The Achilles Club

2017-2018

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ACHILLES CLUB
FIXTURES 2018

21st April, Kingston-upon-Thames: Kinnaird & Sward Trophies Meeting

28th April, Lee Valley: LICC Match 1
Iffley Road: Achilles Schools Relays

19th May, Iffley Road: VARSITY MATCH, followed by Dinner at Lady Margaret Hall

28th June, Hemingstone, Suffolk: Achilles BBQ

30th June, Iffley Road: Oxford & Cambridge v Penn & Cornell, followed by Dinner

30th June, Allianz Park: LICC Match 2

28th July, Allianz Park: LICC Match 3

15th-22nd August: ACHILLES TOUR TO ESTONIA AND FINLAND

25th August, Allianz Park: LICC Match 4

All LICC matches are effectively open meetings, and can be entered on the day without restriction.

For the Kinnaird & Sward meeting, alert Achilles via paul.willcox@achilles.org — field event entries in particular may be restricted.

All members are warmly invited to the BBQ on 28th June for the Penn & Cornell teams. Help with catering activities and hosting will be welcome! - contact paul.willcox@achilles.org

Achilles non-students attending the post Varsity Match dinner should apply to Emma Hooper:
dinner@achilles.org (students apply via OUAC/CUAC)

Achilles non-students attending the post Penn-Cornell Match dinner should apply to
paul.willcox@achilles.org for further instructions.

For the Estonia & Finland Tour, contact Caspar Eliot: caspareliot@gmail.com
LEADING PERFORMERS IN 2017 INCLUDED:

**UK Indoor Championships**
- Andy Heyes   Silver over 3000m
- Montana Jackson   Bronze in Triple Jump

**BUCS Indoors**
- Montana Jackson   Silver in Triple Jump
- Dani Chattenton   Bronze over 1500m
- Teele Palumaa   Silver in High Jump
- Anna Niedbala   Bronze in Hammer

**BUCS Outdoors**
- Teele Palumaa   Silver in High Jump
- Anna Niedbala   Bronze in Hammer
- Oxford Men   Bronze in 4x100 (Rowan May, Alex Grundmann, Harrison Steel, Isaac Kitchen-Smith)
- Oxford Women   Bronze in 4x400 (Nicole McKechnie, Rachel Skokowski, Kate Kennedy, Irene Gibson)
- Oxford Women   7th overall

**NCAA Championships**
- Sam Trigg   8th in Triple Jump (All-American)

**World University Games**
- Sam Trigg   12th in Triple Jump (UK)
- Teele Palumaa   eliminated in High Jump qualifying (Estonia)

**National U23 Championships**
- Phil Crout   Gold in 5000m
- Rowan May   Bronze in Pole Vault

**National U20 Championships**
- Alex Gruen   3rd in 1500m (not Bronze as Australian)

**UK TOP FIFTY**

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<tr>
<th>Position</th>
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<th>Event</th>
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25 Years On…

Charlotte Fisher reflects on OUAC in 1992, and her current involvement in athletics

I remember a team planning meeting with Collette and Jo Latimer in which we’d worked out the various likely permutations for the women’s match and every which way we looked at it, it was going to come down to the relays. We were proven right. I’m not sure if I’m correct on this, but I think our Oxford Women’s 4 x 400 team may have set either an OUAC record or a Varsity record in 1991, which we’d have had to have bettered by nearly 2 seconds to beat Cambridge who were on fire that day.

My Oxford days had a big influence in terms of my current roles, Road Running Manager for England Athletics and Team Leader for the GB & NI World Half Marathon Team.

After a spell teaching art my second love ‘athletics’ won over and I moved into sports development. I have been with England Athletics since 2011. Have held various roles at different stages including National Coach Mentor for Youth Endurance. Currently now the National Road Running Manager which involves work on a range of programmes from grass roots club based projects, age group masters road running opportunities and managing the senior internationals road running programme.

I’m a performance coach for endurance on a voluntary basis with Taunton AC. I coach Cambridge athlete Naomi Taschimowitz who went to the World Cross in 2011 and won silver in the U23 European Cross later that same year and I continue to distance coach Naomi today, along with Somerset athletes both home and away at various Universities. My own confused running background of cross-country running/400m hurdler also seems to have led to a particular interest in coaching steeplechase with a handful of English Schools champions coming out of Taunton over the years.

And through my involvement in coaching I have become involved in the team staff for various internationals as team coach for various age groups. This year was a particularly busy one as Junior Men’s team coach at the World Cross in Uganda and then the U18s Commonwealth Youth Games followed by the World University Games in Taipei (photo - me top middle with the endurance athletes in Taipei) and then finishing this year with European Cross in Slovakia. The trips are hard work, but hugely rewarding and a great insight into observing how watching different athletes and coaches go about preparing for performance.

‘4 x 400m. Me in lane 2 trying not to show the pressure as Su Burgis already up on my shoulder after 60 metres! And fellow 400 hurdler Linda Whiteford on the outside lane running in the Millipedes match.’

‘Warm weather training trip in Acoiteias, Portugal. I think it had been a few years since Oxford had done an overseas Easter trip when we went that year and recollect a fair few hours of organisation in setting that up in the pre-mobile days, when it involved making and receiving calls from the travel company in the phone booth at the end of the corridor in halls, with a note pad and pen to the ready. The naivety of youth believing how hard can it be to organise a trip for 20+ fellow students and get payment off them in time and ensure they are all at the airport on time with passports and that they all return to the UK again!’

‘1991-1992 OUAC committee. Seated between myself and Chris Todd is our treasurer Neil Stoodley who sadly is no longer with us. Neil also contributed greatly to organising the Portugal trip. Also in the picture is Emma Johns, Collete Sherlock, Tony Hatton, Matt Keats and Stuart Fairley.’
The 1992 Varsity Match

In spite of the late withdrawal through illness of Gerhard Cruywagen, who was selected to run 5 events, Oxford’s men surprised and delighted their President, Chris Todd, by scoring a notable victory. Cambridge’s President, Mike Cole, who had a miserable afternoon after his new pole snapped at his opening height enforcing a hospital check-up, was only partly consoled by Cambridge taking the women’s match and both second team matches.

Although Andrew Lill scored a fine 400/800 double for Cambridge, the latter in close to record time, for which he was awarded the Drake Digby Trophy, the duel of the afternoon was in the sprints, where freshman Warren Gilder of Cambridge was matched against the hugely improved Matt Keats of Oxford. Gilder snatched the 100 after being down at the start, and set the scene for an exciting rematch over 200. Keats came off the bend fractionally in front, increased his lead inch by inch down the home straight, but was not assured of victory until both had crossed the line in the same time, 21.7. Keats was awarded the Le Touquet Trophy for the most improved performance.

Oxford’s Joanna Lattimer attempted the 200/400/800 treble, made all the more difficult by the time-table which places them in reverse order. Having equalled her match record in her strongest event, the 800m, she was equally dominant in the 400, and again only just outside the match record which she shares with Sue Dalgoitje. It was asking a lot to get her legs moving again in the 200, but after a slow bend she stormed through powerfully to win convicingly: her efforts gained her the Susan Dennler Trophy.

The Paul Gomme Trophy for throwing events throughout the year was won by Tony Hatton of Oxford. Having won the BUSF championships earlier in the month with over 70m, Tony increased his own javelin match record to 67.14. Other fine performances in the field were recorded by Gareth Davies of Cambridge, whose 7.38m long jump puts him second on the all-time list in this match to Dwayne Heard, and by Malcolm Croad of Oxford, still a junior, who came close to the match record in the hammer with 56.48m.

Chris Tuerk of Cambridge scored a notable double at the women’s long jump and javelin, beating more favoured opposition in both events. The Women’s Match depended on the 4 x 400 m relay and the Cambridge team of Su Burgis, Ainsley Normand, Charlotte Cutler and Rachel Jordan succeeded in putting themselves far enough ahead by the final leg to hold off Lattimer and lowered the match record to 3:54.9. Women’s triple jump and hammer were included as non-scoring events for the first time. Another innovation was to present the various trophies and medals at the track immediately after the last event (a ceremony previously conducted at the dinner).

The first and second teams dined separately, with Michael Orrell-Jones chairing the Blues’ gathering.

40 Years On….

The 1977 Varsity Match
Iffley Road, 14th May

The opening of the new all weather track at Iffley Road a few weeks earlier heralded the dawn of a new era. Cambridge opted to hold the match at Oxford each year thereafter, in spite of the ‘away’ disadvantage, until the opening of Wilberforce Road.

Men – wins for Cambridge President Tony Shiret in all three hurdles races:

100m: G. Wood (C) 11.2, S. White-Thompson (O) 11.2, P. Key (O) 11.2, B. Jones (C) 11.3. 200m: B. Jones (C) 22.2, G. Wood (C) 22.4, S. White-Thompson (O) 22.6, E. Quist-Arcton (O) 23.0. 400m: B. Jones (C) 48.4, P. Key (O) 49.1, H. Evans (O) 50.4, R. Tolson (C) 51.4. 800m: A. Dyke (O) 1:51.3, M. Willey (C) 1:52.7, R. Hodgson (O) 1:55.6, M. McAllister (C) 2:05.6. 1500m: M. Wilson (C) 3:55.1, C. Brodie (C) 3:55.5, L. Peck (C) 3:56.0, P. Irvine (O) 3:58.4. 5000m: W. Ewers (O) 14:30.6, N. Brawn (O) 14:38.0, T. Jackson (C) 15:20.2, M. Ellison (C) 15:54.0. 110m hurdles: A. Shiret (C) 7.75, M. Willey (O) 7.78, N. Cattell (C) 7.86, M. Rhodes (O) 8.00. Women’s 100m hurdles: A. Shiret (C) 13.1, M. Willey (O) 13.2, C. Whalley (C) 13.4. 200m: L. Daniels (O) 23.8, A. Popham (O) 23.9, J. Crosse (O) 24.0. 400m: B. Jones (C) 55.4, R. Tolson (C) 56.8, M. Rhodes (O) 58.1. 800m: A. Shiret (C) 1:58.5, M. Willey (O) 1:59.1, N. Brawn (O) 1:59.4. 1500m: B. Jones (C) 4:25.9, A. Shiret (C) 4:26.1, M. Willey (O) 4:26.2. 4x100m: Cambridge (Dumont, Hamment, Wood, Jones) 3:20.2, Oxford (Evans, Foreman, Key, Dyke) 3:21.3. Cambridge won by 114 points to 98

