



Blackheath & Bromley Courier

December 2023.

President 2023-24. John Hubbard.

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One Of Our Own – Richard Coles (1954 – 2023)



Wearing his blazer with the Honours Badge he received for outstanding performance; his Presidents tie and badge; and holding the Southern Cross Country Championship trophy, which it took the Club 117 years to win for the first time, with Richard one of the team; no one could be prouder... it wouldn't have crossed his mind how proud we were, and are, of him. The Courier is here primarily to register the current results for future generations, but, this month we also spend a little time presenting the results of Richard, whose record of representing the Club on the country as a Boy, Youth, Junior and Senior at County, Southern and National Championships is peerless. Rest in peace Richard.



Alison Coles – with Richard every step of the way. Behind every President is someone with a container of raffle tickets.

National Cross Country Championships

Youths

1972. Sutton Coldfield. 48. Richard Coles 22.13 “very disappointed to have been attacked by influenza during the previous few days”

1973. Parliament Hill. 22. Richard Coles

Juniors

1974. Sheffield. 23. Richard Coles

1975. Luton. 43. Richard Coles (1st Steve Ovett)

Seniors

1976. Leicester. 369. Richard Coles (7th home) “Unfortunately Richard suffered a football injury – as a spectator – the week before the National”

1977. Parliament Hill. Richard Coles dnf

1978. Leeds. 59. Richard Coles (1st scorer)

1979. Luton. 46. Richard Coles (1st scorer) “Richard Coles was odds on favourite to be the first Blackheath finisher and he did not disappoint the punters finishing inside the first fifty for the first time”

1980. Leicester. 82. Richard Coles (1st scorer)

1981. Parliament Hill. 25. Richard Coles (1st scorer)

1982. Leeds. 66. Richard Coles (1st scorer). "Club supporter, 4 month old Andrew Coles, showed little interest in his father's form and slept throughout the proceedings"

1983. Luton. 79. Richard Coles (1st scorer)

1984. Newark. 93. Richard Coles (1st scorer)

1985. Milton Keynes. 251. Richard Coles (1st scorer)

1986. Newcastle. 145. Richard Coles (2nd scorer)

1987. Luton. 250. Richard Coles (4th scorer)

1988. Newark. 173. Richard Coles (6th scorer). The team were 3rd so equalling the Club's best ever performance set 40 years previously in 1948. "The presentation was understandably a joyous affair. A few tears were shed, a magnificent trophy for 1st Southern Team collected, and Richard Coles was seen to leap a long way off the floor at confirmation of his medal. What a just reward for his service to the Club including 13 consecutive appearances in the National"



Tim Nash, Richard Coles, Alan Guildler, Jerry Barton, Bill Foster, Mark Jones

1989. Ewell. 197. Richard Coles (9th home)

1990. Leeds. 172. Richard Coles (5th scorer)

1991. Luton. 435. Richard Coles (8th home)

"And we can understand all the better when someone like Richard Coles, after draining every effort to qualify for his 435th National place talks of this as his last. **Someone like....? There has been no one else: twenty Nationals in succession – Youth, Junior and Senior. When comes such another?** (Tony Weeks Pearson, President 1990-91)

Southern Cross Country Championships

Youths

1972. Parliament Hill. 4. Richard Coles "his most notable achievement to date. He had apparently started the race hoping to finish in the first fifteen, and was naturally more than pleased with his performance. With the first three all a year older than Richard, he must surely stand a good chance of victory next year"

1973. Parliament Hill. 9. Richard Coles

Juniors

1974. Parliament Hill. 8. Richard Coles

1975. Parliament Hill. 3. Richard Coles.

Seniors

1976. Parliament Hill. 8. Richard Coles (1st scorer)

1977. Windsor. 6. Richard Coles (1st scorer)

1978. Parliament Hill. 9. Richard Coles (1st scorer)

1979. Parliament Hill. 14. Richard Coles (1st scorer) The first time he hadn't finished in the top 10 at a Southern.

"Unfortunately there was almost no support for him and our second man home was a distant 128th" (Andy Frankish)

1980. Parliament Hill. 9. Richard Coles (1st scorer)

1981. Trent Park. 12. Richard Coles (1st scorer)

1982. Parliament Hill. 10. Richard Coles (1st scorer)

1983. Trent Park. 10 Richard Coles (1st scorer)

1984. Parliament Hill. 37. Richard Coles (1st scorer)

1985. Trent Park. 43. Richard Coles (1st scorer)

1986. Brighton. 40. Richard Coles. (5th scorer) Blackheath win the team title for the first time.

"An historic day for the club" (PP Laurie Hammill). "Our team received their gold medals to loud applause, none louder than for Richard Coles who has "run his heart out" for the club in major championships in leaner years"



Jerry Barton, Tim Nash, Bill Foster, Bill O'Donnell, Pat Calnan, Richard Coles

The winning Southern team, not taken at Brighton but at a British League match at Copthall in June. Bill O'Donnell already looked in holiday mode with those shorts and when it came for a picture to appear at the Clubhouse, he was edited.

