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CUAC fixtures reps

Social secretaries—Adhana Ekoku (Oxford), **Bridget Fryer**
(Cambridge)

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Martyn Bowen (Oxford)

Alice Harray (Oxford)

Dr Andrew Hodge (Cambridge) Hon. Photographer



The Club's visit to Tokyo in August/ September was the largest international tour ever undertaken, with 87 members participating.

The report on the tour in these pages sits neatly with the 25 year retrospective on 1999, and the previous tour to Japan and China. Comparing other events of 1999, younger readers may be struck by the fact that CUAC and OUAC combined for joint warm weather training in Portugal, an arrangement that was by no means unusual in that era.

ACHILLES FIXTURES

2025

THE MAIN EVENTS OF THE YEAR WILL BE:-

8th February	Lee Valley	Varsity Field Events and Relays
4th April	Philadelphia	Oxford & Cambridge v Penn & Cornell
12th April	New Haven	Oxford & Cambridge v Harvard & Yale
17th May	Cambridge	Anniversary Varsity Match—celebrating 50 years of women's competition. Post match dinner: Jesus College.
12th July	Dublin	OUAC v CUAC v Trinity College Dublin

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2024 UK RANKINGS

3	Jude Bright-Davies	Triple Jump	16.17m
5	Jack Paget	Hammer	69.52m
10	Tom Parker	Hammer	66.28m
11	Terry Fawden	3000SC	9:00.83
11	Maranga Mokaya	400H	50.69
12	Montana Jackson	Triple Jump	12.60m
13	Jake Watson	Pole Vault	5.02m
13	Naomi Taschimowitz	10000m	33:23.61
14	Thomas Dugré (Switzerland)	3000SC	9:07.20
14	Sam Clarke	400H	50.99
15	Helen Broadbridge	Hammer	58.07m
17	Angus Lockhart	Shot Put	15.94m
17	Louise Shanahan (Ireland)	800m	2:02.73
18	Matt Leach	10000m	29:09.11
19	Will Mycroft	Marathon	2:15.54
19	Achilles Men	4x400m	3:17.81
19	Niamh Thompson	3000SC	10:40.56
19	Charlotte Dannatt	10000m	33:54.98
20	James Hoad	Marathon	2:16.29
20	Michael Allison	Javelin	62.51m
21	Rowan May	Pole Vault	4.71m
21	Cerys Lee	Heptathlon	4867
24	Daniel Eckersley	3000SC	9:17.01
24	OUAC Women	4x400m	3:55.19
25	Kaesi Opara	200m	21.01
26	Milan Campion	3000SC	9:20.27
26	Grace Molloy	10000m	34:21.00
27	Achilles Men	4x100m	41.98
27	Phoebe Baggott	Hammer	51.37m
28	Norman Shreeve	Marathon	2:17.13
28	Marley Young (Australia)	Shot Put	14.58m
28	Phoebe Barker	10000m	34:31.87
28	Reese Robinson	Triple Jump	11.99m
29	Angus Harrington	800m	1:47.33
29	Damon Zuber (United States)	Javelin	59.61m
30	Sam Clarke	110H	14.61
33	Helen Broadbridge	Discus	41.25m
34	Naomi Kingston	10000m	35:16.67
35	Chloe Billingham	Pole Vault	3.45m
35	Mary Adeniji	Long Jump	5.91m
36	Sam Clarke	200m	21.13
36	Sam Clarke	400m	47.14
36	Ruben Lombard	Javelin	57.71m
36	Jesse Schelfout (Australia)	Javelin	57.28m
38	Bilen Ahmet	Decathlon	3930
38	Niamh Bridson Hubbard	800m	2:06.05
38	Alex Shipley	1500m	4:16.13
38	Charlotte Dannatt	5000m	16:00.37
40	Joe Morrow	10000m	30:07.93
40	Remi Livesey	Javelin	56.82m
42	OUAC Men	4x400m	3:24.09
42	Eleanor Colbourn	800m	2:06.67
42	Niamh Bridson Hubbard	5000m	16:01.31
42	Madeline Williams	10000m	36:06.25
42	Julia Johnson	400H	62.98
43	Thomas Renshaw	3000SC	9:33.81
43	CUAC Men	4x400m	3:24.52
43	Sarah Short (Australia)	10000m	36:10.07
44	Andrew Penney	10000m	30:17.85
45	Marley Young (Australia)	Discus	44.23m
45	Naomi Taschimowitz	5000m	16:09.09
47	Jared Ward (United States)	Marathon	2:19.36
48	Kaesi Opara	100m	10.46/10.44(w)
49	CUAC Women	4x400m	4:06.15



Jude Bright-Davies—ranker 3rd in the triple jump



Terry Fawden—ranked 11th at the steeplechase



VARSITY FIELD EVENTS & RELAYS

Lee Valley, 10 February 2024.

Men's Relays: Oxford win 4 - 2

60 Race 1: 7.06 Chizute Ogbedeh (C); 7.23 Kudzai Mbinda (O); 7.34 Emmanuel Boakye (O); 7.34 Philip Odugbile (C); 7.37 Oli Hector (C); 60 Race 2: 7.29 Pelumi Babalola (C); 7.31 Taiwo Aladekoye (O); 7.43 Alfie Williams-Hughes (O); 7.57 Lemuel Crentsil (O); 7.87 Edwin Robson (C); 60 Race 3: 7.59 Qays Mitchell (Guest) (C); 7.62 Alex Woodcock (Guest) (C); 7.69 James Lloyd (Guest) (C) **60m totals: Oxford 29.31; Cambridge 29.06.** 60H Race 1: 8.67 William Parry (O); 8.79 Oli Hector (C); 9.23 John MacGreevy (O); 10.27 Nick Smart (O); 11.59 Qays Mitchell (C); 60H Race 2; 9.52 John Bennett (C); 10.09 Morgan Treasure (C); 10.86 Christopher Everett (O); 11.46 Louis Welch (O). **60mH totals: Oxford: 39.03; Cambridge: 39.99.** 4x200: 01:32.60 Oxford: Maranga Mokaya, Lemuel Crentsil, Will Parry, Alfie Williams-Hughes; 01:32.79 Cambridge: P. Babalola, J. Lipman, C. Ogbedeh, Q. Mitchell. 4x400: 03:26.40 Oxford: Maranga Mokaya, James McCulloch, Peter Braybrook, Will Parry; 03:28.50 Cambridge: J. Lipman, A. Harper, A. Kingston, A. Dray; 03:41.01 Oxford: (B) Thomas Kemball, Julian Mathe, Chris Everett, James Freeman 4x800: 08:00.51 Oxford: Thomas Barrett, Miles Weatherseed, Thomas Renshaw, Julian Mathe; 08:29.78 Cambridge: A. Dray, A. Schaffer, M. Dubery, J. Lipman; 08:35.36 Oxford: (B) Matthew Luney, Matthew Buckley, Sam Hollins, Jack Wilkinson Distance Medley 400/800/1200/1500: TBC Cambridge: A. Dray, J. Lipman, A. Schaffer, J. Dempsey; TBC Oxford: James McCulloch (400m), Thomas Barrett (800m), Miles Weatherseed (1200m), Thomas Renshaw (1600m):



Sisnmofo Dorsu & Leonie Brunning



Ellen Hedderman-Thompson, Jessica O'Flaherty, Sophie Robson & Julia Johnson

Women's Relays Result: Oxford win 6 - 0

60 Race 1: 7.81 Gabriella Berkeley-Agyepong (O); 8.11 Danielle Nnene (O); 8.27 Kefeshe Bernard (C); 8.61 Serena Charles (C); 8.84 Alanna Odagbu (C); 60 Race 2: 8.12 Anise Mellodey (C); 8.30 Grace Annetts (O); 8.48 Natalie Groves (O); 8.76 Bryher Smith (C); 10.04 Eniola Awodiya (O); **60m totals Oxford: 32.70; Cambridge: 33.84.** 60H Race 1: 9.67 Julia Johnson (O); 9.97 Anna Schlagenwerth (C); 10.81 Samantha Baker-Jones (O); 11.78 Oluwatomi Ajinomoh (O); 11.83 Nina Elliott (C); 60HW

Race 2: 10.74 Sisnmofo Dorsu (O); 10.75 Leonie Brunning (C); 11.86 Grace Cardwell (O); 12.05 Ellen Hedderman-Thompson (C); **60mH totals Oxford: 43; Cambridge: 44.6:** 4x200 Race: 01:47.41 Oxford: Natalie Groves, Grace Annetts, Gabriella Berkeley-Agyepong, Sophie Robson; 01:47.75 Cambridge: J. O'Flaherty, K. Bernard, A. Mellodey, B. Smith; 02:00.51 Oxford: (B) Sisnmofo Dorsu, Samantha Baker-Jones, Grace C, Maia. 4x400: 04:17.28 Cambridge: J. O'Flaherty, E. Hedderman-Thompson, A.

Schlagenwerth, L. Randall; 04:20.53 Oxford: (B) Sisnmofo Dorsu, Eliska Freibergerova, Samantha Baker-Jones, Grace C 4x800: 00:09:06 **RECORD** Oxford: (Record) Charlotte Buckley, Alexandra Shipley, Ella Fryer, Eliska Freibergerova; 10:21.25 Cambridge: J. O'Flaherty, L. Randall, A. Durand-Marandi, L. Lewis. Distance Medley 400/800/1200/1500: 12:00.30 Oxford: Natalie Groves (400), Ella Fryer (800), Charlotte Buckley (1200), Alexandra Shipley (1600); 13:43.26 Cambridge: L. Lewis, J. O'Flaherty, A. Durand-Marandi, L. Randall.



Alexander Fogassy



Christopher Everett

Men's Field Events Result: Cambridge win 5 - 3

HJ Oxford 6.05, Cambridge 6.80, 1.75i Barnaby Corry (C), 1.75i John Bennett (C), 1.70i Christopher Everett (O), 1.70i James Goh (C), 1.60i Alex Kingston (C), 1.50i Bryan Marville (O), 1.45i Matt Williams (O), 1.40i Scott Scoular (**PV Oxford 9.10, Cambridge 12.95**, 4.05i Barnaby Corry (C), 3.80i George Harwood-Edwards (O), 3.60i Bilen Ahmet (Guest) Achilles, 3.10i Kyle Van Der Spuy (C), 2.90i Zachary Anderson (C), 2.90i Stefan Schoepf (C), 2.90i Louis Welch (O), 2.50i Aadarsh Khimasia (Guest) (C), 2.40i Bryan Marville (O), - NHi Nick art (O). **LJ Oxford 22.65, Cambridge 24.26**, 6.59i Morgan Treasure (C), 6.37i Fred Liu (C), 6.03i Emmanuel Boakye (O), 5.67i Pawel Grab (C), 5.63i Benaiah Hoong (O), 5.63i Barnaby Corry (C), 5.50i Anthony Akinwale (O), 5.49i Oliver Bazin (O). **TJ Oxford 51.08, Cambridge 45.33**, 13.79i Anthony Akinwale (O), 13.08i Oliver Bazin (O), 12.89i Morgan Treasure (C), 12.85i Benaiah Hoong (O), 12.81i Ben Lloyd (Guest) (O), 11.73i Barnaby Corry (C), 11.36i Ryan Price (O), 10.67i Pawel Grab (C), 10.04i Edward Suckling (C), 9.94i Aditya Mittal (Guest) (O). **SP7.26K Oxford 42.57, Cambridge 41.19**, 13.22i Joel Bell (O), 12.78i Alex Fogassy (O), 12.07i Oyare Aneju (C), 10.42i Alex Blake-Martin (C), 9.81i Gabe Lamb (C), 8.89i Keiran Kang (C), 8.86i Nnaemeka Anyamele (O), 7.71i Will Jump (O). **DT2K Oxford 129.47, Cambridge 129.65**, 42.61 Joel Bell (O), 37.40 Gabe Lamb (C), 34.97 Oyare Aneju (C), 33.04 Alex Blake-Martin (C), 32.70 Alex Fogassy (O), 30.84 Will Jump (O), 24.24 Alasdair Knight (C), 23.32 Nnaemeka Anyamele (O). **HT7.26K Oxford 98.11, Cambridge 105.82**, 35.16 Gabe Lamb (C), 31.22 Alex Blake-Martin (C), 30.42 Joel Bell (O), 25.99 Will Jump (O), 22.74 Jesse Schelfhout (O), 20.48 Oyare Aneju (C), 18.96 Mohammed Ahmed (C), 18.96 Matt Williams (O). **JT800 Oxford 205.89, Cambridge 149.20**, 57.28 Jesse Schelfhout (O), 52.49 Rowan Burford (O), 52.03 Damon Zuber (O), 44.09 Bryan Marville (O), 38.69 Mohammed Ahmed (C), 38.07 Alasdair Knight (C), 37.60 Keiran Kang (C), 34.84 John Bennett (C).

Photos: Andy Hodge

Women's Field Events Result: Oxford win 5 - 3.

HJ Oxford 5.60, Cambridge 5.92, 1.60i Annie Durand-Marandi (C), 1.57i Leonie Brunning (C), 1.45i Charlotte Buckley (O), 1.45i Laura Anene (O), 1.40i Claire Forey (C), 1.35i Lucy Buchanan (O), 1.35i Amelia Inglis (O), 1.35i Nausicaa Huen Kiu Ng (C). **PV Oxford 8.80, Cambridge 7.50**, 2.50i Lauren Healy (C), 2.50i Anna Conroy (O), 2.20iiris-Mae Morse (O), 2.10i Leonie Brunning (C), 2.10i Lucy Buchanan (O), 2.00i Emma Arbanas (O), 1.70i Naomi Clapp (C), 1.20i Shani Wright (C). **LJ Oxford 17.94, Cambridge 18.84**, 5.15i Julia Johnson (O), 4.99i Jane Mills (C), 4.88i Eleni Papafilippou (C), 4.73i Olivia Noble (C), 4.58i Laura Anene (O), 4.30iiris-Mae Morse (O), 4.24i Bryher ith (C), 3.91i Oluwatomi Ajinomoh (O). **TJ Oxford 40.61, Cambridge 39.57**, 10.61i Laura Anene (O), 10.29i Eleni Papafilippou (C), 10.18i Julia Johnson (O), 10.08i Victoria Badham (C), 10.04i Lucy Buchanan (O), 9.78iiris-Mae Morse (O), 9.64i Talia Turay (C), 9.56i Olivia Noble (C). **SP4K Oxford 32.07, Cambridge 32.20**, 10.22i Leonie Brunning (C), 9.53i Fatima Jammeh Kinteh (Guest) (O), 8.75i Cayen Wang (O), 8.12i Freya Waterworth (O), 8.05i Catie Kohler (O), 8.03i Serena Charles (C), 7.46i Deborah Esan (C), 7.15i Laura Anene (O), 6.49i Liz Stevenson (C). **DT1K Oxford 94.18, Cambridge 82.63**, 31.94 Catie Kohler (O), 27.95 Leonie Brunning (C), 23.76 Cayen Wang (O), 23.67 Fatima Jammeh Kinteh (Guest) (O), 21.18 Freya Waterworth (O), 20.46 Liz Stevenson (C), 19.25 Rachel McKinney (C), 17.30 Alexandra Shipley (O), 14.97 Jemima Bland (C). **HT4K Oxford 104.86, Cambridge 76.87**, 29.45 Cayen Wang (O), 27.82 Catie Kohler (O), 27.06 iris-Mae Morse (O), 26.62 Fatima Jammeh Kinteh (Guest) (O), 24.65 Liz Stevenson (C), 21.41 Leonie Brunning (C), 20.53 Freya Waterworth (O), 16.38 Rachel McKinney (C), 14.43 Jemima Bland (C). **JT600 Oxford 101.63, Cambridge 92.86**, 30.55 Leonie Brunning (C), 29.93 Fatima Jammeh Kinteh (Guest) (O), 28.63 Cayen Wang (O), 25.47 Jemima Bland (C), 25.23 Samantha Baker-Jones (O), 25.11 Eniola Awodiya (O), 22.66 Alexandra Shipley (O), 20.99 Catie Kohler (Guest) (O), 18.57 Rachel McKinney (C), 18.27 Liz Stevenson (C).



