

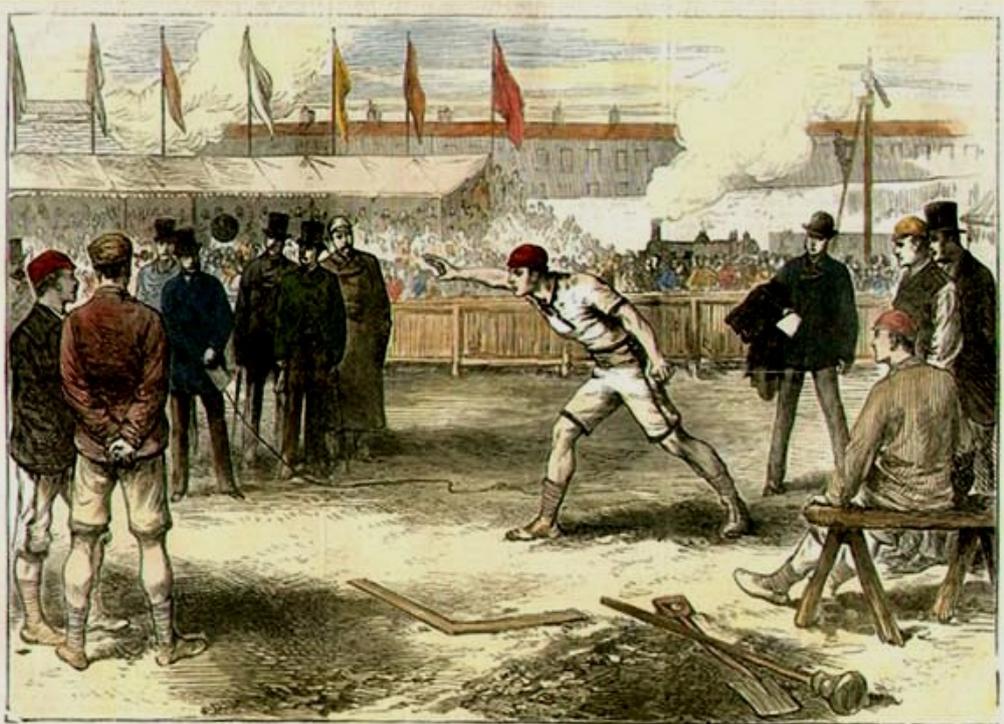
ACHILLES CLUB ANNUAL REPORT 2013

www.achilles.org



Varsity Match 150th Anniversary Gala

Saturday 17th May 2014, 11.00 am, at Iffley Road



THE ACHILLES CLUB 2013-14

PATRON

Sir Thomas Macpherson of Biallid CBE MC TD DL (Oxford)

PRESIDENT

Dr Dewi W Roberts MBE DL (Cambridge)

VICE-PRESIDENTS

Timothy M Taylor (Oxford)

The Hon Michael J Beloff QC (Oxford)

Air Commodore John G De'Ath MBE (Oxford)

CHAIRMAN

Bridget H.R. Wheeler (Cambridge) BridgetWheeler@aol.com

COMMITTEE

John Crosse (Oxford) Transatlantic Series

Lucy Spray (Cambridge) Achilles Schools Relays

Tom Dowie (Oxford) Achilles Dinner

Alan James (Cambridge) Varsity Match

Dr Rob Harle Webmaster & Hon. Treasurer, CUAC

Dr Chris Martin Hon. Treasurer, OUAC

Matthew Buck (Cambridge) Kit – matt.buck@achilles.org

Dr. Andrew Hodge (Cambridge)

Geoffrey Hill (Cambridge)

Emma Hooper (Cambridge)

Caspar Eliot (Oxford)

Andy Owen (Cambridge)

Bilen Ahmed (Cambridge)

Alexander Probodziak Muñoz Past President OUAC

Matthew Houlden Past President CUAC

Ralph Eliot President OUAC

Helen Broadbridge President CUAC

Adam McBraida Men's Captain OUAC

Zaamin Hussain Men's Captain CUAC

Katie Holder Women's Captain OUAC

Alice Kaye Women's Captain CUAC

Craig Morten Hon. Sec. OUAC

Hannah Church Hon. Sec. CUAC

Jon Cook CUAC Alumni

Elle Gatehouse OUAC Alumni

Achilles Team Managers

Sally Hughes (Oxford), Humphrey Waddington (Cambridge),

Mike Collins (Cambridge), Helen Hanstock (Oxford).

Achilles Trustees

Dr. C.J.R. Thorne; Dr. D.W. Roberts; B.H.R. Wheeler; P.D.T. Willcox.

Clerk to the Achilles Trust: Alan James (Cambridge).

American Achilles Foundation

Thomas N Blodgett (Cambridge) tblodgett@ft.newyorklife.com

Hon. Treasurer & Membership Secretary

Peter Crawshaw (Oxford), 18 Ringley Park Av., Reigate, Surrey RH2 7EU. Phone 01737-761626 peter.crawshaw@achilles.org

Hon. Secretary

Paul Talbot Willcox (Cambridge)

c/o Eggar Forrester, Eden House, 23 Wilson Street

London EC2M 2SN, paul.willcox@achilles.org 07768 735634



A big year for Ben Moreau: marathon pb, top of the merit rankings and 2 weddings, one in the UK, one in Australia.



James Kelly 2:19 marathon



Ian Kimpton



Above : Polly Keen

Left: Michael Painter



Lewis Lloyd (see p.13) competed in the World Cross Country in March. Luke Caldwell (left) and Alex Short (right) represented GB in the European Cross-County in Belgrade.



UK Rankings



Grace Clements: ranked no 2 at Heptathlon and looking to improve on her Commonwealth Bronze.



Michael Beloff has been appointed chairman of the new IAAF Ethics Commission.

Clockwise from above left: 800m specialists **Rory Graham-Watson**, **Carolyn Plateau**, **Hanna Tarver**, **Emily Dudgeon**.

Right : **Aidan Reynolds**

	<u>UK Merit</u>	<u>UK</u>		
Ben Moreau	1	3	Marathon	2:15:52
Grace Clements	2	2	Heptathlon	5817
Alastair Brownlee	3	3	10000m	28:32.48
Luke Caldwell	5	4	5000m	13:29.94
Rory Graham-Watson	5	8	800m	1:47.54
Carolyn Plateau	8	8	800m	2:03.04
Emily Dudgeon	9	9	800m	2:03.09
James Kelly	9	9	Marathon	2:19.01
Rebecca Moore		9	10000m	34:27.85
Emma Perkins	10	6	High Jump	1.81i
Grace Clements	11	11	Shot Put	14.12
Ian Kimpton	12		10000m	29:41.08
Aidan Reynolds	12		Javelin	68.77
Polly Keen	13		3000m s/c	10:49.88
Michael Painter	13		Hammer	62.63
Luke Caldwell	14		1500m	3:42.14
Andy Baddeley	15		3000m	8:02.70i
Phyllis Agbo	16		Shot Put	13.20
Grace Clements	17		High Jump	1.76
Phyllis Agbo	17		Long Jump	6.10
Hayley Munn	17		10000m	36:38.59
Jon Cook	18		800m	1:48.73
Claire Hallissey	19		Half Marathon	75:07
Emma Pooley	19		Marathon	2:49:29
Luke Caldwell	20		10000m	30:27.71
Jon Cook	23		1500m	3:42.95
Hanna Tarver	23		800m	2:05.42
Grace Clements	26		Long Jump	5.93
Richard Baderin	27		110mH	14.51
(Paolo Natali - Italy)	30		Marathon	2:26:00
Nav Childs	32		Triple Jump	14.96
Tom Parker	32		Hammer	55.38
Jo Wilkinson - V40	32		3000m	9:25.13
Andy Heyes	36		1500m	3:44.15
Louis Persent	36		400m	47.66
Matt Houlden	37		Triple Jump	14.81i
Emma Perkins	37		Triple Jump	11.97/12.19w
Jo Wilkinson - V40	37		Half Marathon	77:30
Fabian Downs	38		10000m	31:13.02
Laura Duke	39		Hammer	47.64
Josh Moulard	39		Decathlon	5667
Grace Clements	41		100mH	14.34
Sam Trigg	41		Triple Jump	14.56
Georgie Howe	41		Hammer	47.05
Andy Wheble	44		Discus	45.04
Jo Wilkinson - V40	45		5000m	16:52.20
Rebecca Moore	46		5000m	16:53.6
Lewis Lloyd	47		800m	1:50.65
Hanna Tarver	49		1500m	4:22.5



For fifty years Robert Stinson was one of the driving forces behind Achilles, at various times serving as tireless Team Manager, overseas and in domestic competition, tours promoter, Director of the Transatlantic Series, Clerk to the Achilles Trust, Chairman and Vice-President. His commitment to the Club and its members was second only to his devotion to his wife Susan and their family, and both were balanced by his equal authority on the sport's national and international stage.

His memorial service was attended by large numbers of members across all generations. Tributes were paid by Lord Coe, for whom Robert had acted as team manger on many occasions and continued to act as family solicitor, and Dai Roberts.

Robert was held in great affection and respect by us all. We owe him an enormous debt of gratitude.

The IAAF reported:

It is with the deepest sadness that the IAAF was informed today of the death of Robert Stinson, its former Treasurer, and an IAAF Honorary Life Vice President since 2003, who following a long illness died in his sleep on the night of 3rd / 4th April.

H. Robert H. Stinson, M.B.E (GBR – born 15 March 1931) was a solicitor by profession, and lived his life as a passionate supporter and administrator of Athletics both at national and international level.

Educated at Cambridge, Stinson regularly competed in the early 1950s in the 220 yards hurdles in the Varsity match against Oxford University, and was a member of the world famous Achilles Club which composes members of the athletics clubs of both universities. He retained his involvement with the club all his life, holding a number of positions including Chairman, and remained Vice President at the time of his passing.

Stinson's work as honorary team manager of the club for most of the 1950s and 60s, led to his chairmanship of the British Athletics League (1969 -1972) of which he was one of the founding fathers. He became Honorary Assistant Treasurer of the British Amateur Athletic Board (BAAB; at that time the IAAF Member Federation for the UK) in 1972 (until 1977) and after as its Honorary Secretary (1977 -1979). Head of delegation and manager for GBR & NI teams at many international meetings and championships in the 1970s, from 1979 he became a Life Vice President. When BAAB was replaced by the British Athletic



He was just such a lovely chap. - John Metcalf

I cherish fond memories of him in my time as Team Manager and at Achilles Committee meetings. — Neville Norman

Represented Cambridge at 220 yds hurdles in the Varsity Sports of 1952/3/4

1954 – 1969 Honorary Team Manager - Achilles Club

1965 – 1987 Clerk to the Achilles Club Trust

1987 – 2005 Chairman, Achilles Club

Life Vice President, Achilles Club

1984 -2003 IAAF Honorary Treasurer

Member of IAAF Juridical Working Group

Member of Council of International Athletic Foundation

Convenor of IAF International Symposium on Sport and Law

IAAF Organisation Delegate to all the early World Championships, to World Junior Championships, four World Indoor Championships and four World Cup meetings

IAAF Silver Order of Merit

IAAF Honorary Life Vice President

Life President, British Athletic Supporters Club

1969 - 1972 Chairman, British Athletics League

1972 - 1977 Honorary Assistant Treasurer, British Amateur Athletic Board

1977 - 1979 Honorary Secretary, British Amateur Athletic Board

1979 - 1987 Chairman of Finance Committee, British Amateur Athletic Board

Life Vice President, British Amateur Athletic Board

British Athletic Team: Assistant Manager, Administrative Officer, Team Manager, Head of Delegation, including European Championships Rome 1974 and Prague 1978

Honorary Doctor of Law, Laurentian University, Ontario, Canada
Athletic honours include the Orden del Atletismo Sud Americano "Dirigente Distinguido" and the Prince Chichibu Order of Japan

Federation as the IAAF MF, he was also made a Life Member of the new governing body.

Most significantly, as chairman of the Finance Committee of the BAAB (1979 – 1987), Stinson was the architect of athlete trust funds which were at the core of the sport's transition from the amateur to the professional era.

I feel I have lost a family member. Robert was such an important part not just of my world in athletics but in my life - one of the first visitors to my new baby, generous with his time and hospitality.

What an enormous gap he leaves. —*Bridget Wheeler*

I have big memories BIG Robert, he always smile for me (no knowledge young man about IAAF in 1990) and teach me about his- tory of Achilles and Waseda University

—*Akira Kazama, Japan AAF and Waseda*

What an amazing man he was....truly a loss to all.... —*Tony Tenisci*

What a very sad day for the club. He was everything I expected of the club when I first joined - a truly gentle man and a gentleman. I shall miss him. I won't be alone. Which says everything of the man.

I had a lot of contacts with him when he was IAAF Treasurer. He was a good friend of NZ Athletics. We also served together on the Jury of Appeal at the 1986 Commonwealth Games in Edinburgh staying with Donald and Astrid Gorrie. He was a great servant of Athletics, both in the UK and in the world.

— *Ian Boyd*

Bob was a well-remembered and much revered friend in the old Emma vs Exeter contests. I had a note from his wife when they went to live in France and am more than sorry to hear of his passing.

— *Bob Shaw*

I worked alongside Paul Bristow at the IAAF after leaving University and can remember very clearly the unmistakable figure of Robert Stinson working his particular brand of diplomatic brilliance when faced with the extremely political Primo Nebiolo. A true gentleman and always a very proud Achilles member.

— *Peter Allden*

A good guide and friend.

— *John Boulter*

Bob was a good man and one of the great stalwarts of Achilles. He set up the first trust fund for athletics in 1984, prompted by my fury that Zola Budd's father was shamelessly robbing her of a fortune.

— *John Bryant*

May his soul rest in peace. A past recipient of his of his endeavours in reviving the Trans-Atlantic meet.

—*Abdulai Conteh*

I have only the fondest memories of Robert, and of Sue, and of their kindness, especially during my Achilles US tour.... a very gracious couple.

—*John Hemery*

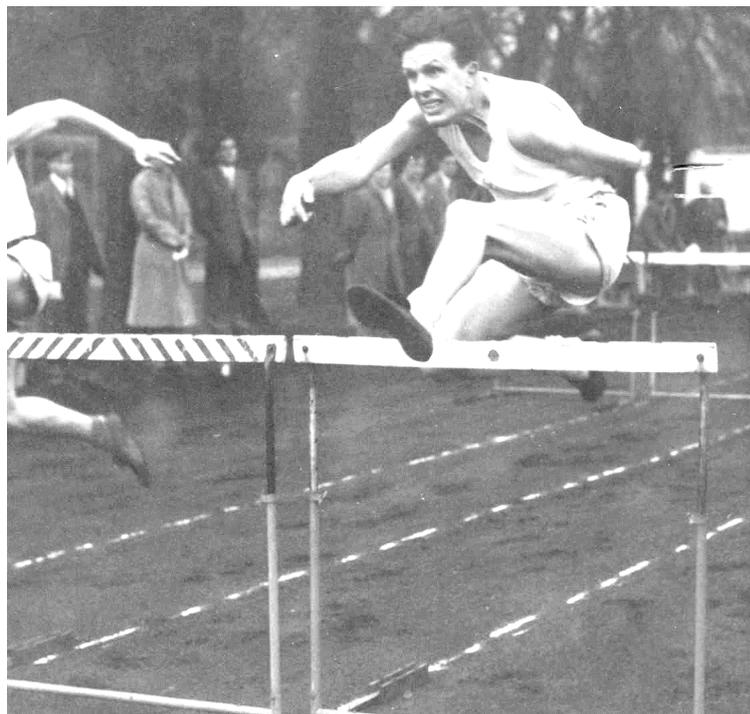
During the 1980s Stinson engaged his passion and administrative skills for the benefit of Athletics at international level, firstly as a member of the IAAF Juridical Working Group in 1981, and in 1984 was elected as IAAF Honorary Treasurer, a role on the Council which he would hold with distinction until standing down in 2003.

As a Council Member, he was also a member of the IAAF Marketing Working Group and then Marketing Commission (from 1984 until 2003), IAAF Finance and Budget Commission (1991-2003) and IAAF Development Commission (1995-2003). He was IAAF Organisation Delegate to the IAAF World Championships (1983 to 1999), and served in the same role at all the World Indoor and World Junior Championships and IAAF World Cups during the same period.

In 1986, Stinson became a Council Member of the International Athletic Foundation (IAF) and his profession in the law, led to his appointment as the convenor of IAF International Symposium on Sport and Law in 1991. He remained an Honorary Member of the IAF at the time of his death.

Honoured in the UK with the Member of the Most Excellent Order of the British Empire (MBE), the IAAF awarded him with the Veteran Pin in 1989, with the IAAF Silver Order of Merit in 2001, and he was appointed as an IAAF Honorary Life Vice President in 2003.

Among the many international distinctions he received, in 1988 he was awarded an Honorary Doctorate of Law by the Laurentian University, Ontario, Canada, while his athletic honours included the Orden del Atletismo Sudamericano "Dirigente Distinguido" and the Prince Chichibu Order of Japan.



“With Robert’s death the world has lost one of its true gentlemen, and it’s a much sadder place for his passing,” commented IAAF President Lamine Diack. “His lifelong contribution to Athletics cannot be underestimated. He was a tireless worker who lived and breathed for our sport, and helped to usher in the professional era and modern sport we have today. After his long illness Robert is now peacefully at rest joining his wife Susan who sadly passed away last year. We offer our deepest sympathy and condolences to his family and friends.”

Other News...



Tony Tenisci (2nd from right) was made an Honorary Judge for services to Penn and applauded at the Penn Relays alongside Seb Coe, Kip Keino and others.

Our President, Dai Roberts, has been busy ordering a Club lapel badge from a local silversmith. Below is a picture of the first mock-up, and the finished article can be ordered through dai_roberts@yahoo.com

Annwyl Dai,

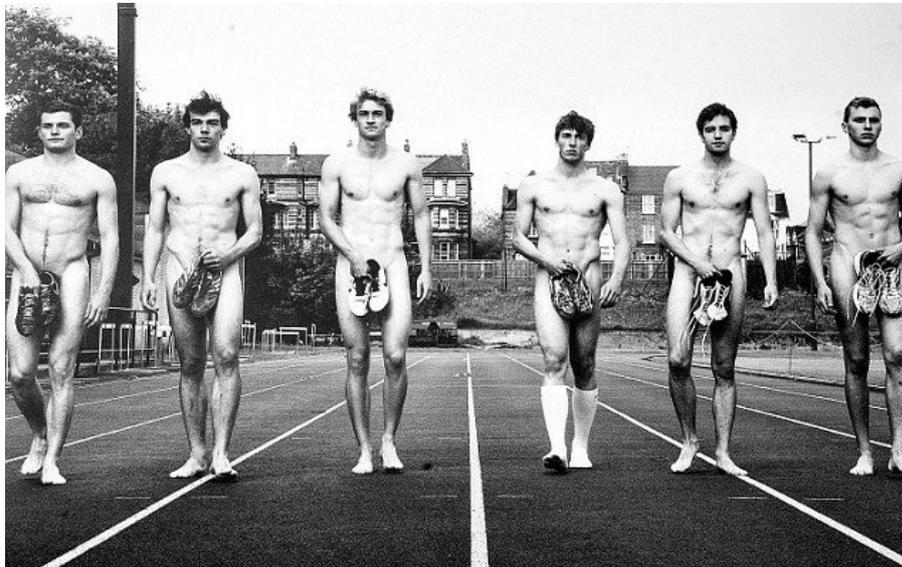
Cip olwg o'r mock up hyd yn hyn. Dwi ddim yn hollol hapus gyda'r amlinell, dwi isho cael o'n fwy crisp, bysa metel tewach a falla, laser cutting l niferoedd mwy nag un yn gwneud hyn, ond gobeithio fydd hwn yn rhoi syniad o'r maint ag ati-

Bysa chdi'n hoffi l mi ddod a fo draw? Dwi dal l ddisgwyl am quote ar y laser-

*Hwyl,
Angela*



OUAC's 4 x 400m team (left, with Sam Trig and Craig Morten) were the dark horses of the BUCS Championships, winning bronze medals: Adam McBraida 49.6 George Gundle 48.7 Ralph Eliot 48.7 Sam Wareham 48.3... Finish time 3:15.27



EX-HIGH JUMPER EXTENDS RUN UP.... FROM 8 STRIDES TO 100 MILES

24 years ago I left Oxford and drove down to London to work. In May 2014 I will try the return journey by foot, running 100 miles along the Thames path, hopefully taking about an hour for each year I've been gone.

The Thames Path run is an annual event that starts by Richmond Bridge (near my house) and finishes in Oxford (next to my old college sports ground). It starts at 10am on Saturday 3rd May and competitors run through the day and night, non-stop, hoping to get to the finish on the Sunday within the 28-hour cut-off.

I don't often raise money when I run, but I thought that stupidity of this magnitude would make people dip into their pockets. I'm therefore using the opportunity to raise money for the Shooting Star Chase children's hospice.

I'm trying to raise £4,000, as I've heard that will fund them for about a day. A day of care, powered by a day of running.

If you would like to help them (and motivate me) you can donate at

www.justgiving.com/joncrews100.

Many thanks

Jon Crews (OUAC President 1988; Achilles Team Manager 1992-6)

P.S. 100 miles is a very long way to run, especially on uneven ground and at night. The event web site lists at least three ways it can do you serious damage. I'm therefore willing to take on "performance-related" sponsorship deals for those of you who want to make it a bit more interesting!



Shooting Star Chase supports children with terminal conditions. I first came across the charity whilst on a long run with a new club-mate. At about 20 miles I discovered he was raising money for the hospice as his young son used their services. That moment left its mark.



Varsity Field Events and Relays Matches, Lee Valley, 16 February 2013

Men's relays, all indoors (Oxford win 5-1) 60m (run as 2 heats, with the 4 best, of 5, University times totalled to determine the result)

Race 1 I. Adekanmbi (O) 6.98, V. Shadarevian (O) 7.11, S. Juwe (C) 7.16, T. Neill (C) 7.21, M. Houlden (C) 7.30

Race 2 A. McBraida (O) 7.29, G. Gundle (O) 7.31, C. Roberts (C) 7.35, W. Smith (C) 7.36, L. Mohammed (O) 7.41

Race 3 (guests) C. Morter (O) 7.38, E. Bentsi-Enchill (C) 7.55, H. Husband (C) 7.64, XX (O) 7.67

Race 4 (guests) M. Dyble (Achilles) 7.17, XX (O) 7.60, S. Lambracos (C) 7.90, O. Apelblat (C) 8.04

Oxford total time 28.69, Cambridge total time 29.02

4x 200m
Oxford (G. Gundle 22.6, R. Eliot 22.8, A. McBraida 22.2, S. Wareham 22.6) 1:30.18 (indoor record)

Cambridge (T. Neill 23.0, C. Roberts 22.7, S. Juwe 22.7, W. Smith 23.4) 1:31.81
Cambridge "B" (H. Husband 24.5, J. Magee 24.9, O. Apelblat 25.9, S. Lambracos 25.1) 1:40.38. *Bentsi-Enchill (C) ran one lap as a guest in 25.4*

4 x 400m
Oxford (G. Gundle 49.7, R. Eliot 50.6, C. Morten 51.2, S. Wareham 50.0) 3:21.46
Cambridge (J. Griffith 52.5, N. Sharifi 52.6, M. Horn 52.7, B. Ridley-Johnson 53.0) 3:30.80

Cambridge "B" (R. Brown 54.6, J. Brooks 52.9, E. Hezlet 55.4, A. Davies 52.6) 3:35.42

4x800m
Cambridge (E. Smith 2:08.2, L. Hilton 1:59.7, Z. Howe 1:57.9, L. Lloyd 1:53.9) 7:59.59

Oxford (R. Franzeze 2:03.2, A. Penney 1:59.6, H. Mitchell 2:07.1, A. Lewandowski 1:56.2) 8:06.09

Cambridge "B" (A. Davies 2:08.6, T. Graeber 2:04.2, L. Aversa 2:10.9, M. Benson-May 2:08.5) 8:32.12

4x1500
Oxford (A. Penney 4:03.0, W. Mycroft 4:11.3, S. Ledger 4:05.8, J. Bradford 4:12.9) 16:32.89

Cambridge (A. Young 4:06.4, J. Carr 4:09.3, O. Maskell 4:20.4, T. Watkins 4:06.6) 16:42.64

Partial team, Cambridge "B" (W. Kirk, R. Ollington) 9:02.8

60m hurdles (run as 2 heats, with the 4

best, of 5, University times totalled to determine the result)

Race 1 D. Kramer (C) 8.94, M. Houlden (C) 9.03, R. Miller (O) 9.06, C. Morten (O) 9.30

Race 2 A. McBraida (O) 9.29, I. Ngum (O) 9.37, T. Porteous (C) 9.77, K. Putsepp (C) 10.30

Oxford total times 37.02, Cambridge total times 38.04

Men's field events (Tie 4-4)

High Jump, indoors

Oxford (A. Reynolds 1.95, A. Abioye 1.85, F. Hendry 1.80, W. Pargeter 1.75) 7.35
Cambridge (O. Mario-Ghae 1.85, M. Houlden 1.85, C. Little 1.80, A. Schilling 1.75) 7.25)

Pole Vault, indoors

Cambridge (Q. Guoill 4.05, F. Bunbury 3.95, W. Jay 3.35, Z. Hussain no height cleared) 11.35

Oxford (A. Klein 3.85, N. Singh 3.05, C. Day 2.85, B. Conibear no height cleared) 9.75

Long Jump, indoors

Oxford (S. Trigg 6.56, S. Ang 5.92, M. Wright 5.88, J. Dargan 5.76) 24.12
Cambridge (M. Houlden 6.86, D. Szabo 6.24, E. Gbegli 5.75, B. Lewis 5.14) 23.99

Triple Jump, indoors

Cambridge (M. Houlden 14.81 (record), E. Gbegli 13.33, D. Szabo 12.95, B. Lewis 12.06) 53.15

Oxford (S. Trigg 14.11, R. Foord 12.43, S. Hill-Smith 12.37, Z. Nicholas 12.20) 51.11

E. Uwaijo (guest) jumped 15.11

Shot Putt, indoors

Cambridge (D. Szabo 10.99, E. Akinluyi 10.89, Q. Guoill 9.77, M. Carson 9.18) 40.83

Oxford (A. Reynolds 10.48, S. Hitchens 10.47, A. Abione 9.66, J. Heywood 9.21) 39.82

Discus, outdoors

Oxford (J. Heywood 33.20, A. Reynolds 32.41, B. Conibear 30.14, S. Hitchings 26.73) 122.48

Cambridge (R. Harper 36.97, E. Akinluyi 31.81, D. Twigg 25.97, T. Lindsay 23.58) 118.33

Hammer, outdoors

Cambridge (R. Harper 33.50, M. Carson 31.26, E. Akinluyi 25.93, D. Twigg 22.08) 112.77

Oxford (V. Bequiri 32.38, S. Hitchens 32.00, J. Heywood 23.00, A. Reynolds 21.00) 108.38

Javelin, outdoors

Oxford (A. Reynolds 63.32, J. Heywood 44.63, B. Coniber 44.54, S. Hitchings 31.48) 183.97