1987. Parliament Hill. 115. Richard Coles (6th scorer)

1988. Trent Park. 81. Richard Coles (6th scorer)
1989. Basingstoke. 140. Richard Coles (8th home)
1990. Parliament Hill. 123. Richard Coles (7th home)
1991. Havant. 115. Richard Coles (9th home)
1992. Parliament Hill. 180. Richard Coles (10th home)
1993. Mote Park. 146. Richard Coles (11th home)

Kent Championships

Boys

3/1/70. Canterbury. 11. Richard Coles
2/1/71. Maidstone. 1. Richard Coles "Richard Coles surprised himself, but not us, by a good win"

Youths

1/1/72. Aylesford. 1. Richard Coles 16.01.
6/1/73. Aylesford. 1. Richard Coles 16.11.

Juniors

5/1/74. Dartford. 1. Richard Coles 29.34. 2. Mike Gratton (Folkestone) 30.03 who wrote on Richard's passing, " I have very fond memories of races with Richard and running as a team mate for the Kent and the Kent Schools teams." "Richard Coles collected his fourth consecutive Kent title. Although the Kent Messenger rated Folkestone's Gratton a clear favourite, it was obvious that Richard's migration to Newcastle University had put him temporarily out of the limelight. He soon returned to it however, pulling comfortably away from Gratton during the second half of the race"
4/1/75. Canterbury. 2. Richard Coles

Seniors

3/1/76. Mote Park. 6. Richard Coles
8/1/77. Dartford. 4. Richard Coles
7/1/78. Sevenoaks. 4. Richard Coles
6/1/79. Mote Park. 2. Richard Coles
1980. Canterbury –
1981. Mote Park. 7. Richard Coles
1982. Dartford. 7. Richard Coles. "It is perhaps Richard's misfortune, or perhaps he accepts it as a challenge that Kent senior running is at such a high level this year. Some years ago the performance he produced would have resulted in his having a win to his credit"
1983. Mote Park. 16 Richard Coles.
1984. Danson Park. –
1985. Mote Park. 15. Richard Coles
1986. Ashford. 17. Richard Coles.
1986 (champs moved from January to December). Mote Park. 12. Richard Coles
1987. Danson Park. 12. Richard Coles
1988. Margate. –
1989. Hythe. -.
1990. Cobham Hall. 24. Richard Coles
1991. Maidstone. 35. Richard Coles.
1992. Hythe. 33. Richard Coles
1993. Gillingham. 50. Richard Coles
1994. Beckenham Place Park. 41. Richard Coles

As Richard studied at Newcastle University, we have two recipes this month from Olympians from the North East. Brendan Foster was the only Briton to win a medal at the 1976 Games. Charlie Spedding won bronze in the marathon in 1984 in one of the greatest races of all time. They liked a good pud.

LEMON FLUMMERY

4 eggs
4 oz. castor sugar
2 lemons
 $\frac{1}{2}$ oz. gelatine (soaked in 2 tbs. hot water)
 $\frac{1}{4}$ pt. double cream

Separate the eggs, beat the yolks together with the sugar until thick, then gradually add the grated rind and juice of the lemons. This should be done slowly to prevent curdling.

Add the gelatine and mix well in.
Stir chilled in individual sundae dishes.

Charlie Spedding.

MALAKOFF TORTE

6 oz. butter or good margarine
5 oz. caster sugar
1 egg yolk
3 oz. melted chocolate
2 tbsp. rum or rum essence
1-2 pkts, sponge fingers

Oblong or square cake tin.

Line the tin both ways, allowing sufficient to cover the top.

Dip sponge fingers into rum or rum essence, plain side only, and place in tin sugar side down, enough to cover base.

Mix butter and castor sugar well together, add egg yolk and beat well. Add melted chocolate and mix together.

If desired, beat the white of egg until stiff and fold into mixture.

Put a layer of mix over the sponge fingers, then another layer of fingers, then more mix and finish off with sponge fingers sugar side up.

Fold the greaseproof paper over and press the whole torte down firmly.

Put some heavyweights on the top until nice and firm.

Brendan Foster

Of course Richard was far more than just a cross country runner and was a member of the team that won the Southern 12 stage team for the first time, running the anchor leg as the Club won by over four minutes.

STAGE 12: I've seen the photos of Richard Coles finishing his lap and I was by the Hand in Hand as he came past. All of this confirms the hint that he enjoyed his solo effort and even more so enjoyed finishing off the job for the Club. He even squeezed another 10 seconds into the bargain. His face a few minutes after the race was completed also backs up my suspicions.

