

Blackheath & Bromley Courier

September 2023.

President 2023-24. John Hubbard.

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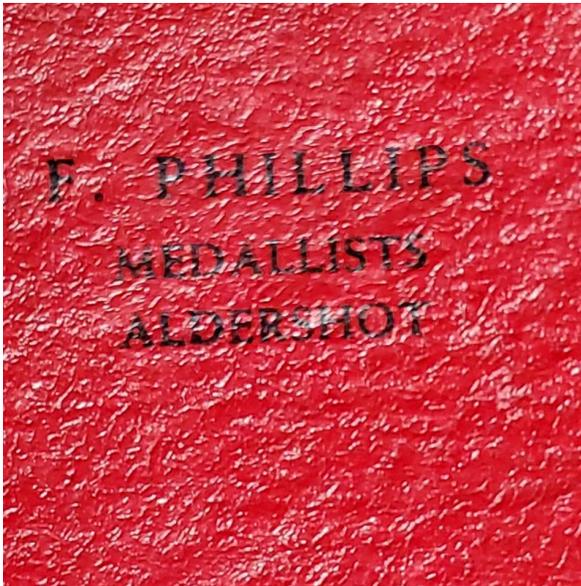
Always interesting to receive enquiries about the Club. One recent communication came from Canada.

“Good day i am located in Canada and a recent garage sale I came across a large lot of sports medals all belonging to the same person and all related to your club.

The mans name as listed on some of the boxes for medals F Philips dated 1957 – i have 18 medals etc and 1 brand new club patch also dated 1958

i will include a few pictures as this is very interesting history in my opinion and was wonder if you might have any information regarding this”

No trace could be found of an F Philips among our members but some pictures soon arrived.



It was clear that F Philips was the name of the Company that supplied the medals. The athlete was a middle distance runner but what were these initials J.F.S?

Fortunately more photos were to follow and included the badge.



So this member had received an Honours Award in 1958. Fortunately we have our Honours Boards and this showed that five awards were made in 1958, all to Juniors. The Club also has nearly every Athletics Weekly from the first edition in the 1940s up until when it went to an A4 format in the late 1980s. Checking the editions for 1957 we were able to find out who had finished second in the London County Council 880 yards at the 1957. These were the medals of a Pat Duffy and the J.F.S stood for John Fisher School.

Duffy is mentioned in the Club History as he was the first holder of the Wooderson Junior Mile Club Trophy and his 1.54.8 for the 880 yards at a White City meeting is given as an example of high quality of junior athletes being developed in the 50s.

Blackheath would often have matches against local schools and a Club Gazette records that in 1956 a match against John Fisher School saw Duffy win the 880 yards in 1.59.6 with a young John Baldwin finishing third. The Club and School had something else in common in the early 50s. They both had Franz Stampfl as a coach, the man who helped Roger Bannister break the four minute mile. Of Stampfl, Our Club History records that "Blessed with the ability rare even among coaches to persuade people to perform feats they believed themselves incapable of and to enjoy the process into the bargain he was a man who no one who met him will forget... his promises of improvement ending with a confident "you will SURPRISE yourself"."

His impact at John Fisher was seismic with the school being National Schools champions in 1952 amid 1953.

Of Duffy, John Baldwin recalls him as a promising youngster, "I suspect he was one of those short term youngsters. So nothing changes there!" However, while he may not have been a member for long, the fact that he had kept all these

medals together suggests he did have some cherished memories, and that what he achieved has aroused the interest of a garage sale purchaser thousands of miles away from the Club.

John describes himself in those days as "very much a utility member in anything from the long jump to half miles." Perhaps he was an example of a youngster who as Stampfl said would "surprise" himself. A World road title, International vest, Club records and trophy wins would suggest so. Additionally, he, like a number of youngsters from the 50s such as Colin Brand, Brian Stone, and Gordon Hickey has made an inestimable contribution to all areas of the Club.

So here are three successful junior teams, starting with the 1953 squad. When they tried to list the athletes some years later some of them couldn't be named. That wouldn't happen now would it?



Scholastic Souvenir Co. Ltd., Blackpool.

BLACKHEATH  **HARRIERS.**
Junior **1953** Team.

Some will find it hard to believe that in 2024, it will be 35 years since Blackheath Harriers won the National Young Athletes Finals for the first time. Below are the National Champions of 1989.



We still get enquiries from members of the squad to ask if we have any pictures of them competing. We recently sent some photos to a current Club record holder, Matthew Dafejaiye. Matthew still holds the Club Under 13 400 record and probably will for a while as under 13s don't run it anymore. Until very recently he held the 200 record but Piers Spencer Simms has now taken that. To ensure he made fixtures, Team Manager John Powell would send a taxi to Matthew's house to take him to the coach pick up point at Crystal Palace. As someone who has been involved in football coaching and getting players to matches, Matthew is appreciative of the support he received. Below are Matthew, Mark Steinle and Steve Hough.



National Junior Athletics League Champions 2006



This was the first year that the League was scored as a joint men and womens competition. We won. Sadly none of the athletes are currently members of the Club. No doubt they are still interested in the Club; have some good memories; could make comebacks; may direct their children to the Club; or maybe in a few decades time we may receive an enquiry from someone who has stumbled across a stash of medals and wondered if we might be able to provide some information.

Results.

Another busy month with the highlight being Dina making the finals of the 100 and 200 at the World Championships; Adam Gemili being a member of the fourth placed GB 4x100 team; and second claim member Amber Anning winning bronze as part of the 4x400 team. Then we had Faith, Cleo and Zara at the European Under 20 Championships and new member Eliza Nicholson winning bronze in the 3000 at the Commonwealth Youth Games. Three athletes at the Welsh International, National champions at the Under 17 and Under 15 Championships, Club records, personal bests....it's all happening.

1/8/23

Veterans AC 5K, Battersea Park. 32. Carole Coulon 18.07.

2/8/23

Birchfield Midweek Open Meeting 2. 200. R2. 3. Dan Putnam 21.13 (1.7). 400. R2. 3. Dan Putnam 47.08.

BMC Regional Races, Wormwood Scrubs. 800. F. 5. Alex Leggatt 2.04.41. 1500. D. 10. Naimah Mossi 4.59.76.

TVH Open, Wormwood Scrubs. 100. R1. 3. Emery Aldridge (U11B) 15.18 (-2.1). 400. R3. 1. Ben Gardiner 48.37. 800. R2. 8. Emery Aldridge 2.36.55, 9. Sofia Mossi (U13G) 2.37.90

Lee Valley Double Sprint Hurdles and Seated Throws. 80H. U15B. R1. 3. Jamie Ellerton 12.40 (-0.2). R2. 3. Jamie Ellerton 12.76 (-0.8). 100H. Senior Women. R1. 5. Jodie Self 14.77 (-1.0). R3. 5. Jodie Self 14.68 (-0.6).

3/8/23

Manchester Sizzler 5k. 61. Jennifer Walsh* 17.03.61 (17.01), 110. Naomi Kingston 18.02 (17.57)

4-5/8/23

Ed Murphey Classic, Memphis, TX, USA. 400. R1. 2. Amber Anning 51.87.

5/8/23

Folksam Grand Prix, Malmo, SWE. 200. A. 3. Adam Gemili 21.00 (0.1).

