



Blackheath & Bromley Courier

April 2024.

President 2024-25. Ashley Pearson.

Editor. Pat Calnan



No words necessary... Helen does it again



Out with the old, in with the new. At the Past Presidents' Supper, John Hubbard introduced his successor Ashley Pearson. Below, the Past Presidents (but not a full set), a few years of experience here.



The Club



News and Results.

Some big results and it's only March. As seen above, Helen Godsell breaks a World Record and wins two gold medals at the European Masters Indoor Championships while Louisa Vallins wins a bronze. Both are former young athletes. Joe Scanes wins the Under 15 Boys Inter Counties Cross Country Championships and is second in the English Schools and gets an International Vest. Eliza Nicholson represents GB at the World Cross Country Championships, helping Britain to 5th place. Lots more medals at various indoor events, including bronze for Joshua Dako in the National Combined Events. We even appear to have won a mob match.

1/3/24

Loughborough Pole Vault Invitational. 8. Sophie Dowson 3.70.

1-3/3/24

IC4A/ECAC Indoor Track and Field Championships, Boston, MA. 400. R2. 2. Holly Mpassy 55.15. Ht7. 1. Holly Mpassy 55.39. PV. 8. Lois Warden 3.54.

2/3/24

National ISA Championships, Worksop College. Y10-11B. 10. Oliver Ward 17.01. Y7G. 12. Leela Bhadeshia 12.39.

Parkruns. Richmond. 87. James Cunningham 24.56, 300. Bob Thomas 35.42. **Bromley.** 6. David Adams 17.45, 21. Trang Nguyen 19.30, 28. Tuan Tran 19.50, 39. Harry Schmidt 20.16, 74. Sarah Belaon 22.15, 75. Cornelius Griffin 22.21, 76. Adrian Stocks 22.23, 97. Adrian Perry 23.11, 102. Damian Hayes 23.26, 106. Ryan Tran 23.36, 119. Tim Ayres 23.52, 169. Paul Murphy 25.24, 288. Bernard Wilson 28.42, 451. Anthony Pontifex 34.46. **Beckenham Place park.** 22. Ashley Pearson 23.45 (1st woman), 27. Colin Pearson 23.54, 53. Luigi Arcuri 26.03. **Crystal Palace.** 260. Rod Harrington 29.56. **Hoblingwell.** 1. James Bunn 21.11, 3. Philip Bunn 21.32, 9. Alice Bunn 27.30 (1st woman). **Beckton.** 12. Gareth Griffin 27.06, 24. John Isaacs 33.02, 30. Richard Griffin 38.57. **Orpington.** 17. Katy Sugden 24.28 (1st woman), 73. Karen Desborough 35.22. **Tonbridge.** 3. Eliza Nicholson 18.50 (1st woman), 137. Mick Keene 30.28. **Sittingbourne.** 36. Mike Simms 27.32. **Exmouth.** 131. Bob Minting 24.53. **Woolacombe Dunes.** 29. Barry Wetherilt 28.13. **Momoi harappa koen.** 7. Steve Evenden 22.27, 12. William Brindley 23.05, 15. Matthew Maddocks 23.55, 25. Steven Pairman 25.14, 37. Julia Pairman 29.49. **Sutcliffe park.** 2. Darren Corneille 18.30, 44. Andrew Lawes 22.12, 197. George Collins 29.10, 198. Zoe Kingsmill 29.11, 292. Andrew Kingsmill 40.19. **Ancholme Valley Way.** 45. Jackie Montgomery 28.01. **University Parks.** 24. Millie Smith 19.30. **Mote Park.** 176. Tom Phillips 40.12.

2-3/3/24

Essex And Eastern Indoor Championships, Lee Valley. Men. 60m. 5. Theo Adesina 7.31. Ht2. 1. Theo Adesina 7.28. LJ. 1. Theo Adesina 6.53. **U20W.** TJ. 3. Joyce Nzekwe 11.39.

3/3/24

Sutcliffe Indoor 60s. Men. A. R3. 1. Duayne Bovell m35 7.14. R10. 1. Oscar Sadowski u15 7.76. R13. 3. Luca Hunstone u13 8.79, 4 Rohan Thomas u13 9.08. B. R2. 3. Duayne Bovell 7.12. R8. 4. Oscar Sadowski 7.78. R12. 2. Luca Hunstone 8.78, 4. Rohan Thomas 9.26. **Women.** A. R1. 1. Saskia King 7.53, 5. Isabella Campbell Andou 8.08, 6. Chanelle Cole 8.40. R2. Emilia Adese 8.16, 5. Ella Brooker 8.32. R4. 1 Zamaia Dixon 8.24. B1. 1. Saskia King 7.49, 4. Isabella Campbell Andou 7.93. B2. 1. Emilia Adese 8.10, 6. Zamaia Dixon 8.34. R3. 5=. Ella Brooker 8.32. B4. 1. Chanelle Cole 8.02.

Vault Cardiff. Pool D. 1. Hannah Lewis 2.96, 6. Holly Platt 2.76.