NEW MEMBERS

We warmly welcome the following:-

Emmanuel Adeyemi (Cambridge)	Lilian Lewis (Cambridge)
Tomi Ajinomoh (Oxford)	Jack Lipman (Cambridge)
Laura Anene (Oxford)	Jared Martin (Oxford)
William Audis (Cambridge)	Bryan Marville (Oxford)
Pelumi Babalola (Cambridge)	Ben Massey (Cambridge)
Samantha Baker-Jones (Oxford)	Adi Mittal (Oxford)
Phoebe Barker (Cambridge)	Peter Molloy (Cambridge)
Indy Barnes (Oxford)	Danielle Nnene (Oxford)
Gabriella Berkeley-Agyepong (Oxford)	Alanna Odagbu (Cambridge)
Benjamin Chambers (Oxford)	Jess O'Flaherty (Cambridge)
Artemis Chen (Cambridge)	Eleni Papafilippou (Cambridge)
Stephen Chen (Cambridge)	Will Parry (Oxford)
Ella Colbourn (Cambridge)	Jemima Ridley (Oxford)
Jonathan Cornish (Oxford)	Anika Schwarze-Chintapatla (Oxford)
Poppy Craig-McFeely (Cambridge)	Rose Sheppard (Oxford)
Sisan Dorsu (Oxford)	Satoki Shimamune (Cambridge)
Matthew Dubery (Cambridge)	Zaheer Sidik (Oxford)
Huw Edwards (Cambridge)	Alberto Simarro Correa (Oxford)
Deborah Esan (Cambridge)	Tom Spencer (Cambridge)
Claire Forey (Cambridge)	Ewan Spencer (Cambridge)
Archie Harper (Cambridge)	Freddie Strachan (Cambridge)
Klara Hatinova (Oxford)	Emilie Thompson (Oxford)
Oli Hector (Cambridge)	Katie Thompson (Cambridge)
Ellen Hedderman-Thompson (Cambridge)	Rachel Thompson (Cambridge)
Sam Hollins (Oxford)	Niamh Thompson (Cambridge)
Daniel Irvine (Oxford)	Cay Wang (Oxford)
Willem Jump (Oxford)	Daniel Warnes (Cambridge)
Sarah Kassenaar (Cambridge)	Freya Waterworth (Oxford)
Naomi Kingston (Oxford)	Tishan Wellalagodage (Oxford)
Matthew Kunov (Oxford)	Damon Zuber (Oxford)



THE BANNISTER MILES



On Sunday 5 May, OUCCC and OUAC welcomed 250 guests to Merton College for the largest alumni gathering in years. The event [*a triumph—Ed.*] served as a chance to catch up with new friends and make new ones while celebrating the achievements of one of our greatest athletes Sir Roger Bannister's track exploits are legend, and on the country he ran for the Tortoises in 1946, before placing joint second in Blues Cross Country Varsity in 1948 and emerging victorious one year later.

The afternoon began with a full group photograph followed by a picture of past captains and presidents. There followed an afternoon of food, drink, music, and conversation. Speeches on behalf of the clubs, university, and Bannister family really hit the mark, and it was pleasing to hear **Irene Tracey** lay out the importance of sport to her agenda as Vice-

Chancellor. It was also a privilege to be joined by former world record holders, **Noureddine Morceli** and **Filbert Bayi**, who had travelled from Algeria and Tanzania respectively.

The next day began with the Bannister Community Mile, in which 1,500 entrants ran a mile from St Aldate's to Iffley Road via the High Street. There was a fantastic atmosphere throughout the morning and much positive feedback from participants. It was great to see so many alumni involved, including a fastest road mile effort of the day from **Jack Millar**. Also taking part current and former mile world record holders, **Hicham El-Guerrouj** and **Steve Cram**. They spoke about the events live on BBC Breakfast alongside OUAC mile record holder, **Craig Masback**.

In the afternoon, focus shifted to the Iffley Road track, where there were 25 track races, including veteran, junior, and para-races, as well as a global debut for the mile steeplechase. Proceedings concluded with the men's and women's elite races, where, despite heavy rain throughout the afternoon, four athletes succeeded in breaking the four minute barrier, cheered home by a large gathering of spectators. First across the line was **Ossama Meslek** in 3.56.15, setting a track record. It was great to see many alumni brave the wet conditions, both racing and spectating. It was undoubtedly a day we will remember for many years to come.

Later, Merton's TS Eliot Theatre was filled to capacity for a screening of '*Bannister: Everest on the Track*', expertly introduced by eye witness **Geoffrey Weston** and the film's director **Tom Ratcliffe**.



All generations of alumni from the 1950s to the 2020s were represented, and the interactions between current members and their predecessors over the past 70 years was one of the most special parts of the whole weekend's celebrations.

= Jared Martin



OXFORD V CAMBRIDGE

VARSITY MATCH

18TH MAY 2024, IFFLEY ROAD

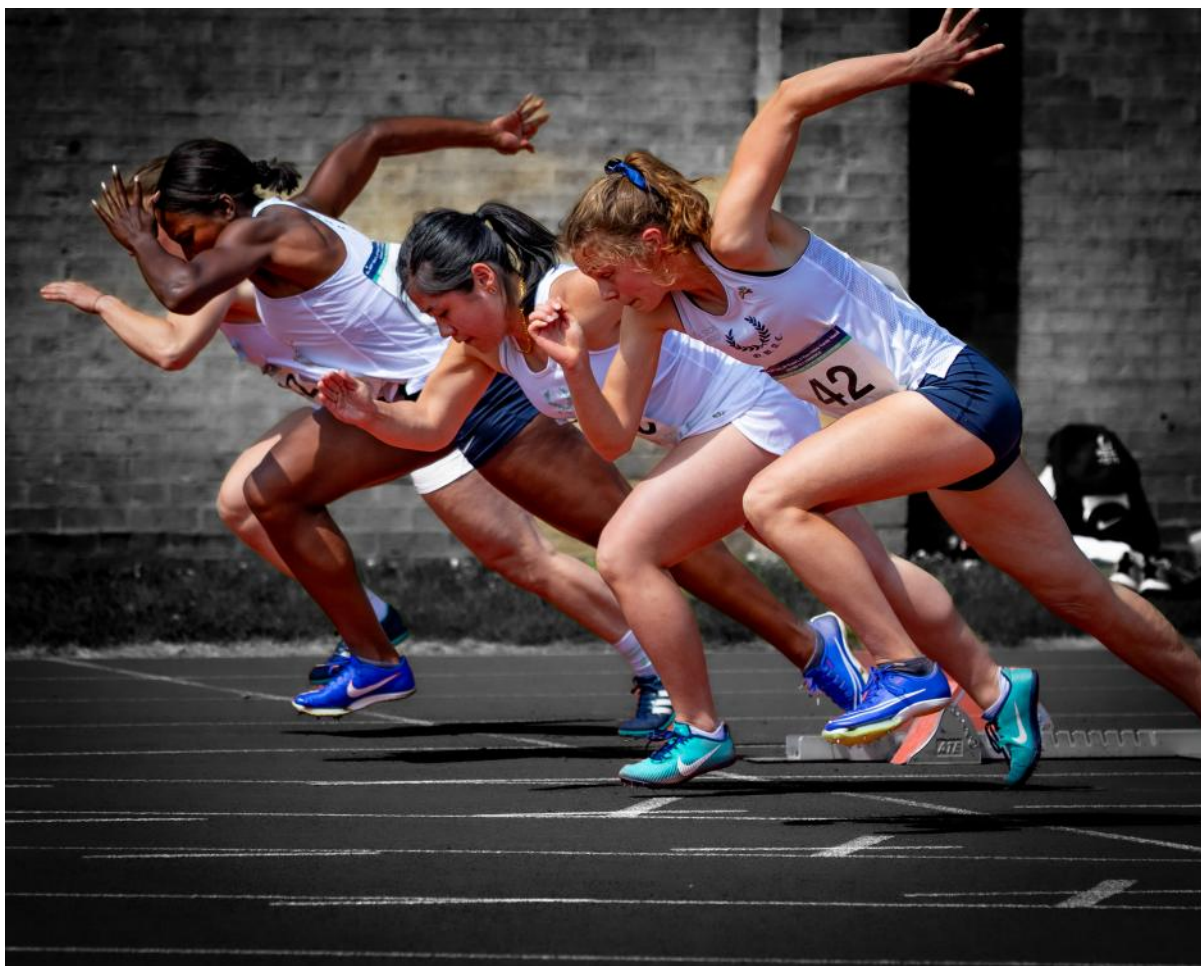
The men's mile was notable for being won in a time half a lap slower than either of the women's races. Oxford did not use the superior endurance at their disposal and opened the door to Cambridge's Adam Dray's 800m speed. If that was a tactical miscalculation it arguably cost Oxford the men's Blues match, and thus also the clean sweep of matches.

CAVEAT: The results below are from Po10 and may contain inaccuracies.

MEN'S BLUES.

100m, 10.91 Pelumi Babalola (C), 10.97 Chizute Ogbedeh (C), 11.20 Kudzai Mbinda (O), 11.31 Taiwo Aladekoye (O), 200m, 21.83 Pelumi Babalola (C), 22.80 Chizute Ogbedeh (C), 23.03 James McCulloch (O), 23.17 Lemuel Crentsil (O), 400m, 50.23 Ryan Cherian (O), 50.51 Thomas Kemball (O), 51.50 Jack Lipman (C), 53.62 Jeremy Dempsey (C), 800m, 01:55.7 Tom Barrett (O), 01:55.8 Cameron Deverill (C), 01:55.8 Jeremy Dempsey (C), 01:57.8 Miles Weatherseed (O), Mile, 05:36.0 Adam Dray (C), 05:36.7 Alex Gruen (O), 05:37.2 Miles Weatherseed (O), 05:37.7 Ewan Spen-

cer (C), 5000, 14:21.5 Joseph Massingham (C), 14:31.6 George Ogden (C), 14:39.5 Joe Morrow (O), 14:55.5 Alex Gruen (O), 110mH, 15.61 William Parry (O), 15.88 Oli Hector (C), 17.18 John Bennett (C), 17.33 John MacGreevy (O), 200mH, 25.18 William Parry (O), 25.58 Oli Hector (C), 27.93 Ataba Mamman (C), 30.22 John Bennett (O), 400mH, 56.71 William Parry (O), 58.82 Oli Hector (C), 68.32 Ataba Mamman (O), 71.44 Terry Fawden (C), 3000mSC, 09:00.8 Terry Fawden (C), 09:14.0 Thomas Dugre (C), 09:33.8 Thomas Renshaw (O), 09:50.8 Luke Gribbin (O), 4x100m relay, 43.03 CUAC (Hector, Babalola, Shimamune, Ogbe-



Julia Johnson (42) won all three hurdles races

deh), 43.67 OUAC (Crentsil, Mbinda, McCulloch, Aladekoye). 4x400m relay, 03:24.1 OUAC (McCulloch, Kemball, Parry, Cherian), 03:24.5 CUAC (Dray, Deverrill, Harper, Lipman) High Jump, 1.80 Ayman El Amrani (O), 1.80 Christopher Everett (O), 1.75 John Bennett (C), 1.70 Barnaby Corry (C), Pole Vault, 3.90 Barnaby Corry (C), 3.60 Nick Smart (O), 3.30 Stefan Schoepf (C), 3.10 Jirka Kucera (O), Long Jump, 7.00 Morgan Treasure (C), 6.84 Sandy MacAulay (O), 6.71 Fred Liu (C), 1.56 Oliver Bazin (O), Triple Jump, 13.97 Anthony Akinwale (O), 13.58 Morgan Treasure (C), 13.07 Oyare Aneju (C), 11.53 Oliver Bazin (O), Shot, 12.77 Joel Bell (O), 12.53 Oyare Aneju (C), 12.37 Alex Fogassy (O), 11.46 Ikechi Mere (C), Discus, 43.44 Ikechi Mere (C), 42.78 Joel Bell (O), 34.61 Oyare Aneju (C), 31.89 Jesse Schelfhout (O), Hammer, 38.35 Alex Blake-Martin (C), 36.48 Joel Bell (O), 33.09 Yannick Marc Limmer (O), 32.47 Gabe Lamb (C), Javelin, 56.27 Michael Allison (O), 53.96 Damon Zuber (O), 38.46 Alasdair Knight (C), 37.73 Keiran Kang (C).

Result: Cambridge men win 107-105

WOMEN'S BLUES.

100m wind +3.1, 12.23 Gabriella Berkeley-Agyepong (O), 12.38 Ninsola Adewale (O), 12.57 Kefeshe Bernard (C), 12.83 Anise Mellodey (C), 200m, 25.80 Gabriella Berkeley-Agyepong (O), 25.87 Natalie Groves

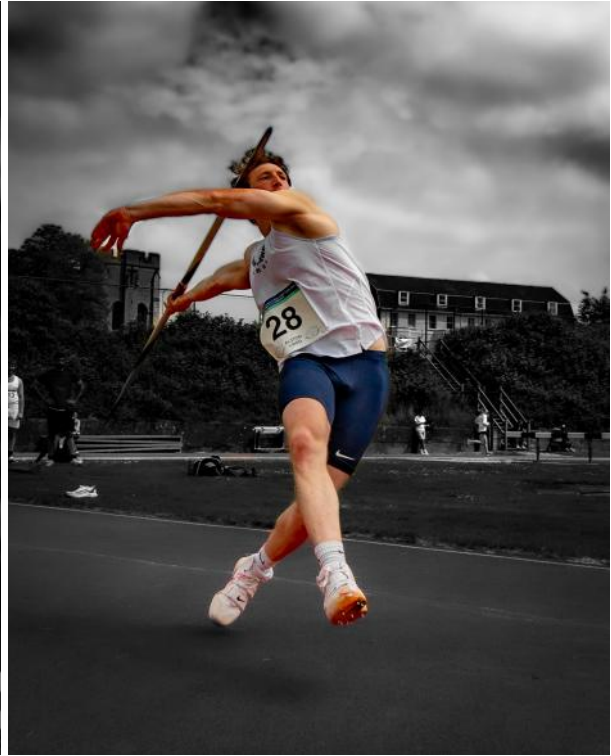
(O), 26.05 Kefeshe Bernard (C), 26.85 Jessica O'Flaherty (C), 400m, 57.12 Natalie Groves (O), 58.12 Eleanor Colbourn (C), 58.26 Catherine Gallagher (O), 60.43 Jessica O'Flaherty (C), 800m, 02:06.1 Rec Niamh Bridson Hubbard (C), 02:07.5 Charlotte Buckley (O), 02:08.6 Eleanor Colbourn (C), 02:15.8 Catherine Gallagher (O), Mile, 04:51.2 Niamh Bridson Hubbard (C), 04:52.5 Alexandra Shipley (O), 04:53.2 Phoebe Barker (C), 05:00.1 Jemima Ridley (O), 5000, 16:28.5 Rec Phoebe Barker (C), 16:55.3 Josephine Auer (O), 17:12.8 Poppy Craig-McFeely (C), 17:20.9 Lauren Major (O), 100mH, 16.09 Julia Johnson (O), 18.09 Sisanmofe Dorsu (O), 19.89 Nina Elliott (C), 20.07 Johanna Schoenecker (C), 200mH, 30.08 Julia Johnson (O), 31.44 Sisanmofe Dorsu (O), 33.51 Leonie Brunning (C), 37.29 Ellen Hedderman-Thompson (C), 400mH, 62.98 Julia Johnson (O), 67.68 Sisanmofe Dorsu (O), 70.48 Charlotte Lord (C), 2000mSC, 06:41.9 **Record** Alexandra Shipley (O), 06:53.3 Anika Schwarze-Chintapatla (O), 06:54.6 Niamh Thompson (C), 07:24.9 Rosie Vallance ©. 4x100m relay, 49.75 OUAC (Awodiya, Berkeley-Agyepong, Groves, Adewale), 50.87 CUAC (Vandermark, John, Bernard, Mellodey). 4x400m relay, 03:55.2 OUAC (Groves, Johnson, Buckley, Gallagher), 04:06.2 CUAC (O'Flaherty, Colbourn, Black, Barker). High Jump, 1.55 Annie Durand-Marandi (C), 1.55 Leonie Brunning (C), 1.45 Charlotte Buckley (O), 1.25 Jewel Bennett (O), Pole Vault, 2.90