National Athletics League, Premier Division Match 3, Birmingham. Men. 100. A. 2. Luke Dorrell 10.41 (0.7). B. 2. Michael Damoah 10.66 (2.5). N/S. R2. 1. Duayne Bovell 11.53 (-1.6). R3. 1. Kieran Gowan Wade 10.88 (0.3), 2. Chizute Ogbedeh 11.38. 200. A. 1. Luke Dorrell 20.84 (2.0). B. 1. Kieran Gowan Wade 21.60 (2.6). N/S. 4. Rico Cottell 23.48 (2.8). 400. A. 1. Sam Reardon 46.79. B. 3 Bailey Stickings 49.79. 800. A. 2. Ben Gardiner 1.51.85. B. -. 1500. A. 7. Lewis Harknett 4.04.43. B. 8. Dan Kennedy 4.38.26. 3000. A. 5. Will Fuller 8.48.66. B. -. 110H. A. -. B. -. 400H. A. 2. George Seery 52.95. B. -. 2000 s/ch. A. 7. Dan Kennedy 7.02.08. B. -. HJ. A. 6. Andrew Nikoro 1.72. B. -. LJ. A. 5. Augustine Kodji 6.00 (-0.8). B. 5. Barnaby Corry 5.71 (0.0). TJ. A. 4. Emmanuel Doodoo 13.62 (-1.9). B. 5. Augustine Kodji 12.37 (-3.2). PV. A. 6. Barnaby Corry 2.62. B. -. SP. A. 3. Dillin Claydon 15.61. B. 6. Brydon Duncan 9.01. DT. A. 2. Dillion Claydon 48.33. B. 5. Dele Aladese 31.40. JT. A. 4. Angus Harrington 44.37. B. 3. Dillion Claydon 42.01. HT. A. 8. Brydon Duncan 32.16. B. -. 4x100. 2. B&B 42.20. 4X400. 1. B&B 3.10.70. **Women.** A. Darcey Kuypers DNF. B. 1. Louise Evans 11.83 (0.2). 200. A. 1. Louise Evans 23.55 (1.5). B. 5. Chanelle Cole 25.93 (3.3). 400. A. 4. Cameron Kelly Gordon 58.11. B. 5. Zakia Mossi 61.39. 800. A. 5. Cameron Kelly Gordon 2.15.27. B. 3. Gabriella Martin 2.20.72. 1500. A. 1. Niamh Bridson Hubbard 4.29.64. B. 1. Hannah Clark 4.43.78. 3000. A. 1. Niamh Bridson Hubbard 9.42.92. B. 1. Morgan Squibb 9.42.98. 100H. A. 3. Jodie Self 14.29 (1.1). B. 1. Sophie Elliss 14.67 (2.2). 400H. A. 2. Sophie Elliss 60.97. B. 1. Alex Hill 61.42. 1500 s/c. A. 3. Ailbhe Barnes 7.11.11. B. -. HJ. A. 6. Deborah Martin 1.52. B. 2. Jessie Sargeant 1.52. LJ. A. 7. Jessie Sargeant 4.59(-1.1). B. 6. Rachael Ilori 3.71 (-0.9). TJ. A. 7. Charlotte Hosp 9.92 (0.0). B. -. PV. A. 2. Sophie Dowson 3.82. B. -. SP. A. 8. Sophie Elliss 7.85. B. 8. Alex Hill 5.80. DT. A. -. B. -. JT. A. 1. Bekah Walton 52.39. B. 3. Jessie Sargeant 28.64. HT. A. 5. Sapphire Houston Ball 38.10. B. -. 4X100. 4. B&B 48.87. 4X400. -. **Match.** 1. Harrow 632, 2. Windsor Slough Eton & Hounslow 492, 3. Birchfield 450, 4. Sale 445.5, 5. Notts 440.5. 6. B&B 438.5, 7. Swansea 422, 8. Crawley 242.5. **Final League Standings.** 1. Thames Valley 24 (1833.5), 2. Harrow 23 (1802), 3. Woodford Green & Essex Ladies 20 (1482.5), 4. Windsor Slough Eton & Hounslow 20 (1399), 5. Glasgow Jaguars 17 (1361.5), 6. B&B 16 (1379.5), 7. Sale 166 (1362), 8. Birchfield 15 (1256), 9. Shaftesbury Barnet Harriers 14 (1312), 10. Trafford 11 (1151), 11. City Of Sheffield 10 (1180.5), 12. Notts AC 10 (1086.5), 13. Swansea Harriers 8 (1171), 14. Chelmsford 5 (966), 15. Newham & Essex Beagles 4 (644), 16. Crawley 3 (775).

Parkruns. Bushy. 322. George Collins 25.00. **Bromley.** 4. Benjamin O'Grady 19.05, 11. Steve Evenden 19.37, 19. Trang Nguyen 20.10, 30. Olivia Magee-Brown 20.50, 37. Katy Sugden 21.28, 41. David Beadle 21.38, 42. Harry Schmidt 21.39, 44. Danielle Critchley 21.46, 66. Ian Montgomery 23.27, 86. Austin Adams 24.04, 85. Gregory Firth 24.04. **Bexley.** 21. Peter Brooks 22.45, 64. Chris Pike 26.09. **Trelissick.** 49. Adrian Perry 26.48. **Beckenham Place park.** 32. William Brindley 22.54, 80. Zoe Kingsmell 26.13. **Carlisle.** 111. John Isaacs 31.09. **Lymington Woodside.** 18. James Cunningham 23.36. **Riddlesdown.** 60. Helen Godsell 30.04. **Orpington.** 7. Joseph Georgiadis 20.24, 16. Kyla Dervish 23.04 (1st woman), 84. Karen Desborough 34.37. **Southwark.** 4. David Taylor 17.35. **Pegwell Bay.** 108. David Appleton 29.39, 132. Bob Thomas 33.19, 136. Richard Griffin 35.27. **Tonbridge.** 245. Mick Keene 30.19. **Bognor Regis.** 7. William Spurle 20.08. **Portobello, Edinburgh.** 166. Julia Pairman 29.49, 234. Steven Pairman 38.19. **Kesgrave.** 4. Steve Cooper 18.38. **Clonmel.** 1. Luca Moloney Pedro 19.24. **Exmouth.** 89. Bob Minting 23.48. **Bethlem Royal Hospital.** 8. Adrian Stocks 23.01, 10. Imogen Meers 24.03 (1st woman), 11. Jason Meers 24.03, 15. James Unwin 25.13, 24. Mike Simms 27.03.

6/8/23

England Masters Inter Area Challenge, Nuneaton. 100. M35. R2. 3. Ashley Reid (M40) 12.06 (NW). LJ. M35. 3. Ashley Reid (M40) 5.61 (1.0).

Run Dorney Half Marathon, Windsor. 7. Peter Brooks 78.32 (78.29).

7-10/8/23

Commonwealth Youth Games, Port Of Spain, TTO. Women. 3000. 3. Eliza Nicholson 9.26.00.

European Under 20 Championships, Jerusalem, ISR. Women. 200. 8. Faith Akinbileje 23.88 (1.5). Ht2. 2. Faith Akinbilije 23.57 (2.0). SP. 8. Cleo Agyepong 14.28. QA. 6. Cleo Agyepong 14.15. DT. 4. Zara Obamakinwa 53.44. QB. 3. Zara Obamakinwa 51.03.

8/8/23

Motonet GP, Tampere, FIN. 200. 2. Adam Gemili 20.80 (4.5). 800. A. 4. Sam Reardon 1.46.60.

Tonbridge Open. 100. R5. 1. Emilia Adese (U15G) 12.99 (-0.6), 4. Isabella Campbell Andou (U15G) 13.36, 6. Kara Bryan (U13G) 13.66. R6. 2. Chizam Boniface (U15G) 12.88 (-1.0), 3. Sienna Nelson Languigne (U17W) 12.93. R7. 5. Nicholas Marquez (U15B) 12.86 (-1.3). R9. 3. Rhys Francis 11.25 (-0.6). 200. R2. 1. Emilia Adese 26.81 (-0.5), 2. Isabella Campbell

Andou 27.63. R3. 2. Sienna Nelson Languigne 26.86 (-1.2), 4=. Julia Newman (U17W) 27.84. R4. 2. Nicholas Marquez 26.52(-0.2), 4. Chizam Boniface 27.18, 5. Kara Bryan 27.25. R8. 2. Rhys Francis 22.66 (-0.8). 400. R3. 5. Alex Hill 57.00. 1500. R4. 4. Benjamin O Grady 4.44.93. R5. 2. Christian Clement (M40) 4.21.50, 3. Joshua Healey (U17M) 4.27.90.

Sri Chimnoy 5km, Battersea Park. 53. Graeme Lugar 16.37.

9/8/23

Watford Open Meeting. 400. R3. 1. Dan Putnam 46.98. 800. R1. R2. 9. Sofia Mossi (U13G) 2.34.23. R6. 5. Naimah Mossi (U15G) 2.20.89, 7. Olivia Magee Brown 2.21.23 MX2. 10. Cameron Kelly Gordon 2.10.27.

