



# Blackheath & Bromley Courier

May 2024.

President 2024-25. Ashley Pearson.

Editor. Pat Calnan



**We had joy, we had fun, we had seasons in the sun...**



Chris Haines towards Chevening.

It's hard to believe that fifty years have passed since Terry Jacks topped the charts for four weeks in April 1974 singing of his imminent demise. Hard to believe also that it was 50 years ago that on the Easter Sunday the Club was involved a unique event, a relay from Winchester to Canterbury Cathedrals following as closely as possible the Pilgrims Way. The runners would convey a message from the Bishop of Winchester to the Archbishop of Canterbury. No other club has performed this task. Full details of the event can be found later in this Courier. By the start of May, Terry Jacks had met his Waterloo. My my, it's hard to believe that fifty years have passed since....

## News and Results.

A busy month before the season kicks in bigtime. So from Jesse Owens to James Madison, from Tom Jones to Norman Fowler, from Joe Walker to...

**9/2/24**

**Eagle Elite Invitational, Boston, Allston MA.** 800. R2. 2. Angus Harrington 1.47.86.

**24/2/24**

**Ken Shannon Last Chance Meeting, Seattle, WA.** 800. R3. 2. Angus Harrington 1.48.66.

**15/3/24**

**UTSA Invitational, San Antonio.** JT. 2. Aryan Padaruth 65.16.

**22/3/24**

**Bob Larsen Distance Carnival, Los Angeles, Westwood CA,** 1500. R1. 3. Angus Harrington 3.50.19.

**23/3/24**

**Victor Lopez Classic, Houston.** JT. 3. Aryan Padaruth 65.61.

**29-30/3/24**

**Stanford Invitational. 800. R1.5.** Angus Harrington 1.48.18.

**1/4/24**

**Crawley Easter Monday Meeting.** 800. R7. 1. Julia Newman 2.32.26.

**Tonbridge AC Norman Fowler Easter Open.** 150. R6. 2. Calum Bryan U13B 21.64 (0.0). R7. 2. Isabella Campbell Andou U15G 19.98 (0.7), 6. Eva John U13G 21.02. R9. 6. Emilia Adese U15G 20.36 (0.4). R10. 1. Tristan Thomas U17M 18.71 (-07), 3. Jamie Ellerton U15B 19.04. R12. 3. Piers Spencer Simms U15B 17.47 (0.2). 300. R2. 5. Abigail Williams U17W 46.97. R4. 4. Beth Regan U17W 45.23. 400. R1. 4. Megan Barlow U17W 60.90. R2. 1. Victor Cardon U17M 55.10, 4. Cameron Kelly Gordon U20W 58.33. R5. 1. Dan Putnam 47.56. 600. R1. 5. Fletcher Kelly U11 2.08.89. R2. 1. Aoife Stanley U15G 1.47.34, 6. Eva John U13G 1.52.89. R3. 4. Zachary Evans U13B 1.51.59. R7. 6. James Naylor 1.30.59. 1500. R2. 1. Benjamin Evans U15B 5.10.62, 5. Jack Barlow U15B 5.36.24. R3. 2. Evie De Bruyn U15G 5.14.09, 3. Aaron Crossan U15B 5.15.45. R5. 1. Jake Martin U15B 4.54.34, 4. Niamh Stanley U17W 5.04.40. R6. 3. James Bunn U15B 4.54.67, 7. Nathan Crossan 5.08.53. R8. 3. Benjamin O'Grady U17M 4.30.93, 5. Luca Moloney Pedro U15B 4.34.54. 3000 Walk. 4. Jonathan Ellerton U20M 15.56.78, 10. Matthew Ellerton M50 18.01.81. HJ. P2. 5. Victor Cardon 1.55. PV. P1. 6. Ella Brooker U15G 2.80. P2. 3. Finn Kitteridge 3.60. SP. 1. Nehemiah Dick U20M 8.78. DT. 1. Erin Simpson 33.10. HT. 4kg. 1. Rory Witcombe 40.67.

**Yeovil Spring Open.** 400. R1. 3. Gerard McGrady U20M 53.07.

**4/4/24**

**Assembly League 5km.** 60. Chris Tuck 21.27.

**5/4/24**

**Whitworth Peace Meet, Spokane WA.** SP. B. 1. Nana Gyedu 15.29.

**5-6/4/24**

**Chicagoland Championship, Elmhurst, IL.** 100. Ht4. 2. Myles Xavier 11.30. 1.0.

**Hurricane Alumni Invitational, Coral Gables, FL.** 100. R2. 4. Jeriel Quainoo 10.49 1.4. 200. R1. 4. Jeriel Quainoo 20.98 1.5.

**Jim Click Shootout, Tucson, AZ.** HT. 5. Tom Parker 65.31.

**44 Farms Invitational, College Station.** 1500. 3. Ava White 4.45.39. JT. 4. Aryan Padaruth 61.85.

**VertKlasse Meeting, High Point NC.** 200. P1. 6. Holly Mpassy 24.95 2.0. 400. R1. 5. Holly Mpassy 54.93.

**Joe Walker Invitational, Oxford MS.** SP. B. 4. Divine Oladipo 16.57.

**6/4/24**

**National Mens 12 Stage Road Relays, Sutton Coldfield.** 34. B&B (Ryan Weston 28.39, Jake Leng 16.29, Tom Desborough 30.01, Justin Strover 17.56, Roger Vilardell 30.50, David Adams 17.38, Dan Kennedy 29.43, Fintan Parkinson 17.37, Miles Brown 29.59, Chris Holmes 19.16, Micah Evans 30.06, Peter Brooks 16.56.) 4.45.10.

**National Womens 6 Stage Road Relays, Sutton Coldfield.** B&B No team.

**Lee Valley Open.** 100. Men. R4. 2. Piers Spencer Simms 11.93 (-3.0), 6. Chima Ndukwu 12.56. Women. R2. 4. Emilia Adese 13.06 (-2.3), 5. Isabella Campbell Andou 13.13, 7. Honey Chalmers 13.20. 200. Men. R3. 3. Piers Spencer Simms 24.47 (-3.1), 7. Chima Ndukwu 25.63. R8. 6. Tristan Thomas 26.67 (-3.3). Women. R3. 1. Isabella Campbell Andou 26.89 (-2.8), 3. Emilia Adese 27.17. 400. R1. 3. Julia Newman 62.74. 800. R4. 5. Evie De Bruyn 2.45.10.

**Surrey County Disability Championships, Kingston.** 400. 2. Prince Reid 53.88.

**Gamecock Invitational, Columbia SC.** 100H. 5. Marcia Sey 13.99 2.2. Ht1. 2. Marcia Sey 13.91 1.9.

**Penn Invitational, Franklin Field, PA.** 3000. 7. Ailbhe Barnes 10.30.94. 100H. 4. Zoe Austridge 14.47 1.1.

**Mets Outdoor Champs, New York.** 800. R4. 1. Naomi Toft 2.12.42.

**Parkruns. Silksworth.** 83. Mick Keene 28.28. **Bromley.** 21. Megan Slattery 19.23, 22. Steve Evenden 19.24, 31. Harry Schmidt 19.37, 32. Chris Fishlock 19.47, 33. Damian Hayes 19.49, 41. Simon Harris 20.15, 43. Tim Ayres 20:19, 52. Matthew Tootell 20.49, 70. Cornelius Griffin 21.32, 73. Chris Martin 21.34, 165. Austin Adams 24.05, 174. Paul Murphy 24.15, 227. Gareth Griffin 25.35, 253. Ryan Tran 26.01, 349. Jackie Montgomery 28.17, 371. Bernard Wilson 28.34, 431. Holly Platt 29.44. **Bexley.** 128. Chris Pike 28.20. **Hackney Marshes.** 422. Richard Griffin 45.44. **Beckenham Place park.** 51. David Beadle 26.05. **Crystal Palace.** 75. Rod Harrington 23.29. **Hilly Fields.** 30. Andrew Lawes 22.55. **Orpington.** 112. Karen Desborough 34.54. **Harrow Lodge.** 23. James Cunningham 25.00. **Skipton.** 5. James Bunn 19.12, 11. Philip Bunn 20.06, 49. Alice Bunn 25.04. **Lyme Park.** 61. Gregory Bull 32.29. **Dartford.** 44. John Turner 26.28, 135. Maz Turner 35.54. **Lullingstone.** 2. Steve Hough 22.03. **Rutland Water.** 111. Mike Simms 26.59. **Tooting Common.** 46. Eloise O Shaughnessy 22.29, 347. Zoe Kingsmill 31.13, 478. George Collins 36.22, 514. Andrew Kingsmill 39.22. **Foots Cray Meadows.** 1. Darren Corneille 20.29. **Bethlem Royal Hospital.** 9. William Brindley 26.53. **Sutcliffe park.** 38. Steven Pairman 22.02, 193. Julia Pairman 30.07.