Roz Delap, 2nd to Holly Mawdsley in the inaugural wheelchair 100m



Leonie Brunning—multiple point scorer for Cambridge



Damon Zuber—2nd to Michael Allison in the javelin

Hetta Friend (C), 2.60 Iris-Mae Morse (O), 2.50 Johanna Schoenecker (C), 2.40 Lauren Healy (C), 2.10 Amelia Inglis (O), Long Jump, 5.26 Leonie Brunning (C), 5.18 Ninsola Adewale (O), 5.15 Laura Anene (O), 4.88 Eleni Papafilippou (C), Triple Jump, 10.89 Laura Anene (O), 10.60 Sophie Brown (O), 10.49 Michaela Mensah

(C), 10.47 Eleni Papafilippou (C), Shot, 10.93 Leonie Brunning (C), 10.54 Hetta Friend (C), 8.77 Cayen Wang (O), 8.64 Catie Kohler (O), Discus, 34.77 Cayen Wang (O), 32.57 Catie Kohler (O), 31.01 Leonie Brunning (C), 22.19 Rachel McKinney (C), Hammer, 51.37 Phoebe Baggott (O), 36.02 Cayen Wang (O), 31.09 Liz



Pelumi Bebalola headed Chizute Ogbedeh and Kudzai Mbinda in the 100m



Sisamfofe Dorsu—2nd in the 400m hurdles to Julia Johnson

Stevenson (C), 17.99 Rachel McKinney (C), Javelin, 40.74 Johanna Schoenecker; 37.75 Carys Ward ©; 28.19 Alexandra Shipley (O), 23.56 Cayen Wang (O)

Result: Oxford Women win 121-90

PARA BLUES.

Trophy Winners

Susan Dennler Trophy (best performance, women):

Niamh Bridson-Hubbard.

Drake Digby Trophy (best performance, men):

Terry Fawden

Achilles Trophy: Phoebe Barker

Le Touquet Trophy: Julia Johnson

Paul Gomme Trophy: Phoebe Baggott

Steve Stuart Trophy: Peter Molloy & Laura Kingston

100m Ambulant, 15.89 Ewan Richardson T35/F35 (O), 100, Wheelchair, 24.5 Holly Mawdsley (C), 25.97 Roz Delap (C), 29.27 Katherine Willard (O), 400m Wheelchair, 92.99 Holly Mawdsley (C), 104.46 Roz Delap (C)

MEN'S SECOND TEAMS ALVERSTONE V CENTIPEDES.

100m, 11.16 Satoki Shimamune (Al), 11.64 Owen Branthwaite (Al), 11.79 Peter Braybrook (Ce), 11.86 Alfie Williams-Hughes (Ce), 200m, 23.09 Satoki Shimamune (Al), 23.42 Archie Harper (Al), 23.82 Peter Braybrook (Ce), 25.15 Tishan Wellalagodage (Ce), 400m, 51.80 Archie Harper (Al), 52.07 Peter Braybrook (Ce), 53.75 Julian Máthé (Ce), 53.89 Ed Parker (Al), 800m, 02:02.6 Tom Phillips (Ce), 02:04.3 Sam Hollins (Ce), 02:04.4 Patrick Hickey (Al), 02:05.3 Thomas Adolphus (Al), Mile, 05:08.4 Cillian Doherty (Al), 05:09.0 Matthew Fuller (Ce), 05:09.4 Christopher Parker (Ce), 05:09.9 James Rennie (Al), 5000, 14:28.5 **Record** Peter Molloy (Al), 14:41.3 Jonathan Cornish (Ce), 14:52.1 Naphtali Moulton (Ce), 15:23.0 Max Walk (Al), 110mH, 17.5 Antoni Krupa (Ce), 20.2 Matthew Harris (Ce), David Khachaturov (Al) DNF. 200mH, 28.28 Qays Mitchell (Al), 29.26 Antoni Krupa (Ce), 30.27 Matthew Harris (Ce), 34.31 James Ackland (Al), 400mH, 61.09 Alex Kingston (Al), 61.64 Matthew Harris (Ce), 65.69 Joshua Pearson (Ce), 67.62 Ben Massey (Al), 3000mSC, 09:51.9 Tom Spencer (Al), 10:22.2 James Ackland (Al), 10:33.0 Matthew Luney (Ce), 10:33.5 Matthew Buckley (Ce), 4x100m relay, 45.47 Centipedes (Boakye, MacGreevy, Braybrook,



Pelumi Bebalola, sprint double winner, and James McCulloch



Oyare Aneju, 2nd in the shot

Wellalagodage), 45.61 Alverstone, 4x400m relay, 03:34.9 Centipedes (Máthé, Fuller, Mamman, Weatherseed), 03:41.0 Alverstone, High Jump, 1.65 James Goh (AI), 1.65 Bryan Marville (Ce), 1.55 Scott Scoular (AI), 1.50 Alex Kingston (Ce), Pole Vault, 2.80 Zachary Anderson (AI), 2.70 Jinsen Lu (Ce), 2.30 Bryan Marville (Ce), Long Jump, 6.22 Daniel Ekundayo (AI), 6.00 Emmanuel Boakye (Ce), 5.82 Baker Lubwama (AI), 5.52 Ryan Price (Ce), Triple Jump, 12.57 Sebastian Mobus (AI), 12.07 Baker Lubwama (AI), 11.93 Antoni Krupa

(Ce), 11.87 Ryan Price (Ce), Shot, 11.59 Jesse Schelfhout (Ce), 9.92 Mohammed Ahmed (AI), 8.76 Alex Kingston (AI), 8.57 Bryan Marville (Ce), Discus, 31.24 Will Jump (Ce), 29.20 James Goh (AI), 26.62 Yannick Marc Limmer (Ce), 14.77 William Audis (AI), Hammer, 32.13 Will Jump (Ce), 28.86 Jesse Schelfhout (Ce), 20.14 Mohammed Ahmed (AI), 18.16 William Audis (AI), Javelin, 50.16 Jesse Schelfhout (Ce), 44.63 Bryan Marville (Ce), 37.66 Daniel Warnes (AI), 37.49 Mohammed Ahmed (AI)



Terry Fawden (left) won the Drake Digby Trophy; with Thomas Dugre

Result: Oxford Centipedes win 105-104

WOMEN'S SECOND TEAMS MILLIPEDES V ALLIGATORS.

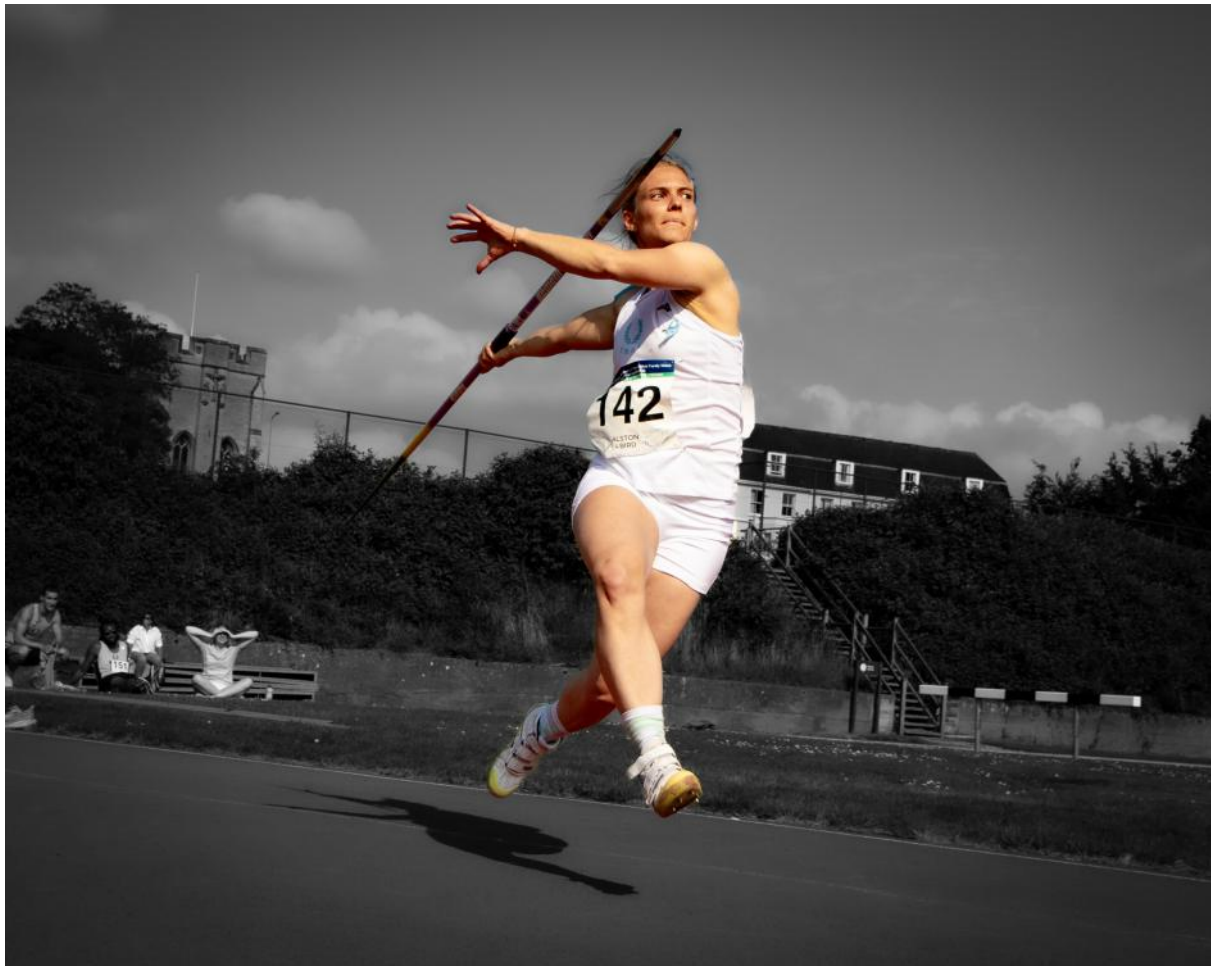
100m, 13.31 Eniola Awodiya (Mi), 13.59 Bryher Smith (Al), 13.69 Sophie Robson (Mi), 13.72 Freya John (Al), 200m, 27.54 Eniola Awodiya (Mi), 27.61 Sophie Robson (Mi), 28.03 Serena Charles (Al), 29.60 Alissa Sattentau (Al), 400m, 61.96 Tabatha Black (Al), 63.28 Eliska Freiberggerova (Mi), 63.80 Maya Vandermark (Al), 67.22 Alexandra Sevcenco (Mi), 800m, 02:16.5 **Record** Mared Owen (Mi), 02:18.6 Maia Hardman (Al), 02:21.3 Eliska Freiberggerova (Mi), 02:35.8 Martha Shawyer (Al), Mile, 05:03.2 Mared Owen (Mi), 05:03.7 Maia Hardman (Al), 05:09.2 Milly Dickinson (Al), 05:09.9 Beth Rawlinson (Mi), 5000, 16:40.8 **Record** Naomi Kingston (Mi), 17:23.9 Madeline Williams (Mi), 18:43.8 Zara Yamani (Al), 21:24.1 Anna Thompson (Al), 100mH, 15.61 Anna Schlagenwerth (Al), 18.00 Alexandra Akins (Mi), 18.39 Samantha Baker-Jones (Mi), 23.09 Amelia Cheeseman (Al), 200mH, 31.08 **Record** Anna Schlagenwerth (Al), 32.77 Alexandra Akins (Mi), 34.41 Samantha Baker-Jones (Mi), 41.84 Amelia Cheeseman (Al), 400mH, 68.35 Anna Schlagenwerth (Al), 75.52 Grace Cardwell (Mi), 79.16 Alexandra Akins (Mi), 84.47 Maya Hodgson (Al), 2000mSC, 07:31.5 Rose Sheppard (Mi), 07:32.3 Maya Hodgson (Al), 07:50.7 Harriet Clayton (Mi), 08:40.3 Ellie Taylor (Al), 4x100m relay, 52.6 Millipedes (Morse, Dorsu, Robson, Thompson), 53.49 Alligators (Charles, Schlagenwerth, Smith, Sattentau). 4x400m relay, 04:12.5 Millipedes (Shipley, Sevcenco, Owen, Freiberggerova), 04:16.9 Alligators (Lord, Craig-McFeely, Forey, Hardman). High Jump, 1.50 Claire Forey (Al), 1.35 Katinka Mitchell-Thomson (Mi), 1.30 Nausicaa Huen Kiu Ng (Al), 1.30 Joanna Leadley (Mi), Pole Vault, 2.90 =**Record** Anna Conroy (Mi), 2.00 Emma Arbanas (Mi), 1.80 Summer Breen-Levine (Al), Long Jump, 5.17 Jane Mills (Al), 4.50 Bryher Smith (Al), 4.23 Poppy Stokes (Mi), 4.09 Katinka Mitchell-Thomson (Al), Triple Jump, 10.30 Olivia Noble (Al), 10.16 Talia Turay (Al), 9.67 Anna Conroy (Mi), 9.47 Poppy Stokes (Mi), Shot, 8.65 Maddie Soule (Mi), 8.18 Freya Waterworth (Mi), 7.74 Jemima Bland (Al), 7.66 Vianney Gomezgil Yaspik

(Al), Discus, 26.22 Vianney Gomezgil Yaspik (Al), 23.78 Grace Lawrence (Mi), 23.05 Freya Waterworth (Mi), 12.03 Larabella Myers (Al), Hammer, 21.26 Freya Waterworth (Mi), 20.79 Grace Lawrence (Mi), 16.44 Larabella Myers (Al), 16.22 Jemima Bland (Al), Javelin, 28.77 Jemima Bland (Al), 24.92 Samantha Baker-Jones (Mi), 24.46 Eniola Awodiya (Mi), 24.42 Rachel Thompson (Al)

Result: Oxford Millipedes win 116.5 - 94.5 Photos: Andy Hodge



Julian Máthé leading off the winning Centipedes 4 x 400m team



CUAC President Johanna Schoenecker won the javelin for the third consecutive year

EKIDEN RELAY



The first Japanese Ekiden Relay Race was held in the UK with the Universities of Oxford and Cambridge taking the first two places.

