

# THE ACHILLES CLUB



## 2023-2024

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# PORTRAIT OF THE YEAR



*Jake Watson: BUCS Indoors pole vault champion and new Varsity 100m record holder*

At the **UK Indoor Championships** in February, Jude-Bright Davies won the gold medal. Montana Jackson matched her 2017 place, winning the bronze medal. Jake Watson and Angus Harrington placed 5th in the pole vault and 800m respectively

At the **World Cross Country Championships** in Australia, Roger Robinson won the M80, proving that 2 new knees are no obstacle to continuing to compete at the highest level

And at home in the **National Cross Country Championships** Niamh Bridson Hubbard won the bronze medal, ahead of Phoebe Barker in 19th and Nancy Scott in 23rd. In the men's event Jack Millar was 16th and Alex Howard 23rd. Bea Wood won gold in the U20 race, supported by Poppy Craig-McFeely in 6th. Tom Wood was 2nd at the **Welsh Nationals** and Alice Garner 9th in

the **England U20s** as part of a medal winning AFD team.

At the **BUCS Indoors** Jake Watson retained Pole Vault title with a 5.03m vault, and Alex Shipley won silver at 1500m.

The **Transatlantic Series** reboot got under way in April with Oxford & Cambridge travelling to the USA. Against **Harvard & Yale** there were victories for on the track for Angus Harrington, Jeremy Dempsey and Alexandra Shipley, and in the field for Jake Watson, Johanna Schönecker, Michael Allison, Reese Robinson, Leonie Brunning and Philip Odugbile.

The **Penn-Cornell** match the following week was held in unusually warm weather and records tumbled. Alex Shipley won both the 1500m and 500m and there were also wins for Phoebe Baggott (hammer match record) , Adam Dray, Jere-

my Dempsey, Jack Millar, Samuel Clarke , Terry Fawden, Michael Allison, and Adahna Ekoku and for their wins, along with star performer Alexandra Shipley who won both the 1500m and 5000m. Full results of both matches appear later in this Report.

The **BUCS Championships** were one of our most successful ever 1 Gold (Angus Harrington), 5 Silvers (Jake Watson, Michael Allison, Jack Paget, Alexandra Shipley and Jeremy Dempsey) and 6 Bronzes (Charlotte Dannatt, Reese Robinson, Mary Adeniji, Niamh Bridson Hubbard, Oxford's 4 x400m women - Natalie Groves, Ella Fryer, Charlotte Buckley and Catherine Gallagher- and Oxford's 4 x 400m men -Marco Siniscalchi, Sam Nelson, Ryan Cherian and star anchor Maranga Mokaya -) Others highly placed included Terry Fawden, Charlotte Buckley, Alice Garner and Leonie Brunning

The sun shone on the **Varsity Match** in May, which featured 4 tightly contested high quality matches and a host of match records and a great atmosphere for spectators and competitors alike. Full results matches appear later in this Report.

At the **Loughborough** match soon after Angus Harrington won comfortably on his England debut. Also victorious were Niamh Bridson Hubbard on behalf of the NAL in the Mile and Jude Bright-Davies in the triple jump Jeremy Dempsey and Miles Weatherseed were our representatives in



*Roger Robinson: World X-Country Champion M80*



*17 competitors in the 1963 Varsity Match held a 60th anniversary reunion on-line.*



the Men's Mile, Jeremy representing England, and he was 2nd in 4:06.85 with Miles 7th in 4:10.11. Terry Fawden was a strong 5th in the Steeplechase. We also had Jack Paget 5th in the Hammer and Reese Robinson 6th in the Triple Jump with a

On to the **Highgate 10000m** races, and Matt Leach was 4th Brit.

Meanwhile Michael Allison was in action in **Germany**, and took victory in the Halle Junior Men's javelin. And at home Niamh Bridson Hubbard ran 4:10.60 for 1500m, beating Jo Dering's 4:11.85 **Achilles record** from 1990

In July Maranga Mokaya ran 50.43 for 400mH to win in Geneva, and the following month improved further to 50.05. Jeremy Dempsey, in his last race of the season and paced by Josh Carr finally went **sub-4 for the mile** with 3:59.28, And Michael Allison won the bronze medal at the European U20 Championships

The season was rounded off in September by our veterans: John Moreland added more gold to his collection becoming **European Masters** Champion in the M65 discus. And for dogged determination application look no further than Danny Eckersley, European Masters M35 3000m steeplechase.



*Sub four: Jeremy Dempsey*



*Closing in on 70m—Jack Paget*



*European Masters Champions: Danny Eckersley and John Moreland*

# TWO MEMBERS HEAD THE 2023 UK RANKINGS



Jude Bright-Davies: top ranked in the triple jump



Michael Allison: top ranked and UK Champion in the javelin



Maranga Mokaya: 6th ranked at 400m hurdles

1	Jude Bright-Davies	Triple Jump	16.28/16.50w
1	Michael Allison	Javelin	76.97m
4	Amy Hunt	100m	11.13
6	Maranga Mokaya	400mh	50.05
7	Matt Leach	Half Marathon	01:03:05
8	Jack Paget	Hammer	69.10m
8	Louise Shanahan (Ireland)	800m	01:59.5
8	Montana Jackson	Triple Jump	12.72m
9	Luke Caldwell	Marathon	02:13:29
10	Matt Leach	10000m	28:30.7
10	Jake Watson	Pole Vault	5.03m
11	Achilles Club men	4x100m	41.22
13	OUAC Men	4x400m	03:52.3
13	Terence Fawden	3000m SC	09:06.6
14	Tom Parker	Hammer	63.41m
14	Achilles Club men	4x400m	03:13.8
14	Naomi Taschimowitz	10000m	33:40.1
14	Esther Leong	Pole Vault	3.91m
14	Reese Robinson	Triple Jump	12.43/12.47w
15	Samuel Clarke	400mh	51.76
15	Marley Young (Australia)	Shot Putt	16.01m
15	Amy Hunt	200m	23.28
16	Alex Milne	Marathon	02:16:30
16	Niamh Bridson Hubbard	1500m	04:10.6
17	Phoebe Baggott	Hammer	57.26m
18	Andrew Heyes	Half Marathon	01:04:05
18	Angus Lockhart (Australia)	Shot Putt	15.63m
18	OUAC Men	4x400m	03:15.4
19	Leonie Brunning	High Jump	1.76m
19	Johanna Schoenecker (Ger)	Javelin	45.37m
20	Charlotte Dannatt	10000m	34:02.3
21	Samuel Clarke	60mh	8.14
21	Peter Cassidy	Hammer	58.30m
21	Niamh Bridson Hubbard	3000m	09:07.1
22	Angus Harrington	800m	01:47.0
22	Daniel Eckersley	3000m SC	09:11.6
22	Jonathan Escalante-Phillips	Half Marathon	01:04:25
23	Samuel Clarke	110mh	14.65
23	Phoebe Barker	5000m	15:54.1
23	Helen Broadbridge	Hammer	56.24m
24	Milan Campion	3000m SC	09:14.3
24	Norman Shreeve	Marathon	02:18:12
26	Jonathan Cornish	10000m	29:33.5
26	Niamh Bridson Hubbard	800m	02:04.5
26	Mary Adeniji	Long Jump	6.06m
27	James Hoad	Marathon	02:18:38
28	Alexandra Shipley	1500m	04:15.2
29	Marley Young (Australia)	Discus	47.16m
30	Maranga Mokaya	400m	47.07
30	Patrick Roddy	Marathon	02:19:00
31	Marco Siniscalchi (Italy)	400mh	53.8
31	Alice Garner	10000m	34:56.7
32	Helen Broadbridge	Discus	42.05m
33	Jeremy Dempsey	800m	01:47.9
34	Georgios Zaphiris (Cyprus)	Triple Jump	14.34m
36	Jonathan Cornish	Half Marathon	01:05:05
36	Marco Siniscalchi (Italy)	110mh	15.06
38	Jeremy Dempsey	1500m	03:41.8
38	Thomas Renshaw	3000m SC	09:33.9
38	Achilles Club women	4x400m	04:00.9
42	Milan Campion	10000m	30:12.5
42	Luke Williams	Decathlon	4124
42	OUAC Men	4x100m	42.5
43	CUAC Men	4x400m	03:22.7
45	Samuel Clarke	400m	47.71
45	Bradley Burke	3000m SC	09:43.7
45	Bilen Ahmet	Decathlon	3683
46	Joel Bell (USA)	Discus	43.66m
46	CUAC Women	4x400m	04:02.7
47	Joe Morrow	10000m	30:21.8
47	Bridget Fryer	Discus	39.12m
48	Jonathan Escalante-Phillips	5000m	13:56.8
48	Louise Shanahan (Ireland)	400m	55.51
48	Sam May	Pole Vault	3.31m
49	Marco Siniscalchi (Italy)	60mh	8.57
50	Kaesi Opara	200m	21.19/21.05w



# VARSITY FIELD EVENTS & RELAYS

Saturday 11th February 2023. Lee Valley

For the first time ever there an overall winner across what have traditionally been 4 separate matches was crowned, and Oxford took that title.

**Women's Field:**

**Oxford win 6-2**

**Women's Track:**

**Oxford win 6-0**

**Men's Field:**

**Oxford win 6-2**

**Men's Track:**

**Cambridge win 4-2**

**Overall: Oxford win 20-8**

**60m (M) Cambridge win 28.82 sec - 29.36 sec .**

1 Chizute Ogbedeh (C) 7.04. 2 Mounir Hinedi (C) 7.06. 3 Orlando Bell (O) 7.15. 4 Lemuel Crentsil (O) 7.42. 5 Michael Allison (O) 7.49.

60m (M) – Heat 2 . 1 Emmanuel Boakye (O) 7.30. 2 Satoki Shimimume (C) 7.33. 3 David Ojeabulu (O) 7.39. 4 Edmond Bruce (C) 7.39. 5 Alex Woodcock (C) 7.58.

60m (M) – Heat 3 . 1 Samuel Clarke (Achilles guest) 6.94. 2 Isaac Kitchen-Smith (Achilles guest) 7.07. 3 Samuel Oteng-Ntim (C) 7.41. 4 Justin Leung (Achilles guest) 7.57. 5 Artemis Chen (O) (guest) 7.68. 6 Will Read (O) (guest) 7.85.

**60m (W) Oxford win 33.76 sec - 34.95 sec .**

1 Jessica Pool (C) 8.25. 2 Julia Johnson (O) 8.46. 3 Iris-Mae Morse (O) 8.54. 4 Eniola Awodiya (O) 8.54. 5 Johanna Schönecker (C) 8.55. 6 Maya Janowski (O) (guest) 8.75.

60m (W) – Heat 2 . 1 Danielle Nnene (O) (guest) 8.19. 2 Natalie Groves (O) 8.22. 3 Catherine Gallagher (O) 8.55. 4 Bryher Smith (C) 8.73. 5 Katherine Kauna (C) 9.42. 6 Serika Siriwardhana (C) 10.13.

**60mH (M) Oxford win 39.03sec - 39.06 sec .**

1 Samuel Clarke (Achilles)(guest) 8.14. 2 Marco Siniscalchi (O) 8.57. 3 Will Parry (O) 8.88. 4 Oli Hector (C) 9.14. 5 Alex Harper (C) 9.27. 6 James Elderfield (C) 10.94.

60mH (M) – Heat 2 . 1 Morgan Treasure (C) 9.71. 2 Nick Smart (O) 9.78. 3 Archie Moss (O) 11.80.

**60mH (W) Oxford win 43.15 sec. Cambridge DQ .**

1 Julia Johnson (O) 10.28. 2 Samantha Baker-Jones (O) 10.34. 3 Nina Elliott (C) 11.91. Samella Phillips (C) DQ.

60mH (W) – Heat 2 . 1 Alexandra Akins (O) 11.23. 2 Charlotte Buckley (O) 11.30. 3 Ellen Hedderman-Thompson (C) 11.84. 4 Serika Siriwardhana (C) 11.95.

**4x200m (M) .**

1 Cambridge 1:32.58. 2 Cambridge B

1:36.58. 3 Oxford DQ.

**4x200m (W) .**

1 Oxford 1:48.92. 2 Cambridge 1:49.75. 3 Achilles (guest) 1:52.81.

**4x400m (M) .**

1 Oxford 3:24.20. 2 Cambridge 3:30.35.

**4x400m (W) .**

1 Oxford 4:03.11. 2 Cambridge 4:07.11.

**4x800m (M) .**

1 Cambridge 8:31.44. Oxford DNS.

**4x800m (W) .**

1 Oxford 9:18.21. 2 Cambridge 10:10.67.

**Medley (1200-400-800-1600) (M) .**

1 Cambridge 9:59.3. Oxford DNS.

**Medley (1200-400-800-1600) (W) .**

1 Oxford 11:50.18. 2 Cambridge 12:17.85.

**HJ (M) Oxford win 7.25m-7.10m .**

1 Phillip Odugbile (C) 1.85. 2 Christopher Everett (O) 1.85. 3 Ethan Sorrell (C) 1.80. 3 Adam Coates (O) 1.80. 3 Ayman El Amrani (O) 1.80. 3 Kam-Cheung Lambert (O) 1.80. 7 Joe Day (C) 1.80. 8 Morgan Treasure (C) 1.65.

**HJ (W) Cambridge win 5.93m-5.53m .**

1 Leonie Brunning (C) 1.54. 2 Lea Wenger (C) 1.51. 3 Ella Weaver (C) 1.48. 3 Madeleine Smith (O) 1.48. 5 Lucy Buchanan (O) 1.45. 6 Johanna Schönecker (C) 1.40. 7 Jewel Bennett (O) 1.35. 8 Alexandra Akins (O) 1.25.

**LJ (M) Cambridge win 23.41-22.91 .**

1 Georgos Zaphiris (C) 6.39. 2 Morgan Treasure (C) 6.10. 3 Adam Coates (O) 5.90. 4 Pawel Grab (C) 5.74. 5 Olujimi Fafowora (O) 5.72. 6 Emmanuel Boakye (O) 5.68. 7 Oliver Bazin (O) 5.61. 8 Ayman El Amrani (O) (guest) 5.41. 9 Baker Lubwama (C) 5.18.

**LJ (W) Oxford win 18.82m-17.92m .**

1 Reese Robinson (C) 5.11. 2 Julia Johnson (O) 4.93. 3 Madeleine Smith (O) 4.92. 4 Sky Udondem (C) 4.73. 5 Samantha Baker-Jones (O) 4.49. 6 Iris Mae-Morse (O) 4.48. 7 Bryher Smith (C) 4.19. 8 Ceara Harper (C) 3.89.

**PV (M) Oxford win 10.90m-10.80m .**

1 Nicholas Smart (O) 3.60. 2 Zachary Ander-

son (C) 3.00. 3 Jirka Kucera (O) 3.00. 4 Yu-Hau Chen (C) 2.80. 5 Kyle Van Der Spuy (C) 2.70. 6 Thieme Schmidt (C) 2.30. 7 Max Tyrie (O) 2.30. 8 Adam Coates (O) 2.00.

**PV (W) Cambridge win 7.90m-7.50m . 1**

Shani Wright (C) 2.70. 2 Iris Mae-Morse (O) 2.20. 3 Lucy Buchanan (O) 2.20. 4 Samantha Baker-Jones (O) 1.90. 5 Tjaša Zaletel (C) 1.90. 6 Eloïse Suissa (C) 1.80. 7 Ella Weaver (C) 1.50. 8 Sophie Cook (O) 1.20.

**SP (M) Oxford win 44.90m-42.49m .**

1 Marley Young (C) 15.42. 2 Alexander Fogassy (O) 12.06. 3 Joel Bell (O) 11.98. 4 Ikechi Mere (C) 11.04. 5 Stewart Humble (O) 10.74. 6 Eric Hembling (O) 10.12. 7 Alex Blake-Martin (C) 9.44. 8 Kerem Mumykmaz (C) 6.59.

**SP (W) Oxford win 37.50m - 35.45m .**

1 Chimdi Okpalauko (O) 10.68. 2 Leonie Brunning (C) 10.49. 3 Grace Izinyon (C) 10.34. 4 Vivian Abrokwah (O) 9.41. 5 Sophia Martin (O) 9.30. 6 Grace Lawrence (O) 8.11. 7 Joanna Olatunji (C) 7.73. 8 Deborah Esan (C) 6.89.