Suddenly the Common was a mass of Blackheath support as Club members who had been at various points round the course came to the finish to see the guys who did the business. It was all summed up pretty well by George Brooks who said words to the effect of waiting 50 years for this. He certainly thought it was worth while. It was a great day out and Blackheath certainly made this day their occasion. April 1st 1989, remember that day, we were certainly not fooling.

M. B. Hamlin



Back. Richard Coles, Alan Guilder, Tony Linford, Jerry Barton, Gary Arthey, Spencer Newport, Bill Foster. Front. Rob Farish, Les Roberts, Mark Watling, Chris McGeorge, Dave Heath.

Then there was the track. After being in the top division of the National League in 1969 the Club managed to get relegated three years in a row and get demoted to the Southern League. They were promoted back to the National League and were promoted four years in a row to return to the top division with Richard in the team each year. (Not all results available)

29/07/1972	Blackburn	Coles, Richard	1500	B	4	4.14.9
29/07/1972	Blackburn	Coles, Richard	5000	A	6	16.20.8
03/05/1980	Windsor	Coles, Richard	5000	A	2	14.40.9
24/05/1980	Aldershot	Coles, Richard	800	B	6	2.00.7
24/05/1980	Aldershot	Coles, Richard	5000	A	2	14.35.0
28/06/1980	Cwmbran	Coles, Richard	5000	A	1	14.20.6
23/08/1980	Oxford	Coles, Richard	5000	A	5	14.26.3
09/05/1981	Cudworth	Coles, Richard	5000	A	3	14.46.6
06/06/1981	Woodford	Coles, Richard	1500	A		3.57.7
04/07/1981	Bristol	Coles, Richard	5000	A		14.57.8
25/07/1981	Aldershot	Coles, Richard	5000	A	2	14.21.9
08/05/1982	Crystal Palace	Coles, Richard	5000	B	3	14.48.0
05/06/1982	Aldershot	Coles, Richard	5000	B	3	15.00.8
03/07/1982	Brighton	Coles, Richard	1500	B		
07/08/1982	Cleckheaton	Coles, Richard	3000s/c	A	3	9.22.8
07/05/1983	Cwmbran	Coles, Richard	3000s/c	A	1	9.18.3
02/07/1983	Edinburgh	Coles, Richard	3000s/c	A	5	9.36.24
13/08/1983	West London	Coles, Richard	3000s/c	A	5	9.31.3
17/06/1984	Crystal Palace	Coles, Richard	3000s/c	A	5	9.29.37
19/08/1984	Haringey	Coles, Richard	3000s/c	A	5	9.32.0
01/06/1985	West London	Coles, Richard	5000	A	8	14.49.8
29/06/1985	Edinburgh	Coles, Richard	3000s/c	A	8	9.26.35
10/05/1986	Birmingham	Coles, Richard	5000	A	7	14.55.14
15/06/1986	Copthall	Coles, Richard	5000	B	6	15.26.72
05/07/1986	Wigan	Coles, Richard	5000	B	4	14.54.67



Crystal Palace 1984



Results.

4/11/23

ECCA Cross Country Relays, Mansfield. Senior Men. 7. Leeds City "A" (inc Graham Rush* 15.38.05), 61. B&B "A" (Dan Kennedy 18.24.05, Jake Leng 17.59.60, Justin Stover 18.10.25, Micah Evans 17.39.30) 1.12.13. 20. **Senior Women.** 13. B&B "A" (Chloe Sharp 10.42.15, Morgan Squibb 10.56.20, Jessica Keene 11.52.75) 33.31.10. **Under 20 Men.** Incomplete team. Thomas Sugden 10.39.25, Ted Marston 11.21.90. **Under 20 Women.** 14. B&B "A" (Hannah Clark 8.46.60, Olivia Magee Brown 9.55.80, Cameron Kelly Gordon 9.39.15) 28.21.60. Incomplete Team. Lily Beaton 13.36.90. **Under 17 Men.** 33. B&B "A" (Jed Starvis 9.50.65, Harry Fage 10.30.15, Mark Constable 10.13.60) 30.34.40, 49. B&B "B" (Jasper Brooks 10.03.35, Ryan Alford Smith 10.51.20, Hendri Verster 10.50.50) 31.45.05. **Under 17 Women.** 22. B&B "A" (Cristina Gilodi Johnson