12/8/23

Kent Young Athletes League, Dartford. Overall. 1. B&B 632, 2. Tonbridge 531, 3. Dartford 517, 4. Bexley 447, 5. Cambridge Harriers 427, 6. Sevenoaks 369, 7. Invicta East Kent 277, 8. Central Park Athletics 244. **Under 15 Boys.** 1. B&B 172, 2. Dartford 154, 3. Cambridge Harriers 130, 4. Tonbridge 118, 5. Bexley 102, 6. Central Park Athletics 89, 7. Sevenoaks 58, 8. Invicta East Kent 43. 100. A. 1. Theodore Osobu 12.4. B. Nicholas Marquez 12.5. NS. 3. Jamie Ellerton 13.0. 200. A. 3. Jason Yamoah 25.2. B. 1. Tristan Thomas 26.2. NS. 2. Thomas Vallins 26.6. 800. A. 4. Nathan Clark 2.16.4. B. 3. Gabriel Cheeseman 2.35.2. NS. 1. Oscar Pickering 2.41.0. 80H. A. 1. Jamie Ellerton 12.5. B. 1. Alexander Giles 13.2. 2000 walk. 1. Trejan Checkeku Boamah 11.44.9. HJ. A. 3. Alexander Giles 1.70. B. 4. Oscar Pickering 1.30. LJ. A. 1. Alexander Giles 5.15. B. NM Jamie Ellerton. NS. 1. Oscar Sadowski 4.42. PV. A. 3. Rory Witcombe 2.10. B. -. SP. A. 5. Thomas Vallins 7.26. B. 3. Trejan Checkeku Boamah 5.95. NS. 1. Oscar Sadowski 6.91. JT. A. 4. Rory Witcombe 21.38. B. 2. Samuel Barlow 19.28. NS. NM. Oscar Sadowski. HT. A. 3. Rory Witcombe 21.83. B. 2. Samuel Barlow 14.01. 4x100. 1. B&B (Nicholas Marquez, Jamie Ellerton, Daniel Olatunji, Jason Yamoah) 48.8. 4x300. 2. B&B (Nathan Clark, Tristan Thomas, Oscar Sadowski, Thomas Vallins) 2.57.0. **Under 15 Girls.** 1. B&B 159, 2. Cambridge Harriers 148, 3. Bexley 142, 4. Tonbridge 122, 5. Invicta East Kent 109, 6. Dartford 105, 7. Sevenoaks 54, 8. Central Park Athletics 29. 100. A. 2. Emelia Adese 12.7. B. 1. Sienna Williams 13.4. NS. 2. Isobel Rae 13.7. 200. A. 2. Sienna Williams 28.1. B. 2. Eunice Olagbolabo 29.8. 800. A. 1. Niamh Stanley 2.27.4. B. 3. Freyan Dinwiddy 2.44.4. NS. 2. Lily Bridgeman 2.42.9. 75H. A. 2. Beth Regan 12.8. B. 1. Heidi Coulson 13.8. NS. 1. Orla Rickard 15.8. 2000 Walk. A. -. B. -. HJ. A. 4. Heidi Coulson 1.35. B. 2. Isobel Rae 1.30. LJ. A. 3. Sophie Tran 4.31. B. 2. Eunice Olagbolabo 4.17. NS. 3. Faith Sogoye 3.86. SP. A. 1. Emilia Adese 10.71. B. 4. Heidi Coulson 6.63. DT. A. 3. Orla Rickard 17.66. B. 2. Beth Regan 12.15. JT. A. 3. Emilia Adese 22.06. B. NM. Orla Rickard. 4x100. 1. B&B (Sienna Williams, Cheyanne Nketia, Faith Sogoye, Emilia Adese) 50.9. 4X300. 1. B&B (Beth Regan, Isobel Rae, Freya Dinwiddy, Sophie Tran) 3.03.2. **Under 13 Boys.** 1. B&B 153, 2. Tonbridge 125, 3. Dartford 116, 4. Sevenoaks 100, 5. Bexley 94, 6. Central Park Athletics 88, 7. Invicta East Kent 48, 8. Cambridge Harriers 19. 100. A. 3. Thomas Fairbanks 14.5. B. 2. TJ Owen 14.3. NS. 1. Luca Hunstone 15.1. 200. A. 3. Jericho Senior 29.0. B. 4. Harrison Luck 32.1. NS. 1. Daniel Djan Krofa 30.1. 800. A. 6. Benjamin Evans 2.47.7. B. 2. Jack Barlow 2.45.3. NS. 2. Vuk Hajdukovic 2.48.7. 75H. A. 1. Jack Ruby 12.4. B. 1. Sebastian North 14.6. 1000 Walk. A. -. B. -. HJ. A. 1. Sebastian North 1.53. B. 1. Jack Ruby 1.48. LJ. A. 6. Harrison Luck 3.84. B. 1. Luca Hunstone 3.69. NS. 1. Jericho Senior 3.54. SP. A. 1. Jack Ruby 8.59. B. 2. Jack Barlow 5.00. DT. A. 2. Sebastian North 16.96. B. 2. Luca Hunstone 13.60. HT. A. 3. Jack Barlow 14.80. B. 3. Vuk Hajdukovic 7.73. 4X100. 1. B&B (Jack Ruby, Daniel Djan Krofa, TJ Owen, Jericho Senior) 55.4. **Under 13 Girls.** 1. Sevenoaks 142, 2. Tonbridge 136, 3. Dartford 117, 4. B&B 113, 5. Cambridge Harriers 105, 6. Bexley 84, 7. Invicta East Kent 57, 8. Central Park Athletics 18. 75. A. 1. Ella Brooker 10.4. B. 7. Nielle Springer 11.6. NS. 1. Eva John 11.5. 150. A. 2. Ella Brooker 20.5. B. 1. Zamaia Dixon 20.7. 800. A. 4. Chloe Morez 2.46.6. B. 2. Aoife Stanley 2.49.1. NS. 1. Harriet Hughes 3.01.6. 70H. A. 3. Zamaia Dixon 12.9. B. -. 1000 Walk. A. -. B. -. HJ. A. NM. Zamaia Dixon. B. NM. Amelie Ramdeen. LJ. A. 4. Amelie Ramdeen 3.96. B. 4. Chloe Morez 3.62. SP. A. 1. Kaweng Pwol 8.44. B. 3. Dulcie Simpson 5.16. DT. A. 4. Dulcie Simpson 15.52. B. -. JT. A. 4. Kaweng Pwol 14.49. B. 3. Dulcie Simpson 9.57. NS. 2. Nancie Cox 10.45. 4X100. 1. B&B (Amelie Ramdeen, Zamaia Dixon, Nielle Springer, Ella Brooker) 55.6. London Inter Club Challenge, Hendon. Men. SP. 6K. 3. Brydon Duncan 12.74. DT. 1.75. 2. Brydon Duncan 43.98. Women. 400H. 1. Sophie Elliss 59.43.

BMC Grand Prix – World Athletics Challenger, Stretford. 1500. 8. Alex Botterill 3.40.57.