**TJ (M) Oxford win 50.43m - 49.42m .**

1 Georgos Zaphiris (C) 14.26. 2 Anthony Akinwale (O) 13.32. 3 Olujimi Fafowora (O) 13.25. 4 Morgan Treasure (C) 12.52. 5 Tim Chan (O) 12.05. 6 Kam-Cheung Lambert (O) 11.72. 7 Baker Lubwama (C) 11.69. 8 Ryan Price (O) (guest) 11.07. 9 Pawel Grab (C) 10.95.

**TJ (W) Oxford win 42.16m - 40.02m .**

1 Reese Robinson (C) 11.65. 2 Madeleine Smith (O) 11.13. 3 Sky Udondem (C) 10.67. 4 Julia Johnson (O) 10.54. 5 Danielle Nnene (O) 10.36. 6 Iris Mae-Morse (O) 10.13. 7 Bryher Smith (C) 9.30. 8 Katherine Kauna (C) 8.40.

**Guest 800m (W) .**

1 Louise Shanahan (C) (guest) 2:04.99. Jess Tappin (Pace) DNF.

**Guest 5000m (W) .**

1 Alana Chandler (O) (guest) 18:47.57. Christiana Agustin (O) (guest) DNF.

# ACHILLES FIXTURES

**2024**

## THE MAIN OUTDOOR EVENTS OF THE YEAR ARE:-

### 4 Minute Mile 70th Anniversary Celebrations 5th & 6th May

- a) Achilles members are invited to the Bannister Miles Garden Party at Merton College on Sunday 5th May from 2.30 to 5.30pm. Sign up at <https://forms.gle/LY1dpGqMbv4HTYZt9>—spaces are limited.
- b) The following day the Iffley Festival of Miles 2024 will take place at Iffley Road from about 12pm, with a programme of open races (sign up via OpenTrack), junior races, para races, and finally the elite races at about 6pm, preceded by the unveiling of a plaque commemorating the recently awarded World Athletics Heritage status.

For further details of either event contact:

[Catherine.spencer@ccc.ox.ac.uk](mailto:Catherine.spencer@ccc.ox.ac.uk) or [jared.martin@stx.ox.ac.uk](mailto:jared.martin@stx.ox.ac.uk)

### The Varsity Match: at Iffley Road, Oxford, on 18th May.

Details of a post match dinner will be announced in due course

### Paris Olympics

We hope that members attending will be able to rendezvous: keep us posted at [secretary@achilles.org](mailto:secretary@achilles.org), and watch social media

### Achilles Tour to Tokyo—all welcome

A team of about 75 Achilles athletes plus some seniors will be in Tokyo from about Thursday **29th August 2024** until Wednesday **4th September 2024**, and the focus of the tour will be the match on **Sunday, 1st September: Achilles v Waseda, Tokyo & Keio Universities.**

Other seniors interested in joining us will be very welcome. And there will opportunities for veterans to compete if they wish. Contact [paul.willcox@achilles.org](mailto:paul.willcox@achilles.org) for details of the team hotel etc

**2025**

### US Transatlantic Series Tour

**Early April 2025.** Oxford & Cambridge, building on the 4 close fought matches of 2023, will benefit from an unprecedented second US Tour in two years!

# OXFORD & CAMBRIDGE

## V. HARVARD & YALE MATCH 1

8th April 2023 at Harvard

Some excellent performances from the touring side. Wins for captain Angus Harrington in the 800; from Jeremy Dempsey in the 1500 in spite of having to contend with a massive field; Maranga Mokaya headed the UK 400mH rankings with his win in 51.78 which won him the hurdles trophy; Jake Watson won the pole vault (and had an excellent run in the 200m for 21.79); and of course Michael Allison easily won the javelin on a somewhat unconventional runway. Philip Odugbile won the high jump cementing a good outing by the men. Mention also to Kaesi Opara who opened his season with a legal 10.8 in the 100m, to Ryan Cheri-an running back into form in the 400 finishing with plenty left in 49.62, to Sam Clarke with a 14.83 in the 110mH. Jack Paget broke the match record in the hammer in the first round, and although overtaken his 65.91 was an excellent season's opener. The men's 4x100 41.64 could have been even better but for a fumbled final change.

The women's team had some excellent performances. In particular wins for a. Alex Shipley with a new 5000 match record and pb to win in 16:22.42; b. Leonie Brunning cementing team high jump superiority (and also achieving a pb in the shot later); c. Reese Robinson on a total roll increased her pb yet again to 12.47 (easily); and d. a new Achilles record to Johanna

Shoenecker in the javelin of 44.75.

The match was held on a chilly but sunny day and was memorable in particular not only for adding a mixed 4x400 for the first time but for the inclusion on equal terms through equivalency tables of our star para athlete Polly Maton who masterminded the scheme.

*-Bridget Wheeler*

### Women

100m +2.5  
1 Ndip-Agbor, Egbe (Harvard-Yale) 12.10w  
2 Osaro-Igwe, Adaji (Harvard-Yale) 12.16w  
200m +2.5  
1 Osaro-Igwe, Adaji (Harvard-Yale) 24.78w  
2 Groves, Natalie (Ox-Cam) 26.64w  
3 O'Keeffe, Ellie (Ox-Cam) 27.34w  
400m  
1 Bosng, Victoria (Harvard-Yale) 55.23  
2 Gallagher, Catherine (Ox-Cam) 58.45  
3 Groves, Natalie (Ox-Cam) 58.71  
800m  
1 Mihas, Marianne (Harvard-Yale) 2:11.24  
2 Fryer, Ella (Ox-Cam) 2:14.20  
3 Fonville, Linde (Harvard-Yale) 2:24.30  
1500m  
1 Ramsden, Maia (Harvard-Yale) 4:15.77  
**record**  
2 Iborg, Samantha (Harvard-Yale) 4:32.01  
3 Wood, Beatrice (Ox-Cam) 4:34.10  
5000m  
1 Shipley, Alexandra (Ox-Cam) 16:22.42  
**record**  
2 Giln, Ella (Harvard-Yale) 16:26.35  
100m Hurdles +3.0  
1 Biernacki, Josefina (Harvard-Yale) 14.07w  
2 Belibi, Fabiola (Harvard-Yale) 14.30w  
400m Hurdles  
1 Parker, Peyton (Harvard-Yale) 1:04.87  
2 Lisney, Joy (Ox-Cam) 1:05.75  
-- Fair, Chloe (Harvard-Yale) DNF  
3000m Steeplechase  
1 Goldstein, Isabelle (Harvard-Yale) 10:37.52  
2 Pretre, Kyra (Harvard-Yale) 11:03.52  
High Jump  
1 Brunning, Leonie (Ox-Cam) 1.65m  
2 Johnn, Jada (Harvard-Yale) 1.65m  
3 Barrett, Abrianna (Harvard-Yale) 1.60m  
Pole Vault  
1 Retsa, Anastasia (Harvard-Yale) 4.20m  
**record**

2 Leong, Esther (Ox-Cam) 3.85m  
3 Yang, Eileen (Harvard-Yale) 3.60m  
Long Jump  
1 Subbiah, Bharathi (Harvard-Yale) 5.45mw +4.7  
2 Belibi, Fabiola (Harvard-Yale) 5.27mw +3.5  
3 Ekoku, Adahna (Ox-Cam) 5.20mw +2.7  
4 Maton, Polly T46 (Ox-Cam) 4.38mw +3.8 (divided by 0.8585 and scored as 5.10m)  
Triple Jump  
1 Robinson, Reese (Ox-Cam) 12.47mw +2.1  
2 Hughes, Mayi (Harvard-Yale) 11.94mw +1.6  
3 Goudros, Izzy (Harvard-Yale) 11.85mw +2.8  
4 Smith, Madeleine (Ox-Cam) 11.25mw +3.1  
Shot Put  
1 Omoregie, Sarah (Harvard-Yale) 17.66m  
**record**  
2 Valeanu, Estel (Harvard-Yale) 15.15m  
3 Brunning, Leonie (Ox-Cam) 11.15m  
Discus Throw  
1 Valeanu, Estel (Harvard-Yale) 56.17m  
2 Fryer, Bridget (Ox-Cam) 36.64m  
Hammer Throw  
1 Ratcliffe, Stephanie (Harvard-Yale) 67.16m **record**  
2 Garabian, Cammy (Harvard-Yale) 57.37m  
3 Baggott, Phoebe (Ox-Cam) 51.36m  
Javelin Throw  
1 Schoenecker, Johanna (Ox-Cam) 44.75m  
2 McLaughlin, Hannah SR (Harvard-Yale) 37.62m

### Harvard & Yale men win 12-4

### Men

100m +1.2  
1 Ward, Lance (Harvard-Yale) 10.48  
2 Kao, Jacob SO (Harvard-Yale) 10.71  
3 Opara, Kaesi (Ox-Cam) 10.80 1.  
200m +1.1  
1 Kao, Jacob SO (Harvard-Yale) 21.32  
2 Watson, Jake (Ox-Cam) 21.79  
3 Opara, Kaesi (Ox-Cam) 22.12  
400m  
1 Miller, Aaron SO (Harvard-Yale) 48.75  
2 Cherian, Ryan (Ox-Cam) 49.62  
800m  
1 Harrington, Angus (Ox-Cam) 1:52.41  
2 Prince, Drake SO (Harvard-Yale) 1:52.99  
3 Cirrito, Thomas SO (Harvard-Yale) 1:53.48  
4 Dray, Adam (Ox-Cam) 1:53.77  
n/s Cox, Harry (Ox-Cam) 2:04.83  
1500m  
1 Dempsey, Jeremy (Ox-Cam) 3:57.28 1  
2 Henz, Vivien (Harvard-Yale) 3:57.72 1  
3 Ewing, Joe (Harvard-Yale) 3:57.95 1  
4 Weatherseed, Miles (Ox-Cam) 3:59.11 1  
5000m  
1 Blanks, Graham (Harvard-Yale) 14:07.67  
**record**



2 Iverson, Acer (Harvard-Yale) 14:08.83  
 3 Millar, Jack (Ox-Cam) 14:34.33  
 4 Massingham, Joseph (Ox-Cam) 14:38.08  
 n/s Fox, Oliver (Ox-Cam) 14:53.23  
 110m Hurdles +1.5  
 1 Shirley, Aaron (Harvard-Yale) 14.44  
 2 Clarke, Samuel (Ox-Cam) 14.83  
 400m Hurdles  
 1 Mokaya, Maranga (Ox-Cam) 51.78  
 2 Fischer, Peter (Harvard-Yale) 55.21  
 3000m Steeplechase  
 1 Pryor, Reed (Harvard-Yale) 9:07.94  
 2 Fawden, Terence (Ox-Cam) 9:13.60  
 3 Burke, Bradley (Ox-Cam) 9:43.69  
 4x100m Relay  
 1 Harvard-Yale ( Farr/Kao/Grindle/Colson)  
 41.56  
 2 Ox-Cam (Watson/Clarke/Ogbedeh/Opara)  
 41.64  
 High Jump  
 1 Odugbile, Philip (Ox-Cam) 1.86m  
 2 Minicus, John (Harvard-Yale) 1.85m  
 Pole Vault  
 1 Watson, Jake (Ox-Cam) 4.90m  
 2 Jayasekara, Mudith (Ox-Cam) 4.10m

-- Park, Simon (Harvard-Yale) NH  
 Long Jump  
 1 Murphy, Kyle (Harvard-Yale) 6.88mw +2.8  
 2 Zaphiris, Georgios (Ox-Cam) 6.70m +1.8  
 3 Ewungkem, Julius (Harvard-Yale) 6.47m  
 +2.0  
 Triple Jump  
 1 Falode, Daniel (Harvard-Yale) 15.80mw  
 +2.8 (**exceeds record**)  
 2 Di Bassinga, Brian (Harvard-Yale) 15.12m  
 +2.0  
 3 Zaphiris, Georgios (Ox-Cam) 14.21mw +3.4  
 Shot Put  
 1 Kolesnikoff, Alexander (Harvard-Yale)  
 20.69m **record**  
 2 Young, Marley (Ox-Cam) 15.64m  
 3 Farr, Andrew (Harvard-Yale) 6.01m  
 Discus Throw  
 1 Appel, Matthew (Harvard-Yale) 55.59m  
 2 Young, Marley (Ox-Cam) 47.15m  
 Hammer Throw  
 1 Ikeji, Kenneth (Harvard-Yale) 69.67m **rec-**  
**ord**  
 2 Paget, Jack (Ox-Cam) 65.91m (64.96m  
**record** in round 1)

3 Cassidy, Peter (Ox-Cam) 56.45m  
 4 Sun, Jake (Harvard-Yale) 53.47m  
 Javelin Throw  
 1 Allison, Michael (Ox-Cam) 64.68m  
 2 Minicus, John (Harvard-Yale) 52.84m  
 3 Colson, Kit (Harvard-Yale) 27.27m

**Harvard & Yale women win 11-6**

**Mixed men & women**

4 x 400m relay  
 1 Harvard-Yale 3:29.22  
 2 Oxford-Cambridge 3:32.49 (Gallagher  
 57.64, Clarke 49.76, Fryer 58.65, Mokaya  
 46.45)

**Overall result—Harvard & Yale win 24-10**

*Above results exclude Harvard-Yale guests*

**Pat Liles best performance trophies:** Alexander Kolesnikoff and Estel Valeanu

**Bob Rittenburg hurdles awards:** Maranga Mokaya and Josefina Biernacki



*Clockwise form top left: Alex Shipley; Johanna Schoenecker; Jeremy Dempsey (3) and Miles Weatherseed; Poly Maton.*

# OXFORD & CAMBRIDGE

## V. PENN & CORNELL MATCH 1

15 April 2023 at Cornell

The first Penn-Cornell match of 2023, held in unseasonably fine weather, was of a very high quality. Wins were hard to come by. So congratulations to Adam Dray (800m), Jeremy Dempsey (Mile, agonisingly close to a solo sub-4-minute effort), Jack Millar (5000m), Samuel Clarke (400M hurdles), Terry Fawden (3000m steeplechase), Michael Allison (Javelin, over 70m for the second time ever), Adahna Ekoku (Long Jump) and Phoebe Baggott (Hammer, in a 57.26m match record) for their wins, along with star performer Alexandra Shipley who won both the 1500m and 5000m. There were also high quality efforts from Maranga Mokaya (47.07 400m, losing to the Lithuanian National Champion), Kaesi Opara and Jake Watson in the 100m, with Jake's 10.65 the fastest by a current Oxbridge student in 20 years, Marley Young over 16m in the Shot Put (which no CUAC athlete has managed since the 1960s) and a men's 4x400m relay 3:13.77 clocking, the second fastest every by an Achilles quartet, aided in large part by a frankly terrifying 46.04 anchor split from Maranga.