9.53.45, Megan Barlow 9.43.50, Millie May Collins Smith 10.19.00) 29.55.95, Incomplete team. Molly Shaw 10.26.80, Islay Pearson 10.52.10. **Under 15 Boys.** 3. B&B "A" (Joseph Hill 7.05.80, Nathan Clark 7.16.70, Joseph Scanes 6.29.25 (Fastest Of The Day)) 20.51.75, 29. B&B "B" (Kian Farrell 7.34.45, Daniel Horgan 7.25.50, James Shaw 7.28.60) 22.28.55, 38. B&B "C" (Ben O'Grady 7.28.65, Oliver Ward 7.41.55, Harry Collins Smith 8.01.10) 23.11.30. **Under 15 Girls.** 8. B&B "A" (Iris Williams 7.46.85, Luciana Smith 8.10.80, Aoife McDonagh 7.53.70) 23.51.35. 28. B&B "B" (Naimah Mossi 8.18.70, Leah Kyriacou 8.30.75, Devora Yohannes 8.27.45) 25.16.90, 60. B&B "C" (Hissa Al Faisal 9.30.78, Lily Bridgeman 9.14.95, Lydia Marston 9.06.65) 27.52.30. **Under 13 Boys.** 9. B&B "A" (Jake Martin 7.46.05, Alex Smith 7.49.45, Zacchaeus Kelman 7.38.25) 23.13.75, 26. B&B "B" (James Bunn 7.44.60, Johnny Lee 8.09.85, Benjamin Evans 8.20.05) 24.14.50. **Under 13 Girls.** 12. B&B "A" (Evie De Bruyn 8.11.80, Sofia Mossi 8.07.50, Freya Pearson 8.33.10) 24.51.90.

Parkruns. Bromley. 2. Graeme Lugar 16.48, 35. Steve Evenden 19.53, 40. Trang Nguyen 20.05, 46. Harry Schmidt 20.19, 112. Austin Adams 23.38, 123. Robert Whyte 23.51 158. Tim Ayres 24.50 177. Gareth Griffin 25.23, 422. Adrian Perry 40.52.

Greenwich. 101. Chris Pike 28:23. **York.** 107. Amber Reed 22.18. **Beckenham Place park.** 4. Paul Sharpe 20.18, 34. Rod Harrington 24.03, 52. Luigi Arcuri 25.28, 179. Anthony Pontifex 37.52. **Lloyd park, Croydon.** 52. George Collins 28.56. **South Norwood.** 12. Adrian Stocks 23.01, 47. Zoe Kingsmill 29.13. **Hoblingwell.** 4. Chris Martin 22.29, 5. Cameron Hutton-Squire 22.47. **Orpington.** 10. Gregory Firth 22.16, 25. Kyla Dervish 23.43, 89. Karen Desborough 35.03. **Foots Cray Meadows.** 13. John Turner 27.26, 36. Maz Turner 37.03. **Brooklands.** 280. John Isaacs 29.58, 363. Bob Thomas 34.55, 380. Richard Griffin 37.00. **Bethlem Royal Hospital.** 6. Ian Montgomery 22.59, 12. James Unwin 25.02, 23. Mike Simms 28.44, 31. Jackie Montgomery 31.28. **Sutcliffe park.** 3. Luca Moloney Pedro 18.03, 37. Steven Pairman 22.07, 55. Andrew Lawes 22.57, 167. Julia Pairman 30.33. **Ruthin Memorial Playing Fields.** 5. Mark Watling 20.35. **Mote Park.** 171. Tom Phillips 44.34.

5/11/23

TCS New York City Marathon. 1038. David Adams 2.57.33 (2.57.21), 6546. William Brindley 3.33.53.

Junior Parkrun. Hoblingwell. 1. Alexander Martin 7.18

10/11/23

NCAA Div 1, Mountain Region Cross Country Championships, Lubbock, TX. 48. Yasmin Austridge 20.52.

NCAA Div 1 North East Region Cross Country Championships, Bronx, NY. 145. Lara Mannes 22.19.

11/11/23

British Athletics Cross Challenge inc Gwent League, Cardiff. Senior Women. 10. Niamh Bridson Hubbard 21.59, 32. Naomi Kingston 24.00. **Under 20 Women.** 3. Eliza Nicholson (U17W) 15.48, 94. Emily De Backer 19.53. **Under 15 Boys.** 3. Joseph Scanes 9.58.

British & Irish Masters International, Glasgow. M45. 19. Alex Gibbins 28.03.