Cambridge (J. Dauparas 47.87, D. Szabo 47.36, C. Pearson 40.54, D. Wang 37.20) 172.97

Women's relays (tie 3-3)

60m (run as 2 heats, with the 4best, of 5, University times totalled to determine the result)

Race 1 N. Prill (O) 7.94 (record), A. Kaye (C) 7.96, E. Cullen (C) 8.31, C. Thurlow (O) 8.52, E. Gatehouse (O) 8.56, O. Lala (C-guest) 9.06

Race 2 N. Odunayo (O) 8.13, F. Thompson (C) 8.40, E. Nunn (O) 8.48, R. Heyworth (C) 8.51, E. Coulter (C) 8.64, H. Church (C-guest) 9.32
Oxford total time 33.07 (record), Cambridge total time 33.18

4x200m
Oxford (C. Thurlow 28.2, E. Gatehouse 27.3, N. Odunayo 26.9, N. Prill 24.4) 1:46.78

Cambridge (E. Simmons 27.9, C. Ota 27.9, E. Cullen 26.9, A. Kaye 24.6) 1:47.37
Cambridge "B" (F. Thompson 28.6, E. Goodband 30.0, H. Bolton-Jones 28.4, E. Coulter 27.9) 1:54.82

4x400m
Oxford (C. Thurlow 66.1, R. Penfold 62.4, M. Jackson 63.6, N. Prill 57.1) 4:09.08
Cambridge (E. Simmons 63.2, S. Dundovic 65.3, G. Copplestone 64.9, R. Mclean 62.3) 4:15.76

3x800m
Cambridge (E. Read 2:25.2, J. Trayler-Clarke 2:28.7, R. Kitchen 2:23.4) 7:17.33
Oxford (S. Saller 2:29.0, N. Webber 2:31.0, R. Penfold 2:23.6) 7:23.40

3 x 1500m (actually 1500m x 1700m x 1500m!)
Cambridge (B. Swords 5:03.1, K. Russell 6:15.3, K. Turner 4:44.3) 16:02.69 (timed at 15:23.6 at the proper overall distance!)
Oxford (C. Easby 5:26.6, M. Sikes 6:06.5, S. Saller 5:05.4) 16:38.43 (15:57.7)

60m hurdles (run as 2 heats, with the 4 best, of 5, University times totalled to determine the result)

Race 1 E. Craven (C) 10.45, M. Preuss (C) 10.92, H. Copley (O) 10.99, M. Jackson (O) 12.06

Race 2 L. Crossman (C) 10.71, K. Holder (O) 11.85, S. Dundovic (C) 12.07, H. Vigar

(O) 13.19, R. Thompson (O) 13.66

Cambridge total times 44.15, Oxford total times 48.09

Women's field events (Cambridge win 5-3)

High Jump, indoors

Cambridge (E. Perkins 1.76 (record), E. Flanagan and L. Crossman 1.50, F. James 1.40) 4.76
Oxford (L. Spencer 1.45, H. Copley 1.40, K. Holder 1.40, M. Jackson 1.30) 4.25

Pole Vault, indoors

Oxford (M. Harper 2.70, K. Holder 2.10, G. Cole 1.80, R. Thompson 1.50) 6.60
Cambridge (S. Williams 2.30, E. Brady 1.90, C. Flamminger 1.80, H. Church 1.80) 6.00

Long Jump, indoors

Cambridge (E. Perkins 5.36, E. Flanagan 4.68, M. Preuss 4.59, F. James 4.34) 14.63
Oxford (M. Jackson 4.81, F. Abbott 3.88, K. Holder 3.84, J. Richards 3.59) 12.53

Triple Jump, indoors

Cambridge (E. Perkins 11.62, F. James 9.93, M. Preuss 9.79, E. Flanagan 9.29) 31.34
Oxford (M. Jackson 10.72, M. Harper 9.16, L. Spencer 8.07, K. Holder 7.97) 27.95

Shot Putt, indoors

Oxford (J. Richards 8.90, K. Holder 8.26, M. Pellegrini 7.16, O. Collins 6.39) 24.32
Cambridge (G. Howe 9.02, B. Cooke 8.10, A. Macintosh 7.15, A. Bachmann 5.35) 24.27. *R. Fellingner (C-guest) threw 5.33*

Discus, outdoors

Cambridge (G. Howe 37.21, B. Cooke 24.98, A. Macintosh 22.73, R. Fellingner 15.03) 84.92
Oxford (O. Collins 27.19, J. Richards 22.59, K. Holder 20.30, E. Gatehouse 16.70) 70.08

Hammer, outdoors

Cambridge (G. Howe 45.01, R. Fellingner 25.76, A. Bachmann 19.66, B. Cooke 18.72) 90.43
Oxford (J. Richards 37.02, M. Pellegrini 24.63, K. Holder 18.05, O. Collins 15.90) 79.70

Javelin, outdoors

Oxford (K. Holder 25.64, J. Richards 22.17, G. Cole 21.06, O. Collins 18.08) 68.87
Cambridge (E. Cullen 26.99, P. Lewis 20.04, A. Macintosh 17.67, B. Cooke 11.47) 64.70

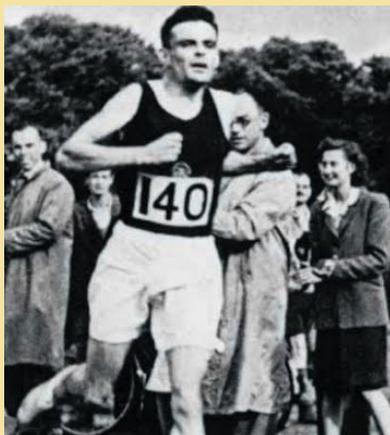
cjrt 20.2.2013

Alan Turing

We applaud the long overdue posthumous Royal Pardon of **Alan Turing** (4th in the AAA marathon in 2:46:03 in 1947: the world record then stood at 2:29:19).

We are very proud of him. Having made an enormous contribution to the war effort [code-breaking at Bletchley Park], he was treated shabbily by the establishment on account of his sexuality, which led to his suicide.

—Dai Roberts



New Members

Lorenzo Aversa (St John's, Cambridge)
Chris Bannon (Downing, Cambridge)
Martin Benson-May (Downing, Cambridge)
Bruce Brooks (Emmanuel, Cambridge)
Joe Christopher (Queens', Cambridge)
Emma Cullen (St Catharine's, Cambridge)
Tom Dumont (Trinity Hall, Cambridge)
Ralph Eliot (Exeter, Oxford)
Tom Frith (St Anne's, Oxford)
Christopher Geidt (Trinity Hall, Cambridge)
Quentin Gouil (Clare, Cambridge)
Edoardo Guaschino (OIA, Oxford)
Ed Hezlet (St John's, Cambridge)
Katy Holder (New, Oxford)
Dan Hooker (Christ Church, Oxford)
Georgina Howe (Downing, Cambridge)
Henry Husband (Trinity, Cambridge)
Montana Jackson (St Peter's, Oxford)
Alice Kaye (Corpus Christi, Cambridge)
Ben Lewis (Jesus, Cambridge)
Chris Little (Emmanuel, Cambridge)
Lewis Lloyd (Pembroke, Cambridge)

Chris McGurk (Wadham, Oxford)
Craig Morten (Exeter, Oxford)
Smiler Ngum (Lady Margaret Hall, Oxford)
Richard Ollington (Pembroke, Cambridge)
Barney Powell (Christ Church, Oxford)
Aidan Reynolds (University, Oxford)
Antoni Schilling (Downing, Cambridge)
Will Scott (Girton, Cambridge)
Jake Shelley (Somerville, Oxford)
Rebecca Simpson (Lady Margaret Hall, Oxford)
Beth Swords (Pembroke, Cambridge)
George Tarrant (Trinity, Cambridge)
Hanna Tarver (Fitzwilliam, Cambridge)
Lizzie Thompson (Trinity Hall, Cambridge)
Connie Thurlow (Trinity, Oxford)
Sam Trigg (Worcester, Oxford)
Katherine Turner (Magdalene, Cambridge)
David Twigg (Trinity, Cambridge)
Barnaby Walker (Emmanuel, Cambridge)
Dapeng Wang (Churchill, Cambridge)
Sam Wareham (Christ Church, Oxford)
Tom Watkins (Trinity Hall, Cambridge)

Athletes' Blog

Day 1 - by Beth Sword

So, the day has arrived. After much anticipation, the Oxford and Cambridge teams arrived at Heathrow ahead of a 24 hour journey. The 6 hour plane journey was a great chance to get to know the rest in the team and change from former rivals to teammates but also a fabulous opportunity to show off Achilles stash. The flight was fairly lengthy and the coach journey lengthier. At the airport, Keno and co very much enjoyed themselves with some balls and a metal contraption, as one would expect. We stopped an hour to sample our first taste of American food. Meatball subs, burritos and McDonald's saw us take the "when in America" saying very literally. Two meatballs for one foot of sandwich shows just how substantial they were. Finally, we arrived at Cornell at 2am, 7am UK time. Some of us hit the jackpot with great accommodation sharing with other equally diligent athletes, others just hit the pot. A couple of colleagues, not so lucky, had to endure a night of hot housing where their hosts were on a

high. So much so, the hosts didn't recognise them in the morning

April 5th 2013 - by Helen Hanstock

With the first match fast approaching, team selections were the order of the day, so the Oxbridge athletes assembled at Cornell's indoor track at 10am - a facility I will never cease to be envious of - for a brief meeting to finalise our teams for tomorrow. Some took the opportunity to do a light session or some final technical training, whilst myself and a few others checked out the pool facilities for a gentle swim or aquajog. We were then left with the afternoon free to explore Cornell's extensive campus and the surrounding area.

It just so happened that my Cornell host had some free time in the afternoon, and so offered to give us 'the tour'. First stop was the University clock tower, which you can climb to see the bell ringers three times a day. It also offers a great vantage point for views of Ithaca and Cayuga Lake. Half way up the 10-storey tower I was convinced our Cornell hosts had an ulterior motive to sabotage our

rest day! As I reached the last step, a painful ringing sound echoed through the bell tower. About turn, and back down the tower stairs we trudged, with the fire alarm ringing in our ears. No bells, no views but a lot of stairs!

The rest of the afternoon was wonderful - a beautiful crisp spring day that was perfect for taking photos of the extensive campus and its surrounding gorges and parklands. Unfortunately the wind added a definite chill to the air, but we are hoping for a calmer day for our match tomorrow.

A banquet had been arranged in the evening for the teams to come together and exchange gifts between the Achilles captains and our Cornell hosts. With the help of our friends with cars and trucks, we headed out to dinner at a nearby golf clubhouse where we were warmly received and well catered for. The evening was an opportunity to remind ourselves of the history of the Transatlantic Series and acknowledge all those who have made the exchange possible over the years. However, with early starts for all tomorrow and a meet to focus on, it was

Oxford & Cambridge v Penn & Cornell At Ithaca, USA, 6th April 2013

(Results exclude US non scorers)

Women 3000 Meter Steeplechase

- 1 Claire DeVoe FR Cornell-Penn 10:32.51
- 2 Polly Keen Oxford-Cambridge 11:04.88
- 3 Bori Tozser SO Cornell-Penn 11:31.39

Men 3000 Meter Steeplechase

- 1 David Melly SO Cornell-Penn 9:27.10
- 2 Teddy Brinkofski SR Cornell-Penn 9:33.04
- 3 Tom Watkins Oxford-Cambridge 9:47.47

Women 1500 Meter Run

- 1 Kristen Niedrach FR Cornell-Penn 4:43.40
- 2 Dale Kinney JR Cornell-Penn 4:45.43
- 3 Katherine Turner Oxford-Cambridge 4:49.54
- 4 Beth Swords Oxford-Cambridge 4:58.47

Men 1500 Meter Run

- 1 Tom Frith Oxford-Cambridge 3:57.23
- 2 Jake Shelley Oxford-Cambridge 3:57.42
- 3 Ben Rainero FR Cornell-Penn 4:04.19
- 4 Victor Allen SO Cornell-Penn 4:04.45

Women 100 Meter Hurdles +0.2

- 1 Gabrielle Piper JR Cornell-Penn 14.59
- 2 Mina Amick-Alexis SO Cornell-Penn 15.28
- 3 Lizzie Thompson Oxford-Cambridge 17.60

Men 110 Meter Hurdles +1.3

- 1 Max Hairston FR Cornell-Penn 14.48#
- 2 Zach Zeller SR Cornell-Penn 14.56#
- 3 Eduardo Gauschino Oxford-Cambridge 15.12
- 4 Ross Elsby Oxford-Cambridge 16.43

Women 400 Meter Dash

- 1 Udem Akpaete FR Cornell-Penn 55.56# 1
- 2 Libby O'Brien SR Cornell-Penn 57.17
- 3 Alice Kaye Oxford-Cambridge 57.89

Men 400 Meter Dash

- 1 Bruno Hortelano-Roig JR Cornell-Penn 47.5
 - 2 George Gundle Oxford-Cambridge 48.52
 - 3 Larry Gibson FR Cornell-Penn 48.72
 - 4 Ralph Eliot Oxford-Cambridge 50.88
- Caspar Eliot Oxford-Cambridge 50.92

Women 100 Meter Dash +1.1

- 1 Nadine Prill Oxford-Cambridge 12.42
- 2 Nonyerem Onyeador SR Cornell-Penn 12.43
- 3 Rachel Hlatky FR Cornell-Penn 12.65
- 4 Connie Thurlow Oxford-Cambridge 13.30

Men 100 Meter Dash +0.6

- 1 Jedidiah Adarquah-Yiadan SR Cornell-Penn 10.79
 - 2 Ben Ellis Oxford-Cambridge 10.82
 - 3 George Kenyon Oxford-Cambridge 10.93
 - 4 Ryan Hynes FR Cornell-Penn 11.07
- Ross Elsby Oxford-Cambridge 11.23
- Ed Moyle Oxford-Cambridge 11.35
- Onakeno Mario-Ghae Oxford-Cambridge 11.80

Women 800 Meter Run

- 1 Hanna Tarver Oxford-Cambridge 2:09.80
- 2 Tess Berghoff SO Cornell-Penn 2:11.97
- 3 Elyse Wilkinson SO Cornell-Penn 2:14.62

Men 800 Meter Run

- 1 Nick Wade SR Cornell-Penn 1:51.78
- 2 Will Weinlandt JR Cornell-Penn 1:54.14
- 3 Lewis Lloyd Oxford-Cambridge 1:54.62

Women 400 Meter Hurdles

- 1 Ryan Woolley JR Cornell-Penn 1:01.67
- 2 Emily Woodford SO Cornell-Penn 1:03.47
- 3 Lizzie Thompson Oxford-Cambridge 1:07.47

Men 400 Meter Hurdles

- 1 Tim Carey SR Cornell-Penn 53.26
- 2 Max Hairston FR Cornell-Penn 53.31
- 3 Adam McBairda Oxford-Cambridge 58.74
- 4 Craig Morten Oxford-Cambridge 59.10

Women 200 Meter Dash -0.5

- 1 Ebolutalese Airewele JR Cornell-Penn 24.80
- 2 Heather Bong SO Cornell-Penn 25.52
- 3 Nadine Prill Oxford-Cambridge 25.53
- 4 Eleanor Gatehouse Oxford-Cambridge X28.23

Men 200 Meter Dash +0.0

- 1 Kinsley Ojukwu JR Cornell-Penn 21.89
- 2 Ben Ellis Oxford-Cambridge 21.91
- 3 Mason Smith JR Cornell-Penn 21.97
- 4 Ralph Eliot Oxford-Cambridge 23.04

Women 5000 Meter Run

- 1 Dina Iacone FR Cornell-Penn 17:26.74 1
- 2 Christine Driscoll SO Cornell-Penn 17:48.73
- 3 Beth Swords Oxford-Cambridge 18:02.52

Men 5000 Meter Run

- 1 Matt McCullough SR Cornell-Penn 14:43.03
- 2 Ben Potts SO Cornell-Penn 14:48.12
- 3 Chris Bannon Oxford-Cambridge 14:50.16
- 4 Chris McGurk Oxford-Cambridge 15:28.41

Women 4x100 Meter Relay

- 1 Cornell-Penn 47.78
- Piper, Hlatky, Onyeador, Bong
- 2 Oxford-Cambridge 51.47
- Thurlow, Gatehouse, Cullen, Jackson

Men 4x100 Meter Relay

- 1 Oxford-Cambridge 42.59

- Gauschino, Kenyon, Elsby, Ellis
- Cornell-Penn DNF

Women 4x400 Meter Relay

- 1 Cornell-Penn 3:47.87 Wilkinson, Akpaete, Woolley
- 2 Oxford-Cambridge 3:59.25 Kaye, Tarver, Thompson, Witcombe

Men 4x400 Meter Relay

- 1 Oxford-Cambridge 3:21.48
- R Eliot, Wareham, Gundle, C Eliot
- Oxford-Cambridge 'B' 3:34.83
- McBairda, Houlden, Moyle, Trigg

Men Shot Put

- 1 Stephen Mozia SO Cornell-Penn 17.73m
- 2 Jacob Brenza JR Cornell-Penn 15.56m
- 3 Didi Akinluyi Oxford-Cambridge 12.02m
- 4 Sam Wareham Oxford-Cambridge 7.23m

Women Shot Put

- 1 Victoria Imbesi SR Cornell-Penn 14.67m
- 2 Theresa Picciallo FR Cornell-Penn 13.41m
- 3 Helen Hanstock Oxford-Cambridge 9.84m
- 4 Katie Holder Oxford-Cambridge 9.59m

Women Hammer Throw

- 1 Serena Graf FR Cornell-Penn 51.77m
- 2 Georgina Howe Oxford-Cambridge 46.05m
- 3 Charlotte Pope SR Cornell-Penn 45.52m
- 4 Rebecca Simpson Oxford-Cambridge 40.56m

Men Hammer Throw

- 1 Bob Fiedler SR Cornell-Penn 53.66m
- 2 Bryan Rhodes FR Cornell-Penn 47.43m
- 3 Andy Wheble Oxford-Cambridge 40.67m
- 4 Ryan Harper Oxford-Cambridge 39.65m

Women Javelin Throw

- 1 Victoria Imbesi SR Cornell-Penn 43.32m

- 2 Morgan Wheeler SR Cornell-Penn 42.35m
- 3 Helen Hanstock Oxford-Cambridge 27.12m
- 4 Emma Cullen Oxford-Cambridge 26.69m

Men Javelin Throw

- 1 Aidan Reynolds Oxford-Cambridge 65.49m
- 2 Karl Ingram JR Cornell-Penn 62.75m
- 3 Alex Probdziak Oxford-Cambridge 52.97m
- 4 Logan Kreglow FR Cornell-Penn 43.60m

Men Discus Throw

- 1 Sam Mattis FR Cornell-Penn 55.88m
- 2 Stephen Mozia SO Cornell-Penn 52.32m
- 3 Andy Wheble Oxford-Cambridge 41.04m
- 4 Ryan Harper Oxford-Cambridge 37.35m

Women Discus Throw

- 1 Victoria Imbesi SR Cornell-Penn 46.60m
- 2 Whitney Carriveau FR Cornell-Penn 37.06m
- 3 Georgina Howe Oxford-Cambridge 36.90m
- 4 Rebecca Simpson Oxford-Cambridge 27.21m

Women High Jump

- 1 Emma Perkins Oxford-Cambridge 1.71m
- 2 Ailish Hanly SR Cornell-Penn 1.66m
- 3 Stephanie Iazard FR Cornell-Penn 1.66m

Men High Jump

- 1 Montez Blair JR Cornell-Penn 2.14m
- 2 Maalik Reynolds JR Cornell-Penn 2.09m
- 3 Onakeno Mario-Ghae Oxford-Cambridge 1.89m
- 4 Freddie Hendry Oxford-Cambridge 1.89m

Men Long Jump

- 1 Steven Bell JR Cornell-Penn 7.17m -1.1
- 2 Matthew Houlden Oxford-Cambridge 7.01m -1.2

Women Long Jump

- 3 Hercules Stencil JR Cornell-Penn 6.95m -0.6
- 4 Ed Moyle Oxford-Cambridge 6.26m -0.9

Women Long Jump

- 1 Dominique Corley JR Cornell-Penn 5.70m +1.0
- 2 Emma Perkins Oxford-Cambridge 5.66m +0.9
- 3 Hillary Holmes FR Cornell-Penn 5.53m +0.0
- 4 Helen Hanstock Oxford-Cambridge 5.27m +2.1

Men Triple Jump

- 1 Sam Trigg Oxford-Cambridge 14.27m +0.0
- 2 Steven Bell JR Cornell-Penn 14.17m +0.0
- 3 Matthew Houlden Oxford-Cambridge 14.09m -0.6
- 4 Dan Scott JR Cornell-Penn 14.04m

Women Triple Jump

- 1 Emma Perkins Oxford-Cambridge 11.64m -1.3
- 2 Kelley Roach SR Cornell-Penn 10.84m
- 3 Eleonore Grant FR Cornell-Penn 10.52m
- Montana Jackson Oxford-Cambridge FOUL
- Helen Hanstock Oxford-Cambridge 10.59m

Women Pole Vault

- 1 Claire Dishong SR Cornell-Penn 3.82m
- 2 Davielle Brown SR Cornell-Penn 3.82m
- 3 Jen Lovell Oxford-Cambridge 3.42m

Men Pole Vault

- 1 Peter Roach JR Cornell-Penn 5.10m
- 2 Keith Rayburn SO Cornell-Penn 4.80m
- 3 Quentin Gouil Oxford-Cambridge 3.75m

Women's Match: Cornell-Penn won 15 - 4

Men's Match: Cornell-Penn won 14 - 5





Penn/Cornell Match Report, by Matt Houlden

On Saturday 6th April 2013, just a few days after the arrival of the Achilles team in the US and the memory of jet lag still fresh in their minds, the team donned their spikes in earnest as their hosts and new-found friends in Cornell teamed up Ivy League rivals Penn to become their competitors. On paper, the Americans were the favourites but the Achilles team were confident that they would not be beaten quite so easily.

After some initial 3000m exhibition races for the American teams, the track began proper with the 3000m steeplechase. Polly Keen and Tom Watkins ran hard but were unfortunate to lose out against some strong American opposition. Commiserations go to Polly who was only beaten by an athlete who broke the series record by a staggering eight seconds. The home side thus took an early lead in both the women's and men's matches, the former of which Katherine Turner was unable to rectify in the 1500m as she was unable to keep pace with the fast finishing Americans. It was a completely different story in the men's race however where a closely packed field going into the final lap was torn apart by spectacular finishes by the Achilles team with Tom Frith storming away to victory closely followed by Jake Shelley.

The Americans then swiftly recovered with victories in both the men's and women's sprint hurdles races and 400m. Matches like these tend to bring the best out of athletes, and in a spectacular run by George Gundle in the 400m (in which he finished second behind the new track record holder), he broke his personal best set indoors just two month previously by almost two seconds. In an epic run by Women's Captain Nadine Prill, she took the first female victory on the track by one hundredth of a second in the 100m. It was a day of near misses for Ben Ellis who lost out on 100m victory by 0.03s and then later in the 200m by 0.02s.

Following the example set by her Captain, Hanna Tarver gave the Achilles women another victory with an impressive run in the 800m. Lewis Lloyd, fresh from the IAAF World Cross-Country Championships, was unfortunate not to match this performance despite leading the vast majority of the race. The 400m hurdles, 200m and 5000m races all led to American victories but the Achilles men rounded off the track well with victories in the both the 4x100m and 4x400m.

Meanwhile in the field, the home side were keen to once again keen to show off their abilities in yet more high standard competition. After convincing victories in the shot putt by Penn-Cornell, Achilles sought to regain control of the throws in the hammer throw. Spectacular throwing by Georgina Howe was unlucky to leave her in second place, beaten only by a new series record holder. The discus was similarly unlucky but an Achilles victory in the throws finally came from Aiden Reynolds in the javelin with a fine throw seeing his named added to the series record books.

There was more success for the Achilles team in the jumps beginning with Emma Perkins, UK Senior Indoor Champion, leaping her way to victory in the high jump. Not content with a single victory, Emma then followed this up with a close second place in the long jump followed by a victory in the triple



jump. The men's high jump was not as destined to follow the same way as the women's as the home-side fielded a competitor whose best jump of the day was a mere centimetre shy of the series record. The men's long jump looked like a near-certain American victory until the fifth round where Men's Captain Matt Houlden jumped a personal best to take the lead. The Americans swiftly retaliated to retake the lead which even a second personal best by Matt in the final round could not regain. The men's triple jump fell to Achilles with a surprise win by Sam Trigg who was clearly in form, beating jumpers with personal best one metre further than his own. With Cornell being well-known for their standard of triple jumping including producing two NCAA champions in recent years, this was an unexpected blow to the American teams. The pole vault competitions did not follow the same success despite solid vaulting by Achilles' Jen Lovell and Quentin Gouil. The final scores were a respectable 14-5 in the men's match and 15-4 in the women's match going the way of Penn-Cornell.

The voyage from Heathrow to Cornell was a long one with many members of the Achilles squad having said goodbye to their families and leaving home 24 hours before arriving at the first stop on their tour. Yet on this journey, new bonds were formed which were truly cemented over the course of this first match in which Oxford and Cambridge set aside their differences and united beyond doubt as one: the Achilles Club.





curtains at 8.30pm, although the most eventful part of the evening followed with failed attempts to dodge both the Cornell Police, and the apparently more formidable Cornell coaching staff during our drive back in an overcrowded pick-up truck! Needless to say, all arrived home safely and in time for an early night before we begin our Transatlantic Duels...

6 April 2013 - by Catriona Witcombe

STREETS OF PHILADELPHIA

The Achilles juggernaut is rolling once again. Today we travelled from Ithaca, New York to the city of Philadelphia, Pennsylvania, and from Ivy to Ivy. And boy, are they like chalk and cheesesteaks.

We waved a fond farewell to the Cornell track and field team, dragging our now significantly expanded selves away from our final brunch (which included such nouvelle-brunch options as gnocchi and spare ribs alongside the bacon and pancakes. Strangely satisfying.). It is hard to overstate the warmth and generosity shown by the students and coaches of Cornell during our stay here. We have eaten, drunk, laughed, played and competed together with great mutual respect and friendship, and truly embraced the cultural and social exchange that is a central purpose of this Tour. It may be naff, but it is true. Cornell had set the bar for this tour very high indeed.

We had our vast piles of newly swapped Cornell kit and an almost as impressive collection of post-party gossip (naming no names, Thomas Frith) to sustain us during our 5 hour journey south, but as the snow and our tiredness cleared, we began to wonder what Philadelphia had in store for us....

The answer, of course, being stash. An awful lot of stash. Tony, the inimitable Head Women's Coach of the University of Penn, welcomed us with open arms and handshakes of noteworthy firmness. We were showered with bags, teeshirts and water bottles and regaled with tales of the illustrious history of the University of Penn and Franklin Field. It was a truly memorable and highly entertaining welcome to an historic city. And did I mention the stash?

The now traditional enormous dinner, a stylised US versus UK game of battleships, and a unique and innovative display of solo interpretive dance by Craig Morten served to round off our first night in Philadelphia in great style, with only one team member waking up the following morning covered in his own blood, a status reportedly due entirely to his own ineptitude.