—Caspar Eliot

### WOMEN

100m +0.7  
Lauren Jones (Penn-Cornell) 11.93 1  
Daniella Oyenuga (Penn-Cornell) 12.95  
200m +4.3  
Moforehan Abinusawa (Penn-Cornell) 23.72  
**record**  
Isabella Davis (Penn-Cornell) 25.60w  
Natalie Groves (Ox-Cam) 26.00w  
Ellie O'Keeffe (Ox-Cam) 27.02w  
400m  
Christiana Nwachuku (Penn-Cornell) 56.52  
Nia Robinson (Penn-Cornell) 56.58  
Natalie Groves (Ox-Cam) 58.45  
Alexandra Burchill (Ox-Cam) 59.11  
Ellie O'Keeffe (Ox-Cam) n/s 59.29  
800m  
Clara Harman (Penn-Cornell) 2:11.05  
Catherine Gallagher (Ox-Cam) 2:11.39  
Ella Fryer (Ox-Cam) 2:12.60  
Gwen Parks (Penn-Cornell) 2:15.53  
1500m  
Alexandra Shipley (Ox-Cam) 4:31.70  
Sarah Roffman (Penn-Cornell) 4:34.69  
Mairead Clas (Penn-Cornell) 4:35.70  
5000m  
Alexandra Shipley (Ox-Cam) 17:09.98  
Beatrice Wood (Ox-Cam) 17:13.43  
Zoe Shetty (Penn-Cornell) DNF  
100mH +1.8  
Ama Boham (Penn-Cornell) 13.86 **record**  
Aniyah Walters (Penn-Cornell) 14.35  
400mH  
Reyne Rodrigues (Penn-Cornell) 1:00.93  
Katherine Muccio (Penn-Cornell) 1:01.99  
2000m S/C  
Marge Dalseth (Penn-Cornell) 7:20.52  
Brooke Hirsch (Penn-Cornell) 7:31.72  
4 x 100m  
Penn-Cornell (Abinusawa/Whittaker/  
Muccio/Nwachuku) 45.64 **record**  
4 x 400m  
Penn-Cornell (Whittaker/Harman/Parks/

Niemiec) 3:49.76  
Ox-Cam (Groves/Fryer/Burchill/Gallagher)  
3:54.87  
High Jump  
Olivia Rodriguez (Penn-Cornell) 1.66m  
Leonie Brunning (Ox-Cam) 1.61m  
Sarah Lavery (Penn-Cornell) 1.61m  
Pole vault  
Nataliia Ilieva (Penn-Cornell) 4.22m **record**  
Victoria Atkinson (Penn-Cornell) 4.12m  
Esther Leong (Oxford NH)  
Long Jump  
Adahna Ekoku (Ox-Cam) 5.82mw +2.4  
Daniella Oyenuga (Penn-Cornell) 5.69m +1.5  
Polly Maton T46 (Ox-Cam) 4.82mw +2.7  
(divided by 0.8585 and scored as 5.61m)  
Triple Jump  
Tamara Grahovac (Penn-Cornell) 12.66m  
+1.3  
Ijeoma Eziri (Penn-Cornell) 12.32w +3.4  
Madeleine Smith (Ox-Cam) 11.60w +2.6  
Shot Put  
Noelle Elkinton (Penn-Cornell) 13.76m  
Leonie Brunning (Ox-Cam) 11.07m  
Discus  
Noelle Elkinton (Penn-Cornell) 46.97m  
Bridget Fryer (Ox-Cam) 37.82m  
Hammer  
Phoebe Baggott (Ox-Cam) 57.26m **record**  
Phoebe Price-Roberts (Penn-Cornell)  
55.39m  
Ella Bormet (Penn-Cornell) 49.33m  
Javelin  
Ziling Liu (Penn-Cornell) 43.02m  
Johanna Schoenecker (Ox-Cam) 42.27m  
Elliot Bush (Penn-Cornell) 40.69m

**Match: Penn-Cornell win by 14 events to 5**

### MEN

100m +1.5  
Domenic Barresi (Penn-Cornell) 10.38 **rec-**  
**ord**

Kaesi Opara (Ox-Cam) 10.59  
Aaron Stillitano (Penn-Cornell) 10.59  
Jake Watson (Ox-Cam) 10.65  
200m +1.0  
Tomas Kersulis (Penn-Cornell) 20.90 **record**  
Emerson Douds (Penn-Cornell) 21.56  
Kaesi Opara (Ox-Cam) 21.73  
Chizute Ogbedeh (Ox-Cam) 22.50 1.0  
400m  
Tomas Kersulis (Penn-Cornell) 45.91  
Maranga Mokaya (Ox-Cam) 47.07  
Devante Heywood (Penn-Cornell) 47.32  
Ryan Cherian (Ox-Cam) 58.67  
800m  
Adam Dray (Ox-Cam) 1:50.65  
Antaures Jackson (Penn-Cornell) 1:50.75  
Angus Harrington (Ox-Cam) 1:51.16  
Sam Ayers (Penn-Cornell) 1:52.14  
Mile  
Jeremy Dempsey (Ox-Cam) 4:01.20 **record**  
Alex Mocariski (Penn-Cornell) 4:13.12  
Miles Weatherseed (Ox-Cam) 4:16.34  
5000m  
Jack Millar (Ox-Cam) 14:45.83  
Oliver Fox (n/s) 14:51.61  
Teddy O'Kane (Penn-Cornell) 14:55.26  
Joseph Massingham (Ox-Cam) 15:32.54  
110mH wind +2.5?  
Christian Martin (Penn-Cornell) 13.78w  
**(exceeds record)**  
Shane Gardner (Penn-Cornell) 13.99w  
400mh  
Samuel Clarke (Ox-Cam) 52.68  
Liam O'Hara (Penn-Cornell) 53.30  
Christian Martin (Penn-Cornell) 54.22  
3000m S/C  
Terence Fawden (Ox-Cam) 9:06.94  
Sahil Dodda (Penn-Cornell) 9:10.78  
Derek Amicon (Penn-Cornell) 9:23.81  
Bradley Burke (Ox-Cam) 9:47.01  
4 x 100m  
Penn-Cornell (Nicholson/Heywood/  
O'Donnell/Stillitano) 40.44 **record**



(Ox-Cam)(Watson/Clarke/Ogbedeh/  
Opara) 41.12  
4 x400m  
Penn-Cornell (Barresi/Martin/Ayers/  
Kersulis 3:13.71  
(Ox-Cam)(Clarke/Harrington/Dray/  
Mokaya) 3:13.77  
High Jump  
Kampton Kam (Penn-Cornell) 2.06m  
Jack Meigel (Penn-Cornell)2.00m  
Pole Vault  
Shane Racey (Penn-Cornell) 5.36m **record**  
James Rhoads (Penn-Cornell) 5.36m  
Long Jump  
Smith Charles (Penn-Cornell) 7.72m **rec-  
ord**  
Curtis Weh (Penn-Cornell) 7.01m  
Triple Jump  
Jamaur Williamson (Penn-Cornell) 14.59m  
Curtis Weh (Penn-Cornell) 13.92w  
Shot Put  
Brad Morell (Penn-Cornell) 17.46m  
Olatide Abinusawa (Penn-Cornell)16.30m  
Marley Young (Ox-Cam)16.01m  
Discus  
Brad Morell (Penn-Cornell) 54.27m  
Marley Young (Ox-Cam)44.87m  
Hammer  
Brad Morell (Penn-Cornell) 62.24m  
Peter Cassidy (Ox-Cam)57.33m  
Scott Dochat (Penn-Cornell) 57.10m  
Chase Chandler (Penn-Cornell) 29.46m  
Javelin  
Michael Allison (Ox-Cam)70.17m  
Atticus Soehren (Penn-Cornell) 49.74m

**Match: Penn-Cornell win by 13 events to 6**

**Results exclude multiple Penn-Cornell guests**

*Clockwise from top right: Catherine Gallagher and Ella Fryer; Kaesi Opara and Jake Watson; Beatrice Wood and Alexandra Shipley; Marley Young; Michael Allison*





# OXFORD V CAMBRIDGE

## VARSITY MATCH

8 MAY 2023, WILBERFORCE ROAD



*Jake Watson winning the 200m, having earlier won the pole vault and set a match record in the 100m*

All four matches were very closely contested with only a handful of points deciding each outcome. Oxford prevailed in both Blues Matches.

**Blues Matches:** Men: Oxford 108, Cambridge 102. Women: Oxford 109, Cambridge 102

**2nd Teams:** Centipedes 106.5, Alverstone 104.5. Alligators 106, Millipedes 102

The Drake-Digby Trophy (best performance in the Mens' Match) went to Jake Watson (Ox), winner of the 100m, 200m and pole vault, breaking Steve White's 50 year old 100m record for good measure.

The Susan Dennler Trophy (best performance in the Womens' Match) was awarded to Louise Shanahan (Cam) who repeated her 400m/800m double from last year and broke her own 400m match record with 55.51.

The Le Touquet Baton (most improved athlete) was awarded to Maranga Mokaya (Ox). During his time at Oxford under the guidance of Emma Hopper and Daniel Hooker he has improved his 400m hurdles time by almost 4 seconds, and is now ranked 6th in the UK

The Paul Gomme Trophy (best throwing performance of the season) was awarded to Michael Allison (Ox) who threw the javelin over 70m for the first time during the US tour. He went on to win the UK Championships and head the national rankings.

The Achilles Trophy (outstanding contribution to Oxbridge athletics) was awarded jointly to Angus Harrington (CUAC President, US Tour Captain and crowned BUCS 800m Champion) and Mary Adeniji (Cam.—holder of

most Long Jump wins in the Women's Varsity Match with 5, along with 3 Triple Jump wins, culminating in a 6.06m PB in her final jump in this match).

The Steven Stuart Trophy (most notable second-team performance) went to Milly Dickinson (Cam.) winner for Alligators of the 800m in a new 2nd team match record of 2:17.74 and of the 1500m.

Among many other notable performances, Johanna Schönecker (Cam) celebrated a match record for her 45.37m in the Javelin; Maranga Mokaya (Ox) was dominant over 400m both over the hurdles and on the flat; and in a great solo 1500m Jeremy Dempsey (Cam) ran one of the fastest ever Varsity times.



*Leonie Brunning—second highest jump in Varsity history*

#### **MEN'S BLUES**

400m Hurdles - 1, Maranga Mokaya (O) 51.96. 2, Marco Siniscalchi (O) 57.84. 3, Oliver Hector (C) 1:02.01. 4, Terry Fawden (C) 1:07.00.

800m - 1, Angus Harrington (C) 1:54.65. 2, Adam Dray (C) 1:56.00. 3, Tom Barrett (O) 1:59.72. 4, Jabez Magomere (O) 2:00.58.

100m - Wind, +2.4 1, Jake Watson (O) 10.59. 2, Chizute Ogbedeh (C) 10.85. 3, Orlando Bell (O) 11.14. 4, Satoki Shimamune (C) 11.26.

3000m Steeplechase - 1, Terry Fawden (C) 9:28.72. 2, Thomas Renshaw (O) 9:41.32. 3, Matthew Kunov (O)

9:59.35. 4, Neil Ibata (C) 10:06.45.

110m Hurdles - Wind +2.0 1, Marco Siniscalchi (O) 15.38. 2, Oliver Hector (C) 16.34. 3, Alex Harper (C) 17.11. Will Parry (O) DQ.

400m - 1, Maranga Mokaya (O) 48.13. 2, Angus Harrington (C) 48.66. 3, Samuel Nelson (O) 50.93. 4, Adam Dray (C) 51.15.

1500m - 1, Jeremy Dempsey (C) 3:46.87. 2, Miles Weatherseed (O) 4:03.50. 3, Cillian Doherty (C) 4:04.17. 4, Matt Fuller (O) 4:04.57.

200m Wind +2.4 1, Jake Watson (O) 21.70. 2, Alfie Cicale (O) 22.49. 3, Chizute Ogbedeh (C) 22.54. 4, Edmond Bruce

(C) 23.54.

200m Hurdles - Wind +2.1 1, Adam Coates (O) 25.54. 2, Will Parry (O) 27.39. 3, Oliver Hector (C) 27.76. 4, Alex Harper (C) 30.06.

5000m - 1, Joseph Massingham (C) 14:43.90. 2, Luke McCarron (C) 14:46.00. 3, Joe Morrow (O) 14:47.60. 4, Tom Wood (O) 15:07.50.

Pole Vault - 1, Jake Watson (O) 4.60. . 2, Mudith Jayasekara (O) 3.20. 3, Kyle Van Der Spuy (C) 2.60. 4, Dominic Wells (C) 2.20.

High Jump 1, Jordan Mukabo (C) 1.95. 2, Ayman El Amrani (O) 1.85. 3, Morgan Treasure (C) 1.70. Christopher Everett (O) .

Long Jump - 1, Georgios Zaphiris (C) 6.61. 2, Adam Coates (O) 6.51. 3, Morgan Treasure (C) 6.18. . 4, Emmanuel Boakye (O) 6.12.

Triple Jump - 1, Georgios Zaphiris (C) 14.34. 2, Anthony Akinwale (O) 13.41. 3, Olujimi Fafowora (O) 13.27. 4, Morgan Treasure (C) 12.82.

Hammer - 1, Peter Cassidy (C) 56.67. 2, Marley Young (C) 45.62. 3, Stewart Humble (O) 35.51. 4, Joel Bell (O) 34.30.

Javelin - 1, Michael Allison (O) 52.09. 2, Rowan Burford (O) 49.39. 3, Dominic Wells (C) 45.79. 4, Kieran Kang (C) 41.30.

Discus - 1, Marley Young (C) 44.30. 2, Joel Bell (O) 43.66. 3, Ikechi Mere (C) 38.11. 4, James Tufnell (O) 35.97.

Shot - 1, Marley Young (C) 15.67. 2, Joel Bell (O) 13.04. 3, Alexander Fogassy (O) 11.84. 4, Oyare Aneju (C) 11.62.

4 x 100m Relay- 1, Oxford (Crentsil, Watson, Bell, Cicale) 42.50. 2, Cambridge 42.84.

4 x 400m Relay - 1, Oxford 3:20.93. 2, Cambridge 3:22.71.

#### **WOMEN'S BLUES**

400m Hurdles - 1 Charlotte Buckley (O) 1:06.29 . 2 Samantha Baker-Jones (O) 1:07.54 . 3 Jasmine Ventham (C) 1:10.09 . 4 Phoebe Schofield (C) 1:12.61 . (O)

800m - . 1 Louise Shanahan (C) 2:10.27 . 2 Niamh Bridson-Hubbard (C) 2:10.62 . 3 Ella Fryer (O) 2:14.29 . 4 Catherine Gallagher (O) 2:16.48 .

100m - . Wind +2.0 . 1 Natalie Groves (O) 12.70 . 2 Danielle Nnene (O) 12.93 . 3 Jessica Poon (C) 13.08 . 4 Bryher Smith (C) 13.55 .

5000m - . 1 Phoebe Barker (C) 17:02.27 . 2 Alexandra Shipley (O) 17:34.39 . 3 Nancy Scott (C) 17:41.18 . 4 Elizabeth Apsley (O) 17:54.63 .

100m Hurdles - . 1 Julia Johnson (O) 16.60 . 2 Samantha Baker-Jones (O) 17.00 . 3 Phoebe Schofield (C) 17.30 . 4 Johanna Schoenecker (C) 20.30 .

400m - . 1 Louise Shanahan (C) 55.51 . 2 Catherine Gallagher (O) 58.09 . 3 Charlotte Buckley (O) 1:00.08 . 4 Ellie O'Keeffe (C) 1:01.46 .

2000m Steeplechase - . 1 Niamh Thompson (C) 7:07.70 . 2 Lauren Major (O) 7:18.97 . 3 Christiana Agustin (O) 7:35.46 .

5 Maya Hodgson (C) 7:47.01 .

200m - . Wind +2.5 . 1 Natalie Groves (O) 25.89 . 2 Ella Fryer (O) 26.53 . 3 Ellie O'Keeffe (C) 27.41 . 4 Jessica Poon (C) 27.73 .

1500m - . 1 Niamh Bridson-Hubbard (C) 4:24.06 . 2 Alexandra Shipley (O) 4:34.79 . 3 Beatrice Wood (C) 4:35.45 . 4 Nancie Bowley (O) 4:37.02 .

200m Hurdles - . Wind +1.2 . 1 Julia Johnson (O) 30.82 . 2 Samantha Baker-Jones (O) 31.82 . 3 Phoebe Schofield (C) 33.47 . 4 Lea Wenger (C) 33.55 . Pole Vault - . 1 Shani Wright (C) 2.70 . 2 Elise Chang (C) 2.30 . 3 Lucy Buchanan (O) 2.30 . 4 Iris-Mae Morse (O) 2.20 .

High Jump - . 1 Leonie Brunning (C) 1.76 . 2 Annie Durand-Marandi (C) 1.55 . 3 Madeleine Smith (O) 1.45 . 6 Amelia Inglis (O) 1.35 . Long Jump - . 1 Mary Adeniji (C) 6.06 . 2 Reese Robinson (C) 5.33 . 3 Madeleine Smith (O) 5.15 . 4 Julia Johnson (O) 5.09 .

Triple Jump - . 1 Reese Robinson (C) 12.15 . 2 Madeleine Smith (O) 11.49 . 3 Sky Udondem (C) 10.76 . . 5 Iris-Mae Morse (O) 10.50 .

Hammer - 1, Phoebe Baggott (O) 52.10 . 2, Vivian Abrokwah (O) 36.20 . 3, Grace Izinyon (C) 31.88 . 4, Katerina Aris (C) 31.53 .

Discus - 1, Chimdi Okpalauko (O) 37.75 . 2, Eleanor Butt (O) 32.35 . 3, Leonie Brunning (C) 30.50 . 4, Katerina Aris (C) 27.69 .