In the second team match, Centipedes beat Alverstone by 108 points to 93

Women—Gill Smith contested 7 events and was victorious in 5 of them:

100m: G. Smith (C) 13.1, R. Slator (O) 13.4, T. Ritchie (C) 13.4, J. Bramah (O) 13.5. 200m: G. Smith (C) 26.9, R. Slator (O) 27.5, T. Ritchie (C) 27.6, J. Bramah (O) 29.5. 400m: J. John (C) 62.9, J. Halfpenny (O) 65.3, L. McAlpine (O) 65.3, M. Whalley (O) 69.2. 800m: W. Lighthouse (O) 2:27.7, J. Halfpenny (O) 2:32.2, L. England (C) 2:39.0, C. Goodricle (C) 3:08.7. 1500m: L. Wightman (O) 5:23.8, N. Skrine (O) 5:30.3, L. England (C) 5:40.6, C. Goodricle (C) 6:03.2. Women’s 100m hurdles: G. Smith (C) 16.3, P. Kingsland (O) 17.8, H. Alexander (O) 18.7, M. Currie (C) 18.9. High Jump: G. Smith (C) 1.60, P. Kingsland (O) 1.45, M. Currie (C) 1.45, S. Roberts (O) 1.35. Long Jump: R. Slator (O) 5.26, G. Smith (C) 5.25, V. Wickens (O) 4.71, M. Whalley (O) 4.61. Shot: M. Willey (O) 11.57, G. Smith (O) 10.60, C. Peake (O) 8.42, M. Currie (C) 8.12. Discuss: C. Peake (O) 30.54, M. Willey (O) 29.14, J. Bleasdale (C) 23.82, J. Morgan (C) 23.38. Javelin: C. Chapman (O) 35.60, R. Slator (O) 26.10, J. Morgan (C) 22.52, M. Willey (O) 22.20. 4x100m: Cambridge (Whalley, Baker, Jones, Wood) 42.6, Oxford (Bettridge, White-Thompson, Quist-Arcton, Key) 42.9. 4x400m: Cambridge (Dumont, Hamment, Wood, Jones) 3:20.2, Oxford (Evans, Foreman, Key, Dyke) 3:21.3. Cambridge won by 66 points to 62

THE 1977 USA TOUR

Harvard and Yale versus Oxford and Cambridge, 14 June 1977. Harvard and Yale won by 14 events to 3. The 4 x 400m relay team of Pete Key, Gordon Wood, Tony Shiret and Brian Jones set a new match record of 3:20.0. Brian Jones also won the individual 400m, and Pete Warfield the long jump.

Captain Mack
(General Alfons Wiktor Mackowiak)

OUAC coach from 1964 to 1989

The indefatigable and inspirational Captain Mack died in January 2017, at the age of 100. A war hero of the highest order, he was buried with full military honours and promoted posthumously to the rank of general (an honour he had been due to receive in person had he lived a few more months). The years which he devoted to OUAC left a lasting impression on all those he coached:-

Mack was indeed a remarkable man. He was appointed OUAC coach 1964/65 when Hugh Pullan was President. In 1966/67 there was an attempt to stop Mack’s connection with OUAC to save money. This was largely led by the OUAC Senior Treasurer, Arthur Selwyn, but was resisted by the OUAC membership and by me. Arthur never really forgave me for this. I think that Mack then continued as OUAC coach for much less money. I was a member of the three car party which travelled to Warsaw for training in January 1967.

- Tim Taylor

Oxford had lost four successive Athletics Varsity Matches up to 1964 under Lionel Pugh. With Mack as coach, Cambridge did not see another victory until 1975. By the time I was an undergraduate, it emerged that Mack was actually not being paid anything for his work with OUAC - I believe not even petrol money for driving up from High Wycombe every week. It seemed that he had originally been getting something, but that was called in after a couple of years and told that the OUAC coffers were empty. As Mack had given up his job in the East (moving to Wycombe every week. It seemed that he had needed visas for Poland and the DDR. ‘Solidarity’ was banned, we had to cross the DDR to get to Poland from Germany and needed visas for Poland and the DDR. The gentleman on the back row, far left, was our “minder” appointed by the authorities. We stayed at a club called AWF in Warsaw – where Mack had been a member before the war and trained indoors - all organized by Mack. Including New Years eve party with the whole club – Athletes, judokas, fencers, the works. No going out at night under the state of emergency, we were under a curfew. I have since been back to AWF in my job working for Puma – its no longer supported alike.

An OUAC tour to Poland took place in January 1985 – still under the State of Emergency declared by General Jaruzelski. And the murdered priest Jerzy Popielusko was discovered just before we arrived. ‘Solidarity’ was banned, we had to cross the DDR to get to Poland from Germany and needed visas for Poland and the DDR. The gentleman on the back row, far left, was our “minder” appointed by the authorities. We stayed at a club called AWF in Warsaw – where Mack had been a member before the war and trained indoors - all organized by Mack. Including New Years eve party with the whole club – Athletes, judokas, fencers, the works. No going out at night under the state of emergency, we were under a curfew. I have since been back to AWF in my job working for Puma – its no longer supported alike.

- Martyn Bowen

A remarkable coach and man. But what a great innings, an amazing life, and an inspirational man. – John Crosse

Inspirational man and coach, RIP – Julian Goater

‘Ahhhh yes - tremendous performance!’ – Sean McGrady

Who remembers Captain Mack’s circuits at Iffley Road on a Thursday afternoon? Ouch! What a fabulous innings. I am sad I cannot attend his funeral being so far away but the memories he helped me create will last a lifetime…. A great man – Liz Hobson


With Mike Sharpe and Tim Taylor in 1966

take the post, this was pretty poor. Our response was to hold various fund raising activities so that we could at least give him something. In 1989 a reception and buffet was held at Iffley Road on 6th May attended by numerous past and present OUAC athletes to mark his retirement as coach. A suitably inscribed silver salver, together with a hand-
From Dwayne Heard:

I was born in 1964 – incredible to think that Capt Mack was with OUAC for so long! I have very fond memories of him. During my time as an undergraduate Oxford won 6 Varsity Matches out of 7, and a major factor in these victories was the inspiration that Mack provided for OUAC athletes. My first ever OUAC session was a Mack circuit training session at the Iffley Road gym (for which he always wore a blue tracksuit – photo I think by Jon Crews). These circuits were infamous, partly as Mack used to demonstrate some of the exercises himself, for example in the warm up there was the “Skip A” and the “Skip B”. When he walked around he used to have a running commentary about the athletes to motivate them, “Yes, yes, very dynamic…” that sort of thing and delivered in a manner to keep you going despite the pain. I never remember him losing his temper or getting angry with athletes, despite how bad we were at circuits! Mack gave up an enormous amount of his time to coach at OUAC – he drove quite some distance to lead the sessions either in the gym or more specialist sessions (in particular throws) at the track. He was a very kind man, and wanted everyone to do their best, and somehow managed to get everyone to do their best. Myself, George Murrell and Chris McGrady were part of the jumps squad at Haringey AC under Richard Gysie, and every Sunday we used to catch the bus from Oxford to High Wycombe at some early hour, and Mack would pick us up in High Wycombe and drive us to the New River Stadium at Haringey. He also gave a lot of his time to coaching athletes at Haringey – and was very popular there. In the car he would keep us entertained with stories about many things, including his exploits during the war. He also came to some of our Pheidippideans dinners in Oxford (Pheidos), and told inspiring stories about his wartime escapades (always highly animated and often making use of his boxing skills) (see photo of him speaking whilst stood on a table in Wadham during an Achilles dinner). Dave Williams used to do a great impression of Mack!

Mack also organised a number of OUAC trips during my time in Oxford. Two come to mind. The first was in the spring of 1984 when we travelled to Sittard (Holland), Maastricht and Le Touquet (top photo). I don’t remember the athletics that much but I do remember the drinking game involving a hammer, nail and a tree trunk, the toboggan ride, and Giles Clifford’s speech in French! Probably the most memorable though was the trip to Poland in December 1984 – January 1985 (we were there over new year) - see lower photo and Martyn’s account above. The trip involved a train from London to Harwich – then ferry to Hook of Holland, and an amazing train all the way to Warsaw via Berlin. We had to buy an East German transit visa on the train (£5 each in hard currency), and on the way home we had to change trains in East Berlin as they suspected stowaways. The OUAC tour party was also stranded overnight at Cologne station on the way back as most of Europe suffered a huge snow storm, and we kept warm in the Bahnhofs-mission where we also had warm soup! Mack organised several of these trips to Poland.

Mack also came to our wedding, which was in Guisborough (close to Middlesbrough) which we were very honoured at. I think for many of us – Mack is perhaps the one person we remember most from our times in OUAC. In summary Mack was a unique individual – his ability to inspire was legendary – and he showed a close interest in everyone’s welfare – all he wanted was for everyone to do their very best. He was also extremely kind, and gave so much of his time to OUAC. I think a little bit of Mack rubbed off on everyone.

Captain Alfons Maćkowiak (Alan Mack) was a veteran of Operation Market Garden and a legendary instructor of the SilentUnseen or Cichociemni, the Polish Army’s WW2 special forces unit, which trained in the UK before being parachuted at night into occupied homeland. His citation reads as follows:-

* ‘Outstanding officer: distinguished himself by his exceptional bravery and his qualifications of a soldier throughout the campaign, especially 2nd and 14th June 1940 at Fremestoff, 15th at Alberstroff and 16th at Dieuze, where he did not cease commanding the fire of his battery, in spite of violent shooting of enemy artillery, giving best example to the gunners. On 17th June he dispersed an adverse company which was attacking positions and on the 18th forced the enemy to evacuate Embermenil, which they had taken. The present mention includes the award of the War Cross with Brass Star’

* Captured by Germans, interned for a period in Strasbourg. Escaped through Vichy France and Spain to Gibraltar.

* Boat to Britain, arrived in Liverpool trained in tanks before volunteering for the Polish parachute forces at Upper Largo.

* Selected for training as an agent with SOE, then becoming an instructor with SOE.

* Transferred in 1942 to Polish section of SOE (Special Operations Executive) to Audley End House, near Saffron Waldon, Essex, known as Station 43 (STS 43). Instructor in small arms, PT and unarmed combat, 1942–44. Sworn in SOE Cichociemny (Silent & Unseen). Return to action Monday 18th September 1944 at Arnhem. Flew from Manston by glider chalk number 890 as part of Polish Parachute Brigade Advance HQ, piloted by Staff Sergeant John ‘Johnny’ Cotterill and Sergeant Max Maxwell. Now with the rank of Captain.