Where Cornell was remote, cold, full of natural beauty and populated exclusively by students, Penn is buzzing, warm, lively and a vital part of the city of Philadelphia. We are hungry to explore all that the university and the city have to offer (and, needless to say, to run up those Rocky steps...). Roll on Monday.

8th April: Penn - by Polly Keen

A new week begins and a new Ivy League University to explore... And the first thing that struck us was, as the show title goes, "It's always sunny in Philadelphia" (or at least while the golden glow of the Achilles crew are there).

An impressive number of lobster faced athletes gathered for breakfast and a team meeting, and stories from the "track house" from the previous night emerged. Andy Wheble undoubtedly was bearing the most impressive battle scars following the clash between the USA and Great Britain. The team meeting involved more prestigious awards for the outstanding athletes from the match versus Penn & Cornell. Medals were awarded to all event winners. Man of the Match was deemed to be Aidan Reynolds for his stadium record breaking javelin throwing, and Woman of the Match was Emma Perkins for her

double victory in the high jump and triple jump. Special awards were then given to George Gundle for his breakthrough 400m run and Nadine Prill for her "Captain's Performance" winning the 100m.

Next up, we were treated to a Willy Wonka (aka. Coach Tony Tenisci) tour of Penn's INCREDIBLE sporting facilities at Franklin Field Stadium. There is EVERYTHING an athlete and Tony could dream of (save Oompa Loompas and chocolate) from an UNBELIEVABLE weights room to an AMAZING gym with a SUPERB study area and an OUTSTANDING physio room, all in close proximity so one doesn't need to waste time travelling between facilities. It had been tough, but the architects had overcome the odds to bring the dreams of Tony, and his Penn athletes, to life. As we stepped out onto the legendary brick walled track, there was a sparkle of wonder in many-an-eye. Standing in the "P" ogling at our surroundings, it was obvious to all how much of an INCREDIBLE spectacle the frequently mentioned AWESOME Penn Relays must be!

As is customary for a group of sunburned tourists with an addiction for photos, we were then herded onto a red open top bus for a tour of the city of Philadelphia. Talking at 100 miles per hour, our tour guide filled our ears with a multitude of fascinating (and some less fascinating) facts including such highlights as Philadelphia being home to the US's first zoo, library, hospital and graffiti, Eminem being Polish and we call them pubs because it's short for Public House. Recurring themes included Benjamin Franklin, Monopoly and cheese; the basis of an interesting evening maybe...? Despite all these gems of knowledge and ambiguous tales, we were all really only waiting for one thing from this tour; the Rocky Steps. After running up the steps to the art museum famed by that motivational montage in Rocky III, I think a lot of people's appetite for Phila tourism was sated.

Following lunch, it was time to enjoy the unseasonably warm weather with lots of us getting stuck into some training Penn style; on the Franklin Field track, or taking advantage of the excellent gym or pool. Quite a few were also keen to exhibit the Oxbridge stereotype by settling down to some work in the study centre.

The staff, along with captains Nadine & Matt Houlden, were whisked off in the evening for a dinner with the Penn coaches at a drool-inducing all you can eat Brazilian meat restaurant. Meanwhile, other exciting evening activities included floodlit Frisbee on Franklin Field, being refused service in a pub, and discovering that you're locked out and need a key for the toilet at 2am when you're bursting. The wonders of being on tour!



Event	1st	2nd	3rd	4th
Hammer Throw	M. Levine (Yale) 185' 3"	B. Glaiser (Harv) 185' 0"	A. Wheble (Camb) 137' 4"	R. Harper (Camb) 127' 1"
Javelin Throw	A. Reynolds (Oxf) 205' 10"	A. Probdziak (Oxf) 176' 4"	J. Barjon (Harv) 138' 11"	J. Kadich (Harv) 31' 9"
Discus Throw	M. Levine (Yale) 169' 3"	I. Liojumovich (Harv) 161' 0"	R. Harper (Camb) 127' 6"	A. Wheble (Camb) 125' 11"
Shot Put	D. Brode (Harv) 56' 8.5"	E. Brucker (Harv) 50' 9.25"	D. Akinliyi (Camb) 34' 2"	S. Wareham (Oxf) 24' .75"
Long Jump	M. Mason Rodriguez (Harv) 23' 8" (Wind +2.7)	M. Houlden (Camb) 22' 10" (Wind +1.2)	E. Moysse (Camb) 22' 8.5" (Wind +2.2)	J. Barjon (Harv) 20' 11.75" (Wind +3.7)
Triple Jump	M. Mason Rodriguez (Harv) 47' 11.25" (Wind +1.0)	M. Houlden (Camb) 47' 9.75" (Wind +2.1)	S. Trigg (Oxf) 46' 6.25" (Wind +4.0)	
High Jump	F. Garin (Harv) 6' 6.75"	O. Mario-Ghae (Camb) 6' 2.75"	F. Hendry (Oxf) 6' 2.75"	
Pole Vault	N. Weiler (Harv) 15' 5"	P. Chandler (Yale) 13' 11.25"	Q. Gouil (Camb) 13' 5.25"	
200m Dash	C. McCarthy (Harv) 21.10 (Wind +3.4)	B. Ellis (Camb) 21.53	D. Lindberg (Yale) 22.12	R. Elsby (Camb) 22.25
3000m Steeplechase	J. Klindaas (Harv) 9:46.50	T. Watkins (Camb) 9:47.40		
1500m Run	T. Frith (Oxf) 4:02.82	J. Shelley (Oxf) 4:03.04	C. Reck (Harv) 4:03.05	J. McGowan (Yale) 4:03.41
110m Hurdles	J. Harris (Harv) 14.22 (Wind +1.9)	E. Gauschino (Oxf) 15.02	R. Elsby (Camb) 16.23	
400m Run	G. Gundie (Oxf) 50.04	J. Homer (Harv) 50.28	C. Eliot (Oxf) 50.77	D. Hurley (Yale) 51.34
100m Dash	D. Wilson (Harv) 10.80 (Wind +2.8)	B. Ellis (Camb) 10.89	G. Kenyon (Camb) 11.05	D. Jones (Yale) 11.27
800m Run	J. Cook (Camb) 1:52.38	J. Shirvell (Yale) 1:53.52	L. Lloyd (Camb) 1:54.85	T. Purnell (Harv) 1:58.06
400m Hurdles	W. Rowe (Yale) 54.97	A. McBraida (Oxf) 57.05	C. Morten (Oxf) 57.38	
4x100m Relay	Oxford-Cambridge 44.01	Harvard DNF		
5000m Run	T. Hillas (Yale) 15:28.14	C. Bannon (Camb) 15:30.32	C. McGurk (Oxf) 15:59.79	
4x400m Relay	Oxford-Cambridge 3:19.87	Harvard-Yale 3:22.91		

Event	1st	2nd	3rd	4th
Hammer Throw	A. Ekechukwu (Harv) 183' 1"	G. Howe (Camb) 154' 4"	C. Gilbert (Oxf) 131' 3"	
Javelin Throw	M. Hirst (Harv) 124' 11"	M. Toon (Yale) 103' 10"	H. Hanstock (Oxf) 86' 8"	K. Holder (Oxf) 75' 6"
Discus Throw	S. Watt (Harv) 145' 2"	K. Wilson (Yale) 129' 9"	G. Howe (Camb) 117' 5"	R. Simpson (Oxf) 89' 6"
Shot Put	K. Wilson (Yale) 42' 11.75"	A. Johnson (Harv) 41' 4.25"	H. Hanstock (Oxf) 32' 9"	K. Holder (Oxf) 31' 5"
Long Jump	E. Perkins (Camb) 19' 2.5" (Wind +2.3)	A. Snajder (Yale) 18' .25" (Wind +4.2)	M. Jackson (Oxf) 17' 4" (wind +5.5)	E. Cable (Yale) 15' 7.75" (Wind +2.1)
Triple Jump	A. Jordan (Yale) 40' 4.25" (Wind +6)	E. Perkins (Camb) 38' 8.75" (Wind +4.0)	M. Jackson (Oxf) 37' 5.75" (Wind +2.2)	
High Jump	E. Perkins (Camb) 5' 7"	A. Giebelhaus (Harv) 5' 3"	M. Toon (Yale) 5' 1"	H. Hanstock (Oxf) 4' 11"
Pole Vault	E. Urciuoli (Yale) 11' 7.75"	A. Pace (Harv) 11' 1.75"	J. Lovell (Camb) 10' 8"	
200m Dash	N. Prill (Oxf) 24.64 (Wind +1)	G. Scott (Harv) 24.68	C. Scott (Harv) 25.04	A. Kaye (Camb) 25.37
3000m Steeplechase	K. Garry (Yale) 10:43.90	P. Keen (Camb) 10:58.4		
1500m Run	N. Kayali (Yale) 4:36.60	K. Turner (Camb) 4:46.81		
100m Hurdles	O. Abbate (Harv) 14.37 (Wind +2.6)	M. Hansen (Harv) 14.68	C. Witcombe (Oxf) 17.25	
400m Run	A. Franklin (Harv) 55.91	N. Prill (Oxf) 56.88	A. Rue (Yale) 58.64	C. Thurlow (Oxf) 1:04.14
100m Dash	D. Barbian (Harv) 11.98 (Wind +1.9)	A. Collinsworth (Harv) 12.11	A. Kaye (Camb) 12.53	E. Gatehouse (Oxf) 13.41
800m Run	H. Tarver (Camb) 2:10.04	S. McDonnell (Yale) 2:24.31		
400m Hurdles	J. Poggi (Yale) 1:02.65	L. Thompson (Camb) 1:05.61	C. Witcombe (Oxf) 1:07.64	
4x100m Relay	Harvard-Yale 47.30	Oxford-Cambridge 50.02		
5000m Run	E. Stark (Yale) 17:20.01			
4x400m Relay	Oxford-Cambridge 3:52.38	Harvard-Yale 3:54.86		

Harvard/Yale Match Report, by Nadine Prill:

The highlight of the Achilles US Tour, the 44th match of Oxford and Cambridge against Harvard and Yale, took place in the Harvard stadium on the 16th April. At the beginning there was a minute of silence to commemorate the victims of the Boston bombings followed by the national anthems. The following hours should bring a fantastic celebration of high level athletics with enthralling races at the track and sparkling performances in the field. The match was kicked off with a win and a match record by Women's Captain Nadine Prill in the 200m. Excitement at the track continued with the 3000m steeplechase, with Tom Watkins just missing out on victory by less than a second, and Polly Keen running a courageous race against stiff competition from Yale who came close to the match record. Tom Frith and Jake Shelley heralded the start of a very successful day for the Achilles team in the middle distances, finishing 1-2 in the 1500m with a spectacular final lap. While the Americans prevailed in the sprint hurdles, George Gundie was in scintillating form as he won the 400m in difficult windy conditions. All eyes were turned to the field as Aidan Reynolds emphatically took the victory in the javelin throw. Emma Perkins underpinned her dominance in the jumps by winning both the high jump and the long jump and placing 2nd in the triple jump. Meanwhile, Men's Captain Matt Houlden fought a close battle in the triple jump, with the lead switching between him and the triple jumper from Harvard, and lost narrowly by 4cm. Despite a convincing performance and a new PB from Georgina Howe in the hammer throw, the Americans took the lead in the throws. However, the Achilles athletes gave the Harvard/Yale team a hard time in the middle distances, with Jon Cook and Hanna Tarver winning their 800m races, Hanna Tarver outclassing the field by 9 seconds. Achilles US tour legend Ben Ellis took respectable 2nd places in both the 100m and 200m and anchored the victorious 4x100m relay. Chris Bannon missed the victory in the 5000m by mere 2 seconds. The final 4x400m relays saw a clean sweep for the combined Oxford and Cambridge squads: both men's relay teams finished ahead of the Americans, and the women dominated their race, getting very close to the Achilles record. The final scores were a 13-6 in the men's match and a 14-5 in the women's match, leaving the trophies unfortunately in the US. Yet the Achilles club members went home with pride about the achievements of the past two weeks; numerous seasonal and personal bests had been cracked, new friendships had been formed and the long and distinguished history of the Transatlantic Series had been continued in a glorious manner.

The Achilles Man of the Match award went to Tom Frith, and the Lady of the Match to Emma Perkins, and award went to both Captains - Matt Houlden and Nadine Prill - for their performances throughout the Tour, and for their support of the athletes and staff in their captain's roles



10th April - New York by Chris Bannon

Early Wednesday morning a now-bronzed Achilles team (what with it always being sunny in Philadelphia) assembled once again, now kitted out in a variety of Penn paraphernalia. The majority of the team, though, rejected the chance to spend some extra minutes in bed, instead arising early to make one final use of Franklin Field's fantastic facilities and a last attempt to acquire some free treatment in the training room for any pending niggles.

When eventually torn away from the ice baths and the ultrasound, we bid a strong-handshake farewell to Tony and set off for New York, New York, equipped with an American-sized pack lunch. Excitement on the coach grew when tour guide John, who was anything but Crosse, unveiled a faint Manhattan skyline appearing in the distance. Multitudes of pictures were taken through the coach looking glass and on arriving in Brooklyn the Achilles athletes were let off the leash and turned to tourist mode, with the sole order of "the bus leaves Friday at 10am see you then."

With almost a full 48 hours to explore it was hard to know where to start. The majority frantically flocked to Manhattan and photo posed every 10 steps across Brooklyn Bridge, trying to capture a section of the ever closer skyscrapers. On crossing the bridge, the group fragmented with different desires. The Cambridge middle distance group, so enthused with out-kicking or rather out-marching their Oxford counterparts, hiked all the way to Times Square for some empire state of mind, whilst the perhaps more sensible sprinters and field athletes decided to not ignore the ready-built subway system.

A variety of highlights were captured by the group including getting panoramic views as high as the empire state, or alternatively the Rockefeller centre. Others dabbled with a spot of shopping, with the legoshop, M & M world and Niketown proving to be hits, or had a gentle stroll through Central Park to pick some suitable places to train the following day. The more cultured members of the group, led by Quentin, even managed to snatch some last minute Broadway tickets for the evening.

With everyone lost in the sights and the world of the complicated grid-system, very few had returned to check in by early evening, when a few of the mileage men and women itching for a run headed out to explore Prospect Park despite the approaching atmospheric stormclouds.

With the all-you-can-eat buffets with chocolate milk on tap no longer present, the evening gave an opportunity for the group to have a bite of the Big Apple's culinary delights, along with much grumbling of the American's inability to have items priced as they as they will actually be charged. Following this, some seized the opportunity to maximise use of a hotel bed for the night, exhausted from exploits in Penn and Cornell whilst some of the post-21ers headed out for a night on the town with Polly and the 5k Chrises almost seeing a Brooklyn sunrise thanks to their inability to navigate from the subway station to the hotel, having foolishly decided beforehand that maps were for amateurs.

To all members of the tour, day 7 gave a chance for early training for the upcoming crunch against Harvard and Yale, followed by a chance to relax and let their hair down and maximise the opportunity of visiting America's big city.

11th April by Katherine Turner

A big group set out for our first full day in New York slightly worse for wear but with our enthusiasm un-dimmed. With Quentin restored to his role as chief navigator we successfully reached the Nike store, which naturally was our first port of call. We were met by an array of multi-coloured clothing and the girls were quick to grab a handful of crop tops and shorts before heading to the changing rooms.

With our Nike bags swinging happily by our sides we headed to Central Park for a circuits session. Lizzie's ab circuit left Eduardo questioning the strength of his core muscles but we departed Central Park with a warm glow of satisfaction. The park itself provided a haven in



The 44th Track & Field Meet

HARVARD
& **YALE**

v.

OXFORD & CAMBRIDGE

Tuesday, April 16, 2013
McCurdy Track
Harvard University

amongst the bustle of New York City and the walkways were full of people enjoying the atmosphere.

Beth directed us to an amazing lunch spot where there was everything you could hope for from pizza and meat to salads, soups and bakery goods. We eagerly filled boxes with all sorts of foods and then took them to the counter to be weighed and paid for. Alice was amazed to find she had purchased 16 dollars worth of food but was less perturbed when Nadine revealed she had managed to spend 21 dollars.

After lunch some people headed to the MET whilst others went to the Natural History museum. We enjoyed wandering around the exhibits and Beth revealed that the characteristics of t-rex's and the nature of the Big Bang had alluded her up to this point! Matthew was insistent on going to Victoria Secrets to buy a present for his girlfriend so the group split and the rest of us headed to the Rockafella centre where Keno used his negotiation skills on route to secure a huge bunch of grapes!

Going to the top of the rock was amazing and seeing the New York skyline at night was an incredible experience. After reconvening at the bottom we asked some advice about a cheap restaurant and were directed to a Chinese. We bundled in to the restaurant with enthusiasm and got seated before realising the cheap restaurant was actually next door and this place was more than a little above our budget so after a debate with Eduardo, who was convinced he had engineered a deal with some fellow diners to flog some of the comedy tickets we had bought the night before, we made a hasty exit. At the cheaper restaurant Eduardo then decided to ring the comedy club to reserve our seats for the show resulting in a hilarious conversation between a confused American and an equally bemused Italian!

Once Keno took charge it conspired we may not be able to get tickets but we headed there anyway hopeful of a refund. Some people went to the comedy while the rest of us headed for a cafe whilst Eduardo managed to get himself lost and responded to our plea for his whereabouts with the highly specific location of "in the subway". Luckily we found him and made a slightly scary journey back to New York. Fortunately we all made it back and crashed after a 13 hour New York experience!

12th April - Chris McGurk

As the clocks of New York City chimed midnight and ushered in the day of Friday 12th April many members of the Achilles Touring Group were sprawled across Manhattan. It had been a hectic day of sight-seeing for most, and a sorry proportion had surrendered to fatigue and retreated to the Holiday Inn in Brooklyn. But a commendable hardcore soldiered on late into the night...

Some of the boys hit a comedy club, whilst another group found themselves spending their last night in the Big Apple at a rooftop bar with a spectacular view of the Empire State. The three-figure drinks prices were similarly spectacular but this didn't prevent the fun continuing into the early hours, and indeed spilling back into the hotel.

Meanwhile, a couple of younger athletes had been victims of the stricter US drinking laws and thus denied entry to the bar. But the evening took turn for the better when a confirmed Academy Award-winning screenwriter took an interest in their cause. And a further trio managed to locate a bar serving \$1 burgers and \$3 beers, and sat happily at their seats at the bar into the early hours.

As the dawn broke it became clear that Achilles had thoroughly enjoyed taking the concrete jungle by storm. Some honourable members had indeed conquered it to such an extent that they saw no need to take advantage of the Holiday Inn, and instead arranged alternative accommodation, and even those who had found their way home did not necessarily awaken in the rooms anticipated. Nevertheless the group was packed and ready to board the coach by 10am, and some slotted in a training run beforehand.

Whether the harsh wind and lashing rain were punishment for the previous night's excesses or not is open to debate. The party bus was nevertheless soon rolling on

towards New Haven, and arrived by early afternoon. A quick welcome talk from their coach was followed by lunch in the 'Commons', one of the main Yale dining halls. As with previous eating arrangements, Yale operates an 'all-you-can-eat' system, and the food was excellent.

The architecture of Yale is far more old-fashioned than Penn and Cornell, and everyone felt very at-home in the

"Just hearing about possible explosions at the end of the Boston Marathon. We are not aware of any of our Touring Group having made their way there. Our thoughts are with those involved in the incident and their families."

vaulted dining halls lined by portraits and furnished by long tables. The accommodation, in colleges built from stone and arranged around quads, is similarly reminiscent of Oxford and Cambridge. Despite the beautiful buildings, the dress-sense of Yale students cannot match the sartorial elegance of their English Oxbridge counterparts; back-



Lewis Lloyd

wards baseball caps are still the order of the day. And Tom Frith is continuing to attempt to emulate this.

The thunderous weather continued so the team hit the Yale indoor track for an afternoon training session. Unlike Cornell, the 200m track here is banked, and the entire party was again left feeling envious of the Americans' superior facilities.

Some BNOTs (Big Names On Tour) were still suffering after the outrageous excesses and unholy behaviour of the previous 18 hours, and elected to take an early night. But some of the long sprinters maintained their form and indulged in yet another game of that classic pastime of the talented young rising stars of American society, beer pong. The resident walking Power of 10 was perhaps the most on-form, rounding off a memorable 24 hours by indulging in some far Eastern cuisine.

It has been a great tour for all so far, and everyone is very excited about the final two legs. All the athletes at Yale are great hosts, and we look forward to celebrating with them after their Saturday head-to-head against rivals Harvard. A number of hosts have already pointed out a respected establishment on campus that bears striking resemblance to the legendary sinkholes that are Cindy's in Cambridge and Shark End in Oxford. 'Toads' is it's name. And we are informed that on a Saturday night in Yale, all roads lead to Toads.

DAY 14 (April 16th 2013) by Isaiah Adekanmbi

Upon arrival at our final destination (Harvard University) words of warnings from our US counterparts at Ithaca (Cornell University) echoed. Our next challenge was not against mere mortals, but included beings that had claimed to be Gods! Today was competition day so one must excuse the scope and brevity of my communications. The day began with a rude awakening from our Hotel clerk at SEVEN-FOURTY-FIVE am... "room service". Luckily for my room-mates, Ben Ellis and George Kenyon, I foolishly chose to sleep on the sofa bed, in the lounge, and so felt the full effects of these undesirable, unavoidable, unforeseen circumstances. As usual sleep time felt largely inadequate but after overcoming psychological inertia it was time to balance competing demands of an ongoing Achilles tendon injury which emerged days before our tour began with obligations to our passionately devoted tour director, John Crosse – and, of course, fellow comrades. As we entered the inspiring and impressive surroundings of the Harvard University Sporting complex, we watched and we waited, waited to perform and perfect our respective events. It would be difficult to describe the adrenaline running through my veins before, during and immediately after this 100m race, but here is a somewhat shallow attempt. Take four double espresso's, an unhealthy dosage of nitrous oxide, now imagine yourself at the top of a theme park ride called oblivion, and you suddenly begin to scratch the surfaces. On this occasion adrenaline did not mask the effects of an over-inflamed and badly damaged Achilles so I was forced to settle with a substandard performance. Noticeable performances however came from Aiden Reynolds (Javelin), Nadine Prill (200m), Tom Frith (1500m), Hanna Tarver (800m), Emma Perkins (Long jump and high jump), George Gundie (400m) and Jon Cook (800m). But undoubtedly the star of the show was an unspoken legend Mike Collins (team Masseur) whose sublime touch made every difference to the performance of so many in the squad, not to mention his 'every given Sunday' Al Pacino like motivational charge minutes before the competition began. Much more could be said about my jealousy of the first-class sporting facilities, the copious availability of therapeutic attention, and the seemingly infinite supply of good quality food which bought about a feeling I experience only once a year... Christmas day, but day 12 had come to an end. Naturally it was time to begin day 13 with some quintessential US frat house parties, and so next stop for most was the Delphic. Not so for me, by the time my room-mates had returned, I was deep into REM probably conversing in an esoteric language that could only be understood by toddlers. Sorry Ben, I hope I made sense.

The Transatlantic Series US Tour (concluded)

April 18th/19th – Days 16/17 – ‘Home Time’ by John Crosse

Well, they say that all good things must come to an end, and so it was that I awoke on another brilliant sunny Boston morning on Thursday 18th and looked down from my window onto crews rowing on the river, at this point oblivious to the unfolding drama in the chase for the Boston Bombers. At that point my main concerns were that we should have the right number of people (and the right people!) on the bus that afternoon for the return journey via Boston Logan, and that poor Keno (who had been overtaken by chicken pox on the Wednesday and who would thus be unable to return on our flight) would be looked after and flown back at the earliest opportunity, and that no-one else would wake up to find an unwelcome rash (of any sort!). I looked gently into the hotel atrium. Whilst the previous evening seemed to have been marked by the irregular but frequent sight and sound of Tourists going up and down in the lifts, and tearing around the open-plan corridors, this morning was eerily quiet – good, I thought, they must all be training (!). I took the chance of a quiet walk along the river, soaking up the sun and reflecting on the past two weeks.

Yes, we had competed well in both Matches, with some good personal and team performances. Both Matches had been held in excellent spirit, both within our team and with our US colleagues, and both had been followed by memorable social events.

- Yes, I was pleased with the way the Staff Team had worked together, and with the Athletes, in order to support training, deal with a number of welfare issues, assist in Team selections, and hold their own at

the almost nightly and hugely generous hospitality events organised by our hosts!

- Yes, I was delighted at the way the Athletes had seized the opportunity to get to know each other (on the first afternoon I recall one asking if there was a quicker way to get to know everyone, and I had been tempted to reply that doing an ‘ice-breaker’ with 54 people is a tall order – in the event I simply mumbled something about ‘give it a day or two..’). Early on in the Tour I spoke about the ‘sporting, social and cultural’ opportunities such a trip afforded – my observations suggest that these were all fully explored during our stay!
- Yes, I was grateful for the generous hospitality afforded by our hosts at Cornell, Penn, Yale and Harvard – and very much look forward to welcoming Penn and Cornell to Oxford and Cambridge in 2014, and Harvard and Yale a year later.

As I walked I saw a few of our Team walking back from the track...evidence, I concluded, that they were all there! However, when I got to the track it was pretty quiet, and when I visited one of the dining halls that was empty of our people too. It was only when I got back to the hotel lobby and found a couple sleeping on the settees there that I remembered that, just possibly, whilst ‘sporting and cultural’ might be the priorities by day, in the evening the priority was quite definitely ‘social’!

By mid afternoon everyone was gathering in the lobby – many with suitcases bursting (literally) with newly swapped and acquired ‘stash’. Indeed, a couple of cases needed emergency reconstruction with bodge tape, much to the amusement of the reception staff and other

guests.

In the event we all set off (more or less) on time, and Virgin looked after us very well on the way home. And so it was that we landed at Heathrow on the Friday morning tired, jet-lagged, and crammed full with personal memories of the 23rd voyage by such a team across the pond since the series began in 1894.

I took on the role of Tour Director because I now have the time necessary to do it, coupled with a huge fondness of the sport of track and field, and long-standing loyalties to both Oxford and Cambridge. But I also took it on because I was lucky enough to Tour in 1977. That Tour changed my life – just sensing the American ‘can do’ attitude, their sense of scale for facilities, their warmth to strangers from the UK, their different perspectives on history, and their ambition, helped me raise and re-focus my sense of the possible – and simply re-treading those steps in 2013 reminded me that those lessons, and many others, are to be had as much today as they ever were on previous tours.

—John Crosse

I opened by saying that ‘all good things must come to an end’. Well, that is true in so far as we are all now back (Keno got home Monday morning), albeit our vaulting poles are still in Cincinnati (!), but judging by the wealth of FB interactions, the huge number of great photos appearing on FB, and comments made to me by the Tourists during and after the trip, in a very real sense the experience of the Tour never really ends. And that is exactly as it should be.....

The American Achilles Foundation

2013 was a banner year for us. We had the pleasure of the British Team competing against Harvard & Yale and Penn & Cornell. These competitions featured some outstanding performances by members of all three teams, including setting some new records that had stood for 50 years. We are pleased once again that AAF could support these events by defraying the travel and lodging costs for the British Team outside the enjoyable and productive time the Team spent training at as the guests of Yale University students.