Shot - 1, Chimdi Okpalauko (O) 11.38 . 2, Leonie Brunning (C) 11.30 . 3, Grace Izinyon (C) 10.32 . 4, Vivian Abrokwah (O) 8.93 .

Javelin - 1, Johanna Schoenecker (C) 45.37 . 2, Eleanor Butt (O) 40.99 . 3, Leonie Brunning (C) 36.41 . 4, Alexandra Shipley (O) 31.57 .

4 x 100m Relay- 1, Oxford 50.78 . 2, Cambridge (Poon, Smith, Durand-Marandim, Adeniji) 51.53 .

4 x 400m Relay - 1, Oxford 3:53.70 . 2, Cambridge 4:02.74 .

#### **CENTIPEDES V ALVERSTONE**

400m Hurdles . 1, Isaac Rushworth (O) 1:00.46 . 2, Tom Wilkins (C) 1:02.16 . 3, Matthew Harris (O) 1:05.65 . 4, James Elderfield (C) 1:09.55 . 800m - . 1, Ewan Spencer (C) 1:58.40 . 2, Patrick Hickey (C) 1:59.25 . 3, Matthew Buckley (O) 2:05.82 . 4, Daniel Bundred (O) 2:07.28 . 100m - . Wind +2.4 . 1, David Ojeabulu (O) 11.36 . 2, Alex Woodcock (C) 11.52 . 3, Emmanuel Boakye (O) 11.57 . 4, Joel Camara (C) 11.82 . 1, Matthew Dubery (C) 10:08.00 . 2, Tom Spencer (C) 10:20.88 . 3, Jiri Kucera (O) 10:31.42 . 4, Joshua Pearson (O) 11:19.96 . 110m Hurdles . Wind +1.6 . 1, Jean Mégret (O) 18.69 . 2, John MacGreevy (O) 18.95 . 3, James Elderfield (C) 20.24 . Will Parry (O) DQ . 400m - . 1, Peter Braybrook (O) 52.25 . 2, James McCulloch (O) 52.55 . 3, Ram Choudhury (C) 53.01 . 4, Ben Corson (C) 53.34 . 1500m - . 1, George Ogden (C) 4:01.27 . 2, Ewan Spencer (C) 4:08.70 . 3, Benjy McCartney (O) 4:13.92 . 4, Ethan McColgan (O) 4:15.96 . 200m - . Wind +2.5 . 1, James McCulloch (O) 23.25 . 2, Alex Woodcock (C) 23.49 . 3, Isaac Rushworth (O) 23.61 . 4, Yu-Hau Chen (C) 24.23 . 200m Hurdles . Wind +2.1 . 1 John MacGreevy (O) 28.92 . 2 James





Above: Maranga Mokaya & Adam Dray.  
Top left: Johanna Schoenecker.  
Bottom left: Mary Adenji.  
Bottom right: Angus Harrington & Adam Dray.  
Left: Jeremy Dempsey  
Below: Niamh Bridson-Hubbard, Alex Shipley & Bea Wood.







*It was a good day for reunions: Rob Trezona, Chin Nwokoro, Rob Harle, Andy Hodge, Dave Gardiner*

Elderfield (C) 29.29 . 3 Tom Wilkins (C) 29.30 . 4 Isaac Rushworth (O) 29.52 . 5000m - . 1 Lawrence Hollom (C) 15:28.40 . 2 Alexander Bampton (O) 15:31.40 . 3 James Rennie (C) 15:35.60 . 4 Naphtali Moulton (O) 15:51.70 . Pole Vault - 1 Jean Mégret (O) 3.40 2 Yu-Hau Chen (C) 3.00 3 Jiri Kucera (O) 3.00 4 Thieme Schmidt (C) 2.00 High Jump - 1 Ethan Sorrell (C) 1.80 2 Jean Mégret (O) 1.70 3 Ram Choudhury (C) 1.65 4 Ryan Price (O) 1.55 Long Jump 1 Pawel Grab (C) 6.14 2 Florentin Schroeder (O) 5.91 3 Baker Lubwama (C) 5.85 4 Oliver Bazin (O) 5.39 1 Damola Odeyemi (C) 12.80 2 Ryan Price (O) 12.42 3 Baker Lubwama (C) 12.36 4 Tim Chan (O) 11.87 Hammer - 1, Thieme Schmidt (C) 40.80 . 2, Xianming Liu (O) 32.69 . 3, Yannick Marc Limmer (O) 31.61 . 4, Kerem Mumyakmaz (C) 29.04 . Javelin - 1, Ben Holdsworth (O) 47.55 . 2, Andrew Patton (O) 42.01 . 3, Alasdair Knight (C) 38.60 . 4, Alex Blake-Martin (C) 35.69 . 1, Alex Blake-Martin (C) 36.11 . 2, Xianming Liu (O) 33.86 . 3, Oyare Aneju (C) 32.66 . 4, Andrew Patton (O) 32.17 . Shot - 1, Ram Choudhury (C) 11.09 . 2, Andrew Patton (O) 11.00 . 3, Jordan Mukabo (C) 10.57 . 4, Yannick Marc Limmer (O) 10.10 . 4 x 100m Relay- 1, Centipedes 44.55 . 2, Alverstone 45.25 . 4 x 400m Relay - Centipedes 3:29.40 Alverstone 3:33.62

#### **MILLIPEDES V ALLIGATORS**

400m Hurdles - 1 Eliska Freiburgerova (O) 1:13.05 . 2 Amber Wright (C) 1:21.24 . 3 Rachel Puckett (O) 1:24.21 . 4 Serike Siriwardhana (C) 1:38.66 . 800m - 1 Milly Dickinson (C) 2:17.74 . 2 Lilian Lewis (C) 2:22.61 . 3 Anna Beever (O) 2:26.29 . 4 Anika Schwarze-Chintapatla (O) 2:29.15 . 100m - Wind +2.0 . 1 Eniola Awodiya (O) 13.34 . 2 Rami Elegbede (C) 13.84 . 3 Charlotte Kerr (O) 13.94 . 4 Alanna Odagbu (C) 14.12 . 5000m - 1 Olivia Kelly (O) 18:53.12 . 2 Helene Greenwood (C) 19:01.60 . 3 Lucy Thompson (O) 19:03.98 . 4 Julia Jakob (C) 19:48.07 100m Hurdles - 1 Lucy Buchanan (O) 19.10 . 2 Philippa Samella (C) 19.70 . 3 Nina Elliott (C) 20.10 . 4 Freya Waterworth (O) 21.50 . 400m - 1 Jessica O'Flaherty (C) 1:00.77 . 2 Eliska Freiburgerova (O) 1:03.24 . 3 Lavinia Finalde Delfini (C) 1:05.88 . 4 Sophie Robson (O) 1:08.53 . 4 Anika Schwarze-Chintapatla (O) 7:38.26 . 6 Amber Wright (C) 8:13.44 . 7 Charlotte Adamo (C) 8:32.94 . 8 Rachel Puckett (O) 8:46.05 . 200m - Wind +2.3 . 1 Jessica O'Flaherty (C) 26.79 . 2 Eniola Awodiya (O) 27.65 . 3 Lara Gueorguieva (C) 30.23 . 4 Sophie Robson (O) 30.56 . 1500m - 1 Milly Dickinson (C) 4:54.05 . 2 Olivia Kelly (O) 4:58.38 . 3 Lilian Lewis (C) 4:59.69 . 4 Alana Chandler (O) 5:02.46 . 200m Hurdles - Wind +1.2 . 1

Lucy Buchanan (O) 35.15 . 2 Nalini Ram-Prasad (C) 37.64 . 3 Eliska Freiburgerova (O) 38.99 . Serike Siriwardhana (C) DNS . 5 Eloise Suissa (C) 2.00 . 6 Clara Hartley (O) 1.90 . Sophia Martin (O) NH . Clara Hartley (O) NH . 4 Lucy Buchanan (O) 1.45 . 4 Ella Weaver (C) 1.45 . 7 Jewel Bennett (O) 1.35 . 8 Tilly Mattich (C) 1.35 . 5 Eleni Papafilippou (C) 4.88 . 6 Christina Antoniou (C) 4.86 . 7 Sophie Brown (O) 4.48 . 8 Eniola Awodiya (O) 4.31 . 4 Sophie Brown (O) 10.51 . 6 Lucy Buchanan (O) 10.31 . 7 Eleni Papafilippou (C) 10.09 . 8 Christina Antoniou (C) 9.39 . Hammer - 1, Emaan Ullah (C) 25.46 . 2, Joanna Olatunji (C) 22.83 . 3, Sophia Martin (O) 19.97 . 4, Freya Waterworth (O) 19.41 . Discus - 1, Joanna Olatunji (C) 25.39 . 2, Vianney Gomezgil Yaspik (C) 25.25 . 3, Sophia Martin (O) 22.84 . 4, Anezka Macey-Dare (O) 21.51 . Shot - 1, Hetta Friend (C) 10.67 . 2, Sophia Martin (O) 9.07 . 3, Deborah Esan (C) 8.28 . 4, Freya Waterworth (O) 7.93 . Javelin - 1, Sophia Martin (O) 28.97 . 2, Jemima Bland (C) 25.70 . 3, Hetta Friend (C) 23.97 . 4, Eniola Awodiya (O) 23.55 . 4 x 100m Relay- 1, Millipedes 56.15 . Alligators DQ . 4 x 400m Relay Millipedes 4:12.44 Alligators 4:21.72

# OXFORD & CAMBRIDGE V. PENN & CORNELL MATCH 2

21 June 2023 at Iffley Road



*The combined teams at the post match banquet at St Hilda's*

The 30th match in the series was a day of what might have been. The men last won this match in 1966 and the women have never won. The visitors were not at full strength. They had flown in only 48 hours before the match. If ever there was a chance...

It started so well. On a warm Iffley day the match was opened with emphatic wins for Phoebe Barker in the 5000 (held specially early so that she could attend a function that evening in Cambridge...) and Alice Garner nipped into third place to increase the scoring, the visitors having (unusually) opted to score by points rather than wins.

Meanwhile on the field Phoebe Baggott just failed to replicate her win at Ithaca by a narrow margin- she lost to another Phoebe - so far three Phoebes had dominated.

Still on the field Cambridge's Leonie Brunning and Annie Durand Marandi took one and two in the high jump- reversing the Varsity match placings.

Samuel Clarke ran an excellent second half of the 400H to win with Marco Siniscalchi taking second place.

At this early stage spirits were high.

In the women's long jump the use of the equivalency tables resulted in an historic win for Polly Maton with Julia Johnson just taking second place in a tightly fought competition.

The 800m saw the customary dominance of Angus Harrington (who seems to have walked off the dance floor only a few hours previously) closely tracked by Adam Dray. And in the 100 with an adverse wind Kae-si Opara won in the tightest of finishes and was to go

on to clinch the 200 easily a little later on. He is in splendid form - and with a more benign wind at Wilberforce next week we could see something (even more) special..

Thomas Renshaw was a tower of strength throughout the day as match coordinator, and yet found the energy to pull on his spikes and smash his way to a win in the 2000mSC. A majestic Alexandra Shipley blew away a strong field in the Mile. In the mens 400 Ryan Cherian fulfilled his promise with a blues standard of 49.38 only just missing out on a win.

On the field there were exceptional wins in both mens Discus and Hammer. In the Hammer Jack Paget got (another )PB setting a ground record (and I'm assuming a new Achilles record- Caspar Eliot can confirm) with 69.10 (70 is there for the Wilberforce match next week albeit against rather stiffer competition...) with Peter Cassidy having his best competition for 4 years with 58.26 to take one and two. The discus was won by Joel Bell with Ikechi Mere taking second.

In the jumps we felt the loss of Philip Odugbile our winner in the US although there were strong second places from the versatile Georgios Zaphiris in the two horizontal jumps.

Again in the field Johanna Schönecker and Leonie took first and third in the javelin, Leonie also competed in the shot - such is her versatility.

With scores constantly changing at one stage it seemed that the men could not lose- but in spite of the teamwork the dream did not work. A loss in the 4x400 which had seemed eminently winnable on pa-



per sealed the fate of the men's team, and emphatic wins by the visitors in the Pole vault turned a tie into a loss. It was so close- it was achievable- there is still Harvard and Yale...

The women dropped back after a strong start the lack of sprinters having a significant impact. That will still be a problem next week at Wilberforce but reinforcements in the longer events may swing the match our way.

It was a great day- as always officiated immaculately - with tremendous team spirit.

Almost.

-Bridget Wheeler

**Men: Penn & Cornell won 103-93**  
**Women: Penn (Cornell won 118-80)**

#### Women's 5000m

- 16:25.79 Phoebe Barker (O&C)
- 16:47.72 Maeve Stiles (P&C)
- 16:56.74 Alice Garner (O&C)
- 17:55.76 Mairead Clas (P&C)

#### Women's 400m Hurdles

- 1:03.27 Olivia Morganti (P&C)
  - 1:05.99 Charlotte Buckley (O&C)
  - 1:09.68 Samantha Baker-Jones (O&C)
- DNS Katja Jackson (P&C)

#### Men's 400m Hurdles

- 53.12 Samuel Clarke (O&C)
- 54.07 Marco Siniscalchi (O&C)
- 55.21 Jack Daly (P&C)
- 55.94 Liam O'Hara (P&C)

#### Women's 800m

- 2:13.59 Bronwyn Patterson (P&C)
- 2:15.34 Clara Harman (P&C)
- 2:16.18 Ella Fryer (O&C)
- 2:17.14 Nancie Bowley (O&C)

#### Men's 800m

- 1:54.16 Angus Harrington (O&C)
  - 1:55.00 Adam Dray (O&C)
  - 1:59.36 Brady Shute (P&C)
  - 1:59.55 Antaures Jackson (P&C)
- n/s 1:57.51 Andrew Shaw (O&C)  
n/s 2:02.35 Tom Barrett (O&C)

#### Women's 100m Wind -3.2

- 12.18 Fore Abinusawa (P&C)
- 12.90 Glenn Parker (P&C)
- 13.05 Alexandra Burchill (O&C)
- 13.91 Jessica Poon (O&C)

#### Men's 100m Wind -2.3

- 10.91 Kaesi Opara (O&C)
  - 11.01 Aaron Stillitano (P&C)
  - 11.17 Chizute Ogbedeh (O&C)
- n/s 11.21 Dimitri Nicholson (P&C)  
n/s 11.68 David Ojeabulu (O&C)

#### Women's 100m Hurdles Wind -0.9

- 14.38 Katherine Muccio (P&C)
  - 14.73 Ama Boham (P&C)
  - 17.13 Julia Johnson (O&C)
  - 17.85 Samantha Baker-Jones (O&C)
- n/s 15.13 Aniyah Hienski-Walters (P&C)

#### Men's 2000m Steeplechase

- 5:57.67 Thomas Renshaw (O&C)
- 6:02.78 Michael Keehan (P&C)
- 6:07.96 Sahil Dodda (P&C)

DNS

#### Men's 110m Hurdles

- 14.56 Christian Martin (P&C)
  - 15.29 Samuel Clarke (O&C)
- DNF Shane Gardner (P&C)  
DNS Will Parry (O&C)

#### Women's 400m

- 57.06 Christiana Nwachuku (P&C)
- 58.40 Natalie Groves (O&C)
- 59.33 Sophie Dowle (O&C)
- 59.51 Nia Robinson (P&C)

#### Men's 400m

- 49.26 Michael Mazero (P&C)
  - 49.38 Ryan Cherian (O&C)
  - 51.50 Sam Nelson (O&C)
  - 55.21 Brady Shute (P&C)
- DNS Alex Mocariski (P&C)

#### Women's Mile

- 4:49.79 Alexandra Shipley (O&C)
  - 4:56.62 Augustine Haquet (P&C)
  - 5:03.25 Nancy Scott (O&C)
  - 5:04.04 Charlotte Buckley (O&C)
- DNS Katja Jackson (P&C)

#### Men's Mile

- 4:33.00 Zubeir Dagane (P&C)
- 4:33.44 Jeremy Dempsey (O&C)
- 4:34.00 Miles Weatherseed (O&C)
- 4:35.08 Rhys Hammond (P&C)
- 4:38.68 Terry Fawden (O&C)