Paddock Wood Half Marathon. 29. Dan Kennedy 72.10 (72.04), 62. Graeme Lugar 74.52 (74.45), 70. Peter Brooks 75.37 (75.32), 77. Fintan Parkinson 75.59 (75.53), 136. Luca Ercolani 78.47 (78.40), 193. Jessica Keene 80.49 (80.42), 198. Paul Sharpe 81.05 (80.59), 264. Martin Parkinson 84.22 (83.57), 293. Tony Crowder 85.33 (85.24), 457. Tim Ayres 91.46 (91.14), 503. Harry Schmidt 93.07 (92.38), 523. Damian Hayes 93.55 (93.24), 834. Richard Byford 104.19 (103.20), 1122. Austin Adams 114.10 (112.55), 1311. Dave Leal 119.20 (117.53).

Cambridge Half Marathon. 1634. Francois Berrier 93.55.

Tokyo Marathon. 615. Will Brindley 3.20.07 (3.18.10)

RunThrough London Half Marathon. 22. Nigel Bewster 1.47.15 (1.45.28)

Junior Parkrun. Crystal Palace. 1. Emery Aldridge 7.05, 25. Sebastian Rayner 10.30. **Bromley.** 1. Zachary Evans 7.49, 2. Benjamin Evans 8.03.

9/3/24

CAU Inter County Championships (inc British Athletics Cross Challenge), Wollaton Park. SW. 9. Niamh Bridson Hubbard 25.22, 24. Naomi Kingston 26.44, 35. Chloe Sharp 27.17, 47. Morgan Squibb 27.42, 83. Zoe White 28.43. **U20M.** 50. Arthur Starvis 24.40. **U20W.** 2. Eliza Nicholson 19.12, 15. Hannah Clark 20.32, 56. Carys Firth 22.42. **U17M.** 44. Alexander Middleton 18.40, 56. Jed Starvis 18.51. **U17W.** 179. Megan Barlow 20.32. **U15B.** 1. Joseph Scanes 12.03, 6. Joseph Hill 12.29. **U15G.** 79. Aoife McDonagh 15.40. **U13B.** 71. Zacchaeus Kelman 11.26, 97. James Bunn 11.35, 127. Finn Gotkine 11.42, 195. Jake Martin 12.05. **U13G.** 48. Sofia Mossi 12.09, 67. Evie De Bruyn 12.23, 124. Alba Homans Yau 12.49.

Parkruns. Bromley. 3. Thomas Desborough 16.28, 4. David Adams 17.08, 26. Trang Nguyen 19.24, 27. Benjamin Evans 19.26, 30. Steve Evenden 19.38, 31. Harry Schmidt 19.41, 33. Tuan Tran 19.44, 53. Sophie Tran 20.54, 65. Sarah Belaon 21.35, 66. Katy Sugden 21.37, 68. Damian Hayes 21.40, 73. Cornelius Griffin 21.50, 149. Austin Adams 24.02, 152. Ryan Tran 24.08, 159. Paul Murphy 24.16, 223. Stuart Cullum 25.43, 239. Gareth Griffin 26.08, 300. Benjamin O'Grady 27.39, 555. Anthony Pontifex 35.09. **Bexley.** 10. Darren Corneille 19.43. **Leamington.** 6. Daniel Kennedy 19.37. **Beckenham Place park.** 40. Adrian Stocks 24.17, 43. Rod Harrington 24.22, 44. David Beadle 24.24, 58. Rowan Pearson 25.24, 78. Freya Pearson 26.33, 105. Ashley Pearson 27.37, 104. Colin Pearson 27.37, 181. Zoe Kingsmill 32.09, 255. Iain Swatton 50.46. **Roding Valley.** 60. John Isaacs 33.27, 68. Bob Thomas 37.54, 73. Richard Griffin 41.20. **Lloyd park.** 4. Prince Reid 19.59, 66. Mike Simms 28.39. **Billericay.** 94. George Collins 26.27. **Hoblingwell.** 3. Chris Martin 21.58, 9. Ian Montgomery 24.14, 28. Jackie Montgomery 29.20. **Dulwich.** 6. Peter Brooks 16.49. **Orpington.** 89. Karen Desborough 33.35. **Fulham Palace.** 26. Cristina Gilodi-Johnson 19.36 (1st lady). **Tonbridge.** 357. Mick Keene 32.27. **Peckham Rye.** 94. James Cunningham 23.48. **Woking.** 8.

Bertie Harrington 20.33. **Dartford**. 57. John Turner 27.17, 176. Maz Turner 40.24. **Exmouth**. 113. Bob Minting 25.22. **Catford**. 30. Andrew Lawes 22.22. **Centennial**. 52. Theo Wood 21.23. **Sutcliffe**. 48. Barry Wetherilt 23.13. **Mote Park**. 160. Tom Phillips 33.02.

9-10/3/24

EA U17 and U15 Combined Events, Sheffield. U17M Heptathlon. 3. Joshua Dako 4548 (60 – 7.32, 1000 – 2.53.61, 60H – 8.58, HJ – 1.77, PV – 2.90, LJ – 6.59, SP – 11.13). **U15B Pentathlon**. 9. Alexander Giles 2301 (800 – 2.52.18, HJ – 1.68, 60H – 9.27, LJ – 5.38, SP – 10.57). **U15G Pentathlon**. 23. Heidi Coulson 2270 (800 – 2.58.31, 60H – 10.02, HJ – 1.38, LJ – 4.06, SP – 7.51).

