



Blackheath & Bromley Courier

March 2019.

President 2019-20. Julian Golding.

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



Congratulations to Julian Golding on his elevation to President and thank you to the outgoing Paul Byfield who has served us so well over the last 12 months. With the 150 year celebrations, it is going to be a big year ahead. If the choice of the new President was a surprise, here's a new Courier as well.

One of the ideas to celebrate the 150 years was to have a 150 runners in the Club 5. Judging by the numbers at the Closing 5 and the recent mob matches there is a bit of work to do here! Perhaps members can be rallied as they attend the Club Leaderboard Challenge.

Club 150 Celebrations

Club 150 Leaderboard – Full details are on the Club website. “A year long running challenge to get all members to run an officially timed mile”. Special meeting at Norman Park on Sunday 7th April at 11am.

150 Anniversary Dinner at the House Of Commons, Thursday 7th November 2019. To reserve your place contact Chris Haines. Again full details are on the Club website.

Forthcoming events

- Sat 6 Apr National 12 Stage Road Relay, Sutton Coldfield
- Sun 7 Apr Norman Park, 150 mile leaderboard (11.00)
- Sun 7 Apr Wimbledon Park, Hercules Wimbledon Young Athletes
- Wed 10 Apr Hayes, Parris Handicap (19.15)
- Sat 13 Apr Medway Park, Southern Athletics League (M&W)
- Mon 22 Apr Tonbridge, Tonbridge Open meeting
- Thu 25 Apr Norman Park, W&NW Kent Schools Championships
- Sat 27 Apr Tooting Bec, UKYouth Dev't League U13/15
- Sun 28 Apr Blackheath, London Marathon plus mini marathon.
- Mon 29 Apr Norman Park, So Clean Club Champs & Open meeting 1 (19.15)

Results for February 2019

- 1-2/2/19 Power Fire Invitational, Ann Arbor, USA. Weight. 2. Joe Ellis 22.89.
- 2/2/19. Boston University Bruce Lehane Scarlet and White Invitational. SP. 1. Divine Oladipo 16.88.
- 2/2/19. Meeting Elite en Salle de l'Euro, Val De Reuil, France. 60. 4. Maya Bruney 7.68.
- 2/2/19. Sykes and Sabock Challenge Cup, University Park PA, USA. Women. 60H. 1. Isabella Hilditch 8.59. Ht. 1. Isabella Hilditch 8.63. Long Jump. 8. Kerri Davidson 5.33.
- 2/2/19. BUCS Championships, Sheffield. Men. 25. Jacob Brown 33.18, 41. Charlie Davis 33.49, 54. Josh Schofield 34.15, 71. James Habbergham 34.55, 84. Richard Webb 35.29. B Race. 120 Marco Arcuri 29.21, 341. Jon Pairman 33.39. Women. 13. Niamh Bridson Hubbard 21.59, 56. Yasmin Austridge 23.35, 65. Jess Keene 23.54, 117. Lucy Elms 24.50, 294. Leah Everson 27.25.
- Run Through Victoria Park Half Marathon. 13. Carole Penlington 83.00, 243. Gerry Alger 1.52.08.

Parkruns. Bromley. 10 Morgan Squibb 18.52 (1st woman), 25 Paul Kerekgyarto 20.37, 39 Ted Marston 21.05, 40 Isabella Louth 21.06, 41 Tim Ayres 21.08, 69 Damian Hayes 22.24, 87 Steven Pairman 23.02, 99 Ian Montgomery 23.44, 103 Heidi Forsyth 23.51, 105 James Unwin 23.55, 106 Emily Deveney 23.57, 108 Jamie Muir 24.01, 127 Iain Swatton 24.29, 136 Stuart Cullum 24.40, 243 Madeleine Marston 28.10, 245 Sally Smith 28.14, 376 Graham Smith 31.55, 401 Luke Brett 33.38, **Bexley.** 180 Andrew Kingsmill 31.15, 214 Zoe Kingsmill 32.51. **Greenwich.** 11 Millie Smith 20.55 (1st woman). **Beckenham Place park.** 33 Andrew Lawes 22.16. **Lloyd park.** 1 Prince Reid 19.05. **South Norwood.** 14 Arthur Starvis 21.46, 21 Harry Burgess 23.23. **Hoblingwell.** 22 Nigel Haffenden 26.33, 23 Sally Haffenden 26.39. **Orpington.** 63 Mick Keene 29.06, 78 Dave Leal 30.27, 114 Karen Desborough 35.00. **Homewood.** 20 Zoe Wood 25.31. **Clair.** 42 Mike Simms 24.36, **Peckham Rye.** 7 Alex Loftus 19.20, 236 Maz Turner 32.23. **Penrose.** 107 James Perry 29.52, 151 Adrian Perry 37.06. **Lullingstone.** 2 Steve Hough 21.55. **Exmouth.** 38 Bob Minting 22.26.