#### Women's 200m Wind -2.9

- 24.66 Isabella Whittaker (P&C)
- 25.90 Glenn Parker (P&C)
- 26.71 Natalie Groves (O&C)
- 27.15 Sophie Dowle (O&C)

#### Men's 200m Wind -1.3

- 21.88 Kaesi Opara (O&C)
  - 22.56 Emerson Douds (P&C)
  - 22.89 Michael Mazero (P&C)
  - 23.37 Orlando Bell (O&C)
- n/s 23.26 Adam Coates (O&C)  
n/s 23.75 David Ojeabulu (O&C)

#### Men's 5000m

- 14:09.79 Dylan Throop (P&C)
  - 14:33.22 Jack Millar (O&C)
  - 14:51.11 Oliver Fox (O&C)
  - 15:04.32 Derek Amicon (P&C)
- n/s 15:18.75 Tom Wood (O&C)  
n/s 15:20.20 Henry Silverstein (O&C)

#### Women's 2000m Steeplechase

- 6:42.98 (record) Olivia Morganti (P&C)
- 7:04.93 Marge Dalseth (P&C)
- 7:18.95 Lauren Major (O&C)
- 7:21.33 Anika Schwarze-Chintapatla (O&C)

#### Men's Long Jump

- 7.22 Smith Charles (P&C)
- 6.72 Georgios Zaphiris (O&C)
- 6.65 Andrew Colbert (P&C)
- 6.57 Adam Coates (O&C)

#### Women's Long Jump

- 4.73\* Polly Maton (T46) (O&C)
- 5.32 Skyy Johnson (P&C)
- 5.29 Adahna Ekoku (O&C)
- 5.21 Daniella Oyenuga (P&C)

\*scored as 5.51m per pre-agreed tables

#### Men's Triple Jump

- 13.52 Jelani Williams (P&C)
- 13.45 Georgios Zaphiris (O&C)
- 13.20 Anthony Akinwale (O&C)

#### Women's Triple Jump

- 12.11 Tamara Grahovac (P&C)
- 11.61 Tumi Onaleye (P&C)
- 11.52 Madeleine Smith (O&C)
- 10.50 Iris-Mae Morse (O&C)

#### Men's Pole Vault

- 5.00 James Rhoads (P&C)
- 4.90 Vj Vanderlippe (P&C)
- 3.90 Nicholas Smart (O&C)

4 3.80 Jean Mégret (O&C)

#### Women's High Jump

- 1.60 Annie Durand-Marandi (O&C)
- 1.55 Leonie Brunning (O&C)
- 1.50 Natalia Ilieva (P&C)
- 1.45 Meghan Hart (P&C)

#### Men's High Jump

- 2.00 Mark Anselmi (P&C)
- 1.95 Smith Charles (P&C)
- 1.80 Christopher Everett (O&C)
- 1.80 Adam Coates (O&C)

#### Women's Pole Vault

- 3.90 Victoria Atkinson (P&C)
- 3.50 Natalia Ilieva (P&C)
- 2.60 Shani Wright (O&C)

#### Women's Hammer Throw

- 52.65 Phoebe Price Roberts (P&C)
- 51.60 Phoebe Baggott (O&C)
- 37.17 Nicole Loy (P&C)
- 37.06 Vivian Abrokwah (O&C)

#### Men's Hammer Throw

- 69.10 Jack Paget (O&C)
- 58.26 Peter Cassidy (O&C)
- 42.82 Noah Harman (P&C)
- 27.81 Chase Chandler (P&C)

#### Women's Discus Throw

- 44.10 Angeludi Asaah (P&C)
  - 43.30 Noelle Elkinton (P&C)
  - 39.09 Bridget Fryer (O&C)
  - 22.50 Vivian Abrokwah (O&C)
- n/s 21.71 Anezka Macey-Dare (O&C)

#### Men's Discus Throw

- 43.29 Joel Bell (O&C)
- 39.93 Ikechi Mere (O&C)
- 38.85 Noah Harman (P&C)
- 34.07 Kegan Mancabelli (P&C)

#### Men's Javelin Throw

- 54.01 Chase Chandler (P&C)
- 52.31 Atticus Soehren (P&C)
- 47.37 Rowan Burford (O&C)
- 45.21 Ben Holdsworth (O&C)

#### Women's Shotput

- 12.90 Noelle Elkinton (P&C)
- 12.31 Nicole Loy (P&C)
- 11.38 Leonie Brunning (O&C)
- 7.79 Vivian Abrokwah (O&C)

#### Women's Javelin Throw

- 43.92 Johanna Schönecker (O&C)
- 39.76 Elliot Bush (P&C)
- 31.13 Leonie Brunning (O&C)
- 31.10 Phoebe Price Roberts (P&C)

#### Men's Shotput

- 16.18 Olatide Abinusawa (P&C)
- 14.21 Noah Harman (P&C)
- 11.33 Joel Bell (O&C)
- 10.83 Ikechi Mere (O&C)

#### Women's 4 x 100m Relay

- Penn & Cornell 47.13 (Fore Abinusawa, Katherine Muccio, Christiana Nwachuku, Isabella Whittaker)
- Oxford & Cambridge 50.27

#### Men's 4 x 100m Relay

- Penn & Cornell 42.02 (Smith Charles, Aaron Stillitano, Dimitri Nicholson, Shane Gardner)
- Oxford & Cambridge 42.17

#### Women's 4 x 400m Relay

- Penn & Cornell 3:56.87 (Fore Abinusawa, Clara Harman, Glenn Parker, Bronwyn Patterson)
- Oxford & Cambridge 42.17

#### Men's 4 x 400m Relay

- Penn & Cornell (Michael Mazero, Jack Daly, Zubeir Dagane, Antaures Jackson)
- Oxford & Cambridge (Ryan Cherian 50.5, Angus Harrington 48.1, Sam Nelson 52.9, Sam Clarke 48.5)

# OXFORD & CAMBRIDGE V. HARVARD & YALE MATCH 2

28th June 2023 at Wilberforce Road, Cambridge



*Kaesi Opara: sprint double and 200m match record—Pat Liles outstanding performer award*

## 45<sup>th</sup> Match in the Series

From Yale's blog:

"The most exciting moments of the day came right at the end, in the relays. On the women's side, the team scores had been looking tight throughout the day but Harvard and Yale were able to ease away towards the competition's close thanks to dominant wins in both the 4 x 100m and 4 x 400m. Those two victories meant that the women's team standings finished 12-7 in Harvard and Yale's favor. On the men's side, things were even closer. After recording wins in the 800m and the 5000m it was Achilles who held a 9-8 lead going into the final two events. However, the Bulldogs stepped up when it mattered most, with a

nailbiting 4 x 100m victory in a fantastic time of 41.01. In the 4 x 400m, with the score at 9-9, Harvard & Yale cruised to victory in 3:12.58 to win the match 10-9.

"Securing both team victories was important, but perhaps even more so were the countless new experiences and friends the athletes have formed during their stay in the UK".

### Women's 400m Hurdles

- 1, 1:05.10 Charlotte Buckley (O&C)
- 2, 1:06.20 Peyton Parker (H&Y)

### Men's 400m Hurdles

- 1, 53.04 Samuel Clarke (O&C)
- 2, 53.80 Marco Siniscalchi (O&C)
- 3, 55.00 Peter Fischer (H&Y)

### Women's 100m (Wind +0.7)

- 1, 12.09 Egbe Ndir-Agbor (H&Y)
- 2, 12.58 Alexandra Burchill (O&C)
- 3, 13.12 Jessica Poon (O&C)

### Men's 100m (Wind +1.4)

- 1, 10.54 Kaesi Opara (O&C)
- 2, 10.56 Lance Ward (H&Y)
- 3, 10.75 Jake Watson (O&C)
- DNF James Grindle (H&Y)
- n/s 10.85 Chizute Ogbedeh (O&C)
- n/s 11.12 Isaac Kitchen-Smith (O&C)
- n/s 11.22 Orlando Bell (O&C)

### Men's 200m Steeplechase

- 1, 6:07.34 Winslow Atkeson (H&Y)
- 2, 6:17.33 Thomas Renshaw (O&C)

### Women's 100m Hurdles (Wind +1.2)

- 1, 14.22 Josefina Biernacki (H&Y)
- 2, 14.29 Fabiola Belibi (H&Y)
- 3, 16.16 Julia Johnson (O&C)

### Women's 5000m

- 1, 16:56.33 Phoebe Barker (O&C)
- 2, 17:09.62 Charlotte Dannatt (O&C)
- 3, 17:18.12 Claire Archer (H&Y)
- 4, 17:28.92 Eloise Freitag (H&Y)
- n/s 17:14.25 Nancy Scott (O&C)
- n/s 18:12.03 Ella Gilson (H&Y)

### Men's 110m Hurdles (Wind +1.2)

- 1, 14.44 Aaron Shirley (H&Y)
- 2, 14.65 Samuel Clarke (O&C)
- 3, 15.06 Marco Siniscalchi (O&C)

### Women's 400m

- 1, 55.12 Izzy Goudros (H&Y)
- 2, 57.81 Natalie Groves (O&C)
- 3, 58.56 Molly Harding (H&Y)





4, 1:00.95 Ella Fryer (O&C)

**Men's 400m**

- 1, 47.17 Maranga Mokaya (O&C)
- 2, 48.08 Greg Lapit (H&Y)
- 3, 48.56 Aaron Miller (H&Y)
- 4, 49.46 Billy Matthews (O&C)

**Women's 1500m**

- 1, 4:29.53 Niamh Bridson Hubbard (O&C)
- 2, 4:31.23 Maia Ramsden (H&Y)
- 3, 4:35.90 Ellaney Matarese (H&Y)
- 4, 4:37.00 Beatrice Wood (O&C)

**Men's 1500m**

- 1, 4:01.36 Vivien Henz (H&Y)
- 2, 4:01.75 Joe Ewing (H&Y)
- 3, 4:03.55 Cillian Doherty (O&C)
- 4, 4:05.58 Miles Weatherseed (O&C)
- n/s 4:04.76 Noah Ward (H&Y)
- n/s 4:06.05 Terry Fawden (O&C)
- n/s 4:08.20 Reed Pryor (H&Y)

**Women's 200m (Wind +1.5)**

- 1, 25.13 Victoria Bossong (H&Y)
- 2, 26.21 Alexandra Burchill (O&C)

3, 26.37 Natalie Groves (O&C)

4, 27.11 Julia Johnson (O&C)

**Men's 200m (Wind +1.5)**

- 1, 21.23 (Record) Kaesi Opara (O&C)
- 2, 21.56 Lance Ward (H&Y)
- 3, 21.95 Jacob Kao (H&Y)
- 4, 22.23 Chizute Ogbedeh (O&C)
- n/s 22.71 Rueben Henry-Daire (H&Y)

**Women's 800m**

- 1, 2:07.92 Louise Shanahan (O&C)
- 2, 2:08.89 Carmel Fitzgibbon (H&Y)
- 3, 2:15.09 Charlotte Buckley (O&C)
- 4, 2:19.65 Marianne Mihas (H&Y)
- n/s 2:15.66 Milly Dickinson (O&C)

**Men's 800m**

- 1, 1:53.17 Angus Harrington (O&C)
- 2, 1:54.44 Drake Prince (H&Y)
- 3, 1:54.99 Andrew Shaw (O&C)
- 4, 1:57.84 Calvin Katz (H&Y)

**Men's 5000m**

- 1, 14:22.75 Jonathan Escalante-Phillips (O&C)

2, 14:23.95 Graham Blanks (H&Y)

3, 14:32.48 Ben Rosa (H&Y)

4, 14:33.52 Jack Millar (O&C)

n/s 14:30.14 Oliver Fox (O&C)

n/s 14:40.52 Joe Morrow (O&C)

n/s 15:10.54 Joseph Massingham (O&C)

**Women's 2000m Steeplechase**

- 1, 6:50.60 Kristin Otervik (H&Y)
- 2, 7:02.55 Kyra Pretre (H&Y)
- 3, 7:05.28 Anna Sharp (O&C)

**Men's Pole Vault**

- 1, 3.80 Nicholas Smart (O&C)

**Women's High Jump**

- 1, 1.55 Abrianna Barrett (H&Y)
- 2, 1.50 Leonie Brunning (O&C)

**Men's High Jump**

- 1, 1.75 Daire Mahon (H&Y)
- 2, 1.70 Christopher Everett (O&C)
- NH Ryan Cherian (O&C)

**Women's PV**

- 1, 3.90 Anastasia Retsa (H&Y)
- 2, 3.60 Eileen Yang (H&Y)





400m victory and 46.6s relay split:  
Maranga Mokaya



**Men's Long Jump**

- 1, 7.16 Isiah Udofia (H&Y)
- 2, 6.41 Sebastian Pereira (H&Y)
- 3, 5.86 Chizute Ogbedeh (O&C)
- NM Georgios Zaphiris (O&C)

**Women's Long Jump**

- 1, 5.87 Mary Adeniji (O&C)
- 2, 5.77 Jada Johnson (H&Y)
- 3, 5.55 Fabiola Belibi (H&Y)
- 4, 5.47 Adahna Ekoku (O&C)
- n/s 5.34 Julia Johnson (O&C)
- n/s NM Bharathi Subbiah (H&Y)

**Men's Triple Jump**

- 1, 14.21 Sebastian Pereira (H&Y)
- 2, 13.27 Morgan Treasure (O&C)
- NM Brian Dibassinga (H&Y)
- NM Georgios Zaphiris (O&C)
- n/s NM Daniel Falode (H&Y)

**Women's Triple Jump**

- 1, 12.26 Montana Jackson (O&C)
- 2, 11.34 Bharathi Subbiah (H&Y)
- 3, 11.29 Madeleine Smith (O&C)

**Women's Hammer Throw**

- 1, 66.72 Stephanie Ratcliffe (H&Y)
- 2, 55.19 Cammy Garabian (H&Y)
- 3, 53.24 Estel Valeanu (H&Y)
- 4, 50.66 Phoebe Baggott (O&C)
- n/s 37.31 Vivian Abrokwhah (O&C)

**Men's Hammer Throw**

- 1, 65.02 Jack Paget (O&C)
- 2, 58.27 Peter Cassidy (O&C)
- 3, 51.50 Jake Sun (H&Y)
- 4, 48.74 Nolan Recker (H&Y)

**Women's Discus Throw**

- 1, 54.32 Estel Valeanu (H&Y)
- 2, 43.19 Stephanie Ratcliffe (H&Y)
- 3, 39.12 Bridget Fryer (O&C)
- 4, 34.22 Leonie Brunning (O&C)
- n/s NM Anezka Macey-Dare (O&C)
- n/s NM Cammy Garabian (H&Y)

**Men's Discus Throw**

- 1, 52.83 (Record) Matthew Appel (H&Y)
- 2, 48.12 Chris Ward (H&Y)
- 3, 41.46 Joel Bell (O&C)
- 4, 41.41 Ikechi Mere (O&C)
- n/s 46.56 Nolan Recker (H&Y)
- n/s 36.87 James Tufnell (O&C)

**Men's Javelin Throw**

- 1, 48.63 Rowan Burford (O&C)
- 2, 45.57 Dominic Wells (O&C)
- 3, 28.42 Kit Colson (H&Y)
- 4, 24.28 Max Serrano-Wu (H&Y)

**Women's Shotput**

- 1, 16.79 Sarah Omoregie (H&Y)
- 2, 12.48 Cammy Garabian (H&Y)
- 3, 11.58 Leonie Brunning (O&C)
- 4, 10.89 Grace Izinyon (O&C)

**Women's Javelin Throw**

- 1, 41.52 Johanna Schönecker (O&C)
- 2, 37.31 Leonie Brunning (O&C)
- 3, 12.41 Chloe Fair (H&Y)
- NM Marianne Mihas (H&Y)

**Men's Shotput**

- 1, 19.32 Alexander Kolesnikoff (H&Y)
- 2, 16.28 Chris Ward (H&Y)
- 3, 12.39 Alexander Fogassy (O&C)
- 4, 11.05 Joel Bell (O&C)

**Women's 4 x 100m Relay**

- 1, 48.52 Harvard & Yale (Fabiola Belibi, Jada Johnson, Josefina Biernacki, Egbe Ndi -Agbor)
- 2, 50.72 Oxford & Cambridge (Jessica Poon, Alexandra Burchill, Julia Johnson,

Adahna Ekoku)

**Men's 4 x 100m Relay**

- 1, 41.01 (Record) Harvard & Yale (Kit Colson, Jacob Kao, James Grindle, Lance Ward)
- 2, 41.27 Oxford & Cambridge (Chizute Ogbedeh, Samuel Clarke, Billy Matthews, Kaesi Opara)

**Women's 4 x 400m Relay**

- 1, 3:49.33 Harvard & Yale (Victoria Bosson, Peyton Parker, Molly Harding, Chloe Fair)
- 2, 4:02.31 Oxford & Cambridge (Ella Fryer 59.3, Charlotte Buckley 60.1, Natalie Groves 62.3, Millie Dickson 60.7)

**Men's 4 x 400m Relay**

- 1, 3:12.58 (Record) Harvard & Yale (Aaron Shirley, Aaron Miller, Jacob Kao, Greg Lapid)
- 2, 3:14.84 Oxford & Cambridge (Ryan Cherian 51.3, Samuel Clarke 49.6, Angus Harrington 47.5, Maranga Mokaya 46.6)

**Rittenburg Hurdle Awards: Josefina Biernacki and Aaron Shirley**

**Boal Hammer Awards: Stephanie Ratcliffe and Jack Paget**

**Pat Liles Most Outstanding Performer Awards: Estel Valeanu**

**The inaugural Ed Baker '01 Distance Awards: Niamh Bridson Hubbard and Jonathan Escalante-Phillips**

# FRESHERS VARSITY MATCHES

11 NOVEMBER 2023, Wilberforce Road, Cambridge

That rare thing: a sunny day for the Freshers Match!