Surrey /Sussex Indoor Championships, Carshalton. Surrey. SM. 60. Ht5. 4. Ashley Reid 7.80. LJ. 3. Ashley Reid 5.11. **U20M**. 60. SF3. 4. Eliot Ferguson 7.30. Ht5. 2. Eliot Ferguson 7.25. 60H. 1. Eliot Ferguson 8.49. **U15B**. 60. 1. Piers Spencer Simms 7.25. SF1. 1. Piers Spencer Simms 7.35. Ht2. 1. Piers Spencer Simms 7.34. **U15G**. SP. 2. Kaweng Pwol 9.44. **Sussex. SM**. TJ. 2. Patrick Apantaku 11.89. SP. 2. Patrick Apantaku 10.63.

10/3/24

Be Fit Today Track Academy Open Meeting, Lee Valley. A7. 3. Isabella Campbell Andou 12.83. A30. 1. Dan Putnam 10.82. B11. 1. Isabella Campbell Andou 12.71. B28. 1. Dan Putnam 10.64. 200. Men. R6. 3. Victor Cordon 25.04. HJ. 1. Victor Cordon 1.50.

Manchester Indoor Open, SportsCity. 60. A11. 4. Sydelle Wontumi 8.28. B5. 2. Sydelle Wontumi 8.38.

Lydd Half Marathon/20. 47. Ashley Pearson 2.22.51 (2.22.44), 65. Damian Hayes 2.29.23 (2.29.19).

Bideford Half Marathon. 54. Carole Coulon 81.16 (81.13) (2nd woman).

Junior Parkrun. Bromley. 1. Benjamin Evans 7.35. **Beckenham Place park**. 1. Emery Aldridge 7.36.

12/3/24

London Schools Year 7 and 8 Championships, Avery Hill Park. Y8B. 2. Zacchaeus Kelman 10.11, 6. Nathan Crossan 10.52, 15. Aaron Crossan 11.14. **Y7B**. 24. Elliot Morris 12.06.

15/3/24

Bob Hayes Spring Break Invitational. 200. 4. Holly Mpassy 24.62 (0.5).

Charleston Southern Invitational. PV. 3. Lois Warden 3.56.

15-16. USF Bulls Invitational, Tampa FL. 400. R1. 3. Ethan Brown 46.78.

16/3/24

English Schools Championships, Pontefract. Senior Boys. 58. Arthur Starvis 21.05, 62. Alexander Middleton 21.09, 159. Harry Fage 22.17. **Senior Girls**. 2. Eliza Nicholson 15.11, 90. Carys Firth 17.25. **Intermediate Boys**. 2. Joe Scanes 15.15, 15. Joseph Hill 15.47, 29. Jed Starvis 16.02. **Intermediate Girls**. 78. Naimah Mossi 14.09, 165. Megan Barlow 14.47. **Junior Boys**. 70. Kian Farrell 10.58, 102. James Shaw 11.06, 179. Luca Moloney Pedro 11.26. **Junior Girls**. 43. Aoife McDonagh 11.57, 93. Evie De Bruyn 12.21, 134. Alba Homans Yau 12.36, 198. Sofia Mossi 12.55.

Podium Festival 5km, Leicester. R5. 13. Miles Brown 15.16. R10. 83. Chloe Sharp 17.29.

Arizona Spring Break Fiesta, Tucson,AZ. Men. HT. 1. Tom Parker 64.75. **Women**. SP. 8. Nana Gyedu 14.30.

UTSA Invitational, San Antonio. 1500. R3. 6. Ava White 4.42.78.

Parkruns. Bromley. 3. David Adams 17.03, 8. James Bunn 17.43, 16. Philip Bunn 18.16, 28. Trang Nguyen 18.59, 38. Tuan Tran 19.24, 40. Harry Schmidt 19.32, 52. Chris Martin 19.59, 99. Benjamin Evans 22.07, 103. Ashley Pearson 22.15, 104. Colin Pearson 22.15, 120. Tim Ayres 22.25, 169. Islay Pearson 23.36, 176. Freya Pearson 23.46, 178. Rowan Pearson 23.49, 186. Alice Bunn 23.54, 199. Ryan Tran 24.04, 224. Austin Adams 24.35, 231. Katy Sugden 24.45, 271. Gareth Griffin 25.45, 395. Paul Murphy 28.33, 410. Bernard Wilson 28.49, 449. Mick Keene 29.41, 494. Karen Desborough 30.48. **Bexley**. 3. Darren Corneille 19.01. **Southampton**. 133. Lorna Clowes 22.04. **Beckenham Place park**. 83. Iain Swatton 26.49. **Highbury Fields**. 255. George Collins 26.34. **Cannon Hill, Birmingham**. 40. Ailbhe Barnes 20.29 (1st woman). **Hilly Fields**. 41. Andrew Lawes 22.32. **Brockenhurst**. 53. James Cunningham 24.25. **Clair**. 119. Zoe Kingsmell 31.38, 170. Andrew Kingsmell 42.10. **Fulham Palace**. 43. Cristina Gilodi-Johnson 20.24. **Peckham Rye**. 139. John Turner 26.07, 355. Maz Turner 37.11. **Exmouth**. 114. Bob Minting 24.54. **Bethlem Royal Hospital**. 9. Steve Evenden 23.10, 11. Damian Hayes 23.56, 72. John Isaacs 36.49, 75. Anthony Pontifex 38.03, 81. Bob Thomas 38.57, 96. Richard Griffin 59.56

16-17/3/24

Kent Indoor Championships, Lee Valley. SM. 400. 4. Thomas Sugden 51.62. Ht3. 3. Thomas Sugden 51.10. 800. 1. Thomas Sugden 2.02.20. 2000W. 2. Jonathan Ellerton 10.16.28, DQ. Matthew Ellerton. HJ. 2. James Nightingale 1.65. PV. NH. Roger Platt. SP. 2. Brydon Duncan 11.85. **SW**. 60. 4. Rebecca Abegunde – Williams 8.12. 200. 2. Chanelle Cole 25.99. Ht1. 1.