The 'Ekiden', is a traditional Japanese multi-stage, long-distance relay race which involves the passing of a cloth sash ('tasuki') from one runner to the next at set stations along a pre-determined route.

107 years on from the first 'Ekiden race', the inaugural UK based Ekiden relay took place to mark the visit of Japan's Emperor Naruhito who studied at Merton College, Oxford and Empress Masako who studied international relations at Balliol College, Oxford. Fittingly the course ran from Oxford to Windsor, along the Thames towpath, a river which the emperor was much acquainted with, having chronicled his experiences at Oxford in his memoir the 'Thames and I'.

This much-anticipated event sponsored by the Financial times, Nikkei and Mizuno was held on Monday 24th June 2024 on a beautiful sunny June morning which was warm from the start, meaning hydration was important. The race was held on a mixture of trail and road, testing not solely running ability but successful navigation along a set route, with rutted terrain, sharp turns, natural obstacles such as gates, cows, locks and fallen trees. Spirit and sportsmanship were shown by all individuals, cheering each other on and great resilience displayed in overcoming the challenges faced alongside the healthy competitiveness one expects in a race.



There was much nervous anticipation, with many messages exchanged and frantic checking of leg times and results by each team after each changeover. In the end Oxford University's first team managed to acquire and maintain a healthy lead, finishing 1st in a time of 7 hours 48 minutes, followed by Cambridge 2nd in 8 hours 25 minutes, ahead of Birmingham University 3rd who completed the course in a time of 8 hours and 41 minutes. The Oxford University second team finished 6th out of 15 teams in 9 hours and 55 minutes. A special mention to Julia Bremke who ran both leg 9 and 10 (23km) in the heat of the afternoon to complete the relay for the second Oxford University team. A well-earned, cold Sapporo (Premium Japanese beer) was enjoyed by many competitors at the finish line in The Brocas whilst dipping their tired feet in the Thames with views of the Castle.

- Jonny Cornish



ACHILLES V 4 WINGS (TOKYO, WASEDA, KEIO & KYOTO UNIVERSITIES)

KOMABA STADIUM, TOKYO. 1ST SEPTEMBER 2024



Almost 90 Achilles members, including current students and both recent and older alumni, headed to Tokyo for a match against the 4 Wings Club, comprising the athletics clubs of The University of Tokyo, Kyoto University, Waseda University, and Keio University, in a trip made possible by Paul Willcox and coordinated by the two Marthas, Bevan and Stevens, with long time Achilles friend Akira Kazama heading the hosting in Tokyo.

Some early arrivers had decided to explore western Honshu, and were almost caught out by transport cancellations following a typhoon which at times looked like it might even threaten the fixture, but which thankfully died down before reaching Tokyo, and everyone was able to get to Tokyo in time.

Too large a group to stay in a single place, we spread across a pair of hotels in the Akihabara and Asakusubashi areas, but took many opportunities to meet up and inter-mingle. This started with a trip to the Tokyo National Museum and lunch at a gyozeria before checking out the facilities at the track at the University of Tokyo Komaba Campus, before splitting off into smaller groups for dinner and sampling the city's night-life. These trips proved a good opportunity to practise navigating the Tokyo transport system - easy for most who relied on the trustworthy recommendations of google maps, while others took the extensive subway network as a chal-

lenge and found their way without digital help. To the best of our knowledge, no one was lost on the way.

The day before the main match, there were a couple of competitive 5000m races in the unforgiving heat and humidity of the Japanese summer. These were won by Jonathon Cornish in





15:03.89 and Naomi Kingston in 18:17.73, respectively. The other athletes were thankful for the rain that arrived the next day.

On 1st September, the team returned to the track for our competition with 4 Wings, in what proved to be a very exciting match with some outstanding performances. Individual wins came for Achilles in the men's 200m (Samuel Clarke, 21.56; Achilles athletes won 5 of the 6 races at this distance, only missing out in the women's A race), women's 400m (Eleanor Colbourn, 58.66), women's 800m (Eleanor Colbourn, 2:17.27), both 1500m races (Miles Weatherseed, 3:55.62; Charlotte Buckley, 4:38.80), 100mH (Julia Johnson, 16.1), 110mH (Samuel Clarke, 14.73; this race was re-run, with Samuel winning both), both HJ competitions (Michael Allison, 1.80m; Annie Durand-Marandi, 1.60m), both SP competitions (Marley Young, 14.07; Leonie Brunning, 11.08), both DT competitions (Marley Young, 40.93; Cayen Wang, 31.22), both HT competitions (Marley Young, 42.85; Leonie Brunning, 33.36), and men's JT (Michael Allison, 59.98). Achilles also fared well in all four relays, ultimately winning the match with the last race of the day.

Along with the more common athletics events, there were also a number of more unusual ones, including the standing five-step jump and 100m race walk, and there was even an adorable children's 100m sprint.

The match concluded with a narrow victory for the Achilles team, but the competition remained tight to the end. While performing well and earning points for their respective teams was certainly a priority for all athletes, the Japanese competitors embodied a spirit of 'it's taking part that counts' and created an uplifting and supportive atmosphere, especially also for

Of various ascents of Fuji, none was faster than that of James Rennie who climbed the 9500 feet in 2:44, only 16 minutes off the course record.

those competing in field events. And while the Achilles team was mostly comprised of students or recent alumni, 4 Wings had numerous more experienced athletes, and the 75 year old javelin throwers were no exception.

The match was followed by a social gathering with our hosts, with plenty of local food and drink, and an opportunity to socialise with the other clubs. The evening culminated in the singing of our club anthems (in the absence of an existing club song, Achilles opted for Jerusalem, with singing voices aided by 2 bottles of sake gifted by our hosts). For some, the evening did not end there, heading out into Tokyo for further fun with some of 4 Wings.

For many days after the match, the Achilles tourists continued to arrange activities, visiting various museums, restaurants and observation decks in smaller groups, as well as larger group activities including 'taking over' a bar and singing karaoke in Akihabara.



Some even took the opportunity to explore other parts of East Asia on the journey home, including trips to Seoul and Shanghai. Several in the group tackled the ascent of Mount Fuji, one of Japan's Three Holy Mountains, which also holds great cultural value for the Japanese. Modes of climbing extended from going solo, over climbing aided by guides alongside an eclectic mix including Taiwanese Marines, Chinese tourists and a Hong Kong accountant, which prompted an interesting conversation on the complex geopolitical situations, to racing up the 13 mile trail from Fujikawaguchiko.

A good time was had by all, and many in Achilles and 4 Wings expressed their hopes that another visit would come sooner than in another 25 years. Following the success of this trip, and our recent trips to Monaco and Estonia/Finland, here's hoping that our club will continue to form strong bonds in tours in the coming years. These non-selective tours complement the Transatlantic Series very well, offering opportunities for athletes and athletics enthusiasts of all abilities, ages, and ambitions, to stay connected with our wonderful sport and make new experiences with friends old and new.

- *Bilen Ahmet and Johanna Schönecker*

Men 100m Heat 1 . wind (+0.1m). 1, 井上 昂, 10.77; 2, Zute OGBEDEH, 10.96; **Heat 2** . wind (-0.1m). 1, 新倉 佑輔, 10.9; 6, Emmanuel ADEYEMI, 12.2; **Heat 3** . wind (-1.0m). 1, 酒井宏育, 11.71; 4, Daniel BRAY, 12.11; **Heat 4** . wind (-0.4m). 1, Bilen AHMET, 13.01; 2, Alan JAMES, 13.41; **Women 100m Heat 1** . wind (-0.4m). 1, 渡辺 幸穂, 12.72; 2, Alexandra BURCHILL, 12.81; 3, Gabriella BERKELEY-

AGYEPONG, 12.83; 5, Adahna EKOKU, 13.35; **Heat 2** . wind (+0.2m). 1, 平松 藍, 13.3; 4, Emilie THOMPSON, 13.9; 5, Eniola AWODIYA, 14.1; 7, Ifunanya MOLOKWU, 15.2; **Men 200m** (1組)wind (-1.2m). 1, Samuel CLARKE, 21.56, Record, 5, Zute OGBEDEH, 22.37; (2組)wind (-0.1m). 1, Will PARRY, 23.44; 4, Stephen CHEN, 24.53; (3組)wind (-0.5m). 1, Daniel BRAY, 24.23; 5, Alan JAMES, 28.66; (4組)wind (-0.3m). 1, James TUFNELL, 26.55; 3, Bilen AHMET, 27.67; **Women 200m**. (1組)wind (+0.5m). 1, 日景 レイチエル, 25.46; 2, Alexandra BURCHILL, 26.17; 4, Gabriella BERKELEY-AGYEPONG, 27.64; (2組)wind (+0.7m). 1, Jessica O'FLAHERTY, 26.49; 3, Ellen HEDDERMAN-THOMPSON, 28.66; 4, Sophie ROBSON, 28.8; 6, Emilie THOMPSON, 29.13; **Men 400m** 1, 佐藤 拓也, 49.61; 3, Jack LIPMAN, 51.63; 1, ウオルシュ 禪, 52.31; 2, Archie HARPER, 52.73; **Women 400m** (2組). 1, Ella COLBOURN, 58.66, Inaugural record, 2, Ella FRYER, 58.83; 3, Natalie GROVES, 59.31; (2組). 1, Julia JOHNSON, 58.6, Inaugural record, 2, Jessica O'FLAHERTY, 60.8; 3, Ellen HEDDERMAN-THOMPSON, 65.2; **Men 800m** 1, 櫻井 大介, 01:51.7, Record, 2, Thomas BARRETT, 01:57.6; 3, Ewan SPENCER, 01:58.3; 4, Samuel HOLLINS, 01:59.3; 6, Ben MASSEY, 02:11.5; **Women 800m**. 1, Ella COLBOURN, 02:17.3; 2, Catherine GALLAGHER, 02:17.7; 3, Klara HATINOVA, 02:19.4; 4, Ella FRYER, 02:21.2; **Men 1500m**. 1, Miles WEATHERSEED, 03:55.6; 4, Jonathan CORNISH, 03:59.3; 5, Thomas RENSCHAW, 04:12.1; 7, Jared MARTIN, 04:15.1; 8, Matthew KUNOV, 04:16.2; **Women 1500m**. 1, Charlotte BUCKLEY, 04:38.8, Inaugural record, 2, Niamh THOMPSON, 04:39.8; 3, Jemima RIDLEY, 04:41.2; 4, Anika SCHWARZ-CHINTAPATIA, 04:42.5; 5, Poppy CRAIG-MCFEELY, 04:43.9; 6, Milly DICKINSON, 04:45.1; 7, Klara HATINOVA, 04:53.7; 8, Naomi KINGSTON, 05:06.9; 9, Rose SHEPPARD, 05:16.6; **Mixed 5000m (31 August)**. 1, Jonathan CORNISH, 15:03.9; 2, Pete MOLLOY, 15:28.6; 3, James EDGERTON, 15:35.6; 4, Tom SPENCER, 15:41.0; 5, Matthew DUBERY, 15:47.3; 6, Matthew KUNOV, 15:54.4; 7, Jared MARTIN, 16:05.1; 8, Tom WOOD, 16:14.3; 9, James RENNIE, 16:24.9; 1, Naomi KINGSTON, 18:17.7; 2, Jemima RIDLEY, 18:54.7; 3, Rose SHEPPARD, 20:12.8; **Men 110mH** 1, Samuel CLARKE, 14.73, Record, 3, Oli HECTOR, 16.00; **Women 100mH** 1, Julia JOHNSON, 16.1; 2, Martha STEVENS, 17.1; 3, Alexandra AKINS, 18.3; **Men 4x100m** 1, 4Wings, 41.98; 2, Achilles Club A, 42.12; 3, Achilles Club B, 48.35; **Women 4x100m**. 1, Achilles Club A, 50.67; 2, 4Wings, 50.98; 4, Achilles Club B, 64.04; **Men 4x400m**. 1, Achilles Club A, 03:17.8 (Jack Lipman 51.4, Ma-

ranga Mokaya 48.5, Archie Harper 51.6, Sam Clarke 46.3), 3, Achilles Club B, 03:32.2 (Will Parry 52.0, Thomas Barrett 51.3, Oliver Hector 52.0, Ben Massey 56.9), 4, 4Wings, 03:40.0; **Women 4 x 400m** 1, Achilles Club A, 03:57.9 (Natalie Groves 60.5, Ella Fryer 60.5, Charlotte Buckley 59, Ella Colbourn 57.9) 2, Achilles Club B, 03:58.7 (Alexandra Burchill 60, Jessica O'Flaherty 62.7, Julia Johnson 58.1, Catherine Gallagher 57.8) 3, 4Wings, 04:34.9; **Mixed 100m Walk** 1, 吉川 大晃, 26.18; 2, Bilen AHMET, 26.7; **Men High Jump**. 1, Michael ALLISON, 1m80; 2, Devin O'BRIEN, 1m75; 4, Bilen AHMET, 1m50; **Women High Jump**. 1, Annie DURAND-MARANDI, 1m60; 2, Leonie BRUNNING, 1m55; **Men Long Jump**. 1, 竹島 龍児, 5m93 -0.9; 2, Oliver BAZIN, 5m08 -1.7; 3, Ilya CAREY, 4m93 -1.1; **Women Long Jump** 1 . 1, 本間 優季, 4m76 -0.2; 2, Katie THOMPSON, 4m36 -0.5; 3, Iris-Mae MORSE, 4m25 -0.4; 4, Gabriella BERKELEY-AGYEPONG, 4m14 -1.8; 5, Rachel THOMPSON, 3m76 -0.4; **Pool 2** . 1, 中澤 希緒, 5m27 -0.2, Inaugural record, 2, Adahna EKOKU, 4m94 -2.7; 3, Laura ANENE, 4m64 -0.6; **Men Triple Jump**. 1, ウオルシュ 禪, 11m77 -1.4; 2, Oliver BAZIN, 10m96 -0.6; **Women Triple Jump**. 1, 中澤 希緒, 11m88 -0.2; 2, 本間 優季, 10m65 +0.1; 3, Laura ANENE, 10m33 +0.7; 4, Martha STEVENS, 10m14 -1.5; 5, Reese ROBINSON, 9m76 -3.2; **Men STANDING 5 STEP JUMP**. 1, 吉川 昂希, 14m16; 5, Ilya CAREY, 12m71; 6, Bilen AHMET, 12m12; **Women STANDING 5 STEP JUMP**. 1, Laura ANENE, 12m16; 2, 高畑 志野, 12m16; 3, Iris-Mae MORSE, 11m48; **Men Shot [7.260kg]**. 1, Marley YOUNG, 14m07, Record, 3, Stephen CHEN, 11m21; 4, Ikechi MERE, 10m68; **Women Shot [4.00kg]**. 1, Leonie BRUNNING, 11m08, Record, 2, Katie THOMPSON, 8m16; 4, Deborah ESAN, 7m57; 5, Rachel THOMPSON, 6m38; **Men Discus [2.00kg]**. 1, Marley YOUNG, 40m93; 2, Ikechi MERE, 36m58; 4, James TUFNELL, 30m73; 5, Willem JUMP, 25m98; **Women Discus 1.00kg]**. 1, Cayen WANG, 31m22, Record, 3, Leonie BRUNNING, 30m57; **Men Hammer [7.260kg]**. 1, Marley YOUNG, 42m85; 3, Kerem MUMYAKMAZ, 32m51; 5, Bilen AHMET, 23m74; **Women Hammer [4.00kg]**. 1, Leonie BRUNNING, 33m36; 2, Cayen WANG, 33m30; 3, Iris-Mae MORSE, 18m73; **Men Javelin[800g]**. 1, Michael ALLISON, 59m98; 2, Damon ZUBER, 55m69; 5, Orlando Bell, 34m08; 6, Bilen AHMET, 31m42; **Women Javelin[600g]**. 1, 南野 智美, 37m37, Record, 2, Johanna SCHÖNECKER, 35m80; 3, Leonie BRUNNING, 31m18; 4, Katie THOMPSON, 30m49; 5, Martha BEVAN, 29m85; 6, Samantha BAKER-JONES, 25m07; 7, Rachel THOMPSON, 24m14.