Kent League, Danson Park. Senior Men. 13. Micah Evans 26.31, 23. Dominic Smith 27.14, 26. Graeme Lugar 27.27, 45. Timothy Browne 28.45, 50 Gregory Bull 29.04, 56. Leo De Bruyn 29.20, 58. Sebastian Jones 29.22, 63. Luca Ercolani 29.32, 78. Joshua Dowling 30.02, 99. Paul Sharpe 30.52, 102. Ryan Ali 30.57, 124. Ted Marston 31.57, 127. Ian Scott 32.07, 130. Steve Evenden 32.12, 142. Philip Bunn 32.43, 143. Gregory Firth 32.47, 149. Matt Bullen 32.58, 155. Paul Kerekgyarto 33.18, 160. Jason Meers 33.29, 173. Matthew Maddocks 33.59, 176. George Kleanthous 34.18, 188. Barry Slattery 34.50, 214. Steve Pairman 36.11, 216. Chris Martin 36.22, 225. Andrew Lawes 36.59, 230. Luigi Arcuri 37.25, 234. Harry Schmidt 37.43, 235. William Brindley 37.48, 238. Alessio Tutt 38.13, 267. James Unwin 41.32. **Teams.** 6 to score. 4. B&B 107. 12 to score. 4. B&B 737. **Under 20 Men.** 6. Kervin Adjei 20.29, 9. Ted Marston 51.03. **Under 20 Women.** 1. Hannah Clark 18.44, 3. Carys Firth 19.23, 9. Olivia Magee Brown 21.30. **Teams.** 1. B&B 13. **Under 17 Men.** 2. Alexander Middleton 16.41, 9. Mark Constable 17.51, 12. Franco Hillier 18.10, 13. Harry Fage 18.11, 19. Hendri Verster 18.56, 29. Ryan Alford Smith 21.29. **Teams.** 2. B&B 23. **Under 17 Women.** 2. Megan Slattery 20.07, 6. Megan Slattery 20.59, 7. Kyla Dervish 21.05, 15. Millie May Collins Smith 22.20, 18. Jessica Kelly 22.35, 19. Isla Spink 22.49, 20. Amber Cockburn 23.21, 26. Islay Pearson 23.53. **Teams.** 1. B&B 15. **Under 15 Boys.** 1. Joseph Hill 13.46, 8. Nathan Clark 14.24, 9. Kian Farrell 14.25, 11. Alex Martin 14.39, 13. James Shaw 14.48, 18. Luca Moloney Pedro 15.08, 19. Benjamin O Grady 15.08, 24. Harry Collins Smith 15.26, 25. Oliver Ward 15.28, 35. William Spurle 16.11, 56. Cameron Hutton Squire 17.46. **Teams.** 2. B&B 18. **Under 15 Girls.** 2. Naimah Mossi 15.39, 3. Aoife McDonagh 15.42, 4. Iris Williams 15.50, 11. Luciana Smith 16.46, 16. Ariana Jenner Heard 17.34, 17. Leah Kyriacou 17.34, 19. Sophie Tran 17.58, 23. Charlotte Stevens 18.03, 25. Beth Regan 18.22, 26. Rowan Pearson 18.24, 28. Caitlin Hough 18.36, 29. Lydia Marston 18.39, 3. Eva Denbow 18.41, 31. Angelina Mernaka 18.43, 34. Lily Bridgeman 19.23, 40. Mariana Caceres 20.07, 42. Jessica Lingham 21.10. **Teams.** 1. B&B 9. **Under 13 Boys.** 2. Zacchaeus Kelman 10.59, 6. James Bunn 11.11, 7. Jake Martin 11.17, 10. Johnny Lee 11.29, 11. Alex Smith 11.29, 30. Benjamin Evans 12.03, 31. Billy Pharoah 12.06, 34. Jack Barlow 12.10, 37. Finn Gotkine 12.12, 43. Matthew Tootell 12.24. **Teams.** 1. B&B 15. **Under 13 Girls.**

3. Sofia Mossi 11.33, 5. Evie De Bruyn 11.46, 6. Alba Homans Yau 11.59, 10. Freya Pearson 12.26, 12. Isabelle Jenkins 12.36, 13. Chloe Morez 12.37, 16. Elizabeth McGillivray 12.49, 19. Aoife Stanley 12.54, 21. Harriet Hughes 13.02, 23. Eva John 13.12, 44. Freya Denbow 15.02, 45. Nancie Cox 15.13. **Teams.** 2. B&B 14.

Oxford University v Cambridge University Freshers Varsity Match, Cambridge. HJ. 4. Barnaby Corry 1.40. TJ. 1. Barnaby Corry 11.92. PV. 1. Barnaby Corry 3.90.

Start Fitness Metropolitan League, Wormwood Scrubs. Senior Women. 6. Carole Coulon 28.08.

Parkruns. Bromley. 26. Trang Nguyen 19.34, 54. Tuan Tran 20.34, 63. Harry Schmidt 20.56, 89. Steve Evenden 22.15, 97. David Adams 22.38, 158. Austin Adams 24.06, 176. Ryan Tran 24.50, 230. Gareth Griffin 26.01, 372. Kate Garrett 29.05, 390. John Isaacs 29.37, 628. Richard Griffin 57.41. **Grovelands, Enfield.** 113. George Collins 27.04. **Ashton Court.** 318. Mick Keene 32.11. **Beckenham Place park.** 8. Bertie Harrington 21.01, 50. Rod Harrington 24.37, 74. David Beadle 25.46. **Moors Valley.** 490. Peter Rogers 38.55. **Dulwich.** 23. Tony Crowder 18.27, 166. Richard Byford 23.03. **Orpington.** 108. Karen Desborough 34.04. **Harrow Lodge.** 130. Bob Thomas 35.37. **Harlow.** 108. Zoe Kingsmill 28.53. **Penrose.** 196. Adrian Perry 39.35. **Malling.** 5. Steve Hough 20.07. **Exmouth.** 104. Bob Minting 25.03. **Clapham Common.** 202. James Cunningham 23.34. **Foots Cray Meadows.** 10. John Turner 27.50, 19. Maz Turner 37.28. **Bethlem Royal Hospital.** 12. Ian Montgomery 22.43, 15. Katy Sugden 23.23, 37. Mike Simms 29.00, 45. Jackie Montgomery 30.20. **The Leas, Minster.** 1. Blair Wilson 18.09. **Sutcliffe.** 153. Julia Pairman 29.41, 227. Barry Wetherilt 54.51. **Charlton.** 30. Adrian Stocks 22.22. **Mote Park.** 115. Tom Phillips 33.31.