**7/4/24**

**B&B Open, Norman Park.** 100. R1. 1. Max Clark U17 10.86 -1.7, 3. Mario Stewart 11.08, 7. Oliver Driscoll U20 11.55, 8. Michael Uzozie U23 11.77. R2. 1. Oji Okoro U17 11.47 -2.6, 2. Leon McBean U17 11.6, 4. Tavarion Bennett U17 11.84, 5. Jonah Quartey-Papafio U20 12.06, 6. Charlie Platt U17 12.14. R3. 5. Chiemerie Hemeson U20 12.06 -1.7, 7. Daniel Olatunji U17 12.18, 8. Nicholas Marquez U15 12.4. R4. 3. Chizam Boniface U17 12.54 -0.1, 5. Gethin Syson U15 12.71, 7. Emilia Adese U15 12.97, 8. Christine Ukah U17 13.07. R5. 3. Tianna Haynes U23 12.75 -1.2. R6. 1. Kayden Harris-Torres U17 12.51 -1.3, 3. Fay Olatunde U15 13.38, 4. India Ellington U15 13.67, 5. Omasan Okoro U15 13.85, 7. Tj Owen 13.94, 8. Etse Okoro U13 14.45. R7. 1. James Burton V35 12.81 0.4, 2. Jericho Senior U15 12.9, 5. Leah Abisi U15 13.41, 6. Zamaia Dixon U13 13.47, 7. Alexa Joubert U15 14.39, 8. Lottie Palmer U17 14.59. R8. 1. Sylvester Amo-Konadu JR U15 13.47 -2.0, 2. Jacob Davidson U13 13.58, 3. Thomas Fairbanks U15 13.73, 5. Zachary Ferraz U15 14.1, 6. Faye Yeomans U13 14.66, 7. Lauren Griffin U13 15.55. R9. 3. Mariana Caceres U15 14.25 -0.6, 5. Luca Hunstone U13 14.51, 8. Calum Bryan U13 14.68. R10. 2. Nicodemus Senior U13. 14.48 -1.6, 3. Ashley Michelli U13 14.61. 200. R1. 3. Eliot Ferguson U20 23.35 -0.1, 4. Chinedu Ndukwu U20 23.85, Marley Byfield U20 DNF. R2. 3. Oliver Driscoll U20 22.91 -0.3. R3. 1. Oji Okoro U17 23.56 -2.0, 3. Victor Cardon U17 24.11, 4. Harrison Vallins U17 24.42, 5. Tavarion Bennett U17 24.43, 7. Daniel Olatunji U17 25.43. R4. 7. Rianna Rennie U20 27.36 -0.8. R5. 1. Kayden Harris-Torres U17 25.62 -3.3, 2. Chizam Boniface U17 26.55, 4. Emilia Adese U15 26.9. R6. 2. Sienna Williams U17 27.55 -0.5, 4. Jericho Senior U15 27.63, 6. Ella Brooker U15 28.58. R7. 1. India Ellington U15 28.82 -0.7, 4. Carys Bowling U17 29.83, 5. Emily Chapman 30.24. R8. 5. Luca Hunstone U13 31.09 0.0, 6. Nicodemus Senior U13 32.04. 300. R1. 2. Ryen Rennie U17 36.08, 3. Nathan Firla U20 36.47, 4. Bailey Marks-Belaon U23 37.00, 5. Joseph Merry 37.35, 6. Christopher Barrett U20 37.72. R2. 3. Alyssa Firla U17 40.99, 4. Chanelle Cole U23 41.26, 6. Ian Firla V50 42.31, 7. Kara Bryan U15 42.52. R3. 3. Beth Regan U17 44.82, 4. Ariana Jenner-Heard U15 45.95, 5. Amelie Ramdeen U15 46.22, 7. Evie De Bruyn U15 50.21. R4. 2. Trejan Checheku-Boamah U15 44.34, 3. Mariana Caceres U15 46.89, 4. Abigail Williams U17 47.02, 5. Alba Homans-Yau U15 47.52. 400. R2. 5. Isabel Pauling U17 63.16, 6. Oscar Pickering U15 66.02. 600. 1. Bailey Marks-Belaon U23 1.27.7, 2. Tane Chambers U17 1.35.9, 4. Leah Kyriacou U17 1.43.6, 5. Imaniya Ruddy U13 2.05.0, 6. Olivia King U13 2.12.7. 800 R1. 1. Jed Starvis U17 1.59.2, 4. Hendri Verster U17 2.03.4, 5. Mark Constable U20 2.04.4, 6. Connor Wray U17 2.07.3, 7. Kervin Adjei U20 2.11.9, 8. Daniel Horgan U15 2.12.2. R2. 1. Benjamin O'Grady U17 2.07.3, 3. Eliza Nicholson U20 2.17.1, 4. Megan Barlow U17 2.18.7, 6. Faith Mpassy U20 2.22.6. R3. 1. Finn Gotkine U15 2.19.9, 2. Sophie Tran U15 2.20.7, 3. Emery Aldridge U13 2.24.9, 7. Lola Bischoff U20 2.36.3. R4. 2. Benjamin Evans U15 2.26.3, 3. Jessica Kelly U17 2.26.5, 4. Jack Barlow U15 2.26.7, 5. Liam Hough U15 2.28.5, 7. Chris Martin V50 2.30.1. 8. Evie De Bruyn U15 2.34.3. R5. 1. Assia El Mourtabite U20 2.28.5, 3. Caitlin Hough U17 2.30.9, 4. Eva John U13 2.31.0, 5. Jesse Williams U13 2.37.4, 6. Eva Denbow U17 2.39.5, 7. Chloe Morez U15 2.40.7, 8. Lewis Crick U13 2.47.2. R6. 1. Zachary Evans U13 2.29.1, 2. Charlotte Stevens U15 2.34.7, 5. Dexter Mein U13 2.40.7, 8. Joshua Bentley U13 2.48.7. R7. 1. Harriet Hughes U13 2.46.1, 2. Jasmine Stephens U13 2.47.4, 5. Freya Denbow U13 2.59.5, 6. Leela Bhadesia U13 3.05.4. 1500. R1. 2. Nathan

Clark U17 4.30.1, 3. Oliver Ward U17 4.33.9, 4. Eliza Nicholson U20 4.34.4, 5. James Shaw U15 4.35.8, 6. David Adams V35 4.36.6, 7. Zacchaeus Kelman U15 4.37.4 9. Jake Martin U15 4.48.8, 10. Joshua Dowling SEN 4.53.7, 14. Alex Smith U15 5.10.5, 15. Olivia Magee-Brown U20 5.12.5. R2. 2. Tuan Tran V45 5.12.2, 3. Alba Homans-Yau U15 5.13.7, 8. Laura Bestow V35 5.33.1, 9. Luke Eperon U13 5.40.4. 75H U15W. 3. Fayó Olatunde 12.66 0.2. 80H U15M. 2. Jamie Ellerton 12.33 -1.0, 3. Alexander Giles 12.6, Kesinachi Ikegwu DNF. 80H. U17W. 1. Madeleine Dodd U17 13.36 -0.8. 100H. U17M. 1. Alexander Morrell 15.17 0.0. 110H. U20M. 1. Eliot Ferguson U20 14.76 -0.3. 110H U18M. 2. Rayhan Mourtada U20 14.31 -0.3. 300HW U17W. 1. Beth Regan 50.01, 3. Abigail Williams 51.99, 5. Matilda Shilland 54.29. Faith Sogoye DNF. 400H U20M. 1. Chinedu Ndukwu 60.64. 400H. U17M. 1. Alexander Morrell 60.96. 1000W U13M. 1. Luke Eperon U13 6.06.9. 3000W. 2. Jonathan Ellerton U20 16.01.4, 5. Trejan Checheku-Boamah U15 17.47.1, 6. Matthew Ellerton V50 17.48.7. 4x100 U15X. 1. Blackheath & Bromley U15 Team 48.19, 2. Blackheath & Bromley U15 Team 51.56, 3. Blackheath & Bromley U15 Team 52.15, 4. Blackheath & Bromley U15 Team 53.48, 5. Blackheath & Bromley U13 Team 54.51, 6. Blackheath & Bromley U13 Team. 55.1. PV U17X. 1. Ella Brooker U15 2.72, 4=. Luna Corry U15 2.22. PV SX. 2. Oscar Witcombe U20 4.52, 5. Roger Platt V50 3.22, 7. Elsa Pawson U17 3.02, 8. Madeleine Dodd U17 2.72, Charlie Platt U17 NH. LJ U15X. 1. Alexander Giles U15 5.72, 4. Alessia Scala U15 4.77, 5. Zamaia Dixon U13 4.68, 6. Zachary Ferraz U15 4.66, 7. Jericho Senior U15 4.52, 8. Amelie Ramdeen U15 4.28, 9. Ashley Michelli U13 4.24, 10. Luca Hunstone U13 4.04, 11. Harrison Luck U15 3.92, 12. Emily Chapman U15 3.79, 14. Nicodemus Senior U13 3.37, 15 Olivia King U13 3.18. LJ SX. 2. Chiemerie Hemeson U20 6.38, 5. Dennis Savage U20 5.73, 7. Claudia Baker U23 5.08, 8. Harrison Vallins U17 5.05, 10. Ian Firla V50 4.57, 11. Rachael Ilori U23 4.43. SP5K U17M. 2. Nehemiah Dick T20/F20 8.59. SP4K U15M. 1. Alexander Giles 9.85, 3. Jack Ruby 8.52. SP3K U17W. 3. Erin Simpson 8.76. SP2.72K U13W. 3. Dulcie Simpson 5.90. DT1K U13M. 1. Luca Hunstone 13.65. DT1K. 2. Erin Simpson U17 31.6, 3. Lacey Webb U17 23.66, 5. Orla Rickard U17 16.73, 6. Lottie Palmer U17 16.6. DT1K U15W. 4. Jackie Nzekwe U15 22.57, 6. Isla Wilson U15 12.54. DT0.75K U13W. 2. Dulcie Simpson 16.83. HT4K U15B. 1. Rory Witcombe 45.64. HT4K SW. 1. Abbie Stewart U23 49.77. HT3K U17W. 1. Lacey Webb U17 36.59, 2. Jackie Nzekwe U15 33.06.

**Brighton Marathon.** 106. Graeme Lugar 2.55.16, 4917. David John Lewis 4.16.33, 5954. Christine Martin 4.28.30, 6803. Paul Kerekgyarto 4.38.39, 9283. Denis Mehmed 5.16.11.

**Brighton 10km.** 25. Sam Cartwright 37.19, 2392. Claire Austridge 75.57.

**Wizz Air Milano Marathon, Milan.** 760. Paul Sharpe 3.08.14.

**UMASS Flagship Opener, Amherst MA.** 1500. R1. 4. Lara Mannes 4.39.29. PV. 3. Lois Warden 3.70.

**Junior Parkruns. Bromley.** 1. Luca Moloney Pedro 6.53.

**11/4/24**

**Pacific Coast Invitational, Long Beach, CA.** 200. R12. 1. Dan Putnam 21.69 -1.6. 400. R1. 2. Dan Putnam 47.01.

**11-13/4/24**

**Brian Clay Invitational, Azusa CA.** 200. R2. 4. Dan Putnam 21.58 1.4. 400. R1. 5. Dan Putnam 46.89. 800. 015. 1. Ava White 2.12.83. 1500. I5. 6. Yasmin Austridge 4.21.20. OB2. 9. Ava White 4.36.63. 3000s/ch. I2. 17. Yasmin Austridge 10.21.92.