2-3/2/19 Essex and Eastern Area Champs, Lee Valley. Senior Men. 400. 2. Adam Herring 51.89. Senior Women. 400. 5. Belinda Clark 64.25. Under 20 Men. 60. Ht 3. Theo Adesina 7.26. 60H. 3. Theo Adesina 8.53. High Jump. 1. Theo Adesina 1.70. Long Jump. 1. Theo Adesina 6.99.

3/2/19. Club 10 Mile Cross Country Championship, Hayes. 1. Luca Ercolani 58.58, 2. Tom Desborough 60.32, 3. Paul Sharpe 64.22, 4. Steve Hough 64.55, 5. Steve Evenden 66.20, 6. Paul Kerekgyarto 67.22, 7. Steve Pairman 68.20, 8. Jennie Butler 70.37, 9. Jane Bradshaw 74.45, 10. Ian Taylor 76.41, 11. Andy Tucker 78.54, 12. Chris Pike 84.17, 13. John Turner 89.44. Handicap. 1. Ian Taylor 55.21, 2. Steve Evenden 55.40, 3. Steve Pairman 55.40. Bennet Cup standings after 6 events. 1. Steve Evenden 299, 2. Paul Kerekgyarto 293, 3. Tom Desborough 283, 4. Luca Ercolani 281, 5. Jane Bradshaw 278, 6. Steve Hough 272, 7. Steve Pairman 248, 8. Bailey Marks 236, 9. Harvey Blanden 232, 10. Jason Short 209.

Windsor Slough Eton & Hounslow Open. Senior Men. 60H. R1. 3. Reece Young 8.28. R2. Reece Young 8.22. Long Jump. 1. Tom French 6.57. Senior Women. Long Jump. 1. Mary Adeniji 5.34.

Chichester 10km. 106. Steve Cooper 35.56.

Brunel Jumps And Throws Meeting, Uxbridge. Men. High Jump. 1. Harrison Thorne 1.95. Triple Jump. 1. Rob Sutherland 14.39, 3. Jacob Byfield 12.51. Mixed. Pole Vault. 1. Sophie Dowson 3.80, 7=. Christina Moore 3.35.

Sutcliffe Park Indoor 60 metre series. Men. Round 1 Race 1. 3. Shamar Thomas Campbell 6.93, 5. Matthew Knight (U20) 7.04. R2. 2. Duayne Bovell 7.07, 4. Chizute Ogbedeh (U20) 7.27, 6. Ben Sutton (U20) 7.36. R3. 5. Kyron Morgan (U17) 7.35. R6. 1. Adam Islam – Medeaux (U15) 7.67. Round 2 Race 1. 3. Shamar Thomas Campbell 6.90, 6. Matthew Knight (U20) 7.07. R3. 6. Chizute Ogbedeh 7.31. R4. 2. Ben Sutton 7.35. R6. 1. Adam Islam Medeaux 7.57. Women. Round 1 Race 1. 6. Jazz Crawford 7.81. R2. 2. Zsiria Thomas 7.92. R4. 1. Sophia Harper 8.31. R7. 4. Daisy Snell 8.92. R8. 1. Louisa Vallins 8.81, 3. Emily Algeo 8.97. R9. 3. Olivia Knight 8.72. Round 2 Race 1. 6. Jazz Crawford 7.86. R2. 2. Zsiria Thomas 7.80. R4. 3. Sophia Harper 8.35. R7. 3. Olivia Knight 8.56, 5. Louisa Vallins 8.93. R8. 2. Emily Algeo 8.93.

Vault London, Carshalton. Mixed A. 1. Holly Platt 2.72 (U20W), 8. Kelsey Pullin 2.32 (U17W), 12. Finn Kitteridge 1.92 (U13B). B. 7. Benjamin Platt 2.92 (U15B). C. 3. Barnaby Corry 3.82 (U17M), 14. Eleanor Barrett 3.12 (U20W). D. 7. Pedro Gleadall 4.22 (U20M). F. 2. Ethan Kitteridge 3.52 (U17M).

3/2/19. European Champions Club Cup, Albufeira, Portugal. 50. Graham Rush 32.12 (2nd claim, Leeds City).

5/2/19. Sheffield Run Jump Throw Series. 60. 3. Michael Damoah 7.18. 200. 4. Michael Damoah 23.04.

8/2/19. Fastrack National Invitational, New York. Triple Jump. 2. Kerri Davidson 12.08.