12/11/23

Regents Park 10km. 9. Tim Nash 41.50.

Junior Parkrun. Bromley. 2. Benjamin Evans 8.12. **Hoblingwell.** 1. Joe Scanes 6.40.

Kent Fitness League, Swanley. 33. David Adams 32.52, 120. Jennie Butler 36.56.

18/11/23

London Championships, Parliament Hill. Senior Men. 20. Micah Evans 40.32, 35. Kevin Fini 41.11, 52. Alex Gibbins 42.07, 101. Luca Ercolani 44.39, 117. David Adams 45.09, 119. Gregory Bull 45.12, 180. Ryan Ali 47.35, 182. Ted Marston 47.40, 224. Ian Scott 49.23, 231. Joshua Dowling 49.37, 252. Gregory Firth 50.51, 265. Philip Bunn 51.35, 286. Jason Meers 52.30, 380. Luigi Arcuri 58.27, 385. Chris Martin 58.42. **Senior Women.** 3. Morgan Squibb 23.32, 26. Zoe White 25.43, 74. Trang Nguyen 28.17, 79. Olivia Magee Brown 28.42, 120. Jane Bradshaw 31.00.

Ray Hall Memorial Winter Track League 2/Surrey Walking Club Open Track Walks, Tonbridge. 1500 Walk. 2. Luke Eperon (U13B) 10.40.5. 2000 Walk. 5. Florence Watson (U15G) 15.14.5. 5000. 8. Jonathan Ellerton (U20M) 26.22.0, 14. Matthew Ellerton (M50) 32.04.2.

NCAA Div 1 Cross Country Championships, Charlottesville, VA. 224. Yasmin Austridge 21.54.

Parkruns. Bromley. 2. David Taylor 16.47, 4. Luca Moloney Pedro 17.18, 5. Kian Farrell 17.28, 7. Benjamin O'Grady 17.41, 26. Steve Evenden 19.54, 39. Tuan Tran 20.25, 43. Harry Schmidt 21.20, 45. Sophie Tran 21.27, 47. Katy Sugden 21.34, 50. Rod Harrington 21.39, 79. Robert Whyte 23.01, 80. Ryan Tran 23.02, 97. Damian Hayes 23.41, 180. Gareth Griffin 26.21, 241. Jackie Montgomery 28.14. **Beckenham Place park.** 24. Isabella Jenkins 23.46 (1st woman), 52. Ian Montgomery 26.05, 58. Adrian Stocks 26.12. **Ashford.** 31. Paul Ross-Davies 23.02. **Dulwich.** 5. Jed Starvis 16.10. **Graves.** 98. Mike Simms 28.59. **Orpington.** 57. Dave Leal 29.08. **Preston Park, Brighton.** 301. Adrian Perry 32.43. **Tonbridge.** 199. Mick Keene 30.23. **Northallerton.** 25. Cameron Swatton 24.58. **Exmouth.** 284. Bob Minting 56.03. **South Woodham Ferrers.** 36. John Isaacs 32.10. 42. Bob Thomas 38.25. 43. Richard Griffin 43.53. **Bethlem Royal Hospital.** 14. James Unwin 24.46. **Clevedon Salthouse Fields.** 130. George Collins 27.41. **Sutcliffe.** 29. Andrew Lawes 21.54, 145. Zoe Kingsmill 30.08, 229. Andrew Kingsmill 56.23.

19/11/23

Woodford Green AC with Essex Ladies Invitational Pole Vault, Indoor Lee Valley. A. 6. Ella Brooker (U15G) 2.80, 12. Luna Corry (U15G) 2.40.

Up And Running South Yorkshire League, Winterhill. 16. Jake Leng 40.30, 38. Justin Strover 44.16.

Junior Parkrun. Harrow Lodge. 1. Joe Scanes 6.06. **Bromley.** 2. James Bunn 7.26, 4. Benjamin Evans 7.55

Kent Fitness League, Oxleas Wood. 15. David Adams 33.02, 86. Jennie Butler 37.37.