Parkruns. Bromley. 1. Peter Brooks 17.20, 15. Paul Kerekgyarto 20.14, 23. Nathan Crossan 20.48, 38. Harry Schmidt 21.44, 49. Micah Evans 22.03, 66. Cornelius Griffin 22.52, 68. Matthew Tootell 22.57, 106. Austin Adams 24.20, 134. Robert Whyte 25.00, 148. Katy Sugden 25.22, 170. Hannah O'Flynn 26.03, 173. Aaron Crossan 26.10. **South Manchester.** 206. John Isaacs 29.24. **Bexley.** 122. Chris Pike 28.04. **Lloyd park.** 37. Sarah Belaon 24.08. **Whitstable.** 173. Gareth Griffin 29.57, 203. David Appleton 31.38, 299. Richard Griffin 39.39. **Durham.** 1. Graeme Lugar 17.46. **Riddlesdown.** 75. George Collins 29.17. **Eden Project.** 20. Oliver Ward 19.43. **Darlington South Park.** 1. Jed Starvis 17.17, 5. Arthur Starvis 18.15. **Orpington.** 17. Carys Firth 21.58 (1st woman), 31. Gregory Firth 23.42, 68. Dave Leal 26.44. **Sheringham.** 35. Adrian Stocks 23.38. **Clermont**

Waterfront. 14. Steve Evenden 19.57. **Tonbridge.** 32. Zoe White 21.16 (1st woman), 210. Mick Keene 28.25. **Dartford.** 156. Maz Turner 34.50. **Northallerton.** 40. Cameron Swatton 24.34, 103. Nick Swatton 30.45. **Penrose.** 104. Adrian Perry 25.29. **Fareham.** 40. Ian Montgomery 23.55. **Exmouth.** 91. Bob Minting 24.39. **Clapham Common.** 31. Jessica Keene 19.12, 200. James Cunningham 23.27. **Foots Cray Meadows.** 1. Darren Corneille 19.57. **Kingdom.** 8. Mark Ellison 24.26. **Bethlem Royal Hospital.** 1. Jake Leng 18.28, 15. Jennie Butler 22.04 (1st woman), 16. David Beadle 22.15, 30. Luigi Arcuri 24.17, 36. Iain Swatton 25.13, 50. Mike Simms 27.06, 55. Zoe Kingsmill 27.41, 60. Jason Meers 28.25, 59. Lisa Meers 28.25, 62. Claire Austridge 28.36. **The Leas, Minster.** 1. Blair Wilson 18.06. **Itchen Valley Country park.** 126. Bob Thomas 37.23. **Woodgate Valley Country Park.** 20. Millie Smith 25.13. **Sutcliffe.** 48. Andrew Lawes 22.36, 55. Steven Pairman 22.56, 180. Julia Pairman 29.08. **Mote Park.** 137. Tom Phillips 44.17.

12-13/8/24

South Of England Under 17/15/13 and Sen/U20 Walk Championships, Lee Valley. Senior Men. 5000 walk. 3. Jonathan Ellerton (U20) 27.29.44, 4. Matthew Ellerton (M45) 33.22.54. **U17 Men.** 100. 1. James Beecroft 10.86 (-0.2), 4. Max Clark 11.23. SF1. 2. Max Clark 11.39 (-3.8). SF2. 1. James Beecroft 10.94 (-1.8), 6. Joseph Cope 11.80. Ht1. 1. James Beecroft 11.00 (-2.9). Ht2. 1. Max Clark 11.13 (-3.2), Joseph Cope 11.63. 200. 4. Marley Byfield 23.23 (-2.5). Ht1. 1. Marley Byfield 23.86 (-2.6). 400. 4. Zuriel Nwogwugwu 51.27. Ht2. 2. Zuriel Nwogwugwu 51.41. 800. Ht2. 6. Hendri Verster 2.03.00. 100H. 1. Rayhan Mourtada 13.18 (-2.8). Ht1. 1. Rayhan Mourtada 13.43 (0.3). PV. 2. Finn Kitteridge 3.70. JT. 5. Ellis Ibrahim 50.47, 9. Max Kennedy 46.27. **U17 Women.** 100. 3. Zara Okoroafor 12.70 (-3.5), 7. Indiana Marshall 13.04. Ht1. 2. Zara Okoroafor 12.83 (-1.5). Ht2. 2. Indiana Marshall 13.11 (-2.7). 200. SF2. 7. Julia Newman 27.83 (-1.0). Ht1. 5. Julia Newman 27.74 (0.3). 300H. Ht2. 6. Tallulah Ndikanwu 49.06. LJ. 2. Indiana Marshall 5.30 (2.0). SP. 3. Tallulah Ndikanwu 11.32. DT. 2. Erin Simpson 34.13. JT. 8. Tallulah Ndikanwu 32.89. **U15 Boys.** 300. Ht2. 7. Elliot Botten Vanacore 45.45. 800. 4. Joseph Hill 2.05.01. Ht1. 4. Joseph Hill 2.08.25. Ht2. 8. Elliott Botten Vanacore 2.35.32. 1500. 1. Joseph Scanes 4.03.62. Ht1. 2. Joseph Scanes 4.26.13. 3000 walk. 1. Trejan Checkeku Boamah 19.02.67. PV. 1. Charlie Platt 4.00. HT. 2. George Henderson 45.05. **U15 Girls.** 200. SF2. 6. Chizam Boniface 27.04 (-2.4). Ht1. 4. Chizam Boniface 27.00 (-3.4). 800. Ht2. 8. Charlotte Bloodworth 2.36.31. PV. 4. Luna Corry 2.40. **U13 Boys.** 800. Ht2. 5. Jake Martin 2.28.80. JT. 6. Jake Martin 23.09. **U13 Girls.** 800. 2. Kara Bryan 2.20.33. Ht3. 1. Kara Bryan 2.24.71. HJ. 1. Alessia Scala 1.53. LJ. 3. Alessia Scala 4.63 (2.4) (4.50 (1.3)).

13/8/23

Newham & Essex Beagles Track Open Meetings Summer Series. Senior Men. A2. 3. Korede Awe* 10.23 (2.0). A10. 5. Rhys Francis 10.96 (1.3). A13. 5. Matt Knight 11.23 (0.5). A19. 4. Nkwazi Ndila 11.48 (1.7). B1. 5. Korede Awe* 10.21 (1.7). B10. 5. Rhys Francis 10.94 (0.0). B13. 4. Matt Knight 11.16 2.0). 200. R2. 4. Dan Putnam 21.25 (-1.1). R7. 2. Bailey Stickings 21.98 (2.3). R16. 1. Rhys Francis 22.69 (0.0). R18. 1. Joseph Merry 24.50 (0.9). 400. R1. 1. Sam Reardon 46.28, 2. Dan Putnam 46.62. R7. 3. Chinedu Ndukwu 53.23, 6. Chima Ndukwu 56.35. **Senior Women.** A1. 7. Shannon Hylton 12.00 (1.6). A7. 4. Shakanya Osahon 12.56 (3.4). B2. 1. Louise Evans 11.47 (1.2). B3. 3. Shannon Hylton 11.88 (2.6). B5. 5. Shakanya Osahon 12.71 (-0.3). 200. R1. 2. Louise Evans 23.00 (3.0). 400. R1. Louise Evans DNF. 800. 8. Chloe Sharp 2.09.80.

Junior Parkruns. Bedford. 3. Nathan Crossan 7.31, 4. Aaron Crossan 8.10. **Bromley.** 1. Benjamin Evans 8.04. **Par Track.** 1. Oliver Ward 7.21. **Hoblingwell.** 1. James Bunn 7.44

16/8/23

BMC Regional Races, Sutcliffe Park. 800. D. 7. Franco Hillier (U17M) 2.10.03. E. 4. Hannah Clark (U20W) 2.16.38. 1500. A. 13. Joseph Scanes (U15B) 4.02.25. B. 11. Alex Middleton (U17M) 4.10.01. C. 3. Joseph Hill (U15B) 4.11.44, 10. Morgan Squibb 4.26.09.

Cambridge Harriers Track And Field Nights, Sutcliffe Park. 100. R1. 2. Alexander Morrell (U17M) 11.97 (0.9), 7. Tristan Thomas (U15B) 12.67. 400. R1. 4. Drew Burridge 52.85. R2. 5. Alexander Morrell 57.71. R3. 4. Cameron Kelly Gordon (U20W) 57.20. R4. 2. Chanelle Cole 60.30. 800. R3. 3. Oliver Ward (U15B) 2.20.84, 5. Jake Martin (U13B) 2.27.07. R4. 5. Lola Bischoff (U17W) 2.35.64, 6. Lydia Marston (U15G) 2.46.09. R5. 2. Kyla Dervish (U17W) 2.33.90, 5. Charlotte Bloodworth (U15G) 2.47.74, 6. Vuk Hajdukovic (U13B) 2.50.24. R6. 4. Charlotte Stevens (U15G) 2.51.47. 1500. R1. 2. Jed Starvis (U17M) 4.14.09, 5. Arthur Starvis (U20M) 4.16.39, 8. Graeme Lugar 4.22.25. R2. 2. Harry Fage (U17M) 4.26.86. R3. 4. Megan Slattery (U17W) 5.07.47. HT. 4K. 1. Abbie Stewart 45.73. 3K. 1. Charlotte Bloodworth 28.94.