**12/4/24**

**Friday Night Under The Lights 10km, Battersea.** R1. 1. Peter Brooks 33.28. R2. 49. Dan Kennedy 33.08 (33.05)

**Beach Invitational, Long Beach, CA.** C. 9. Aryan Padaruth 60.67.

**UCONN Northeast Challenge, Storrs CT.** 200. R5. 1. Zoe Austridge 25.30 1.7. 1500. R2. 6. Kate Price 4.59.33. 100H. R2. 3. Zoe Austridge 14.51 1.5. 3000s/ch. 6. Ailbhe Barnes 11.37.59.

**Friar Invitational, Providence RI.** 800. R3. 2. Lara Mannes 2.14.79.

**12-13/4/24**

**Larry Ellis Invitational, Princeton NJ.** 1500. R2. 9. Naomi Toft 4.39.60.

**12-14/4/24**

**Bison Outdoor Classic, Lewisburg PA.** PV. 14. Lois Warden 3.55.

**13/4/24**

**Athletic Elite Meeting, Milan, ITA.** 150. 3. Adam Gemili 15.73 (-0.7).

**Birchfield Young Athletes Open, Birmingham.** 800. R2. 7. Jasmine Stephens U13G 2.48.81.

**Hercules Wimbledon Pentathlon Challenge and Open Meeting.** 1500. 1. Prince Reid 4.18.81. Under 15 Boys Pentathlon. 1. Jack Ruby 2038 (800 – 2.29.27, 80H – 12.96 (2.1), HJ – 1.40, LJ – 5.02, SP – 8.54).

**Radley AC Kear Memorial Open.** 400H. 2. Amber Bloomfield U20 71.66. PV. 5. Alan Hardy M65 1.80.

**RunThrough Battersea Park Chase The Sun 10km.** 53. Tony Crowder 40.16 (40.11)



**Tom Jones Invitational, Gainesville, FL.** 100. OD5. 5. Jeriel Quainoo 10.42. 1.8. OD6. 3. Joshua Gbagbo 10.67. 0.1. 200. OD2. 3. Jeriel Quainoo 21.17 3.5. OD4. 6. Joshua Gbagbo 21.52. 1.2. 400. R5. 4. Ethan Brown 47.07.

**Glendale Invitational, AZ.** HT. 1. Tom Parker 65.48.

**James Madison University Invitational, Harrisonburg VA.** 200. R1. 4. Holly Mpassy 24.89 2.5. 400. R1. 3. Holly Mpassy 55.10.

**Parkruns. Bromley.** 8. Fintan Parkinson 16.30, 10. David Adams 16.51, 11. Darren Corneille 16.56, 14. Benjamin O'Grady 17.03, 15. Jed Starvis 17.09, 18. Oliver Ward 17.22, 20. Luca Ercolani 17.25, 21. James Bunn 17.27, 27. Emery Aldridge 18.15, 33. Steve Evenden 18.51, 41. Megan Slattery 19.10, 44. Tim Ayres 19.16, 48. Damian Hayes 19.31, 56. Tuan Tran 19.44, 66. Jesse Williams 20.02, 67. Harry Schmidt 20.03, 75. Sophie Tran 20.34, 76. Paul Kerekgyarto 20.35, 92. Cornelius Griffin 21.10, 99. Katy Sugden 21.23, 145. Stuart Cullum 22.39, 147. Sam Aldridge 22.41, 200. Austin Adams 24.03, 219. Ryan Tran 24.35, 292. Gregory Bull 26.06, 324. Chris Martin 26.49, 338. Paul Murphy 27.07, 384. Bernard Wilson 28.18, 390. Holly Platt 28.24. **Bexley.** 111. Chris Pike 26.30, 312. Bob Thomas 35.13. **Beckenham Place park.** 56. Adrian Stocks 24.28, 71. Luigi Arcuri 25.06, 269. David Appleton 37.09. **Crystal Palace.** 76. Lydia Marston 23.49. **Lymington Woodside.** 22. James Cunningham 22.37. **Dulwich.** 208. Rod Harrington 22.23. **Orpington.** 116. Karen Desborough 33.05. **Southwark.** 289. Zoe Kingsmill 28.13, 523. Andrew Kingsmill 39.33. **East Grinstead.** 1. Graeme Lugar 21.01. **Tonbridge.** 69. Steven Pairman 22.40, 347. Mick Keene 30.15, 390. Julia Pairman 31.33. **Dartford.** 63. John Turner 26.00, 185. Maz Turner 35.31. **Leybourne Lakes.** 6. Steve Hough 18.57. **Tooting Common.** 12. Jessica Keene 18.50 (1st woman), 72. Eloise O Shaughnessy 22.01. **Clonmel.** 3. Luca Moloney Pedro 17.43. **Exmouth.** 82. Bob Minting 24.01. **Mole Valley.** 259. Richard Griffin 48.44. **Severn Bridge.** 55. Elizabeth Regan 23.50. **Crathes Castle.** 35. Gareth Griffin 27.29. **Bethlem Royal Hospital.** 18. William Brindley 24.55. **Sharpham Road Playing Fields.** 15. Kelsey Fuss 22.08. **Sutcliffe park.** 44. Andrew Lawes 21.53. **Mote Park.** 223. Tom Phillips 46.41.

**13-14/4/24**

**Oklahoma Throws Series World Invitational, Ramona OK.** SP. 5. Divine Oladipo 15.80. DT. 9. Divine Oladipo 57.17.

**14/4/24**

**Be Fit Today TA Outdoor Series 1, Lee Valley. Men.** 100. A5. 2. Max Clark 10.71 0.5. A15. 3. Shawn Twumasi Ampofo 11.21 - 0.9. B8. 3. Shawn Twumasi Ampofo 11.07 0.7. B12. 3. Max Clark 10.67 0.3. 800. R1. 1. Kian Farrell U15 2.10.90. HJ. NH Victor Cardon U17. **Women.** A5. 2. Emilia Adese 12.96 -0.7. B4. 1. Emilia Adese 12.75 0.5. Mx. TJ. 4. Kian Farrell 11.23, 5. Joyce Nzekwe U20 11.09.

**Charnwood Open Meeting.** 200. R9. 2. Jack Mensah 22.31 1.5. HT. 4K. 2. Abbie Stewart 49.63.

**Adidas Manchester Marathon.** 1791. Jason Meers 3.09.15.

**Kent Spring Half Marathon, Charing.** 137 John Turner 2.01.58 (2.01.46), 251. David Leal 2.25.14 (2.25.02).

**Reading Half Marathon.** 83. Carole Coulon 80.04 (80.02).

**Wheaton Invitational, Wheaton, IL, USA.** 100. 7. Myles Xavier 11.19. 1.2. 200. 8. Myles Xavier 23.14. 1.1.

**Junior Parkruns. Bromley.** 11. Imogen Jenner-Heard 9.13, 23. Sebastian Rayner 10.09. **Hoblingwell.** 1. Alice Bunn 9.10, 2. James Bunn 9.11. **Beckenham Place Park.** 1. Emery Aldridge 7.05.

**15/4/24**

**Boston Marathon.** 2080 Fadie Shamoan 2.57.57 (2.56.12), 6223. Trang Nguyen 3.18.10 (3.17.21).

**Invicta East Kent Open, Canterbury.** U11. 800. 2. Fletcher Kelly 2.59.80. LJ. U15. 2. Alessia Scala 4.33.

**17/4/24**

**Highgate Harriers Early Season Open Meeting, Parliament Hill.** 3000. 2. Naimah Mossi U17W 10.46.12.

**Watford Harriers Open.** 400. R3. 6. Prince Reid 53.88. 800. R10. 12. Kara Bryan U15 2.22.96. R1. 11. Hannah Clark 2.20.69. 3000. R2. 21. Morgan Squibb 10.09.04.

**17-20/4/24**

**Mount Sac Relays, Walnut CA.** 200. 3. Dina Asher Smith 22.80 0.0. 400. 7. Dan Putnam 46.84.

**19/4/24**

**Sheffield Varsity Match.** 200. R1. 6. Justin Strover 26.27 -3.7. 400. 6. Jake Leng 55.56. 1500. 3. Justin Strover 4.18.34. 3000. 2. Jake Leng 8.48.60.

**Mesa Invitational, Mesa AZ.** HT. 2. Tom Parker 64.78.

**19-20/4/24**

**Jesse Owens Classic, Columbus OH.** 100H. Ht3. DQ. Marcia Sey.

**Virginia Challenge, Charlottesville.** 200. R6. 2. Holly Mpassy 24.24 0.1. 400. R6. 2. Holly Mpassy 54.77. 800. R3. 6. Naomi Toft 2.12.65.

**Wake Forest Invitational, Winston Salem NC.** 800. 12. Katy Ann McDonald 2.05.27.

**20/4/24**

**London Mini Marathon. U17M.** 3. Alex Middleton 7.39, 8. Jed Starvis 7.54, 27. Jasper Brooks 8.17, 35. Harry Fage 8.24, 37. Mark Constable 8.25, 53. Ryan Alford Smith 8.50. **U17W.** 12. Megan Slattery 9.41, 17. Megan Barlow 9.55, 36. Kyla Dervish 10.22, 77. Isla Spink 11.09, 81. Islay Pearson 11.12. **U15B.** 1. Joseph Scanes 7.33, 4. Joseph Hill 7.59, 14. Ben O Grady 8.17, 20. Lucas Elmqvist 8.34, 22. Luca Pedro Moloney 8.34, 32. James Shaw 8.42. **U15G.** 3. Luciana Smith 8.55, 40. Lydia Marston 10.18, 47. Jasmine Mahoney 10.30, 55. Sophie Tran 10.39, 56. Leah Kyriacou 10.41, 95. Charlotte Stevens 11.35. **U13B.** 7. Jake Martin 8.49, 8. James Bunn 8.49, 18. Finn Gotkine 8.59, 41. Johnny Lee 9.36, 43. Tiago Maia Gibbon 9.36, 97. Nathan Crossan 10.26. **U13G.** 12. Alba Homans Yau 10.05, 22. Aoife Stanley 10.32, 25. Freya Pearson 10.36, 36. Amelie Ramdeen 10.55, 74. Holly Alford Smith 11.26, 94. Freya Denbow 11.54.