IN MEMORIAM



Ian Jeffery (Clare College, Cambridge, 1952-55) on 13th August 2022

IME Jeffery was President of CUAC in 1955. He won the long jump in the 1954 Varsity Sports (*photo*), having placed 2nd in 1953. And in 1954 he placed 2nd for Oxford and Cambridge against Penn & Cornell at White City in London.

Dr G H Jeffries (Magdalen College, Oxford, 1953-56) on 10th July 2023.

Graham Jeffries was President of OUAC in 1955, and won the high jump at the Varsity Sports of 1953 and 1955. He was on the US tour of 1953. In he 1954 won the high jump against Penn & Cornell in torrential rain on a flooded track. He ended that year with a best jump of 1.89. He went on to become the founding chair of the Department of Medicine at Penn State College of Medicine.



Dr FK Geary (St Catherine's College, Oxford, 2008-2015) on 30th March 2023

Keith Geary, a mature student at Oxford, was a valued member of officiating teams at Varsity and other athletics matches for a large number of years. We were in awe of his own ageless athleticism in winning lacrosse Blues, most recently in 2010 at the age of 63.

Professor DIB Smith (Merton College, Oxford 1956-60) on 27 September 2023

Donal (Don) Smith was one of a close knit band of world class runners competing for OUAC in the late 1950s. In the 1957 Varsity Match he placed 2nd to Donald Gorrie over 880y, and that year he toured USA and Canada with the Oxford & Cambridge team



In 1958, he did not contest the Varsity Match, but he won the 880y against Penn & Cornell, and representing New Zealand he finished fifth at the British Empire and Commonwealth Games in Cardiff.

In 1959 he won the Varsity 880y, and in 1960 he placed a close 2nd to a record breaking run by John Holt. And at the 1960 Olympics in Rome he reached the quarter finals.

Bob Solomon, Derek Johnson and Donal Smith: Iffley Road 1957

Dr. Malcolm Bright (St Catherine's College, Oxford, 1959-63) on September 21st 2023

Malcom Brighte had fond memories of participating in the London to Brighton and Isle of Wight races.

David Waterhouse (Merton College, Oxford, 1958-61) on 25th October 2023

DM Waterhouse was an accomplished thrower, and a particularly fine shot putter, still ranked sixth in the OUAC all-time lists. In other years might have expected regularly to win event at the Varsity Match. However, Cambridge's David Harrison was a contemporary and came out top in most of their competitions. Both of them toured the USA and Canada in 1961 with the Oxford and Cambridge joint team, throwing shot, discus and hammer. David Waterhouse placed 3rd in the shot at the Canadian Championships of 1961, 4th in the discus and 4th in the hammer. His best put was 15.60m in 1963. After going down he worked in Africa, where he competed for Nigeria and later coached throwers in the Zambian national squad.



David Waterhouse & David Harrison

Dr SR Richardson (Merton College, Oxford, 1949-53) on November 4th 2022.

Stanley Richardson placed 2nd to his OUAC teammate Alan Dick in the Varsity Sports 100y in 1953. and 3rd in the 220y. He was proud to have been a member of the Club and to have been a teammate of the likes of Roger Bannister and Chris Chataway.



Stanley Richardson and John Turner—relay practice 1951

Jo Dering (Exeter College, Oxford 1987-91) on 17th January 2024

Jo Dering, one of the most successful yet more humble female Achilles athletes of all time, will be sorely missed by all who crossed paths with her during her short but illustrious Achilles career.

A bubbly and much-loved member of OUAC and Achilles, and until last year the Achilles 1500m record holder, Jo contributed much to both University and Club whilst also forming strong relationships with the Oxford City Running Club during her four-year degree. Her athletic results speak to her talent, determination and dedication.

In 1988 Jo placed 4th in the Varsity Cross Country and, in the same year, an Achilles team of Jo, Davina Manship and Sian Pilling won the St Maur Corrida road race in Paris, led home by Jo in 6th place overall.

The following spring, Jo set personal bests at both 800m and 1500m (4:40.7) in the Transatlantic Series USA tour, later further improving at 800m to a lifetime PB of 2:09.8.

Injury then forced her out of Varsity events until July 1990 when, in her first race of the year, she dramatically improved her 1500m time, winning for Achilles against the Combined Services and Surrey in 4:20.1. This was soon improved to a lifetime outdoor pb of 4:11.85 at Wrexham in July 1990. Two weeks later she set a 3000m pb 8:59.45 in Hungary. And, in a resounding team victory for Oxford, Jo was a dominant winner of the Varsity Cross Country in December of the same year.

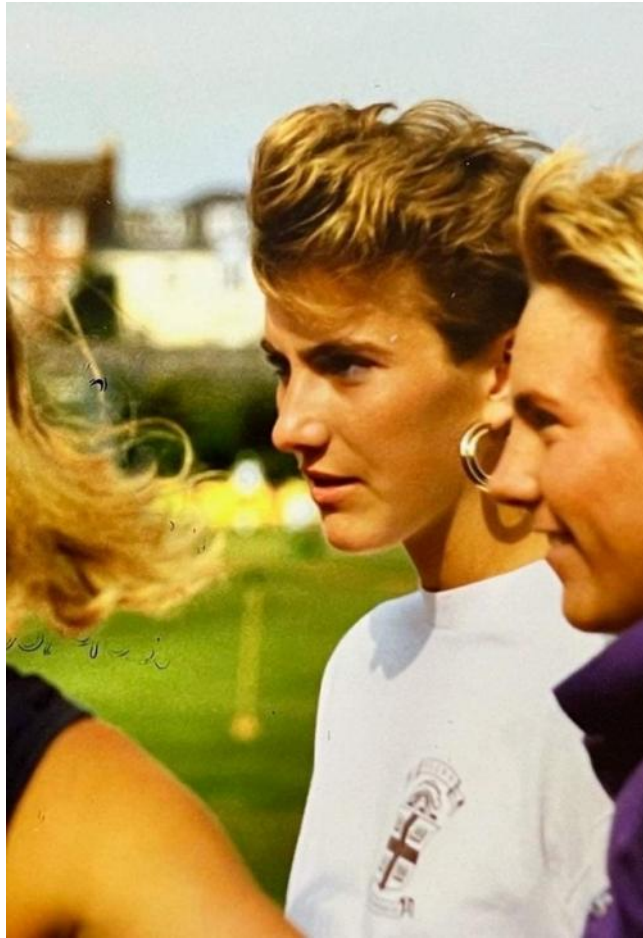
Her amazing form continued into 1991, when she won the WAAA Indoors 1500m, the first Achilles woman to win a national title, before setting a shortcourse pb of 4:13.10 in the World Indoors in Spain.

Jo set a mile pb of 4:38.14 in the summer of 1991, competing for the AAA; and her all-around long-distance prowess was capped by 45th place in the 2003 London Marathon in a time of 3:00:58.

Immediately after Oxford Jo devoted her considerable gifts to a teaching career at Larkmead School in Abingdon. Here hundreds of former pupils remember her with affection as 'a fantastic maths teacher, Director of Learning and inspirational Head of Sixth Form'.

Jo's mantra of "just go faster when you feel tired" is still being passed on through the coaching ranks. She will remain an inspiration to everyone that knew her.

- with thanks to Sian Brice (Pilling) and Liz Stapleton (Hobson) for their contributions



US Tour 1989: Liz Hobson, Jon Brooke, Sian Pilling, Larry Matthews and Jo Dering

RJ Solomon AM (Wadham College, Oxford 1955-57) on 14th June 2024



Bob Solomon winning the Varsity 440y in 49.3 secs from Derek Johnson (Oxford—at the time the reigning Olympic 800m silver medalist) and Malcolm Chaplin (Cambridge), at White City on 6th April 1957.

“Oxford had drawn lanes 2 and 4 for the 440, so as 2nd string I was once again on the outside. As we walked to the mark, Derek said “You take the inside, Bob”, but as it was only 50 minutes since his mile race I said “no thanks” and placed my blocks in lane 4. Having comfortably held off Malcolm Chaplin in the November Relays and being in better form now, I did not expect the him to be able to run me down, but Derek was a great competitor. Winning this race would give him a total of eight wins in the Match, to equal the record of Harold Abrahams, who still held the long jump record from 1923....The photo that made the cover of Athletics Weekly shows the tape broken by me with my arms spread out, with Johnson and Chaplin still driving for the line, a margin of about two feet. Derek gave it everything he had to edge Malcolm Chaplin out by inches, making another 1, 2 for Oxford “

Bob Solomon’s love of running flourished at Oxford, where he went on a Rhodes Scholarship, and never waned. He trained with and competed against many great athletes, some of whom like John Metcalf and Donal Smith became friends for life. And he noted “ I had no idea what real training was until Oxford!”.

In New South Wales he had held the State Sub-junior and Junior 220 and 440 yards titles, set a new Interclub record for the 440 yards in 1952 and was the Australia and New Zealand Universities 440 champion in 1953.

The highlight of Bob’s running career was winning the 440 yards in 48.8 (400m 48.5) at the OUAC Sports in March 1957, and in 49.3 at the Oxford-Cambridge match the following month, both against world class opposition. He also ran 48.8 at the Harvard-Yale match in the USA in June 1957, though at the last moment was unexpectedly overtaken out by Harvard’s French Anderson (who subsequently competed for Cambridge in the 1961 Varsity 440y).

He excelled as a relay runner, often running the anchor leg in talented teams. His final run in the UK was the 4x440y – with London just losing 3:12.4 to New York’s 3:12.0. His 220y pb was 21.9 and 220y hurdles 25.0.

As a Senior Lecturer in Geography at the University of Tasmania, he captained the State team in the 1959 Australian Championships before retiring from athletics. He competed in Masters Athletics for 15 years, setting a number of records and winning the 100-200-400m triple four times for New South Wales and once as Australian Champion and in his 60s reached the semifinals of the 200m at the World Vets in Miyazaki.

Bob was a staunch supporter of Achilles. He was closely involved in hosting our 2002 tour to Sydney. And your editor is ever mindful of his advice on presenting the Annual Report. In his declining years Bob was



"In the 440, the Americans drew lanes 1 and 3, with me between. Don Smith was making up the quota for us on the outside. Richard Wharton, the Harvard captain, had run 48.0 seconds, and he took the inside. French Anderson was also from Harvard and had run 48.4 seconds. In a photo taken just after the finish by Barry Eastment, I am as lean as a stick and look about half the weight of my two opponents.

"As it was, I ran a good race and led off the bend into the horseshoe, with the race as good as won. But there was a stiff breeze blowing against us and I didn't hear Anderson coming. He beat my 48.8 in the last stride. It was one of very few times I had been overtaken in a 440 finish, and I still believe I could have put my foot down hard if I had realised Anderson was so close.

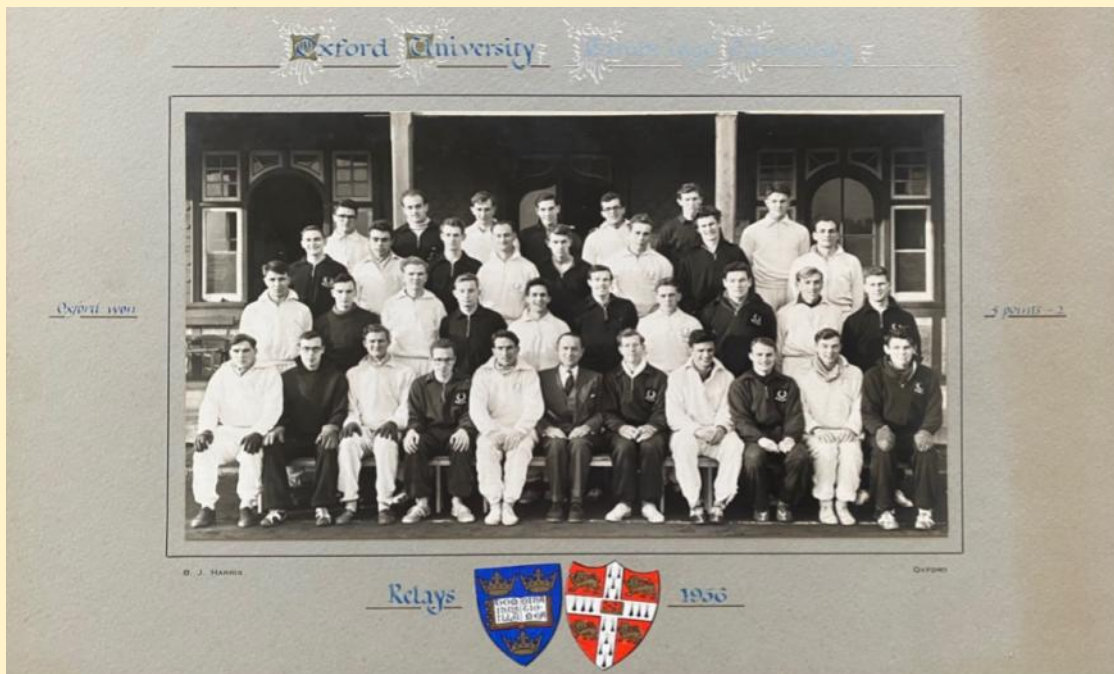
"Less than ten minutes later I ran a good second leg of the 4x110 relay, the mainly Cambridge team, David Donaldson, me, John Scott-Oldfield and Gwilym Roberts, winning in 43.2 seconds."



The 2002 Achilles tour to Australia: Paul Willcox, Bill Wentworth (OUAC half mile first string 1930) and Bob Solomon

cheered to be visited in his care home by younger antipodean members, a kind gesture he very much appreciated.

Bob gained a First in Geography at Oxford, worked and published widely in geography and urban affairs and was a Member of Australia's House of Representatives in the 1970s. He was appointed a Member of the Order of Australia in the 2010 Queen's Birthday Honours, "for services to urban affairs, particularly through research, public discussion and policy development by the Australian Institute of Urban Studies, to the Association of Former Members of Parliament, and to athletics."



"The 1956 Oxford v. Cambridge Relays, held at Iffley Road on 29th November, were preceded by a team lunch at the Café de Paris on the previous day. The memorably freezing meeting of 1955 was unlikely to be equalled, but it was hardly good running weather. Derek's absence would certainly be noticed, but we looked pretty strong. Indeed we were, winning the match 5-2 on a sunny afternoon with a very cold wind.

"As I had been starting so well, I ran the first leg of the 4x110 and gained several yards, Buchanan held, but Booth lost ground and Roberts (Cantab) beat Metcalf home by a foot or so. We then won the 4x880 in fine style, Don Smith and Charles Maxwell timing 1:56.9 and 1:56.8. We won the 4x120 hurdles but lost the 4x220 flat with our second team.