What American Achilles is all about is the perpetuation of this International Series of Track & Field competitions that began in 1894. Particularly valuable are the experiences of individual athletes that provide life-long memories and relationships.

During 2013 your efforts successfully raised \$10,815. We spent \$23,840, and will have the next four years to replenish the endowment. We are especially grateful to those who attended our April Dinner and those who donated to our Endowment.

As Paul Willcox has noted, this was the best-attended Dinner in our 12-year history.

Thomas N. Blodgett (Harvard and Cambridge)

Chairperson, American Achilles Foundation

P.O. Box 84, Dublin, NH 03444

+1-603-924-8030

The American Achilles Foundation Dinner, organised as always by **Tom Blodgett** with style and aplomb at the Harvard Faculty Club, was the largest and most successful in its history. **Peter Crawshaw** recounted entertainingly his experiences as a field official at the Olympics and in particular the Paralympics: he recalled having to chase the Iraqi gold and silver medallists in the F40 javelin to ensure that, in their joyful exuberance, they did not fail to pass through doping control: even with one sitting on the other’s shoulders the diminutive athletes were still rather shorter than Peter (and these days faster!)



1963 CUAC 'Varsity Match Team—50th Anniversary Reunion Dinner



Frank Crozier, Laurence Abrahams, Richard Bird, Peter Sulston, Tony Maxwell, David Johnson, Charles Hope, David Reid, Jeff Bowen

John Boulter (OUAC), James Tolson, Gordon Lee-Steere, Tom Blodgett (President), Adrian Metcalfe (President OUAC), John Price (Hon. Sec.), John Cook, Mike Hogan (Hon. Sec. OUAC)

Members of the 1963 CUAC 'Varsity Match team gathered on 11 May 2013 at Emmanuel College, Cambridge to commemorate (to the very day) the fiftieth anniversary of their victory over Oxford. Also commemorated was victory a month later of a combined Oxford and Cambridge team over Harvard and Yale. Fourteen of the surviving CUAC team members attended, headed by Tom Blodgett (President) and John Price (Hon. Sec.) and coming from as far as Australia and the United States.

They were delighted that three senior members of the 1963 OUAC team were also able to accept invitations to attend: Adrian Metcalfe (President), Mike Hogan (Hon. Sec.) and John Boulter, all three Olympians in Tokyo in 1964. with Adrian winning a silver medal in the 4 x 440 metres relay. A number of wives were also present and Chris Thorne, CUAC Archivist and Statistician, came to the reception. He was able to confirm that 1963 was a vintage year, with three Match records set (all by Tom Blodgett), and with almost all the winning performances for Oxford and Cambridge exceeding those of recent years! An interesting and varied display of memorabilia helped to revive memories of outstanding athletics achievements.

Before dinner, a rare film of the 12 June 1963 Harvard and Yale match was shown. This featured a number of those present in their prime, including John Boulter equalling the then European record in the 880 yards (1 min 47.8 secs). Everyone spoke during the evening, offering many interesting reminiscences. David Reid, who had helped to organise the event, conveyed

greetings from those unable to be present and others paid tribute to those who had sadly passed away. The evening ended with an entertaining account by Tom Blodgett of his winning second place in the World Veterans' Decathlon Championship in Eugene, Oregon at the age of 50!

This very successful occasion was enjoyed by all, with a renewal of old friendships and memories of glories past.

Tom Blodgett and David Reid

OXFORD v. CAMBRIDGE (89th Match) White City Stadium, West London, 11th May, 1963

100 Yards (w.a.)		440 Yards Low Hurdles	
1. J. B. Cook (C) 10-0 s.		1. J. B. Cook (C) 53-5 s.	
2. I. B. Murdoch (C) 10-1 s.		2. J. M. W. Hogan (O) 53-7 s.	
3. A. P. Metcalfe (O) 10-1 s.		3. G. E. Lee-Steere (C) 54-8 s.	
4. R. B. Powell (O) 10-4 s.		4. R. W. Macklin (O) 55-7 s.	
220 Yards (w.a.)		High Jump	
1. J. B. Cook (C) 21-6 s.		1. C. Van Dyck (O) 6 ft. 1 in.	
2. A. P. Metcalfe (O) 21-8 s.		2. R. J. P. Bird (C) 6 ft. 1 in.	
3. J. T. Price (C) 21-8 s.		3. J. A. B. Tolson (C) 6 ft. 0 in.	
4. C. R. E. Jefcoate (O) 22-2 s.		4. D. J. Dixon (O) 5 ft. 10 in.	
440 Yards		Pole Vault	
1. A. P. Metcalfe (O) 49-0 s.		1. T. N. Blodgett (C) *13 ft. 8½ in.	
2. J. T. Price (C) 49-4 s.		2. R. Hutton (O) 13 ft. 0 in.	
3. C. A. Hope (C) 49-7 s.		3. L. Abrahams (C) 11 ft. 9 in.	
4. M. J. Swinburn (O) 50-6 s.		4. M. J. Spriggs (O) 11 ft. 6 in.	
880 Yards		Long Jump	
1. M. H. Mullin (O) 1 m. 50-0 s.		1. A. O. Oyenuga (C) 22 ft. 11½ in.	
2. J. P. Boulter (O) 1 m. 50-0 s.		2. M. Ralph (O) 22 ft. 8½ in.	
3. M. S. Watson (C) 1 m. 50-9 s.		3. R. B. Powell (O) 22 ft. 1 in.	
4. D. A. Johnson (C) 1 m. 53-9 s.		4. E. R. Robinson (C) 21 ft. 2½ in.	
One Mile		Hop, Step and Jump	
1. J. P. Boulter (O) 4 m. 13-0 s.		1. M. Ralph (O) 48 ft. 1 in.	
2. A. J. Maxwell (C) 4 m. 14-2 s.		2. E. R. Robinson (C) 46 ft. 10½ in.	
3. M. H. Mullin (O) 4 m. 15-8 s.		3. D. J. Reid (C) 43 ft. 2 in.	
4. D. J. Ponting (C) 4 m. 16-8 s.		4. P. Hingley (O) 43 ft. 1¼ in.	
Three Miles		Shot Put	
1. D. M. Turner (C) 13 m. 36-0 s.		1. G. A. W. Ross (C) 46 ft. 5½ in.	
2. C. H. Llewellyn-Smith (O) 14 m. 10-0 s.		2. F. G. Crozier (C) 45 ft. 6 in.	
3. P. G. Sulston (C) 14 m. 25-6 s.		3. R. H. Baxter (O) 45 ft. 0¼ in.	
4. K. W. Johnson (O) 14 m. 41-8 s.		4. D. G. Darroch (O) 38 ft. 2½ in.	
3,000 m. Steeplechase		Discus Throw	
1. T. F. K. Johnston (C) 9 m. 26-8 s.		1. R. H. Baxter (O) 148 ft. 7½ in.	
2. A. C. I. Heron (C) 9 m. 40-0 s.		2. M. A. Ware (O) 128 ft. 10 in.	
3. R. Norton (O) 9 m. 58-2 s.		3. P. J. J. Dorreen (C) 125 ft. 6 in.	
4. G. E. Tunnell (O) 10 m. 04-8 s.		4. J. D. Bowen (C) 134 ft. 11 in.	
120 Yards High Hurdles (w.a.)		Javelin Throw	
1. T. N. Blodgett (C) *14-2 s.		1. T. N. Blodgett (C) 191 ft. 0½ in.	
2. J. M. W. Hogan (O) 14-3 s.		2. R. J. Pyle (O) 186 ft. 8 in.	
3. P. Sunderland (O) 14-8 s.		3. D. W. Parry (C) 177 ft. 0 in.	
4. J. W. A. Loney (C) 15-6 s.		4. A. C. G. Seton (O) 155 ft. 11½ in.	
220 Yards Low Hurdles (w.a.)			
1. T. N. Blodgett (C) *23-7 s.			
2. J. M. W. Hogan (O) 24-3 s.			
3. R. W. Macklin (O) 24-3 s.			
4. J. B. Cook (C) 24-9 s.			

Result—
1st Cambridge 86 points
2nd Oxford 67 points
*Inter-Varsity record

Charlotte Cutler interviewed

Charlotte Cutler was interviewed in advance of the 2013 Standard Chartered Hong Kong Marathon:-

Most runners probably wouldn't recognise Charlotte Cutler from the front. The 40-year-old managing director of a strategic risk advisory firm is one of the city's fastest women, with a 10 kilometre personal best of 37 minutes, 56 seconds.

Winner of the 10 kilometre women's race at the 2007 Hong Kong Marathon, and runner-up every year she's competed since then, the Italia Running Club member is looking forward to competing next year after giving birth to her second son in February.

My most memorable running experience was taking part in the 1993 Oxford and Cambridge versus Harvard and Yale athletics match - the world's oldest international athletics fixture, dating back to 1894. I was studying at Cambridge and competing for their athletics club, which, combined with Oxford's club, had not beaten Harvard and Yale for over 30 years. It was held at Harvard University's athletics track and was an incredible day of athletics. I managed to win the 400 metres hurdles, in which I set a personal best, and our Cambridge/Oxford team won the 4x400 metres relay by the narrowest of margins, thereby securing victory. They've not beaten Harvard and Yale since.

I started running when I was 13. My sports teacher encouraged me to join the local athletics club. We used to train three times a week on a dirty, old cinder track, which became a sea of mud when it rained. I carried on training and competing throughout school and university and have continued to this day, 27 years on, training year-round and competing regularly.

My favourite run is around Central Park in New York. I lived there for three years and must have run around Central Park hundreds of times; in snow, rain, sleet, and sun. Whatever the weather, whatever the day, whatever the time, you will always find dozens of other runners doing just the same thing. You can never be lonely running in Central Park.

I fit running into my life around a 2½-year-old and an eight-month-old, while also juggling work. There are certain times of the week known as when 'Mummy goes running'. Other days I find I have to squeeze in a training session or a run whenever I can, be it the half-hour gap between the boys' tea and bath time or early in the morning. Having a sympathetic husband definitely helps.

I run because I can. A hard session will leave me gasping for air, and I can't honestly say I enjoy any step of a hard-fought race. But there's something about running which brings me back day after day. I ran throughout both my pregnancies - up to 39 weeks in each case - and found it made me stronger, both mentally and physically.

I am joining the Hong Kong Marathon because running is part of who I am, and I couldn't imagine not taking part in

the city's biggest race. I've entered the SCM every year since I arrived here and have missed only two races, as I was nine months pregnant both times. I would love to go for a win, but I've just had 18 months off proper training because of pregnancy and injury, so it's going to be an uphill battle. At the least, I'd like to run a respectable time [in the 10 kilometres] - anything under 40 minutes, given my current level of fitness.

Winning would be fantastic, but I know that running isn't



everything. Given that I'm starting almost from scratch, even making it to the finish line would be an achievement.

My first thought at the finish line will be "Thank God it's over".

If I didn't run I would go crazy. Just ask my husband.

Loughborough Match

A very small Achilles contingent made their way to a cold and wet Loughborough, on a day when most students were in their exam period. Nadine Prill made the Achilles presence felt with a dominant performance in the 400m, in which she blasted out the first half to establish a substantial lead and held strong to win in 57.50. Lucy Spray finished 6th in the same race, in 62.51, having set off too conservatively in her first 400m of the year. Dave Allwood struggled in the wet conditions but still finished runner-up in the discus in 33.79m. Alan James ran in the 100m and 200m, finishing 5th in the latter in 25.25.



LICC Matches



LONDON INTER CLUB CHALLENGE—MATCH 1 ALLIANZ PARK - SATURDAY 29 JUNE 2013

400m Hurdles race 1			
4	Lucy Spray	SW	68.33
400m Hurdles race 2			
6	Daniel Eckersley	SM	57.26
7	Bilen Ahmet	SM	66.63
800m race 4			
1	Bilen Ahmet	SM	02:27.39
100m Women 3.8 M/S			
5	Martine Bomb	SW	13.09
100m race 1 -0.8 M/S			
7	George Kenyon	SM	11.25
100m race 2 2.4 M/S			
2	Vartan Shadarevian	SM	10.98
100m race 4 1.8 M/S			
4	Toleme Ezekiel	SM	11.51
100m race 6 1.6 M/S			
1	Ismaila Ngum	SM	11.66
100m race 8 0.7 M/S			
3	Bilen Ahmet	SM	12.63
400m race 1			
3	Caspar Eliot	SM	50.07
400m race 2			
5	James Griffith	SM	52.13
400m race 5			
4	Martine Bomb	SW	60.02
110 Hurdles Manual NWI			
2	Ismaila Ngum	SM	16.0
1500m			
1	Tom Heslop	SM	04:09.27
2	Peter Townshend	SM	04:21.69
Long Jump Pool 1 NWI			
6	Phyllis Agbo	SW	5.87
Long Jump Pool 2 NWI			
11	Bilen Ahmet	SM	5.04
13	Daniel Hooker	SM (T37)	4.89
Triple Jump			
7	Bilen Ahmet	SM	11.39
High Jump			
9	Bilen Ahmet	SM	1.55
Pole Vault			
1	Bilen Ahmet	SM	3.62
Shot			
4	Phyllis Agbo	SW	13.20
Hammer Pool 1			
4	Jenny Richards	SW	37.95
Hammer Pool 2			
4	Bilen Ahmet	SM	21.75
Discus Pool 1			
7	Chris Kneale-Jones	SM	32.98
Discus Pool 2			
9	Bilen Ahmet	SM	25.72

LONDON INTER CLUB CHALLENGE - Match 2 ALLIANZ PARK - SATURDAY 27 JULY 2013

100m Women -0.2 M/S			
5	Nadine Prill	SW	12.40
7	Alice Kaye	U20W	12.70
100m race 3 1.0 M/S			
5	Mark Dyble	SM	11.31
100m race 10 0.1 M/S			
3	Daniel Hooker	SM T37	13.13
100m race 12 -0.6 M/S			
4	Paul Willcox	M60	14.35
400m			
6	Caspar Eliot	SM	49.37
200m Women -1.7 M/S			
4	Alice Kaye	U20W	25.94
200m race 3 0.2 M/S			
4	Mark Dyble	SM	23.04
200m race 8 -0.7 M/S			
2	Paul Willcox	M60	29.57
Pole Vault			
1	Chris Day	SM	3.01

LONDON INTER CLUB CHALLENGE—Match 3 ALLIANZ PARK - SATURDAY 24 AUGUST 2013

800m race 1			
3	Daniel Eckersley	SM	01:59.73
100m race 3 1.4 M/S			
5	Vartan Shadarevian	SM	11.25
100m race 5 2.1 M/S			
3	Sean Buckeridge	SM	11.39
6	Caspar Eliot	SM	11.63
200m race 3 0.9 M/S			
3	Caspar Eliot	SM	23.18
5	Sean Buckeridge	SM	23.44
Long Jump Pool 3 NWI			
Pole Vault			
2	Chris Day	SM	2.90
4	Emily Brady	SW	2.20
Hammer Pool 1			
4	Jenny Richards	SW	39.45

Kinnaird & Sward Trophies Meeting

SWARD TROPHY 27.4.2013 Kingsmeadow

1 Kingston & Polytechnic	184
2 Achilles	168
3 Windsor Slough Eton & H	150
4 St Marys Richmond	94
5 Blackheath & Bromley	76
6 Hercules Wimbledon	34

High Jump A	
4 Chris Little	ACH 1.8

High Jump B	
2 Matthew Houlden	ACH 1.75
3 Mark Cryer	B&B 1.65
4 Bilen Ahmet	K&P 1.65

High Jump NS	
2 Antoni Schilling	ACH 1.7
3 Josh Mouland	ACH 1.6

Pole Vault A	
2 Quentin Gouil	ACH 4

Pole Vault B	
1 Osman Muskwe	WSE 3.9
2 Freddy Bunbury	ACH 3.7
3 Bilen Ahmet	K&P 3.4

Pole Vault NS	
1 William Jay	ACH 3.4

Long Jump A	
3 Matthew Houlden	ACH 6.66

Long Jump B	
1 Mark Cryer	B&B 6.52
2 Ed Moyle	ACH 6.17

Triple Jump A	
1 Matthew Houlden	ACH 13.11w best legal 13.04 +0.4

Triple Jump B	
1 Emmanuel Gbegli	ACH 12.69

Triple Jump NS	
2 Bilen Ahmet	K&P 11.67

Shot A	
4 Quentin Gouil	ACH 9.69

Shot B	
4 Josh Mouland	ACH 9.56

Shot NS	
5 David Twigg	ACH 8.34

Discus A	
2 Ryan Harper	ACH 35.74

Discus B	
5 David Twigg	ACH 23.72

Discus NS	
5 Josh Mouland	Ach 33.58
7 Bilen Ahmet	K&P 23.36

Hammer A	
3 Ryan Harper	ACH 38.51

Hammer B	
2 Nick Owen	K&P 33.37
3 David Twigg	ACH 26.33

Hammer NS	
3 Michael Carson	ACH 32.61
4 Josh Mouland	ACH 24.59

Javelin A	
4 Josh Mouland	ACH 38.81

Javelin B	
2 Dapeng Wang	ACH 32.32

Javelin NS	
2 Will Scott	ACH 34.84

KINNAIRD TROPHY

1 Kingston & Polytechnic	214
2 Achilles	178
3 Windsor Slough Eton & Hounslow	151
4 Hercules Wimbledon	114
5 Thames Valley	90
6 Blackheath & Bromley	72
7 St Marys Richmond	28

100m A	W minus 2.1	
6 Ed Moyle	ACH	11.48

100m B	w minus 2.6	
5 Henry Husband	ACH	12.07

100m NS R2	nwr	
4 Quentin Gouil	ACH	12.05
5 Richard Baderin	ACH	12.09

6 Chad Miller	HWI	12.83
7=Freddy Bunbury	ACH	12.87

200m A	w minus 0.3	
5 Ross Elsby	ACH	23.25

200m B	w minus 1.0	
5 Caspar Eliot	ACH	23.89

200m NS R1	w minus 1.3	
5 Brendan Fisher	ACH	24.64

200m NS R3	w minus 1.3	
1 Laurence Owen	TVH	23.03
2 Henry Husband	ACH	24.55

3 Quentin Gouil	ACH	24.59
5 Richard Baderin	ACH	25.3
6 Freddy Bunbury	ACH	27.09

400m A		
4 Caspar Eliot	ACH	51.29

400m B	manual	
1 Rory Graham-Watson	WSE	50.8
5 Danny Eckersley	K&P	54

400m NS	manual	
3 Ben Ridley-Johnson	U20 ACH	53.1
4 Alistair Davies	ACH	53.3

5=James Brooks	U20 ACH	54.1
5=Edwrad Hezlet	ACH	54.1

800m A&B		
3 Martin Bedson-May	ACH	2:06.19
4 Lorenzo Aversa	ACH	2:11.85

1500m A&B	& NS	
2 Tom Heslop	ACH	4:10.17
4 Alex Young NS	ACH	4:19.68

5 Peter Townshend NS	ACH	4:21.19
8 Barnaby Walker	ACH	4:40.87

3000m A&B	&NS	
1 Chris Bannon	K&P	8:35.81
2 Joe Christopher	ACH	8:38.51

3 Will Ryle-Hodges	ACH	9:01.28
7 James Chettle NS	ACH	9:12.60

110m Hurdles A&B	nwr	
1 Richard Baderin	ACH	16.05
2 Ross Elsby	ACH	16.15

4 Josh Mouland NS	ACH	17.56
6 Bilen Ahmet	K&P	20.26

400m Hurdles A		
3 Danny Eckersley	K&P	56.94
4 Ed Hazlet	ACH	61.61

400m Hurdles B		
4 Bilen Ahmet	K&P	69.88

2000m Steeplechase A&B & NS		
1 Peter Townshend	ACH	6:20.6
2 Alex Young	ACH	6:30.8

3 Richard Ollington NS	ACH	6:39.5
7 Andy Robinson M45	K&P	7:00.8
8 Andy Arbour M40 NS	K&P	7:07.5



Men's Blues Match

100m (wind +2.2 m/s) Tom Neill (C) 10.84, Ross Elsby (C) 10.93, Vartan Shadarevian (O) 10.98, Isiah Adekanmbi (O) 11.11

200m (wind +2.0 m/s) Tom Neill (C) 22.19, Ross Elsby (C) 22.28, Adam McBraida (O) 22.50, George Gundle (O) 22.70



400m Sam Wareham (O) 49.91, George Gundle (O) 51.35, James Griffith (C) 51.89, Miles Horn (C) 52.67

800m Tom Frith (O) 1:52.17, Adam Lewandowski (O) 1:52.89, Lewis Lloyd (C) 1:53.03, Ed Smith (C) 1:58.45

1500m Jonathan Cook (C) 3:58.86, Thomas Frith (O) 4:00.67, Lewis Lloyd (C) 4:02.06, Andrew Penney (O) 4:05.50

5000m Joseph Christopher (C) 14:43.02, Matthew Leach (C) 14:54.41, Sean Ledger (O) 15:01.50, Chris McGurk (O) 15:09.26

110m hurdles (wind +1.5 m/s) Ross Elsby (C) 15.09, Dion Kramer (C) 15.70, Ismaila Ngum (O) 16.17, Richard Millar (O) 16.18

200m hurdles (wind +2.6 m/s) Adam McBraida (O) 25.04, Craig Morten (O) 25.15, Dion Kramer (C) 25.16, Matt Houlden (C) 28.84

400m hurdles Adam McBraida (O) 54.72, Craig Morten (O) 55.01, Christian Roberts (C) 55.77, Dion Kramer (C) 56.84



3000m steeplechase Peter Hodgkinson (O) 9:31.25, Tom Watkins (C) 9:33.08, Will Mycroft (O) 9:44.34, Peter Townshend (C) 10:13.25

High Jump Onakeno Mario-Ghae (C) 1.95, Abubakar Abioye (O) 1.85 (O), Matt Houlden (C) 1.75, Aidan Reynolds (O) 1.70

Pole Vault Quentin Gouil (C) 4.15, Freddie Bunbery (C) 3.95, Andrei Klein (O) 3.65, Ben

Conibear (O) 3.15

Long Jump Matt Houlden (C) 7.07w [6.93 legal], Sam Trigg (O) 6.73, James Dargan (O) 6.53, David Szabo (C) 6.34

Triple Jump Matt Houlden (C) 14.68w [14.16 legal], Sam Trigg (O) 14.21, Emmanuel Gbegli (C) 13.85, Richard Foord (O) 13.39w [13.34 legal]

Shot Toby Haseler (C) 13.37, Emmanuel Akinluyi (C) 13.04, Marcus-Alexander Neil (O) 11.53, Sam Hitchings (O) 10.86

Discus Marcus-Alexander Neil (O) 41.81, Chris Neale-Jones (O) 38.04, David Allwood (C) 37.91, Ryan Harper (C) 35.56

Hammer Ryan Harper (C) 39.66, Visar Beqiri (O) 35.21, Sam Hitchings (O) 34.64, Michael Carson (C) 28.66

Javelin Aidan Reynolds (O) 59.27, Justas Dauparas (C) 53.85, David Szabo (C) 52.55, Alexander Probodziak (O) 52.40

4 x 100m relay Cambridge (Roberts, Elsby, Houlden, Neill) 42.97, Oxford (Shadarevian, Gundle, Dargan, Adekanmbi) disqualified [43.03]

4 x 400m relay Oxford (Eliot 51.3, Wareham 49.8, Gundle 53.0, McBraida 49.9) 3:23.93, Cambridge (Griffith 52.6, Davies 52.5, Hilton 52.4, Sharifi 53.1) 3:30.55

Result: Cambridge 112, Oxford 98

Women's Blues Match

100m (wind +2.6m/s) Nadine Prill (O) 12.27, Alice Kaye (C) 12.59, Emma Cullen (C) 12.76, Connie Thurlow (O) 12.92

200m (wind +2.3 m/s) Nadine Prill (O) 25.42, Alice Kaye (C) 25.48, Emma Cullen (C) 26.43, Connie Thurlow (O) 26.46

400m Nadine Prill (O) 56.48, Alice Kaye (C) 57.58, Nora Rossberg (C) 60.77, Helen King (O) 61.42

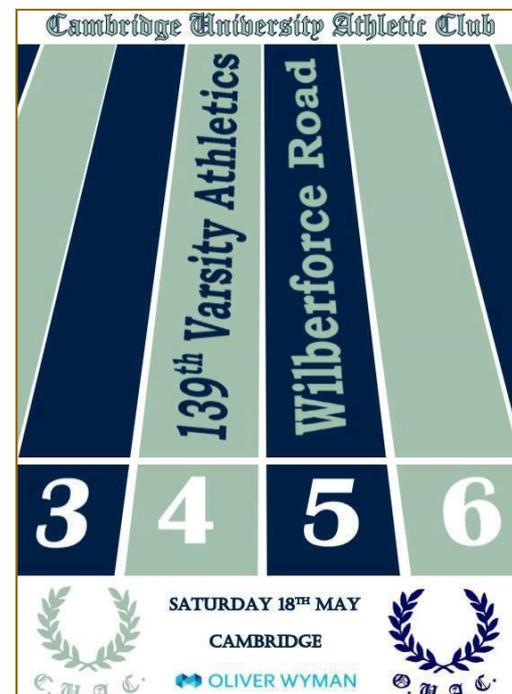


800m Rose Penfold (O) 2:20.0, Nora Rossberg (C) 2:20.2, Rebecca O'Neill (O) 2:21.3, Rebecca McLean (C) 2:24.4

1500m Alison Greggor (C) 4:34.75, Katherine Turner (C) 4:34.99, Rebecca O'Neill (O) 4:55.08, Katherine Hickson (O) 4:57.45

5000m Alison Greggor (C) 17:08.69, Michelle Sikes (O) 17:20.32, Simone Paulson (O) 18:05.03, Beth Swords (C) 18:11.73

100m hurdles (wind +2.5 m/s) Helena Copley (O) 17.72, Maria Preuss (C) 18.26, Katie Hold-



er (O) 19.07, Emily Craven (C) 19.20

400m hurdles Katie Sandford (C) 69.89, Sophie Dundovic (C) 70.53, Helena Copley (O) 72.84, Ellen Gatehouse (O) 72.89

2000m steeplechase Polly Keen (C) 7:03.9, Jocelyn Traylor-Clarke (C) 7:27.4, Alison Walsh (O) 7:54.3, Rebecca Oram (O) 8:13.9

High Jump Emma Perkins (C) 1.78, Lucy Crossman (C) 1.45, Helena Copley (O) 1.35 [Katie Holder (O) no height]

Pole Vault Sarah Williams (C) 2.70, Maria Harper (O) 2.50, Emily Brady (C) 2.10, Katie Holder (O) 2.10

Long Jump Emma Perkins (C) 5.66, Montana Jackson (O) 5.00, Maria Preuss (C) 4.80, Charlie Warwick (O) 4.13

Triple Jump Emma Perkins (C) 12.19w [11.97 legal], Montana Jackson (O) 10.88, Maria Preuss (C) 10.11, Maria Harper (O) 9.98w [9.94 legal]

Shot Katie Holder (O) 9.65, Sue Altman (O) 9.24, Georgina Howe (C) 9.16, Barbara Cooke (C) 9.08