Chanelle Cole 26.29. 400. 2. Chanelle Cole 58.53. 800. 1. Morgan Squibb 2.12.10. 1500. 1. Morgan Squibb 4.32.39. PV. 2. Holly Platt 2.90. **U20M**. 60. Ht2. 2. Oliver Driscoll 7.34. 200. 3. Oliver Driscoll 23.11, DQ. Zurial Nwogwugwu. Ht1. 3. Chinedu Ndukwu 23.63. Ht2. 1. Zurial Nwogwugwu 22.74, 3. Oliver Driscoll 23.02. 400. 3. Zurial Nwogwugwu 50.08, 4. Rayhan Mourtada 55.12, 5. Chinedu Ndukwu 57.13. Ht1. 1. Zurial Nwogwugwu 51.11, 3. Chinedu Ndukwu 52.81. Ht2. 3. Rayhan Mourtada 53.10. 1500. 1. Harry Fage 4.12.29. 60H. 2. Rayhan Mourtada 8.14, 4. Chinedu Ndukwu 9.09. PV. 1. Oscar Witcombe 4.40. **U20W**. 60. 4. Zara Okoroafor 7.91. Ht1. 2. Zara Okoroafor 7.90. 200. 3. Nina Whitter 26.19. 400. 3. Tallulah Ndikanwu 59.94, 4. Olivia Magee Brown 63.32. 800. 3. Faith Mpassy 2.23.38, 5. Olivia Magee Brown 2.30.58, DNF. Gabriella Martin. 1500. 1. Hannah Clark 4.37.83. HJ. 2. Jessie Sargeant 1.55. LJ. 1. Joyce Nzekwe 5.16, 4. Jesse Sargeant 4.91. **U17M**. 2. Oji Okoro 7.24. Ht1. 5. Tristan Thomas 7.89. Ht2. 2. Oji Okoro 7.21. 200. 3. Alexander Morrell 24.42. DQ. Leon McBean. Ht2. Alexander Morrell 24.63. 400. DNS. Connor Wray. Ht2. 3. Connor Wray 54.93. 800. 4. Benjamin O Grady 2.12.19. PV. 1. Charlie Platt 4.20. **U17W**. 60. 2. Chizam Boniface 7.87. DNS. Cheyanne Nketia. Ht1. 2. Cheyanne Nketia 8.02, 4. Matilda Shilland 8.72. Ht3. 1. Chizam Boniface 7.86. 200. Ht1. 3. Matilda Shilland 29.27. Ht3. 3. Carys Bowling 29.66. 300. 1. Alyssa Firla 41.55, 3. Leah Kyriacou 41.98. Ht1. 1. Alyssa Firla 42.22, 2. Leah Kyriacou 42.47. 800. Leah Kyriacou 2.23.32. PV. 1. Elsa Pawson 3.30. **U15B**. 60. 4. Oscar Sadowski 7.74. Ht1. 2. Oscar Sadowski 7.89. 300. 2. Oscar Sadowski 40.09. 60H. 3. Jamie Ellerton 9.16, 6. Jack Ruby 9.50. Ht1. 3. Jack Ruby 9.51. Ht2. 1. Jamie Ellerton 9.18, 4. Kesinachi Olatunde 14.17. SP. 6. Jack Ruby 7.96. **U15G**. 3. Fay Olatunde 8.29. Ht1. 2. Fay Olatunde 8.34. Ht3. 4. Mariana Caceres 8.78. 200. 1. Isabella Campbell Andou 26.31. SF1. 1. Isabella Campbell Andou 26.79, 3. Kara Bryan 28.20. Ht1. 3. Kara Bryan 27.70. Ht3. 1. Isabella Campbell Andou 26.80. 300. 1. Kara Bryan 43.25. 800. 3. Amelie Ramdeen 2.36.40. 60H. 4. Fay Olatunde 9.96. Ht1. 2. Fay Olatunde 9.83, 4. Heidi Coulson 10.23. Ht2. 6. Amelie Ramdeen 10.73. HJ. 1. Alessia Scala 1.50. LJ. 7. Alessia Scala 4.09. PV. 2. Ella Brooker 2.45, 3. Luna Corry 2.30. SP. 5. Heidi Coulson 8.02.

Middlesex Indoor Championships, Lee Valley. SW. 2. Sophie Dowson 3.80.