"We next won the 4x220 hurdles by a whisker in record time, with Metcalf doing a world class 23.8 seconds and me my best time of 25.3 for the second leg. The 4 x one mile was a close race until Paul Abrahams turned in a 55-second last lap for Oxford to romp home. Although we now led 4-2, we needed the 4x440 for a convincing win. I can only guess who our first three runners were other than Buchanan because Les Critchlow was sick, but I took the baton for the anchor leg with a lead of one yard, went off fast, eased a little at the end of the back stretch, then kept Malcolm Chaplin on my shoulder around the second bend and held him off to win by about three feet in a very fair 49.2. We only missed the 1937 record by 0.4 second, without Derek [Johnson] (at the Olympics). We then had tea in the pavilion, sherry at (OUAC) President Gorrie's, dinner at the Mitre and coffee at La Roma."

BK Hull (St Catherine's College, Oxford 1969-72) on 6th April 2022

Brian Hull, OUAC President 1971/2, was educated at Hastings Grammar School and had, by the time he came up to Oxford already made his mark as a Junior International, having won a GB vest as a Triple Jumper. He competed in the 1971 Varsity Match, placing second to teammate Richard Gyles but he ended the season as the top-ranked Achilles Triple Jumper with a 15.05 performance later in the summer. He was

a factor. Brian was selected as a member of the 1973 Achilles team touring the US and he helped the team to an excellent result, tying with a strong Cornell/Penn, by taking the Triple Jump with his final round jump. His appearance trackside at Ithaca, wearing a Polish national tracksuit provided a much-needed psychological boost to the Oxford & Cambridge team.



elected President of OUAC for 1971/72 and led Oxford to victory in the 1972 Varsity Match, winning his event. Brian was also a very good footballer, a member of the Blues' team in that sport as well.

Brian continued his studies overseas, taking up a British Council scholarship in Poland. That came as a direct result of his being part of one of legendary OUAC coach Captain Mack's winter training trips to Warsaw over the 1970/71 New Year, which led to Brian falling in love with Polish culture. Poland's strong global position in Triple Jumping inspired by double Olympic champion Josef Szmidt was doubtless

With his studies completed Brian moved back to the UK, taking up a management position in industry and setting up home in North London. Having for many years competed at club level for Brighton & Hove he switched his First Claim membership in the mid-1980s to Old Gaytonians which in due course was renamed Harrow AC. He was an ever-present for Harrow in League matches, setting a club M35 record of 14.04 in 1990 and still jumping over 12m when in his 40's.

Brian was diagnosed with Parkinson's in 2009: soon after that I took him and Captain Mack out for lunch

near to Mack's home outside High Wycombe. With Mack already suffering from poor eyesight and Brian's Parkinson's symptoms we had a good laugh about the difficulties of coping with the soup that we'd ordered. Brian's Athletics focus switched to coaching, initially gaining success with his own event, inspiring Efe Uwaifo to English Schools and England gold medals and to star for Harvard. Brian's response to Parkinson's was to learn new skills and throw him-

self into fresh challenges, qualifying as a Pole Vault coach and guiding through their early years in the event several vaulters who have gone on to a national level, including Jade Spencer-Smith and Megan Bailey. Brian will be much missed by the coaching community.

Peter Crawshaw

I first met Brian when we were in the GB Junior team in 1969, also with Paul Dennis, another member of the 1970/71 Warsaw winter training group. He was already on his way to Oxford; I was preparing for the entrance exams. I met him again when I got to Oxford in 1970 and became his Hon Sec when he was President in 1971/72. I also played football against him when St Catz played Wadham. Brian was one of a trio of excellent triple jumpers at Oxford in the late 60s/early 70s, the others being Tony Shoebridge and Richard Gyles. He was a quiet and modest man and a very serious athlete, becoming more so after his first visit to Poland with Mack. On his return from that visit, he started learning Polish, maybe to keep in touch with the Polish coach he had met on that trip, and he carefully followed the rigorous training regime he advised. When he moved out of college he found a bedsit in Stratford Street, as close to Iffley Road as you can get, so he didn't have to travel very far to train. I think he must have found eating alone quite dispiriting as he was a frequent visitor to Wadham, whose dinners he said were better than those at St Catz.

- Steve White

When we were deciding on the selection of the Blues team in 1972, we had to choose between Paul Temporal and Willie Bogan in the 400m. After much discussion (and a trial won by Willie) Brian picked Paul for the 400m slot because of the contribution he would also make to the 4x100 relay, which was to be included in the match for the first time that year. Oxford won the match 99-95, despite a 1-2 by Matthew Dixon and David Williams for Cambridge in the 400m and a win for Cambridge in the 4x100 with a 41.9 clocking which still stands as the match record.

Lord Lloyd of Berwick (Trinity College, Cambridge, 1949-52) on 8th December 2024

Tony Lloyd competed in the mile at the Varsity Sports of 1951, a race won by Chris Chataway.

JL Axtell (Trinity College, Cambridge, 1963-65) on 28th August 2023

Jim Axtell won the Triple Jump at the Varsity Sports of 1964



40 YEARS ON...

OUAC, CUAC AND ACHILLES IN 1984

For a dark blue perspective on 1984 see Giles Clifford's excellent account in the 2009 Annual Report (downloadable at www.achilles.org/archives)

For light blue balance, read on...

Women's Varsity Match 1984

Despite having won the match for the previous 6 years, Cambridge were aware, I cannot remember how, that we had a huge challenge ahead: Oxford had superior firepower in the form of Molly Brennan, American Fulbright scholar and a formidable athlete.

Sally Needham, the previous captain, and I strategised on how to shape the team to best effect, and I trained harder than I ever had, alongside Sally, to improve my speed and hurdling ability. I hadn't done the hurdles before, I never did them again and I was not a natural, but our game plan was to accept that we were the underdogs in many events, and to work as a team, focused on claiming as many second and third spots as we could.

The day dawned fine and we took the annual pilgrimage from Cambridge to Oxford (we still had the cinder track at Milton Road at that time) with Chariots of Fire on repeat for inspiration. I won the long jump, Sally won the hurdles, Bryony Lovett and Liz Hand dominated the middle distance and Kate Cook set a

record in the discus. The 100m, 200m, 400m and 400m hurdles, however, were all won by the indomitable Molly, with a second spot in the 100m hurdles as well.

The match was neck and neck and everything depended on the final 4x100m: Ann Jones, me, Sally and Jo Rout on the final leg. There can rarely have been so many nerves for a relay.

We edged it.... but the elation was short lived, with a tense few moments when Cambridge faced possible disqualification for throwing the baton in the air crossing the line. After an interminable wait, the VAR of the day confirmed it was all good and the victory celebrations could begin. I have tried to recall whether I got the ritual dunking in the steeple chase water jump. I think the answer is yes, but the mind palace is hazy on the subject.

Women's athletics at Cambridge has gone from strength to strength, as the statistics show: I have no doubt they will continue to do so, but I am immensely proud to have been an integral part of the journey.

- Tina Cowen (Castling) - CUAC Women's Captain



Sally Needham inflicts a rare defeat on Molly Brennan



Tina Castling winning the long jump

WOMEN, Blues Match 1984

100m M. Brennan (O) 12.7, A. Jones (C) 13.2, A. McFarlane (C) 13.6, J. Roynan (O) 71.1
200m M. Brennan (O) 25.9, S. Needham (C) 26.4, J. Rout (C) 26.8, P. Ashmore (O) 27.8
400m M. Brennan (O) 58.9, J. Rout (C) 59.9, L. Reynolds (C) 60.9, A. Gore (O) 62.5
800m B. Lovett (C) 2:16.2, A. Gore (O) 2:16.6, N. Sturman (O) 2:17.5, J. Neill (C) 2:22.7
1500m L. Hand (C) 4:47.3, N. Sturman (O) 4:55.9, S. Walker (O) 4:58.1, B. Lovett (C) 5:25.2
3000m (inaugural)L. Hand (C) 10:51.1, K. Shore (O) 11:34.5, C. Smith (O) 11:46.4, J. Kansson (C) 11:47.8
100m hurdles S. Needham (C) 15.1, M. Brennan (O) 15.9, T. Castling (C) 17.9, M. Hall (O) 20.4
400m hurdles M. Brennan (O) 67.6, J. Green (C) 69.7, G. McGill (C) 73.7
High Jump D. Nagan (O) 1.60 **equals record**, M. Worrell (C) 1.55, T. Castling (C) 1.55, P. Curry (O) 1.35
Long Jump T. Castling (C) 5.42, S. Needham (C) 5.11, P. Ashmore (O) 4.92, M. Hall (O) 4.46
Shot D. Nagan (O) 9.67, A. McFarlane (C) 9.57, P. Bacon (O) 8.86K. Cook (C) 7.45
Discus K. Cook (C) 35.58 **record**, D. Nagan (O) 28.60, H. Townshend (C) 27.52, P. Bacon (O) 21.34
Javelin A. Trainor (O) 35.30, J. Gutteridge (O) 30.30, M. Worrell (C) 29.30, C. Hamilton (C) 25.48
4 x 100m Cambridge (Jones, Castling, Needham, Rout) 50.6, Oxford (Sturman, Buttner, Ashmore, Brennan) 51.1
Result Cambridge 69, Oxford 65

Men's Varsity Match 1984

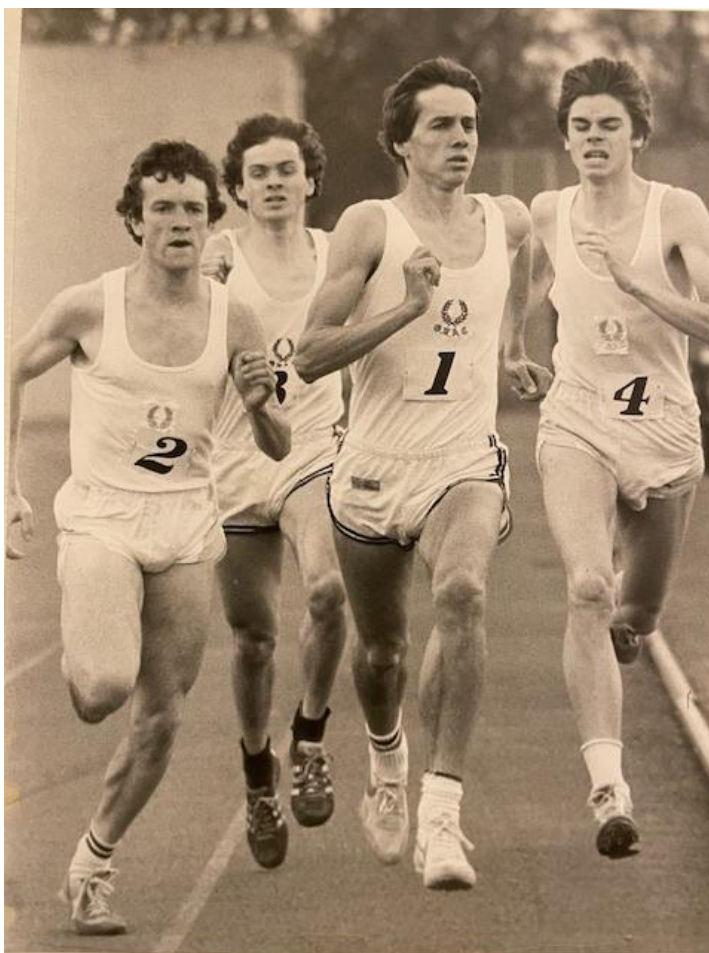
The past is a foreign country ... and back in 1984, selection for CUAC entailed sewing a patch with the club crest onto a plain white vest from M&S. Not many of us knew what a needle and thread was; photos show some of our chests sporting decidedly lop-sided logos! Oxford had their crests pre-stitched into the vests; they were ahead of the game already ...

Victory in the Varsity Match was always going to be a tough ask for the CUAC of 1983-4. Following a big Cambridge victory in '82, OUAC had regrouped, gaining impressive intakes of freshman athletes during the following two years, and winning a tight 1983 Varsity by 8 points. Over in the Fens, we couldn't boast quite such good fortune in athlete recruitment, although Jerry Barton ('82) had powerfully boosted both our distance running and our social energy, and we had high hopes from our '83 freshmen throwers, Pete Fulcher and Jasper Goodwyn.

Forty years ago, the team's training facilities at Cambridge were limited, to put it kindly. We did our best with ... the cinder track at Milton Road (a 2 mile bike ride from town, and definitely not a track for all weathers); fitness sessions and weight training at Fenner's; and minibus journeys all the way to Harlow for the joy of training on a tartan track. In spite of it all, athletes were cajoled into fitness by our tireless coach Roy Carter, aided by the energies of Dom Emery, a most encouraging postgrad recruit from some other university.

March brought a heavy defeat in the Varsity Relays match, but the hectic first four weeks of the summer term gave us hope, with more student athletes abandoning their libraries to join our teams for the rapid succession of matches against the likes of Woodford Green, Bedford, Cambridge and Coleridge, and Loughborough Uni. We even fitted in an extra 'trials' event at Milton Road to enable a few more PBs before the big day. I recall a super-hectic time, with not a whole lot of attention to my history tripos, and the club somehow getting together all the athletes, equipment, officials, catering, transport, selection notices, newsletters and social events (listen to this, Achilles Gen Z: we hand-delivered every communication to every athlete's pigeon-hole in every college: no web, no email!!) I felt hugely grateful to the team on the CUAC committee, and above all to our Hon Sec Justin Cooper, who worked tirelessly and always remembered everything I'd forgotten to do, scribbling endless reminders onto bits of paper on my room door in Queens' (cutting edge 1984 tech again: I used blutak.)

So we all made the long, slow Maytime Saturday



The 800m ended in a dead heat between Dave Higgins (2) and Mike Sherar(1).



Paul Bristol steps on the gas coming out of the water jump

morning coach journey to Oxford in hope, and inspired as ever by full volume Chariots of Fire on repeat on someone's ghetto-blaster. Once into our old-school kit, the match started ... not so well, with OUAC victories in the hammer, pole vault, 400 hurdles and long jump. Pressure was mounting for the President to lift our spirits in the 800. Well, I can assure you I gave everything to the race ... but so did Oxford's Mike Sherar. We both sprinted, then staggered, neck and neck up the home straight, to record the only dead heat in the annals of Varsity middle distance races. Still no outright victory for CUAC, and next up came a 1-2 for Oxford in the 100. It was left to CU H+H Captain, Paul Bristow, to provide our first win in the steeplechase, with a majestic run to cross the line with none of his rivals yet into the finishing straight. This turned out to be one of only three out-



(right to left) Martyn Bowen, Dom Emery, Justin Cooper and Paul Keohane battle it out in the 400

right CUAC victories; the others coming from Neil Leach (in his 75th Varsity Match – very wise to study architecture!) with an excellent tactical run in the 1500 backed up by Jerry Barton in 2nd place; and then Pete Fulcher with a mighty 62m javelin throw, giving us another 1-2 with support from Jasper Goodwyn. Aside from these events, we had too many ‘close but not close enough’ results to stop Oxford’s march to victory. Dom Emery finished a very near 2nd



Chris Cholerton won the 200m and rounded off a dominant OUAC performance by pipping Dom Emery on the last leg of the 4x400m

in the 400, Andy Fischer in the high hurdles and Andy Harriman in the 200; Andy Deighton ran a strong 5000 but faced pretty tough opposition in Richard Nerurkar; in the field, James Cunningham in the pole vault, Marco Fasoli in the triple jump, Adrian Morris in the shot, Jasper Goodwyn in the discus and Guy Weatherall in the hammer all finished close runners-up to their Oxford rivals. Even the relays gave us no relief, OUAC taking the 4 x 100 by 0.2 of a second,

and so so annoyingly snatching the 4x400 on the dip in spite of a storming last two legs from Tim Cook and Dom Emery.