Lee Valley Sprint Nights. 100. R1. 2. Dan Putnam 10.68 (0.5), Kieran Gowan Wade 10.69. R4. 4. Issah Abdulkarim (U20M) 11.17. 200. R1. 3. Dan Putnam 21.16 (0.6), Kieran Gowan Wade 21.64.

Rosenheim League Final, Kingston. 100. R3. 4. Helen Godsell (W65) 15.15. 200. R3. 6. Helen Godsell 32.37.

19/8/23

Southern Athletics League Div One, Round 4, Tooting. Match. 1. Chelmsford 284, 2. B&B 279, 3. Hercules Wimbledon 247, 4. Basingstoke & Mid Hants 213, 5. Peterborough and Nene Valley 144, 6. City Of Salisbury 138. **Men.** 100. A. 2. Duayne Boell 11.04 (-1.1). B. 1. Bailey Stickings 11.18 (1.2). NS. Reo McCausland 11.22 (1.2), Jesse Alebiosu 11.49 (1.2). 200. A. Rhys Francis 22.68 (0.7). B. 2. Duayne Bovell 23.25 (0.2). NS. Bailey Stickings 22.25 (0.7), Jesse Alebiosu 23.15 (1.9), Reo McCausland 22.65 (1.7), Alexander Morrell 24.01 (1.7). 400. A. 2. James Lawson 50.63. B. 1. Rayhan Mourtada 50.96. NS. 1. Luke Dronfield 51.64, 2. Maurizio Corrodus 52.02, 5. Christopher Barrett 54.46, 6. Harrison Vallins 55.17, 7. Kelechi Aguocha 55.23. 800. A. 5. Matthew Smith 2.00.53. B. 5. Mark Constable 2.04.62. 1500. A. 5. Graeme Lugar 4.24.10. B. 6. Franco Hillier 4.28.19. 5000. A. 2. Ryan Weston 16.03.37. B. 2. Martin Richardson 17.09.53. 110H. A. -. B. -. 400H. A. -. B. 2. Richard Holt 68.37. 2000 s/ch. A. 2. Harry Fage 7.02.08. B. 2. Micah Evans 7.06.43. HJ. A. 2. Kelechi Aguocha 1.90. B. 1=. Callum McCarthy 1.55. LJ. A. 3. Dennis Savage 5.65. B. 1. Oji John Okoro 5.50. TJ. A. 2. Patrick Apantaku 12.09. B. 1. Barnaby Corry 11.77. PV. A. 2. Barnaby Corry 3.70. B. 1. Roger Platt 3.30. SP. A. 4. Patrick Apantaku 11.08. B. 1. Duayne Bovell 9.57. DT. A. 1. Dele Aladese 49.30. B. 4. Roger Platt 18.43. JT. A. 3. Joshua Buddle Smith 41.24. B. 3. Patrick Apantaku 19.81. HT. A. 4. Roger Platt 17.57. B. -. 4X100. 2. B&B 42.42. **4X400 Mixed Relay.** A. 2. B&B 3.47.59. B. 1. B&B 3.57.02. **Women.** 100. A. 3. Louisa Vallins 12.89 (0.7). B. 4. Emily Hayden De Carbonnieres 13.51 (2.5). 200. A. 3. Nina Whitter 26.70 (2.0). B. 2. Louisa Vallins 26.61 (1.7). NS. Julia Newman 27.23 (1.7), Samantha Williams 27.58 (1.7). 400. A. 1. Chanelle Cole 59.79. B. 2. Lily Meers 62.78. NS. Kelsi Cornish 60.43. 800. A. 1. Chloe Sharp 2.11.56. B. 1. Hannah Clark 2.18.78. 1500. A. 2. Jessica Keene 4.50.4. B. 1. Carys Firth 4.54.6. 5000. A. 1. Carole Coulon 17.53.31. B. -. 100H. A. 2. Jesse Sargeant 15.86 (0.3) B. -. 400H. A. 2. Tallulah Ndikanwu 71.41. B. 2. Grace Bennett 78.49. 1500 s/ch. A, 1. Chloe Sharp 5.12.16. B. 2. Lydia Witcombe 6.08.84. HJ. A. 2. Jessie Sargeant 1.58. B. 4. Chloe Sharp 1.28. LJ. A. 5. Rachael Ilori 4.33. B. 3. Charlotte Hosp 4.23. NS. 2. Emily Hayden de Carbonnieres 4.14. TJ. A. 3. Charlotte Hosp 10.05. B. 1. Rachael Ilori 9.57. NS. Emily Hayden de Carbonnieres 9.77. PV. A. 1. Lydia Witcombe 2.40. B. -. SP. A. 6. Jesse Sargeant 8.29. B. 6. Grace Bennett 6.59. DT. A. 6. Lily Meers 16.21. B. 4. Samantha Williams 14.02. JT. A. 1. Jessie Sargeant 35.89. B. 3. Tallulah Ndikanwu 23.98. HT. A. 3. Sapphire Houston Ball 40.81. B. -. 4X100. 3. B&B 51.94.

Southern Athletics League Div 2, North and East, Sutcliffe Park. HJ. A. 1. Rebecca Hawkins 1.71.

Southern Athletics League Div 2, South and West, Guildford. 110H. A. 2. Richard Morris 17.7. 400H. A. 2. Richard Morris 59.8. TJ. A. 4. Richard Morris 11.23.

Parkruns. Bromley. 12. Benjamin O'Grady 19.28, 16. Nathan Crossan 19.38, 26. William Spurle 20.09, 57. Harry Schmidt 21.42, 78. Aaron Crossan 22.17, 94. Jason Meers 22.45, 128. Austin Adams 23.57, 257. Matthew Tootell 27.22, 258. Gareth Griffin 27.25, 286. Claire Austridge 28.18, 306. Holly Kibblewhite 28.46, 332. Mick Keene 29.29, 333. Jessica Keene 29.29, 340. Bernard Wilson 29.44, 545. Denis Lawrie 45.45. **Bexley.** 111. Chris Pike 27.33, **Maidstone.** 21. Cameron Swatton 21.30. **Lloyd park.** 28. Jennie Butler 23.13. **Riddlesdown.** 77. Helen Godsell 29.14. **Gunpowder.** 105. John Isaacs 31.45, 127. Bob Thomas 35.07. **Hoblingwell.** 4. James Bunn 21.14. **Dulwich.** 141. Rod Harrington 21.59. **Orpington.** 14. Gregory Firth 21.54, 52. Dave Leal 26.28. Alice Holt. 1. David Adams 18.44. **Clermont Waterfront.** 36. Steve Evenden 25.41. **Peckham Rye.** 77. Steven Pairman 23.35, 129. John Turner 25.25, 260. Julia Pairman 30.55, 312. Maz Turner 34.08. **Hastings.** 130. Zoe Kingsmill 25.48, 384. Andrew Kingsmill 46.32. **Bedgebury Pinetum.** 94. David Appleton 32.56, 147. Richard Griffin 41.40. **Exmouth.** 110. Bob Minting 24.36. **Clitheroe Castle.** 3. Peter Brooks 19.26. **Foots Cray Meadows.** 1. Darren Corneille 19.29. **Bethlem Royal Hospital.** 2. Paul Sharpe 19.10, 5. Clayton Aves 19.51, 37. Iain Swatton 25.07, 41. James Unwin 25.25. **Sutcliffe.** 1. Joe Scanes 15.52, 7. Oliver Ward 19.09. **Ancholme Valley Way.** 11. Ian Montgomery 23.51, 59. Jackie Montgomery 30.28. **University Parks.** 41. Millie Smith 21.11. **Durlston Country Park.** 177. George Collins 54.24. **Mote Park.** 151. Tom Phillips 38.01. **Thames Path, Woolwich.** 70. Adrian Perry 24.19.