Discus Anna Niedbala (O) 38.99, Georgina Howe (C) 38.03, Rebecca Simpson (O) 26.33, Barbara Cooke (C) 21.42

Hammer Georgina Howe (C) 46.76, Rebecca Simpson (O) 35.15, Anna Niedbala (O) 31.77, Renate Fellingner (C) 30.57

Javelin Charlie Warwick (O) 33.98, Kiara de Kremer (C) 26.99, Emma Cullen (C) 25.10, Katie Holder (O) 24.28

4 x 100m relay Oxford (Thurlow, Nunn, Gatehouse, Prill) 50.05, Cambridge (Thompson, Simmons, Coulter, Cullen) 51.39

4 x 400m relay Oxford (King, Penfold, O'Neill, Prill) 4:02.30, Cambridge (Rossberg 62.2, McLean 60.9, Dundovic 64.4, Kaye 59.0) 4:06.55

Result: Cambridge 104, Oxford 96

Men's Second Team Match (Oxford Centipedes v Cambridge Alverstone)

100m (wind +1.8 m/s) Sylvester Juwe (C) 11.22, Ed Bentsi-Enchill (C) 11.34, Ralph Eliot (O) 11.49, Louwai Muhammed (O) 11.62

200m (wind +2.4 m/s) Sylvester Juwe (C) 22.88, Ralph Eliot (O) 22.94, Ed Bentsi-Enchill (C) 23.63, Alex May (O) 23.90

400m Ralph Eliot (O) 49.96, Lloyd Hilton (C) 51.95, James Garnier (O) 52.24, Ben Ridley-Johnson (C) 52.50

800m Lloyd Hilton (C) 2:02.93, Zac Howe (C) 2:03.99, Matthew Wood (O) 2:04.81, Adam Speake (O) 2:05.15

1500m Will Ryle-Hodges (C) 4:02.38, Adam Speake (O) 4:05.24, Josh Carr (C) 4:07.24, Dominic Kiralyfi (O) 4:14.10

5000m Sam Ashcroft (C) 15:12.49, Alex Short (C) 15:18.02, Jacob Weibel (O) 15:37.11, Richard Franzese (O) 17:02.87

110m hurdles (wind +2.5 m/s) Jared Bentsi-Enchill (O) 17.59, Laurence Orchard (C) 19.14, Richard Ollington (C) 19.36, Caspar Donnison (O) 19.79

200m hurdles (wind +2.3) Ralph Eliot (O) 27.58, Nyma Sharifi (C) 27.94, Ed Hezlet (C) 28.54, [James Garnier (O) disqualified]

400m hurdles Ed Hezlet (C) 59.01, James Garnier (O) 60.77, Nyma Sharifi (C) 60.96, Caspar Donnison (O) 61.65

3000m steeplechase Matt Grant (C) 9:39.16, Alexander Young (C) 9:52.07, Alex Muir (O) 10:43.91, Matthew Wood (O) 10:56.26

High Jump Frederick Hendry (O) 1.90, Antoni Schilling (C) 1.75, Will Pargeter (O) 1.70, Chris Little (C) 1.60

Pole Vault Zaamin Hussain (C) 3.95 (**record**), Will Jay (C) 3.15, Navjeev Singh (O) 2.85, Chris Day (O) 2.85

Long Jump Sheng Ang (O) 6.17, Nelson Tang (C) 6.13, Harry Parkin (O) 5.82, Ismail Akram (C) 5.71

Triple Jump Zebedee Nicholls (O) 12.58, Ismail Akram (C) 12.58, Ben Lewis (C) 12.12w [11.86 legal], Harry Parkin (O) 11.56

Shot Alex Waddingham (O) 9.42, Ben Robb (C) 9.31, James Parsloe (O) 9.31, Ben Newman-Sanders (O) 8.54

Discus David Twigg (C) 28.71, Ben Robb (C) 26.78, Ben Newman-Sanders (O) 20.58, Alex Waddingham (O) 20.05

Hammer David Twigg (C) 30.48, Neil Houlsey (C) 19.38, Ben Newman-Sanders (O) 17.54, Harry Parkin (O) 12.51

Javelin Charlie Pearson (C) 40.69, Henry Rose (C) 39.67, Harry Parkin (O) 33.35, Ben Newman-Sanders (O) 29.85

4 x 100m relay Oxford Centipedes (Muhammed, Millar, May, Trigg) 45.11, Cambridge Alverstone (Magee, Bentsi-Enchill, Smith, Mario-Ghae) 45.26

4 x 400m relay Oxford Centipedes (Morten 51.2, Garnier 52.1, Lewandowski 51.2, Frith 50.4)

3:24.93, Cambridge Alverstone (Hezlet 53.3, Nelson 56.9, Ridley-Johnson 53.4, Horn 54.1) 3:37.70

Result: Cambridge Alverstone 121, Oxford Centipedes 90

Women's Second Team Match (Oxford Millipedes v Cambridge Alligators)

100m (wind +2.1 m/s) Chidera Ota (C) 13.01, Elise Nunn (O) 13.05, Emily Coulter (C) 13.24, Sam Rawlinson (O) 30.00

200m (wind +2.0 m/s) Chidera Ota (C) 27.20, Eleanor Simmons (C) 27.31, Elise Nunn (O) 27.67, Sam Rawlinson (O) 30.00

400m Eleanor Simmons (C) 61.17, Mimi Kyprianu (C) 64.11, Katherine Mackay (O) 65.60, Elise Nunn (O) 67.69

800m Abblie Shepherd-Baron (C) 2:22.74, Rachel Kitchen (C) 2:23.97, Katherine Mackay (O) 2:25.84,



Lucy Spencer (O) 2:32.19

1500m Ella Waldman (O) 5:01.31, Carly Easby (O) 5:07.43, Chloe Beckett (C) 5:14.61, Carrie Beadle (C) 5:24.77

5000m Megan Wilson (C) 18:56.58, Katy Hedgerthorne (C) 18:59.48, Naomi Webber (O) 19:41.44, Emma ----- (O) 21:14.76

100m hurdles (wind +2.2m/s) Sarah Cannon (O) 18.04, Charlotte Frost (C) 19.85, Charlie Flamminger (C) 21.59, Helen Vigar (O) 23.07

400m hurdles Helena Bolton-Jones (C) 71.31, Sarah Cannon (O) 72.87, Grace Copplestone (C) 73.84, Carly Easby (O) 83.66

2000m steeplechase Grace Copplestone (C) 7:48.6, Katherine Mackay (O) 8:25.3, Emma Hobson (O) 8:37.0, Alice Duncan (C) 8:41.8

High Jump Eleanor Flanagan (C) 1.50, Sarah Cannon (O) 1.45, Lucy Spencer (O) and Fiona James (C) both 1.40

Pole Vault Charlie Flamminger (C) 1.80, Hannah Church (C) 1.70, Helen Vigar (O) 1.50 [Elise Nunn (O) NH]

Long Jump Eleanor Flanagan (C) 4.87, Elisabeth Murray (O) 4.52, Fiona James (C) 4.33, Hannah



Mackay (O) 3.36

Triple Jump Fiona James (C) 10.15, Eleanor Flanagan (C) 9.55, Elisabeth Murray (O) 8.75, Lucy Spencer (O) 7.82

Shot Jenny Richards (O) 8.64, Hannah Mackay (O) 7.37, Emily Goodband (C) 7.07, Anna Bachman (C) 6.06

Discus Olivia Collins (O) 24.82, Jenny Richards (O) 21.66, Rebecca Hulbert (C) 20.95, Anna Bachman (C) 14.41

Hammer Jenny Richards (O) 37.24 (**record**), Anna Bachman (C) 24.43, Olivia Collins (O) 17.40, Rebecca Hulbert (C) 17.14

Javelin Alice James (O) 30.10, Patricia Lewis (C) 24.48, Jenny Richards (O) 23.81, Charlotte Frost (C) 15.06

4 x 100m relay Oxford Millipedes (-, -, -, Holder) 55.58, Cambridge Alligators (Ota, Bolton-Jones, Goodband, Hayworth) 56.18

4 x 400m relay Cambridge Alligators (Kyprianu 67.0, Sutherland 62.6, Tomouk 64.5, Sandford 62.9) 4:16.98, Oxford Millipedes (- 65.6, - 63.2, - 65.0, Hickson 66.6) 4:20.47

Result: Cambridge Alligators 110.5, Oxford Millipedes 89.5

Trophies were presented by Jon Ridgeon

The Drake-Digby Trophy for the best performance in the Men's Match: Tom Frith (O)

The Susan Dennler Trophy for best performance in the Women's Match: Emma Perkins (C)

The Le Touquet Trophy, for the most improved athlete during 2012-13: Tom Neill (C)

The Paul Gomme Trophy, for best throwing performance of the season: Aidan Reynolds (O)

The Achilles Trophy, for outstanding contribution to Oxbridge athletics: Nadine Prill (O) and Matt Houlden (C)

The Steven Stuart Trophy, for most notable 2nd team performance: Jenny Richards (O)

Cambridge's star in cross-country is very much in the ascendancy at the moment and this was underlined at this year's 'Varsity Races at Roehampton, where they recorded their best victories for a generation.

In the 38th Ladies' Race, the scale of Oxford's task was underlined by the fact that Cambridge was able to select three former individual winners of the contest in Polly Keen (Murray Edwards), Lucy Gossage (Downing) and last year's victor, Amanda Greggor (King's). Their hopes were not helped by the loss of Katie Hickson (St. Catherine's) in the week before the race, although with a mixture of old Blues, promising freshers and runners moving up from the Turtles, their cause was not without hope.

The 38th Ladies' University Cross-Country Race

Saturday, December 7th 2013, Roehampton

4 miles

1.	L.M.Gossage	Downing	Cambridge	23:15
2.	R.S.Moore	St. Catharine's	Cambridge	23:40
3.	S.M.F.Saller	St. Catherine's	Oxford	23:43
4.	H.A.Page	Homerton	Cambridge	23:47
5.	A.M.R.Greggor	King's	Cambridge	23:48
6.	E.A.S.Mooney	Newnham	Cambridge	23:52
7.	P.H.R.Keen	Downing	Cambridge	24:17
8.	J.E.Klaptocz	St. Hugh's	Oxford	24:26
9.	E.J.Hodson	Merton	Oxford	24:28
10.	C.A.McIlvennie	Trinity	Oxford	24:54
11.	E.J.Moss	St. Anne's	Oxford	25:08
12.	S.Paulson	Green Templeton	Oxford	25:14

Cambridge won by 12 points to 30

N.R.Webber (Worcester) was Oxford captain

M.E.Wilson (Christ's) was Cambridge captain.

The 123rd University Cross-Country Race

7½ miles

1.	L.A.Lloyd	Pembroke	Cambridge	38:26
2.	T.D.Frith	St. Anne's	Oxford	38:39
3.	W.E.Ryle-Hodges	Queens'	Cambridge	38:41
4.	J.A.Christopher	Queens'	Cambridge	38:45
5.	M.R.Leach*	Churchill	Cambridge	38:56
6.	S.R.Ledger	St. John's	Oxford	39:05
7.	C.W.Phillips-Hart	Worcester	Oxford	39:18
8.	A.J.Chettle	Clare	Cambridge	40:05
9.	J.A.Hoad	Christ's	Cambridge	40:07
10.	W.J.A.Christofi	University	Oxford	40:10
11.	S.W.Pohorence	Girton	Cambridge	40:11
12.	P.J.Roddy	Robinson	Cambridge	40:55
13.	T.J.K.Quirk	Jesus	Oxford	40:56
14.	G.W.Colopy	St. Cross	Oxford	41:18
15.	A.N.Speake	Worcester	Oxford	41:28
16.	A.J.Howard	Christ Church	Oxford	42:16

Cambridge won by 30 points to 52

A.W.Muir (Brasenose) – 11th in 2011 – was Oxford captain

The 22nd Old Blues' Cross-Country Race

4 miles

1.	D.J.Bruce	L.M.H. & Green Templeton Ox	20.20	
2.	P.Hodkinson	St. Anne's	Oxford	20.27
3.	S.J.Ashcroft	Jesus	Cambridge	20.42
4.	W.Mycroft	New College	Oxford	21.10
5.	W.J.Mackay	Robinson	Cambridge	21.38
6.	T.Heslop	Clare	Cambridge	21.44
7.	E.J.Catmur	Jesus	Oxford	21.48
8.	M.J.Bishop	St Hugh's, New & St Cath's Ox	21.51	
9.	G.D.L.Kiralyfi	Regent's Park	Oxford	22.00
10.	D.Morton	St. Edmund's	Cambridge	22.20
11.	A.Cherry	Exeter	Oxford	22.47
12.	A.McIntosh	Queens'	Cambridge	22.48
13.	M.Taylor	Magdalen & Linacre	Oxford	23.10
14.	C.P.McGurk	Wadham	Oxford	23.35
15.	R.B.Brown	Jesus	Cambridge	23.37
16.	S.C.Molden	Christ Church	Oxford	23.40
17.	J.J.Brunning	Jesus	Cambridge	24.26
18.	A.Doolittle	Christ Church	Oxford	24.29
19.	A.W.Arbour	University	Oxford	24.32
20.	J.R.Gill	Hughes Hall	Cambridge	25.34
21.	A.N.J.Robinson	Balliol	Oxford	25.59
22.	J.R.Bruce	SEH & Balliol	Oxford	26.01
23.	E.W.G.Brady	Pembroke	Cambridge	26.10
24.	D.R.Barker	Downing	Cambridge	26.29
25.	N.D.Mathur	Churchill	Cambridge	
26.	M.D.Coley	Wolfson	Cambridge	52.04

Oxford won by 122 points to 186 (12-a-side)

In the event, however, very strong running from the off by the Cambridge sextet meant that victory was never a realistic prospect for the Dark Blues. With Gossage leading the way and looking to avenge her disappointing run last year, and with strong support from the rest of her side, the Light Blues were well placed from the moment the race had settled down after the usual mad rush to the watersplash.

At the Windmill, a comfortable victory was on the cards and fine running over the last mile turned it into a most convincing win, with only Sophia Saller (St. Catherine's) in third breaking up the Light Blue pack. Gossage duly won by 25 seconds from Rebecca Moore (St. Catharine's) and the 12 points to 30 scoreline was their biggest winning margin since 1984. Despite their second victory in as many years, Oxford still clearly lead the overall series by 23 wins to 15.

At the start of the season, it was difficult to see past a convincing win for Cambridge in the 123rd Gentlemen's Race. However, as a result of the combination of a number of promising freshmen for the Dark Blues and the selection of Cambridge's top runner - Alex Short (Robinson) - for the Great Britain under 20 team for the European Cross-Country Championships to be held on the day after the 'Varsity Match, a much tighter contest was anticipated.



Andy Arbour, Simon Molden, David Barker, Matt Taylor



However, taking inspiration from their female counterparts, the Light Blues ran away from Oxford to record their biggest win since 1995, in so doing putting themselves back in the lead in the series, by 62 wins to 61.

As the race settled out after the first mile, it was Oxford's Tom Frith (St. Anne's) - in his third appearance - who was making the running at the front as the pack passed Spring Well Cottage. He was being closely trailed by the Light Blues' Lewis Lloyd (Pembroke) and behind him the pack was ominously dominated by his team mates. It was clear for Oxford that they would need to make a collective move and quickly if they were to take the honours. However, it was not to be and - as with their female counterparts - the Cambridge eight strengthened their position in the latter half of the race to record a 30 points to 52 victory, their third in a row. Lloyd managed to overhaul Frith in the last third of the race to take the individual victory - the first Cantab to do so since Paolo Natali (Christ's) in 2007.

For Oxford, there was the natural disappointment of defeat combined with the knowledge that a few of their team did not run as well as expected. However, no-one can deny the deserved victory of the Light Blues and with many of the team still in residence next year and the likely return of Robinson, their prospects look bright.

Earlier in the day, there was a semblance of consolation for Oxford with another convincing victory in the Old Blues' Race, this time by 112 points to 186 (scoring 12-a-side). David Bruce (LMH & Green Templeton) took the individual honours, emulating his 2011 victory. Oxford's eighth win in a row means they now lead the series by 14 wins to 8.

-Simon Molden

I am still searching for the result of the 1975 ladies' race that took place as part of the 2nds-5ths races at Shotover.

I have also spent some time this year pulling together the results of all of the 2nds-5ths races, since the very first 2nd team race in 1937. Surprisingly, given how little they were reported in newspapers, I have almost completed it. However, there are two years I could really do with the results for:

1970 – men's 2nd, 3rd, 4th and 5th team results

1992 – ladies' 2nd and 3rd team results.

And I'm planning to produce an updated history in time for the 2015 race, which will be the 125th anniversary of the men's race and the 40th ladies' race.

If anyone has any material that they would like to contribute – particularly from the 1960s, 1970s, 1980s and the ladies' race – I would be very interested and grateful to receive it

simon@scmolden.co.uk

FRESHERS VARSITY MATCH 3 November 2013

Best performances in the Varsity Match Cross Country matches (since courses were altered in 2000).

Men (c 7.5 miles)

36:49 (1)	Fraser Thompson (Ox)	2003**
37:38 (1)	Fraser Thompson (Ox)	2002
37:39 (2)	Jerome Brooks (Ox)	2002
38:00 (2)	James Mason (Cam)	2003**
38:01 (3)	Nick Talbot (Ox)	2002
38:02 (1)	David Bruce (Ox)	2009
38:06 (1)	Jerome Brooks (Ox)	2001*
38:07 (1)	Jonathon Blackledge (Ox)	2005
38:09 (2)	Richard Franzese (Ox)	2009
38:14 (1)	Fraser Thompson (Ox)	2004
38:15 (2)	Paolo Natali (Cam)	2005
38:22 (3)	Andy Baddeley (Cam)	2003**
38:25 (3)	Andrew Heyes (Ox)	2009
38:26 (3)	Fraser Thompson (Ox)	2005
38:26 (1)	Lewis Lloyd (Cam)	2013
38:29 (4)	Ben Moreau (Ox)	2005
38:31 (4)	Sam Aldridge (Ox)	2003**
38:32 (2)	Jonathon Blackledge (Ox)	2004
38:33 (1)	Richard Franzese (Ox)	2008
38:36 (4)	James Kelly (Cam)	2009
38:39 (1)	Paolo Natali (Cam)	2006
38:39 (2)	Tom Frith (Ox)	2013
38:40 (2)	David Bruce (Ox)	2008
38:40 (1)	Richard Franzese (Ox)	2011
38:41 (1)	Jacob Weibel (Ox)	2012
38:41 (3)	Will Ryle-Hodges (Cam)	2013
38:45 (4)	Jo Christopher (Cam)	2013
38:51 (5)	Corin Hughes (Cam)	2003**
38:52 (3)	Ben Moreau (Ox)	2004
38:55 (2)	Nick Talbot (Ox)	2001*
38:55 (2)	Sean Ledger (Ox)	2012
38:56 (3)	James Kelly (Cam)	2008
38:56 (6)	Ben Hope (Cam)	2003**
38:56 (2)	Robin Brown (Cam)	2011
38:56 (3)	Jo Christopher (Cam)	2012
38:56 (5)	Matt Leach (Cam)	2013

Women (c 4miles)

22:49 (1)	Julia Bleasdale (Cam)	2003**
23:15 (1)	Lucy Gossage (Cam)	2013
23:17 (1)	Lucy Gossage (Cam)	2011
23:22 (1)	Naomi Taschimowicz (Cam)	2009
23:22 (1)	Alison Greggor (Cam)	2012
23:28 (1)	Ellen Leggate (Cam)	2001
23:31 (2)	Emily Crowley (Ox)	2003**
23:33 (2)	Jessica Chen (Ox)	2011
23:38 (1)	Katie Skorupska (Ox)	2000
23:38 (3)	Joanna Klaptocz (Ox)	2011
23:40 (2)	Rebecca Moore (Cam)	2013
23:43 (3)	Sophie Saller (Ox)	2013
23:47 (4)	Holly Page (Cam)	2013
23:48 (5)	Alison Greggor (Cam)	2013
23:49 (2)	Kate Niehaus (Ox)	2012
23:52 (1)	Alice Beverley (Ox)	2004
23:52 (1)	Courtney Birch (Ox)	2005
23:52 (6)	Elisabeth Mooney (Ox)	2013
23:54 (4)	Hayley Munn (Ox)	2011
23:56 (3)	Hanna Tarver (Cam)	2012
24:02 (5)	Tamma Carleton (Ox)	2011

Notes: * watersplash omitted **course abnormally dry. The courses in 2010 were under heavy snow, and the times (39:32 and 24:57) of the men's and women's winners, Andrew Heyes and Rachel Deegan, would have been much faster in other conditions.
CJRT 6.1.2014

Wilberforce Road, Cambridge

Weather fine, but VERY windy (Pole Vaults cancelled by the Officials, as too dangerous)

MEN

100m	Isaac Kitchen-Smith (O) 11.2, Ian Shevlin (O) 11.4, Will Morris (C) 11.5, Louis Tapper (C-guest) 11.7, Gabz Ejikeme (C) 11.9
200m	Ian Shevlin (O) 23.0, Isaac Kitchen-Smith (O) 23.3, Ming Wang-Ko (C) 23.8, Will Morris (C) 24.8
400m	William David (O) 54.7, Brad Dixon (C) 54.9, Ed Tusting (C) 55.0, Callum Munday (O) 56.4
800m	Ed Tusting (C) 2:03.3, Alex Bow (C-guest) 2:05.2, Niki Faulkner (O) 2:05.7, Louis Gardner (O) 2:06.2, Tim Borgas (C) 2:07.9
1500m	Thomas Quirk (O) 4:18.9, Joe Bowness (C) 4:20.6, Edward Mole (O) 4:25.5, Petros Giannaros (C) 4:25.9, Ti Xu (O-guest) 4:45.6
3000m	Alex Howard (O) 9:12.4, Patrick Roddy (C) 9:19.1, Tommy Lees (O) 9:30.2, Pete Cameron (C) 9:39.3
110m hurdles (3'3")	Alistair Stanley (C) 16.3, Cassey Chua (C-guest) 17.1, Oriyan Prizant (C) 18.2, James Marvel-Coen (O) 19.0, Jusin Leung (O) 20.3
400m hurdles	Alistair Stanley (C) 62.5, Edward Mole (O) 67.1, Justin Leung (O) 72.6 [Luke Smith (C), 89.4, was disqualified for receiving assistance]
High Jump	Alistair Stanley (C) 1.75, David Kelly (O) 1.70, Erlend Fleisje (C) 1.65, Oliver Robinson (O) 1.55
Pole Vault	cancelled
Long Jump	Ezra Leonce (O) 6.33, James Allen (C) 6.07, Daan van de Weem (C) 5.85, Hugo Henson (O) 5.68
Triple Jump	Mark Poniatowski (O) 12.38, Luke Smith (C) 12.10, Ezra Leonce (O) 11.84, Harley Katz (C) 11.41
Shot	Michael Painter (C) 12.10, Jordan Gruber (C) 11.08, David Sparkhall (C-guest) 10.30, James Thompson (C-guest) 9.18, Koen Rijks (O) 9.17, Paul Miller (O) 8.52
Discus	Michael Painter (C) 37.63, Jordan Gruber (C) 29.51, David Sparkhall (C-guest) 28.22, Paul Miller (O) 20.23, Koen Rijks (O) 13.23
Hammer	Michael Painter (C) 55.08 (record), Tom Parker (C) 40.90, Koen Rijks (O) 18.45, Paul Miller (O) 18.31
Javelin	Jordan Gruber (C) 50.68, Nikil Raju (C) 45.09, Charlie Robb (C-guest) 40.26, Teddy Truneh (C-guest) 39.55, Niki Faulkner (O) 24.94, Ben van Leeuwen (O) 1.40
4 x 100m	Cambridge 46.2, Oxford 51.0
4 x 400m	Oxford 3:36.0, Cambridge 3:39.1

Result

Cambridge 93, Oxford 85

WOMEN

100m	Eniola Oyesanya (O) 12.6 (equals record), Anna Pugh (C) 12.8, Emily Stone (O) 13.0, Katie Urquhart (C) 13.1, A (C-guest) 15.0, Joy Buolamwini (O-guest) 15.8
200m	Eniola Oyesanya (O) 26.6, Anna Pugh (C) 27.4, Katie Urquhart (C) 28.3, Alice Richardson (O) 29.0
400m	Alice Flint (C) 64.5, Alice Richardson (O) 65.8, Flo Powell (C) 66.8, Kate McGibbon (O) 71.4
800m	Sarah McCuaig (O) 2:30.5, Alice Flint (C) 2:33.0, Imogen Kempton (O) 2:37.8, Jocelyn Major (C) 2:42.2
1500m	Sarah McCuaig (O) 5:04.0, Fern Brereton (O) 5:14.3, Rosie Talbot (C) 5:14.7, Holly Page (C) 5:19.7
3000m	Holly Page (C) 11:00.6, Imogen Kempton (O) 11:26.2, Susanna Markovlovic (O) 11:43.3, Rosie Talbot (C) 11:54.9
100m hurdles	Dakota McCoy (O) 16.4, Emily Stone (O) 16.6, Eleanor Duck (C) 19.9, Eliza Lefroy (C) 20.0
400m hurdles	Eleanor Duck (C) 69.0, Dakota McCoy (O) 72.0, Eliza Lefroy (C) 81.1, Joy Buolamwini (O) 105.9
High Jump	Alice Richardson (O) 1.41, Anni Bates (C) 1.38, Alice Harman (O) 1.30, Helen West (C) 1.25
Pole Vault	cancelled
Long Jump	Emily Stone (O) 5.22, Anna Pugh (C) 4.84, Sara Comis (C) 4.56, Alice Harman (O) 3.99, Joy Buolamwini (O-guest) 3.89
Triple Jump	Emily Stone (O) 10.37, Alice Flint (C) 9.64, Sara Comis (C) 9.33, Alice Richardson (O) 8.74
Shot	Simisola Oyesanya (O) 9.99, Emily Stone (O) 8.42, Catriona Cox (C) 6.91, Katharine Elliot (C) 5.13
Discus	Christina Nick (O) 28.42, Simisola Oyesanya (O) 25.56, Catriona Cox (C) 19.16, Katharine Elliot (C) 15.82
Hammer	Emma Horner (C) 24.01, Simisola Oyesanya (O) 22.53, Christina Nick (O) 19.02, Katharine Elliot (C) 17.69
Javelin	Dakota McCoy (O) 33.50, Lisa Eilers (C) 31.52, Emily Stone (O) 25.94, Alia Ardron (C) 19.55
4 x 100m	Oxford 55.7, Cambridge 55.9
4 x 400m	Cambridge 4:27.3, Oxford 4:33.4

Result

Oxford 103, Cambridge 76

Achilles Athletes of the Match: Michael Painter (Cambridge) and Eniola Oyesanya (Oxford)

C.J.R. Thorne 6.11.2013

Vets Corner



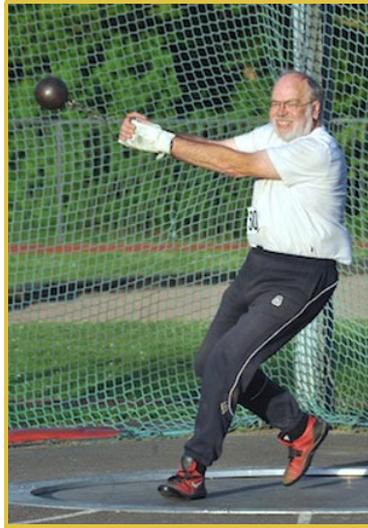
Andy Robinson:
Bronze Medallist over 5000m at the World Masters in Brazil, and Silver over 3000m at the European Vets Indoors

Dan Schlesinger (right on Alebrto Salazar's shoulder) ran his pb at the 1983 Boston Marathon
"I remember the day well, because my shoelaces came untied during the race, and I had to stop to retie them. In the process, I lost contact with the lead pack. As far as I can recall, the air was still--almost windless--and the temperature so conducive to good running that one didn't even sense it or think about it. It was an atmosphere in which a runner could race undistracted. I remember my sense of disappointment that I covered 26 consecutive miles at 5:01 pace and still only placed eighth. How fast might I have run without the shoelace mishap? I'll never know."