The Alverstone/Centipedes match was closer, but also went Oxford’s way. CUAC gained wins in the 400 and 800 (a brilliant double from Tim Cook), the 110 hurdles (Duncan Pierce), 200 hurdles (Paul Carleton), 1500 (Dave Maley), long jump (C-E Atake), and javelin (John Kitching) ... but these and other valiant efforts weren’t quite enough.

So the dark forces triumphed in a big way. But I look back on the day with huge gratitude and pleasure: big thanks to Giles and the Oxford team for hosting the match once again on the historic Iffley Road track; thanks to the Achilles members and match officials who kept it all running smoothly; thanks to the delightful Rev Tom Farrell who was our match referee; and thanks to every member of the men’s and ladies’ teams and their friends and families in the stands, for creating a day of amazing striving and exuberance and fun from the ‘110th Oxford v Cambridge Athletic Sports’. May the 150th be equally joyful, and a lighter shade of blue.

- Dave Higgins—CUAC President

MEN, Blues Match, 1984

100m I. Morton (O) 11.0, C. Cholerton (O) 11.0, D. Fowler-Watt (C) 11.2, A. Harriman (C) 11.3
 200m C. Chollerton (O) 22.2, A. Harriman (C) 22.4, I. Morton (O) 22.6, M. Pardoe (C) 22.9
 400m M. Bowen (O) 48.7, D. Emery (C) 49.1, J. Cooper (C) 51.1, P. Keohane (O) 51.8
 800m M. Sherar (O) and D. Higgins (C) 1:54.3, A. Richardson (C) 1:56.0, G. Clifford (O) 1:56.3
 1500m N. Leach (C) 4:00.5, J. Barton (C) 4:02.2, M. Noden (O) 4:02.3, M. Power (O) 4:06.4
 5000m R. Nerurkar (O) 14:44.7, A. Deighton (C) 14:52.7, S. Williams (O) 15:00.0, J. Herries (C) 15:02.9
 110m hurdles C. Humphrey (O) 15.5, A Fischer (C) 15.8, A. Jones (O) 15.9, R. Goodman (C) 17.0
 200m hurdles C. Humphrey (O) 25.3, A. Jones (O) 25.7, A. Fischer (C) 26.7, R. Goodman (C) 26.8
 400m hurdles M. Hardie (O) 54.7, M. Bowen (O) 55.3, R. Richards (C) 57.2, A. Fischer (C) 60.4
 Steeplechase P. Bristow (C) 9:19.8, G. Baird (O) 9:39.0, I. Lloyd (C) 9:43.8, A. King (O) 9:46.4
 High Jump P. McDonnell (O) 2.15, M. Powell (O) 2.05, E. Friend (C) 1.95, P. Byrne (C) 1.85
 Pole Vault N. Clarke (O) 4.10, J. Cunningham (C) 3.70, J. Coles (C) 3.70, R. Stone (O) 3.60
 Long Jump D. Heard (O) 7.30, R. Warren (O) 6.46, I. Young (C) 6.45, B. Carr (C) 6.44
 Triple Jump D. Heard (O) 14.10, M. Fasoli (C) 13.24, P. Burrows (O) 12.87, A. Mahoney (C) 12.83
 Shot I. Jackson (O) 13.38, A. Morris (C) 12.86, P. Mbu (O) 11.69, G. Ziedler (C) 10.47
 Discus I. Jackson (O) 40.88, J. Goodwyn (C) 37.22, G. Weatherall (C) 33.62, P. Mbu (O)
 Hammer S. Clark (O) 50.36, G. Wetherall (C) 48.36, J. Flye (O) 36.66, C. Elwood (C) 32.74
 Javelin P. Fulcher (C) 62.72, J. Goodwyn (C) 58.84, A. Duncan (O) 55.72, M. Porter (O) 52.60
 4 x 100m Oxford (Morton, Cholerton, Phillis, Heard) 42.6, Cambridge (Fani-Kayode, Harriman, Carr, Fowler-Watt) 42.8
 4 x 400m Oxford (Keohane, Holland, Bowen, Cholerton) 3:20.5, Cambridge (Cooper 51.2, Higgins 51.2, Cook 50.0, Emery 48.1) 3:20.5
 3000m walk (n/s) T. Berrett (O) 12:03.2, C. Goodfellow 13:36.4, C. Hetherington 15:30.4, G. Browning 17:59.8
Result Oxford 125, Cambridge 87



25 YEARS ON...

OUAC, CUAC AND ACHILLES IN 1999

The Second Achilles Tour to China and the First to Japan



Back in 1999 our tour to Beijing and Tokyo felt like a real step into the unknown. Much more so than it would today. Our adventure commenced on Air China, where a number of us sat towards the back of the plane in the smoking section!

Our lungs primed for optimal athletic performance, we arrived in Beijing to a warm welcome from our hosts. The dinner on the first night presented a challenge to those unfamiliar with the local eating customs. I recall one of our party trying unsuccessfully to cut up a large slice of beef with a pair of chopsticks. The culture shock continued the following morning when we were presented with a magnificent Chinese breakfast, including 100 year eggs and congee, with no cereal, toast or fry up on offer.

Another unfamiliar sight was students in military uniform undertaking compulsory military service around the university campus.

The match against Beijing and Tsinghua universities was attended by a large, enthusiastic rent-a-crowd, which disappeared as soon as the bigwigs had finished their formal pre-match speeches. The competition was fierce but was rounded off with a rousing Achilles victory in the men's 4x400 relay. The following day we took a memorable trip to the Great Wall of China.

Tokyo presented a slightly more familiar environment, although I remember being surprised by the lack of spoken English and English signage. Luckily we found a restaurant which operated on a vending machine concept, although we weren't quite sure what food was going to appear. Our hotel had an all singing and dancing toilet with directional jets of warm water and a blow dry function.

The match against Waseda and Keio Universities was entertaining as many of the ladies' team moonlighted in unfamiliar events to fill the roster. Middle distance runners competed in the jumps, throwers ran in the sprints and multi-eventer Clare Ridgely covered all of those and more.

With adrenaline coursing through my body from a close



Achilles at the Great Wall of China: Chin Nwokoro, Nick Hamilton, Alastair Pagnamenta, Bob Goodwin, Matt Searles, Jon Parker, Matt Scase, Vicki Goodwin, Chris Sleeman



4 x 400m winners: Chris Sleeman, Nick Hamilton, Charlie Whetham and Andy French



Kelley Wilder and Clare Martin

finish in the 200m, I achieved my lofty lifetime PB of 1.45m in the high jump. The results reveal that I also appeared in the shot put and 4x100m as well as the more familiar 100m hurdles.

After the post-match dinner our hosts took us to a local bar, where the local drinking customs proved to be more civilised than we were used to. Beer was poured into small glasses and drunk in unison following a toast. Repeated ad infinitum.

On returning to Beijing we toured the Forbidden City and a number of full size ceremonial swords were purchased during a visit to a local market.

Overall we had a wonderful tour with differences between light and dark blue put aside, gracious hosts in both China and Japan and many unforgettable moments.

- Rebecca Wright



Katherine Skorupska and Kelley Wilder—1st and 2nd in the 5000m



A young Chris Sleeman: early outing over 400m hurdles

From Clare Ridgeley (now Fuller), OUAC President 1998-9

I remember it as a fun-packed year, and there was no rest for me as OUAC president with finals looming a few weeks after the summer Varsity match. There were also particular dramas that sucked my time - not least an ongoing saga concerning the Oxford throwing cage which meant that all 3 varsity events had to be held in Cambridge that year. However, in my mind, the year was primarily characterized by fantastic collaboration between OUAC and both OUCCC and CUAC.

With a wealth of strong distance runners who enjoyed their track too, and a fair smattering of multi-eventers, the various Oxford squads really pulled together in training and social activities which meant for a great team spirit by the summer. There was also a very enjoyable joint OUAC/CUAC Warm Weather training trip to Alfa Mar which brought everyone closer and raised the stakes for the competition in May. I remem-

ber Chin Nwokoro and I both lost our luggage on the way out so spent the trip in borrowed kit, and when it finally arrived there were a lot of Nigerian sports shirts that needed to be worn. Other athletes we encountered in Portugal included reigning Olympic discus champion Lars Riedel who commandeered the throwing circle. "There are some good Germans here" was Pierre Faber's understated comment.

OUAC had good success at various events on the run up to Varsity and a particularly good showing at BUSA in Bedford. It was quite a challenge to enter and transport 50 athletes on minibuses over the 3 day event but we were rewarded with 4th places in both men's and women's events and 10 top 5 placings including 2nd places for Nick Talbot (3K S/C), Jerome Brooks (5K), Katie Skorupska (5K), Pierre Faber (Shot) and myself (Pole Vault).

Varsity itself was quite a blur - maybe because it

seems from the records, I ended up doing 5 events myself! I do remember the team selection being tricky though, resulting in an awkward women's 4x400m relay at the end of the day where our second team initially looked firmly set to best both blues teams - not what you want when the closest match of the day was the women's blues. Remarkably and very pleasingly for me, OUAC achieved the coveted clean sweep, to match the earlier varsity success of OUCCC. With the steeplechase water jump empty, I ended up ceremonially being thrown into a muddy pond which I thought was a bit rude. Fun fact: this was the first Varsity Match in a while without a race-walk.

The summer brought a chance to team up with CUAC and Achilles athletes against Harvard and Yale (perforce again at Cambridge) which included a very memorable men's 10K; and then the wonderful tour to China and Japan. I can add a few memories to Rebecca's:

- *Marveling at the smog and bicycles and military exercises in Beijing*
- *A snake in a tank at the campus hotel which later disappeared – what were we eating?!*

- *Student reporters keen to quiz us on our reaction to the 1860 British atrocities at Yuanmingyuan (Old Summer Palace), and our complete ignorance of this history*

- *Being unable to find a traditional Chinese top big enough in the department store*

- *People in the Tokyo streets seeming taller than the Chinese, until you realized many of them were wearing platforms*

- *Attending the IAAF Super Meet in Tokyo and watching Colin Jackson among others*

- *The very male-centric coaching set-up in China, and the amusing ladies match in Tokyo which seemed almost an afterthought. With 4 per team per event and only a handful of us on either side, it resulted in a lovely friendly event with many personal bests (personal firsts!).*

There was certainly a real spirit that year of everyone mucking in and enjoying their sport, typified by the joyful return of the OUAC 1-hour decathlon (established 1998) for a second year that summer. What larks!



Rebecca Wright, Liz Riordan and Clare Ridgley with their Japanese counterparts

CHINA RESULTS: Tsinghua and Peking: Men 117, Women 96: Total 213. **Achilles:** Men 62, Women 60: Total 122.

MEN. 100M, 3 11.70 Alan James, 200M, 2 24.26 James, 3 24.38 Andy French, (Wind): -3.9, 400M, 3 50.05 Nick Hamilton, 4 51.00 Matt Searles, 800M, 2 1:56.33 Charlie Bodham-Whetham, 3 2:10.86 Mark Hughes, 1500M, 2 4:06.22 Mark Hughes, 4 ntt Adrian Thiemicke, 5000M, 2 15:00.74 Nick Mapp, 4 17:21.10 Thiemicke, 110M HURDLES, 3 15.95 Steve Booth, 4 16.14 Chin Nwokoro, 400M HURDLES, 2 54.89 Jon Parker, 4 57.28 Chris Sleeman, 4x100M RELAY, 2 45.12 Nwokoro/James/Sleeman/French,, 4x400M RELAY, 1 3:25.43, French/Sleeman/Boddam-Wheth-am//Hamilton, HIGH JUMP, 2 2.00 James Brierley, 4 1.90 Andy Hodge, LONG JUMP, 3 6.38 Hodge, 5.94 Adam Ireland, 4 5.73 Mark Hypolite, TRIPLE JUMP, 3 13.30 Hodge, 4 13.19 Ireland, POLE VAULT, 1 4.30 Stephen Rogers, 3 4.00 Matt Buck, SHOT-PUT, 3 11.17 Rogers, 4 Booth, DISCUS, 3 34.70 Rogers, 4 29.02 Booth, JAVELIN THROW, 3 50.39 Rogers, 4 48.81 Pagnamenta.

WOMEN. 100M, 3 13.85 Liz Riordan, 4 13.92 Bob Goodwin, (Wind): +0.0, 200M, 3 29.69 Bob Goodwin, 4 31.76 Liz Bayne, (Wind): -2.0,, 400M, 3 60.81 Rebecca Wright, 4 66.66 Vicki Goodwin, 800M, 3 2:26.78 Clare Martin, 1500M, 1 4:37.39 Katie Skorupska, 2 4:40.30 Kelley Wilder, 5000M, 1 17:31.57 Skorupska, 2 17:47.44 Wilder, 100M HURDLES, 3 15.79 Wright, 4 17.29 Clare Ridgley, (Wind): +0.0, 400M HURDLES, 1 66.98 Wright, 3 76.09 V Goodwin, 4x100M RELAY, 2 52.89, Ridgley/B Goodwin/ Cripps/Riordan,, 4x400M RELAY, 2 4:29.43, Skorupska/Wilder/Bob Goodwin/ Martin,, LONG JUMP, 3 5.01 Ridgley, 4 4.34 Susie Gardner, TRIPLE JUMP, 3 10.50 Ridgley, 4 9.47 Gardner, SHOT-PUT, 3 7.61 Cassie Beasley, 4 6.85 Karen Noonan, DISCUS, 2 28.67 Beasley, 3 23.58 Noonan, JAVELIN THROW, 3 34.02 Riordan, 4 7.52 Cripps, HAMMER THROW, 1 23.73 Noonan, 2 21.49 Beasley



JAPAN RESULTS Men: Waseda 76.5, Keio 72, Achilles 52.5; **Women:** Waseda/Keio 105, Achilles 73

Men: 100m : 7 Chris Sleeman 11.42; 8 Alan James 11.77; 200m Matt Searles 23.47; 400m : 5 Nick Hamilton 50.35; 7 Jon Parker 50.71; 1500m : 2 Nick Mapp 3:56.10; 5 Charlie Boddam-Whetham ; 4:00.99; 8 Mark Hughes 4:03.87; 5000m Adrian Thiemicke 17:06.83; 110mH : 6 Steve Booth 16.24; 7 Chin Nwokoro 16.26: High Jump ; 1 James Brierley 1m95; 2= Andrew Hodge 1m90, 7 Adam Ireland 1m75; 8 Alastair Pagnamenta 1m75: Long Jump : 5 Andrew Hodge 6m51, 7 Stephen Rogers 6m42, 9 Adam Ireland 5m86 ; 10 Mark Hypolite 5m62 : Discus Throw : 3 Steve Booth 33m27; 5 Andrew Hodge 31m16 Javelin Throw 3 Stephen Rogers 56m49; 4 Alastair Pagnamenta 50m89; 6 Andrew

