



Blackheath & Bromley Courier

Ken Daniel 70th birthday SPECIAL

July 2020. President 2020-21. Nic Corry. Editor. Pat Calnan (p.calnan@btinternet.com)

We tip toe out of lockdown. From the 8th of July, The Clubhouse will have an outside bar from 7 to 9pm with a large tent in case it rains. A small piece of Club History will be made as payments will be by card only, no cash. There are toilets but changing and showering facilities remain closed. And on that day there is a significant birthday to celebrate....

The Virtual 5km and Wednesday Nighters Lockdown Challenge have been proving popular. There are still hopes of some track and field competition but these are subject to Government and Governing Body Guidance. Norman Park track is open but use is restricted and prebooking is required. (A recent survey of National Athletics League clubs showed 19 out of 27 were unable to use their tracks, so we are better off than most).

A huge amount of work has gone into making this happen and we are grateful to all involved. Similarly our coaches and training groups have been pulling out all the stops to keep sessions going. New methods and innovations will ensure as a club we will be in a good position as we return to normality. If you want to have a good Summer season you need to put in the work over the Winter and vice versa. With the work we are doing, we are putting ourselves in a good place.

One of our most well known members turns 70 this month. Many of our athletes have grown up with him taking money off them at the track and he is a regular down the Clubhouse. Yes there are other Members who have had significant birthdays recently, but, no one eats an ice cream like he does...

Happy birthday Ken!



Forthcoming Fixtures

Virtual 5km – entries for the 4th contest need to be in by 17.00 on 26th July

B&B Live on Instagram each Sunday at 6pm

A fine body of material is now accumulating and can viewed on the Club's Youtube channel.

27/4/20. Agata Cienciala with Nic Corry

3/5/20. Baily Stickings with Nic Corry

10/5/20. Margaret Baldwin with Nic Corry

17/5/20. Jonathan Ilori with Paul Byfield

24/5/20. Holly Arnold with Holly Platt

31/5/20. Zac Nwogwugwu with Myles Xavier

7/6/20. Phil Sesemann with Nick Brooks

14/6/20. Steve Timmins with Tim Ayres

21/6/20. Kelechi Aguocha with Holly Platt

28/6/20. Frank Dick with Nic Corry

Social Events

Apart from the refreshments on a Wednesday night there are no social events planned. With no big 70th party planned, here's a virtual one...





Results

7/6/2020

Virtual 5km. 1 Angus Harrington 16:07, 2 Mark Cage 16:35, 3 Jake Anthony 16:49, 4 Richard Webb 16:55, 5 Ross Braden 16:56, 6 Ian Firla 17:24, 7 Joshua Dowling 17:44, 8 Kev Schwantz 18:47, 9 James Habergham 19:18, 10 Nathan Firla 19:25, 11 Richard Byford 19:30, 12 Fintan Parkinson 19:38, 13 Simon Harris 19:41, 14 Jane Bradshaw 20:04, 15 Steve Pairman 20:59, 16 Tim Ayres 21:01, 17 Rob Brown 22:24, 18 Ian Scott 22:27, 19 Rod Harrington 22:43, 20 Georges Vacharopolous 23:48, 21 Bob Minting 24:07, 22 Andy Tucker 26:20, 23 Emanuela Firla 27:34, 24 Bernard Wilson 28:28, 25 Phil Sesemann 28:43, 26 Karen Desborough 32:12.

24/6/2020

European Masters Virtual 10km Challenge. M70. 2. Rob Brown 47.16

28/6/2020

Virtual 5km. 1. Phil Sesemann 14:38, 2. Ross Braden 16:11, 3. Micah Evans 17:18, 4. Ian Firla 17:30, 5. Joshua Dowling 18:02, 6. Ian Scott 18:21, 7. Gareth Evans 18:22, 8. Martin Richardson 18:25, 9. Kev May 18:26, 10. Darren Corneille 18:34, 11. John Vintner 18:58, 12. James Habergham 19:00, 13. Simon Harris 19:18, 14. Fintan Parkinson 19:19, 15. Tom Desborough 19:30, 16. Richard Byford 19:44, 17. Paul Sharpe 19:49, 18. Tim Ayres 19:54, 19. Georges Vacharopolous 20:29, 20. Graeme Lugar 20:30, 21. Julie Reynolds 20:36, 22. Jane Bradshaw 20:54, 23. Steve Pairman 20:59, 24. Chris Tuck 22:14, 25. Bob Minting 23:56, 26. Jim Phelan 24:24, 27. Andy Tucker 25:23, 28. Alyssa Firla 25:24, 29. Bernard Wilson 28:59, 30. Emanuela Firla 31.04, 31. Karen Desborough 32:18.