22/11/23

Manchester Cup, Sportscity. Men. 200. R4. 2. Maurizio Corrodus (U20M) 23.94. R7. 1. Camron Nwaozoh (U20M) 24.10. 60H. R2. 2. Camron Nwaozoh 8.97. **Women.** 60. R6. 2. Sydelle Wontumi 8.43. LJ. 10. Eva Stephanou 4.24. SP. 8. Eva Stephanou 6.28.

25/11/23

British Athletics Cross Challenge (Including European Trials), Sefton Park. Senior Women. 8. Niamh Bridson Hubbard 27.26, 53. Andrea Clement 29.33, 76. Chloe Sharp 30.26. **Under 20 Women.** 40. Hannah Clark 16.28. **Under 17 Women.** 7. Eliza Nicholson 15.51. **Under 15 Girls.** 18. Iris Williams 11.12, 35. Luciana Smith 11.32.

Kent League, Swanley. Senior Women. 1. Morgan Squibb 29.05, 2. Jessica Keene 30.19, 3. Carole Coulon 30.33, 14. Jennie Butler 32.47, 15. Ashley Pearson 32.56, 23. Trang Nguyen 33.53, 45. Katy Sugden 36.29, 47. Sarah Belaon 36.31. **Teams.** 3. To score. 1. B&B 6. 6 to score. 1. B&B 58. **Under 20 Men.** -. **Under 20 Women.** 2. Carys Firth 19.22, 7. Olivia Magee Brown 20.37, 10. Emily De Backer 22.24. **Teams.** 2. B&B 19. **Under 17 Men.** 2. Jed Starvis 16.39, 9. Mark Constable 17.23, 11. Harry Fage 17.49, 15. Ryan Alford Smith 18.31, 21. Tane Chambers 19.43. **Teams.** 2. B&B 22. **Under 17 Women.** 4. Megan Slattery 19.56, 6. Megan Barlow 20.28, 9. Kyla Dervish 21.04, 18. Amber Cockburn 22.50, 20. Jessica Kelly 23.13, 21. Islay Pearson 23.21. **Teams.** 2. B&B 19. **Under 15 Boys.** 1. Joseph Scanes 13.04, 2. Joseph Hill 13.39, 8. Nathan Clark 14.02, 14. Daniel Horgan 14.22, 16. Luca Moloney Pedro 14.28, 17. James Shaw 14.31, 19. Matias Caceres 14.46, 25. Harry Collins Smith 15.01, 26. Benjamin O'Grady 15.08, 35. Oliver Ward 15.41. **Teams.** 1. B&B 11. **Under 15 Girls.** 2. Naimah Mossi 15.45, 3. Aoife McDonagh 15.56, 13. Sophie Tran 17.15, 16. Charlotte Stevens 17.31, 17. Beth Regan 17.39, 21. Freya Dinwiddy 17.55, 24. Lydia Marston 18.08, 25. Leah Kyriacou 18.10, 26. Rowan Pearson 18.10, 27. Eva Denbow 18.16, 28. Lily Bridgeman 18.22, 30. Angelina Mernaka 18.42, 31. Mariana Caceres 18.50, 32. Jessica Lingham 19.05, 33. Caitlin Hough 19.09. **Teams.** 1. B&B 18. **Under 13 Boys.** 2. Zaccaeus Kelman 10.59, 5. Jake Martin 11.23, 6. Finn Gotkine 11.33, 7. Nathan Crossan 11.39, 8. Alex Smith 11.39, 13. Johnny Lee 11.48, 18. Aaron Crossan 11.56, 29. Benjamin Evans 12.19, 32. Jack Barlow 12.26, 39. Joshua Bentley 12.51, 42. Matthew Tootell 13.01. **Teams.** 1. B&B 13. **Under 13 Girls.** 4. Sofia Mossi 11.58, 6. Alba Homans Yau 12.30, 8. Freya Pearson 12.30, 10. Elizabeth McGillivray 12.56, 12. Isabella Jenkins 13.10, 14. Chloe Morez 13.14, 16. Harriet Hughes 13.18, 21. Aoife Stanley 13.43, 27. Freya Denbow 14.29. **Teams.** 2. B&B 18.