* Fought with distinction as the Polish Artillery Liaison Officer attached to the RA. Operation Market Garden. Sniper hunting in the woods of Oosterbeek and directing allied artillery fire in the Oosterbeek perimeter. Wounded.

* At conclusion of the Battle of Arnhem, captured and POW at Oflag 1XA at Spangenberg, Germany.

* Liberated by Americans 4 May 1945.

* Received his third Krzyz Waleczny.

* In total during the Second World War he received no less than 14 medals.

* In 2009: Awarded the highest medal of bravery by Queen Beatrix of the Netherlands.

* Awarded a Commendation by King George VI, in recognition of his bravery and courageous action in extricating the pilot from a blazing Wellington on 11th July 1950.”
Martyn Bowen—the former OUAC President and current Austrian masters champion at 200m and silver medallist at 400m, writes:

‘Competed in Aarhus European Champs for Austria with a time 57.8 (age graded time equivalent to 49.2 - with statistics you can make anything look good) !. Next year move up an age category – hopefully means I can park my zimmer frame nearer the finish line…. Hope to come up against Mike Sherar at the World championships in Malaga Sept 2018 – he is competing for Canada and is a favorite for a medal over 800m.’

NEW MEMBERS

Isabella Coutts (Bella) - Oxford; Angus Lockhart - Cambridge; James Tufnell - Cambridge; Edmund Gazeley - Cambridge; Kennagh Marsh - Oxford; Anurraag Vazirani (Anu) - Oxford; Rahul Sachak-Patwa - Oxford; Kantaro Tazoe - Oxford; Cameron Bain - Oxford; Daniel Gregory - Oxford; Camilla Elvidge (Mimi) - Oxford; Anna Sharp - Oxford; Derek Soled - Oxford; Harriet Wigginton (Hatty) - Oxford; Laura Fenwick - Oxford; Miles Chandler - Oxford; Kyle Zeck - Oxford; Vickram Tittrea (Vick) - Oxford; Philip Nash (Phil) - Oxford; Thomas Kearns (Tom) - Cambridge; Zoe Thursz - Oxford; Alexander Gruen (Alex) - Oxford; Joshua Ingham - Oxford; Matthew Newton (Matt) - Oxford; Léa Wenger - Cambridge; Alexander Grundmann (Alex) - Oxford; Rosemary Barker (Rosie) - Oxford; Irene Gibson - Oxford; Daniel Smith (Dan) - Oxford; Laurent Stephenson (Loz) - Oxford; Kaesi Opara - Cambridge; Bryce Lim - Cambridge; Kathryn Kennedy (Kate) - Oxford; Rebecca Robinson (Becky) - Oxford; James Collins - Oxford; Bridget Fryer - Cambridge; Daisy Irving - Hyman - Cambridge; Dominic Jaques (Dom) - Cambridge.

Heather Nelson - Oxford; Hardy Cubasch - Cambridge; Steven Marlow; George Sakellariou; Naomi Taschimowitz - Cambridge.

Reunited at the Worlds:
John Dryden, Craig Masback, Julian Goater, Peter Crawshaw

Hugh Shield’s latest book focuses on Harold Abrahams and Eric Liddell
Men’s relays, indoors (Oxford 4-2)

60m (run as 2 heats, with the 4 best, of 5, University times totalled to determine the result) Race 1 L. Kitchen (O) 7.05, H. Steel (O) 7.12, W. Morris (C) 7.13, K. Opara (C) 7.22, I. Adepegba (C) 7.36 Race 2 D. Nembhard (C) 7.33, S. Macaulay (O) 7.34, J. Leung (O) 7.39, L. Eagle (O) 7.53, K. Tazoe (O-ns) 7.55, B. Bavendran (C) 7.59, B. Lim (C-ns) 7.71, P. Rutten (C-ns) 7.73, J. Tufnell (C-ns) 7.81 1. Oxford (4 total times) 28.90 2. Cambridge (4 total times) 29.04 4 x 200m 1. Cambridge (S. Day 23.4, W. Morris 22.3, C. Flaherty 23.5, T. Marino 22.6) 1:31.85 2. Cambridge II (P. Rutten 24.6, M. Wang-Ko 22.9?, J. Tuffnell 24.6?, S. Charlwood 23.8) 1:35.99 3. Oxford II (L. Eagle, M. Newton, J. Leung, K. Tazoe) 1:36.22 (Oxford I. Kitchen - Smith, H. Steel, I. Ingham, A. Grundmann, disqualified) 4 x 400m 1. Cambridge (C. Flaherty 51.6, J. Burton 51.3, R. Kisel 52.5, M. Newton 50.4) 3:20.68 2. Oxford (E. Rees 50.6, C. Bain 50.0, H. Baker 51.0, L. Gardner 49.9) 3:21.44 3. Oxford II (C. Ellis, H. Steel, H. Fleming, A. Grundmann) 3:24.54 4. Oxford III (N. Inkester 54.8, J. Ingham 51.0, R. Lyr 52.5, M. Newton 50.4) 3:28.89 5. Cambridge II (J. Tuffnell 54.6, A. Taylor 55.6, D. Stafford 50.3, E. Romano 56.8) 3:47.30 60m hurdles (run as 2 heats, with the 4 best, of 5, University times totalled to determine the result) Race 1 L. Eagle (O) 8.72, E. Baines (C) 8.92, H. Salt (O) 9.19, P. Hibbett (O) 9.24, J. Wickham (C) 9.36 Race 2 S. Charlwood (C) 9.97, R. Lyr (O) 10.03, D. Gregory (O) 10.20, G. Goh (C) 10.59 1. Oxford (4 total times) 37.18 2. Cambridge (4 total times) 38.84 Men’s field events (Oxford 6-2)


Shot Putt, indoors 1. Oxford (J. Paget 12.41, Nick Roberts-Huntley 11.44, A. Reynolds 11.05, G. Bakos 10.66) 45.56 2. Cambridge (A. Lockhart 44.82 Guest: W. Wright (O) 8.62 Discus, outdoors 1. Oxford (N. Roberts-Huntley 38.61, J. Paget 35.02, A. Reynolds 33.72, J. Harrison 25.24) 132.59 Cam...
Ivan Curotta
Waverley College, Australia, died on 24th August 2017.

The photo shows Ivan with the Hon Sec flanking OUAC 1929 Varsity 880y Blue Bill Wentworth at the 2002 Achilles v Sydney U match in Australia, Ivan’s interest in athletics stemmed from his twin brother Morris (1948 and 1952 Olympian and at one point perhaps the fastest quarter miler in the world) and from his friendship with OUAC 440 legend Bob Solomon. In retirement he wrote and privately published a huge history of the Transatlantic Series, and was enormously helpful during Achilles’ Australia tour.
Achilles victors were Bijan Mazaheri (match record), Rebecca Moore, Tom Parker, Alex Howard (by 0.04, race of the day), Nicole McKechnie, Naomi Taschimowitz, Caroline Hilley, Matt Leach, Josh Carr, Kate Davies (in an OUAC record), Aidan Reynolds, Helen Broadbridge, Teele Palumaa x 2 including a match record of 1.76 in the HJ and both 4x400s. The team acquitted themselves fantastically and the HY women especially were lucky to win.

WOMEN

The women’s match was seen as the team’s best chance. Rebecca Moore’s dominant match record in the opening 10000m further heightened expectations. Just over halfway through, such hope seemed to have faded behind an American tide, despite a rare sprint victory over 400 and a High Jump match record from Teele Palumaa. But after Caroline Hilley held on in the 400 Hurdles, that tide turned. As news came in from the field of wins in the Hammer and Javelin, Naomi Taschimowitz stormed away in the 5000 to put Achilles right back in contention. Harvard-Yale won crucial victories over the Mile and Sprint Relay to extend their lead but Teele’s second win of the day in the Triple Jump and a 4x400 victory took the match to the final event, the Discus, with Achilles needing a win to tie overall. Despite two fouls further raising the tension, Harvard’s Olympian Nikki Okwelogu condemned Achilles to an 11-9 defeat.

In the end she was the difference – the distances Achilles recorded in the Discus and Shot would normally have won those events. The 800 was also desperately close, Emily Dudgeon falling just two-hundredths short against an opponent who qualified for the NCAA Championships over 1500.

100 Meter Dash. 1 Musa, Ngozi (Harvard) 11.79 w 2.9. 2 Adeosun, Hephzibah (Ox/Cam) 12.21 w 2.9. 3 Lee, Alexandra (Yale) 12.34 w 2.9. 4 Hannawin, Katie (Ox/Cam) 12.51 w 2.9. -- Meju, Maxine (Ox/Cam) 12.90 w 2.3. Windy PB from Hepsi against very strong opposition, Katie also put up a good showing.

200 Meter Dash. 1 Miller, Jade (Harvard) 24.93 0.7. 2 Hughes, Zoe (Harvard) 25.83 0.7. 3 Johnson, Caroline (Ox/Cam) 25.98 0.7. 4 Hannawin, Katie (Ox/Cam) 26.40 0.7. PB for Caroline chasing home All-American 400 Hurdler Jade Miller practicing her speed, Katie following not far behind.

400 Meter Dash. 1 McKechnie, Nicole (Ox/Cam) 59.08. 2 Kearney, Aileen (Ox/Cam) 60.07. 3 Miklos, Maya (Harvard) 60.43. Nicole produced a dominant win in very tough conditions for quarter miling, Aileen completing a 1-2 in what looked like a crucial event.

800 Meter Run. 1 Schmiede, Frances (Yale) 2:11.15. 2 Dudgeon, Emily (Ox/Cam) 2:11.17. 3 Sadler, Miranda (Harvard) 2:15.82. What might have been. Emily Dudgeon front ran all the way only to be pipped on the line by just 2/100’s of a second in a dramatic home straight scramble, which was to prove decisive in the final outcome.

1 Mile Run. 1 Waligurski, Emily (Yale) 4:50.26. 2 Chattenton, Dani (Ox/Cam) 4:54.77. 3 Bridson Hubbard, Marie-N (Ox/Cam) 5:07.92. Late in the day, Achilles desperately needing a win, Dani went for it from the gun but died into the wind. Niamh felt the effects of a disrupted winter’s training.