Grand Prix standings after 3 events. 1. Ian Firla 79, 2. Fintan Parkinson 61, 3. Angus Harrington 59, 4. Mark Cage 57, 5. Ross Braden 55, 6. Tim Ayres 52, 7. Joshua Dowling 50, 8. Steve Pairman 47, 9. Kev May 45, 10. James Habergham 41, 11. Ian Scott 38, 12=. Phil Sesemann, Richard Byford, Simon Harris 36, 15. Rob Brown 34, 16 Bob Minting 33, 17 Andy Tucker 32, 18. Julie Reynolds 31, 19. Josh Schofield 30, 20=. Jake Anthony, Micah Evans 28, 22. Richard Webb 27, 23=. Dan Putnam, Jane

Bradshaw 26, 25=. Bernard Wilson, Gareth Evans 24, 27=. Georges Vacharopolous, Martin Richardson 23, 29. Sam Beadle 22, 30=. Nathan Firla, Darren Corneille 21, 32. John Vintner 20, 33. Karen Desborough 19, 34. Charlotte Bloodworth 18, 35. Tom Desborough 17, 36. Julia Pairman 16, 37. Paul Sharpe 14, 38. Rod Harrington 12, 39 Graeme Lugar 11, 40. Emanuela Firla 9, 41. Chris Tuck 7, 42. Jim Phelan 5, 43. Alyssa Firla 3.

100 years ago in June 1920

Second Evening Meeting.

PRIVATE BANKS GROUND, CATFORD, JUNE 22ND.

Really this was one of the very pleasantest and most successful evenings ever held in a combination of good sport and thoroughly top-hole time. No Editorial "We" about this, because there is no doubt it was the unanimous opinion of everybody present, including the competitors. It is useless to begin to reckon up and name those who were about and with whom we had the pleasure of a chat, but it was specially pleasing to us to meet Mr. and Mrs. E. J. Holt as a happy representation of the S.L.H., the Private Banks Athletic Club and our own Club, Holt being, as we all know, the hard-working and capable Hon. Secretary of the S.L.H., and a great organiser in the Banks world of sport, whilst his wife (who, by the way, we should have mentioned first), is the sister of our own late Cross-country Captain, C. H. Baxter.

The evening so far as weather was concerned was glorious, the turf never in better condition, and the racing of the keenest description all through.

The Mile Challenge Cup "Pash," B.H. Event was perhaps the most exciting, Waizeneker just beating the holder, B. H. Lymbery, on the tape.

The following is a list of the Events and results:—

PRIVATE BANKS 100 YDS. HANDICAP

R. W. Emerson, Lloyds, 7½ yds.	1
C. F. T. Phebey, Barclays, 5 yds.	2
A. T. G. Trumble, Lloyds and B.H., 4½ yds.	3

Time, 10½ sec.

100 YARDS "VETERANS" HANDICAP (BANKS)

A. Gould, Barclays, Scratch	1
H. A. Whiteley, Cox's, 4½ yds.	2
W. R. Pike, Lloyds, 12 yds.	3

Time, 11½ secs.

100 YARDS BOYS' RACE—Was won by L. W. Boyce.

THE MILE WALK (BANKS) by A. J. Joy, Scr., of Lloyds, with H. S. Digby, Lloyds, 70 yds., 2nd, and R. W. Marsh (Williams), 40 yds., 3rd. Time, 8 min. 1½ secs.

100 YARDS B.H. HANDICAP (B.H.)

G. D. Basan, 3 yds.	1
R. A. Lindsay, Scr.	2
C. H. Watson, 9 yds.	3

Time, 10½ secs.

440 YARDS "LADY BARBARA SMITH" CHALLENGE CUP (BANKS).

C. F. T. Phebey, Barclays	1
E. Jones, Lloyds	2
H. M. Jefferis, Barclays	3

Time, 55½ secs.

1 MILE CHAMPIONSHIP FOR "HOARE" CHALLENGE CUP (BANKS).

C. F. Eveleigh, Barclays	1
F. R. Sice, Barclays	2
K. Tew, Lloyds	3

Time, 4 min. 55½ secs.