8-9/2/19. David Hemery Invitational, Boston. SP. 1. Divine Oladipo 16.76.

8-9/2/19. Don Kirby Invitational, Albuquerque. 60. Immanuela Aliu 7.64. Ht2. 4. Immanuela Aliu 7.57. 200. 1. Immanuela Aliu 24.79.

8-9/2/19. Iowa State Classic. 800. 5. Katy Ann McDonald 2.08.66.

8-9/2/19. Music City Challenge, Nashville. WT. 2. Joe Ellis 23.56.

9/2/19. Kent League, Norman Park. Men. 11. Ross Braden 35.09, 14. Alex Gibbins 35.28, 23. Gareth Evans 36.53, 28. Ben Cockburn 37.22, 39. Luca Ercolani 38.34, 41. Tom Desborough 38.48, 46. Jon Vintner 39.12, 74. Paul Sharpe 41.39, 77. Steve Hough 41.52, 107. Ifetobi Salako 44.18, 112. Steve Pairman 44.49, 116. Richard Byford 45.08. 6 to score. 3rd. Overall 3rd. 12 to score. 3rd. Overall 6th. Masters Overall. 1. Alex Gibbins, 2. Gareth Evans. Women. 8. Millie Smith (U20) 23.37, 10. Jennie Butler 24.08, 12. Amy Leach 24.21. Team 2nd 30 pts. Overall U20. 2. Millie Smith.

Steining Open 15km walk. 7. David Hoben 1.54.13.

Parkruns. Bushy. 15 Ava White 18:53 (1st woman). **Roundshaw Downs.** 1. Freddy Georgiou 19.28. **Bromley.** 2 Samuel Reardon 17.38, 19 Hannah Clark 19.27 (1st woman), 25. Daniella Harper 19.52, 27 Steve Evenden 20.00, 33 Nigel Haffenden 20.14, 36 Thomas Sugden 20.26, 46 Ted Marston 20.49, 67 Damian Hayes 21.26, 79. Sally Haffenden 21.50, 95. Ian Montgomery 22.18, 147 Austin Adams 23.37, 158 Iain Swatton 24.02, 209. Jamie Muir 25.09, 247. Mick Keene 26.09, 358. Bernard Wilson 28.43, 380. Tom Leeson 29.06, 381. John Leeson 29.06, 457. Luke Brett 31.13. **Albert park, Melbourne.** 206 Hannah Garcia 25.33. **Hampstead Heath.** 307 James Perry 33.28. **Beckenham Place.** 1 Cameron Swatton 19.16, 29 Andrew

Lawes 22.55. **Crystal Palace.** 48 Arthur Starvis 22.24, **Medina I.O.W.** 94 Zoe Kingsmill 28.06. **Dulwich.** 29 Ellie Osmond 19.30, 151. James Morris 24.14. **Burgess.** 18 Alex Loftus 19.32. **Orpington.** 1 Joseph Georgiadis 19.48, 5 Harry Keene 22.13, 11 1 Cameron Kelly-Gordon 23.09, 19 Lorna Clowes 24.07, 54 Dave Leal 29.22, 90. Karen Desborough 34.48. **Homewood.** 15 Zoe Wood 25.06 (1st woman). **Upton Court.** 17 Mike Simms 23.07. **Peckham Rye.** 157 Peter Rogers 26.14. **Lullingstone.** 49 Sally Smith 31.42, 85 Graham Smith 39.59. **Malling.** 20 Mark Ellison 22.48. 94 Anne Cilia 28.27. **Exmouth.** 47 Bob Minting 23.24, **Crewe.** 1. Jacob Brown 16.10.

9-10/2/19. British Championships, Birmingham. Men. 400. Ht3. 6. Dan Putnam 48.94. 800. Ht 2. 2. Alex Botterill 1.51.10. 3000. 8. Phil Sesemann 8.08.74. Triple Jump. 4. Jonathan Ilori 15.97. Women. 60. Ht2. 5. Vivien Olatunji 7.72. Ht3. 6. Modupe Shokunbi 7.83. 400. 2. Amber Anning 53.00. Ht2. 2. Amber Anning 55.19, 5. Krystal Galley 56.43. Ht4. 4. Rachel Dickens 55.07. 60H. 8. Annie Davies 8.73. Ht1. 2. Annie Davies 8.42. Pole Vault. 6. Sophie Dowson 3.80. Long Jump. 2. Jahisha Thomas 6.36, 5. Sarah Abrams 6.21.