5000 Meter Run. 1 Taschimowitz, Naomi (Ox/Cam) 16:48.41. 2 Masterson, Andrea (Yale) 17:08.34. 3 Shearer, Emily (Ox/Cam) 18:24.87. Naomi ground down a strong opponent, extending out to a strong victory in the second half of the race. Emily Shearer ran well against familiar Ivy League opposition.

10000 Meter Run. 1 Moore, Rebecca (Ox/Cam) 35:27.76. 2 Olson, Chandler (Yale) 38:07.14. -- Murray, Bethanie (Ox/Cam) 37:18.26. History was made as women competed over 10000 for the first time in the series. Rebecca set a very fine inaugural match record, lapping the entire field having led from gun to tape. Beth struggled having set out on pace to quality for the European U23’s.

100 Meter Hurdles. 1 Joiner, Karina (Harvard) 14.19 0.4. 2 Holmes, Sydney (Yale) 14.43 0.4. 3 Kennedy, Kate (Ox/Cam) 15.60 0.4. Kate ran her less favoured event to allow Caroline Hilley to stay fresh for the 400 Hurdles, running well against high class opponents.

400 Meter Hurdles. 1 Hilley, Caroline (Ox/Cam) 1:02.59. 2 Deppen, Sylvia (Harvard) 1:02.69. 3 Kennedy, Kate (Ox/Cam) 1:04.11. Caroline set off hard and held on for the victory against a fast-
closing opponent, with Kate not far behind in third 3000 Meter Steeplechase. Rizzo, Meredith (Yale) 10:37.50. 2 Crosby, Priya (Ox/Cam) 11:21.93. Priya ran gamely and hurdles well but couldn’t match her opponent’s impressive flat speed.

4x100 Meter Relay. 1 Yale 'A' 49.46. 1) Holmes, Sydney 2) Enes, Lillian. 3) Thorpe, Aja 4) Lee, Alexandra. 2 Oxford & Cambridge 'A' 51.52. 1) Adeosun, Hephzibah 2) Hannawin, Katie. 3) Johnson, Caroline 4) Meju, Maxine. The first two legs were close before Yale’s superior strength in depth told.

4x400 Meter Relay. 1 Oxford & Cambridge 'A' 3:53.51. 1) Dudgeon, Emily 2) Hilley, Caroline. 3) Kearney, Aileen 4) Johnson, Caroline. -- Harvard 'A' DNF. The two Carolines gave the team a strong lead at halfway, maintained by Aileen and even had Harvard run a complete team it was unlikely that they would have caught Emily Dudgeon on anchor.

High Jump. 1 Palumaa, Teele (Ox/Cam) 1.76m. 2 Nizdil, Raegan (Harvard) 1.73m. 3 Bates, Annabelle (Ox/Cam) 1.60m. Clutch third attempt from Teele to set a new match record at 1.76m and snatch victory away from the Harvard captain. Annie competed well.

Pole Vault. 1 Sabatino, Marlena (Harvard) 33.85m. 2 Amabilino, Silvia (Ox/Cam) 33.65m. 3 Billingham, Chloe (Ox/Cam) 3.55m. Best jump in many years for Silvia and personal best for Chloe marked a strong showing in what is traditionally a very strong event for the Americans, who still took the win.

Long Jump. 1 Thomas, Gabrielle (Harvard) 6.10m 1.5. 2 Andrews, Laura (Ox/Cam) 5.39m 1.1. Second best jump ever from Laura, behind a huge match record from Harvard’s Gabby Thomas, who came into the day as the World Number 1 over 200 metres.

Triple Jump. 1 Palumaa, Teele (Ox/Cam) 11.81m 1.6. 2 Kameni, Floriane (Harvard) 11.35m 1.4. Second victory of the day for Teele to continue the Achilles women’s late charge, with all 4 jumps ahead of her nearest opponent.

Shot Put. 1 Okwelogu, Nikki (Harvard) 15.63m. 2 Nick, Christina (Ox/Cam) 13.09m. 3 Meju, Maxine (Ox/Cam) 7.61m. -- Broadbridge, Helen (Ox/Cam) 11.95m. -- Niedbala, Anna (Ox/Cam) 45.66m. PB for Helen who took a comfortable win over Harvard’s Olympic Shot Putter Nikki Okwelogu with Anna and Maria both far beyond the Blues Standard as well.

Javelin Throw. 1 Davies, Kate (Ox/Cam) 43.82m. 2 Coutts, Isabella (Ox/Cam) 38.79m. 3 Nizdil, Raegan (Harvard) 28.56m. 4 Hughes, Zoe (Harvard) 26.83m. Performance of the day from Kate Davies, a PB by almost 4 metres putting her into the UK All Time Top 100 and taking the women’s match to the last event. Bella also beat both Americans by more than 10 metres

Achilles Women’s Athlete of the Match: Kate Davies

MEN

Two contrasting early distance victories from Bijan in an impressive match record and Alex Howard out-dipping a Harvard Brit raised hopes of a shock. In the end Harvard’s strength in the power events proved too much but the team remained competitive to the very end and picked...
13 late victories in further distance races and throws with a Hammer 1-2 being the highlight.

100 Meter Dash. 1 Alexandre, Marc-Andre (Yale) 10.58 1.5. 2 Morris, William (Ox/Cam) 10.98 1.5. 3 Hill, Connor (Yale) 11.10 1.5. -- Kitchen-Smith, Isaac (Ox/Cam) DQ. First time legally under 11 for Will in an excellent run behind a match record from Yale’s captain and star sprinter. Isaac desperately disappointed following a false start.

200 Meter Dash. 1 Vaughns, Vincent (Yale) 21.58 0.4. 2 Heckendorn, James (Harvard) 22.13 0.4. 3 Kitchen-Smith, Isaac (Ox/Cam) 22.43 0.4. Steel, Harrison (Ox/Cam) 22.63 0.4. Solid runs for Isaac and Harrison chasing home two very fine American athletes.

400 Meter Dash. 1 McIntyre, Alexander (Yale) 49.53. 2 Day, Samuel (Ox/Cam) 51.42. 3 Bolze, Andrew (Harvard) 51.87. Sam bravely went with the pace into the wind and was close going into the final 150 before falling back in the home straight.

An awesome couple of weeks
- by Emily Dudgeon

As John Crosse said on the first day, this tour had 3 parts: cultural, social and sporting.:

1. Social
It was a little daunting to join the tour as one of the 'oldies' but getting to know everyone on the Achilles team has been great. Singsongs on the bus were a particular highlight especially with the two Scots drowning out Jerusalem with O Flower of Scotland!! The trip also reminded me of the intensity and work ethic required at Cambridge- so I return to my clinical studies inspired by my teammates to recapture those qualities!

2. Cultural
Living with our hosts and competitors has been a fantastic way to get to know them, and learn about life at each of the universities we visited. Indulging in the 'all you can eat' dining halls also gave us a chance to see what day to day life would be like there, and to chat to some of the other students. We were treated to endless supplies of sugar at breakfast (waffles, pancakes, marshmallow in cereals), lunch (maple quinoa salad) and dinner (chocolate milk on tap and ‘nut butter’ night at Harvard).

The life of the student athlete is certainly one of fantastic opportunity- the stash, the facilities, the professional coaches, the camaraderie of their teammates. The intensity, the endless competition seasons, the sense of athletes being commodities, and the pressure of recruitment must all contribute to making it difficult in finding a balance. And that’s before you realise that the end of university is the end of participation in ‘track and field’ for many of the student athletes. I have never been so grateful for the UK’s club system.

Comparing 3 very different universities is too difficult to find a favourite. It was such a treat to stay so centrally in New York- group runs in central park are up there in my favourite moments of the trip, and were truly glorious. Ellen’s Diner was another highlight- eating burgers and potato waffles while watching potential Broadway stars having had our own sing song to pass the time in the queue was another special experience. Rural Cornell was a beautiful place to run and hearing the river from my bedroom was lovely after the hustle and bustle of New York.

3. Sporting
In any team, there will inevitably be athletes of varying standards. What links us together is our pursuit of progress, of pushing our bodies for another cm or millisecond. To be surrounded by a team who were all training towards that common goal of self improvement was truly inspiring.

Group training sessions were great fun and a reminder that nothing bonds people together quite like pushing through the pain.

I have been lucky enough to compete in the Olympic stadiums of Barcelona and London, but competing in Franklin Field is right up there. It was a real honour to be allowed to do the lap counter and bell ringing for the women’s 5k race and all the better to see an Achilles 1-2-3 and a huge chunk taken off the match record.

But nothing was as good a reminder of everything I love about athletics as the matches themselves. The team support was incredible, the quality of the performances outstanding and the respect within and between teams obvious for all to see. That is before I mention the privilege it is to take part in such a historic series.

Which brings me to the main point of this message - to thank you all, the Achilles Club and American Achilles Foundation for your hard work and support, and for making the trip possible.

I wondered if it would live up to the descriptions on the Facebook page prior to our departure. It absolutely did- an unforgettably fabulous trip.
Sir Aubrey Fiennes Trotman-Dickenson

Aubrey ran in the Varsity Cross Country of February 1945, the last of the unofficial wartime races; and in the 1947 match, famous for the four-tie for first place. In 1945 he finished 10th of 16 in 46:17 in a race Cambridge won by 37 points to 41. In 1947 he finished 9th of 12 in 45:15 in a race won by Oxford by 17 points to 38. He was OU cross-country secretary in 1947-48. On the track he competed in the 3 miles in the Varsity Match. As principal of the University of Wales Institute of Science and Technology (UWIST), he played the main role in the 1988 merger with UWIST's science-based departments and business school with the wider-ranging faculties of the college. His combined service of 25 years, first as principal of UWIST, then of Cardiff University and three terms as vice-chancellor of the University of Wales, made him one of the longest-serving heads of a British university.