**Loughborough Open inc BUCS 10,000.** 400. R2. 4. Jak Mensah 51.34. 10,000. 7. Naomi Kingston 35.16.67. 110H. 1. Daniel Goriola 14.36 -0.6. 400H. 7. Amber Bloomfield 70.99. SP. 3. Dillon Claydon 15.30. DT. 2. Dillon Claydon 52.27. HT. 5. Abbie Stewart 47.14.

National 10km and YAG Championships, Leicester. 3kw. 2. Trejan Checkeku-Boamah 17.19.

**YDL Lower, Southern Premier, Woodford. U15B** 100. A. 1. 11.77 -3.1 Piers Spencer-Simms. B. 3. 12.8 -4.3 Nicholas Marquez. NS. A. 3. 13.44 -3.6 Jamie Ellerton. 200. A. 2. 25.79 -4.2 Nicholas Marquez. B. 5. 27.77 -2.8 Jericho Senior. 300. A. 3. 39.91 Jonathan Adegbola. B. 2. 40.22 Oscar Sadowski. 800. A. 2. 2.09.5 Kian Farrell. B. 1. 2.14.0 Daniel Horgan. NS. A. 1. 2.29.6 Alex Smith, 5. 2.38.7 Benjamin Evans. 1500. A. 2. 4.44.3 Matias Caceres. B. 1. 4.45.2 Zacchaeus Kelman. 80H. A. 2. 12.7 -3.4 Jamie Ellerton. B. 1. 12.6 Alexander Giles. 4x100. 2. 48.55 B&B. HJ. A. 4. 1.55 Alexander Giles. HJ. B. 2. 1.50 Jack Ruby. LJ. A. 3. 5.36 Alexander Giles. B. 6. 4.04 Jericho Senior. PV. A. 1. 2.60 Rory Witcombe. B. -. SP. A. 3. 10.03 Jonathan Adegbola. B. 1. 9.24 Jack Ruby. DT. A. 5. 19.07 Jack Ruby. B. -. JT. A. 5. 17.23 Rory Witcombe. B. 5. 15.65 Benjamin Evans. HT. A. 2. 40.78. Rory Witcombe. B. -. **U15G** 100. A. 2. 13.36 -4.6 Isabella Campbell-Andou. B. 2. 14.19 -3.9 Fayo Olatunde. NS. A. 2. 14.84 -5 Omasan Okoro, 5. 15.04 Mariana Caceres. 200. A. 3. 26.7 -0.8 Isabella Campbell-Andou. B. 1. 27.6 -4.9 Emilia Adese. 300. A. 5. 44.85. Ariana Jenner-Heard. B. 2. 46.79 Isobel Rae. 800. A. 1. 2.22.3 Kara Bryan. B. 2. 2.36.3 Sofia Mossi. NS. A. 1. 2.41.4 Freya Dinwiddy, 5. 2.48.0 Chloe Morez. 1500. A. 1. 4.57.5 Aoife McDonagh. B. 1. 5.08.6 Evie De Bruyn. 75H. A. 6. 13.2 -0.6 Heidi Coulson. 75H. B. 2. 13.09 -3.9 Fayo Olatunde. 4X100. 1. 51.07 B&B. 4X300. 5. 3.10.5 B&B. HJ. A. 2. 1.45 Alessia Scala. B. 2. 1.4 Fayo Olatunde. LJ. A. 4. 4.57 Alessia Scala. B. 3. 4.11 Heidi Coulson. PV. A. 1. 3.05 Ella Brooker. B. 1. 2.20 Luna Corry. SP. A. 1. 12.45 Emilia Adese. B. 1. 9.10 Kaweng Pwol. DT. A. 3. 18.73 Jackie Nzekwe. B. -. JT. A. 2. 28.10 Emilia Adese. B. 4. 15.02 Kaweng Pwol. HT. A. 2. 32.87 Jackie Nzekwe. B. 3. 21.15 Isla Wilson. **U13B.** 75 A. 4. 11.1 Jacob Davidson. B. 5. 11.84 -2.3 Nicodemus Senior. NS. A. 2. 11.35 -2.2 Calum Bryan. 150 A. 4. 20.99 -2.2 Jacob Davidson. B. 6. 23.6 -3.5 Luca Hunstone. 800. A. 4. 2.35.7 Zachary Evans. B. 2. 2.36.6 Jesse Williams. 1200. A. 1. 3.47.7 Emery Aldridge. B. 5. 4.26.6 Billy Pharoah. 75H. A. 1. 14.35 -2.6 Luca Hunstone. B. 3. 16.57 -1 Zachary Evans. 4X100. 5. 56.14 B&B. 4X300. 2. 2.43.5 B&B. HJ. A. -. B. LJ. A. 5. 4.10 Luca Hunstone. B. -. SP. A. 6. 4.66 Calum Bryan. B. -. JT. A. 6. 13.91 Zachary Evans. B. 5. 6.63 Emery Aldridge. **U13W** 75 A. 1. 10.62 -3.3 Zamaia Dixon. B. 1. 11.06 -2.4 Etse Okoro NS. A. 4. 11.92 -2.4 Lauren Griffin. NS. B. 1. 11.25 -2.8 Faye Yeomans. 150. A. 1. 20.89 -3.2 Zamaia Dixon. B. 3. 22.25 -3.3 Etse Okoro. 800. A. 1. 2.36.6 Eva John. 800. B. 4. 2.48.3 Jasmine Stephens. NS. A. 2. 3.05.3 Olivia King, 4. 3.13.1 Beatrice Morez. 1200. A. 5. 4.24.2 Harriet Hughes. B. 2. 4.48.0 Imogen Jenner-Heard. 70H. A. 3. 13.49 Eva John. B. 6. 16.86 -0.6 Olivia King. 4X100. 3. 56.23 B&B. HJ. A. 4. 1.05 Olivia King. B. -. LJ. A. 6. 3.52 Faye Yeomans. B. -. SP. A. 5. 6.75 Dulcie Simpson. B. 3. 5.21 Eva John. JT. A. 6. 11.02 Dulcie Simpson. B. 4. 10.74 Harriet Hughes.

**Dulwich Podium 5km.** R1. 1. Peter Brooks 15.38.

**PURE Athletics Spring Invitational, Clermont, FL.** 100. R3. 3. Jeriel Quainoo 10.35. 1.0. Ht3. 5. Jeriel Quainoo 10.34 1.4. 200. R7. 1. Jeriel Quainoo 20.34. 1.9.

**J Fred Duckett Twilight, Houston.** JT. NM. Aryan Padaruth. 1500. 5. Ava White 4.36.35.

**Holy Cross Invitational, Worcester MA.** 800. R1. 5. Lara Mannes 2.13.70.

**Aggie Classic, Greensboro NC.** 100H. Ht3. 2. Isabella Hilditch 14.33 0.3.

**Cougar Classic Invitational, Pullman WA.** SP. 1. Nana Gyedu 15.65.

**Parkruns. Bromley.** 17. Tim Ayres 19.00, 33. Chris Fishlock 19.46, 61. Rod Harrington 21.24, 150. Paul Murphy 23.33, 152. Harry Schmidt 23.34, 172. Leel Bhadeshia 24.02, 173. Austin Adams 24.03, 203. Ian Montgomery 24.47, 288. Steve Evenden 26.30, 333. Jackie Montgomery 27.24, 361. Bernard Wilson 27.59, 409. Julia Pairman 29.16, 652. Damian Hayes 38.04, 717.

Claire Austridge 56.55. **Bexley**. 157. Chris Pike 27.53, 170. George Collins 28.32. **Aberdeen**. 120. Gareth Griffin 25.21. **Endcliffe**. 95. Harrison Parker 22.22. **Beckenham Place park**. 71. Luigi Arcuri 25.07, 184. Zoe Kingsmill 30.15, 277. Bob Thomas 37.03, 306. Andrew Kingsmill 41.38, 314. David Appleton 45.37, 316. Richard Griffin 45.57. **Bath Skyline**. 37. Adrian Stocks 22.14. **Cannon Hill, Birmingham**. 48. Ailbhe Barnes 20.32. **Fulham Palace**. 616. Renee Toft 34.08. **Tonbridge**. 128. Jessica Keene 24.56, 288. Mick Keene 28.46. **Dartford**. 65. John Turner 26.09, 217. Maz Turner 36.20. **Leybourne Lakes**. 3. Steve Hough 18.53. **Tooting Common**. 59. Eloise O Shaughnessy 21.26. **Exmouth**. 66. Bob Minting 24.18. **Clapham Common**. 33. Nick Perry 19.33. **Catford**. 35. Andrew Lawes 21.56. **Foots Cray Meadows**. 1. Darren Corneille 18.08. Kingdom. 1. Graeme Lugar 18.21. **Bethlem Royal Hospital**. 14. Katy Sugden 23.27, 16. William Brindley 23.44, 30. Mike Simms 26.27. **Mote Park**. 229. Tom Phillips 44:22.

**21/4/24**

**London Marathon, Blackheath**. 383. Fintan Parkinson 2.34.54, 454. Micah Evans 2.36.02, 550. Ryan Weston 2.37.20, 648. Sam Douglass 2.38.43, 1077. Kevin Fini 2.43.56, 1621. Luca Ercolani 2.48.49, 2478. Gareth Evans 2.54.51, 3335. Jess Keene 2.58.51, 3724. Tom Desborough 3.00.30, 4181. Johnny Cleary 3.03.44, 4596 Martin Parkinson 3.06.21, 5553. Steve Evenden 3.11.29, 5602. Trang Nguyen 3.11.46, 6571. Damian Hayes 3.16.19, 7198. Harry Schmidt 3.19.14, 7401. Ashley Pearson 3.20.08, 7590. Ian Montgomery 3.21.06, 10701. Tim Nash 3.31.41.

**BMC Regional Races, Gillingham. Men**. 800. B. 1. Joe Scanes 1.55.96. D. 6. Benjamin O Grady 2.05.59, 7. Daniel Horgan 2.08.87, 10. Morgan Squibb 2.13.47. **Women**. 800. A. 3. Cameron Kelly Gordon 2.16.09, 5. Kara Bryan 2.19.00. B. 3. Leah Kyriacou 2.24.38.