There were some great performances - Cambridge won the men's match 79-49; the women's match was a thrilling draw at 71 points apiece (Oxford retain the trophy as holders). The inaugural joint match including a mixed relay was a win for Cambridge 155-122.

Best performances of the day came from a very busy Jack Lipman of Cambridge (winner of the 200, 400 and 800), Anise Mellodey of Cambridge, winner of the 100 and 200), and Laura Anene of Oxford, winner of the triple jump.

**100 Men 1** 11.7 Pelumi Babalola (C). 2 12.1 Emmanuel Adeyemi (C). 3 12.3 Thomas Lanning (O). 4 12.7 Zaheer Sidik (O). **100 Men 2** 1 12.3 Qays Mitchell (C). 2 12.9 Lloyd James (C). 3 12.9 Aditya Mittal (O). **100 Women 1** 12.8 Anise Mellodey (C). 2 12.9 Gabriella Berkeley-Agyepong (O). 3 13 Maya Vandermark (C). 4 13.5 Catherine Kola-Balogun (O). **200 Men 1** 23.3 Pelumi Babalola (C). 2 23.5 Jack Lipman (C). 3 24.4 Asa Fletcher-Snow (C). 4 25 Qays Mitchell (C). 5 25.1 Thomas Lanning (O). 6 25.7 Zaheer Sidik (O). **200 Women 1** 27.3 Anise Mellodey (C). 2 27.4 Maya Vandermark (C). 3 27.9 Julia Rossini (O). 4 28.9 Catherine Kola-Balogun (O).



Anise Mellodey won the 100m and 200m

**400 Men 1** 51.9 Jack Lipman (C). 2 53.3 Archie Harper (C). 3 55.6 Julian Máthé (O). 4 56.2 Alex Kingston (C). 5 62.1 James Freeman (O). **400 Women 1** 66.9 Grace Cardwell (O). 2 67.7 Zara Blakey (C). 3 68.1 Ameerah Saliu (C). 4 76.8 Maia Broughton (O). **800 Men 1** 02:06.4 Jack Lipman (C). 2 02:08.6 Julian Máthé (O). 3 02:12.2 James Ackland (C). 4 02:12.3 Robin Schmöcker (O). **800 Women 1** 02:33.1 Sofia Stefani (O). 2 02:46.2 Marysia Fanner-Brzezina (O). 3 02:52.3 Phoebe Smith (C). 4 03:25.7 Rachel Thompson (C). **100H Women 1** 16.5 Anna Schlagenwerth (C). 2 20.2 Oluwatomi AJINOMOH (O). 3 20.7 Grace Cardwell (O). **110H 3'3"** 1 16.9 Quinn Bennett (C). 2 18.7 John Bennett (O). **400H Men 1** 63.2 Quinn Pidgeon (O). **400H Women 1** 74.1 Grace Cardwell (O). **4x100 Men 1** 46.6 CUAC. 2 48.7 OUAC. **4x100 Women 1** 52.3 CUAC. 2 53.1 OUAC. **4x400 Mixed 1** 03:58.7 CUAC. 2 04:23.8 OUAC **HJ Men 4** 1.7 Matt Williams (O). 3 1.6 Scott Scoular (O). 2 1.45 Alex Kingston (C). 1 1.4 Barnaby Corry (C). **HJ Women 1** 1.4 Nausicaa Huen Kiu Ng (C). 2 1.35 Sarah Weersing (C). 3 1.3 Laura Anene (O). 4 1.25 Marni Lai (C). 5 1.2 Zena Aderogba (C). **PV Men 1** 3.9 Barnaby Corry (C). 2 2.6 Stefan Schoepf (C). **PV Women 1** 2.3 Lauren Healy (C). 2 1.7 Naomi Clapp (C). 3 1.7 Emma Arbanas (O). **LJ Men 1** 6.43 Shitong Liu (C). 2 5.93 Yuvan Vasanthakumaran (C). 3 5.31 Harvey Thompson (O). 4 4.65 Axel La Pira (O). **LJ Women 1** 4.9 Jane Mills (C). 2 4.52 Laura Anene (O). 3 4.51 Katie Thompson (C). 4 4.33 Gabriella Berkeley-Agyepong (O). 5 3.16 Rachel Thompson (C). **TJ Men 1** 11.92 Barnaby Corry (C). 3 10.86 Harvey Thompson (O). 4 10.77 Aditya Mittal (O). 2 10.45 Edward Suckling (C). **TJ Women 1** 10.69 Laura Anene (O). 2 9.99 Ninsola Oluwa (O). 3 9.75 Victoria Badham (C). 4 9.63 Olivia Noble (C). **SP7.26K Men 1** 9.6 Gabe Lamb (C). 2 8.66 Nnaemeka Anyamele (O). 3 8.23 James McCann (C). 4 7.63 Will





Jump (O). **SP4K Women** 1 10.49 Hilary Gallito (C). 2 8.48 Katie Thompson (C). 4 7.58 Cayen Wang (O). 3 7.31 Catherine Kohler (O). **DT2K Men** 1 35.32 Gabe Lamb (C). 2 31.23 Will Jump (O). 3 28.26 Nnaemeka Anyamele (O). 4 24.64 James McCann (C). **DT1K Women** 1 25.71 Cayen Wang (O). 2 24.64 Catherine Kohler (O). 3 19.84 Hilary Gallito (C). 4 16.96 Liz Stevenson (C). **HT7.26K Men** 1 26.36 Will Jump (O). 2 19.16 James McCann (C). 3 14.71 Matt Williams (O). **HT4K Women** 1 26.81 Cayen Wang (O). 2 24.7 Catherine Kohler (O). 3 22.11 Liz Stevenson (C). 4 17.09 Hilary Gallito (C). **JT800 Men** 1 52.45 Damon Zuber (O). 2 40.02 Bryan Marville (O). 3 38.31 Mohammed Ahmed (C). **JT600 Women** 1 26.09 Cayen Wang (O). 2 24.49 Katie Thompson (C). 3 21.51 Catherine Kohler (O). 4 17.82 Rachel Thompson (C). 5 17.29 Liz Stevenson (C). 6 16.92 Rachel McKinney (C).



*Jack Lipman (coached at Oxford City by Gareth Davies) won the 200m, 400m and 800m*



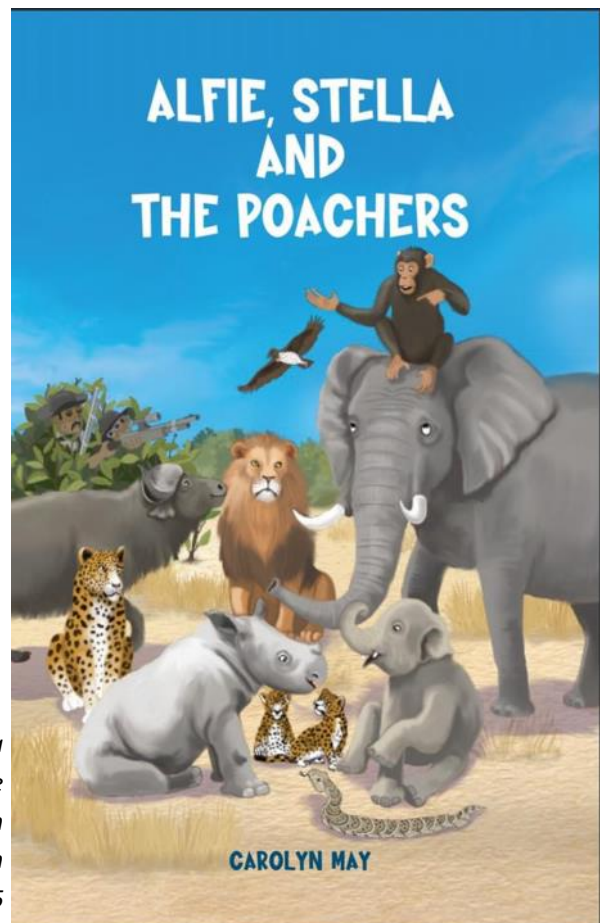
# MISCELLANY



Not long after receiving his MBE (for services to athletics) from Princess Anne at Windsor Castle, **Peter Crawshaw** was at the Polish Embassy in London collecting the Gold Medal of the Polish Armed Forces. The latter medal related especially to Peter's work in keeping alive the memory of OUAC's long time coach **Captain Mack (Alfons Wiktor Mackowiak)**, a revered war hero who, as we reported, died in 2017 shortly before he was due to be promoted to General, an honour then bestowed on him posthumously.



*Niamh Bridson-Hubbard was part of the gold medal winning British team at the European Cross-Country Championships in Brussels*



*Carolyn May has created a children's book which will be released in March. Carolyn was OUAC Women's Captain in 1995*



# NEW MEMBERS

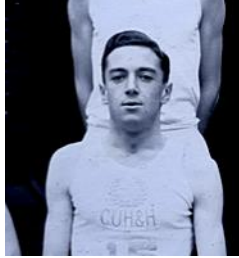
## ACHILLES WARMLY WELCOMES:-

<b>Emmanuel Adeyemi</b>	St John's (Cambridge)	<b>Matthew Kunov</b>	St Catherine's (Oxford)
<b>Oluwatomi Ajinomoh</b>	Mansfield (Oxford)	<b>Lilian Lewis</b>	St Catharine's (Cambridge)
<b>Alexandra Akins</b>	St Peter's (Oxford)	<b>Jack Lipman</b>	Emmanuel (Cambridge)
<b>Laura Anene</b>	St Catherine's (Oxford)	<b>Rebecca Mann</b>	Nuffield (Oxford)
<b>Eniola Awodiya</b>	Green Templeton (Oxford)	<b>Jared Martin</b>	St Cross (Oxford)
<b>Samantha Baker-Jones</b>	Oriel (Oxford)	<b>Bryan Marville</b>	St Anne's (Oxford)
<b>Phoebe Barker</b>	Robinson (Cambridge)	<b>Benjamin Massey</b>	St Catherine's (Cambridge)
<b>Thomas Barrett</b>	St Anne's (Oxford)	<b>Peter Molloy</b>	Trinity (Cambridge)
<b>Gabriella Berkeley-Agyepong</b>	St Anne's (Oxford)	<b>Ifunanya Molokwu</b>	St John's (Cambridge)
<b>Milan Campion</b>	Hertford (Oxford)	<b>Joe Morrow</b>	Hertford (Oxford)
<b>Benjamin Chambers</b>	Trinity (Oxford)	<b>Iris-Mae Morse</b>	Green Templeton (Oxford)
<b>Stephen Chen</b>	King's (Cambridge)	<b>Alanna Odagbu</b>	Queens' (Cambridge)
<b>Ryan Cherian</b>	Jesus (Oxford)	<b>Jessica O'Flaherty</b>	Robinson (Cambridge)
<b>Eleanor Colbourn</b>	Jesus (Cambridge)	<b>Ellie O'Keeffe</b>	Emmanuel (Cambridge)
<b>Harry Cox</b>	St Catharine's (Cambridge)	<b>Eleni Papafilippou</b>	Jesus (Cambridge)
<b>Poppy Craig-McFeely</b>	Robinson (Cambridge)	<b>William Parry</b>	St Hilda's (Oxford)
<b>Sisan Dorsu</b>	St Catherine's (Oxford)	<b>Jemima Ridley</b>	Lady Margaret Hall (Oxford)
<b>Matthew Dubery</b>	Jesus (Cambridge)	<b>Reese Robinson</b>	Jesus (Cambridge)
<b>Annie Durand-Marandi</b>	Sidney Sussex (Cambridge)	<b>Johanna Schoenecker</b>	Clare (Cambridge)
<b>Thomas Edmiston</b>	Clare (Cambridge)	<b>Anika Schwarze-Chintapatla</b>	Trinity (Oxford)
<b>Rami Elegbede</b>	Clare (Cambridge)	<b>Andrew Shaw</b>	University (Oxford)
<b>Deborah Esan</b>	Homerton (Cambridge)	<b>Rose Sheppard</b>	Mansfield (Oxford)
<b>Olujimi Fafowora</b>	St Peter's (Oxford)	<b>Satoki Shimamune</b>	St John's (Cambridge)
<b>Asa Fletcher-Snow</b>	Fitzwilliam (Cambridge)	<b>Alexandra Shipley</b>	Green Templeton (Oxford)
<b>Claire Forey</b>	St John's (Cambridge)	<b>Zaheer Sidik</b>	Keble (Oxford)
<b>Alice Garner</b>	St Hugh's (Oxford)	<b>Ewan Spencer</b>	Trinity Hall (Cambridge)
<b>Alexander Harper</b>	Fitzwilliam (Cambridge)	<b>Tom Spencer</b>	Christ's (Cambridge)
<b>Archie Harper</b>	Robinson (Cambridge)	<b>Rachel Thompson</b>	St Catharine's (Cambridge)
<b>Klara Hatinova</b>	Linacre (Oxford)	<b>Katie Thompson</b>	St Catharine's (Cambridge)
<b>Oliver Hector</b>	Jesus (Cambridge)	<b>Emilie Thompson</b>	New (Oxford)
<b>Ellen Frances Hedderman-Thompson</b>	King's (Cambridge)	<b>Niamh Thompson</b>	Homerton (Cambridge)
<b>Samuel Hollins</b>	University (Oxford)	<b>Cayen Wang</b>	Worcester (Oxford)
<b>Daniel Irvine</b>	Exeter (Oxford)	<b>Freya Waterworth</b>	St Catherine's (Oxford)
<b>Willem Jump</b>	Worcester (Oxford)	<b>Don Wellalagodage</b>	Oriel (Oxford)
<b>Sarah Kassenaar</b>	Hughes Hall (Cambridge)	<b>Dominic Wells</b>	Sidney Sussex (Cambridge)
<b>Naomi Kingston</b>	The Queen's (Oxford)	<b>Tom Wilkins</b>	Christ's (Cambridge)
		<b>Shani Wright</b>	St John's (Cambridge)

# IN MEMORIAM

## **John Shearn (King's College, Cambridge, 1953-56, in October 2021)**

John Shearn competed at both at Cross Country against Oxford in 1953, 1954 and 1955) and on the track (running the 3 miles in the Varsity Sports of 1955 and 1956).



*The start of the 1955 Varsity Cross-Country*

## **JG De'Ath (Jesus College, Oxford, 1986-2023) on 10 April 2023**

As a 1:53 half mile during the 1950s, John De'Ath toed the line against most British middle distance greats of that era, often prevailing. He was a key member of the very successful RAF track and cross-country teams of that period. When he graduated to equal success as RAF team manager, he was much loved and respected by all: international athletes he managed included Julian Goater, Steve Jones and Roger Hackney.