- photos: left—the start of the 1945 race (he is at the extreme right); and above the 1947 start (again, he is at the extreme right).
OXFORD & CAMBRIDGE V PENNSYLVANIA & CORNELL
14th April 2017
Franklin Fields,
University of Pennsylvania
Women - Penn & Cornell 14, Oxford & Cambridge 5
Men - Penn & Cornell 17, Oxford & Cambridge 3

Women 100 Meter Dash (wind 1.1) Solid runs from Hepsii and Katie behind some very strong opposition. 1 McCorkle, Taylor (Penn) 11.67 2 Jones, Adrian (Cornell) 11.71 3 Adeosun, Hephzibah (Ox/ Cam) 12.41 4 Hannanw, Katie (Ox/Cam) 12.61

Women 200 Meter Dash (wind 2.1) Much better run this week from Katie, rounding back into form. Nicole ran over her less favoured shorter distance because of illness. 1 McCorkle, Taylor (Penn) 23.85 2 Shepard, Ellen (Cornell) 24.09 3 Hannanw, Katie (Ox/Cam) 25.84 4 McKechnie, Nicole (Ox/Cam) 26.29

Women 400 Meter Dash Aileen took a second off her time from Harvard/Yale on a track which can be tricky for 400 metre runners. 1 Radoslav, Taysia (Cornell) 54.19 2 Akins, Nia (Penn) 56.15 3 Kearney, Aileen (Ox/Cam) 59.26

Women 800 Meter Run Redemption for Emily after her frustrating defeat at Yale, beating a high class field with an electric last 200 metres. 1 Dudgeon, Emily (Ox/Cam) 2:08.17 2 Worth, Ella (Penn) 2:09.27 3 Hugard, Shannon (Ox/Cam) 2:11.48

Women 1500 Meter Run Outdoor PB for Dani who beat a significant number of Penn/Cornell athletes but was just bested in the match race. 1 Montgomery, Ashly (Penn) 4:27.15 2 Chattenton, Dani (Ox/Cam) 4:30.16 3 Henderson, Marie-N (Ox/Cam) 4:34.96 4 Katzman, Jackie (Cornell) 4:38.85

Women 3000 Meter Steeplechase For the second match in a row Priya was somewhat outgunned but ran well on her own for a good time. 1 Hong, Abigail (Penn) 11:03.82 2 Crosby, Priya (Ox/Cam) 11:18.41

Women 400 Meter Hurdles Much improved run this week from the women’s quartet following some good practices. 1 Cornell ‘A’ 55.90 2 Oxford/Cambridge 56.39

Women 4x100 Meter Relay An excellent race from the whole team. Down significantly at halfway, Kate Kennedy, a late call-up, gave Emily something to run at and she responded with a 55.0 leg which almost resulted in a thrilling victory, but was undoubtedly one of the gutsiest performances of the tour. 1 Penn/Cornell 3:51.71 2 Oxford/Cambridge 3:52.19 (Caroline Hilley 56.7, Aileen Kearney 61.2, Kate Kennedy, a late call-up)

Women 4x400 Meter Relay An outstanding performance from the four. 1 Penn/Cornell 3:51.86 2 Oxford/Cambridge 3:52.76

Women 4x800 Meter Relay A solid team - produced two PB’s in a high class competition which saw the winner clear 4 metres. 1 Kao, Claire (Cornell) 4.00m 2 Minnig, Molly (Penn) 3.90m 3 Amabilino, Silvia (Ox/Cam) 3.70m 4 Bilingham, Chloe (Ox/Cam) 3.60m

Women Long Jump Laura was another victim of NYC but remained competitive against quality opposition. 1 Steneke, Brittany (Cornell) 5.43m w: -0.2 2 Miller, Devinne (Penn) 5.23m w: -0.4 3 Andrews, Laura (Ox/Cam) 5.11m w:1.0 Women Triple Jump It was the awesome foursome for Teele who again left it late, finally taking the lead in the 5th round before securing the win. 1 Palumaa, Teele (Ox/Cam) 53.13m w:1.9 2 Trotman, Isis (Ox/Cam) 52.89m 3 Trotman, Isis (Ox/Cam) 52.54m

Women Shot Put Another PB from Helen earning her the women’s athlete of the match award, pushing some high quality athletes all the way. Another metre further from Maria. 1 Wiln, Rachel (Penn) 55.90m 2 Trotman, Isis (Penn) 54.62m 3 Broadbridge, Helen (Ox/Cam) 53.13m

Women Hammer Throw Another PB from Helen, breaking the Oxford/Cam record with a 47.82m.

Women Javelin Throw Brett, Maria (Ox/Cam) 44.89m
Men 100 Meter Dash  (wind 1.5) Isaac made up for his false start at Yale with a fine Blues Standard, running a 10.4 man close. Will struggled with injury while Harrison set a big PB in winning the B race. 1 Menchaca, Zach (Cornell) 10.80 2 Kitchen-Smith, Isaak (Ox/Cam) 10.87 3 Norris, James (Cornell) 10.94 4 Morris, William (Ox/Cam) 11.10 – Steil, Harrin (Ox/Cam) 11.04.

Men 200 Meter Dash (wind 0.7) Another fine run from Isaac going comfortably under 22 seconds. 1 Avery, Jonathan (Cornell) 21.59 2 Kitchen-Smith, Isaak (Ox/Cam) 21.88 3 Beck, Alex (Cornell) 22.23 4 Steel, Harrin (Ox/Cam) 22.47.

Men 400 Meter Dash As in the previous match, Sam was competitive before running out of legs.

Achilles Women’s Athlete of the Match: Helen Broadbridge
Achilles Men’s Athlete of the Match: Louis Rawlings

Achilles athlete of the Tour: Teele Palumaa

in the home straight, albeit in a much faster time in sunny Philadelphia. 1 Attah, Tobe (Cornell) 48.49 2 Wiseman, Jeff (Penn) 49.23 3 Day, Samuel (Ox/Cam) 50.49.

Men 800 Meter Run A perfect match race from Louis le Roi, following some harsh words from the team manager, as he steadily moved from 4th to 1st on the final lap and pulled away down the home straight. Hugo ran strongly but couldn’t put himself in the right positions to challenge. 1 Rawlings, Louis (Ox/Cam) 1:51.94 2 Smith, Isaac (Ox/Cam) 1:53.01 4 Fleming, Hugo (Ox/Cam) 1:53.60.

Men 1500 Meter Run Josh’s recent injury denied the spectators what otherwise would have been a thrilling race against a 3:40 man, Josh unable to match his speed endurance. Alex continued his rise with a 2 second PB and Miles also beat some American backmarkers. 1 Hatler, Chris (Penn) 3:48.57 2 Carr, Joshua (Ox/Cam) 3:51.01 3 Gruen, Alexander (Ox/Cam) 3:53.67

Men 5000 Meter Run With Matt Leach back at work, Luke Cotter was left to fly the Achilles flag, which he did againly against a cadre of quick Americans. 1 Horn, Connor (Cornell) 14:41.28 2 Groff, Aaron (Penn) 14:48.04 3 Cotter, Luke (Ox/Cam) 15:12.61 – Carr, Joshua (Ox/Cam) DNF.

Men 110 Meter Hurdles (wind 0.0) Another Blues Standard from Liam, again outclassed in speed rather than hurdling technique. Elliott also competed in this event and was not disgraced in his terytary event. 1 Lyons, Austin (Cornell) 14:81.22 2 Eagle, Liam (Ox/Cam) 15:61.3 Baines, Elliott (Ox/Cam) 17.02.

Men 400 Meter Hurdles Louis G took two tenths off his personal best in a well-executed run that left him hungry for more. 1 Comer, Maxwell (Cornell) 53.31 2 Okolo, Anthony (Penn) 53.34 3 Gardner, Louis (Ox/Cam) 55.43.

Men 3000 Meter Steeplechase Hampered by an ankle injury he had carried into the Tour, Alex was unable to challenge Penn star Nick Tuck but stuck to his task throughout. 1 Tuck, Nick (Penn) 8:54.14 2 Howard, Alexander (Ox/Cam) 9:19.42 3 Wang, Michael (Cornell) 9:20.24.

Men 4x100 Meter Relay An improved performance from on paper a weaker quartet with Long Jumper Sandy and 400 runner Sam surprisingly competitive on the opening two legs. 1 (Cornell) ‘A’ 41.39 2 (Ox/Cam) ‘A’ 42.76.

Men 4x400 Meter Relay Improved run from the A quartet and a very impressive leg from short sprinter Harrison for the B quartet. 1 Penn/Cornell ‘A’ 4.

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Craig Masback Remembers: ‘My First Sub-Four’

My first sub-four-minute mile began on the streets of Rome and finished on Oxford’s Iffley Road track, where Roger Bannister recorded history’s first sub-four on May 6, 1954.

A soccer player and sprinter/880-yard runner in high school, I ran about five miles a week, never more than a mile at one time. My best high school mile was 4:48.

At Princeton, my transition to distance running was slow. Freshman year was rocky, but I ran a 4:03 mile on a relay as a sophomore and a 3:42.3 1500 as a junior. When I ran 4:01.8 indoors as a senior, sub-four seemed inevitable outdoors. But, forced to choose between finishing my senior thesis (and, therefore, graduating) and trying to break four, I chose the former.

The lucky recipient of a scholarship to study for two years at Oxford, I arrived in England in the fall of 1977 determined to explore new things, such as art history and travel, which meant leaving running behind. But, after reading Bannister’s, The First Four Minutes, the best sports autobiography ever written, I decided that I wanted to win my “Blue” (the Oxford equivalent of a varsity letter). I ran just enough to make the Oxford Cross Country team, later discovering that the “Blues Match” against Cambridge was on a 7.5 mile, hilly course, a virtual marathon for me. We won the dual with Cambridge, I won my Blue, and I pretty much decided to retire from running.

Three weeks later, while visiting Rome for Christmas with my girlfriend, I decided to do a 15-minute Christmas Eve run to see the sights. Enjoying the run, I extended it to 20 minutes, then 30. Before I knew it, I was lost, running somewhat aimlessly around the darkened hills of the Rome countryside. During the more than two hours it took to find my way back to our pensione near the Vatican, I conducted a debate with myself about the merits of continuing with track and field, sometimes voicing my conflicting thoughts out loud in an attempt to find clarity, much to the amusement of the locals. At some point, the “give track one more try” argument triumphed. But for the worried and angry looks from my girlfriend upon my return, it was a memorable and significant night.

Having made the definitive decision to continue running my track, my workouts all became more meaningful. Whereas the Princeton team motto had been, “If you’re running too fast to talk, you’re running too fast,” I adopted the European approach of doing my distance runs at close to five minute-mile pace. I also did some lonely but effective interval training on the Iffley Road track. In my first track race that spring, I ran a 1500 meters against marathoner Steve Jones. I don’t recall the time, but I felt as if I had wings on my feet. The race started, Tom went straight to the front as promised and delivered laps bizarrely similar to those that Chris Chataway and Chris Brasher had run when setting the pace for Bannister – 57.5-2:01.3-03 – letting me go by after three laps.