**Great West Open – Ken Trickey Memorial, Exeter**. 800. 1. Gerard McGrady 1.58.27.

**Medway & Maidstone Summer Open**. 100. A1. 4. Chizute Ogbedeh 11.23 -0.3. B1. 4. Chizute Ogbedeh 11.27 -2.2. 200. R2. DNF Chizute Ogbedeh. 300. R1. 5. Nathan Firla 36.77. R2. 2. Ian Firla 42.38. R3. 4. Alba Homans Yau 46.84. 400. R2. 6. Hendri Verster 53.89. 800. R1. 1. Kervin Adjei 2.10.68. R2. 6. Chloe Morez 2.41.40, 7. Jasmine Stephens 2.46.39. 1500. R1. 8. Aoife McDonagh 4.59.62. R4. 4. Evie De Bruyn 5.08.97, 5. Alba Homans Yau 5.16.39, 6. Matthew Tootell 5.18.92, 11. James Tootell 5.29.87. 3000. 1. Harry Fage 9.13.63. 110H U20M. 1. Rayhan Mourtada 15.73 -2.0. 300H. U17W. 3. Beth Regan 49.97, 4. Matilda Shilland 52.05. LJ. MX. 4. Alessia Scala 4.47. JT. 1. Ellis Ibrahim 47.78.

Junior Parkruns. Bromley. 19. Sebastian Rayner 10.39. Beckenham Place Park. 1. Emery Aldridge 7.12.

**24/4/24**

**Running2Time Oxford City Midweek Open, Horspath**. 400. 2. Thomas Sugden 52.29.

**25/4/24**

**Trofeo Liberazione, Modena, ITA**. 100. 3. Adam Gemili 10.39 0.6.

**26/4/24**

**Comeback 5000 #4 x Sports Shoes, Battersea Park**. 5000. Iw. 12. Andrea Clement W40 16.32.81.

**26-27/4/24**

**USC V UCLA Dual Meet**. 800. 1. Angus Harrington 1.50.87. JT. 3. Angus Harrington 50.19.

**Texas Invitational, Austin, TX**. 100. R1. 3. Dina Asher Smith 11.10 3.5. 200. R1. 1. Dina Asher Smith 22.29 1.7.

**UNH Pre-Conference Invitational, Durham NH**. 1500. 2. Lara Mannes 4.37.08.

**Charlotte Invitational, Charlotte NC**. 100H. R1. 5. Isabella Hilditch 14.24 0.5.

**Music City Challenge, Nashville TN**. SP. 4. Divine Oladipo 16.89. DT. B. 2. Divine Oladipo 57.15.

**OSU High Performance Meet, Corvallis OR**. SP. B. 1. Nana Gyedu 16.07.

**27/4/24**

**BMC Regional Races, Birmingham. Women**. 3000. A. 14. Chloe Sharp 9.55.42.

**Sheffield Throws Series**. DT. 3. Dillon Claydon 49.27.

**SLAN April Open, Carshalton**. 100. R4. 1. Honey Chalmers 13.24 -2.3. 300. R1. 7. Sophie Elliss 41.41. R2. 2. Alex Hill 41.77. 400H. R2. 1. Alex Hill 61.44. R3. 1. Sienna Kidd 66.04.

**University Of Birmingham Track & Field Series 1**. 110H. 5. Rico Cottell 14.99 -0.9. 400H. 2. Kelsey Pullin 65.33.

**Desert Heat Classic, Tucson AZ**. HT. B. 3. Tom Parker 66.28.

**Penn Relays, Philadelphia**. 100H. Ht1. 4. Marcia Sey 13.83 -1.3.

**27-28/4/24**

**Coventry Open**. 400. R1. 2. Prince Reid 53.00. DT. 2. Amir Sarvestani 29.10.

**Parkruns. Edinburgh**. 6. Richard Webb 17.55. **Bromley**. 7. James Bunn 17.32, 17. Alex Leggatt 18.17, 19. Philip Bunn 18.19, 41. Tuan Tran 19.48, 42. Trang Nguyen 19.49, 43. Benjamin Evans 19.49, 44. Steve Evenden 19.50, 51. Chris Martin 20.00,

60. Matthew Maddocks 20.33, 62. Harry Schmidt 20.38, 76. Cornelius Griffin 21.17, 88. Katy Sugden 21.40, 106. Sarah Belaon 22.19, 162. Ryan Tran 23.31, 181. Tim Ayres 23.52, 191. Robert Whyte 24.05, 195. Austin Adams 24.08, 239. Jason Meers 25.16, 246. Holly Kibblewhite 25.25, 425. Bernard Wilson 29.10, 744. John Isaacs 50.19. **Bexley**. 96. Chris Pike 26.44, **Greenwich**. 3. Ryan Alford-Smith 18.25. **Beckenham Place park**. 160. Zoe Kingsmell 31.25. **Boston**. 32. William Brindley 24.17. **Crystal Palace**. 66. Rod Harrington 22.48. **Barnstaple**. 37. Angela Powell 26.06, **Hilly Fields**. 127. George Collins 28.37. **Orpington**. 93. Karen Desborough 32.32, 107. Dave Leal 36.24. **Clair**. 132. Bob Thomas 36.07, 141. Richard Griffin 41.43. **Tonbridge**. 307. Mick Keene 29.36. **Peckham Rye**. 315. John Turner 32.54, 344. Maz Turner 36.41. **Conwy**. 23. Adrian Stocks 21.55. **Lullingstone**. 1. Martin Richardson 19.10, 6. Steve Hough 20.34. Elgin. 60. Gareth Griffin 25.33. **Exmouth**. 83. Bob Minting 24.42. **Victoria Dock**. 1. Graeme Lugar 16.15. **Clapham Common**. 118. Dylan Reeves-Fellows 22.15. **Catford**. 28. Andrew Lawes 21.49. **Bethlem Royal Hospital**. 4. Ian Scott 20.34, 11. David Beadle 22.55, 22. Ian Montgomery 25.07, 26. Iain Swatton 26.09, 35. Jackie Montgomery 29.31. **The Leas, Minster**. 30. Mike Simms 25.18. **Mote Park**. 176. Tom Phillips 42.26. **Holyrood**. 415. Julia Pairman 32.59.

**28/4/24**

**Youth Development League Upper, Southern Premier, Eton. U20M**. 100. A. Abraham Sharif 11.32 1.9. B. 3. Chinedu Ndukwu 11.53 1.7. 200. A. 1. James Beecroft 21.61 2.1. B. 3. Oliver Driscoll 23.05 1.0. NS. Victor Cardon 23.97 0.5, Tavarion Bennett 24.65 0.0. 400. A. 3. James Lawson 52.03. 400. B. 1. Nathan Firla 52.71. NS. 1. Christopher Barrett 55.81. 800. A. 2. Mark Constable 2.01.9. B. 1. Jasper Brooks 2.02.4. 1500. A. 1. Alexander Middleton 4.10.7. B. 1. Arthur Starvis 4.11.0. 110H. A. 1. Rayhan Mourtada 14.33 1.3. B. 1. Eliot Ferguson 14.57 1.3. 400H. A. 1. Luke Dronfield 53.67. B. 1. Chinedu Ndukwu 63.36. 2000SC. A. 2. James Barnes 6.45.8. B. -. 4x100. -. HJ. A. 2. Andrew Nikoro 1.80. B. 1. Tiago Ward 1.65. NS. Victor Cardon 1.55. LJ. A. 1. Abraham Sharif 6.71. B. 1. Chiemerie Hemeson 6.10. NS. 1. Dennis Savage 5.71. TJ. A. 2. Chinedu Ndukwu 11.63. TJ. B. 1. Dennis Savage 11.35 PV. A. 1. Oscar Witcombe 4.40. B. 1. Finn Kitteridge 3.60. SP. A. 4. Nathan Firla 8.69. B. 2. Oscar Witcombe 8.45. DT. A. 4. Eliot Ferguson 18.25. JT. A. 4. Benjamin Platt 40.00. HT. A. 5. Nathan Firla 23.98. 4x400 U20 Mixed A. 1. Blackheath & Bromley 3.43.6. B. 1. Blackheath & Bromley 3.48.5. **U20W**. 100. A. 1. Faith Akinbileje 11.77 3.0. B. 4. Indiana Marshall 12.91 3.9. 200. A. 1. Faith Akinbileje 24.25 0.6. B. 2. Sienna Kidd 25.96 0.3. NS. Zara Okoroafor 26.56 0.5, Nina Whitter 26.95 0.9. 400. A. 4. Julia Newman 62.39. B. 2. Faith Mpassy 62.70. NS. 1. Lola Bischoff 63.32. 800. A. 2. Cameron Kelly-Gordon 2.17.7. B. 1. Hannah Clark 2.18.8. NS. Assia El Mourtatibe 2.30.5. 1500. A. 1. Hannah Clark 4.43.4. B. 3. Olivia Magee-Brown 5.37.6. 100H. A. 1. Jodie Self 14.22 1.9. B. 2. Sienna Kidd 14.97 2.2. 400H. A. 4. Amber Bloomfield 70.3. B. 1. Faith Mpassy 67.15. NS. Tallulah Ndikanwu 68.87. 1500SC. A. 2. Amber Cockburn 6.15.0. B. 1. Lola Bischoff 6.43.1. 4x100. 2. Blackheath & Bromley 49.28. HJ. A. 5. Jessie Sargeant 1.50. LJ. A. 1. Daisy Snell 5.83. B. 1. Joyce Nzekwe 5.03. TJ. A. 3. Joyce Nzekwe 10.74. B. 2. Emily Hayden de Carbonnieres 9.90. PV. A. 3. Lydia Witcombe 2.20. SP. A. 1. Rianna Rennie 11.04. B. 1. Jessie Sargeant 8.09. DT. A. 4. Lacey Webb 19.77. JT. A. 4. Jessie Sargeant 30.92. B. 2. Rianna Rennie 29.27. HT. A. 3. Sapphire Houston-Ball 38.63. **U17M**. 100. A. 1. James Beecroft 10.64 2.2. B. 1. Max Clark 11.00 1.9. NS. Victor Cardon 11.89 2.1, Tavarion Bennett 11.92 2.1. 200. A. 4. Oji Okoro 23.27 0.5. B. 3. Leon McBean 23.6 0.0. 400. A. 4. Ryen Rennie 53.31. B. 3. Harrison Vallins 55.57. 800. A. 1. Joseph Scanes 1.59.4. B. 1. Hendri Verster 2.04.4. 1500. A. 1. Jed Starvis 4.08.5. B. 1. Joseph Hill 4.09.4. 100H. A. 4. Alexander Morrell 17.58 0.8. B. -. 400H. A. 4. Alexander Morrell 61.14. B. 1. Benjamin O'Grady 61.99. 4x100. 4. Blackheath & Bromley 45.56. 4x400. 2. Blackheath & Bromley 3.33.8. HJ. A. 5. Archie Powell 1.55. LJ. A. 6. Archie Powell 4.79. TJ. A. 5. Archie Powell 9.81. PV. A. 1. Charlie Platt 4.05. SP. A. 5. Charlie Platt 8.60. DT. A. 5. Alexander Morrell 23.70. B. 2. Kamsi Ikegwu 19.78. JT. A. 4. George Blackwell 35.57. B. 3. Kamsi Ikegwu 23.63. HT. A. 1. Aaron Axtell 54.85. **U17W**. 100. A. -. B. 1. Chizam Boniface 12.62 1.6. 200. A. 6 Chizam Boniface 26.82 0.5. B. 5. Sienna Williams 27.9 0.6. 300. A. 2. Alyssa Firla 41.36. B. 1. Luciana Smith 41.19. 800. A. 2. Megan Barlow 2.19.6. B. 1. Leah Kyriacou 2.22.1. 1500. A. 3. Naimah Mossi 4.56.7. B. 2. Matilda Shilland 6.18.5. 80H. A. 4. Madeleine Dodd 12.84 1.1. B. 3. Beth Regan 13.51 0.7. 300H. A. 5. Matilda Shilland 52.38. B. 2. Beth Regan 50.00. 1500SC. A. -. B. -. 4x100. 1. Blackheath & Bromley 49.79. 4x300. 2. Blackheath & Bromley 2.51.4. LJ. A. -. PV. A. 2. Elsa Pawson 3.15. B. 1. Madeleine Dodd 2.80. SP. A. Lacey Webb 7.92. DT. A. 3. Erin Simpson 30.89. B. 3. Ella Danby 28.47. HT. A. 4. Lacey Webb 35.84. B. 3. Charlotte Bloodworth 30.43.

