, G D Basan, R H Gollan.

At the fifth International Athletic contest between England, Scotland and Ireland, H B Stallard wins the mile by five yards and J R Major is third in the 220 yards. In a match against France in Paris, Stallard wins the 1500.

At the Third Evening meeting at Catford Bridge, Stallard wins the 600 yards handicap from scratch in 1 min 11 1/5 seconds, a fifth of a second outside the British Record and two fifths of a second worse than the World Record.

75 years ago in July 1948.

Jack Braughton is going to the Olympics. "We were all delighted to witness Braughton's three miles; his achievement in being the third Englishman to finish ensured that Blackheath would be honoured by having one representative in the Olympic team." Braughton warms up for the great event by winning the mile at the Woodhall Spa Flower Show and Sports in a time of 4.09 1/5 second.

But who should carry the Olympic flame?

“Sydney’s figure may not be ideal, but there is nothing wrong with his figures, as any record book would show…His claims stick out a mile – a record mile.” (Daily Herald 15/7/48).
“In thousands of hearts as the watchers turn to the entrance tunnel will be the secret hope that the torch bearer is the most courageous runner of our time Sydney Wooderson. No one will know till that moment whether the organisers have chosen glamor or greatness” (Daily News London 29/7/48).
“The only choice… should have been a little stoop – shouldered, dark haired, bespectacled Englishman, Sydney Wooderson, the greatest runner never to have won an Olympic title. Wooderson is the man the crowd want” (The People 25/7/48)
Sydney begins the month serving as a timekeeper at Tooting Bec where he is kept busy signing autographs.
Later in the month he attends the Hastings Olympic Year Festival promoted by Hastings Cycling & Athletic Club where he gives an exhibition 880 yard run. Winner of the club open mile championship is Anthony Pearson in a time of 4.32 2/5 sec. (Tony Weeks Pearson would be Blackheath Harriers Club President 1990-91).
Sydney ends the month as merely a spectator at the Olympics. His flame carrying abilities are not required.

50 years ago in July 1973

At the National AAAs Championships at Crystal Palace, Graham Gower is second in the 110 Hurdles in 14.5. He is also runner up for England in a match against Wales.
Tony Weeks Pearson wins the SCAAA veterans 2000 metres in 6.03.4.
Former Club member John Farrington, the English born Australian, records the Worlds fastest marathon of the year with a time of 2.11.12.6. at Christchurch in the New South Wales Championships.
Bob Richardson finishes fourh in the Belgrave 20 mie road race in 1.47.12. Barry O Gorman is 20th in 1.53.20.

25 years ago in July 1998

Blackheath Harriers have three individual winners at the AAA’s Under 20 Championships. Emeka Udechuku takes the discus with a UK Junior Record of 60.97 which is also a Club Senior Record. This ranks the 18 year old World Junior number one. He is also second in the shot and seventh in the javelin. Alloy Wilson wins the 400 and Chris Moss the 800. The other medallist is Nick Thomas who is second in the triple jump having led going into the final round.
Alloy, Chris, Emeka and Nick represent GB in a match against Spain and France in Alicante. Nick needs to jump 15.70 to qualify for the World Junior Championships and achieves exactly this mark in the final round. It is a new Under 20 Club record and he is in the team for the Worlds. Alloy breaks the Club Under 20 400 record with 47.31.
The clash with the AAAs Under 20s means the Club are below strength for the British League match at Watford and for the two Southern League matches that also take place that day. The Club also pick up five injuries on the day and are fourth in the third British League Division Two match which means that, going into the final fixture, Woodford Green and Cardiff have 20 points and Blackheath and Team Solent have 19.
At the English Schools at Exeter, Ruben Tabares takes the Senior Boys 400 Hurdles title. Aaron Evans wins the Intermediate Boys 400 and Nange Ursell the 400 hurdles while Katy Porter takes the Intermediate Girls 300 hurdles. Daniel Moore is second in the 1500 steeplechase and Bomene Barikor is third in the high jump. Sam Singer is second in the Intermediate Girls 800. Darren Watson wins silver in the Junior Boys 200.
As a result of these performances Aaron Evans, Nange Ursell, Daniel Moore, Sam Singer and Katy Porter are selected to represent England at the Schools International in Ayr.
Alexis Sharp represents Great Britain at the European Combined Events Championships finishing ninth with 7112 points.
At the AAAs Senior Championships, Bromley Ladies Myrtle Augee is second in the shot with a distance 17.39 which means she will be selected for her fourth Commonwealth Games Championships. Julian Golding finishes third in the 200 in what he regards as his worst race of the season. Nevertheless, it secures selection for the European Championships in the 200 and 4x100, and, as first Englishman, a place at the Commonwealth Games. Emeka Udechuku also takes bronze in the discus.
Both Blackheath Harriers and Bromley Ladies just miss out on places in the Gold and Jubilee Cup Finals after hard fought matches in the semi finals at Crawley. There is some consolation for Bromley as they do qualify for the Plate Final for the best non National League teams in the Cup Competition.
It’s the end of an era for the boys team in the National Young Athletes League. They finish runners up in the final match at Peterborough and miss out on a place in the National Final. They have won the previous nine National titles.

However, Blackheath's Junior men qualify for the National Final; the senior womens team is on course for promotion from Southern League Division Three; as are the mens Southern League Div Six team; and the Veterans team have won all five Kent League matches and are looking to win the Southern Final for the third year in a row. So successful is Veterans Athletics that in addition to over 40s and over 50s records, Past President Jim Day is to start work on over 60s records as well.

The British Veterans Championships take place in Newport with 60 mile an hour winds. Denis Wallington wins the over 45s long jump. Hugh Morten completes a middle distance double with victories in the over 50s 800, in a Club record of 2.15.36, and the 1500. Peter Hannell takes the 3000 walk, and Chris Ellis is third in the over 50s discus and Colin Brand also wins bronze in the over 60s javelin.

The end of the month sees the start of the World Junior Championships in Annecy, France. In the discus Emeka Udechuku has the gold medal snatched from his grasp with the very last throw of the competition, by Hungary's Zoltan Kovago. It is Emeka's second disappointment of the week as he is overlooked for a place at the Commonwealth Games team despite finishing third in the Trials. His place goes to British record holder Perris Wilkins who was fourth at the Trials. Back in Annecy, Alloy Wison sets a new under 20 Club 400 Record of 46.64 as he finishes 4th. He is also in the GB relay team that finishes fifth. Chris Moss is 6th in the 800 in a new best of 1.48.77. Nick Thomas does not progress through the qualifying round of the triple jump despite leaping 15.40.

More Gold dust

The names of the Bromley Ladies squad who went to the European Clubs Cup for Junior in 1991. Hopefully they are correct but get in touch if they aren't. Michelle Rudd, if you are reading this, we would love to have a copy of the film you made!

Standing left to right. Michelle Rudd, Terry Aniemena, Joice Maduaka, Donna Bannister, Janice Anderson, Shani Anderson, Julie Stacey, Emily Ashford, Kate Atkins, Laura Cross. **Crouching left to right**. Katy Williamson, Gillian Stacey, Karyn O'Mahoney, Siobhan Budd, Tanya Blake, Uju Efobi, Georgina Young.

Julie Stacey winner of the 1500

Uju Efobi third in the discus.

The current Under 15 Girls 3x800 Club Record Holders set in 1987, Karyn O'Mahoney, Gillian Stacey, Julie Stacey

Girls on film