On retirement from the RAF he became Home Bursar at Jesus College, Oxford, and immediately threw himself into serving OUAC as Senior Treasurer and later archivist. Together with his Cambridge counterpart, Chris Thorne, he was part of the management team on one of the Oxford & Cambridge tours to the USA in the 1990s.

Always deeply involved in the sport, John oversaw celebrations of both the 40th and 50th anniversaries of Roger Bannister's 4 minute mile, and was a constant energetic member of the Achilles Club committee.

John was made an MBE in recognition of his contribution to the Duke of Edinburgh Award scheme. He had been a Vice President of the Achilles Club since 2013. We miss him greatly.



I was very sad to read of **Damien Knight's** passing [2022 Report]. He was a really lovely guy, pleasant to be with and a great competitor, whether competing against each other, or together in the same team, as we did in the 1965 Varsity match. There is an omission in your summary obituary of Damien's sporting achievements I was his second string for Oxford in the 1965 Long Jump. It was my break through competition and I just managed to beat him into third place by a matter of 2 inches. Jim Axtell of Cambridge won the Varsity Match long jump that year, with all three of us getting over 23 feet, i believe for the first time ever. While Damien never beat me while at Oxford, he got his revenge when competing for Polytechnic Harriers against us in 1967. He was the model competitor and a real gentleman.

- Michael Sharpe



**Tony Tenisci (University of Pennsylvania coach, and honorary member of the Achilles Club) on 28 October 2023.**

Tony Tenisci represented Canada at the Commonwealth Games of 1970 in Edinburgh, where he threw the hammer. His account of being presented to the Queen and offering to give her throwing lessons reduced listeners to tears of mirth on many a happy occasion.

As a coach he was completely selfless. He always had time, encouragement and a huge smile for all of us. The care and attention which he lavished on his Penn charges was replicated on participants in the Transatlantic Series the many expressions of sadness below demonstrated, of which the following are just a few:

Coach Tenisci helped my wife Silvia find a NCAA scholarship and move to the US, in a rather incredible turn of events, which opened the next chapter of both our lives -- the chapter we're still in, and that had us start a family in NYC. There's a fragile time at the beginning of every big project, when you may or may not come across the spark that starts the fire. Tony's kindness and encouragement was our spark. I am forever grateful.

- Paolo Natali

Really sad news. I met Tony on the 2017 Achilles tour and he played a big part in helping me find the NCAA scholarship that ultimately led to me moving out here. Was glad to see him again a couple times since at the Penn Relays - he will be missed.

- Tom Parker

A wonderful man. Truly. I have always said to beware of doing anything good in his presence if you can't handle the ferocity of his praise.

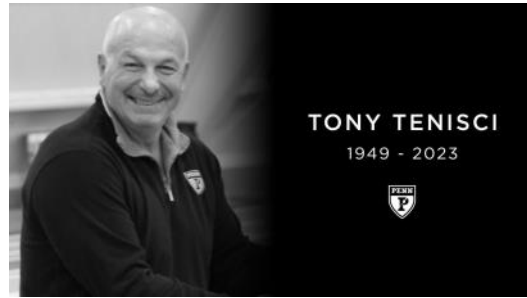
- Ben Ellis

This is so incredibly sad - the most vibrant, warm-hearted friend to us all. He'll truly be missed

- Sally Hughes

Tony was a force of nature, a dedicated coach, and a generous and kind friend to Barbara and me, and to the Tour. True to his character, he fought to the end. We will miss him. RIP Tony.

- John Crosse



### **Roger Thorn (Worcester College, Oxford, 1958-61) on 10th February 2023**

Roger Thorn won the mile at the Varsity Sports of 1960, and was second to Herb Elliott in 1961. He was Hon Sec of OUAC in 1961, and competed, too, in the Varsity Cross Country matches of 1960 and 1961.

He was a regular correspondent, and notably organised a splendid match for Achilles against local clubs in Paris, where he was based, during the World Champs in 2003: the photo shows him on that occasion, resplendent in his Achilles shorts. He retired to near Cambridge, and became a frequent attender of matches and events.

**When Oxford won the 4 x One Mile in the 1958 Relays Match against Cambridge their time of 17 mins. 1.8 secs. was a series record, beating the previous best by 26.6 seconds. Their time would have been a world record only 5 years before: only a Swedish international team had run faster.**

The race was fast from the start, and continued neck and neck until the last lap of the last leg. **Roger Thorn's** teammates that day were **Geoff Eales**, who won the Canadian 1500 metres Championship in 1960, **Ranjit Bhatia**, who competed in the 5000m and marathon at the 1960 Olympics, and **John Howes**, a 1962 Australian Commonwealth Games triallist over.800m.



### **Jim Wade (Yale Track Association) on 3rd July 2023**

James A Wade, a noted miler in his competitive days, was an avid supporter of Yale University, of the Yale Track Association (of which he served as President) and of the Transatlantic Series. He seldom missed attending the quadrennial Yale/Harvard vs Cambridge/Oxford track meets, both in the US and England. In 1995 he spoke at the Transatlantic Series Centennial Banquet at London's Guildhall. And he was a guest at the Achilles Centenary Ball at Trinity Hall in 2019



### **BA Smouha (Magdalene College, Cambridge, 1959-62) on 1st June 2023.**

Brian Smouha was ever present over 100y and 220y at Varsity Sports from 1960 to 1962, often partnering Dai Roberts, and won the 220y in 1960. He was Hon Sec of CUAC in 1961 and President in 1962. He pursued a distinguished career which led him to the World Bank, and he was the high profile liquidator of BCCI. His father, Eric, had been a bronze medallist 4x 100m at the 1928 Olympics





**MVW Chote (Emmanuel College, Cambridge, 1942-43) in August 2023**

Morville Chote, largely unsung but one of our oldest members, was at the time of his death the oldest British Olympian. He was an undergraduate not at Oxford as widely reported, but at Emmanuel, Cambridge. He then joined the Army, where he rose to the rank of Major and served till 1964. He competed for Great Britain in the javelin at the 1948 Olympic Games.



**MJ Swinburn (Brasenose, Oxford, 1960-63) on 23<sup>rd</sup> January 2023**

A Rhodes Scholar, Mick Swinburn competed in the Freshman's match in 1960, which also involved his fellow Australian, Gold medal Olympian, Herb Elliott, and introduced Oxonian Adrian Metcalfe winning three events. Mick ran the 440 yards in the Varsity Match in 1963, and also took part in the Varsity Relays matches. As well as athletics he played rugby for Brasenose and was thus a member of two winning Cuppers teams in 1961. This was commemorated by a lunch in 2021 attended by 13 from those teams, also including the hockey Cuppers winning team, though Mick was amongst the 10 who were unable to attend. Returning to Australia Mick married Meryl in 1965, both being medical graduates of Sydney University. He had a long career as a specialist in cardiology and pediatrics. He was President of the Athletic Association of the Great Public Schools of New South Wales and Chairman of the New South Wales Fellowship of Rhodes Scholars.



*Peter Sunderland*

**BL Callaway (Queens' College, Cambridge, 1949-53) in early 2023.**

Brian Callaway placed 2<sup>nd</sup> in the javelin at the Varsity Sports of 1951, 1952 and 1953. Coached by Franz Stampfl, he was one of the leading throwers in the country, and challenged for selection for the 1952 Olympics.

*His wife, whom he met at Cambridge, confirms that Brian always threw with his tongue sticking out!*



**WN Roberts (Brasenose College Oxford 1961-64) in autumn 2023**

Bill Roberts ran the Mile for Oxford in the Varsity Sports of 1962.

He recalled :

“In the summer of '62, I just missed selection for the Varsity match 880y. In desperation, I ran the mile trial and was rewarded with a place in the Varsity team.

“I was approached by the OUAC President, Robin Macklin, also BNC, who had this ancient (at least Edwardian, judging by the cut) Half-Blue’s blazer which had just been donated to be worn at the varsity match & dinner by some young and impecunious half blue. Well Robin and the committee thought I fitted the qualifying description; I was certainly the youngest member of the team and I was also fairly impecunious. Unfortunately though I did not fit the garment itself. However I was persuaded to take & wear the blazer & I was very proud to do so.”



A few years ago Bill continued the tradition and donated the blazer to OUAC. We hope that its current keeper will in due course do the same.

**Peter Matthews (honorary member of the Achilles Club) in September 2023.**

Peter Matthews was one of the world’s foremost track and field statisticians and announcers.

We were fortunate indeed that for so many years he gave of his time, skill and knowledge to be the announcer at Varsity and Transatlantic Series matches.



**Dr K Johnson (Magdalene College, Cambridge, 1991-1993) on 24th December 2021**

Kevin Johnson competed in the 1991 Varsity Cross-Country and was a member of the victorious Cambridge team in 1992

**CJ Weeks (St Peter's, Oxford 1955-1958) on 3rd July 2022**

Chris Weeks competed in the pole vault in the Varsity Sports of 1957 and 1958.



**T F K Johnston (Trinity College-Cambridge 1960-1964) on 9th October 2021**



Tim Johnston was one of Britain's greatest distance runners of the 1960s.

In Varsity Matches, Tim won the steeple chase in 1962, the 3 miles in 1963 and 1964, and the cross country in 1964.

He set a British record of 27:22.2 for six miles in 1964 and the following year an IAAF ratified world record of 92:34.6 for 30,000m on the track.

On the country he competed five times in the International Championships – the forerunner to the world cross-country championships – with a best place of second, to Gaston Roelants of Belgium, in 1967.

At the Olympic Games, having won the British marathon trials for Mexico in 1968 and despite spending some of the previous year acclimatising, he struggled with the altitude and finished eighth in a race won by Mamo Wolde of Ethiopia

Despite achilles tendon problems ending his senior athletics career, he went on to win European and world masters titles.

His biography of Otto Peltzer (the great German runner of the 1920s who fell foul of the Nazis), co-authored with fellow international Don Macgregor, is excellent.

**Alastair Channing (Clare College, Cambridge, 1962-65) in July 2023**

Alastair Channing was a formidable competitor especially in the 880y, placing a close second for Cambridge in the Varsity Match of 1965 against Oxford. That run earned him selection for the Oxford & Cambridge tour of America the same year, captained by Jeffrey Archer, where he represented us at both 880y and 440y in several matches against US and Canadian teams.

# 40 YEARS ON...

## OUAC, CUAC AND ACHILLES IN 1983



4x400 relay First Handover  
Oxford's Bowen (50.9) hands over to Rugby Blue Ewart as Stephens (52.2) hands on to Chesworth



4x400 relay second Handover  
Oxford's Ewart (51.2) hands over to Emery as Chesworth (50.5) hands on to m-form High Jump winner and new Record-holder Llewelyn. Oxford's 800m winner Simon Gisby for the Centipedes is not far behind



4x 400 final handover  
Oxford's Emery (49.1) hands to McCabe, somehow holding off Cambridge's Llewelyn (48.5), who hands on to 200 and 400 individual winner Keenlyside (wearing 2)

Varsity Men's 4 x 400. OUAC still wearing white in those days.

The Presidents and Captains of the University clubs were: OUAC **John McCabe** and **Janet Corlett**, CUAC **Trevor Llewelyn** and **Sally Needham**.

### Varsity Matches

**MEN, Blues Match.** 100m C. Chollerton (O) 11.2, M. Cheesman (C) 11.5, R. Williams (O) 11.5, S. Smith (C) 11.7. 200m S. Keenlyside (C) 22.4, C. Chollerton (O) 22.6, M. Cheesman (C) 22.7, J. McCabe (O) 22.7. 400m S. Keenlyside (C) 48.6, J. McCabe (O) 49.1, D. Emery (O) 50.4, D. Stephens (C) 51.5. 800m S. Gisby (O) 1:56.1, D. Higgins (C) 1:56.5, G. Clifford (O) 1:56.5, M. Gordon (C) 1:59.6. 1500m N. Leach (C) 3:53.8, M. Darville (O) 3:57.1, J. Barton (C) 3:57.1, M. Noden (O) 4:00.4. 5000m M. Power (O) 14:53.3, A. Deighton (C) 14:59.7, A. Leach (O) 15:04.8, A. Richardson (C) 15:09.6. 110m hurdles H. Somerset (C) 15.8, C. Oswald (C) 15.9, A. Jones (O) 15.9, D. Matovu (O) 19.3. 200m hurdles H. Somerset (C) 25.6, A. Jones (O) 26.0, N. Chesworth (C) 26.8, M. Davidson (O) 29.8. 400m hurdles A. Jones (O) 56.5, N. Chesworth (C) 57.0, M. Bowen (O) 57.5, R. Richards (C) 58.2. Steeplechase P. Bristow (C) 9:17.8, C. Blythe (O) 9:26.9, K. Rutledge (O) 9:45.0, H. Davis (C) 9:48.3. High Jump T. Llewelyn (C) 2.18 **record**, P. McDonnell (O) 2.16, W. Dixon (C) 2.00, N. Thompson (O) 1.90. Pole Vault M. Edwards (O) 3.50, D. Eckley (O) 3.30, A. Birch (C) 3.00, J. Birch (C) 3.00. Long Jump D. Heard (O) 7.33 **equals record**, L. Neil (C) 6.98, T. Llewelyn (C) 6.89, D. Stone (O) 6.80. Triple Jump L. Neil (C) 14.48, P. Burrows (O) 13.46, M. Pardoe (C) 13.03, C. Hovenden (O) 12.90. Shot A. Morris (C)

14.04, P. Mbu (O) 13.34, I. Jackson (O) 13.10, P. Lillington (C) 11.92. Discus I. Jackson (O) 44.56, P. Mbu (O) 41.58, G. Wetherall (C) 37.52, N. Spivey (C) 36.80. Hammer N. Spivey (C) 53.08 **record**, V. Miihkinen (O) 52.20, S. Clark (O) 47.46, G. Wetherall (C) 47.10. Javelin A. Duncan (O) 55.90, A. Morris (C) 52.38, M. Porter (O) 44.40, M. Dinwoodie (C) 39.36. 4 x 100m Oxford 43.2, Cambridge (Cheesman, Fowler-Watt, Smith, Keenlyside) 43.3. 4 x 400m Oxford (Bowen 50.9, Ewart 51.2, Emery 49.1, McCabe 48.5) 3:19.7, Cambridge (Stephens 52.2, Chesworth 50.5, Llewelyn 48.5, Keenlyside 49.9) 3:21.1. **Result Oxford 110, Cambridge 102.**

**WOMEN, Blues Match.** 100m M. Brennan (O) 12.8, S. Needham (C) 13.1, E. Pearson (O) 13.2, J. Rout (C) 13.3. 200m M. Brennan (O) 25.9, S. Needham (C) 26.8, J. Rout (C) 26.9, E. Pearson (O) 27.3. 400m M. Brennan (O) 58.9, S. Parker (C) 60.1, B. Lovett (C) 61.1, T. Belt (O) 62.1. 800m S. Parker (C) 2:14.5 **record**, B. Lovett (C) 2:21.0, S. Robinson (O) 2:37.5, U. Nicholls (O) 2:54.5. 1500m J. Lewtas (C) 4:37.8 **record**, L. Hand (C) 4:48.0, C. Sylvester (O) 5:17.0, S. Robinson (O) 5:43.1. 100m hurdles A. Kyei-Mensah (C) 15.0, E. Pearson (O) 16.1, C. Watson (O) 17.5, F. Rawlinson (C) 20.1. High Jump M. Worrell (C) 1.55, F. Waterman (O) 1.55, T. Castling (C) 1.55, M. Langan (O) 1.20. Long Jump A. Kyei-Mensah (C) 5.57, N. McGee (O) 5.43, T. Castling (C) 5.39, J. Corlett (O) 4.80. Shot A. Kyei-Mensah (C) 11.32, P. Baker (O) 9.20, J. Corlett (O) 9.10, J. Morgan (C) 8.58. Discus J. Corlett (O) 31.94, H. Townshend (C) 31.84, C. Cook (C) 26.44, J. Bos



(O) 26.06 . Javelin A. Trainor (O) 37.64, J. Gutteridge (O) 27.48, M. Worrell (C) 26.72, J. Morgan (C) 26.50. 4 x 100m Oxford (Corlett, Pearson, Belt, Brennan) 50.4, Cambridge (Needham, Kyei-Mensah, Castling, Rout) 50.8 . **Result Cambridge 66, Oxford 62.** .