Hodge 48m27, 10 Kal Assress 37m18: Pole Vault : 4 Stephen Rogers 4m20; 5 Matthew Buck 4m00: Steve Booth no ht: 4x200 Relay; 3 Achilles A 1:31.71 ; Sleeman, Parker, ; Searles, Hamilton; 4 Achilles B 1:35.12 ; James, Hodge, ; Booth, Nwokoro; 5 Achilles C 1:40.04 ; Hypolite, Boddam-Whetham, x, x. :

Women: 100m ; 4 Joanna Cripps 13.86; 5 Elizabeth Riordan 13.97; 6 Katie Skorupska 14.63; 7 Karen Noonan 15.23: 200m : 4 Rebecca Wright 26.63 ; 6 Bob Goodwin 28.13 ; 7 Joanna Cripps 29.63: 400m ; 1 Katie Skorupska 62.57; 2 Kelley Wilder 64.79; : 800m : 1 Katie Skorupska 2:13.98; 2 Kelley Wilder 2:18.80; 4 Clare Martin 2:23.98; 5 Vicki Goodwin 2:24.33; : 100mH; 4

Rebecca Wright 15.75; 5 Clare Ridgley 17.34; 6 Vicki Goodwin 20.38; 7 Clare Martin 21.00; High Jump : 1 Rebecca Wright 1m45 ; 2 Clare Ridgley 1m40 ; 5 Susie Gardner 1m35 ; 8 Kelley Wilder 1m25: Long Jump : 3 Clare Ridgley 5m02 ; 6 Susie Gardner 4m40 ; 7 Bob Goodwin 4m30 ; 8 Kelley Wilder 3m97 ; Shot Put : 2 Clare Ridgley 8m39; 3 Cassie Beasley 8m12 ; 7 Karen Noonan 6m76; 8 Rebecca Wright 6m59; Javelin Throw ; 1 Elizabeth Riordan 33m74; 3 Clare Ridgley 22m60; 7 Karen Noonan 15m85; 8 Cassie Beasley 14m74: Pole Vault Invitation; 3 Clare Ridgley 3.40: 4x100m Relay; 2 Achilles A 53.47; 3 Achilles B 57.53

ACHILLES MEN'S POLE VAULT

ALL TIME LIST

It has been good to hear recently from **Saul Benjamin**, from his home in Winnipeg. He is gratified to find that he still ranks in the Achilles top 10 for the pole vault:-

5.25 Tom Richards 1999; 5.25 Rowan May 2013; 5.10i Jake Watson 2022; 5.01 Archie McNeillis 1918; 5.00 Matt Weaver 1994; 4.95 Brett Williams 1993; 4.90 Quentin Gouil 2007; 4.72 Blayne Heckel 1974; 4.66i Callum Court 2019; 4.62 Saul Benjamin 1977; 4.60 Matt Buck 1997; 4.60 Harris Wagenseil 1965; 4.60 Pierre Faber 1995; 4.60 Steve Rogers 1996; 4.57 Thomas Herman 1972; 4.50 Chris Kidd 1974; 4.50i Shane Martin 2019; 4.50 Chase Jensen 2016; 4.40 Nigel Clarke 1988; 4.40 Sean Gourley 2006.



FRESHERS VARSITY MATCHES

10 NOVEMBER 2024, Iffley Road, Oxford

Achilles best performance medals were awarded to Ruben Lombard winner of the javelin with 54.56m, and 400m winner Annabel Hedge.

MEN

100m -0.1; 1 Samuel Ashadu CUAC 12.20; 2 Adam Lawes OUAC 13.25; Guest Richard Yu OUAC 13.44; 3 Daniel Sanchez OUAC 15.64; Levi Grant CUAC DQ; - 200m Wind+0.3; 1 Zhe Xi Ho CUAC 23.47; 2 James McCulloch CUAC 24.00; Guest Zain Ahmed CUAC 24.17; 3 Charlie White OUAC 24.53; 4 Daniel Sanchez OUAC 25.79; Guest Victor Li CUAC 28.44; 400m 1 Jack Organ OUAC 50.31; 2 Ben Greenleaf CUAC 51.28; Guest Zac Baylis CUAC 51.52; 3 Sol Inglis CUAC 51.82; 4 Charlie White OUAC 54.84; Guest Ollie Sharp CUAC 57.75; 800m 1 Jack Organ OUAC 2:16.21; 2 Rhys Gibbs CUAC 2:23.38; 3 Wouter Wegkamp CUAC 2:25.95; Mile 1 Benjamin Taylor OUAC 4:48.60; 2 Wouter Wegkamp CUAC 4:50.64; 110mH Wind-0.4; 1 Sol Inglis CUAC 17.31. 400mH 1 James McCulloch CUAC 1:06.07; High Jump; 1 Tom Blackburn OUAC; 2 Gabriel Warley OUAC; 3 Rhys Gibbs CUAC; 4 Emmanuel Toko CUAC; Pole Vault cancelled (Chin Aik Oh CUAC; Oisin Conlon CUAC) Long Jump 1 Elliot Quessier De Stockalper OUAC 5.43; 2 Chukwuemeka Agwa CUAC 5.29; 3 Tom Blackburn OUAC 5.25; 4 Mantas Gudelis CUAC 4.82; Guest Patrick Oliver OUAC NM; Guest Pedro Bezerra Roque da Costa OUAC 5.25; Triple Jump 1 Elliot Quessier De Stockalper OUAC 10.78; 2 Chukwuemeka Agwa CUAC 10.34; 3 Patrick Oliver OUAC 9.93; 4 Mantas Gudelis CUAC 8.84; Shot Put; 1 Mantas Gudelis CUAC 10.80; 2 Matthew Page OUAC 8.36; 3 Arnav Shar-



Ruben Lombard: 54.56m javelin



Annabel Hedge won the 400m in 58.41

ma CUAC 7.77; 4 Bogosi Msutwana OUAC 6.87; Guest Theo Langslow CUAC 4.58; Discus 1 Tobias Plank CUAC 40.09; 2 Mantas Gudelis CUAC 24.90; 3 Matthew Page OUAC 24.08; 4 Bogosi Msutwana OUAC 21.61; Guest Arnav Sharma CUAC 21.52; Guest Theo Langslow CUAC 16.89; Hammer -1 Matthew Page OUAC 35.47; 2 Tobias Plank CUAC 34.28; 3 Mantas Gudelis CUAC 17.22; ; Javelin 1 Ruben Lombard OUAC 54.56; 2 Remi Livesey CUAC 52.86; 3 Yashas Raj CUAC 42.99; 4 Hao-Lun Fu OUAC 29.40; Guest Arnav Sharma CUAC NM; Guest Franci Tafilaj CUAC 24.23; Guest Dini Witharana CUAC 24.04; Guest Theo Langslow CUAC 20.16; 4x100m Relay 1 CUAC (Samuel Ashadu, James McCulloch, Sol Inglis, Levi Grant); 2 OUAC (Daniel Sanches, Adam Lawes, Richard Yu, Patrick Oliver)

Result Cambridge 84.5, Oxford 62.

WOMEN

100m Wind-0.2; 1 Eleanor Mayhew CUAC 13.87; 2 Janhavi Gupta OUAC 14.66; 3 Mariem Naguib CUAC 14.98; 4 Katie Gill OUAC 14.98 ; 200m Wind-0.1; 1 Anne-sophie Bremans CUAC 26.90; 2 Olivia Sparks CUAC 27.48; 3 Janhavi Gupta OUAC 29.85; 4 Talia Mitchell OUAC 31.03 ; 400m - 1 Annabel Hedge OUAC 58.41; 2 Olivia Sparks CUAC 1:03.53; 3 Svetlana Glazunova CUAC 1:13.95 ; 800m 1 Sarah McGrath OUAC 2:31.38; 2 Julia Volovich CUAC 2:36.13; 3 Kaela Swaine CUAC 3:09.42 ;Mile 1 Laia Casajoa Guardia OUAC 5:04.46; 2 Sophie Glencross OUAC 5:20.67; 3 Kaela Swaine CUAC 6:57.80; 4 Sherelle Lim CUAC 8:45.62 - 100mH Wind-1.1; 1 Maisy Heggie OUAC 17.27; 2 Alice Eyssens CUAC 18.62; 3 Benedetta Felici CUAC 19.22; 4 Talia Mitchell OUAC 20.37 ; 400mH 12:30; 1 Maisy Heggie OUAC 1:09.02; 2 Alice Eyssens CUAC 1:13.67; 3 Svetlana Glazunova CUAC 1:23.31 ;High Jump 1 Bronte Gow OUAC; 2 Lucy Cooke OUAC; 3 Maike Deckert CUAC; Matilde Duarte CUAC; Benedetta Felici CUAC; Place Name; 1 Bronte Gow; 2 Lucy Cooke; 3 Maike Deckert; Matilde Duarte; Benedetta Felici ; F01 - Pole Vault cancelled (Lucy Cooke OUAC; Emma Hart CUAC; Annabelle Bath OUAC); Long Jump 1 Simonetta Ifeji OUAC 4.85; 2 Julia Volovich CUAC 4.76; 3 Georgia O'Dell CUAC 4.64; 4 Julia Bremke OUAC 4.20; Guest Tomi Omotayo CUAC 3.37; Guest Matilde Duarte CUAC 3.13; Triple Jump - 1 Simonetta Ifeji OUAC 9.55; 2 Julia Volovich CUAC 9.27; 3 Fatima Dambatta CUAC 8.80; Shot Put - 1 Cerys Lee OUAC 10.65; 2 Kaila Borgards CUAC 9.39; 3 Maike Deckert CUAC 9.34; 4 Julia Bremke OUAC 6.95; Guest Lihani Du Plessis CUAC 6.53; Guest Matilde Duarte CUAC 5.85; Discus 1 Kaila Borgards CUAC 28.82; 2 JJ Fitzpatrick OUAC 20.31; Guest Zena Gregory-Duru CUAC NM; Guest Lihani Du Plessis CUAC 15.95; Maike Deckert CUAC NM; Hammer - 1 Kaila Borgards CUAC 27.17; 2 Zena Gregory-Duru CUAC 20.58; Javelin 1 Cerys Lee OUAC 33.12; 2 Maike Deckert CUAC 30.78; 3 Kaila Borgards CUAC 22.90; 4 JJ Fitzpatrick OUAC 17.15; Guest Matilde Duarte CUAC 13.75; Guest Lihani Du Plessis CUAC 13.68; 4x100m Relay 1 CUAC (Mariem Naguib, Eleanor Mayhew, Alice Eyssens, Sara Atanasiu); 2 OUAC (Maisy Heggie, Talia Mitchell, Katie Gill, Janhavi Gupta).

Result: Cambridge 82.5, Oxford 76.

Combined result: Cambridge 167, Oxford 138



THE 2024 VARSITY CROSS COUNTRY RACES

WIMBLEDON COMMON, 7TH DECEMBER

In windy, wet and very muddy conditions, Oxford took their first double victory in the University Cross-Country Races since 2017.

In the 48th Ladies' Race, despite Cambridge having the top two home in Niamh Bridson Hubbard (Magdalene) and Bea Wood (Lucy Cavendish), Oxford packed their eight runners in the next nine places to take victory by 37 points to 47. This was their second win in a row and third in four years and they now lead the series by 28 wins to 20. Given the testing conditions, Bridson Hubbard posted a very impressive winning time of 23:34.

In the 133rd Gentlemen's Race, Oxford finally ended a four-year Light Blue winning streak and in some style, packing their six scorers in the first six places to win by 21 points to 61.



Charlotte Buckley (12), who placed 4th, and Beatrice Wood (2nd) lead Milly Dickinson (5th)



Alex Gruen (4th), winner Jared Ward, Christopher Parker (9th); the involuntary swimmer is followed by 2nd placer Matthew Kearney

First home was international marathon runner and ex-Olympian Jared Ward (Keble) in 39:07. Just behind him was fellow American Matthew Kearney (Magdalen) and third was South African Nicholas Whittaker (Wolfson) in 39:22. This represented the largest victory in the men's series since the famous fog race of 1952 and the second largest margin of victory since the eight-a-side, six-to-score format was adopted in 1948. The series score now sits finely poised at 67 wins for Cambridge and 66 for Oxford.

Having won all five of the races for their second to fourth teams last weekend, Saturday's results completed a perfect 7-0 scoreline for the Dark Blues, a feat that had not been achieved since 1998.

Earlier in the day, Cambridge secured a consolation victory in the 32nd Old Blues' Race, winning by 110 points to 193 (scoring 12-a-side). Jack Millar (University, Oxford) repeated his 2021 and 2022 victories to take the individual honours in 22:07. Oxford now lead this series by 18 wins to 14.

- Simon Molden

WOMEN

1	Niamh Bridson Hubbard	Cambridge	23:34
2	Beatrice Wood	Cambridge	24:15
3	Rebecca Flaherty	Oxford	24:38
4	Charlotte Buckley	Oxford	24:48
5	Milly Dickinson	Cambridge	24:51
6	Lauren Major	Oxford	25:07
7	Laia Casajoana Guardia	Oxford	25:10
8	Lauren Russel	Oxford	25:11
9	Jemima Ridley	Oxford	25:14
10	Beth Rawlinson	Oxford	25:19
11	Josephine Auer	Oxford	26:15
12	Maia Hardman	Cambridge	26:21
13	Stella Wernicke	Cambridge	26:40
14	Niamh Thompson	Cambridge	26:46
15	Eleanor Colbourn	Cambridge	27:03
16	Lea Meinecke	Cambridge	27:22

MEN

1	Jared Ward	Oxford	39:07
2	Matthew Kearney	Oxford	39:12
3	Nicholas Whittaker	Oxford	39:22
4	Alexander Gruen	Oxford	39:28
5	Joe Morrow	Oxford	39:31
6	Thomas Wood	Oxford	39:34
7	Joseph Massingham	Cambridge	39:42
8	Terence Fawden	Cambridge	39:46
9	Christopher Parker	Oxford	40:00
10	Tom Spencer	Cambridge	40:10
11	Ewan Spencer	Cambridge	40:15
12	Max Walk	Cambridge	40:20
13	George Ogden	Cambridge	40:21
14	Thomas Dugré	Cambridge	40:28
15	Thomas Renshaw	Oxford	40:57
16	Cameron Deverill	Cambridge	42:04

OLD BLUES

1	Jack Millar	Oxford	22:07
2	Matthew Kunov	Oxford	22:19
3	Rian Mccawley	Cambridge	22:40
4	George Gathercole	Cambridge	23:02
5	Adam Schaffer	Cambridge	23:09
6	Eoin Brady V35 M	Cambridge	23:15
7	Harry Cox	Cambridge	23:51
8	Richard Ollington	Cambridge	23:59
9	Alex Goodall	Oxford	24:03
10	Thomas Adolphus	Cambridge	24:12
11	Phoebe Barker	Cambridge	24:45
12	Peter Gould	Cambridge	24:48
13	Alex Burns	Cambridge	25:10
14	Elizabeth Apsley	Cambridge	25:15
15	James Morris	Oxford	25:18
16	Claire Hammett	Oxford	25:29
17	Iain Davies	Cambridge	25:38
18	Edward Cator	Cambridge	25:52
19	Bethanie Murray	Oxford	26:32
20	Klara Hatinova	Oxford	26:43
21	Myles Preston V35 M	Oxford	27:00
22	Lucy Thompson	Oxford	27:13
23	Mark Hughes V45 M	Oxford	27:53
24	Isabel Mastrotonardo	Cambridge	29:31
25	Neil Mathur V55 M	Cambridge	30:38
26	Anouska Brooks	Cambridge	31:51
27	Andrew Arbour V50 M	Oxford	34:47
28	Simon Molden V45 M	Oxford	34:47