At the BMAF championships, on a chilly and damp weekend in mid September, **John Moreland** (right) enjoyed a field day, winning four golds in the M55 discus, shot, weight, and throws pentathlon, placing 2nd in the hammer, and 6th in the javelin.

Other medallists included **Ellen Leggate**, silver in the V35 1500m, **Ian Johnston** (below left) bronze M45 5000m, **Chris Melliush** (bottom left), silver M65 hammer, **Steve James** (below right), silver M75 1500m, (having early in the year won the British Maters M75 Cross Country) **Joan Lasenby** (below centre), bronze W50 800m, and **Hazel Barker**, bronze W50 high jump.



Carole Morris (right) has been forced by injuries to retire from Javelin throwing. She was in the UK top 20 when Sander-son and Whitbread were in their prime, and had a top placing of 6th in the World masters.

She was another mem-ber who enjoyed the London Olympics as a Gamesmaker



Achilles All-Time Marathon Lists

Men		
2:08:36	Richard Nerurkar	13.4.1997
2:11:10 (148m short)	Nick Brawn	25.10.1981
2:15:00	Nick Brawn	21.4.1985
2:11:37	Danny Schlesinger	18.4.1982
2:13:27	Chris Garforth	29.6.1980
2:13:44 (short)	Alistair Wood	4.7.1970
2:13:45	Alistair Wood	9.7.1966
2:14:33	Huw Lobb	17.4.2005
2:15:26	Tim Johnston	27.7.1968
2:15:51	Bob Treadwell	15.5.1983
2:15:52	Ben Moreau	1.12.2013
2:16:40	Martin Ellison	13.5.1984
2:17:33	Julian Goater	27.10.1985
2:17:36	Bob Lunnon	26.10.1974
2:18:25	Mel Edwards	21.10.1967
2:18:45	Roger Robinson	3.5.1981
2:19:01	James Kelly	20.10.2013
2:19:07	Doug Gunstone	7.5.1977
2:19:10	Larry Matthews	5.12.1993
2:19:35	Rob Duncan	24.5.1980
2:19:53	Paolo Natali	17.4.2011
2:21:48 (148m short)	Warwick Ewers	25.10.1981
2:21:59	John Bryant	27.10.1973

Women		
2:23:12	Mara Yamauchi	26.4.2009
2:27:44	Claire Hallissey	22.4.2012
2:28:38	Sally-Ann Hales	21.4.1985
2:36:27	Lucy Hasell-MacAlister	17.2.2008
2:36:29	Danielle Sanderson	7.8.1994
2:44:29	Emma Pooley	27.10.2013
2:47:24	Megan Clark	22.4.2001
2:47:36	Deborah Kay	1993
2:51:08	Clare Martin	13.4.2008
2:53:31	Emily Ferenczi	8.12.2013
2:54:57	Sophie Wood	17.4.2005
2:55:35	Jo Dering	14.4.2002
2:56:14	Amanda Scott	25.4.2010
2:58:01	Lucy Gossage	25.4.2010
2:58:11	Jessica Leitch	22.4.2007
2:58:59	Joan Lasenby	24.1.1982
2:59:06	Sarah Springman	20.4.1986
2:59:50	Silke Pichler	23.4.2006

Fraser Thompson reports that he finished third in the Marathon du Medoc in 2hr29, made up as Mr Spock. The final frontier.....



A FAREWELL TO MARATHONS: by Gordon Wilson, founder of the Varsity Marathon

Many of my friends and family have been very kind in wishing me well and/or subsequently asking how I did in the 2013 London Marathon and you might just be wondering why you have heard nothing for the two weeks since the race, thinking perhaps that I might have had a memory loss or am still lying in a hospital bed somewhere.

There has been so much going on since then that I have hardly had time to draw breath. Also, as you will see, there is a bit more than usual to this particular account. For those who just want the bare facts, that I finished, I crave your indulgence in going beyond this limit to accommodate those who wanted a bit more and also because this race had more incidents than one would normally expect and, for me, it is the end of an era, which has quite an impact - a way of life is over. One or two of you might have already had a bit of this and to you I apologise for any repetition.

Suffice to say I have decided to retire from marathons after this my 36th (including 2 Comrades Marathon, Pietermaritzburg - Durban, a 56 mile race) in exactly 34 years, which is a long time to keep up top class running for whatever is one's age group. Having run my first in 1979 in Athens, the archetypal marathon, finishing in the Olympic Stadium of 1896, this was also a particularly significant occasion on which to have run my last. This year we all had Boston in mind. It is such a special race that to run in it is to be a little part of an historic tradition, which is why, as well as running in 1981, I was determined to run in the 100th race in 1996. Any terrorist attack is bad enough, but it seemed a double outrage that something so iconic, reflecting a festival of people of all nations gathered together, many supported by children and their closest relatives, could be thought a target, in effect an attack against humanity itself. We had half a minute's silence before the start in London, the most perfect, and I can only say intense, crowd silence I have ever experienced. We wore a black ribbon on our vests reflecting our total empathy with Boston and a tribute to those who died or were injured in the outrage.

The race itself? I finished 6th in my age group, but really, if I had been true to my form over the years, should have been very much better than that. Mine could, therefore, be accurately described as a curate's egg of performance. I have a very smooth routine, developed over the years, of catching the train from Charing Cross to Blackheath Station, walking up the

hill to Blackheath itself, going into an hotel on the right and resting up there in the foyer with a section of the Sunday paper, sipping water and then, with an hour to go, taking a strong black unsweetened coffee to initiate the carbohydrate action before walking across the Heath to my start. I was comfortable and relaxed warming up and it was a perfect morning, no wind, no clouds, a nip, but not a chill, in the air. I was at the Green start, for the "good for age" runners and the celebs. The latter started at the very front, but I had wormed my way virtually to the front of the first section behind that, so that when the cannon went off it wasn't too difficult to weave one's way through them. I hadn't recognised any before the start, with the exception of Iwan Thomas, the 1997 World championship gold and 1996 Atlanta Olympic silver 4 x 400 metre really medallist - another athlete, you see - and I had seen him in the former event in Athens.

I settled into a comfortable rhythm through Woolwich and the descent down towards the river level, running on towards Greenwich and my old familiar



territory of what is now, alas, called the Old Royal Naval College. At just about 5½ miles the first setback occurred when a big tall oak cut in too close behind me as he was overtaking and clipped my heel. I went down like a sack of potatoes and hit the ground very hard. He ran on without a word of apology, indifferent to my questioning the validity of his parents' marriage. Although there was quite a bit of blood around I hadn't suffered any damage

to my running capability, but it did take a bit of time to get back into a rhythm again.

By Tower Bridge (12 miles) I was pretty comfortable and was in good shape up to 20 miles, although it was getting very hard at that stage, as it always does for everybody from then on, no matter what their standard. So, things were going pretty well up until then, but some of you will know

Overall winner inaugural New Forest Marathon (1983) 2h 32m 21s (his PB); 4th Athens (1978). Best age group results: Washington, DC 7th (1982); Inter-Services, Swinderby, Suffolk, 2nd (1983); Washington DC, 8th (1983); London, 8th (1985); Dublin, 1st (1987); London, 7th (1988); Selby, Yorkshire, 2nd (1990); Berlin, 1st (1994); 100th Boston, 12th (1996); New York, 2nd (1996); London, 5th (1997); Comrades, Pietermaritzburg- Durban (56 miles), 1st (1997) (7h 4m 29s); Comrades, 3rd (1999); London, 4th (2004); Amsterdam, 4th (2004); Eindhoven, 2nd (2010); London, 6th (2013)

that I have had balance problems towards the end of marathons ever since 2009, not something arising out of extreme tiredness after pushing yourself so hard, but a disposition to lean forward and also drop my right shoulder, so that I am unstable and cannot run straight, but have a marked tendency to drift to my right, something I seem totally unable to control. This time the effect was really serious, worse than it's ever been, over the last three miles and especially the last mile. I couldn't stop myself running into the barriers on the right hand side of the road and only the supporters and the barriers themselves stopped me from falling over. If I ran into them once, I did so some fifteen times over that last couple of miles. Other runners were amazing in their concern, support and truly generous willingness to help out, as indeed were the spectators, but I politely refused most, not only because I didn't want to hinder them, but also I didn't want to have a "Dorando Pietri" (the Italian famously disqualified for being helped over the line in the 1908 London Olympic Games) situation, so got myself over the line unaided. I was very touched by the selflessness of these athletes, men and woman, who were struggling with their own demons in that last mile, intent on getting themselves to the finish, some doubtless chasing a PB and yet still checking on my welfare, some stopping to do so. One pair of blokes 'frog ran' me for a little, which made a huge difference, but from which I detached myself, because I didn't want to hold them up. A woman grabbed me and insisted we run arm in arm and said I was helping her as much as she me. Masses of medical orderlies were around here and suddenly she needed one even more than I, as acute cramp hit her. I was afraid that the medics would pull me off, as indeed one had tried to do in Eindhoven in Holland in 2010, with

only 3 kilometres to go. Then we had a wrestling match in the middle of the town square with the local population supporting me as I resisted, he eventually relenting when I said I'd walk, which I did until he was out of sight when I broke into a slower running pace than before, but enough to get me to the finish. I was honest enough with myself to appreciate that, if he hadn't stopped me, I would probably have fallen over. However, now I was truly grateful for the medics didn't

take me off, but I must have looked a prime candidate for it and they kept asking me if I was OK. However, I've never dropped out of a marathon and I wasn't about to do so in this case. My final lurch to the right was to give a very solid thump as I ran into the right hand side of the substantial, wooden, frame-shaped finish structure. I had done the same thing, even harder, at the finish of London 2011. There is no doubt that I no longer feature in the category of good club runner and, given the problems that now crop up under the stress of the later stages, and which seem to be getting worse, my retirement from running marathons seemed inevitable.

As all my running over these last 34 years has been a means to an end of running marathons, even when I have temporarily not been able to run them for some years because I was away at sea or because of niggling hamstring problems, it will be interesting to see how I cope mentally with this new dimension. The mechanical side has never been a problem and all my joints and bones have been and remain trouble free. So I will still train, but not to the intensity of hitherto, although even that had been reducing over the years, which of course is a factor of age. At my peak throughout my 40s I used to do 110 miles a week, but this year I rarely went over 60 and I shall do less now. I shall continue to race over 10 kilometres, for which there are many opportunities, with the occasional 10 mile race and, perhaps, one half marathon a year.

My great sporting journalist hero, Simon Barnes, wrote, interestingly only a few weeks ago, a fascinating article on sporting people's retirements, postulating that, almost invariably, it is an unsatisfactory experience and usually not according to plan. One doesn't retire at the apogee of one's ability, but in the aftermath of either a very unsuccessful performance or amidst an evident decline in one's ability. I'm not putting myself in anything like the same category, because he was a superstar, but Andrew Strauss, the England cricket captain's experience was a classic example of this. But I do understand how he feels and once you do announce it, you still have that feeling deep inside, "what if...."

However, I think I'll shake it out of my system following the British Lions rugby team in Oz in a couple of months time! I might also add that I had a great "run ashore" that evening in one of my favourite haunts of all time, The Cork and Bottle in Leicester Square, and even had a couple of charming young girls, joining our table and becoming fans, insisting on buying me a drink. I settled on a glass of pudding wine, since that was appropriate to the stage of the meal!

Gordon Wilson (above in the 1983 New York Marathon) captained his school athletic and cross country teams and also represented Britannia R.N. College, Dartmouth at both sports. After graduating from Dartmouth he spent considerable periods at sea, with occasional short appointments ashore, leaving no chance for serious athletic competition. It was only while he was serving in Ankara at the age of 37 that he ran his first marathon in Athens. With the exception of the subsequent two, all his other marathons were run as a veteran athlete. He represented the Royal Navy in inter-service competitions and also in its annual match against the US Marine Corps, run within the Washington DC Marathon.

In 1986 he came up to Jesus College, Cambridge, as a serving naval officer, then a commander, to read an MPhil in International Relations. He joined the Hare and Hounds and realised that there was something missing from their portfolio, namely a Varsity marathon. Having discussed the potential for one with and obtained support from both the captain, Ifan Lloyd, and the

President, Dr Mike Turner, contact was then made with OUAC to discover if they would respond to a Marathon challenge in 1987. Having obtained their enthusiastic backing for such an event, Gordon then wrote to Chris Brasher, asking if he would sanction a Varsity Match run within the London, on a basis of places being provided for eight athletes per team, with the times of the top four finishers of each University counted in their order of finishing within the team being added together, the lowest aggregate deciding the victors. Without hesitation Chris gave his ready approval and the event has continued to this day and is now a Blue sport. Cambridge won the first race and Gordon at the age of 45 was the fourth scoring competitor for his university, recording 2h 38m 34s, later in the year running 2h 35m 27s in Dublin. As a consequence of his recent problem he had an MRI and Datscan, the latter of which suggested that there was a hint of something in the deep recesses of his brain, but there's nothing to be done at the moment, so he's leading a very active and unrestrained lifestyle. He will have 6 monthly checks with the neurologist.



By Roger Robinson, for Runner's World

Chris Chataway was a legendary and much loved British runner whose daring competitiveness played a key role in no fewer than four of the mid-twentieth century's most historic races, including the first sub-4:00 mile. At the climax of the greatest of them, a 5000-meter race in London in 1954, Chataway outkicked the Soviet "iron man" Vladimir Kuts in the last strides for a world record (13:51.6). That race is still regarded as the most

President of OUAC in 1953

Winner of the Achilles Medal in 1954 (jointly with Roger Bannister) and 1955.

Winner of the Varsity Cross Country in 1950, 51 and 52

Winner of the Drake Digby Trophy in 1952 and 53

Winner of the Mile at the Varsity Sports of 1951, 52 and 53 and the 3 Miles in 1952.

Winner of the Mile v Harvard & Yale in 1951, and of the Mile and 2 Miles v. Yale and West Point on the 1953 Tour

Member of the Achilles Tour to Scandinavia 1955

Speaker at the Transatlantic Series Centenary Banquet in 1995

Varsity Cross Country:

1950 – 1st in 40:59 (Cambridge won by 34 points to 44)

1951 – 1st in 41:29 (Oxford won by 27 points to 51)

1952 – 1st equal (with David Law and Tony Weeks-Pearson) in 41:16 (Oxford won by 21 points to 66). This is the biggest victory in the history of the series.

Chris was only the second runner to win the race three times (at that time, the only other was William Pollock-Hill in 1886, 1888 & 1889).and the first to do it in consecutive years.

compelling ever run on a British track, including Mo Farah's two Olympic victories in 2012.

Chataway was only 21, still an Oxford University student, when he made the Olympic 5000 final in Helsinki in 1952, and came close to upsetting Emil Zatopek and Alain Mimoun. He led the early laps, attacked adventurously with 200 meters to go, and was still in front around the final bend, until he tied up, stumbled against the curb, and fell. He got up and finished fifth.

Two years later, in his peak season of 1954, Chataway contributed to two epoch-making one-mile world records. On May 6, 1954, at Oxford, he led the crucial third lap that enabled Roger Bannister to become the first man to break 4:00. The next month, in Turku, Chataway pursued John Landy so

ardently that the Australian was forced to lift his last lap, gaining new world records at 1500 meters and one mile, beating Bannister's newly historic time by 1.4 seconds. "When they rang the bell, Chataway was still there," was Landy's explanation.

Chataway's place in his own right as a hero of running history came later in that golden year. In August, at the British Empire and Commonwealth Games in Vancouver, he commandingly won the three-mile gold medal. Later that month, in the European Championships 5000 in Berne, he was second to the relentless front-running of Kuts, beating Zatopek for the silver medal. Finally, on October 13, at London's White City, came the end-of-season meet billed modestly as "London vs. Moscow." In reality, it was much more: a Cold War face-off, the first time runners from behind the Iron Curtain had been seen in Britain, a public testing of British values, in front of a sell-out crowd of 45,000, and an unprecedented television audience of 12 million.

To those of us in that patriotic crowd, it seemed almost like an extra chapter added to the World War II blitz (not much more than ten years earlier), a desperate battle against ruthless odds for British survival. In the darkness of that chill October night, wartime searchlight beams sought to follow the two front runners, though sometimes they escaped from the moving pool of light into complete blackness, where we could only glimpse Chataway (in all white) enduring smash after smash from the seemingly mechanical crushing power of Kuts. In the European championship, Kuts had raced equally aggressively, and had broken the field and the world record. In London, Chataway's tactics were simple: whatever happens, stick to him.

It was hard for us to believe that he could do it. Kuts surged and surged again, elbows pumping. Chataway stuck. Approaching the bell, the Soviet thrashed himself to one more attack, and almost got away – but again Chataway clawed back the 10-yard gap, clung for one last lap, and somehow, as we jumped and screamed in ecstatic disbelief, he found a sprint that gave him the race and the world record by half a stride. After the tape, Roger Bannister himself caught his friend in his arms and kissed him – in England, in 1954! That's how emotional it was.

Half a century later, I urged Chataway to write his own account of that race. We'd been talking about running writing as literature, and his coach Franz Stampfl's belief that to run a great race was as much an act of artistic creation as to paint the Mona Lisa. For a whole generation of teenagers like me, I told him, his victory over Kuts was as indelible as art, hugely influential on those of us who became runners, and an epic moment in British sports history – epic in the true sense, that one individual's heroism epitomised the whole nation. But he was a man of genuine modesty, who always preferred to turn a compliment into a joke. "No wonder it had such a big television audience, because there was only one channel in those days, so they had no choice," he said, with his disarming smile.

We were enjoying the overnight stop during a two-day relay along the length of the River Thames, a running memorial by the Thames Hare and Hounds and Ranelagh Harriers clubs for Chris Brasher, the other pacer in Bannister's historic mile, who had recently died. (The baton was small flask of whiskey.) Passing through Oxford, with Chataway carrying the baton, the relay diverted from the river to cover four laps of what is now named the Roger Bannister Athletic Track. I was

Chris Chataway had an exceptional life. I remember him for several reasons apart from his part in the first sub four minute mile (I am one of the many thousand who claim they witnessed the event who actually did so).

Among my memories I recall sitting in front of a grainy black and white TV, I think in my Oxford digs, watching his race with the Russian Vladimir Kuts, taut as taut could be, willing Christopher to win, as he did by a fraction of a second. (Against a runner probably on drugs). The other major memory is from during our 1955 Achilles Scandinavian tour, him racing against more Eastern Europeans in complete silence. Without exaggeration at times the only sound was that of spiked feet hitting the track. the silence only broken when one of several top high jumpers cleared a height. High jumping rated higher than distance running!
David Henderson

Such a great athlete and nice chap. I interviewed him twice over the years and enjoyed his company very much. I remember the Kuts race because I broke the springs of the chair in the flat I shared, jumping up and down cheering him on while watching on a minute black and white TV. - *David Thurlow, NUTS*

A great Englishman and marvellous company. *Michael Beloff*

I have many pleasant memories of running with Chris. He was a wonderful runner and companion. *Ian Boyd*

Truly one of the men who embraced the Golden Age of Track and Field — *Tony Tenisci, Penn Track & Field*

Sorry to hear of the passing of a great athlete. His son, Ben, spent a summer working at my law firm.
- *Jim Wade, Yale Track & Field*

I just met Chris once, at an Old Blues race in the early 90's. He asked kindly after his old rival Alistair Wood, my mentor and training partner in Aberdeen.. *Mel Edwards*

I was privileged to have met him a number of times at various Commonwealth Games. Not only was he very talented he was also charming and always seemed to have time to talk to you. A really sad loss. *Dursley Stott*

He was an inspiration to many both of his generation and after.
- *Abdulai Conteh*

He was one of my early heroes who inspired me to start running. I am just old enough to remember his amazing win over Vladimir Kuts at the White City. When I was at primary school my friends and I used to race each other home on foot ; of course I always won(!) but we would choose characters and I was always Bannister or Chataway. Never thought I would follow in his footsteps as OUAC President.
Bob Steele

appointed to represent Cambridge, Brasher's university, and mine, in the small group that accompanied Chataway on that resonant section of the commemoration. (Bannister was waiting at a riverside pub to buy us beers.) All was geniality and nostalgia as we jogged the laps, four elderly running friends pretending to be happy to be still able cover a mile. But as we came into the finishing straight on the fourth lap, Chataway said almost under his breath, with a quiet chuckle, "This time I'll win."

That trivial moment was true to the man. Debonaire, good-humored, often joking about his light

25-miles a week training and his relish for fine wine, always delightful company, the most genuinely charming man you could ever meet, Chataway at a deeper level had the resoluteness, the love of a challenge, the sheer cursed competitiveness, that it takes to stick to Vladimir Kuts for twelve laps at a pace five seconds under the world record.

"He had lots of persistence, very determined," was the first thing one of Chataway's oldest friends, Ian Boyd, said, when I called him with the news of the death. That's not the first thing you expect to hear about the smiling, easy-going, red-haired hero, but it goes to the essence. Boyd, two years younger and an Olympic 1500 finalist in 1956, was at Oxford with Chataway, and several times on British teams with him.

"He was warm-hearted and a great encouragement to me when I was a freshman and he was President of [Oxford University Athletics Club]. Later, he was the one who really took on board Franz Stampfl's ideas, more really than Roger [Bannister] did. And as a friend and teammate, he was good for Roger, who could be very intense; Chris kept him down to earth. He was private school and Oxford, but he could get on with everybody in the team," Boyd said.

Chataway always insisted that running was only part of a full life, but when I knew him in his 70s, he was relishing his late-life revival as a runner.

"When I was young, running was often torment, but in old age I'm loving every moment of it," he told me. He didn't just jog. When the Great North Run invited several aging British icons, including some who have stayed prominent in the sport, Chataway went along in his genial way, and beat them all – a 1:38:50 half-marathon in 2006, at age 75. But he was more interested in using his running for a charity created in memory of the fiancée of Adam, one of his five sons, who had been killed riding her bike in London. Thanks largely to Chataway's public profile and personal efforts, Vicky's

I thought you would like Harold Abraham's report on Chris's mile win in the 1952 Varsity Sports [illustrated in photo above on the front page of 'The i']. I competed against him only once, in the public schools mile championship at the White City in 1949. Chris was second behind Peter Robinson (CUAC President in 1954). David Law, another Oxford blue, was 4th, and I finished 5th.

Keith Marsden

Chataway's great mile

From HAROLD ABRAHAM—White City, Sat.

OXFORD beat Cambridge for the fifth year in succession in the inter-University sports at the White City, winning by 68 points to 58 after as fine a meeting as anyone could wish to see. When with half the event decided, Cambridge had a lead of 15 points. It looked as if the almost impossible in a row were just too much, despite the tenacious resistance of the Cambridge second string.

The mile win of Chris Chataway, in a new record time of 4 min. 10.2 sec., must be given pride of place. Nobody has ever had any doubt about the greatness of this almost thick-set, adour-haired middle distance runner, and today he gave the feeling that even an Olympic triumph is within his compass. All things being well, he will certainly be at Helsinki.

Chataway knocked 4.8sec. off the record and his runner-up, P. J. Robinson, also beat the old record (4 min. 14.8sec.) made by Roger Bannister two years ago.

Fine race

It was a fine race to watch. Robinson determined in the first lap that he was not to be overruled by his opponent's reputation. In the lead, he covered the first lap in 59.8sec., the half in 2 min. 4.2sec., and he still led at the bell in 3 min. 10.8sec. By then it was plain that Chataway's effort would be his. Chataway made his effort 250 yards from home, and before you could say "Peter Robinson has had a five-yard lead," he had a five-yard lead.

Forty minutes later Chataway turned out in the three miles, and after the opposition had been left far behind—one of the Cambridge men was tapped—he staged a dead-heat with Scott Wilson in the third fastest time for the race. His dual victory equalled a feat only once before achieved in the history of these sports—62 years ago by the late Rev. Pollock Hill.

Sir Christopher Chataway became a legend on May 6, 1954 when he and his close friends Roger Bannister and Chris Brasher raced to the four-minute mile. As a young man at Oxford, I went up to the University just nine years after Bannister's record-breaking attempt and there was still much talk of what had been done at Iffley Road.

Going along to the Thames Hare and Hounds headquarters in those days, complete with its ancient hip baths and pre-war memorabilia, there were echoes everywhere of what Chataway, Bannister and Brasher had achieved. They had all quit athletics early, even Brasher who went on to win a gold medal in the Olympics of 1956, had hung up his spikes late in 1956.

For me those three legends were more than athletes, they were great boyhood heroes and role models. What impressed me most was how they handled their legendary status – and what they did next with their careers.

Athletics-wise, Chataway not only paced Bannister to a four minute mile and went on to run one himself, but he was named as the first-ever BBC Sports Personality of the Year in 1954. Chataway also went on to win the Commonwealth Games title in 1954, and completed his Olympic appearances by appearing in the Helsinki games of 1952 and the Melbourne games of 1956.

My most enduring memory of witnessing Chataway's finest hour was during the televised battle between him and Vladimir Kuts which ended with Chataway taking a last-minute lead in the finishing straight to finish in a new world record of 13:51.6. There were no instant replays or recordings in those days. I had watched this on a flickering black-and-white 12 inch television screen, courtesy of my grandfather. It was staged at the White City with wartime searchlights picking out the two leading figures as they flicked up the dark cinders behind them. This was the most dramatic race I'd ever seen and probably turned me on to athletics for the next six decades.

Subsequently, Chris Chataway went on to be a towering figure with that air of "effortless superiority" of which he often joked. He became, in a dizzying climb up the career ladder – an MP, a rising star in the Conservative party, vice-chairman of Orion Bank, chairman of the Civil Aviation Authority, broadcaster for the BBC and ITV and chairman of the broadcasting station, LBC. Similarly too, Bannister and Brasher used their fame as a springboard to action to activate great things with their lives.

I was lucky enough to get to know these three legends well over many years. I wrote books and articles about them. They were not only boyhood heroes but they did so much else with their lives. They grew up in the shadow

of World War II (Chataway had done national service in the RAF where he was a leading member of the cross-country team) and they constantly scorned professionalism. Already well into their chosen careers when they reached their peak, they often could squeeze in just half an hour a day and prepared, under the watchful eye of their coach, Franz Stampfl, using high intensity interval training.