100 YARDS LADIES' LEVEL RACE (BANKS).

Miss A. V. Steele, Coutts	1
Miss F. C. Cruickshank, Glyns.	2
Miss D. Walker, Brown Shipley	3

Time, 13½ secs.

440 YARDS "REAY" CHALLENGE CUP (B.H.).

Holder, R. A. Lindsay.

M. C. C. Harrison	1
R. A. Lindsay	2

Also ran, H. J. Dyball and J. H. Waizeneker. Lindsay was persuaded against his wishes, as he was not feeling fit, to turn out. Harrison led early till about 50 yds., when he was nearly caught by Lindsay, eventually winning by about 4 yds. Time 54½ secs.

Our member, H. W. E. Sercombe, was third in the Cricketers' Bowling Competition, a Banks Event.

ONE MILE "PASH" CHALLENGE CUP.

Holder, B. H. Lymbery.

For this there were six entries. The result being as follows:—

J. H. Waizeneker	1
B. H. Lymbery	2
A. C. Edwards	3
C. H. Watson	4

Time, 4 min. 50½ secs.

J. C. Walton and M. C. C. Harrison did not start. The above four all finished within 4 min. 56 secs.

880 YARDS HANDICAP (B.H.)

S. H. Claydon, 20 yds.	1
R. W. Pattison, 60 yds.	2
J. H. Waizeneker, 15 yds.	3

Time, 2 min. 5½ secs.

This was a most exciting finish for second and third places, but Claydon, who ran with excellent judgment and fine style, repeated his performance in winning the Mile at the last Evening Meeting, by capturing this quite easily.

At the close of the Meeting the Prizes were distributed by Mrs. H. Leslie Tritton, wife of the Chairman of Barclays Bank Ltd. A hearty vote of thanks was accorded this lady, our President, of course, capping this with the Club Cry.

Amongst those officiating were, Referee, Tom Crafter; Judges, Messrs. H. L. M. Tritton (Barclays), C. A. Morgan (B.H.), R. Rowland (B.H.), J. H. A. Reay (B.H.), A. Metcalf (B.H.); Stewards, Marksmen, etc., H. W. E. Sercombe, F. L. Gilbert, J. W. Nicholson, W. L. Rowbotham, G. E. Potter, A. Gould, A. Farr, J. H. Williams, H. R. Hopper; and Handicapper for Bank, E. J. Holt, for B.H., H. J. Dyball.

The evening wound up with dancing on the lawn, the 8th L.B.R.F.A. providing the music, by kind permission of Col. E. H. Eley, C.M.G., D.S.O., etc.

Third Summer Evening Meeting.

This, our third, and, we regret to say, last Evening Meeting of the Flat Season was held on July 7 at the Private Banks Grounds. Ominous clouds foretold a showery evening, but, as things should be, the veterans had the heavy weather in the 880 and the ladies the light in the egg and spoon race. We were pleased indeed to see Mrs. Crafter amongst us once again, and her daughter Molly also supported her dad, and incidentally our President, at this function. Others gracing the occasion were Mrs. T. K. Grant and her two daughters, Mrs. C. H. Sercombe and a daughter (the latter driving round in a pram by the way), Mrs. J. W. Bradley, Miss Molly Telfer (sister of our members W. and A. C. Telfer), Miss Blackett and Miss Joan Hopper. Our men rolled up in goodly numbers to support the fixture in addition to the competitors.

Officials.—Tom Crafter, Starter; E. J. D. Ratcliff, Time-keeper; W. Rowland, Referee; J. H. A. Reay and C. A. Morgan, Judges; J. H. Williams and T. K. Grant, Marksmen.

The following is the list of Events with results:—

100 YARDS HANDICAP.

R. R. Turner, 10 yds.	1
C. L. Croft, 10 yds.	2
R. A. Lindsay, Scr.	3

Time, 10½ secs.

Turner, who is a novice introduced by our Vice-President, E. F. Nicholls, finished strongly and was never in danger.

75 years ago in June 1945.

The Gazette lists 321 serving members, 5 Prisoners of War and a Roll of Honour of 37. Most recent addition is

Obituary

Christopher Marston Dent

WE are deeply shocked to report that our cheerful and popular member, "Sammy" Dent, died in hospital from multiple injuries on the 25th June, 1945, in the Middle East. No details are available at the time of writing as to the cause of his untimely end.