17/3/24

Mob Matches v SLH and Orion Harriers. 4. Darren Corneille 48.57, 5. Luca Ercolani 49.41, 9. David Adams 52.16, 16. Paul Sharpe 54.27, 20. Ian Scott 55.52, 21. Matthew Bullen 55.56, 25. Trang Nguyen 57.09, 28. Oscar Scotting 58.29, 30. Dominic Scotting 59.44, 31. Paul Scotting 1.00.06, 33. Steve Evenden 1.00.36, 36. Tim Nash 1.00.56, 39. Chris Martin 1.01.33, 44. Katy Sugden 1.02.06, 45. David Beadle 1.02.:09, 49. Damian Hayes 1.03.33, 50. Adrian Stocks 1.03.52, 54. Jason Meers 1.04.19, 57. Luigi Arcuri 1.04.51, 59. Mark Ellison 1.05.55, 67. David Leal 1.15.06, 68. Chris Pike 1.15.29, 71. John Turner 1.20.32, 72. Jim Phelan 1.23.18. **SLH Match**, 21 a side. 1. SLH 394, 2. B&B 513. **Orion Match**, 19 a side. 1. B&B 360, 2. Orion 382. Ponsford Pewter (1st B&B veteran) – Darren Corneille. Bennett Cup. 1. Darren Corneille, 2. Adrian Stocks, 3. Luca Ercolani. After 8 events. 1. Matt Bullen 214, 2. Luca Ercolani 206, 3. Luigi Arcuri 190, 4. Paul Sharpe 169, 5. Ian Scott 163, 6. John Turner 150, 7. Damian Hayes 148, 8. Darren Corneille 145, 9. Micah Evans 144, 10. Katy Sugden 134.

Milton Keynes Festival Of Running 20. 4. Ryan Weston 1.56.11 (1.56.09).

Junior Parkrun. Crystal Palace. 1. Emery Aldridge 6:51. **Bromley.** 17. Sebastian Rayner 11.06.

17-23/3/24

European Masters Indoor Championships, Torun, POL. M35. 60. 4. Duayne Bovell 7.12. SF2. 1. Duayne Bovell 7.15. Ht2. 1. Duayne Bovell 7.21. **M40.** 60. SF2. 8. Ashley Reid 7.77. Ht1. 3. Ashley Reid 7.67. 200. SF2. 6. Ashley Reid 25.66. Ht2. 4. Ashley Reid 25.01. **M50.** 400. Ht1. DNF Ian Firla. **M65.** Ht2. 5. Clem Leon 8.91. 200. Ht1. 4. Clem Leon 29.98. TJ. 11. Clem Leon 8.79. **W45.** 60. 3. Louisa Vallins 8.11. Ht2. 1. Louisa Vallins 8.15. **W70.** 60. 1. Helen Godsell 9.22. Ht1. 1. Helen Godsell 9.25. 200. 1. Helen Godsell 31.17. Ht2. 1. Helen Godsell 32.35.

21-22/3/24

Buc Scoring Invitational, Spokane WA. SP. 1. Nana Gyedu 15.55.

21-23/3/24

Victor Lopez Classic, Houston. 1500. C3. 11. Ava White 4.39.76.

22/3/24

Don Easter 5KM. 4. Jake Leng 15.36, 5. Justin Strover 15.40.

22-23/3/24

Bob Davidson Team Challenge presented by Norris Woody, High Point, NC. 400. R3. 2. Holly Mpassy 54.94.

23/3/24

SIAB Schools Cross Country, Abbotstown, IRL. Inter Boys. 2. Joseph Scanes 19.40.

Closing 5 Mile Handicap. 1. Matthew Maddocks (34.54) 28.14, 2. Barry Slattery (39.02) 29.02, 3. Bernard Wilson (52.27) 29.27, 4. Jennie Butler (36.18) 29.28, 5. Andrew Lawes (39.58) 29.38, 6. Chris Martin (37.19) 29.39, 7. Luca Ercolani (32.33)

29.43, 8. Maz Turner (64.47) 29.57, 9. Matthew Bullen (36.39) 29.59, 10. Katy Sugden (39.05) 30.05, 11. Con Griffin (41.45) 30.35, 12. Luigi Arcuri (41.17) 30.47, 13. Kervin Adjei (36.40) 30.50, 14. Ian Scott (34.34) 30.54, 15. Megan Slattery (38.09) 30.59, 16. Paul Sharpe (34.11) 31.01, 17. Tom Desborough (32.42) 31.02, 18. Jessica Keene (34.46) 31.06, 19. Steven Pairman (42.03) 31.23, 20. Daniel Horgan (33.34) 31.24, 21. Adrian Stocks (40.05) 31.25, 22. Jake Martin (35.54) 31.44, 23. Chris Fishlock (39.48) 31.58, 24. Andrew Tutt (42.11) 32.31, 25. Trang Nguyen (39.41) 32.51, 26. John Turner (49.26) 33.06, 27. Ted Marston (37.25) 34.35, 29. Aoife McDonagh (41.01) 35.51, 28. Fin Gotkine (40.21) 35.51. **Bennett Cup. Final Standings.** 1. Matt Bullen 214, 2. Luca Ercolani 205, 3. Luigi Arcuri 192, 4. Katy Sugden 182, 5. Chris Martin 180, 6. Ian Scott 173, 7. John Turner 165, 8. Paul Sharpe 164, 9. Damian Hayes 148, 10. Micah Evans 143.