**Devon Open, Exeter**. 400H. 1. Coleman Corry 57.03.

**Gloucester AC Spring Open, Gloucester**. 200. R2. 1. Thomas Sugden 23.69.

**West Suffolk Middle Distance and Steeplechase Festival, Bury St Edmunds**. 2000 s/ch. 1. Morgan Squibb 6.57.50.

**ABP Newport Marathon (long course)**. 591. Chris Tuck 3.34.02 (3.31.36).

**Doug Max Invitational, Fort Collins CO**. 800. 3. Yasmin Austridge 2.10.76.

**29/4/24**



**B&B Open, Norman Park.** 100. R1. 1. Kieran Gowan-Wade SEN 10.86 -1.5, 2. Kyle Reynolds-Warmington U23 10.94, 4. Jack N'Douba U20 11.22. R2. 1. Piers Spencer-Simms U15 11.59 -1.7, 3. Leon McBean U17 11.9, 6. Nicholas Marquez U15 12.42. R3. 2. Daniel Olatunji U17 12.21 -2.3, 3. Modupe Shokunbi SEN 12.68, 6. Oscar Sadowski U15 12.85. R4. 1. Tristan Thomas U17 12.39 -0.7, 2. Troy Ogedengbe U15 12.44, 3. Jamie Ellerton U15 12.83, 4. Isabella Campbell-Andou U15 12.95, 5. Emilia Adese U15 12.96, 6. Louisa Vallins V45 13.22. R5. 1. James Burton V35 12.88 -2.2, 2. Alyssa Firla U17 13.04, 3. Honey Chalmers U20 13.08, 4. Rebecca Abegunde-Williams U23 13.19, 5. Jericho Senior U15 13.41, 6. Ian Firla V50 13.52, 8. Samantha Williams V40 13.59. R6. 2. Zamaia Dixon U13 13.5 -1.5, 4. Matilda Shilland U17 14.28, 7. Nicodemus Senior U13 14.95. R7. 1. India Ellington U15 13.6 -1.1, 2. Daniela Sage V45 13.8, 3. Omasan Okoro U15 14.02 -1.1, 5. Zach Poulier U13 14.06. R8. 1. Mariana Caceres U15 14.00 -1.1, 2. Zachary Ferraz U15 14.42, 4. Calum Bryan U13 14.50, 5. Ashley Michelli U13 14.54, 6. Luca Hunstone U13 14.57, 7. Etse Okoro U13 14.59, 8. Lottie Palmer U17 14.64. R9. 1. Faye Yeomans U13 14.68 -1.3, 4. Kesinachi Ikegwu U15 15.27, 7. Lauren Griffin U13 16.13. 200. R1. 1. Kieran Gowan-Wade SEN 21.25 0.0, 4. Jack N'Douba U20 22.12. R2. 2. Piers Spencer-Simms U15 23.12 0.2, 6. Troy Ogedengbe U15 24.10. R3. 2. Nicholas Marquez U15 24.97 -0.2, 6. Oscar Sadowski U15 25.79. R4. 1. Isabella Campbell-Andou U15 26.31 -0.4, 5. Emilia Adese U15 27.54. R5. 2. Noelle Carr U15 27.67 -0.2, 2. Faith Sogoye U17 27.67, 4. Samantha Williams V40 27.8, 5. Sienna Thompson U15 27.82, 6. Mariana Caceres U15 28.75, 7. Florence Edery U15 28.84. 200. 6. 1. James Burton V35 26.39 0.1, 4. Beth Regan U17 28.99, 5. Trejan Checheku-Boamah U15 29.01. R7. 2. Ashley Michelli U13 29.45 0.1, 3. Carys Bowling U17 29.94 6. Imaniya Rutty U13 32. 300. R1. 4. Kian Farrell U15 38.94, 5. Tristan Thomas U17 42.89. 300. R2. 1. Chanelle Cole U23 41.7, 2. Matias Caceres U15 42.57, 3. Kara Bryan U15 42.68, 4. Sophie Tran U15 43.01, 7. Oscar Pickering U15 46.6. R3. 1. Freya Pearson U15 45.28, 2. Aoife Stanley U15 45.99, 3. Amelie Ramdeen U15 46.58, 4. Emily Chapman U15 48.33, 5. Chloe Morez U15 48.71, 7. Jesse Williams U13 51.58. 400. R1. 2. Luke Dronfield U20 50.82, 3. Bailey Marks-Belaon U23 52.4, 5. Joseph Merry SEN 52.8, 7. Ian Firla V50 61.6. 400. R2. Tallulah Ndikanwu U20 62.61, 5. Chris Martin V50 65.61, 6. Lola Bischoff U20 65.81. 800. R1. 1. Mark Constable U20 2.01.5, 4. Connor Wray U17 2.05.1, 6. Franco Hillier U20 2.07.5, 9. Cameron Kelly-Gordon U20 2.16.3. R2. 1. Matias Caceres U15 2.13.7, 3. Zacchaeus Kelman U15 2.15.9, 5. Megan Slattery U20 2.21.2, 7. Emery Aldridge U13 2.23.8, 9. Olivia Magee-Brown U20 2.28.7. R3. 1. Jake Martin U15 2.18.0, 2. James Bunn U15 2.18.8, 3. Aoife McDonagh U15 2.19.2, 4. Niamh Stanley U17 2.19.9, 9. Benjamin Evans U15 2.30.0. R4. 1. Harry Cook SEN 2.19.4, 3. Assia El Mourtabite U20 2.24.3, 4. Liam Hough U15 2.27.6, 5. Zachary Evans U13 2.28.5, 6. Eva John U13 2.28.7, 7. Caitlin Hough U17 2.34.0, 8. Lydia Marston U17 2.38.5. R5. 1. Trejan Checheku-Boamah U15 2.26.5, 3. Alba Homans-Yau U15 2.28.7, 4. Matthew Tootell U15 2.29.6, 5. Zach Poulier U13 2.34.1, 7. Freya Dinwiddy U15 2.35.3, 8. Eva Denbow U17 2.35.3. R6. 1. Philip Bunn V40 2.28.1, 3. Dexter Mein U13 2.40.1, 4. Harriet Hughes U13 2.40.3, 5. Laura Bestow V35 2.42.3, 7. Lewis Crick U13 2.42.7, 9. Jasmine Stephens U13 2.46.3. R7. 1. Ines Maignan U15 2.31.8, 3. Alice Bunn U13 2.51.5, 5. Imogen Jenner-Heard U13 2.52.6, 7. Nancie Cox U15 2.57.9, 8. Olivia King U13 2.58.6, 9. Freya Denbow U13 3.02.4. 1500. R1. 1. Harry Fage U20 4.10.7, 3. Lucas Elmqvist U17 4.19.4, 5. Daniel Horgan U15 4.31.4, 6. Alex Martin U17 4.32.4, 7. Leonardus De Bruyn V40 4.38.8, 10. Joshua Dowling SEN 4.57.1, 12. Alex Smith U15 5.03.3, 13. William Spurlie U17 5.09.0. R2. 1. Finn Gotkine U15 4.48.2, 2. Johnny Lee U15 4.55.6, 5. Evie De Bruyn U15 5.09.3, 9. Carys Firth U20 5.18.2, 12. Laura Bestow V35 5.31.5, 13. Charlotte Stevens U15 5.40.4, 14. Angelina Mernaka U17 5.42.3, 16. Beatrice Morez U13 6.11.5. HJ. 1. James Nightingale SEN 1.65. LJ. U15. 1. Matilda Murray U15 4.57, 2. Zachary Ferraz U15 4.50, 3. Amelie Ramdeen U15 4.41, 5. Emily Chapman U15 4.05, 6. Harrison Luck U15 3.90. LJ U15 8. Finn Gotkine U15 3.65, 9. Faye Yeomans U13 3.24. SP5K U17M T20. 1. Nehemiah Dick T20/F20 U17 9.03. SP4K U20W 2. Tallulah Ndikanwu U20. 9.45. SP3K U17W 1. Carys Bowling U17 7.74. SP 2.72K U13W. 1. Dulcie Simpson U13 6.79.