10/2/19. Southern Counties Veterans AC Championships, Lee Valley. Men. 60 Race 7. 1. Tom Phillips 8.51, 4. Clem Leon 8.93. 200. M60. 2. Tom Phillips 28.69, 4. Clem Leon 30.27. Pole Vault. A Hardy N/H. Women. 60 Race 4. 1. Helen Godsell 9.03. (British W65 Record) 200. W65. 1. H. Godsell 30.58. (British W65 Record). 1500. Mixed. 6. Clare Elms 4.53.87. 3000. Mixed. 1. Clare Elms 10.27.97.

13/2/19 AIT Grand Prix, Athlone, IRL. Women. 60 3. Molly Scott 7.39. Ht2. 2. Molly Scott 7.39.

Newham & Essex Beagles 60m Sprint Series. Men. Round 1 Race 3. 2. Abdul Rahaman Jolaso 7.02, 5. Duayne Bovell 7.10. Round 2 Race 2. 5. Abdul Rahaman Jolaso 7.02. R3. 2. Duayne Bovell 7.06. Women. Round 1 Race 1. 2. Vivien Olatunji 7.58. R2 R1. 2. Vivien Olatunji 7.60.

Run Through Chase The Moon Olympic Park 10km. 24. Chris Tuck 38.32.

14/2/19. Armagh International Road Races. 5km. 6. Phil Sesemann 13.50, 7. Graham Rush 13.51, 67. Jacob Brown 14.40, 87. Josh Schofield 14.49, 161. Ross Braden 15.24.

15-17/2/19. BUCS Champs, Sheffield. Men. 60. 7. Brandon Murray (St Mary's Uni) 6.90. SF3. 7. Michael Damoah (Sheffield Uni) 7.20. SF4. 3. Brandon Murray 6.92. HT7. 1. Brandon Murray 6.97. HT13. 4. Michael Damoah 7.16. 800. 1. Alex Botterill (Leeds Beckett) 1.52.37. SF1. 1. Alex Botterill 1.52.82. HT3. 7. Jon Pairman (Southampton) 2.18.81. HT6. 1. Alex Botterill 1.54.98. 1500. SF1. 8 James Habergham (Leeds Beckett) 4.03.06. Ht3. 3. James Habergham 4.01.48. 3000. 10. Declan Neary (Brighton Uni) 8.36.88. Ht2. 3. Declan Neary 8.33.58. Triple Jump. 6. Rob Sutherland (Kings) 14.12. QA. 3. Rob Sutherland 14.27. Shot. 7. Louis Mascarenhas (St Marys) 13.88. QA. 3. Louis Mascarenhas 13.07. Women. 60. SF1. 4. Modupe Shokunbi (Brunel) 7.69. SF2. 5. Anna Short (Leeds) 7.85. SF3. 8. Jazz Crawford (Birmingham City Uni) 7.91. HT3. 2. Modupe Shokunbi 7.68. HT5. 2. Anna Short 7.72. HT6. 2. Jazz Crawford 7.92. 400. Ht8. Stephanie Fisher (Bath) 61.24. 60H. 3. Anastasia Davies (Kingston) 8.42, 7. Holly Mills (Brunel) 8.64. HT2. 1. Anastasia Davies 8.42. HT4. 2. Holly Mills 8.67. Long Jump. 2. Holly Mills 6.16. QA. 10. Mary Adeniji (Cambridge Uni) 5.30. QB. 1. Holly Mills 5.92. Pole Vault. QA. 9. Jenny Sheasby (Cambridge) 2.40. QB. 3. Sophie Dowson (Brunel) 3.70.

16/2/19. Muller Grand Prix, Birmingham. Long Jump. 4. Jahisha Thomas 6.36. Under 17 Men. 4x200. 5. (Jacob Byfield, Sam Reardon, Dillon Claydon, Oli Briars) 1.36.54. Under 17 Women. 4x200. 1. (Zsiriah Thomas, Shakanya Osahon, Ofejiro Otemewo, Holly Mpassy) 1.43.46. Under 15 Boys. 4x200. 4. (Connor Sutton, Adam Islam Medeaux, Tye Stanislas, Oliver Robertson) 1.43.99. Under 15 Girls. 4x200. 4. (Sophie Kerr, Amarisa Sibley, Faith Akinbileje, Emily Kerr) 1.50.73. Under 13 Boys. 4x200. 3. (Marley Byfield, Rayhan Mourtada, Josh Healey, Zurriel Nwogwugwu) 1.56.75. Under 13 Girls. 4. (Daisy Snell, Nina Witter, Adaeze Anele, Alexia Moren-Rosado) 1.58.51.