Parkruns. Bromley. 6 David Adams 18.02, 26. Steve Evenden 19.40, 44. Harry Schmidt 20.42, 58. Sophie Tran 21.48, 59. Matthew Tootell 21.50, 64. Graeme Lugar 22.02, 152. Ian Montgomery 24.17, 171. Tim Ayres 24.39, 174. Austin Adams 24.46, 219. Ryan Tran 25.42, 300. Gregory Bull 27.32, 355. Jackie Montgomery 28.42, 638. Richard Griffin 39:22, 696. David Appleton 49.01, 697. John Isaacs 49.13. **Bexley.** 5. Darren Corneille 18.53. **Coventry.** 309. George Collins 28.33. **Beckenham Place park.** 1. Leonardus De Bruyn 18.53, 15. Ashley Pearson 21.21 (1st woman), 22. Trang Nguyen 22.26, 24. Colin Pearson 22.:35, 8. Lydia Marston 24.24, 73. David Beadle 25.47, 263. Zoe Kingsmill 40.34. **Mile End.** 43. Jason Meers 21.28. **Dulwich.** 49. Luciana Smith 18.48, 107. Jonathan Wicks 20.10. **Orpington.** 6. Gregory Firth 21.09, 115. Karen Desborough 34.13. Upton Court. 53. Gareth Griffin 28.09. **Southwark.** 465. Bob Thomas 34.17. **Tonbridge.** 341. Mick Keene 31.23. **Woking.** 18. Bertie Harrington 21.45. **Surfers Paradise.** 5. Theo Wood 19.34. **Exmouth.** 109. Bob Minting 25.46. **Kingdom.** 3. Ryan Alford-Smith 20.32. **Seven Fields.** 31. Andy Tucker 23.41. **Sutcliffe park.** 8. Ailbhe Barnes 19.21, 35. Jon Pairman 21.35, 104. Steven Pairman 25.09, 136. Barry Wetherilt 26.52, 204. Julia Pairman 30.16.

24/3/24

Southern 12 Stage and 6 Stage Road Relays, plus age group 5km races. Mens 12 Stage. 20. B&B (Dan Kennedy 28.58, Henry Fisher 15.49, Greg Bull 30.01, Arthur Starvis 15.58, Graeme Lugar 30.08, David Adams 17.03, Fintan Parkinson 30.15, Miles Brown 15.55, Kevin Fini 29.03, Peter Brooks 16.30, Micah Evans 29.27, Jake Leng 16.02) 4.35.10. (Decimals have been rounded up or down). **Womens 6 Stage.** No B&B team. **U17M 5km.** 17. Jed Starvis 16.43.

Vault London, Lee Valley. P2. 5=. Hannah Lewis 2.81. P3. 11. Elsa Pawson 3.01. P4. 1. Oscar Witcombe 4.36, 8. Sophie Dowson 3.91. P5. NH. Roger Platt.

Fleet Half Marathon. 23. Ryan Weston 72.48 (72.46).

Junior Parkrun. Bromley junior. 1. James Bunn 7.28, 19. Sebastian Rayner 10.41.

27-30/3/24

Clyde Littlefield Texas Relays, Austin, TX. 100H. Ht1. 5. Marcia Sey 13.71 (2.9). 4x400. L3. Dina Asher Smith 51.19.

29/3/24

Folkestone 10. 22. David Adams 60.59 (60.57), 340. Austin Adams 87.37 (86.54).

RunThrough Victoria Park 10km. 35. Philip Bunn 39.37 (39.35)

29-30/3/24

LSU Battle On The Bayou. 400. R2. 5. Ethan Brown 47.39.

Stanford Invitational, Stanford CA. 3000s/c. 10. Yasmin Austridge 10.20.97. SP. Nana Gyedu 15.17.

Black And Gold Invitational, Smithfield, RI. 800. R1. 3. Lara Mannes 2.15.14. PV. B. 2. Lois Warden 3.68.

29-31/3/24

Isle Of Man Easter Festival Of Running

29/3. 10km. 58. Naomi Kingston 35.09 (2nd woman).

30/3. Peel Hill Race. 1. Naomi Kingston 17.37.

31/3. 5km. 2. Naomi Kingston 17.25.

30/3/24

World Athletics Cross Country Championships, Belgrade, SRB. Under 20W. 25. Eliza Nicholson 21.27.

Kew The Run 10km. 715. Gregory Bull 58.03.

Kew The Run Half Marathon. 1814. Luke Boxall 2.23.59.

Parkruns. Bromley. 3. Harry Fage 16.48, 16. Roger Vilardell 18.02, 20. Thomas Desborough 18.12, 44. Tuan Tran 19.26, 55. Harry Schmidt 19.47, 59. Tim Ayres 20.02, 60. Benjamin O'Grady 20.02, 61. Chris Fishlock 20:03, 62. Chris Martin 20.06, 67. Damian Hayes 20.22, 72. Steve Evenden 20.37, 84. Simon Harris 21.01, 89. Matthew Maddocks 21.15, 98. Cornelius Griffin 21.29, 123. Sophie Tran 22.11, 215. Austin Adams 24.26, 245. Ryan Tran 25.06, 265. Gareth Griffin 25.43, 373. Jackie Montgomery 27.53, 452. Holly Kibblewhite 29.25, 614. Anthony Pontifex 33.45, 682. Richard Griffin 36.43, 713. Stuart