**30/4/24**

**Estadio Iberoamericano de Atletismo Emilio Martin., Huelva, ESP.** JT. 1. Bekah Walton 59.95.

**BMC Regional Races, Exeter.** 800. A. 2. Gerard McGrady 1.57.15.

**Tonbridge Open.** 3000. 2. Joseph Hill 8.48.11. PV. 2. Oscar Witcombe 4.55, 4. Finn Kitteeridge 3.45, 5. Elsa Pawson 3.15, 6. Ella Brooker 3.05, 7. Madeleine Dodd 2.95, 9. Hannah Lewis 2.75, 10. Luna Corry 2.35.

## **150 years ago in April 1874**

Peckham Amateur Athletic Club hold their second Spring meeting at Surrey Cricket Ground, Kennington Oval. "The somewhat bare and uncomfortable-looking Kennington Oval was never seen to better advantage, and the presence of numerous ladies added no little charm to the scene."

Events are open mile and 100 yard races; Members handicap races over 220 yards, 880 yards and two miles; and 440 yards Members Challenge Cup which is won by A Powles.

"The band of the 10<sup>th</sup> Surrey Rifles...played a nice selection of music...The prizes were afterwards presented on the ground by Mrs H Ecroyd and consisted of silver cups and silver and bronze club medals for second and third." The meeting made a profit of £3 14s 2d.

### **125 years ago in April 1899.**

The Annual Dinner is held at the Hotel Cecil on Saturday 22<sup>nd</sup> April, "one of the cosiest and most successful of all the Thirty Annual Dinners held by the Club, was the unanimous verdict of everyone present"

A second Cinderella Dance was held at Headquarters on Primrose Day April 19<sup>th</sup>. "A good selection of up-to-date music was gone through"

The Easter Monday Athletic Meeting is held on the 3<sup>rd</sup> of April..."there certainly should have been a larger attendance – still it might have been a lot worse, in this respect, as nearly 3000 witnessed the afternoon's sport."

### **100 years ago in April 1924.**

The 55<sup>th</sup> Annual Dinner takes place at the Stadium Club. "President Ponsford proposed the toast of "The Club" and delved deep into past history through which he sketched the progress of a great athletic body".

The third Sunday stroll takes place, but the weather is not good. It starts from the bus terminus at Farnborough. They walk in the direction of Green Street Green, " a typical Kentish village, all pubs and dissenting chapels...progress continued up hill and down dale to Chelsfield Station...the party pushed on to the "Five Bells" where light refreshments were forthcoming...the route was pursued along the lane to Eynsford, till a footpath was taken over the hill to Shoreham....a very nice lunch at the Old George...on over the hill to Halstead and thence to the Bull's Head, Pratt's Bottom, where Host King had a good tea ready."

### **75 years ago in April 1949.**

Bill Lake wins the Johnson Bowl Seven Miles Walk.

Blackheath finish second team in the Wigmore Harriers 15 mile open road race. First home for the Club is Derek Reynolds in 6th place in a time of 1.30.42. They are also third in the Finchley Twenty Mile Road Race at Ruislip.

Blackheath are 11<sup>th</sup> in the "News Of The World" London To Brighton Relay. The race is won by Belgrave with Birchfield second and Tipton third. "In spite of our rather disappointing position in the race, everyone had a grand time and the journey home was a most cordial affair"

The track season arrives and the Club is third in a fixture against Milocarian AC and Metropolitan Police AC at Sandhurst.

"An enjoyable match was brought to a satisfactory conclusion with tea on the lawn"

Only two new members are elected this month but there's a big one. Proposed by Sydney Wooderson and second by his brother Stanley, Anthony Pearson, better known to many as Tony Weeks Pearson, is elected to the Club.

### **50 years ago in April 1974**

Blackheath finish in 8<sup>th</sup> place in the Southern 12 Stage Road Relay at Wimbledon Common. They therefore qualify for the National 12 stage at the end of the month at Sutton Coldfield.

In between these is something completely different, "The Pilgrim's Way Relay" a unique event devised by Chris Haines. On Easter Sunday, six runners in two groups of three run as closely as possible to the original Pilgrim's Way route from Winchester to Canterbury, bearing an Easter message from the Bishop Of Winchester to the Archbishop Of Canterbury.



Two great teams. The six and the supporters.



**Stage 9:** A stunning performance from Brendan Foster, starting 6th nearly 2 minutes down on the leader and bringing Gateshead to within one second of the lead. His time of 24.28 was truly world-class (nearly half a minute faster than Black!) and threw the race wide open again — now less than 1½ minutes covered the first six teams. Further back the field was broken into other groups, but not sufficiently strung out for the order to continue changing. Chris Haines' time of 27.54 was quite respectable, yet he dropped four places to 21st, with Cambridge now back to 23rd.

**Stage 10:** Great excitement building up with Tipton showing in front again. After three and a half hours racing only seven minutes covered the first 20 teams, which included Blackheath as Chris Woodcock retrieved one place with 15.24.

**Stage 11:** For the first time Gateshead took a positive lead, David Lowes giving them a 19-second advantage over Tipton, with Edinburgh another 30 seconds adrift. The medals would surely be shared by these three teams, and presumably in this order with only one short stage remaining. John Baldwin gained one and lost one to stay 20th with 27.05.

**Stage 12:** A dramatic and thrilling climax as the Gateshead man not only blew the lead but any kind of medal. Tipton, Edinburgh and Cardiff all saved a fast man for this stage, and saw the gamble pay off, as they finished in that order. All the excitement was missed by Graham Botley, who was still only half way round the course trying to catch Belgrave's Lionel Mann. He did, but then lost him again, and ran 15.07 to bring the Club home 19th.

The unkindly weather apart this was the most enthralling National Relay for many years, and the overall standard was arguably the highest ever. In our last appearance in 1972, we finished 13th in 4.22.24, nine minutes behind the winners. This year our 19th place was achieved in 4.14.43, eight minutes behind the same winners Tipton. Saddest feature of the day was to see Bolton United, winners just a very few years ago, trailing the field.

#### Final Positions:

1, Tipton H. 4.06.35; 2, Edinburgh Southern H. 4.07.06; 3, Cardiff AC 4.07.15; 4, Gateshead H. 4.07.19; 5, Coventry Godiva H. 4.09.35; 6, Airedale & Spen Valley H. 4.09.50; 19, Blackheath H. 4.14.43.

### THE PILGRIM'S WAY RELAY

On a cold and windy Easter Saturday evening five 'Heathens met as arranged at 20.15 on the Hogs Back outside Guildford and proceeded in a convoy of four cars to Winchester. A dormitory in a boys' boarding school afforded excellent accommodation to the team and their drivers, and for this we are grateful to the headmaster, J. F. Cornes, the 1500m. silver medallist at the 1932 Olympics. Before retiring for the night, the party sampled ale at a local hostelry, tasted the wares of a seafood salesman and listened (not always attentively) while Chris Woodcock planned and re-planned with military precision the division of his group's effort.

The purpose of the exercise was this. Six runners, in two groups of three, would run as closely

as possible the original Pilgrim's Way route from Winchester to Canterbury, a distance of about 120 miles. The Way was reputedly established by pilgrims visiting the shrine of St. Thomas A'Becket, and can still be followed with only a few diversions. Each group of three runners would run in relay stages of arbitrary length (according to ease of access from footpaths and roads) and hand over the baton to the other group at intervals of approximately one hour.

Rising at 5 a.m. is certainly not everybody's cup of coffee, but somehow the team and supporters, including 9-year-old Andrew Baldwin, managed to breakfast and make their way to Winchester Cathedral for about 5.50, in good time for the 6 a.m. start. Astute readers will already be aware that only five of the six runners required were present at this point in time. The sixth, Ian Wilson, had been forced to withdraw at a late stage with a foot injury, and the reserve was Richard Coles, who at this moment was not aware of his involvement! He had been away camping in the New Forest for a few days, and was expected to turn up at an early hour as a supporter. It was therefore almost miraculous that at 5.59 a car screeched to a halt in the Cathedral Square and out fell Richard, still dazed from his 4 a.m. start and at first quite unbelieving of his inclusion in the team.

It was dry but bitterly cold as the group huddled around the West Door of the Cathedral waiting for the Greenwich time signal to set the team in motion. Only Mr. and Mrs. Haines, parents of Chris, were there to represent local interests, although a charming old lady who arrived an hour too early for the 7 a.m. communion service did show some concern. To add to the significance of this Easter Day run between two ancient cathedrals, the team also carried an Easter message from the Bishop of Winchester to the Archbishop of Canterbury, an idea of Chris Haines' who made the necessary arrangements.

The first four hours of the run were quite uneventful as the runners made their way through sleepy villages and along very quiet roads towards Farnham and Guildford. The only problem was a stiff easterly wind, which kept the temperature down in the low 40's. The first mishap occurred when Richard Coles, a geographer of no (?) repute, overshot a checkpoint, leaving Chris Woodcock in limbo and John Baldwin in a flap at the next changeover, St. Katharine's ferry in Guildford where the route crosses the River Wey. The first difficult country section then took the Baldwin-Botley-Haines group via the picturesque route over the Downs to St. Martha's and the village of Shere and on through undefined 'paths' to the outskirts of Dorking. Here we met P.P. Roy Morley's touring party, about an hour later than planned because of the headwind and navigation problems.

The Coles-Horwood-Woodcock group then tackled another very tricky section from the slopes of Box Hill via Reigate Hill to the Caterham by-pass. About halfway through one of the support cars sustained a split water hose, and although this was duly repaired the delay meant that Chris (I'm feeling good) Woodcock had to do a double stint. Further navigation problems added to the delay so that Caterham by-pass was reached at about the time we had planned to pass through Otford!