Dent joined the Club on 4th May, 1936, and although on the small side he soon attracted notice by a grim determination to get there and his extraordinary cheerfulness on all occasions. Not only was he willing to run in all our matches whenever called upon to do so, but he was quite a useful sprinter and excelled at the long jump for a man of his size. He reminded us very much of that old-timer "Shrimp" West, who displayed the same qualities. Dent entered wholeheartedly into everything he did, including our social life, and when darts became popular, as soon as a game was suggested he would pull out a set of darts from his pocket and carefully fix the flights. He joined the R.A.O.C. in 1940 and left for the Middle East at the end of 1944. Our deep sympathy is extended to his Father and Mother on the loss of their popular son, who was one of the group we had recruited from the Beckenham County School. We can ill afford to lose such an enthusiastic member.

Sunday, June 10, 1945.

CLUB RAMBLE.

AMONG the Club's social amenities in the pre-war years not the least attractive were the rambles through Kent and Surrey, which went, in those days, under the name of "Sunday Strolls."

An attempt at reviving these useful links between the Winter Seasons was made recently, when a "stroll" was organised by Dick Cockburn. The venue was Sevenoaks, where he was joined by Philo, Reed, Tingey and Williams.

The weather conditions could scarcely have been more unpromising, with leaden skies and almost incessant rain. But 'Heathens are not readily discouraged by foul weather, and so it was that we set forth in good spirits for a tramp of some twelve miles through the pleasing country which lies between Sevenoaks, Ide Hill, Toy's Hill and Westerham. Visibility was so poor that we derived little satisfaction from the "view-points" which are so prominent a feature of this part of Kent; we found it, moreover, wiser to avoid the sodden fields and keep for the most part to roads, tracks and footpaths.

At Weald we sought shelter in the "local," there to refresh the inner man and partake of our sandwich lunches before going on to Ide Hill.

We arrived at "Rosemary's" just ahead of a large party—obviously a rambling "fellowship"—(whose advent was not without humour)—who cornered nearly all the available accommodation in that small cottage.

An excellent strawberry tea put us all in good heart to continue to Toy's Hill, and from thence through the National Trust woodlands and on to Westerham.

Though by no means tired, we were feeling by this time somewhat "waterlogged," and as the rain showed no signs of abating it was decided to return to Sevenoaks by bus.

Having time to spare, our party then proceeded to get "damp" inside until the hour came to seek our homebound trains.

50 years ago in June 1970

Triple jumpers Graham Hamlyn and Tony Wadhams are both selected to represent England at the Commonwealth Games. At the English team trials, Graham Hamlyn is second in the triple jump with 15.60. Graham Gower is 4th in the 110H and Bob Richardson 8th in the 10,000.

John Watts sets a Championship best of 55.78 to win the Southern Counties Championships at Motspur Park. He also wins the shot with 17.09. However, it's too late for Commonwealth Games selection.

Bob Richardson is another to miss out on Commonwealth selection. He had hopes in the marathon but it isn't to be. He finishes third in the Polytechnic Marathon in 2.20.12. However, the Club win the team race, plus the Southern and Kent titles with Joe Clare 11th (2.23.39), Chris Haines 29th (2.30.37), Ian Wilson 41st (2.35.06), Alan Davis 59th (2.38.25), Barry O'Gorman 68th (2.40.53) and Mike Hampton 119th (2.59.12). Haines and Wilson are soon back on the track.

Wednesday, 24th June, 1970.

Saturday, 13th June, 1970.

**POLYTECHNIC, A.A.A., S.C.A.A.A., K.C.A.A.,
AND CLUB MARATHON CHAMPIONSHIPS,
AT WINDSOR—CHISWICK**

Marathon running is gaining popularity again amongst club members and the seven that toed the line for this year's "Poly" were confident of performing well in of the hot weather conditions that prevailed.

The 200 strong field was started by Jim Peters and set off at a good pace. Bob Richardson knew this to be his last chance of a place in England's 1970 Commonwealth Games team and, spurred on with a pre-race jibe that he would have to "go some" to beat Mike Willis' controversial time of 2.14:30 was in the leading group right from the start, as in fact was Joe Clare. By 10 miles Richardson and Clare were still in the leading group followed at intervals by Chris Haines, Alan Davis and Ian Wilson together, Barry O'Gorman and Mike Hampton. At the summit of the railway bridge at 17 miles Richardson found himself in the lead and decided to put on the pressure. He had a 9 sec. lead at 20 miles which he passed in 1.44:16. However, try as he may, Bob could not stake off 21-year-old Don Fairclough (Croydon) and Bob was caught by him with 2 miles to go. He was also caught by Wade (Ranelagh Sweden) with 1 mile to go, but managed to hang on to 3rd spot until the finishing line beating his previous best time by some 5 mins.