Cullum 39.17, 736. David Appleton 40.26. **Maidstone River Park**. 9. Ryan Alford-Smith 19.36. **Beckenham Place park**. 61. David Beadle 26.19. **Moors Valley**. 108. James Cunningham 23.55. **Crystal Palace**. 55. Lydia Marston 22.56. **Hoblingwell**. 3. James Bunn 20.18, 19. Alice Bunn 25.08, 20. Philip Bunn 25.08. Mile End. 61. Steven Pairman 22.19, 270. Julia Pairman 31.33. **Orpington**. 88. Karen Desdorough 33.13. **Shrewsbury**. 720. Mike Simms 38.53. **Whinlatter Forest**. 92. Andrew Riches 35.50. **Dartford**. 59. John Turner 26.41, 176. Maz Turner 36.52. **Grangemoor**. 103. Mick Keene 28.14. **Tooting Common**. 51. Eloise O Shaughnessy 23.12. **Exmouth**. 147. Bob Minting 24.36. **Clapham Common**. 95. Dylan Reeves-Fellows 22.26. **Woolacombe Dunes**. 62. Adrian Stocks 26.31. **Bethlem Royal Hospital**. 6. William Brindley 26.46. **Wickford Memorial**. 64. George Collins 25.37, 179. Zoe Kingsmell 33.50, 215. Andrew Kingsmell 39.02. **Sutcliffe park**. 37. Andrew Lawes 21.36, 107. Barry Wetherilt 25.35. **Mote Park**. 190. Bob Thomas 36.44, 195. Tom Phillips 37.59.

150 years ago in March 1874

With the Club's Winter programme finishing at the end of February, it is a quiet month, but, S Lake wins the three mile handicap race at the London Athletic Club Meeting at Lillie Bridge.

125 years ago in March 1899.

The National Cross Country Championships takes place at Wembley Park. The Club finish in 10th place. "Eight out of ten who started for us finished the course." First home is H Bull in 64th. "Flattering remarks were made by onlookers, anent the sportsmanship of the Heathens supporting the Championships year after year with so little prospect of finishing anywhere up"

A Club photo is taken before the Married v Single race. "Many Members are included who figured in the Club photo some 20 years ago...The price of the photo is 3s per copy." In the race "The Batchelors were certainly fitter than the Benedicts, and romped home, furnishing the first five men...It will be noticed that no less than 10 Benedicts turned out in the old colours...In the evening a first rate Smoking Concert was given"

The Winter season finishes with a Mile Handicap race.

The Club AGM takes place at "The Albion" Hotel, Ludgate Circus on Wednesday 29th of March.

100 years ago in March 1924.

Plenty of competition to be had this month.

1st. Matches against Charterhouse School and one against Kings School Canterbury. "With two away fixtures, things were unusually quiet at West Wickham, but about a dozen were out for a steady spin over the usual country, this being the first occasion for several weeks on which nobody twisted an ankle."

8th Match against Imperial College AC, and it is also the Johnson Bowl walk. "there has never been a finer contest since the initial event in 1902" Just 49 seconds separated the three competitors with victory to C Whittington.

15th Match v Ardingly. "a most enjoyable day was passed in glorious country with excellent hosts"

22nd. Match v Bromley County School. The Club enjoy a narrow victory.

29th 5 Mile Handicap and Farmers Night. The handicap is won by new member A G V Allen. "near eighty members and friends for the dinner and smoking concert"

75 years ago in March 1949.

The Annual Dinner takes place at the Bridge House Hotel, London Bridge. Tickets are 15/- from Ken Johnson and Members are allowed to bring guests this year. W. C. Jewell, Honorary Treasurer of the A.A.A. proposes the toast to "The Club". Victor Beardon "summed up the Club's pride in recent achievements and its confidence for the future...although ... he warned against taking for granted the present healthy state of membership and recruitment. What he euphemistically called "the Hon Treasurer's pruning activities" had resulted in a published membership approximately the same as last year, despite an increase in the number of new members. This year's figure of 760 was therefore more realistic "

On the 5th the Club sends teams to compete against Ardingly College and also to Sevenoaks School. Blackheath narrowly win both matches.

The 14th Inter Schools cross country race attracts 22 entries. "About 20 members stayed on for supper.... And Albert Dale lent his radio so that we might hear the commentary on the National, when we learnt with regret that B.H. had failed to gain a place"

The National is at Bromford Bridge in Birmingham. The Club party take the special train put on from London at 9.50. “Accommodation for the competitors was adequately provided in the stables, and we had the unique feature of a stable for each team which was supplied with a key to secure clothes and valuables.” First home for the Club are two Olympians as Jack Braughton is 41st with Sydney Wooderson 45th. Alan Brent is forced to drop out with knee trouble. Had he run to form the team would have been significantly higher than their 12th place finish. The Junior team finish 8th led home by D Child in 26th.
Sixty five runners compete in the Five Mile Handicap and Closing Run (entry is a shilling).

50 years ago in March 1974

Blackheath finish 21st in the National Cross Country Championship at Sheffield. Bob Richardson is 47th with John Baldwin 111, Ian Wilson 132, Chris Haines 227, Peter Horwood 283 and Barry O Gorman 336. Richard Coles is 23rd in the Junior race; and Andy Edwards 31st in the Youths race.
Graham Botley runs the fastest time in the Closing 5 Mile yacht handicap.
Sixteen teams compete in the Inter Schools Championship race at Hayes.
Blackheath’s Winter Track Meeting takes place at Crystal Palace with around a thousand athletes in attendance. Entries amount to over £100 but the profit is only £3. The Club 3000 metre Championship Is included and this is won by Peter Horwood in 8.47.2.
The road relay season is well under way with finish second in both the London Fire Brigade Relay and the “Pedro Domecq” at Crystal Palace; as well as closing fifth in the Cambridge Harriers Relay.
Blackheath finish third team in the Tonbridge 10 road race with tight packing in 13th, 14th and 15th places courtesy of Chris Haines 52.05, Barry O Gorman 52.27 and Chris Woodcock 52.29.