The last lap was strange. Though there was a boisterous crowd in the small grandstand on the homestretch, there was no one on the far side of the track. As I ran down the backstretch it was eerily quiet and I was totally lost in thoughts of what breaking four would mean to me and my recollections of Bannister’s description of how he felt running down the same backstretch – thoughts about a lifetime of working toward a single goal and an overall feeling of calm and contentment. I literally chuckled to myself at the similarities between my thoughts and Bannister’s, some 24 years after his historic run.

I don’t remember much about the last turn and the homestretch. The crowd was enthusiastic, I felt full of run, and I knew after finishing that I had to be close to four minutes. There was a lengthy pause as the three timekeepers compared their watches in order to come up with the official time, and then there was the announcement, “It has happened again!” I had become the first to break four at Iffley Road since Bannister, running a respectable 3:59.6, which meant that his track record of 3:59.4 would stand.

I was encouraged to join Bannister for a brief hand-shake on the infield, at which point he informed me that Sir Norman claimed to have been coaching me. The race was featured on the front page of the next day’s Oxford Mail. A few days later, I received a handwritten note of congratulations from Sir Roger, and an invitation to a graduation party for his elder daughter at his London home the following weekend. I accepted, noting that I would need to travel directly from the English Championships (AAA’s) at Crystal Palace to the party.

I ran a dumb race at the AAA’s, giving up my position towards the front of the pack around the last turn before charging from seventh to third in the last 100 meters, losing a close race to Dave Moorcroft. I changed into a suit and rushed to the Bannister home, where I was greeted by his 15-year-old daughter, “Oh, you’re the American chap. We just watched your race on the telly. My father said you ran a really stupid race!” To this day, I consider it a badge of honor that history’s greatest miler summed up my running career so succinctly.

Craig’s time of 3:52.02 on 17th July 1979 in Oslo’s Bislet Dream Mile established him as the sixth fastest miler in history.

The night before the race I went to dinner with some friends from the Penn team, including Tom Murray, an outstanding miler who had been my nemesis when I ran for Princeton. When he asked about my form, I told him that I was in the best shape of my life. He said that he hadn’t run for several weeks and offered to set the pace for me in the race, aiming to keep us on a sub-four schedule. I happily accepted and bought him another beer.

The weather on race day was fine and dry, and my warm-up was relaxed. I was ready. As I laced up my first pair of Nike spikes (given to me by Geoff Hollister), I noticed Bannister sitting in the stands with my academic advisor at Oxford, Sir Norman Chester. Once the race started, Tom went straight to the front as promised and delivered laps bizarrely similar to those that Chris Chataway and Chris Brasher had run when setting the pace for Bannister – 57.5-2:01-3:03 – letting me go by after three laps.

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The London Marathon

23rd April 2017

Alex Milne (photo) was fastest member home, besting Ian Kimpton’s time in the elite race. Rose Penfolf was first woman, matching almost exactly her debut time in 2016 (with apologies to other members whose performances we failed to spot).

The Pre-Varsity Match Achilles Dinner

Saturday 13th May 2017

Speaker: Nigel Spivey
It has been Cambridge’s decade thus far, having last lost any Varsity match at Wilberforce Road in 2009. But Oxford entered confident of changing all that after big wins at Freshers’ Varsity and FEAR.

Their men’s team pulled ahead after picking up successive 1-2’s in the opening track events – Louis Gardner and Ronan Llyr in the 400 Hurdles and Louis Rawlings and President Hugo Fleming over 800. Cambridge were dominant in the throws with Tom Parker (Achilles Trophy winner) almost breaking the Hammer match record and a double win from Angus Lockhart in the Shot and Discus. Oxford stayed ahead with wins in the Steeplechase, High Hurdles, Triple Jump and Pole Vault - Rowan May narrowly failing a new match record height but winning the Drake Digby Trophy with sidekick Archie McNeillis taking the Le Touquet. The emergence of Kaesi Opara, winning the sprint double having been the outsider coming into the day, raised Light Blue hopes. But Cameron Bain’s late surge for the line in the 400 and Alex Gruen’s well-timed kick in the 1500 won two tight races to push the match irreversibly towards the Dark Blues. It was left to their BUCS medal winning sprint relay crew of Rowan May, Alex Grundmann, Harrison Steel and Isaac Kitchen-Smith to seal the victory, almost breaking a longstanding match record in doing so.

The women’s match provided even more drama, starting the night before the match with star Oxford jumper Teele Palumaa taken to hospital and forced to withdraw. Cambridge stormed ahead, led by their track stars Caroline Hilley and Hepsi Adeosun. Hilley took three tenths off the 400 hurdles match record in typically blustery Cambridge conditions, before returning to also win the 100 hurdles and 400 flat – the latter in a titanic duel with Oxford’s Irene Gibson which went all the way to the line. Meanwhile, Hepsi delivered her expected sprint double with fine performances and Annie Bates and Laura Andrews won the High and Long Jump respectively. Oxford’s vaunted throws squad kept their side in the hunt with captain Anna Niedbala fighting through a hip injury to take all three heavy throws and the Paul Gomme Trophy. But heading into the last lap of the Mile they had little margin for error and 1 athlete at the front against two for Cambridge. Dani Chattenton held off both Light Blues to take a crucial win. This was followed by an improbable win from hurdler Freya Shearer in a nerve-shredding Triple Jump competition. The sprint relay was to prove decisive. Frustrated after two individual losses, Katie Hannawin produced a second leg for the ages to give Oxford a huge lead which was retained to the finish. With two events to go, Oxford needed one win to secure the match and they got it in style with Chattenton breaking the Steeplechase match record. Hilley returned to lead Cambridge to victory in the 4x400 – her and Chattenton deservedly sharing the Susan Dennler Trophy but Oxford taking the team event by just 2 points.

The second team matches also were contrasting Oxford wins. The Centipedes only gave up 4 events in a one-sided contest, albeit with George Gathercole breaking a longstanding 1500 record for Alverstones, while the Millipedes were indebted to visiting student Kate Kenndy who won the 100 Hurdles, 400 Hurdles and 400 flat all in match records and deservedly won the Steven Stuart Trophy.

So it was to prove Oxford’s day, and indeed Oxford’s year with a 10-0 clean sweep of the inter-Varsity matches. With Cambridge’s freshers having already responded in November, VM 2018 looks like being another cracking contest.

Men’s Blues Match

100m (wind +2.5) Kaesi Opara (C) 10.96, Isaac Kitchen-Smith (O) 10.98, Harrison Steel (O) 11.01, William Morris (C) 11.02 200m (wind + 3.7) Kaesi Opara (C) 22.03, Harrison Steel (O) 22.06, Isaac Kitchen-Smith (O) 22.37, William Morris (C) 22.74 400m Cameron Bain (O) 50.11, Sam Day (C) 50.18, Edward Rees (O) 50.41, Ciaran Flaherty (C) 50.87 800m Louis Rawlings (O) 1:57.62, Hugo Fleming (O) 1:57.82, Sebastian Cheli (C) 1:58.94, Phillip Crout (C) 2:00.30 1500m Alexander Gruen (O) 4:24.11, Phillip Crout (C) 4:24.40, Miles Weatherseed (O) 4:25.26, James Coxon (C) 4:26.36 5000m (manual times) Jamie Parkinson (O) 14:57.1, Bijan Mazaheri (C) 15:00.5, Will Ryle-Hodges (C) 15:12.4, Luke
Cotter (O) 15:21.3  110m hurdles (no wind reading) Liam Eagle (O) 16.14, Elliott Baines (C) 16.21, Harry Salt (O) 16.35, Luke Smith (C) 17.16  200m hurdles (wind +3.7, manual times) Liam Eagle (O) 25.4, Louis Gardiner (O) 25.6, Tom Marino (C) 25.9, Sam Day (C) 26.1  400m hurdles Louis Gardiner (O) 56.40, Ronan Lyr (O) 56.78, Tom Marino (C) 57.26, Saed Kayhanian (C) did not finish  3000m steeplechase Alexander Howard (O) 9:36.02, Miles Chandler (O) 9:49.84, Paul Pruzina (C) 10:00.21, Tom Kearns (C) 10:19.99  High Jump Ethan Sorrell (C) 1.90, Aondoyima Ioratim-Uba (O) 1.75, Daniel Gregory (O) 1.75, Tom Marino (C) 1.70  Pole Vault Ro- wellan May (O) 4.90, Archie McNeils (O) 4.70, Callum Court (C) 4.20, Freddie Bunbury (C) 4.10  Long Jump Elliott Baines (O) 6.90 (w2.1, no non-windy jumps), Daniel Smith (O) 6.67 (w3.1, no non-windy jump), Luke Smith (C) 6.57 (w1.5), Alexander MacAulay (O) 6.48 (w1.0)  Triple Jump Carl Britto (O) 14.64 (w1.0), Emmanuel Gbegli (C) 14.10 (w3.3, best non-windy 13.99 w1.6), Tom Marino (C) 13.58 (w3.3; best non-windy 13.99 w1.6), Luke Smith (C) 12.93 (w1.6)  Shot Angus Lockhart (C) 40.86, Nicholas Roberts-Huntley (O) 39.70, Jack Paget (O) 37.58, Christoph Klein (C) 36.73  Discus Angus Lockhart (C) 40.86, Nicholas Roberts-Huntley (O) 39.70, Jack Paget (O) 37.58, Christoph Klein (C) 36.73  Hammer Tom Parker (C) 62.24, Jacob Lange (C) 58.25, Oskar Piotrowicz (O) 53.87, Arran Davis (O) 51.25, Sam Broadey (O) 50.93  Javelin Henry Rudd (O) 66.73, Justas Flaherty (C) 66.73, Arran Davis (C) 66.73, Sam Broadey (O) 66.73 4 x 400m relay (manual times) Oxford (May, Grundmann, Steel, Kitchen-Smith) 3:19.28, Cambridge (Court, Morris, Adepegba, Opara) 3:19.28  Result: Oxford 115, Cambridge 96  