Meanwhile Joe Clare ran a sound race to finish in 11th place and win the Navy Championship. Chris Haines finished 29th in a personal best time to close in the Club's scoring team and to gain 2nd place in the Kent Championship. Ian Wilson managed to catch Mallardet (Cam.) in the final mile to finish 41st and fill 3rd place in the Kent Championship, also in a personal best time.

The Club teams scored 20 points to win the open team race by a good margin, last won by the Club in 1955, and also the Southern Counties team race. These performances together with all three places in the Kent Individual Marathon Championship and first place in the Navy Championship made the day the most successful for the Club's Road Runners for many years and they now look to even greater things.

**THIRD EVENING MEETING,
AT LADYWELL**

Our third evening meeting was held at Ladywell on what turned out to be a dull and rather chilly night. The number of athletes competing and the level of performance did little to cheer the hearts of the many Officials and spectators. We hear so much of the benefit derived, by the younger athletes, from the club coaching sessions, but the older members would like to see the results translated to support and performance in the Club Championships. Two entries in the Junior 100 metres, no entries for the Junior High Jump and one entry in the 800 metres Junior gives little encouragement for the future to the Treasurer or the Officials who give the club so much of their spare time.

The 3000 metres championship and handicap produced a field of 16 entries, covering ages of all generations, in an array of motley vests and shorts. The pre-race nerves flared into a heated battle of words over club colours but once underway developed, at the back into a Father-Son battle, interspersed with a legal interference, and in the front to a personal feud among the "Giants", of running not stature. A lot of lapping took place and Chris Haines emerged a very worthy winner, hotly pursued by "Bob the glutton" and Ian Wilson a close third. How the likeable and consistent club performer Frank Rogers managed to hoodwink the handicapper we shall never know but he gained another spoon for stirring his tea, or perhaps if rumours are to be believed for his bottom drawer.

The 400 metres handicap with nine entries produced a very interesting race with B. Smith a guest runner winning in 49.6, the first spoon going to T. Phillips who was off 16 metres having caught the long striding J. Copley in the home straight.

The Field events were designed to confuse even the best of us, two events being measured in metres, the other in feet. Once again entries were poor although the writer sympathises with athletes who prefer not to tangle their limbs, in what always seems to be the impossible, to try and record a mark in the Triple Jump.

The evening closed with our President adding his usual dignity to the occasion by presenting the awards, and thanking the Officials and the spectators for their support.

Graham Gower is second in the 110 hurdles at the British Universities Championships in Durham.

25 years ago in June 1995.

Blackheath are 5th in the second British League match of the season at Crystal Palace. As well as up and coming stars like Julian Golding in the team there is still room for 61 year old Jim Day who finishes 4th in the B pole vault.

Mark Steinle finishes 5th in the AAA's Championship and World Championships 10,000 metre trial race which is incorporated in the Loughborough Students v England v GB Students and GB Juniors match. He times 29.07. Bill Foster is 6th (29.16), Spencer Newport 7th (29.23) and James Harrison 10th (29.36). Dave Taylor pulls up with a calf injury while in third place.

Bromley Ladies Joice Maduaka wins the 100 and 200 at the Southern Championships at Crystal Palace and Debbi Marti takes the high jump. There is silver for Emma Clapson in the 400 and bronze for Lisa Thompson in the 800. For Blackheath, Phil Hogston wins the 1500 metres in a new best of 3.46.17. Silver medals go to Spencer Newport (5000) and Paddy Brice (3000 steeplechase). Dalia Miknovetchie wins bronze in the womens high jump.

Blackheath's male young athletes win their third and fourth matches in the McDonalds Southern Premier Division. In the fourth match at Tooting, Emeka Udechuku sets a new National record in the under 17s discus of 58.24. The under 15 boys 4x100 quartet of Leon Connike, Russell Johnson, Daniel Plummer and Wayne Gray equal the League record of 44.8. Julian Golding and Ejike Wodu are on hand to offer their congratulations.



20 years ago in June 2000.

Jonathan Barbour equals Julian Golding's Blackheath's 100 metre record as he wins the Southern title at Brighton in 10.28.
 Emeka Udechuku wins both the shot and discus titles and Mensah Elliott the 110 hurdles in a new Club Record of 14.03.
 Bromley AC's Debbi Marti wins the high jump.