South London Harriers Mob Match, Coulsdon. 3. Luca Ercolani 50.18, 6. Tom Desborough 51.56, 9. Paul Sharpe 53.23, 13. Steve Hough 55.09, 15. Nick Kinsey 55.58, 17. Steve Evenden 56.36, 22. Steve Pairman 58.33, 29. Andy Lawes 61.47, 30. Nick Barber 63.04, 33. Andy Tucker 64.19, 34. Dave Beadle 64.59, 35. James Unwin 65.18, 36. Jason Short 67.12, 43. Jim Phelan 76.03. Result 11 to score. SLH 90. B&B 211. Handicap. 1. Jim Phelan 49.12, 2. Jason Short 49.42, 3. Paul Sharpe 49.43. Bennet Cup standings after 7 events. 1. Steve Evenden 347, 2. Tom Desborough 337, 3. Luca Ercolani 336, 4. Steve Hough 325, 5. Steve Pairman 297, 6. Paul Kerekgyarto 293, 7. Jane Bradshaw 278, 8. Jason Short 268, 9. Andy Tucker 246, 10. Bailey Marks 236.

Princeton Invitational, NJ, USA. Men. Triple Jump. 1. Stefan Amokwandoh 15.11. Women 60H. 2. Isabella Hilditch 8.72. Ht1. 1. Isabella Hilditch 8.78.

Metaswitch Games, Lee Valley. 60m Men. 800. 1. Prince Reid 2.08.51. Women. 60. Round 1 Race 1. 5. Magda Cienciala 8.24. R2 R1. 6. Magda Cienciala 8.31. U17. R1.R3. 5. Kodi Rhys Agyeman (U15) 8.68. R2.R3. 3. Kodi Rhys Agyeman (U15) 8.57. 200. R3. 1. Kodi Rhys Agyeman 28.49, 2. Francesca Evered 28.95. 800. 1. Imogen Hadley (U15) 2.18.23, 2. Francesca Evered (U17) 2.25.44, 3. Clare Elms (W55) 2.25.89, 4. Sylvie Plaskow (U15) 2.28.24, 5. Alexia Romero Araujo Da Silva (U15) 2.32.17. Long Jump. 4. Magda Cienciala 4.54.

Athletics New Zealand Distance Carnival. 1500. 8. Joss Barber 3.55.83

Enfield League. 3 Mile Walk. 1. Peter Hannell 39.06. 5 Mile Walk. 18. Shaun Lightman 57.38, 19. David Hoben 58.09.

Parkruns. Roundshaw Downs. 1. Freddy Georgiou 18.49. **Bromley.** 12. Jessica Neal 18.48 (1st woman), 18. Nigel Haffenden 19.09, 31. Hannah Clark 19.58, 32. Tim Ayres 20.00, 33. Richard Byford 20.02, 43. Daniella Harper 20.35, 44 Isabella Louth 20.36, 62. Sally Haffenden 21.16, 63. Nathaniel Brunner 21.17, 92. Ken Daniel 22.15, 96. Stuart Cullum 22.21, 119. Austin Adams 23.03, 239. Gareth Griffin 25.36, 307. Tom Leeson 27.14, 308. John Leeson 27.15, 364. Bernard Wilson 28.27, 478. Luke Brett 31.08. **Bexley.** 81. Chris Pike 24.59, 223. Zoe Kingsmell 30.00. **Beckenham Place park.** 6. Christopher Tuck 19.26.

Royal Tunbridge Wells. 43. Andy Everest 24.37. **Crystal Palace.** 136. Mike Simms 24.58, 266. Mick Keene 29.33. **Valentines park.** 102. Sally Smith 26.29, 238. Graham Smith 33.38. **Lloyd park.** 13. Jennie Butler 20.56 (1st woman), 15. Ted Marston 21.15, 109. Madeleine Marston 27.42. **South Norwood.** 3. Ifetobi Salako 19.07, **Dulwich.** 241. James Morris 23.38, **Orpington.** 3. Joseph Georgiadis 19.33, 8. Cameron Kelly-Gordon 22.35 (1st woman), 34. Paul Brash 25.58. Homewood. 32. Zoe Wood 24.41. **Harlow.** 148. James Perry 29.56. **Exmouth.** 56 Bob Minting 22.02. **Clapham Common.** 157 James Cunningham 22.51. **Sizewell.** 4 Alex Loftus 19.38.

16-17/2/19. Irish Life Health Senior Indoors, Abbotstown. 60. 1. Molly Scott 7.32. Ht1. 1. Molly Scott 7.36.

Surrey And Sussex Indoor Champs, Carshalton. Under 20 Men. 2. Kyle Reynolds Warmington 7.12. HT2. 1. Kyle Reynolds Warmington 7.19. Under 20 Women. HT1. 4. Grace Fullerton 8.43.