Women's Blues Match

100m (wind +3.3) Hephzibah Adeosun (C) 12.12  Katie Hannawin (O) 12.51, Eniola Oyesanya (O) 12.67, Amrita Panesar (C) 12.73  200m (wind +3.7) Hephzibah Adeosun (C) 25.52, Caroline Johnson (C) 25.78, Katie Hannawin (O) 25.91, Nicole McKechnie (O) 26.42  400m Caroline Hilley (C) 57.75, Irene Gibson (O) 57.84, Caroline Johnson (C) 57.85, Alieen Kearney (O) 60.13  800m Irene Gibson (O) 2:18.19, Laura Suggitt (C) 2:19.26, Rachel Skokowski (O) 2:19.30, Emily Ruane (C) 2:20.80  1500m Dani Chattenton (O) 4:36.37, Kate Curran (C) 4:37.44, Niamh Bridson-Hubbard (C) 4:49.34, Cecilia Anderson (O) 5:09.17  5000m Rebecca Moore (C) 17:32.13, Bethanie Murray (O) 17:40.05, Elisabeth Apsley (C) 17:41.11, Helene Greenwood (O) 18:05.48  100m hurdles (wind +3.1) Caroline Hilley (C) 14.67, Freya Shearer (O) 14.67, Emma Roberts (O) 16.19, Alice Flint (C) 17.54  200m hurdles (non scoring) (wind +3.5) Gladys Ngetch (O) 30.33, Emma Roberts (O) 31.57, Yanna Raykov (C) 34.13, Laura Andrews (C) 34.74  400m hurdles Caroline Hilley (C) 61.67 (match record), Alice Flint (C) 64.95, Freya Shearer (O) 66.72, Gladys Ngetch (O) 69.33  2000m steeplechase Dani Chattenton (O) 6:55.76 (match record), Priya Crosby (C) 7:10.06, Hannah Morton (C) 7:30.92, Anna Sharp (O) 7:46.07  High Jump Annabel Bates (C) 1.60, Kate Davies (O) 1.55, Sophie Hubbard (O) 1.45 (Katherine Prutz (C) did not clear a height)  Pole Vault Chloe Billingham (C) 3.40, Samantha Rawlinson (O) 2.90, Imogen Mulliner (C) 2.90, Katie Holder (O) 2.10  2000m steeplechase Dani Maharaj (C) 6:55.76 (match record), Priya Crosby (C) 7:10.06, Hannah Morton (C) 7:30.92, Anna Sharp (O) 7:46.07  High Jump Annabel Bates (C) 1.60, Kate Davies (O) 1.55, Sophie Hubbard (O) 1.45 (Katherine Prutz (C) did not clear a height)  Pole Vault Chloe Billingham (C) 3.40, Samantha Rawlinson (O) 2.90, Imogen Mulliner (C) 2.90, Katie Holder (O) 2.10  2000m steeplechase Dani Maharaj (C) 6:55.76 (match record), Priya Crosby (C) 7:10.06, Hannah Morton (C) 7:30.92, Anna Sharp (O) 7:46.07  High Jump Annabel Bates (C) 1.60, Kate Davies (O) 1.55, Sophie Hubbard (O) 1.45 (Katherine Prutz (C) did not clear a height)  Pole Vault Chloe Billingham (C) 3.40, Samantha Rawlinson (O) 2.90, Imogen Mulliner (C) 2.90, Katie Holder (O) 2.10  2000m steeplechase Dani Maharaj (C) 6:55.76 (match record), Priya Crosby (C) 7:10.06, Hannah Morton (C) 7:30.92, Anna Sharp (O) 7:46.07  High Jump Annabel Bates (C) 1.60, Kate Davies (O) 1.55, Sophie Hubbard (O) 1.45 (Katherine Prutz (C) did not clear a height)  Pole Vault Chloe Billingham (C) 3.40, Samantha Rawlinson (O) 2.90, Imogen Mulliner (C) 2.90, Katie Holder (O) 2.10  2000m steeplechase Dani Maharaj (C) 6:55.76 (match record), Priya Crosby (C) 7:10.06, Hannah Morton (C) 7:30.92, Anna Sharp (O) 7:46.07  High Jump Annabel Bates (C) 1.60, Kate Davies (O) 1.55, Sophie Hubbard (O) 1.45 (Katherine Prutz (C) did not clear a height)  Pole Vault Chloe Billingham (C) 3.40, Samantha Rawlinson (O) 2.90, Imogen Mulliner (C) 2.90, Katie Holder (O) 2.10  2000m steeplechase Dani Maharaj (C) 6:55.76 (match record), Priya Crosby (C) 7:10.06, Hannah Morton (C) 7:30.92, Anna Sharp (O) 7:46.07
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Result: Oxford 101, Cambridge 99

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

100m (wind +1.1) Joshua Ingham (O) 11.35, Ife Adepegba (O) 11.37, Justin Leung (O) 11.45, Baven Balendran (C) 11.86 200m (wind +3.2; manual times) Alexander Grundmann (O) 22.7, Joshua Ingham (O) 22.8, Ming Wang-Koh (C) 23.4, James Tufnell (C) 23.5 400m Matthew Newton (O) 50.95, Joe Burton (C) 51.52, Hugh Baker (O) 51.75, Al Taylor (C) 55.11 800m Hugh Baker (O) 2:08.65, Ian Davies (C) 2:08.88, Liam Emmett (C) 2:09.35, Nathan Inkester (O) 2:10.67 1500m George Gathercole (C) 3:58.85 (match record), Macgregor Cox (C) 4:03.13, Oliver Paulin (O)
Result: Centipedes 121.5, Alverstone 90.5

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

100m (w +3.8) Tiwa Adebeyo (C) 12.82, Zoe Thursz (O) 13.14, Ola Anifowose-Esosyme (O) 13.27, Rachel Grewcock (C) 27.00 200m (w +4.6) Catriona Marriott (C) 26.47, Alexia Wilson (C) 26.86, Zoe Thursz (O) 26.86, Katie Blackett Grewcock (C) 27.00

400m Kate Kennedy (O) 59.38 (match record), Catriona Marriott (C) 60.00, Rhiannon Philps (C) 61.4 (w +3.8) Kate Kennedy (O) 13.14, Ola Anifowose (C) 62.8, Cook 58.5, Suggett 68.4, Irving-Hyman 61.4) 4:11.16, Oxford Millipedes (Barker, Carver, Ngetich, Kennedy) 4:14.86 Result: Oxford Millipedes 106.5, Cambridge Alligators 94.5

Oxfordbridge Invitation 3000m

9:06.5 Jed Marshall (O) 9:13.2 Paul Aste (O) 9:15.6 Arnav Kapur (C) 9:16.1 Jacob Brockman (C) 9:29.2 Dominic Jacques (C) 9:32.4 Su-Min Lee (C) 9:36.0 Jeremy Taylor (C) 9:36.2 Jose Gray (C) 9:39.3 Arno Dieckmann (C) 9:41.5 James Meiklejohn (C) 9:42.5 James Bartram (C) 9:55.4 Tom Mitchell (C) 9:55.8 Peter Finn (C) 9:58.4 Joe Gilbert (C) 9:58.5 Ahmed Maiter (C) 10:06.2 Matthew Harris (C) 10:11.1 Lawrence Hollom (C) 10:13.3 AnuragVazirani (O) 10:14.0 Ed Stace (O) 10:14.1 Connan Dominique Williams (C) 10:18.9 Edmund Gazeley (C) 11:47.6 Adam Williams (C) 11:51.6 Libby Marchant (C-woman) 13:03.7 Tilly Stokes (C-woman) 14:58.5 Chloe Ganlin (C-woman) 14:58.7 Ny Chuan (C-woman)

CJRT Awards

The Drake-Digby Trophy for the best performance in the Mens' Match:
Rowan May (O)

The Susan Dennler Trophy for the best performance in the Womens' Match:
Caroline Hilley (C) & Dani Chattenton (O)

The Le Touquet Trophy, for the most improved athlete during 2016-17:

Archie McNeilis (O)

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

The Achilles Trophy, for outstanding contribution to Oxfordbridge athletics:

Tom Parker (C)

The Steven Stuart Trophy, for the most notable second-team performance:

Kate Kennedy (O)
John Holt and Rex van Rossum remembered

As I now live in the British Virgin Islands it takes a fair amount of time before the mail filters through to me, and will even more so now, thanks to hurricane Irma. As a result I have only recently received the Achilles Report for 2016 in which I was very distressed to read of the passing of Rex van Rossum and John Holt, both of whom were contemporaries and good friends of mine. Rex and I were both at Pembroke, Oxford and he was my mentor and my inspiration. I also had the good fortune to be able to train on a regular basis with Don Smith the New Zealand 880 International during the Oxford vacations since we were both far from home. Without the advice and encouragement of Don and Rex I doubt if I would ever had achieved my blue. Attached is a photo of Rex, Don, John Pinnick and myself at more recent varsity match.

Amongst the tributes to Rex there was a very nice letter from Colin Buchanan who was my great rival for place as second string to John Holt in the 1959 Varsity match. Colin was a very talented and formidable quarter miler but Rex picked me to run with John, I am sure to the disappointment of Colin who must have suspected a bit of collegiate favouritism. To his eternal credit Colin has never even suggested such a possibility but has consistently pointed out that on the day at the White City I managed to beat both the first string for Oxford (John Holt) and the first string for Cambridge (Tony Cope) to win the race. Not by much as can be seen in the attached photo.

As for John Holt, what a great natural athlete he was. He must have had an off day when I beat him at the White City because he had more talent in his little toe than I had in my entire body. John and I became good friends both on and off the track so I am devastated to read of his early death. I shall always fondly cherish his memory.

-Michael Riegels

Peter Batterley

Peter had served as Hon Sec of OUAC from the outbreak of war in 1939 until 1941. He competed in the Mile at the Varsity Match. A regular correspondent of Achilles’, in 1999 he pointed out the restrictions on sporting activity during the war years, including smaller undergraduate numbers, less former Blues, more technical students with less time to train and travel difficulties. He recalled that OUAC had several meetings with fairly local schools, and that to even things out their athletes would compete outside their specialist events.

JME Took
Jesus College, Cambridge 1947-50, died on 15th December 2015.