19-28/8/23

World Athletics Championships, Budapest. Men. 4x100. 4. GB (inc Adam Gemili) 37.80. Ht2. 3. GB (inc Adam Gemili) 38.01. 100. 8. Dina Asher Smith 11.00 (-0.2). SF3. 3. Dina Asher Smith 11.01 (-0.1). Ht2. 2. Dina Asher Smith 11.04 (-0.8). 200. 7. Dina Asher Smith 22.34 (0.1). SF1. 2. Dina Asher Smith 22.28 (-0.1). Ht6. 1. Dina Asher Smith 22.46 (-0.3). 4x400. 3. GB (inc leg 2 Amber Anning* 49.82) 3.21.04. Ht2. 1. GB (inc leg 2 Amber Anning* 49.70) 3.23.33.

20/8/23

Be Fit Today Track Academy Outdoor Series. 60. R8. 7. Piers Spencer Simms 7.69 (2.8). **Men.** 100. A2. 6. Piers Spencer Simms 12.51 (1.6). A10. 2. Chima Ndukwa 11.58 (1.1). B4. 1. Alexander Morrell (U17M) 11.75 (1.5). B6. 3. Chima Ndukwa 11.46 (1.0). **Women.** A1. 4. Kara Bryan (U13G) 13.66 (-0.2). A4. 3. Chizam Boniface (U15G) 12.63 (1.4), 4. Sienna Nelson Languigne (U17W) 12.79, 6. Emilie Adese (U15G) 12.86. A9. 2. Louise Evans 11.58 (1.4). B1. 1. Louise Evans 11.49 (0.9). B3. 5. Chizam Boniface 12.55 (0.2). B4. 3. Emilie Adese 12.69 (1.9), 6. Sienna Nelson Languigne 12.85. 150. R5. 1. Dan Putnam

15.51 (1.8). 200. Men. R5. 3. Chima Ndukwu 23.38 (1.4). R7. 5. Korede Awe* 21.52 (1.3). R8. 3. Dan Putnam 20.94 (1.3). Women. R3. 1. Emilie Adese 26.45 (1.4), 2. Chizam Boniface 26.71. R4. 3. Sienna Nelson Languigne 26.70 (2.6). R8. 1. Louise Evans 23.32 (1.4). 600. 5. Kara Bryan 1.41.42.

Kingston Open. 200. R4. 2. Silvia Gadzama (U15G) 27.05 (-3.3).

Junior Parkruns. Bromley. 1. Luca Moloney Pedro 7.19, 10. Eva John 9.13 (1st girl). **Hoblingwell.** 1. James Bunn 7.47

21/8/23

B&B Open, Norman Park. 100. R1. 7. Reo McCausland (U17M) 11.30 (-0.5). R3. 1. Charles Nortey (U23M) 11.19 (-0.2), 3. Oji Okoro (U17M) 11.69, 4. Dennis Savage (U20M) 11.82, 6. Alexander Morrell (U17M) 12.01. R4. 2. Leon McBean (U17M) 11.56 (-0.3), 3. Ashley Reid (M40) 12.07, 6. Joseph Merry 12.25. R5. Lewis Stickings 12.23 (0.8), 5. Tristan Thomas (U15B) 12.62, 6. Thomas Vallins (U15B) 12.68, 7. Zoe Austridge (U23W) 12.76. R6. 5. India Ellington (U13G) 13.98 (0.1), 6. Jericho Senior (U13B) 14.30. R7. 3. Daniela Sage (W45) 13.93 (0.0), 4. Thomas Fairbanks (U13B) 14.15, 5. Sebastian North (U13B) 14.23, 8. Nielle Springer (U13G) 15.26. R8. 1. Jack Ruby (U13B) 13.80 (0.0), 4. Harrison Luck (U13B) 14.88, 7. Nicodemus Senior (U13B) 15.72. 200. R2. 1. Zuriel Nwogwugwu (U17M) 23.39 (0.0), 6. Harrison Vallins (U17M) 24.04, 7. Christopher Barrett (U20M) 24.04. R3. 2. Alexander Morrell (U17M) 24.10 (0.0), 5. Ashley Reid (M40) 24.66. R4. 3. Zoe Austridge (U23M) 25.87 (0.0), 5. Tristan Thomas (U15B) 25.97, 6. Nina Whitter (U17W) 27.06. R5. 2. Thomas Vallins (U15B) 25.67 (0.0), 3. Julia Newman (U17W) 27.49, 6. Jericho Senior (U13B) 29.11. R6. 3. Sebastian North (U13B) 29.85 (0.1), 4. Luca Hunstone (U13B) 30.00. R7. 2. Fayo Olatunde (U15G) 28.55, 5. Harrison Luck 31.16, 7. Nicodemus Senior 33.18. 400. R1. 1. Bailey Stickings 48.86, 4. Luke Dronfield (U20M) 51.11, 5. Bailey Marks Belaon (U23M) 51.71. R3. 1. Chanelle Cole (U23W) 58.71, 2. Kelsi Cornish 60.76, 3. Leah Kyriacou (U15G) 61.01, 4. Hannah Clark (U20W) 61.51, 5. Samantha Williams (W40) 61.78, 7. Tallulah Ndikanwu (U17W) 62.20. R4. 1. Beth Regan (U15G) 63.42, 7. Carys Firth (U20W) 72.15. 800. R1. 7. Joseph Scanes (U15B) 1.57.84, 9. Matthew Smith (U20M) 2.00.02. R2. 1. Joseph Hill (U15B) 2.02.70, 2. Mark Constable (U17M) 2.03.06, 3. Hendri Verster (U17M) 2.04.18, 4. Franco Hillier (U17M) 2.05.08, 8. Kian Farrell (U15B) 2.14.26. R3. 1. Alex Hill (SW) 2.09.54, 6. Oliver Ward (U15B) 2.24.30, 7. Sophie Tran (U15G) 2.24.33, 8. Megan Slattery (U17W) 2.24.85, 9. Jake Martin (U13B) 2.24.96. R4. 4. Lola Bischoff (U17W) 2.29.26, 5. Tim Ayres (M35) 2.30.04, 7. Johnny Lee (U13B) 2.33.46, 8. Kyla Dervish (U17W) 2.35.33, 9. Lily Bridgeman (U15G) 2.39.67, 10. Lydia Marston (U15G) 2.40.99. R5. 1. Trejan Checkeku Boamah (U15B) 2.27.22, 2. Ariana Jenner Heard (U15G) 2.32.02, 3. Finn Gotkine (U13B) 2.32.27, 4. Carys Firth (U20W) 2.34.80. R6. 1. Jack Ruby (U13B) 2.40.71, 4. Freya Dinwiddy (U15G) 2.48.57, 5. Vuk Hajdukovic (U13B) 2.51.14, 7. Imogen Jenner Heard (U13G) 2.55.18, 8. Freya Denbow (U13G) 2.58.27. 1500. R1. 9. Jess Keene 4.46.55, 10. Luca Moloney Pedro (U15B) 4.50.27, 12. Joshua Dowling 4.56.04. R2. 6. Nathan Crossan (U13B) 5.13.33, 8. Isabella Louth (U20W) 5.16.89, 11. Eva Denbow (U15G) 5.36.17, 14. Aaron Crossan (U13B) 5.41.58, 15. Charlotte Stevens (U15G) 5.44.29, 16. Eva John (U13G) 5.52.23, 17. Jessica Lingham (U15G) 5.57.38, 18. Isabella Jenkins (U13G) 5.59.60. HJ. 1. James Nightingale 1.60, 2. Callum McCarthy (U17M) 1.60, 3. Alessia Scala (U13G) 1.55, 4. Fayo Olatunde (U15G) 1.55, 5. Matthew Boulding (U15B) 1.50, 6. Christine Lyston 1.40, 7. Sebastian North (U13B) 1.40, 10. Heidi Coulson (U15G) 1.35. PV. 2. Ethan Kitteridge (U23M) 4.45, 3. Charlie Platt (U15B) 4.25, 5. Finn Kitteridge (U17M) 3.75, 10. Rory Witcombe (U15B) 2.45, 11. Luna Corry (U15G) 2.45, 12. Ella Brooker (U13G) 2.35. SP. 7.26K. 1. James Clevery (M35) 11.03, 2. Alan Hardy (M60) 5.55. 5K. 1. Alan Hardy (M60) 6.75. 3K. U17. 1. Tallulah Ndikanwu (U17W) 10.73, 2. Lacey Webb (U17W) 8.19. U15. 1. Emilie Adese (U15G) 11.38, 2. Carys Bowling (U15G) 7.15. 2.72K. 1. Kaweng Pwol 8.75, 3. Dulcie Simpson 5.67.