**Centipedes v Alverstone.** 100m N. Phillis (O) 11.4, D. Fowler-Watt (C) 11.5, A. Hughes (O) 11.8, M. King-Davies (C) 11.8. 200m D. Fowler-Watt (C) 23.3, A. Hughes (O) 23.6, M. King-Davis (C) 23.9, J. Kalmanson (O) 24.1. 400m J. Cooper (C) 51.6, C. Holland (O) 51.7, R. Oliver (O) 53.7, S. Ellwood (C) 54.5. 800m M. Sherar (O) 2:01.7, S. Ellwood (C) 2:02.2, P. Hannon (C) 2:03.4, S. Potter (O) 2:04.6. 1500m H. Webb (O) 4:07.7, D. Bedwell (C) 4:09.5, W. Kurrle (C) 4:11.3, P. Read (O) 4:14.8. 5000m A. Hope (O) 15:45.2, G. McGuire (O) 15:53.8, J. Crosby (C) 16:10.8, A. Hardy (C) 16:19.1. 110m hurdles T. Waller (C) 16.4, J. Ayton (O) 17.4, J. Macaulay (C) 17.4, N. Perritt (O) 18.5. 200m hurdles P. Carleton (C) 27.2, T. Waller (C) 27.4, J. Ayton (O) 27.8, S. Findlay (O) 28.2. 400m hurdles P. Byrne (C) 59.1, T. Waller (C) 60.4, G. Wiggington (O) 61.8, C. Holland (O) 62.9 . Steeplechase G. Baird (O) 9:51.3, C. Cheeseman (O) 10:05.4, D. Hollingsworth (C) 10:18.2, T. Cook (C) 10:31.7. High Jump E. Friend (C) 1.90, D. Orr (O) 1.90, D. Holden (O) and J. Roney (C) 1.80. Pole Vault J. Coles (C) 3.00, M. Lautenschlager (O) 2.60, E. Friend (C) 2.40, [S. Benjamin (O) no height cleared]. Long Jump R. Scott (O) 6.53, I. Young (C) 6.24, S. Goatley (O) 5.87, C. Morgan (C) 5.85. Triple Jump D. Orr (O) 12.80, J. Doran (C) 12.71, R. Scott (O) 12.39, M. Fasoli (C) 7.59. Shot A. Holmes (O) 10.64, S. Bar-

ton (C) 10.44, A. Roberts (O) 10.41, G. Ziedler (C) 10.34. Discus A. Holmes (O) 34.30, S. Barton (C) 34.18, S. Munro (O) 31.24, J. Fordham (C) 29.38. Hammer J. Flye (O) 34.64, J. Fordham (C) 26.36, R. Young (O) 26.04, S. Barton (C) 18.80. Javelin R. King (O) 46.92, S. Barton (C) 45.42, J. Kitching (C) 45.00, T. Woodcock (O) 44.30. 4 x 100m Centipedes 44.4, Alverstone 44.6 . 4 x 400m Centipedes (Dorey 52.7, Darville 52.1, Clarkson 52.3, Fellows 50.9) 3:27.9, Alverstone (Freeman 51.0, Jackson 53.4, Gordon 52.5, Hebborn 51.6) 3:28.6 . **Result Oxford Centipedes 112 1/2, Cambridge Alverstone 98 1/2.**

Later in the summer, the Universities hosted a visit from a very strong team from **Harvard and Yale**. The match was held at the Milton Road track in Cambridge on **18 June**, when the visitors won the mens' match by 132 points to 77, with the only home victory being that of **Paul Bristow** in the steeplechase (9:28.6). The women's'

Oxford javelin Blue **Andy Duncan** recently proudly discovered a winners medal from the 1983 Harvard & Yale match, for an impromptu Heavies Relay of 4 x 100. As he correctly recalls, and as we didn't beat Harvard/Yale at many events that year!

match was closer, but Harvard and Yale still won, by 90 points to 67. Oxbridge successes here were by **Amma Kyei-Mensah** in the 100m (12.9), 100m hurdles (14.6) and Long Jump (5.51), **Sarah Bull (now Owen)** (200m 26.9 and 400m hurdles 65.2) and **Sue Parker** (800m 2:14.5).

## 60 YEARS ON...



**CUAC tour to Shrewsbury School c1963**

Across the Back: David Parry, Richard Bird, James Tolson, David Reid, Christopher Childs, Jeremy Nichols, David Johnson, John Rowley, Peter Atkinson.

Across the Middle: Gordon Lee Steere, AN Other, Richard Monbiot, John Loney.

In Front: Frank Crozier

Photo: John Price

# 25 YEARS ON...

## OUAC, CUAC AND ACHILLES IN 1998

It was a glorious day at Iffley Road for the **124th Varsity Match**. Oxford's men emerged somewhat fortunate victors in a closely contested match, while Cambridge's women were more clear-cut winners. Andrew Hennessy produced emphatic wins in both the 3000m Steeplechase and the 1500m, and was awarded the Drake Digby trophy. Other fine doubles were recorded by Dave Gardiner in the 100m and 200m (followed by 48.8 relay leg), and Pierre Faber, prevented by injury from displaying his other decathlon skills, in the shot and discus: Pierre won the Paul Gomme Trophy. Ellen O'Hare precisely equalled the match record which she set last year, and was again awarded the Susan Dennler Trophy. She was pushed hard by Esther Casson, who went on to win the 400m for the third successive year. Rebecca Lewis added another 4 wins to the 5 she recorded last year, and thus has equalled but in only 2 years Emma Westlake's total of 9 individual victories in Varsity Matches. Clare Ridgley put the case for future inclusion in the programme of the women's pole vault by clearing 3.40 in an exhibition event, considerably higher than many of the men. And Helen Ford-Dunn, third last year, stamped out any male challenge in the men's 3000m walk, but at the same time drove a nail into the coffin of the continuation of the walk as a Varsity Match event.

Mara Myers (now Yamauchi) won the **English National Cross Country**, and was awarded the Achilles Medal for the year. Chris Cheeseman placed 3rd in the National 20k Walk. Max Jones was 2nd M70 in the London Marathon. Tim Berrett (20k and 50k walk), Chris Cheeseman (50k walk) and Danielle

Pierre Faber's Varsity performances in 1998 took him to 9 wins in 3 years and placed him second only to Dwayne Heard (thirteen wins over seven years) in the history of the match. The following year he extended that to 12 wins in 4 years: the pole vault twice, the high jump once, the shot four times (and a match record), the discus four times and the hammer once.

Sanderson competed in the **Commonwealth Games** at Kuala Lumpur

At the **British Universities Championships**, Claire Ridgley won the pole vault, adding 1 cm to her championship best with 3.45. Pierre Faber had a busy weekend, collecting 2nd in the discus, third in the high jump and the shot, and 5th in the javelin. Other second places were achieved by Dan Leggate in the 5000m, Matt Buck in the pole vault, Ellen O'Hare at 1500m, and Katie Skorupska (just two hundredths away from first) at 10,000m. Third placers were C. Saint-Louise at 800m, and Clare Martin in the 2000m steeplechase.

We were hosts to a strong **Penn & Cornell** team, who in advance of trouncing Oxford & Cambridge in the main match joined us on a **tour to Guernsey** promoted by islander Richard Paige. In spite of the Americans' travel problems which resulted in most of their team arriving following a 3.00 a.m. start and a 5 hour ferry crossing just as the match was beginning, their athletes set 17 all-comers records. Achilles were by no means outclassed: Tom Richards and Clare Ridgley both set pole-vault all-comers records, Dave Gardiner got the better of the American team captain in both sprints, and by way of a warm-up for the 3000m, Deborah Kay was first woman home (11th overall) in the is-



land's annual Half-Marathon, held earlier in the day. Other notable performances included Rebecca Wright's pb for 2nd in the 400m hurdles, and a 48.8 relay leg by Nick Hamilton.

An enjoyable and competitive match at Cosford against the Combined Services and Warwickshire saw **John Moreland** and **Pierre Faber** score an excellent one-two in the discus. Pierre also won the shot, **Gareth Davies** won the triple jump following a close second in the long jump. **Matt Weaver** gained a close victory in the pole vault, with **Richard Paige** gaining a nasty head wound after an ill conceived attempt to 'just do it for the point'. In the women's field events, there were Achilles wins through **Mary-Lisa Gibellato** and **Bethan Page-Jones** in the Long jump and Triple jump and a one-two in the (sadly non-scoring) Hammer by **Maggie McCutcheon** (now **Faber**) and **Rachel Stott**. On the track, a win and a second place each for **Dave Gardiner** and **James Trapmore** in

the sprints and middle distance respectively complimented an excellent win for **Nick Hamilton** in the 400m, who dipped under the Blues time. Other Achilles wins were achieved by **Andy Barber** in the 5000m, and by a fit 4 x 400m relay squad with strong supporting roles being played by **Rob Osborne** (in nearly everything) and **Giles Clifford** (1500m / 3000m steeplechase double). A good team spirit prevailed throughout the afternoon culminating in head to head in the 4 x 100m between the 'A' team (sprinters) and the 'B' team (mostly throwers), which the 'A' team narrowly won by about 50 yards. The track highlights for an under-strength Women's team were second places by **Sarah Hutchinson** in the 400m and **Mary-Lisa Gibellato** in the shorter hurdles.

**Dan Leggate** reprised his Varsity Cross-Country victory of 1996 with apparent ease but could not prevent Oxford from taking the men's team honours. **Lucy Hassell** won the women's race.

## 1998 UK RANKINGS

2nd <b>Chris Cheeseman</b> 50k walk 4:10:5	18th <b>Rachel Jordan</b> 800 2:07.5	34th <b>Anders Lustgarten</b> 400 47.52
2nd <b>Richard Nerurkar</b> Marathon 2:14:0	20th <b>Matt Weaver</b> Pole Vault 4.80	36th <b>Maggie McCutcheon</b> Hammer 42.96
5th <b>Danielle Sanderson</b> Marathon	21st <b>Judy Payne</b> High Jump 1.76	37th <b>Esther Casson</b> 800 2:09.6
6th <b>Ruth Irving</b> Long Jump 6.29	22nd <b>Ellen O'Hare</b> 1500 4:21.8	39th <b>Bethan Page-Jones</b> TJ 11.31
7th <b>Chris Cheeseman</b> 20k walk 1:31:5	23rd <b>Pierre Faber</b> Shot 15.09	40th <b>Ewen Malloch</b> 3000 S'chase 9:12.6
7th <b>Pierre Faber</b> Decathlon 7247	24th <b>Katie Skorupska</b> 5,000 16.42.	40th <b>Mara Myers</b> 1500 4:25.5
10th <b>Clare Ridgley</b> Pole Vault 3.60	27th <b>John Moreland</b> Discus 46.99	46th <b>Huw Lobb</b> 3000 S'chase 9:15.0
12th <b>Steve Garland</b> Decathlon 6503	28th <b>Jon Hilton</b> Triple Jump 15.13	48th <b>Phil Cantrell</b> Decathlon 5278
12th <b>Katie Skorupska</b> 10,000 34:40.	32nd <b>Andy Hennessy</b> 3000 SC 9:07.6	48th <b>Mara Myers</b> 3000 9:39.9
14th <b>Mara Myers</b> 10,000 34:53.	32nd <b>Pierre Faber</b> Discus 46.64	50th <b>Pierre Faber</b> Pole Vault 4.40
16th <b>Mara Myers</b> 5,000 16:25.	32nd <b>James Brierley</b> High Jump 2.05	
18th <b>Tom Richards</b> Pole Vault 4.90	33rd <b>Ellen O'Hare</b> 800 2:08.7	

# THE 2023 VARSITY CROSS COUNTRY RACES

## WIMBLEDON COMMON

The honours were shared in the 2023 University Cross-Country Races, held in bitterly cold and damp conditions on Saturday 2nd December.



In the 47th Ladies' Race, Oxford took full advantage of the Light Blues having lost two of their top runners to record a comfortable 32 points to 46 victory. Phoebe Barker (Robinson, Cambridge) took the individual honours in her final appearance in a fine time of 23:12, winning by over a minute from Elizabeth Apsley (St. Hilda's, Oxford). Naomi Kingston (Queen's, Oxford) completed the top three places with two further Dark Blues finishing before the next Cambridge runner. Oxford now lead the series by 27 wins to 20.



The 132nd Gentlemen's Race was, once again, a very close affair with the Light Blues again emerging victorious. Jeremy Dempsey (Girton, Cambridge) recorded his second victory in succession (38:36) with his teammate Joe Massingham (Pembroke, Cambridge) 30 seconds behind him. Alex Gruen (Keble) was the first Oxonian home in third and behind him there was an almighty battle between three Light Blues and four Dark Blues, who were separated by just ten seconds at the finish. Despite Oxford managing to get all eight of their runners home ahead of the sixth Cambridge scorer, the Light Blues top-end strength secured them the victory by just four points (38 to 42). Only 14 points have separated the two sides over the last three races, although Oxford will rue the fact that they have been on the wrong end of the scoreline on each of these occasions. Cambridge's



victory meant that they became the first side in the gentlemen's race since 1995 to record four victories in a row and they now lead the series by 67 wins to 65.

Earlier in the day, Cambridge also won the 31st Old Blues' Race, with Josh Carr (Sidney Sussex, Cambridge) coming home first. Oxford now lead this series by 18 wins to 13.

#### Men

1	Jeremy Dempsey	(C)	38:36.0
2	Joe Massingham	(C)	39:06.5
3	Alexander Gruen	(O)	39:18.9
4	Peter Molloy	(C)	39:40.4
5	Thomas Wood	(O)	39:41.3
6	Terry Fawden	(C)	39:42.3
7	Indy Barnes	(O)	39:45.6
8	Jared Martin	(O)	39:47.3
9	Thomas Renshaw	(O)	39:48.9
10	Alexander Bampton	(O)	39:50.1
11	Lawrence Hollom	(C)	39:51.3
12	Naphtali Moulton	(O)	40:12.5
13	Joe Morrow	(O)	40:20.5
14	Thomas Dugre	(C)	40:30.4
15	Tom Spencer	(C)	40:39.1
16	James Rennie	(C)	41:40.1

#### Women

1	Phoebe Barker	(C)	23:12
2	Elizabeth Apsley	(O)	24:19
3	Naomi Kingston	(O)	24:44
4	Madeline Williams	(O)	24:50
5	Lauren Major	(O)	25:00
6	Madeline McDonald	(O)	25:03
7	Poppy Craig-McFeely	(C)	25:09
8	Lilian Lewis	(C)	25:13
9	Louise Shanahan	(C)	25:25
10	Maia Hardman	(C)	25:32
11	Milly Dickinson	(C)	25:40
12	Jemima Ridley	(O)	25:48
13	Holly Sprosen	(C)	25:54
14	Beth Rawlinson	(O)	26:14
15	Ruby Woolfe	(O)	26:16
16	Ella Colbourn	(C)	27:02

#### Old Blues

1	Josh Carr	(C)	22:11.4
2	Luke Fisher	(C)	22:22.3
4	William Ryle-Hodges M40	(C)	22:36.9
6	James Hoad	(C)	22:53.4
7	Jamie Parkinson	(O)	23:09.7
8	William Christofi	(O)	23:19.3
9	Paul Pruzina	(C)	23:22.9
11	Phillip Crout	(C)	23:47.4
12	Alistair McMaster	(C)	23:49.2
13	Matthew Harris	(C)	23:51.1
14	<b>Nancy Scott</b>	(C)	24:02.0
15	Jack Millar	(O)	24:09.3
16	Alex Muir	(O)	24:13.7
20	James Morris	(O)	25:09.7
26	<b>Bethanie Murray</b>	(O)	26:19.0
27	Will Yates	(C)	26:33.1
30	<b>Anna Sharp</b>	(O)	27:05.2
33	Abdullah Al Shallal	(C)	27:50.7
34	<b>Klara Hatinova</b>	(O)	27:56.5
36	Andy Arbour M50	(O)	28:53.7
37	Chris Daniels M50	(O)	29:29.6
38	Simon Molden M45	(O)	29:32.3
39	Andrew Robinson M55	(O)	29:45.7
40	Jonathan Whittaker M40	(O)	30:18.6
41	James Fitzsimmons M45	(C)	31:02.0
42	<b>Jess Davies</b>	(C)	31:31.0
43	Hugh Balfour M65	(C)	32:14.2
45	<b>Laura Fenwick</b>	(O)	33:45.2