I remember Chataway telling me that when Stampfl, left to take up a position as head of coaching for Melbourne, Australia, he used to send him old fashioned spools of recording tape, in those days by post, which Chris used to play over and over again. He found the voice of Franz virtually hypnotic, and this always used to inspire his training. One of the things that Stampfl had drilled into

the brain of Chataway was that running a world record was as much work of art as painting the Mona Lisa – and Chris confided to me that the time he believed it.

Late in their careers, long after they had officially retired from running, I persuaded my good friends Chris Brasher and Chris Chataway to return to Thames and renew their old rivalries.

They brought with them a frisson of their former fame and the hilarious badinage that took place over teapots and pint pots. Chataway was then induced by Brendan Foster to take part in the Great North Run where he put up the most amazing times in his late 70s.

These boys, just too young to take part in the Second World War, surged around the cinder tracks like Spitfires in spikes and provided instant and lasting inspiration to a generation that had grown-up in the 1950s. They

were amateurs and proud of it. They regarded athletic success as a stepping stone. And there is much to be learned, even today, from these legends and role models.

Through the years, Chataway always kept up his love of athletics and sparkling sense of humour. Shortly after Chris Brasher died, he took part in a long-distance relay to raise funds to buy the wine for the Mob Match between Thames H&H and Ranelagh Harriers. An elderly lady approached him on Folly Bridge in Oxford, and seeing he was stripped to shorts and vest, asked: "Aren't you Chris Chataway?"

"I used to be," Chataway replied with a smile.

"Ah..." the elderly lady replied, "Fame never fades."

In Chris Chataway's case this was true –and we won't see the like of these amateur legends again.

- John Bryant



Iffley Road 6th May 1954



Iffley Road 28th June 1955

Water Project laid on water for a community in Ethiopia that has transformed the lives of 20,000 people.

Chataway had success in several fields. He was a pioneering TV news reporter, and a rising politician who made a lasting contribution to education, and was seen as a potential prime minister until Margaret Thatcher's version of the Conservative Party rejected him as too liberal. He then rose to a senior post in merchant banking, and was appointed chair of the Civil Aviation Authority, the work that earned him his knighthood. Asked about this versatile range of careers, as usual he passed it off with a joke. "I just couldn't make up my mind what I wanted to do," he said.

The persistence was also always there. When cancer stopped him running, he worked out on the exercise bike every morning until only two weeks before his death. The characteristic mix was caught for me today by John Bryant, president of Thames Hare and Hounds, and a lifelong friend of Bannister, Brasher and Chataway, as well as author of two key books about them.

"They were defiantly amateur in their approach. They always insisted on 'enjoyment' as part of athletics. They wanted to have fun, as well as win. In the twilight of his life, Chataway still used a modi-

fied form of high-intensity repeats in his training, but his reason was that anything else took too long to get him in condition. He wanted also to enjoy wine, dinner, his family, the theater. He said athletes these days spend too much time on their sport. He used to tell me, 'There are many things in life and I intend to enjoy them,'" Bryant told me from London a few hours after Chataway's death was announced.

Chataway unfortunately didn't leave much writing about running. One statement, the preface he wrote to Stampfl's coaching book, *Running*, published in 1955, is as interesting and revealing as you would expect from such a man:

"...athletics presents an exciting challenge – a different and a personal challenge to each individual. It is something to be taken in a spirit of adventure; and success is the reward, not only for physical condition, but also for quick thinking, intelligent planning, and the courage to risk more in the race than any of the opposition," he wrote, at age 23.

"The spirit of adventure" is a good epitaph for the quality that made Chataway such an exciting runner to watch, and such engaging company as a man.

Roger Robinson

In Memoriam

Ranjit Bhatia OBE (Jesus College, Oxford, 1956-60) on 9th February 2014.

Ranjit Bhatia, Roger Thorn, Geoff Eales and John Howes made up the OUAC 4 x 1 Mile team which in 1958 set the Varsity Relays record of 17:01.8 which may never be bettered. He placed 2nd in the Varsity Match Mile in 1960, and that year went on to represent India at the Olympic Games in Rome, competing in the 5000m and marathon. A mathematician by profession he was a lifelong writer on athletics, contributing news and statistics to Athletics Weekly and other journals.

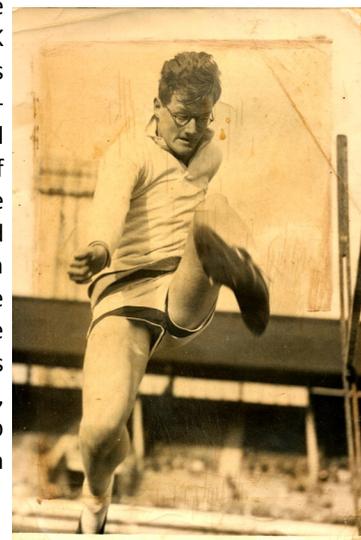
We were competitors in Varsity contests, but also in Belgrave club matches. We were closely matched. I remember him as a gentleman and friend. *Alec Fruin*

Dr RG Richardson (Brasenose, Oxford, 1944-47) in October 2012.

Robert Richardson placed 2nd in the Varsity Cross Country of 1945, and ran again in 1946.

RW Lester (Brasenose College, Oxford, 1946-8) in September 2012.

Bill Lester competed in the High Jump in the Varsity Sports of 1946 and 1947 (photo). His daughter writes from Australia: "Even though he hadn't been to the UK since the early 70s, Dad's association with the Achilles Club was very special to him. Just at the time of his graduation in 1948 he contracted polio and spent the rest of his life in a wheelchair, so his time at Oxford as an athlete was a precious memory. More recently, he kept in the loop through Robert Stinson, a dear family friend."



ANS Bryce (Keble College, Oxford, 1992-95), on 22nd May 2009

Andy Bryce died in 2009 aged only 36. He had been Head Boy at Glenalmond College, Perth, and joined the Scots Dragoon Guards. Having gone up to Oxford to read Chemistry he gained Blues in both Athletics and Rugby and was President of Vincent's. He was a talented all round thrower, turning his hand to Javelin, Shot and Discus for OUAC, and competing on the US Tour of 1993, when he was a member of the Oxford & Cambridge team which last defeated Harvard & Yale (photo). Andy subsequently suffered an accident which left him paralysed and confined to a wheelchair. Undaunted, he continued his passion for sport on the Committee of the British Ex-Services Wheelchair Sports Association and as a member of the British Wheelchair Athletics Association.

PAA Adione-Egom (Downing College, Cambridge 1963-66) on March 3, 2013.

Alex Egom was one of the fastest sprinters ever to grace CUAC, and still heads both the 100y (equal with John Cook) and 200m (equal with Wendell Mottley) all time lists. His series record against Penn & Cornell over 200m/220y yards still stands: in 1966 he ran 21.2 to win the 220y at Crystal Palace. The same year he had won the 100y in the Varsity Sports ahead of Jeffrey Archer, in a match record 9.6w, and placed a close second to Mottley over 220y (21.4 to 21.2).

He is remembered in his native Nigeria as an inspiring writer, economist and journalist "charming, intelligent, witty and outspoken, lively and curious about all aspects of life".



Alex Egom's brief and glorious CUAC career, researched by Chris Thorne

Academic year 1963-64

Freshers VM 100y 1.Archer (10.1), 2 Scarr, 3 Powell, 4 Egom 10.6
Cuppers Division 2 heats 100y 1. Egom (Downing) 10.7. Cuppers Division 2 finals 100y 1. Egom (Downing) 10.7

Academic year 1964-65

Varsity Relays CUAC 4 x 110y team was Smith, Scarr, Egom and Mottley. Egom otherwise did not figure in 1964-65.

Academic year 1965-66

16.2.1966 Indoor match at Cosford 60y 1. Egom 6.3 220y 2. Egom 23.7
Varsity Relays 3.3.1966 4 x 110y 1 OUAC, 2 CUAC (Scarr, Smith, Mottley, Egom) 42.9
4 x 220y team Plows, Smith, Mottley, Egom ran 1:27.5 (1) record

7.3.1966 Division 2 cuppers 100y 1. Egom 10.1
CUAC sports 100y 1. Egom 10.5, 2. Scarr 10.9. 220y 1. Egom 22.8 2. Price
CUAC Trials 100y 1. Egom 10.3, 2. Scarr 3. Smith. 220y 1. Egom 23.1, 2. Smith
CUAC v Eastern Counties 100y 1 Egom 9.8 2. Scarr 10.2. 220y 1. Egom 21.3
2., Smith 21.7
1966 VM 100y 1. Egom 9.6 (record), 2. Archer 9.7 3. Ronay 9.8 220y 1. Mottley
21.2, 2. Egom 21.4, 3. Barry 21.8, Hauck disqualified.
OC v Penn-Cornell Crystal Palace 100y 1. Bruckell (PC) 10.0 2. Egom 10.0 Ronay
disqualified. 220y 1. Egom 21.2 (record) 2. Penn-Cornell 21.4, 3. Archer 21.6. 4 x
110y 1. Ox-Cam (Egom, Smith, Ronay, Archer) 41.3 (record)
There is no record of Alex having competed before, since, or elsewhere

CAJ Emery (Emmanuel College, Cambridge, 1933-37) on 4th February 2013, aged 99.

Jack Emery first came to prominence in the Varsity Cross Country (1933 - 11th in 45:37; Oxford won 20-35 1934 - 9th in 48:22; Cambridge won 23-32 1935 - 6th in 44:07 as captain; Oxford won 27-28 1936 - 3rd in 43:34; Cambridge won 24-31). Turning to track, he placed 4th in the 3 Miles at the 1936 Varsity Sports, but came into his own in 1937 when he won the mile in 4:22.2. He then travelled to the USA with the Oxford & Cambridge team, and won against Harvard & Yale in 4:13.8, a time which ranked third equal (with Hamish Stothard) in the UK that year. Against Princeton & Cornell a week later he placed 2nd. In 1938 he ran 3:53.5 for 1500m and 14:46.2 for 5000m, ranking 3rd and 2nd in the UK respectively.

I first encountered Jack Emery in the classroom when he came soon after the War to teach at my grammar school in Ramsgate. I was just entering the sixth form. He was in his early thirties and was like a breath of fresh air, dashing sociable, with a rich velvety voice and a colourful waistcoat. His classes were always a pleasure to attend. He also became our athletics coach, though I had little idea of his national standing at that time. He put us through a regime of training that we had not known before. Such was his success that we became the premier school in Kent in inter-school competitions.

Many years later, I learnt from Jack of the circumstances of his appointment to the school. He had gone from Cambridge to teach in Cheshire. When the War came and Jack declared his conscientious objections to the conflict, his headmaster required him to resign. There followed years working for the Forestry Commission. It amused Jack to note that the timber he was felling near Cirencester would be used in the building of the Mosquito aircraft. At the end of the War he was allowed to return to his chosen profession. Fortunately, our sympathetic headmaster (a reverend gentleman)

recognised his true worth and appointed him. The dark side of the story is that, whereas those teachers who served in HMF were allowed to count their war service for increments to their salaries, Jack was placed on the same point on the scale as at the beginning of the War. Life for a free-thinker must have seemed very tough.

Twenty years later, I came to know an undergraduate in Cambridge who had been at King Edward's School, Lichfield, where Jack had moved soon after I had left school and I caught up with news of Jack's career as a member of the senior management team. He retired in the mid-seventies.

Later still, in my own retirement, I was able to visit him in the Lake District where he had settled near Ambleside. Walking and climbing were his great pleasures, not only locally but in southern Europe. In recent years he spoke with great pride of the achievements of his grandson, Tom, who, among other exploits, had scaled the north face of the Tre Cime di Lavaredo in the Dolomites.

There were less happy times in his family life. Both his wife and daughter died suddenly. His Christian faith saw him through these tragic times.

In 1994, he was interviewed by Pam Rhodes when Village Praise was broadcast from a church in Grasmere. Jack was a regular worshipper in the village.

In 1999, a group of my contemporaries from Ramsgate days decided to celebrate with a fifty-years-on dinner in London. Jack came down to Cambridge for a few days prior to the dinner. He was able to visit a former colleague who had retired to Lincolnshire; accept an invitation to lunch at his college, Emmanuel; sit in the Orchard at Grantchester for coffee; and attend a university athletics meeting where the one-mile race had been organised and the trophy presented to the winner, a cup, incidentally, that dated back to the 1860s. Jack's name was engraved on the list for 1936, though Jack modestly claimed not to recall the occasion.

In his final years, Jack became less mobile and lost much of his sight, devastating losses to an athletic mountaineer. Visiting him, however, or seeing him in Cambridge was always the same great pleasure.

- Stan Whitehead (CURUFC Archivist)

FOLLOWING THE DEATH OF FORMER INTERNATIONAL CROSS-COUNTRY CHAMPION JACK EMERY EARLIER THIS MONTH, HARRY OGDEN REVIEWS HIS LIFE AND CAREER

CARL ALLEN JOHN EMERY, known as "Jack", died on February 4, probably of respiratory problems, age 99.

He was born on Dec 27, 1913, and educated at Newcastle-under-Lyme Grammar School and Emmanuel College, Cambridge, where he studied history, which he later taught at Cald and Lichfield Grammar Schools.

In 1933 he finished second in the Public Schools Mile race to the great Sydney Wooderson.

At Cambridge he was a contemporary of Peter Ward, and although they competed against each other at cross-country running, they seemed to miss each other on the track, even though both competed in the three miles event. Jack also ran the mile, though at that time not too seriously. The year 1937 brought a great improvement in his mile times with 4:13.8 to win for Oxford/Cambridge against Harvard/Yale match in the United States.

In national three-mile races, he won the AAA in 1938 and 1939, though he could not compete in the Empire Games in Australia in 1938 as he had to stay in England to earn a living!

Over cross country in 1938, his club, North Staffs Harriers, persuaded him to run in the National Cross Country 10 Miles Championships and, to his surprise, he finished second to Jack Holden. He was selected to run in the International Cross Country Championships, the forerunner to the IAAF's World Cross, in Belfast where he beat Belgian Jean Chapelle by 19 seconds, with Holden only in sixth (see table below).

He had his best season on the track in 1939, when he set a British record in the two miles at Manchester and a record in the AAA three miles of 14:00.8. The war brought his active running career to an end but surely he would have been chosen to compete in the 1940 Olympic Games over 5000m. At his best he was 5'10" high and weighed 10 stone.

Jack was a lifelong socialist and when war was declared he



CHAMPION OF A FORMER ERA

From Athletics Weekly

Left: Emery tracks Wooderson in a heat of the 1936 AAA Mile

was a conscientious objector and throughout the war years he worked for the Forestry.

In 1954, while at Lichfield, he coached Freddie Green to win the AAA three miles over Chris Chataway.

He retired from secular work in 1976 and moved to Langdale the following year with his wife, Nora.

He still remained active and could frequently be seen running in the Langdale Valley in the 1980s and he competed in the Windermere Marathon, winning the M70 prize. He also competed twice in the London Marathon.

Apart from this he would often go on walking expeditions

to Nepal, the Pyrenees and the Dolomites plus Scottish Munros and Welsh 15 peaks, accompanied by his son Carl, who had followed him to Cambridge.

Well into his 90s, he enjoyed a glass of beer and the odd cigarette. His mind was razor-sharp, though dates became a problem in his last year.

He was the oldest surviving international cross-country champion at 99 as Holden had died aged 96.

Jack regarded Holden as a "Greek God" and Wooderson as "a marvellous runner". It is worth noting that both Emery and Wooderson were bespectacled runners.

I think it is safe to say that Jack led a life of fulfilment and was proud of his family. He will be missed by many of his generation.

In Memoriam

AG Siler (Magdalen College, Oxford, 1956-9)

Art Siler was a Renaissance man, excelling in many fields. We were lifelong friends.

His distinction as an athlete was in the Weights events of shot and discus. His schooling in California gave him the technique to excel at Harvard, where he was Track Captain, and won the East Coast Shot and Discus championships.

Later, at Oxford, he placed 1st in the Discus and 2nd in the shot, against Cambridge in 1956 and then reversed these placings in 1957, when he was also Secretary of OUAC. His lifetime PBs were 50'5" in the shot, and 164' in the discus – remarkable performances in an era when the British Records would have been around 55' and 168' respectively

He toured the USA with the Achilles team in 1957, where our friendship began, and something of the man emerged. His questions were both penetrating and direct. He rarely used first names, preferring to call many close to him by their patronyms, and he had a keen eye for the foibles and posturings of those we met. I relished his view of some of the athletics dignitaries of the day.

He also had an engaging line in gamesmanship. An example follows.

Speaking before the match to the current Harvard 3 Miler, from the lofty position of their former Track captain, he asked:

“Our man is going to eat you. Why bother turning up? Your finish will likely be more than a lap behind.”

He did.

It was.

(The outcome wasn't permanently damaging. The athlete in question went on to become a Yale Classics Don, and write a best seller. Everyone will remember the movie this became: featuring Ali McGraw and the immortal line “Love means never having to say you're sorry”)

Art was much more than a sporting jock however Elected a member of Phi Beta Kappa, he was a Class Marshall for his year at Harvard. Unsurprisingly, he went on to win a Rhodes Scholarship.

Returning to the States after his studies at Oxford, he took a Harvard Law degree, and then entered Ropes & Gray, probably the most influential and prestigious Boston Law Firm. There he became Partner, specialising in Corporate and Financial Law. A lawyer from that firm was giving me advice, when I mentioned Art's name. She said what an extraordinarily good influence he had been, both as a mentor and an exemplar on putting the client first.

He was very discreet, as a good lawyer should be, but seemed to have a remarkable grasp of what went on. both in scientific developments, and in Washington. One wondered about the ivy clad networks of the USA : Clinton was a Rhodes scholar, many former beneficiaries will have held important posts in American scientific or governmental institutions

Over five decades. we saw each other, both in

1 Paul Abrahams	University, Oxford	One-Mile Run	4m. 9.8s.
3 C. David Carrington	Christ Church, Oxford	Two-Mile Run	
5 David W. Donaldson	Corpus Christi, Cambridge	120-Yard Hurdles	14.9s.*
7 Roger Dunkley	St. John's, Cambridge	220-Yard Hurdles	24.6s.
9 Donald C. E. Gorrie	Corpus Christie, Oxford	Two-Mile Run	
11 A. James Grant	St. Catharine's, Cambridge	440-Yard Run	49.6s.
15 C. Michael G. R. Jenkins	Exeter, Oxford	880-Yard Run	1m. 50.9s.
17 John Kitching	Trinity, Cambridge	Broad Jump	23 ft.
		High Jump	6 ft. 1 in.
		High Jump	6 ft. 2 in.
		Javelin	190 ft. 2 in.
19 Desmond E. F. Luke	Keble, Oxford	Broad Jump	23 ft.
21 Ian W. R. Malcolm	Magdalen, Cambridge	120-Yard Hurdles	15.0s.
		220-Yard Hurdles	
23 John Metcalf	Pembroke, Oxford	100-Yard Dash	9.9s.
		220-Yard Dash	22.1s.
		220-Yard Hurdles	23.8s.
25 Kenneth A. K. North	Magdalen, Oxford	Pole Vault	12 ft. 9 in.
27 R. Gwilym Roberts	Christ's College, Cambridge	100-Yard Dash	9.9s.
		220-Yard Dash	21.7s.
29 John R. A. Scott-Oldfield	St. Catharine's, Cambridge	220-Yard Dash	21.6s.
		100-Yard Dash	10.0s.
31 Arthur G. Siler	Harvard 1956 Magdalen, Oxford	Shot Put	50 ft. 5 in.
		Discus	164 ft.
33 Donald I. B. Smith	Merton, Oxford	880-Yard Run	1m. 52.4s.
35 Robert J. Solomon	Sydney University Wadham, Oxford	220-Yard Dash	22.0s.
		440-Yard Run	48.8s.
37 David Thornton	Christ's College, Cambridge	880-Yard Run	1m. 52.7s.
		One-Mile Run	4m. 10.4s.



OXFORD-CAMBRIDGE SQUAD
Left to right, back row: Coach Alan Malcolm (C), Manager Kenneth S. Duncan (O), R. Gwilym Roberts (C), Arthur G. Siler (O), C. Michael G. R. Jenkins (O), David W. Donaldson (C), Donald C. E. Gorrie (O), David Thornton (C), Donald I. B. Smith (O), Coach Kenneth Bone (O).
Front row: Ian W. R. Malcolm (C), Paul Abrahams (O), John R. A. Scott-Oldfield (C), C. David Carrington (O), Roger Dunkley (C), Desmond E. F. Luke (O), A. James Grant (C), Kenneth A. K. North (O), John Kitching (C).

Europe and Massachusetts. We had each benefited hugely from scholarships given by long sighted endowments (Rhodes, Harkness) to study in the other's country. We each knew what it was to lose a child to cancer.

Memories of Art include ferocious tennis contests –before work in Boston–between two largely incompetent players. Evenings in our Paris garden with his wife Sandy, discussing French and American politics, The day in their Cape Cod cottage he startled me by exercising at 5 am, then told me it was to delay the progress of Parkinson's disease, which finally killed him. A summer dinner on the terrace of the Knickerbocker Club with my French daughter, looking over the treetops of Central Park., when he said of the financial crisis “ finally,

it all comes down to too much debt: but what would have happened to China if we didn't use it to buy all those “made in China” gadgets?”

And last of all, the Achilles Dinner in Vincent's, reuniting the Oxford & Cambridge team that had toured America in 1957. Before that we had walked together round the lovely grounds of Magdalen—his College—and he disclosed he had started reading Proust... in French. That a man, knowing his time was limited, should choose to respond in such a way, struck one as “the best revenge”, to use Scott Fitzgerald's words.

A man for all seasons.

- John Scott-Oldfield

In Memoriam

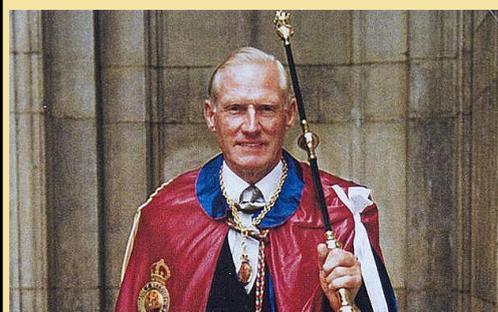
PTJ Banner OBE, on 3rd June 2013 (University College, Oxford, 1957-60)

Peter Banner (no. 395, right, in the 1964 South of the Thames Senior Race) has died after a long battle against cancer. While at Oxford, he ran in the Varsity Cross-Country in 1958 and 1959, and on the track in the mile in the Varsity Sports of 1958, and the 3 miles in 1959 and 1960. After going down in 1960, he joined Thames Hare and Hounds, at a time when the club was just beginning to gain a good reputation in cross-country circles. He was one of the first Thames men to take warming-up seriously, by stretching, sprinting and limbering up before a race. He served as Club Captain for two seasons between 1962 and 1964, usually leading from the front. He won ten Thames challenge cups during the early 1960s, until his work at Guinness took him to Africa where he set up breweries in countries such as The Cameroons and Sierra Leone. This set the scene for his future and he became the Overseas Director and was awarded the OBE for his development work abroad. His career ended with a long stay in Kuala Lumpur before his retirement.

—Simon Molden



SIR JOHN MORETON, KCMG KCVO MC (Trinity College, Oxford, 1937-1939) 28 December 1917 – 14 October 2012



From Sally Cohen (daughter):-

My father ran the 440 and 880yds but his running career was cut short by the war. He ran at inter-varsity meets, the Inter College Athletics Cup 1938, Universities Athletics Union Champs at White City in May 1938, Inter-Varsity Princeton & Cornell v Oxford & Cambridge at White City in July 1938. At Cambridge v Oxford in March 1939 at White City he won the 880 yds. He ran for Buckinghamshire in the Inter-Counties Championships in May 1939, winning the half-mile in a new counties record, and he ran in Cologne, Germany, in the England v Germany meet on 20 August 1939, just before war was declared. A journalist, writing in June 1939 about John's pre-war plans to join government service abroad, said "that will be little short of a tragedy as, to me, Moreton is the most promising figure on British tracks today." Instead, it was the war that thwarted his ambition to represent his country in the 1940 Olympics.

Here are a few extracts from his memoirs of his days at Oxford:

"At the beginning of my second year I played in the Senior Trial Rugger match and was a regular member of the Trinity team which

won Cuppers in 1938. We were a very strong side, including both University centre three-quarters and several other blues and internationals. At that time there were many blues in other sports at Trinity including Eddie Teesdale, the President of the University Athletic Club. Finding I could match his times for the half mile in College Cuppers, I was persuaded to run in University trials, leading to selection for the University Relay match against Cambridge in December 1937. I was a member of the Trinity team which won Athletics Cuppers, but because it clashed with my Honour Mods. examinations, I chose not to compete in the University Sports in March 1938, passing up the chance of a Blue. During the summer term, however, I had some good results for the university and the Achilles Club and was chosen to run the half-mile for the combined Oxford-Cambridge team against Princeton and Cornell in July as second string to A.G.K.

John Moreton wrote to the Club a few years ago in appreciation of a tribute to Guy Wethered: "Guy and I were colleagues in the winning OUAC team against Cambridge in 1939. For the match against Harvard & Yale in July I was chosen as first string in the 880 yards, based on form up to that point. I have vivid memories of the race, because on entering the home straight in the lead I felt I had the race in hand, and was more than surprised when Guy shot past me to establish a new match record. From that point on it was obvious he was heading for a glittering future. I remember Guy as a charming and modest companion. I learnt of his death with great sadness while serving myself also on the Burma front."

(Godfrey) Brown of Cambridge, a gold medalist in the 1936 Olympics."

"..... On the sporting front, at rugger I was getting some games for Northampton at the start of the season, but gradually athletics took over. In December I again ran a half-mile leg in the victorious OUAC relay team against

Cambridge. In Hilary term, 1939, I decided not to play rugger but to concentrate on the university sports. This was unpopular with the rugger fraternity, especially when Trinity were eliminated from Cuppers at a fairly early stage. It did, however, lead to my winning the half-mile in the OUAC sports, being awarded a Blue and winning the event in our victory against Cambridge."

"..... The main athletics season takes place in the summer and I became heavily involved. The highlights for me were running the half-mile for Oxford and Cambridge against Harvard and Yale (beaten into second place by my own second string, Guy Wethered from Christ Church - another who was not to survive the war); second (by 2 feet) to Godfrey Brown in the A.A.A. Championships; and selection for Great Britain versus Germany in Cologne in late August two weeks before war was declared. Unfortunately by this time I was stale and did not run well. I went on to the International Student Games in Monaco and won my semi-final in the 800 metres; but before the final our Consul General advised us to return home. After a horrendous journey across France I reached England in time to join my family on holiday in Cornwall and listen with them to Chamberlain's declaration of war on September 3rd."

He received an MC for bravery at Kohima during the war and then went on to become a distinguished diplomat: British Ambassador to South Vietnam 1969-1971 during the Vietnam war, British High Commissioner to Malta, Deputy UK Representative at the UN and Minister at the British Embassy, Washington. On retirement from the Foreign Office he became Director of the Wates Foundation and served ten years as Gentleman Usher of the Blue Rod of the Order of St Michael and St James.

1987-1988



Every Christmas I dust off my box of photos, Tartan-bound volumes of OUAC newsletters, my official Oxford diary and I re-live the 1987-1988 year. I am therefore delighted, after 25 years, to be able legitimately to share this hobby with a wider audience.