25 years ago in March 1999

Blackheath finish third in the National Cross Country Championships at Newark. First home is Spencer Newport in 3rd with Mark Steinle 8th, Dave Taylor 25th, Tim Dickinson 72nd, Jeremy Bradley 83rd and Bill Foster 105th. To add to the celebrations Spencer’s wife Angela wins the Womens National, the first time a former under 13 winner has gone on to take the senior title. (Only four other athletes have won in a younger age group and progressed to win a Senior title, one of whom is Bromley Ladies Gillian Stacey who won the under 17 title in 1990 and the senior title in 1993). Gemma Viney is an outstanding 5th in the under 17 race.
The result at Newark further underlines that this is the Club’s most successful decade on the country ever. The record in the National includes two wins and four third places and their lowest position over the ten years is 12th

1990	Leeds	11th	755	42 Bill Foster	60 Jerry Barton	68 Spencer Newport	157 Mark Colpus	172 Richard Coles	256 Pat Calnan
1991	Luton	7th	708	52 Alan Guilder	87 Dave Lee	107 Bill O'Donnell	139 Spencer Newport	158 Dave Taylor	165 Tim Nash
1992	Newark	3rd	421	17 Dave Taylor	36 Spencer Newport	45 Alan Guilder	55 Darrell Smith	106 Dave Lee	162 Andrew Hollens
1993	Parliament Hill	3rd	354	30 Darrell Smith	45 Dave Taylor	51 Mark Colpus	62 Spencer Newport	72 Paddy Brice	94 Alan Guilder
1994	South Shields	1st	171	8 Spencer Newport	14 Dave Taylor	16 Darrell Smith	38 Steve Dodd	41 Jerry Barton	54 Mark Colpus
1995	Luton	1st	120	6 Dave Taylor	9 Tim Dickinson	11 Spencer Newport	27 Steve Dodd	28 Phil Hogston	39 Simon Baines
1996	Newark	3rd	361	13 Spencer Newport	20 Dave Taylor	24 Bill Foster	26 Tim Dickinson	134 Chris Wada	144 Darrell Smith
1997	Havant	10th	746	7 Dave Taylor	12 Spencer Newport	93 Liam Bulson	153 Mark Watling	210 Giles Clifford	288 Pete Barlow
1998	Leeds	12th	735	13 Dave Taylor	20 Darrell Smith	128 Roy Smith	181 Liam Bulson	194 Richard Daniels	212 Giles Clifford
1999	Newark	3rd	295	3 Spencer Newport	8 Mark Steinle	25 Dave Taylor	72 Tim Dickinson	83 Jeremy Bradley	105 Bill Foster

Their lowest position in the Southern in ten years is fourth. They claims six titles and three third places, including the astonishing 1995 Championship victory with six runners in 16 to score just 44 points. Halcyon Days.

1990	Parliament Hill	3rd	275	10 Jerry Barton	12 Alan Guilder	23 Spencer Newport	45 Bill Foster	66 Bill O'Donnell	119 Mark Colpus
1991	Havant	4th	259	14 Spencer Newport	24 Jerry Barton	38 Dave Heath	44 Alan Guilder	52 Bill O'Donnell	87 Tim Nash
1992	Parliament Hill	3rd	225	4 Dave Taylor	21 Darrell Smith	25 Spencer Newport	30 Alan Guilder	66 Mark Colpus	79 Andrew Hollens
1993	Maidstone	1st	122	7 Darrell Smith	13 James Harrison	14 Spencer Newport	22 Dave Taylor	24 Andrew Hollens	42 Alan Guilder
1994	Parliament Hill	1st	117	5 Darrell Sith	13 James Harrison	15 Dave Taylor	26 Mark Colpus	27 Alan Guilder	31 Jerry Barton
1995	Parliament Hill	1st	44	2 Spencer Newport	3 Tim Dickinson	5 Darrell Smith	7 Phil Hogston	11 Dave Taylor	16 Paddy Brice
1996	Parliament Hill	1st	113	1 Tim Dickinson	3 Spencer Newport	13 Mark Steinle	18 Darrell Smith	33 Paddy Brice	45 Phil Hogston
1997	Parliament Hill	3rd	333	1 Spencer Newport	3 Dave Taylor	19 Mark Steinle	43 Roy Smith	106 Mark Watling	161 Pete Barlow
1998	Parliament Hill	1st	109	3 Spencer Newport	4 Dave Taylor	13 Darrell Smith	15 Bill Foster	28 Dave Heath	46 Liam Bulson
1999	Parliament Hill	1st	190	1 Mark Steinle	8 Spencer Newport	10 Dave Taylor	40 Jeremy Bradley	51 Roy Smith	80 Giles Clifford

Dave Heath finishes in 19th place in the short course race at the World Cross Country Championships in Belfast. He is the first Briton to finish and 4th European.

Bill Foster finishes 3rd in the over 40s age group at the British Veterans cross country championships.

Blackheath win the Southern 12 Stage Road Relay at Milton Keynes. Mark Steinle and Dave Taylor run the first and second fastest long legs of the day. Roy Smith, John Baker, Jeremy Bradley, Ant Draper, Liam Bulson, Martin Airey, Richard Parrott, Richard Daniels, Pat Calnan and Joe Mills complete the team. This is their third victory in five years.

Richard Coles who anchored the team to the Club's first Southern 12 stage victory and was one of the scoring 6 when we first won the Southern Cross Country Championships, is the new Club President.