By one o'clock the sun was really warm and the wind subsided for a while without changing direction. John Baldwin and his party made the most of the delays and snatched an hour-and-a-half's sunbathing at Titsey church before both groups



set out on the long straight road sections through the lanes of Kent which still carry the name of the Pilgrim's Way. Club Hon. Sec. Ian Smith, in his capacity as official timekeeper, caught up with us at Otford station, and by this time the motorcade had extended to about nine cars and was presenting something of a traffic hazard.

Snodland, the Aylesford detour across the Medway, Hollingbourne and Charing all passed by, and now the spiteful easterly wind was blowing hard again. All the runners were in good shape and good spirits — this was not a race but a very extended interval training session, and therefore to be enjoyed rather than suffered. Barry Shapcott was with us now, armed with cameras as usual, and Jack Sims found us at last, having tried to pick up the tracks all the way from Guildford. He was about to give up and return home, convinced that we were well ahead of him, when he located us some two hours behind schedule.

On through the chilly late afternoon to Chilham, with more valuable support from Chris Bird, and now only six miles out we are joined by Ian Wilson and Mike Peel in kit, and the latter's endlessly patient young children. In near darkness as eight o'clock approached, the full team of six plus friends and supporters joined forces on the outskirts of Canterbury and ran as a group over the last mile to the Cathedral. Our loyal helpers and supporters resisted the cold to cheer our arrival at 20.06.17 hours.

The team then went to the Old Palace to deliver the message of goodwill from the Bishop of Winchester, and were honoured to meet and chat briefly with Dr. Ramsey. The Archbishop expressed his good wishes and appeared to 'understand' the nature of the event.

After photographs of the team and supporters in the Cathedral Yard, the hungry and thirsty 'Heathens' set off in search of sustenance. It was

too late now too to think of showers and suchlike, so a Chinese restaurateur was prevailed upon to prepare food for our party of 15 or so, on the understanding that we would go away briefly and return in conventional clothing. The only changing facility at hand was a huge open-air car park, where we changed in near-freezing temperatures in the dark, save for Roger Michell, who hopped around with only one leg in his trousers in the blaze of six converging sets of headlights!

It was a very different and very enjoyable way of spending Easter Sunday; an excellent day's training for the team with no-one exerting themselves unduly, and a day made into something of a social occasion by all those who came along in whatever capacity, but especially the drivers, Monica Baldwin, Lesley Barrow, Roger Michell and Mike Woodcock.

As most members will know by now, Chris Haines does not promote these ventures just for their entertainment value. From the sale of programmes and a related competition to guess the time of arrival in Canterbury about £35 was raised and has been passed to the Treasurer. Prize-winners were:

- 06.17 Peter Horwood. Four bottles of whisky.
- 06.14 Lesley Marrow. Bottle of sherry.
- 06.06 S. C. China (Moorgate Exchange). Wallet.
- 06.04 C. Daniels (Sutton). Bottle of Dubonnet.
- 06.03 Mrs. M. Barrow (Dominica). Salad bowl.
- 06.29 M. Joseph (Moorgate Exchange). Water jug and glasses.
- 06.02 A. Massay (Sutton). Soap-on-a-rope.

(Peter Horwood did not accept the first prize. One year's free entry to the 200 Group goes to Mike Woodcock).

At the National 12 Stage, the Club finish in a respectable 19<sup>th</sup> position with a team of Peter Hamilton, Barry O Gorman, Peter Horwood, Richard Coles, Bob Richardson, Martin Athawes, Ian Wilson, Joe Clare, Chris Haines, Chris Woodcock, John Baldwin and Graham Botley.

Wigmore Ladies finish third in the Beta section of the Alpha Beta Meeting. There are wins for K Sawyer (100), J Ascott (100h) and the 4x100 quartet.

## 25 years ago in April 1999

Blackheath finish in 10th place in the National 12 Stage Road Relay at Sutton Park. They are the first Southern Club with a line up of Jeremy Bradley, Joe Mills, Giles Clifford, Martin Airey, Dave Taylor, Dave Heath, Roy Smith, Michael Skinner, Pat Calnan, Richard Daniels, Tim Dickinson and Liam Bulson.

Mark Steinle is 9th and third Briton in the Balmoral Road Races which are dominated by athletes from Kenya. He is also 5th in the Welwyn 5 mile road race in 23.21 and in the process defeats reigning National Cross Country champion Justin Pugsley; former National and London Marathon winner Eamonn Martin; and 1994 Commonwealth Games Marathon bronze medallist Mark Hudspith. Sixteen year old Gemma Viney is the first under 20 athlete to finish.

At the start of the month, at the City-Pier-City race at the Hague in the Netherlands, Spencer Newport runs the fastest time by a Briton over the half marathon so far this year, 63.43. He is the Club's first man home in the London Marathon with a time of 2.24.51. Colin Norris is first in the 11-12 year olds race in the Mini Marathon and Bromley's Ella Fisher wins the girls race. Mike Peel and Pete Shephard continue their record of completing every London Marathon. Denis Lawrie manages to finish off ahead of a group of wombles. The Club's runners raise monies for two charities, the Royal National Lifeboat Institute and the Community House Appeal.

Also running in London is Steve Partridge who does so just a week after completing the Marathon Des Sables in the Sahara desert with George Payne. It's not 26.2 miles, it's 140 and run in temperatures of 58C over 6 days! Each runner has a ration



of 9.5 litres a day and carries a 10kg pack of safety equipment. London is a bit of a struggle and he knows he is in trouble when he is overtaken by an 8 man slug.



Steve Partridge and George Payne  
somewhere in Morocco

## Marathon de Sables

Standing in the departure lounge at Gatwick, we both wondered if this was such a good idea after all. George Payne and I had decided to run the Marathon Des Sables 15 months previously during a Sunday morning run and had spent the last twelve, researching, co-ordinating and training. We had worked up to 40 miles a week, running a marathon or more every Sunday.

We arrived at Ouarzazarte and met a wall of heat as we left the plane. 3 days later we were at the start in the desert, having passed our medical and the regulations. We counted down from 10 to one in French and cheered as we crossed the start line. We ran, walked and hobbled over a crusty, sandy, lunar landscape with honey coloured dunes and the palest blue sky.

We had a road book that outlined the route over the terrain and we were able to take compass bearings, though the marks of several hundred feet did give us a clue as to the route.

We moved from bivouac site to bivouac site, staying in eight man Berber tents, which were mere black sacking stitched together, stretched over sticks and open at both ends. Their one luxury was a Berber carpet that lay between you and the desert. They were perfect. The day began at 6am with the Berbers demolishing the tents with us inside. The day was spent going from water point to water point and the evening was spent with conversation, cooking and examination of one's feet and other injuries. The night sky, brought out millions of stars, and both the milky way and the moon basked the desert in a silvery sheen, highlighting the ridges of the dunes and boulders.

Day one at 30 kms was the hardest in the race's 14 year history and we all felt that on reaching the end of the stage we, (the British contingent) were doubtful to complete the race, if the rest was like that. But we were getting accustomed, and day 2 at 32.5 kms though longer was easier. Day 3 at 37 kms, presented more sand, more hills and more stunning scenery.

We awoke on day 4 to find that a scorpion had spent

the night in our tent. It had been squashed by someone sleeping on it. We embarked on the 74 kilometre 2 day section and ran over a sea of dunes, anxious to get some miles under our belt and to complete the stage in one go.

We continued from day through to night, sometimes navigating by the stars until we came to the finish line. Completion of this stage was the hardest thing that physically any of us had done. Exhaustion and the need to see it completed, played a seesaw effect of stop and go on us as we walked the last section of the stage under the stars. Our feet hurt, Our heads hurt and we wanted to go to bed. It was 1am in the morning and we had been going for 16 hours in the desert sun and that was enough.

The next morning saw us take a day off and this was spent tending to our wounds and blisters. We found it hard to believe how our bodies could deteriorate so fast before our eyes. Each successive day we seemed to get worse or lose a bit more. Day 6 was the marathon day. This year the route went over the second largest dunes in Africa and we started over a range of these golden mountains 3000' high. We rose and fell through soft sand looking like the dunes of Morecambe Bay on steroids. It was like running the seven sisters marathon in an oven. A small caravan of six camels crossed our path nearing the end of its journey. After 12 miles the dunes came to an end and we ran across both a stony flat plain and lunar landscape to the next camp site. This for most of us was the effective finish, and the camp was ecstatic as we ate the last of our rations. The following day arose, and before us lay 9 kilometres to the finish. George and I ran together and we entered the town of Erfoud with another member of our tent. The last 200 metres were lined with towns people and government dignitaries. The camera crews were out in full and there was loud applause as we ran abreast across the finish line.

Even now it is difficult to describe how we feel. It was the best experience of our athletic lives and we are returning again in 2001, to do it again. If you get a chance, go; just go. It's magical.

Blackheath win the Ostend Relays in Belgium, a 12 leg race of distances between 200 and 1200 metres, with a line up of Steve Holmes, Nigel Keogh, Paul Byfield, Mark Purser, Dave Gardiner, Simon Jones, Paul Fisher, Anthony Draper, Steve Cooper, Martyn Bucknall, Scott Jarred and Pat Squires. The veterans team of Colin Monks, Bob Minting, Pete Barlow, Ken Daniel, Steve Haley and Denis Wallington have to settle for second place, Denis being overtaken by the European Veterans 400 metre champion on the run in.

Blackheath's youngsters win the Parkinson Trophy Meeting at Haringey.

Dave Taylor wins the London Docklands Half Marathon in 67.07, and is second in the Croydon 10km in 30.08.

Bromley AC win their opening matches in both the Kent Womens League and the Southern Womens League. They are also third in the Beta Trophy Meeting.

While warm weather training in California, Julian Golding runs his second fastest ever time for the 200 metres, 20.20.

The Club are in action in the Sward & Kinnaird Trophy Meetings to Kingston, and among those competing is pole vaulter Jim Day who first jumped in the event 41 years ago. The 65 year old finishes in 2<sup>nd</sup> place.



*Three vaulters from way back when -, the late Jim Day, James Cunningham now a parkrunner and John Wakeman now a coach..*