In preparing this review, I was surprised to find that out of 360 photos taken of the club during period, a vast majority were not suitable for publication and indeed only a handful contained any sporting action. However, I've included a small selection to show how both OUAC and CUAC got along together and lived life to the full. - Jon Crews

September 1987: Arrive back at college. Take a trip down to Iffley Road to find the stand has been shrouded in scaffolding and will be unusable for the rest of the year. A disappointing start.

9th/10th October. Freshers' Fair. Over 200 students express an interest in OUAC. There are a number of star Americans who, having recorded sufficient national collegiate wins, Olympic qualifying etc to get into their Oxford course, disappear without trace for the rest of the year. However there are some real athletes and some very good ones too. The distances benefit the most from the arrival of Simon Mugglestone (European Junior 5K champion), Tom Richardson, Sian Pilling (who would later represent GB in the Triathlon at the Sydney Olympics), David Layton, Paul "Nibbles" Niblett, Vicky Vaughan, Jo Dering and Liz Elbourne.



Simon Mugglestone, Tom Richardson and Sian Pilling demonstrate the training regime required to make it as an international athlete

The field also benefitted from the likes of Simon Harding, Halcyon Wills and Rachel Osman. Unfortunately, there were few new recruits to the sprint squad.

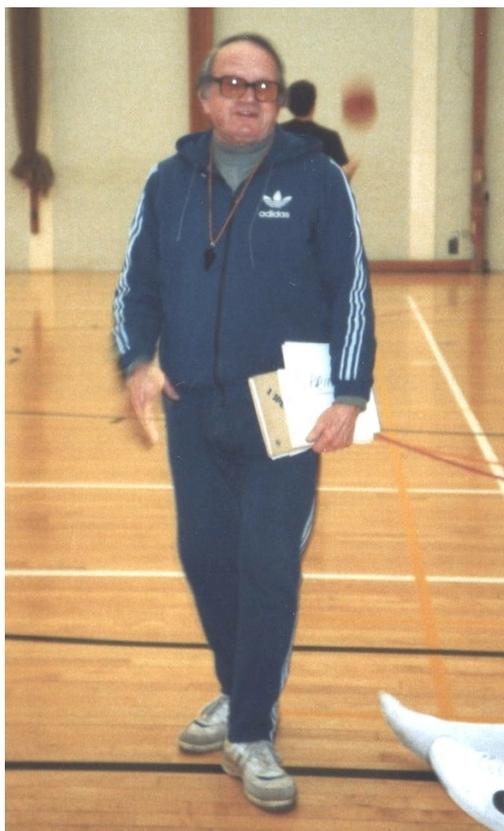
Thursday 15th: Down to the gym for first circuits session.



Captain Mack's circuits were a regular Thursday afternoon fixture in the Iffley Road Sports Centre.



Sean and Chris McGrady on the dips, in the store room



The legendary Captain Mack

Thursday 29th: Freshers' Match. Iffley Road (without stand). Our inability to house the legions of Oxford home support costs us dearly as Cambridge Men win 101 to 85. The Oxford Ladies, however, show more resilience drawing their match 77 points apiece.

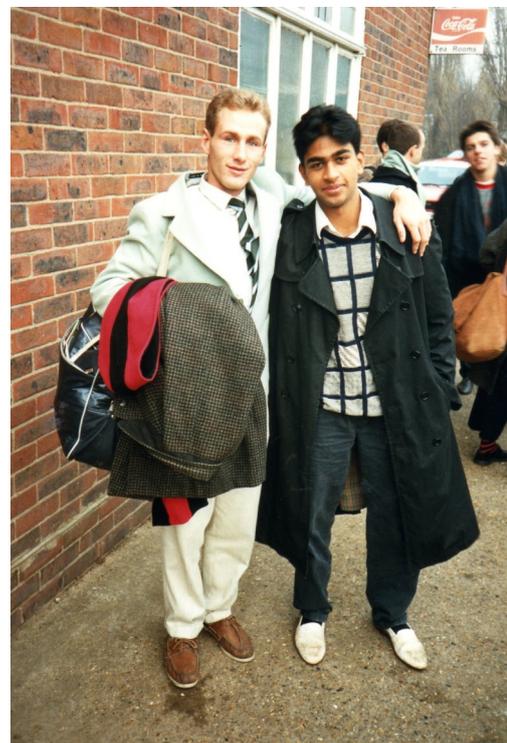
Saturday 14th: Birmingham Match

Saturday 15th: Indoor Varsity Match at Haringey. A

very close match, but Cambridge Men take the win by two points.

Wednesday 2nd December: OUAC Christmas party, Jesus College

Saturday 5th: End of term, Full Moon, Varsity Cross Country. In a show of solidarity (and possibly in expectation of an Oxford win and free beer) a large contingent of the club got on the bus to south London to support the Cross Country teams over Wimbledon common.



CUAC President Paul Rowbotham and OUAC Hon Sec. Shanker Singham before the race



Barely a minute into the race, and Simon Mugglestone kicks for the finish



The victorious Oxford Men's team

Saturday 12th – Sunday 13th. Crystal Palace for a

coaching weekend. This was one of a number of coaching weekends that brought OUAC and CUAC together for two days of training and one night of partying at Trevor and Bridget's.



Shanker, Paul, Hillary Lissenden and Emma Howard



Jo Sale (left), Desiree Cox, Dan Cobley, Kathy Kitchen and Hillary (right)



Shanker, Jon Brooke (hallway), Liz Hobson (floor); Jo Sale beats a hasty exit

Wednesday 17th February: Field Events match, Cambridge. Once again, Cambridge take the narrowest of victories. However, they did put on a good party afterwards.



Dan, Clare Lavers, Bob Madsen, Liz and Shanker on the dance floor



James Hely Hutchinson arrives with friend

Sunday 28th: Varsity Relays.

Thursday 7th – 14th April: To Portugal for Achilles training camp. This was our second trip to the Acoteias Track Club resort on the Algarve for a joint training camp with CUAC. There was much training and nightclubbing. My highlight of the trip was the OUAC Hon Sec. deciding one evening that beer wasn't exotic enough for his tastes and he would order a cocktail instead. He peered at the menu on the back wall of the bar for some time before proudly ordering a "Sandes Fiambres". When the ham sandwich turned up a few minutes later, he decided a beer might not be so bad after all.



OUAC and CUAC enjoying the sun in Portugal



Chris, Sean, Shanker and I enjoying, er, another well-earned break from the track at the "Big One" water park further down the coast



The OUAC/CUAC rivalry was always there under the surface: Hon Sec. Singham versus Emma Howard in an impromptu airport-car-park-clap-press-up competition

Sunday 1st – Monday 2nd May: "BUSF Crystal Palace"



Dwayne leaps out of gold-medal position



Chris, Sean and Shanker enjoying a well-earned break from the track



Doug Campbell leads off in the 4x100 relay



Wednesday 4th May: "Oxford's Fastest Man". In our on-going quest to boost our sprint team we held a competition to find the fastest man in Oxford. We were delighted that the competition unearthed Irish rugby international Brendan Mullin who won convincingly. We were less delighted a few weeks later when an injury ruled him out of

the Varsity Match.
Sunday 8th May: "RAF Match"
Saturday 14th May: "Varsity Match".

This was always going to be a tough match for the Oxford men. We had a talented distance squad, and some veterans (Dwayne Heard in the jumps, Bob Madsen, Simon Briggs and John Quinn in the

throws, Nigel Clark in the Pole Vault) but knew Cambridge would be stronger in many of the other events.
 A lot of effort and detailed spreadsheet analysis of past performances went into optimising our team to maximise points. But however we deployed our athletes the model showed it would be close, and Oxford would have an uphill struggle to pull off the win. I remember trying to convey this insight at our pre-match team talk, emphasising that the match would be close and the team should therefore make every point count, every throw and jump legal and on the track to push themselves harder than they had ever done before. The talk partially hit home – In the first event Hon. Treasurer Rod Clayton stormed off, knees lifting high and feet barely touching the track. Unfortunately he was supposed to be race walking, and got disqualified. As the day went on we did well in the field with Dwayne, Simon, Bob and Nigel all scoring wins. But on the track Cambridge continued rack up the points, often, frustratingly, by the smallest of margins. Simon Mugglestone, though, was able to buck the trend in style, winning the 5K and posting a match record in the 1500m.
Monday 20th – Wednesday 23rd June: Dartmouth and Brown visited Oxford, with the match being held on the evening of Tuesday 21st.

From Paul Rowbotham:-

1988 was the year that Cambridge finally put it all together in the Varsity Match – winning all four of the matches for the first time - well it was only the second year that had been a Ladies second team match! The two preceding years had been marked by dynamic and charismatic CUAC Presidents in Jeremy Barton and then, the first woman CUAC president, Allison O'Neill.

elled not just to dance but to do so with reckless abandon. Spirit in the club was sky high and membership was booming. However the good times had been tainted by our continued inability to leverage the boom times and win the Men's Varsity match, which had reached a run of five consecutive defeats.

camp on a secret beach in Corfu, where she attempted to pass on all her experience to me.



Bridget Wheeler and Trevor Llewelyn were behind the coaching and training improvements in the year



Committee meeting were dominated by beer, Athletics Weekly and James Hely Hutchinson. From left, John Herries, David Benton and Tim Coker.

That summer I managed to organise some tickets for the IAAF World Championships in Rome and Allison O'Neill, Tim Coker, Bob Cobb from CUAC and John Brooke, the Oxford ex-president camped in the Roman hills and, joined by Dr. Chris Thorne, Peter Alden and my mum, saw Ben Johnson and Stefka Kostadinova break world records and our own Jon Ridgeon win a silver medal in the 110m hurdles. Afterwards Allison and I travelled on to

The training week in 1987 meant 11am Sunday training at the old cinders track off Milton Road under Roy Carter and increasingly under the more watchful eyes of Trevor Llewelyn, Bridget Wheeler, Bob Cobb and Bob Smith. Tuesday 3pm there was circuit training at Feners and Thursday 3.30pm there were reps sessions in the dark of Parker's Piece. Despite the lack of facilities these sessions were well attended. One of the more important abilities of CUAC President in those days was to be able to drive the University mini-bus and we used that to make weekly jaunts down the M25 to the cinder track at Harlow.

The year started poorly when the Great Storm of 1987 meant we had to postpone Cuppers at the last minute but then CUAC started on a run of impressive Michaelmas and Lent performances where we won the Men's Freshers' match (and the Ladies drew), the inaugural Indoor Varsity Match, both Varsity Field Events matches and both Varsity Relays matches.

There were fun tours to Paris and Heidelberg and many great parties marked by frequent playing of Walking on Sunshine by Katrina and the Waves, where every member was com-

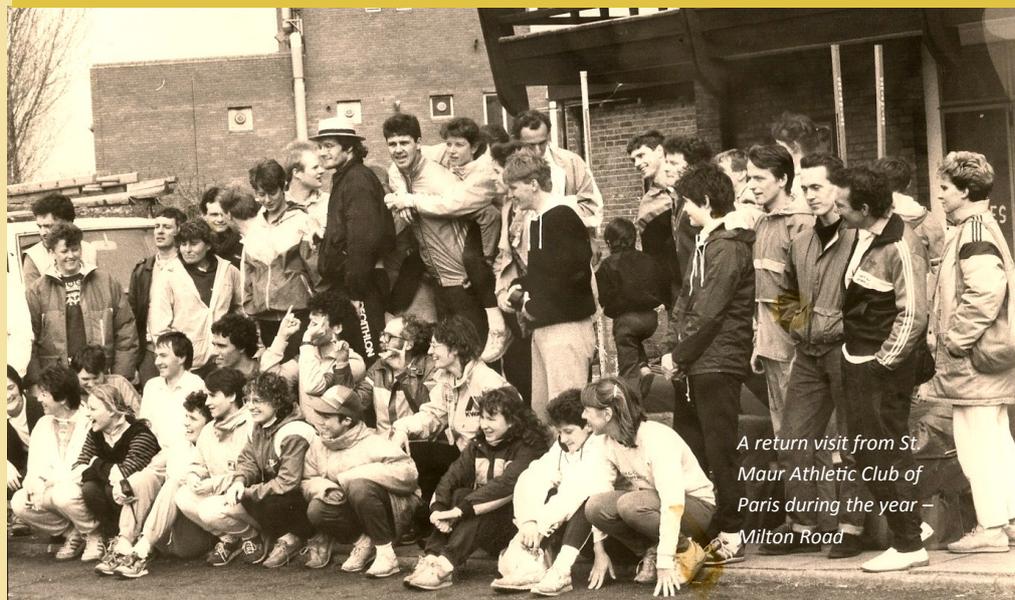
I don't remember much of that year except that there were too many good hurdlers still there (Jon Ridgeon, Derek Wilson, David Hitchcock, Steve Wilson, Neil Bussey) for me to make the blues team. Looking at the photos you included in your report helped a bit, but I then also had to explain to my wife Sarah about the photo from the St Maur return event on who was hanging on my back (it was Pip Clifford and I've no idea why).

I've added a bit about Winston Liu, who was the most unlikely athlete I think I have met and in some ways encapsulates what was great about CUAC: meeting lots of new, talented and fun people.—*Danny Cullinane*



Varsity 800m – Jamie Bevan leads

In the women's match Cambridge dominated winning 13 out of 15 events with Cathy Kitchen, Emma Howard, Tabitha Brufal and Lisa Teverson capping marvellous seasons with wins.



A return visit from St Maur Athletic Club of Paris during the year – Milton Road



Dr. Chris Thorne was a stalwart, ever-present at CUAC events. Assessing Milton Road; planning for a new track

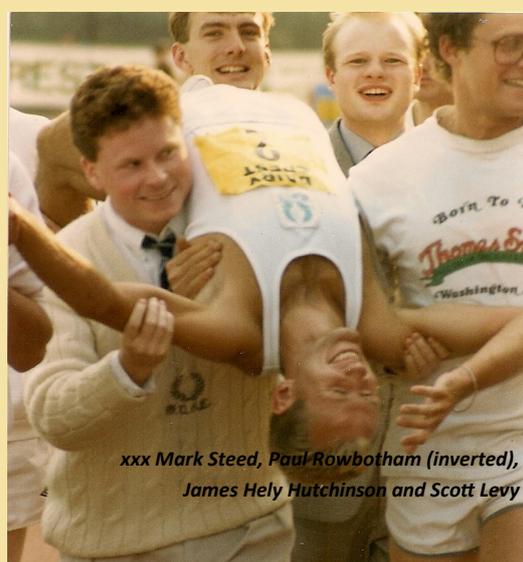


Cambridge Harriers (my home club with Steve Backley) and Achilles. I remember Sarah Snell being early to recognise the coaching talents of Lloyd Cowan, now Christine Ohuruogu's coach, and Jon Rushman treating the whole Achilles contingent to a delightful Portuguese restaurant supper.

On the bus to the Varsity Match we felt relaxed and ready, focusing on not giving away silly points. There had been quite a lot of discussions about tactics for the Men's match. The good news was that Jon Ridgeon was prepared to run, notwithstanding it being an Olympic year, but not jump. In the end Jon won five individual track events which was the difference between the teams. Cambridge had a clear advantage in the track events broken by Simon Mugglestone's 1500m/5000m double whilst Oxford were superior in the field events with Dwayne Heard, beaten by Jon in the sprints, winning both horizontal jumps. It is notable that Jon, Dwayne and Simon still hold Varsity match records for two events each.

Simon Mugglestone putting on the after-burners on only lap two

Our proposed Easter tour to Stuttgart being a DNS, I booked last minute flights for John Herries, Jon Brooke and I to go to the (at-the-time) top winter weather training camp at Acoteias in the Algarve. We hitched from the airport on the resort on the Loughborough coach, slept the first night on the golf course and then found a great apartment in which to stay. We had nearly three weeks of fantastic training overlapping trips from Loughborough University (Jack Buckner and Clive Tulloh),



xxx Mark Steed, Paul Rowbotham (inverted), James Hely Hutchinson and Scott Levy



drinks parties, I remember surprisingly beating Steve Ovetto to win the Southern 800m.

The summer of 1988 saw Jon Ridgeon finishing fifth in the Seoul Olympics and me spending the first of many summers working at the IAAF. At the end of the summer I remember flying back from the ISTAF meeting in Berlin with Paul Bristow and HRH Stinson negotiating on my behalf with Andy Norman so I would be paid \$500 to help pace Said Aouita to a 1000m world record at Crystal Palace the following day. The day after that I left the UK on a sports scholarship to Villanova University, Philadelphia, from where I was able to follow the Achilles tour to the US in 1989.

Many of these fond memories had been forgotten until Paul Willcox asked me to write this, so many thanks Paul.

-Paul Rowbotham

The Varsity Match was followed by an enjoyable low-key CUAC Past and Present versus Iffley Road a few days later. Sandwiched between those two matches, and a fair few Dartmouth/Brown match at Milton Rd followed by the Dartmouth/Brown match at Iffley Road a few days later.

PS. Apologies for cocking up at the Bracknell Relays ...

25 Years Ago I remember.....—by Kathy Garland (nee Kitchen)

Training, training, training: Parkers Piece, Fenner’s circuits, Milton Road cinders, Sunday long run. Sometimes cold, muddy or windy. Always fun: we were young and enthusiastic, and in it together....!
Team breakfasts, team cake, team teas: Emma (Howard, 100m, 200m and Vet Science) was sad to miss the occasion!

Dad braving it over the Yorkshire border to come and watch. Being thrown in the waterjump with Rowbo (*above*): what sort of appreciation is that?...
The Morning after the Varsity Match: Waking up and realising it was only 1 week till finals....sh1t!
But Most of All sharing all of the above with the wonderful CUAC Ladies: Thank you!



Sunny sunny Portugal: Warm weather training – amazing! And feeling very scared sitting on a “tea-tray” at the top of an enormous waterslide....
The Alligators: The new ladies second team. With hindsight a bit of a daft name. But it was in honour of Alli O'Neill (President 1986-7) who really kick-started the team.
The Ladies Sprint Squad: Never muddy. Always beautiful. Quite high maintenance. Fast.
Lovely Tabs: My right hand woman. Maker of cakes and cheeky cards. Nippy hurdler
The Varsity Match at Iffley Road: The year all four Cambridge teams beat Oxford. Mum and



C.Coatley L.Cox M.Gilbert T.Glencourse H.Small S.Snell C.Lester Z.Cline M.Maclean
 H.Blanshard A.Rowlands A.Pagan L.Priestley L.Teverson M.Lavers J.Gandee W.Gaisford C.Shelley M.Makris
 A.Tyacke C.Parkes H.Lisseuden E.Howard Q.Norton C.Kitchen T.Brufal de Melgarejo M.Anderson G.Howard S.Webb N.Kerr
 Captain

VARSITY MATCH—18th MAY 1988. MEN 100 1.Ridgeon(C) 10.7s; 2.Heard(O)11.1s; 3.Wilkins(C)11.3s; 4.Campbell(O) 11.4s 200 1.Ridgeon(C)21.7s; 2.Heard(O)22.5s; 3.Shearmur(C)23.1s; 4.Gluckstein(O)23.2s 400 1.Ridgeon(C)48.8s; 2.Shearmur(C)50.0s; 3.Singham(O)50.4s; 4.Eadie(O)51.8s 800 1.Rowbotham(C)1m53.9; 2.Layton(O)1m54.2; 3.Bevan(C)1m55.1; 4.Springett(O)1m55.4 1500 1.Mugglestone(O) 3m45.2(rec); 2.Duke(C)3m59.1; 3.Rowbotham(C) 4m07.3; 4.Layton(O)4m17.6 5000 1.Mugglestone(O)14m48.7; 2.Pes(C)15m05.3; 3.Niblett(O) 15m13.7; 4.Herries(C)15m43.8 3000StCh 1.Duke(C)9m29.4; 2.Macfadyen(O)9m33.8; 3.Shaw(C)9m42.0; 4.Rossiter(O)9m58.0 110HH 1.Ridgeon(C)14.1(rec); 2.Kell(C)15.0s; 3.Campbell(O)15.2s; 4.Stephenson(O)15.9s 200LH 1.Ridgeon(C)23.5(rec); 2.Bussey(C)25.7s; 3.Stephenson(O) 26.6s; 4.Lai(O)27.2s 400IH 1.Hitchcock(C)54.4s; 2.Wilson(C)55.3s; 3.Lai(O)55.4s; 4.Bray(O)60.9s 3000walk 1.Dark(O)14m12.9; 2.Bulbeck(C) 16m45.7; 3.Liu(C)16m45.7; 4.disq H.J. 1.Coker(C)2m00; 2.Newman(O)1m96; 3.Crews(O)1m93; 4.Steed(C)1m85.

The legend that is Winston Liu—By Danny Cullinane

The Varsity Match has been graced by many legends of the sport: Olympians, internationals, record breakers. But what also makes it special are the unsung heroes who contribute to the teams, gaining points here and there in the tight fought battles for victory, and in 1988 every point was going to count. And this small tale is about one of those: Winston Liu.

Winston was an engineering student from the anonymous suburbs of West London who had never really done much in the way of sport before. Good at building bridges out of cornflake packets, able to throw the odd dart, and a ferocious off-beat dancer, sporting prowess was not one of his obvious virtues. However, in a desperate effort to find ways of beating Jesus at Cuppers, we at Fitz realised that Winston might be good for some points in the race walk, seeing as he walked every-

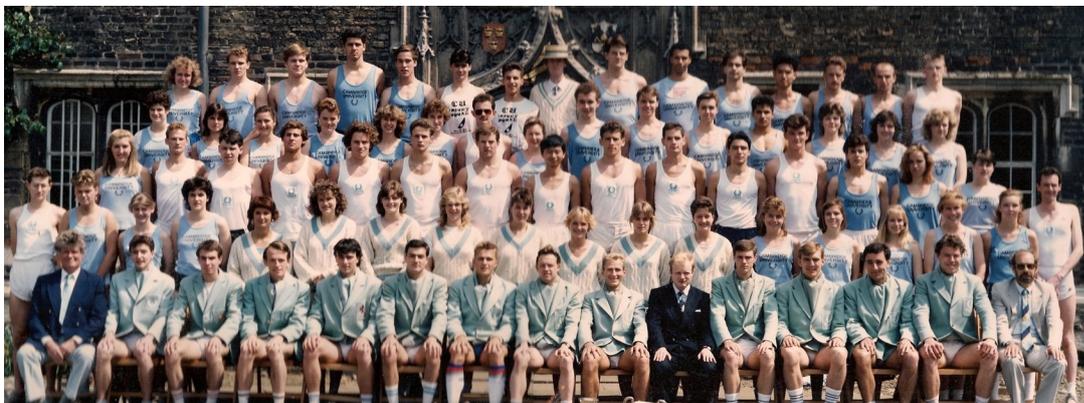
where, and seemed to do so quicker than most of us on could get around Cambridge on our bikes (we later found out that he couldn't cycle).

So it was that he lined up in the race walk in 1987, duly chased round Rob Rider, and a new hip-wiggler was in the making. Taken under Rob's wing, Winston showed a stoic ability to endure pain. Stories emerged from winter training of him even walking into bollards on dark evenings (cunningly positioned at groin height) and with nothing more than an "oof", carrying right on training. And so in just a year Winston made it all the way to Iffley Road for the Varsity Match and to win a Half Blue.

From his Varsity racing he continued in the sport, going on to gain his senior county representative honours, and is now the chief marshal and of the formidable 24 hour, 85 mile annual Parish Walk on the Isle of Man.

L.J. 1.Heard(O)7m36.2.Coker(C)6m84; 3.Tilley(O)6m69 4.Risman(C)6m61 T.J. 1.Heard(O)15m23; 2.Cobb(C)14m76; 3.McGrady(O)13m88; 4.O'Hara(C)13m76 P.V. 1.Clarke(O)4m00; 2.Reece(C)2m95; 3=Harding(O)& Steed(C)2m80 Shot 1.Briggs(O)12m96; 2.Quinn(O)12m94; 3.Edwards(C)11m73; 4.Gardiner(C)11m12 Discus 1.Madsen(O)42m88; 2.Quinn(O) 41m16; 3.Rogers(C)34m50; 4.Levy(C)32m32 Javelin 1.Alexander(C)55m84; 2.Tyley(C)52m86; 3.Gardiner(C) 50m22; 4.Cobley(O)45m60 Hammer 1.Madsen(O)54m56; 2.Edwards(C)44m00; 3.Briggs(O)41m74; 4.Deeley(C)40m26 4x100 1.Cambridge 42.9s; 2.Oxford 44.5s. 4x400.1.Cambridge 3m21.4; Oxford 3m29.3. **CAMBRIDGE 119.5 OXFORD 102.5**

WOMEN 100 1.Howard(C)12.0s(rec); 2.Lissenden(C)12.4s; 3.Smith(O) 12.5; 4.Cox(O)13.7s 200 1.Howard(C)24.9s; 2.Lissenden(C)25.9s; 3.Smith(O)26.8s; 4.Hobson(O)27.4s 400 1.Kitchen(C)59.9s; 2.Hobson(O)60.7s; 3.Webb(C)62.6s; 4.Higgins(O)63.5s 800 1.Kitchen(C)2m13.2(rec); 2.Simson(O)2m14.2; 3.Dering(O) 2m16.8s; 4.Blanshard(C)2m25.8 1500 1.Simpson(O)4m43.6; 2.Vaughan(O)4m49.3; 3.Blanshard(C) 4m57.6; 4.Gandee(C)5m06.8 3000 1.Gaisford(C)10m16.5; 2.Vaughan(O)10m24.5; 3.Shelley(C) 10m57.5; 4.Elbourne(O)11m05.1 100H 1.Teverson(C)17.0s; 2.Pagan(C) 17.1s; 3.Cummings(O)18.5; 4.Watson(O)19.5s 400H 1.Brufal(C)66.4; 2.Merritt(O)67.8s; 3.Green(O)70.4s; 4.Gandee(C)72.8s H.J. 1.Norton(C)1m65(rec); 2.Howard(C)1m65(rec); 3.Wills(O) 1m45; m4.Cartwright(O)1m30 L.J. 1.Smith(O)5m50; 2.Wills(O)5m30; 3.Norton(C)4m78; 4.Cox(C)4m58 Shot 1.Teverson(C)10m35; 2.Wills(O)10m32; 3.Anderson(C)8m96; 4.Osman(O)8m75 Discus 1.Anderson(C) 34m54; 2.Teverson(C)33m38; 3.Osman(O)32m80; 4.Griffin(O)27m12 Javelin 1.Teverson(C)32m14; 2.Crawford(C)30m40; 3.Wills(O)29m28; 4.Lai(O) 23m40 4x100 1. Cambridge49.3s(rec); 2.Oxford51.8s. 4x400 1.Cambridge 4m04.6s(rec); 2.Oxford 4m05.4. **CAMBRIDGE 97 OXFORD 60**



Dartmouth/Brown at Milton Rd. – 1500m. From left Tim King, xxx Paul Bristow, Jon Brooke, Tim Connell (hidden), Paul Rowbotham xxx, Giles Clifford.

Left: Rob Kennedy, Tommy Macpherson & Derek Steel spectate

Rowbo anchors CUAC 4x400





Douglas
& Gordon