23/8/23

BMC Gold Standard Races, Watford. Women. 800. A. 10. Morgan Squibb 2.09.24.

South West PB Series 5K, Bath. 26. Dan Kennedy 16.20.

Parris Handicap. 1. Ian Montgomery 31.59 (22.29), 2. Angela Powell 32.40 (25.10), 3. Matthew Maddocks 32.48 (19.33), 4. Andrew Lawes 32.54 (22.54), 5. Zoe Kingsmill 33.14 (25.14), 6. Iain Swatton 33.16 (24.46), 7. Dave Beadle 33.20 (21.35), 8. John Turner 34.02 (25.02), 9. Darren Corneille 34.15 (18.45), 10. Maz Turner 34.18 (34.18), 11. Dave Leal 34.26 (25.41), 12. Chris Pike 36.26 (26.41).

25/8/23

Mid Cheshire 5k, Kingsley. 132. Steph Davis* 15.52 (15.50).

26/8/23

Welsh Athletics International, Cardiff. Men. 5000 walk. 3. Jonathan Ellerton 27.10.36. Women. LJ. 2. Daisy Snell 6.08 (1.8). JT. 1. Bekah Walton 56.87.

Parkruns. Bromley. 4. Franco Hillier 18.31, 11. Kervin Adjei 19.16, 14. Nathan Crossan 19.36, 20. William Spurle 19.53, 23. Steve Evenden 20.02, 42. Harry Schmidt 20.58, 52. Tuan Tran 21.36, 55. Aaron Crossan 21.45, 56. Benjamin Evans 21.50, 57.

Micah Evans 21.50, 69. Damian Hayes 22.23, 77. Tim Ayres 22.42, 103. Austin Adams 23.41, 122. Ryan Tran 24.19, 204. Claire Springett 26.57. **Bexley**. 9. James Bunn 20.50, 98. Chris Pike 26.32, 272. Anthony Pontifex 37.17, 273. Bob Thomas 37.18, 332. George Collins 57.26. **Southsea**. 10. David Adams 18.33. **Beckenham Place park**. 108. Zoe Kingsmill 25.45, 224. Bernard Wilson 30.35. **Nonsuch**. 3. David Taylor 17.15. **Bournemouth**. 371. Peter Hamilton 30.07. **Dulwich**. 37. Luca Moloney Pedro 18.55, 78. Graham Hollingdale 20.33, 124. Rod Harrington 21.55. **Burgess**. 252. Gareth Griffin 26.29. **Orpington**. 11. Carys Firth 20.21 (1st woman), 157. Karen Desborough 34.02, 201. Mick Keene 55.12. **Cleethorpes**. 82. Helen Godsell 27.12. **Dartford**. 46. John Turner 25.43, 155. Maz Turner 36.44. **Lowestoft**. 23. Jennie Butler 21.24 (1st woman). **Lydney**. 1. Daniel Kennedy 17.58. **Tooting Common**. 6. Jessica Keene 18.42 (1st woman). **Exmouth**. 162. Bob Minting 26.15. **Farfalle**. 8. Adrian Perry 24.24. **Foots Cray Meadows**. 1. Darren Corneille 19.04. **Walmer and Deal Seafrost**. 174. David Appleton 29.35, 194. John Isaacs 30:21, 252. Richard Griffin 36.52. **California Country park**. 2. Georges Vacharopoulou 17.55. **Bethlem Royal Hospital**. 3. Ted Marston 19.11, 12. David Beadle 21.54, 26. Ian Montgomery 25.17, 27. Iain Swatton 25.19, 39. Claire Austridge 28.19. **Squerrys Winery**. 28. Mark Ellison 23.28, 97. Anne Cilia 28.18. **Sutcliffe park**. 101. Steven Pairman 26.10, 139. Julia Pairman 28.55. **Ruthin Memorial Playing Fields**. 8. Mark Watling 21.12. **Mote Park**. 129. Tom Phillips 34.11, **Wimpole Estate**. 1. Graham Rush* 15.40.

26-27/8/23

England Athletics U17/U15 Championships and Age Group Para Championships, Birmingham. Under 17 Men. 100. 2. James Beecroft 10.69 (0.7). SF1. 1. James Beecroft 10.69 (0.9). Ht3. 1. James Beecroft 10.75 (0.6). 200. Ht3. 3. Marley Byfield 22.91 (3.5). 400. 4. Zuriel Nwogwugwu 50.80. 1500. Ht1. 7. Alexander Middleton 4.15.96. 100H. 1. Rayhan Mourtada 12.95 (0.3). Ht1. 1. Rayhan Mourtada 13.10 (0.0). 400H. 2. Rayhan Mourtada 54.16. Ht1. 1. Rayhan Mourtada 58.04, 5. Alexander Morrell 61.79. PV. 7. Finn Kitteridge 3.46. JT. 9. Ellis Ibrahim 48.89. **Under 17 Women.** 100. Ht2. 4. Indiana Marshall 12.62 (1.5). 300. Ht2. 4. Alyssa Firla 41.17. 300H. Ht1. 7. Tallulah Ndikanwu 49.39. HJ. 7. Qi Chi Ukpai 1.59. TJ. 1. Qi Chi Ukpai 12.02. DT. 6. Erin Simpson 34.36. **Under 15 Boys.** 3000. 1. Joseph Scanes 8.59.61, 2. Joseph Hill 9.12.68. PV. 1. Charlie Platt 4.03. DT. 7. George Henderson 37.42. HT. 3. George Henderson 45.91. **Under 15 Girls.** 300. Ht3. 6. Leah Kyriacou 43.37.

27/8/23

London Inter Club Challenge, Lee Valley. Men. 400H. 1. Luke Dronfield 55.33. **Women.** 1. Alex Hill 60.18, 2. Sophie Elliss 60.56.

Junior Parkruns. Bedford. 1. Luca Moloney Pedro 6.41. **Bromley.** 1. Daniel Horgan 7.37, 3. Benjamin Evans 8.11, 4. Matthew Tootell 8.16, 9. Poppy Traynier 8.36 (1st girl)

28/8/23

Mike Rowbottom Memorial Bank Holiday Open and Kent Under 13s Pentathlon, Tonbridge. 100. R7. 6. Ellis Ibrahim (U17M) 12.96 (-0.4). R9. 3. Leon McBean (U17M) 11.77 (-0.8). R10. 1. Max Clark (U17M) 11.00 (-1.0). 300. R1. 5. Islay Pearson (U17W) 48.59. R2. 3. Ariana Jenner Heard (U15G) 45.15. R3. 4. Ian Firla (M50) 41.01. 1500. R1. 5. Evie De Bruyn (U13G) 5.49.6. R2. 2. Aoife McDonagh (U15G) 5.01.4. Mile. R1. 6. Evie De Bruyn 6.13.69. R2. 3. Aoife McDonagh 5.21.96. 3000. 1. R1. 9. Carys Firth (U20W) 10.26.26, 10. Luca Moloney Pedro (U15B) 10.39.26. 80H. U15B. 1. Jamie Ellerton 12.69 (-0.4), 4. Alex Giles 13.10. 3000 walk. 2. Jonathan Ellerton (U20M) 15.34.17, 8. Matthew Ellerton (M45) 19.01.79. HJ. 2. Alex Giles 1.52. PV. A. 1. Ella Brooker (U13G) 2.50, 3=. Lily Meers (U20W) 2.30, 6. Rory Witcombe (U15B) 2.10. B. 2. Charlie Platt (U15B), 4.33, 6. Roger Platt (M50) 3.30. LJ. 3. Alex Giles 5.31. SP. 4K. 3. Alex Giles 9.12. DT. 2K. 1. Dillon Claydon 46.85. JT. 700g. 1. Ellis Ibrahim 49.52. HT. 3K. 1. Charlotte Bloodworth 30.39. **Under 13s Pentathlon. Boys.** 2. Jack Ruby 1843 (800 – 2.34.54, 75H – 12.55 (-1.4), HJ – 1.45, LJ – 4.32, SP – 8.81). **Girls.** 1. Freya Pearson 2126 (800 – 2.36.86, 70H – 12.47 (-1.3), HJ – 1.39, LJ – 3.89, SP – 6.02). 2. Alessia Scala 2058 (800 – 2.59.62, 70H – 13.40 (-1.1), HJ – 1.57, LJ – 4.20, SP – 4.72), 10. Amelie Ramdeen 1769 (800 – 2.35.83, 70H – 13.25 (-0.5), HJ – NH, LJ – 4.33, SP – 6.54).