17/2/19. British Masters Pentathlon including South Of England Championships, Lee Valley. Men. 60. Race 6. 5. Denis Wallington (M65) 10.49. Race 7. 1. Clem Leon (M60) 8.79. 200. Race 9. 5. Clem Leon (M60) 29.91. 400. Race 4. 4. Clem Leon (m60) 66.91. 1500. Race 2. 6. Peter Hamilton (M70) 6.36.17. Women. 60. Race 1. 1. Helen Godsell (W65) 8.94 (British Record). 200. Race 1. 1. Helen Godsell (W65) 30.21 (British Record).

City Of Birmingham Games. Senior Men. Race 2. 2. Dan Putnam 48.62.

Midland Race Walk Championships. 9. Roger Michell 67.34 (M70).

Sale Harriers Open Series. 60. Round 1, Race 1. 3. Joe Fuggle 7.37. R2 R1. 4. Joe Fuggle 7.32. 200. Race 2. 2. Joe Fuggle 22.97.

Hendy Tunbridge Wells Half Marathon. 55. Steve Hough 87.37, 124. Paul Kerekgyarto 1.32.47.

Victoria Park 10km. 20. Ellie Osmond 40.52.

22/2/19. The American Championships, Birmingham, USA. SP. 1. Divine Oladipo 16.56.

Last Friday Of The Month 5km, Hyde Park. 33. Clare Elms 17.39.

22-23/2/19. SEC Championships, Fayetteville AR, USA. 800. 7. Katy Ann McDonald 2.12.00. HT3. 1. Katy Ann McDonald 2.05.11.

23/2/19. English National Cross Country Championships, Harewood House, Leeds. Senior Men. 10. Graham Rush 37.43 (2nd claim, Leeds City), 25. Phil Sesemann 38.10 (2nd claim, Leeds City), 94. Joshua Schofield 39.51. 125. Ross Braden 40.27. 211. Alex Gibbins 41.39. 235. Richard Webb 41.57. 367. Rob Donohue 43.29. 495. Danny Brewer 44.50 599. Daniel Kennedy 45.58. 601. George Vacharopolus 46.00. 720. Jonathan Vintner 47.01. 884. Chris Tuck 48.31. 926. Bertie Harrington 48.56. 937. Fintan Parkinson 49.01. 1602. Timothy Ayres 56.45. 1612. Richard Hall 56.59. Team 19th. Senior Women. No runners from B&B. Under 20 Men. 6. Charlie Davis 29.04. 89. Marco Arcuri 32.15. 98. Callum Myatt 32.27. 122 Angus Harrington 33.11. 124. Theo Wood 33.15. 199. Ifetobi Salako 42.22. Team 8th. Under 20 Women. 26. Yasmin Austridge 23.01. 34. Jessica Keene 23.31. 69. Millie Smith 24.43. 79. Amy Leach 25.20. Team 4th. Under 17 Men. 12. Oliver Bright 19.26. 70. Joel Rooney 20.59. 83. Joseph Georgiadis 21.15. 98. Matthew Francis 21.33. 100. Henry Fisher 21.37. 132. Alex Davis 22.10. 135. Cameron Swatton 22.13. 160. Benjamin Gardiner 22.44. 162. Jake Leng 22.45. 195. Justin Strover 23.24. 250 Bailey Marks-Belaon 25.41. 262. Harvey Blanden 26.43. Team 7th. Under 17 Women. 13. Sophie Hoare 18.49. 56. Amy Miller 20.12. 74. Jessica Neal 20.34. 179. Zoe White 23.30. Team 10th. Under 15 Men. 16. Tom Brash 14.14. 38. Frederick Georgiou 14.29 74. Samuel Reardon 24.52. 92. Matthew Smith 14.59. 138. George Shaw 15.20. 201. Will Andrews 15.53. 203. Alessio Tutt 15.54. 228. Nicholas Paddington 16.16. 260. Jake Anthony 16.37. Team 4th. Under 15 Girls. 19. Anwen Thomas 15.56. 21. Lara Mannes 15.58. 57. Hannah Clark 16.28. 65. Ellie Dolby 16.32. 72. Lily Meers 16.41. 188. Isabella Louth 18.09. 193. Olivia Wauters 18.14. 263. Amelie Willars 19.09. 299. Kelsey Pullin 19.48. 307. Abigail Smith 19.58. DNF. Daniella Harper. Team 1st. Under 13 Boys. 264. Ryen Rennnie 12.23. 350. Oles Chaban 13.23. Under 13 Girls. 87. Carys Firth 12.08. 114. Gabriella Martin 12.20. 116. Emily Deveney 12.21. 221. Olivia Magee-Beown 13.04 264. Sophia-plum Maher 13.24. 366. Kate Brash 14.24. Team 17th.