Parkruns. Bromley. 3. Fintan Parkinson 16.49, 4. Daniel Kennedy 17.12, 5. Luca Ercolani 17.32, 8. Paul Sharpe 18.02, 17. Clayton Aves 19.00, 56. Harry Schmidt 21.00, 74. Steven Pairman 21.47, 75. Micah Evans 21.48, 108. Robert Whyte 23.12, 111. Austin Adams 23.15, 132. Tracey Ashenden 23.50, 276. Jamie White 26.52, 320. Stuart Cullum 28.02, 383. Julia Pairman 29.17, 400. Bernard Wilson 29.42. **Bexley.** 85. George Collins 26.29. **Town Moor.** 54. Bertie Harrington 20.58. **Beckenham Place park.** 39. Luigi Arcuri 24.58, 60. Ian Montgomery 26.16, 129. Zoe Kingsmill 30.25. **Highbury Fields.** 3. Blair Wilson 17.33. **Hoblingwell.** 3. Jason Meers 21.17. **Dulwich.** 160. Rod Harrington 21.40, 534. Adrian Perry 31.47. **Orpington.** 1. Graeme Lugar 18.42, 103. Karen Desborough 34.09. **Barking.** 57. John Isaacs 29.01, 94. Bob Thomas 35.09. **Hillsborough.** 202. Abigail Kingston 27.00. **Tonbridge.** 231. Mick Keene 29.15. **Exmouth.** 354. Bob Minting 52.25. **Clapham Common.** 179. James Cunningham 23.34. **Bethlem Royal Hospital.** 8. David Beadle 21.43, 22. Adrian Stocks 24.21, 46. Mike Simms 28.11, 54. Jackie Montgomery 29.47. **Sutcliffe.** 47. Andrew Lawes 22.16.

25-26/11/23

South Of England Indoor Combined Events Championships, Lee Valley. Under 20 Women. Pentathlon. 1. Jesse Sargeant 2976 (800 – 2.50.09, 60H – 9.50, HJ – 1.62, LJ – 4.99, SP – 9.03. **Under 15 Boys. Pentathlon.** 3. Alexander Giles 2374 (800 – 2.27.22, 60H – 9.66, HJ – 1.64, LJ – 5.50, SP – 9.14).

26/11/23

Junior Parkrun. Bromley. 1. Luca Moloney Pedro 6.56, 2. Benjamin Evans 7.52

Kent Fitness League, Knole Park. 14. David Adams 29.27.

30/11 – 1/12/23

Liberty Kick Off, Lynchburg, VA, USA. 400. R1. 2. Holly Mpassy 55.81.

150 years ago in November 1873

“ Instead of being a straightaway run without a single check the pack on Saturday were constantly at fault. This was not, however, due to the hares, as they had not planned a single false, but the wind being very high, scattered the paper in all directions, and the darkness settling in much sooner than was pleasant caused the pack to hunt very cautiously for fear of “over running”

125 years ago in November 1898.

The Club 5 Challenge Cup is won by E Ratcliff in 32.35.

The Club enjoy a fixture against Oxford University. “It was a merry party that journeyed down to Oxford in the special saloon carriage attached to the 1.40 from Paddington” The University win by 25 points to 30. There follows an impromptu smoker. “We travelled to town by the 9.23 from Oxford...Suffield nearly got left behind, but was dragged through the window before the train passed the platform”

There is also a match against Cambridge University. Ratcliff wins the race but again Blackheath are defeated in the team contest.

100 years ago in November 1923.

For the first time the Nicholls Cup race against South London Harriers is held outside of Kent in Coulsdon. It results in a win for SLH and they now lead 12 – 9 overall. Then it is off to the Railway Hotel, Purley for dinner.

75 years ago in November 1948.

Blackheath win the mob match against SLH scoring 43 a side. Sydney Wooderson is second.

He is third in the match against Cambridge University behind the University's Chris Brasher.

50 years ago in November 1973

Blackheath win the Mob Match against SLH at Hayes, scoring 39 side. "The field was small by Nicholls standards, a discouraging sign and a mere 86 finished" First for Blackheath is Bob Richardson in 2nd with Chris Haines 3rd, Ian Wilson 6th, Mick Hamlin 7th, Stuart Knowles 8th and John Baldwin 9th.

A Club group travels to Blandain in Belgium and Nicholas Brooks wins the Cadets 1200 metres race. "Everybody came home with a prize and Dave Fletcher and Danny Zeichner scored a kind of victory over a notorious local bottled beer called "Trappiste Bleu". This continental jaunt looks like becoming an annual fixture."

25 years ago in November 1998

The National Cross Country relays are moved from their traditional mid February date to November. The under 20 mens team of John Baker, David Baker, Steve Holmes and Mike Skinner finish in 9th place. The under 17 men go one better with an 8th place courtesy of Andy Rayner, Will Bolton, Dan Moore, and Matt Hill. A late withdrawal means there is no complete Senior Mens team but Dave Heath "wins" the first leg.

It is a busy month for Dave Heath as he follows this with 11th place in the European Cross Country Trials at Margate. On the back of this he is selected to represent the South Of England at the International race at Roeselare in Belgium and finishes in 4th place. If he were Belgian this would have qualified him for the Belgian European Cross Country Championships team.

Mark Steinle is 21st just back from representing GB at the Ekiden Relays in Japan.

Roy Smith wins the SLH Mob Match by nearly two minutes and Blackheath win the team contest scoring 40 a side. The Evening Supper doubles as an 80th Birthday celebration for Alan Brent.