Sydney Wooderson is awarded an MBE "for services to Blackheath Harriers and Athletics"



Blackheath Harriers Centenary Year
President Sydney Wooderson

World Record Holder	880 yards	1938-53	European Champion	1,500 metres	1938
World Record Holder	800 metres	1938-39	European Champion	5,000 metres	1946
World Record Holder	$\frac{1}{4}$ mile	1939	AAA Champion	1 mile	1935-39
World Record Holder	1 mile	1937-42	AAA Champion	3 miles	1946
	National Cross-Country Champion	1948			

The Club's middle distance squad is in outstanding form at the British League Division One match at Enfield winning seven out of eight strings. Mark Steinle is the only one not to secure maximum points as he is third in the A string 5000. Bill Foster wins the B string. Anthony Draper and Joe Mills take the 800s, Michael Skinner and Martin Airey the 1500s; and Dave Lee and Jeremy Bradley the 3000 chase. Not to be outdone the 4x100 quartet of Darren Burley, Michael Champion, Mensah Elliott and Lash Lashore break the Club record which has stood since 1984. They time 41.0. Emeka Udechuku wins the shot and discus and the team the match, leaving them joint top with Woodford Green.

15 years ago in June 2005

Blackheath & Bromley make their return to the UK Womens League and finish runners up in their Division Four match at Ware behind winners Belgrave. Thames Valley Harriers who were promoted with B&B at the end of the 2004 season finish in 4th. There are two A string winners, Liz Hughes in the pole vault, and Christine Lawrence in the javelin. Amy Godsell is second in both the 100 and 200 the day after being involved in a car crash. They are runners up in the second match at Stoke putting themselves in a strong position to gain promotion. Below some of the team.



The Club's youngsters win their second National Young Athletes League match. The under 17 women's team of Sarah McLellan, Sarah Coombs, Rebecca Taylor and Katie Murray break the League Record for the 4x400 metres with a time of 4.11.7. Club members win three of the four Athlete of the Match Awards - Nenisha Nelson Roberts (U13 girls high jump 1.45); Andrew Jordon U15 boys hammer 44.20); and Serita Solomon who wins the U17 women's 80 hurdles by a second. Allan Williams breaks the British over 50s record for the pole vault with a clearance of 4.40. Helen Godsell wins the over 50s 100, 200, and 400 titles at the Southern Championships. Mel Healey wins the 100 and 200 over 35 champs. Colin Brand wins the M65 shot, Discus and Hammer. Jim Day wins the over 70s pole vault and 80 hurdles, and Gordon Hickey the shot and javelin. In the over 55s Peter Hamilton wins the 800 and 1500 and Mike Martineau the long jump.

10 years ago in June 2010

Michael Skinner is part of the Great Britain team who finish in 5th place in the European 10,000 metre team race in Marseilles.

There is plenty of success for the Club's athletes at the National Under 20 and Under 23 Championships at Bedford. Second claimer Sophie Hitchon sets a Championship best of 63.74 to win the under 20s hammer. It's gold too for Lorraine Ugen in the long jump. Silvers go to Jermain Olason (long jump), Katrina Cosby (400 hurdles), Andrew Jordon (hammer).

In the under 23s there are silver medals for Shaunagh Brown in the shot and discus, and bronze for Scott Huggins (pole vault), Femi Owolade (200) and Anike Shand Wittingham (100).

The Senior women compete in their first ever Premier Division fixture in the UK Womens League. It is a tough match at Birmingham's Alexander Stadium and the team finish in 8th place. Serita Solomon is the Club's Athlete of the match for her win in the 100 hurdles. Bob Minting sets a British and European Record of 2.11.3 for the over 60s 800 metres.

The men are 5th in their Division One match at Cardiff with the Club's Athlete of the Match being Scott Overall for his win in the 3000 metres. He receives his award from a Club legend.



Three first year seniors win gold medals at the Southern Championships at Crystal Palace, Tremayne Gilling (100 below), Serita Solomon (100 hurdles) and Shaunagh Brown (discus). Additionally second claimer Ned Quiney wins the pole vault while still a junior. In the under 20s there are wins for Dan Putnam (400), Jermaine Olasan (long jump), Andrew Jordon (hammer), Lorraine Ugen (long jump below), Sabine Effiannayi (shot), Sarah Abrams (triple jump, 2nd claim), and Katrina Cosby (400H).



Tremayne Gilling, Lorraine Ugen and Andrew Jordon

Through The Ages