MPSF Championships, Seattle. 400. Immanuela Aliu 61.17.

Lee Valley Minithon. 60H. 5. Amber Cockburn 10.92. Long Jump. 14. Amber Cockburn 3.62. 600. 2. Amber Cockburn 1.54.70.

Parkruns. Bushy Park. 844. Julie Reynolds 28.41. **Sunderland.** 39. Ian Taylor 22.31. **Bromley.** 23. Paul Kerekgyarto 19.55, 25. Olivia Berry 20.00, 44. Nigel Haffenden 20.53, 59. Danielle Critchley 21.27, 91. Stuart Cullum 22.11, 93. Andy Tucker 22.18, 102. Sally Haffenden 22.30, 112. Ella Deighton 22.44, 114. Ian Montgomery 22.47, 144. Austin Adams 23.25, 176. Iain

Swatton 24.12, 212. Richard Byford 24.54, 285. Tom Leeson 26.34, 286. John Leeson 26.36, 287. Sally Smith 26.37, 295. Madeleine Marston 26.49, 364. Bernard Wilson 27.59, 394. Steve Evenden 28.31, 501. Graham Smith 31.42, 512. Luke Brett 32.11. Bexley. 82. Chris Pike 24.13. **Greenwich**. 8. Jamie Sears 19.19. **Southsea**. 374. Millie Haffenden 31.12. **Beckenham Place park**. 1 Ian Firla 18.10, 12. David Beadle 20.47, 19. Andrew Lawes 21.33, 54. James Unwin 24.20. **Nonsuch**. 496. James Perry 29.08, 734. Adrian Perry 36.30. **Crystal Palace**. 5. Lewis Warren 19.33. **Bournemouth**. 147. Peter Hamilton 24.41. **Lloyd park**. 35 Sarah Belaon 24.06. **Dulwich**. 28. Alex Loftus 18.43, 158. James Morris 23:58. **Orpington**. 78. Dave Leal 27.10, 152 Karen Desborough 33.53. **Temple Newsam**. 72. Mick Keene 27.29. **Queen Elizabeth park**. 16 Mike Simms 23.12. **Tonbridge**. 62. Mark Ellison 22.38, 288. Anne Cilia 28.00. **Peckham Rye**. 126. Peter Rogers 25.39. **Dartford**. 218 John E. Turner 40.11. **Kesgrave**. 2. Steve Cooper 17.23. **Burnham and Highbridge**. 19. Ellie Osmond 20.00. **Exmouth**. 253. Bob Minting 32.29. **Brooklands**. 48. Zoe Wood 23.20.

23-24/2/19. England Under 20, Under 17 and Under 15 Champs, Sheffield. Under 20 Men. 60. 5. Ethan Brown 7.01. SF2. 2. Ethan Brown 7.01. Ht2. DQ. Matthew Knight. Ht8. 2. Ethan Brown 7.04. 200. 3. Ethan Brown 21.74. SF1. 4. Matthew Knight 22.09. SF2. 2. Ethan Brown 21.57. Ht3. Ethan Brown 22.07. Ht4. 3. Matthew Knight 22.27. High Jump. 5=. Harrison Thorne 1.94. 7. Kelechi Aguocha 1.94. Pole Vault. 9. Pedro Gleadall 4.40. Under 20 Women. 60H. 3. Holly Mills 8.54. Ht2. 1. Holly Mills 8.69. Long Jump. 3. Holly Mills 6.05. Triple Jump. 5. Jade Oni 12.03. Under 17 Men. 200. 5. Oliver Briars 22.81. SF1. 3. Oliver Briars 22.75. Ht3. 2. Oliver Briars 22.98. Triple Jump. 6. Jacob Byfield 12.80. Pole Vault. 9. Barnaby Corry 3.65. Under 17. 60. 4. Zsiriah Thomas 7.79. SF2. 2. Zsiriah Thomas 7.84. Ht1. 1. Zsiriah Thomas 7.89. 300. 1. Holly Mpassy 38.50. Ht3. 1. Holly Mpassy 39.01. 800. 1. Zakia Mossi 2.12.38. HT1. 5. Lucrezia Polloni 2.22.39. HT2. 1. Zakia Mossi 2.16.31. 1500. 1. Naomi Toft 4.50.29. Under 15 Boys. Pole Vault. 5. Ben Platt 3.11. Under 15 Girls. 800. 4. Imogen Hadley 2.17.48. HT2. 2. Amarisa Sibley 2.22.97, 6. Alexia Romero Araujo Da Silva 2.32.65. HT3. 2. Imogen Hadley 2.18.83.