Southend City Open. 100. U13 Girls. R1. 6. Kara Bryan 13.88 (-1.3). 200. R1. 1. Kara Bryan 27.54 (-1.5).

Tom Lintern Open, Crawley. 800. R3. 4. Hannah Clark (U20W) 2.13.60. R4. 6. Olivia Magee Brown 2.25.85, 7. Megan Slattery 2.27.58. SP. U17W. 5. Matilda Shilland 7.30.

29/8/24

Exeter Evening Open Meeting. 400. R1. 5. Gerard McGrady 55.66.

30/8/24

European Police Championships In Athletics, Prague, CZE. 400. B. 1. Prince Reid 53.73

Tracksmith London Twilight 5000, Battersea Park. R7. 8. Alex Leggatt 16.24.36. R8. 11. Ryan Weston 15.51.81.

Athletics Norfolk Late Season Open, Norwich. HT. B. 1. Gemma Vickery* 48.74.

125 years ago in August 1898.

Blackheath Harriers defeat South London Harriers in the annual cricket match.

The Summer Run take place from West Wickham. Tea provided at "The Swan" at West Wickham "was excellent. A musical evening wound up the event"

The fifth evening meeting features 440 yards and 1000 yards handicaps.

The 90 yards swimming handicap takes place at Lewisham Baths.

100 years ago in August 1923.

"Eleven clubs were represented at the New Army Stadium on Woolwich Common.... This was another splendid day for the old Club... We affirm... that the future of the Club is assured and that we can rely upon our active members to make it as brilliant as ever it was in the past (and probably more so). G D Basan wins the 220 yards in 24 seconds dead. R H Gollan wins the quarter mile in 52 4/5 sec. H Dauban wins the javelin by nearly 20 feet with 155 ft 1 in. The aim of the meeting is to raise funds for the proposed Woolwich War Memorial Hospital Equipment Fund.

On the same day the first ever Womens AAA Championships takes place at the OXO Sports Ground at Ravensbourne, Bromley. It would be nearly 70 years before Blackheath would allow female members but Club Past President Harry Barclay was President of the WAAA from 1926 to 1929.

At the British Games at Stamford Bridge, H B Stallard wins the 880 yards in 1 min 55 3/5 sec. H Dauban is second in the javelin. Proceeds from the meeting will help the funds of St Dunstons Hostel and the British Olympic Council.

75 years ago in August 1948.

The Gazette comments on the Olympics at Wembley. "The universal comment has been the pleasant atmosphere in which the Games were run, friendly yet efficient without the regimentation that was so prominent a feature of Berlin. Perhaps this feeling was enhanced for us by being able to gaze down on the arena and pick out the homely figures of A D Thwaites, C W Starnes, E H Neville and J C McPhail performing their official jobs... Many who went with a prejudice against womens athletics will have had it dispelled"

50 years ago in August 1973

Blackheath win the team race at the Polytechnic Marathon at Windsor with new member Peter Hamilton 10th in 2.29.32, Chris Woodcock 19th in 2.41.56 and Peter Shephard 21st in 2.42.41.

Bob Richardson is 2nd in the Harlow (Mecca 10) in 50.21.

25 years ago in August 1998

Julian Golding returns from the European Championships with two medals. He is third in the 200 metres with a time of 20.72 (having run 20.39 in his heat). He then anchors the Great Britain 4x100 to victory.

At the AAAs Under 17 Championships there are wins for Aaron Evans in the 400 and for Nange Ursell in the 400 hurdles. Dwayne Grant is third in the 200. The senior mens 3000 metres is incorporated in the meeting and Dave Taylor is third.

The Junior Men secure their place in the National Junior Athletics League Final,

Bromley Ladies finish in 4th place in the Plate Final at Bedford. There are wins from Myrtle Augee in the shot and discus; and Nicole Bowring in the 400.

Liz Gibbens represents GB in the triple jump in an International match against Germany and France in Dessau, Germany.

At the Southern Veterans Championships, Jim Day wins the pole vault, high jump and triple jump in the over 60s age group. Colin Brand wins the discus.

The Club secure promotion back to the top division of the British Athletics League winning the fourth match of the season in Liverpool. It is a fitting way to celebrate Nigel Keogh's 50th League match. They are fourth in the table going into the match but just one league point behind the leaders. Anthony Draper and Chris Moss win both strings of the 800 as do Spencer Newport and Giles Clifford in the 3000 steeplechase; and Emeka Udechuku and Alexis Sharp in the discus. Other A string wins come from Emeka in the shot and the 4x100 quartet of Ruben Tabares, John Skeete, Darren Burley and Mark Findlay. It is a memorable debut for under 17 Nange Ursell. He is just about to start the 400 hurdles when he realises he isn't wearing any shorts beneath his track suit. He rushes behind a track container, performs a quick change, dashes back to the start line and wins the B string in 55.3.

Looking at the team 25 years on, twelve of those who competed at Liverpool in 1998 are Club Record Holders in 2023, namely, Mark Steinle, Emeka Udechuku, Mark Awanah, Nange Ursell, Marvin Bramble, Nick Thomas, Alan Hardy, Darren Burley, John Skeete, Mark Findlay, Spencer Newport and Bomeme Barikor. Some pictures below from the Club's archives taken by Damian Cluskey.



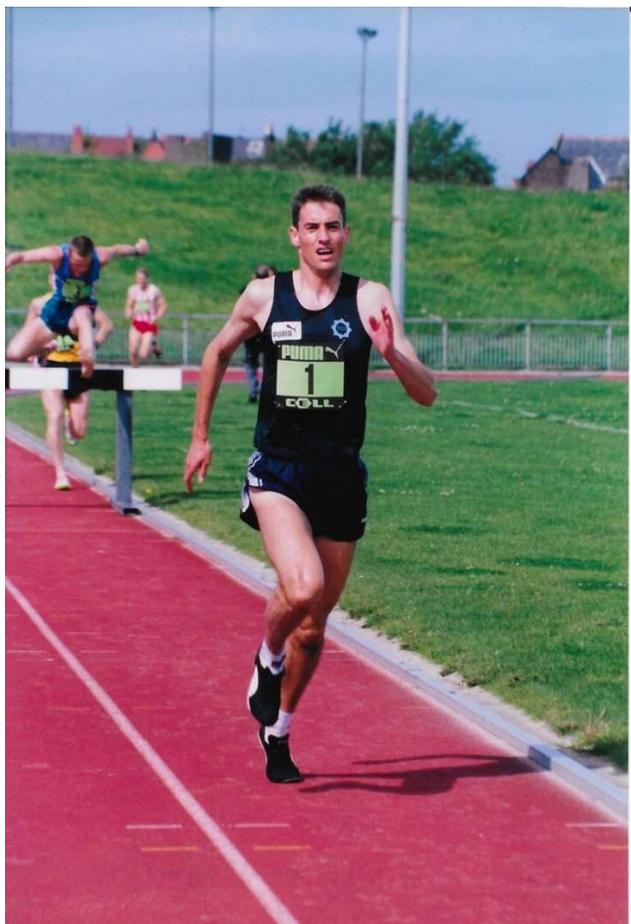
Keogh hits 50. Captain Nigel's landmark British League appearance. There were only four matches a season.



Nange is looming. Nange Ursell's memorable British League debut. His under 17 record for the 400 Hurdles still stands after 25 years. In recent times he has twice won the Blackheath & Bromley 150 Years Fantasy Football League.



Bomene Barikor is not backward heading the upright, he got over. He still jointly holds the Club Under 17 High Jump record.



Two British League stalwarts. Alan Hardy is our current M35 and M40 pole vault record holder. Spencer Newport winning the steeplechase. His Club 2000 chase record was set in 1990.