Ivy League Championships, Cambridge. MA. USA. Men. Triple Jump. 7. Stephan Amokwandoh 15.32. 60H.6. Isabella Hilditch 8.52. Ht1. 2. Isabella Hilditch 8.52. Triple Jump. 9. B. Kerri Davidson 11.69.

24/2/19 English Masters Area Challenge, Lee Valley. Men. M60 60. 3. Tom Phillips 8.47. 2000 Walk. 10. Roger Michell M70 12.03.94. Women. W60. 400. Helen Godsell 72.23.

40 til 40 Pole Vault, Loughborough. Senior Women. 5. Sophie Dowson 3.65.

Wokingham Half Marathon. 3. Scott Overall 65.25.

27/2/19. Newham And Essex Beagles 60 metre Sprint Series. Men. 60. Round 1 Race 2. 1. Abdul Rahaman Jolaso 7.04. R3. 2. Duayne Bovell 7.10. R2.R2. 2. Duayne Bovell 7.08. 5. Abdul Rahaman Jolaso 7.13. Women. R1.R1. 4. Shayone Simao 8.00. R2.R1. 3. Shayone Simao 7.96.

75 Years ago in Feb 1944

There may be a war on but Blackheath Harriers field 25 runners for the Mob match against SLH and Orion at Hayes. SLH have 9 and Orion 6 so BH take on both scoring 12 a side and win. Race winner is Sydney Wooderson.

In the same Gazette, "From his POW Camp in Germany S.D. Gittings writes to the Treasurer thanking us for the latest parcels of baccy and adds "I think I ought to confess I am a non smoker, but these parcels are much appreciated by me as, owing to the bartering value of cigs, practically all business transactions are made with the cigarette as the unit of exchange. Having been a POW yourself you would appreciate this. Pleased to say I am keeping fit".

50 years ago in Feb 1969.

Bob Richardson finishes 3rd in the Southern Cross Country Championships at Reading. Five future Presidents are also in action with Ian Wilson 30th, John Baldwin 63rd, Chris Haines 78th and Tony Weeks Pearson 169th in the Senior Mens race and Bob Cliff 121st in the Youths (Under 17 Men) race.

25 years ago in Feb 1994.

A Blackheath senior mens team of Mark Colpus, Dave Lee, Darrell Smith and Spencer Newport finishes third in the National Cross Country Relays Championships in Mansfield. The Junior Mens team of Chris Wada, Mark Steinle John Marks and Anthony Draper is 4th.

Tanya Blake finishes 4th in the senior womens race at the UK World Cross Country Trials at Alnwick.

Michael Nartey finishes 2nd in the 60 metres at the National Indoor Under 20 Championships in Birmingham. Emeka Udechuku, Sudip Burman Roy and Ben Barnes finish 1st, 3rd and 5th respectively in the Under 17 mens shot.

Scoring 61 a side, Blackheath beat SLH in the Annual Mob Match at Hayes.

20 years ago in 1999

Dave Heath wins the Short Course Trial Race for the GB team for the World Cross Country Championships.

Alloy Wilson wins the 400 metres at the AAAs Under 20 Championships in Birmingham.

15 years ago in 2004.

Michael Skinner helps pace Kenensia Bekele to a World Indoor 5000 metre record.

Mohammed Sillah Freckleton wins the 60 metre hurdles at the World Indoor Trials. Michael Skinner wins silver in the 3000 and Dwayne Grant bronze in the 60.

Montell Douglas wins the National Under 20 200 metre title. Other medallists are Michael Whitehouse (2nd U20 HJ), Robert Bain (3rd U20 3000 walk), Dom Parsons (3rd U17M 400) and James Alaka (3rd U15B 60).

Three Club members Allan Williams (M50 pole vault), Helen Godsell (W50 60) and Gordon Hickey (M70 shot) break British Records at the British Masters Championships. Helen also wins the 200 and 400 and Jim Day is also a triple champion in the Pole vault, High jump and 60 metre hurdles. Bill Foster wins the M45 3000 metres.

10 years ago in 2009.

Shaunagh Brown (U20 shot) and Lorraine Ugen (U20 long jump) win gold at the AAAs Under 20 championships. There are silvers for Dan Putnam (U20 400), Mary Iheke (u20 400 2nd claim) and Sabine Efiannayi (U17 shot) and bronze for Treayne Gilling (U20 60) and Kola Adedoyin (U20 triple jump).

Gordon Hickey breaks the British Record for the M75 shot.

Scott Huggins is Scottish Indoor pole vault champion.

The Club 150 Celebration Ale is now in Stocks