‘Jimmy’ Took represented Cambridge at a time when Oxbridge milers led the world. He won his Blue in the Varsity Match of 1950, a race won by Roger Bannister. He was still running aged 89.
UNIVERSITIES MEETING
WOODFORD GREEN
9th April 2017

100 SM 1 2 Kaezi Opara 11.17 w 0.8 7  
Ife Adepegba 11.77 w 0.8 100 SM 2 3  
Kantaro Tazoe 11.94 w 1.0 4 Bryce Lim  
12.05 w 1.0 100 SM 3 1 James Tufnell 11.97 w 1.1 3 Bilen Ahmet 12.78 w 1.1  
200 SM 1 1 Alexander Grundmann 22.41 w 2.9 2  
Kantaro Tazoe 22.53 w 2.9 4 Bryce Lim  
22.05 w 2.0 200 SM 2 4 Kaezi Opara 22.53 w 2.9 4  
Edward Rees 23.11 w 2.9 5 Hugh Baker  
23.15 w 2.9 200 SM 3 1 James Tufnell 24.21 w 2.1 3  
Bilen Ahmet 24.78 w 2.1 400 SM 1 1 Edward Rees 50.78 400 SM  
2 2 James Tufnell 54.76 400 SW 1 Irene  
Gibson 60.29 800 SW 1 Irene Gibson 0.001602662  
110H SM 1 Bilen Ahmet 21.27 1.6 400H SM  
1 Ronan Llyr 58.54 400HW SW 1 Freya Shearer 70.59  
HJ SM 2 Lea Wenger 1.4 2 Bilen Ahmet 11.55  
SP7.26K SM 3 Bilen Ahmet 9.69 J  
T800 SM 2 Henry Rudd 55.39

LONDON INTER CLUB CHALLENGE
ALLIANZ PARK
24 JUNE 2017

400m Hurdles Men; 4 RONAN LLYR SM 58.32; 400m Hurdles Women; 5  
GLADYS C NGETICH SW 01:08.01; 100m race 3 -0.7 M/S; 4 CAMERON BAIN SM 11.82;  
200m Women 0.6 M/S; 6 GLADYS C NGETICH SW 28.25; 200m race 1 -1.3 M/S; 3  
KAESI OPARA SM 23.06; 5 JOSHUA INGHAM SM 23.29; 200m race 2 -0.1 M/S; 2  
CAMERON BAIN SM 22.96; 200m race 6 -0.1 M/S; 5 MIRIAM LUFT SW 30.48; 200m race 7  
-0.8 M/S; 3 PAUL WILLCOX M60 30.46; 9 200m race 8 -2.6 M/S; Triple Jump; 8  
BILEN AHMET SM 11.65; High Jump; 3 BILEN AHMET SM 1.65; 4 MIRIAM LUFT SW 1.55;  
Pole Vault; 1 ARCHIE MCNEILLIS SM 4.75; Discus Pool 1; 4 HELEN BROADBRIDGE SW  
44.72; Discus Pool 2; 1 BILEN AHMET SM 27.20; Hammer; 1 TOM PARKER SM 65.65;  
1 HELEN BROADBRIDGE SW 51.95; Shot Put; 3 BILEN AHMET SM 10.00; 1 HELEN BROADBRIDGE SW  
11.23.

29 JULY 2017

400m Hurdles Men; 2 Louis Gardner SM 56.14; 4 Ronan Llyr SM 57.94;  
100m race 4 -1.7 M/S; 7 Cameron Bain SM 11.82; 400m race 1; 3 Hugh Baker  

SM 50.28; 4 Matthew Newton SM 50.71; 7 Alexander Grundman SM 54.30; 400m race 4; 2 Caroline John- 
son SM 59.67; 200m Women A NWI hand timing; 3 Caroline Johnson SW 26.8; 200m race 3 0.2 M/S; 1 Cameron  
Bain SM 23.28; 200m race 4 -0.2 M/S; 4 Hugh Baker SM 23.76; 5 Louis Gardner SM 23.76; 200m race 6 -0.5 M/S; 1  
Matthew Newton SM 23.63; Hammer; 1 Helen Broadbridge SW 51.90; 5 Emmaline Okafor SW 36.74; Discus;  
2 Vane Ivanovic M75 26.00; 1 Helen Broadbridge SW 40.00; Shot; 1 Vane Ivanovic M75 9.66;  
Pole Vault; 2 Bilen  
Ahmet SM 3.70; 4 Chris Day M35 3.50; 9 Sam Rawlinson SW 2.80.

26 AUGUST 2017

400m Hurdles race 1: 4 LOUIS GARDNER SM 56.50; 5 RONAN LLYR SM 58.12;  
100m race 5 1.3 M/S; JAMES TUFNELL SM 12.21; 100m race 12 1.6 M/S; 3 PAUL  
WILLCOX M65 14.52; 400m race 1: 5 HUGH BAKER SM 50.7; 200m race 3 3.2  
M/S; HUGH BAKER SM 23.01; 200m race 9 1.8 M/S; 7 PAUL WILLCOX M65 30.07; High Jump; 4 LEA WENGER SW  
1.45; Hammer; 2 ANDY WHEBLE SM 38.55; 3 EMMALINE OKAFOR SW 33.82; Discus; 4 ANDY WHEBLE SM 38.03; 2  
CHRISTINA NICK SW 42.46; 3 EMMALINE OKAFOR SW 22.04; 2 VANE IVANOVIĆ M75 24.08; Javelin; 6 ANDY WHEBLE SM  
41.50; Shot; 1 ANDY WHEBLE SM 10.24; 1 CHRISTINA NICK SW 12.96; 2 EMMALINE OKAFOR SW 8.68; 1 VANE IVANOVIĆ M75 10.22 4kg.
The Varsity Cross Country Races

Wimbledon Common,
2nd December 2017

The day witnessed two high quality Varsity Cross-Country Races. Oxford entered the 42nd Ladies’ Race with high hopes, having broken Cambridge’s four-match winning streak 12 months previously and benefited from their strongest fresher intake for a decade. The Light Blues were able to field their top two runners from 2016 in the guise of captain Lizzy Apsley (Pembroke) and Niamh Bridson Hubbard (Magdalene). However, the all-round strength of the Dark Blue septet meant that they entered the race as favourites.

The race was fairly even in the early stages with, if anything, the Light Blues holding a slight advantage. However, from soon after Springwell Cottage (about 1½ miles), Oxford began to assert themselves with fresher Floren Scraton (Worcester) and Niamh Bridson Hubbard (Magdalene). However, the all-round strength of the Dark Blue septet meant that they entered the race as favourites.

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Dr RE Williams

Emmanuel College, Cambridge 1947-50, died on 1st July 2017

Ronnie Williams competed in the mile in the Varsity Match, and partnered Roger Bannister on the 1949 Oxford and Cambridge tour to America.

He was Vice-Captain of Thames Hare & Hounds from 1952 to 1954 and their Medical Officer from 1998 until 2004. During his many years with the club, he won the 1952 10-mile challenge, the 1965 10-mile Handicap, the 1973 and 1994 Short Distance Handicaps and the 2002 Long Distance Handicap. The photo shows Ronnie (left) and Chris Brasher competing in the 1995 Transatlantic Series Centenary at Iffley Road.

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Metselaar (St. John’s) in sixth, seventh and eighth that swung the race Oxford way. The winning margin of four points (37 points to 41) matched 2004 and 2012 and you have to go back to 1982 to find a tighter race, when the Light Blues scraped home by a point. The result pushed Oxford back ahead in the overall series by 64 wins to 63. However, both sides must take credit for contributing to what surely was the highest quality Varsity Match this century and sending out a statement on the current strength of Oxbridge distance running. That fifteen of the runners ran under 40 minutes was remarkable in itself. However, that it significantly bettered the 2003 race (eight), which was run following the European heat-wave summer with underfoot conditions being as quick as they are ever likely to be, puts into context the quality of the two teams.

A final mention should also be made of William Ryle-Hodges (Magdalene) who joined a very exclusive club by appearing in his seventh race, an honour shared with Wariwick Ewers (Worcester) and Nick Talbot (University). Earlier in the day, Cambridge won the 26th Old Blues’ Race by 147 points to 208. Alex Short (Robinson) took the individual victory in 21:01.

Simon Molden
Sean McGrady
(Jesus College Oxford 1983-90) died on 12th August 2017

Sean’s death in New York was shocking and saddening news. Immediately memories of Sean began to well up to the surface. I have so many happy memories of Sean – from our time together at Oxford as athletes, and afterwards. When I arrived at Oxford, a fresh faced 17 year old, Sean was already doing his D. Phil. But never once did that gap in age make any difference to our friendship. One simply can’t talk of Sean without remembering various athletic escapades, many of which have been captured by Jon Crews’ camera in an attempt to forestall any promising political career. Who can forget the irate hotel porter in Paris, who had just seen “three men, completement naked in the ascenseur”? … or the many references to various Viz characters? There was a time in Oxford when I saw Sean everyday in training and as friends. We lived together in the infamous Regent street athletes house, where the wisdom of having seven (or was it more?) - pity the poor Swiss exchange student who had to share it) OUAC athletes living together in the same house was questionable. Sean never took himself seriously, seeming to make a joke of everything, and his irrepressible humour got us through many a session (and a few two plate dinners – the Regent Street special). But underneath it all, ready if you ever needed was a good man, a kind man who knew when a friend was in trouble and needed more than a joke to keep going. As Giles Clifford said, he was a gem. His exterior humour made it hard to know when something really upset him. I miss your humour, and your friendship, Sean. The world is poorer without you, and I am so sorry that we lost touch over these years. But I will never forget those years in Oxford, our shared memories of OUAC, Captain Mack, Graham Tanner et al., nor your presence. Those were the years that formed me, and you were such a huge part of that. God bless you, and keep you, and may you find peace and rest.

- Shanker Singham

Sean was a constant presence for me in Oxford over a long period and he was without doubt the funniest guy I ever knew. There was always something to laugh about when Sean was around, he could always be guaranteed to generate merriment out of any situation. He was also one of the cleverest people I knew, and had a very successful career as a Chemistry academic. Sean gave a huge amount to OUAC over a sustained period, acting as Secretary and helping to organise many OUAC events. He went on several tours (US, Portugal, Paris…), and was always around to help. He will be remembered most though for an outstanding sense of humour – his jokes were legendary, if not repeatable – and many a side-splitting moment were spent with Sean. He made every situation more enjoyable, and it is difficult in words to express how he brightened up all of our lives, how much fun we had, and how sad it is that he has left us.

- Dwayne Heard

I was at Oxford for four years from 1983 to 1989 and was involved with OUAC for all of those years competing in all four Varsity matches, the USA tour in 1989 and was President of the club in 88/89. In all my four years Sean McGrady was always there. I never knew him well, after all, he was a postgrad and often trained with his brother Chris and the respected Dwayne Heard led ‘Jumps Squad’. But I will always remember his cheery face, his laughter and his jokes. He was not one of the OUAC top performers and as such, could easily have drifted to other clubs. Instead, he supported the club through everything and was a regular member of most training squads and the famous ‘Captain Mack’ Thursday afternoon circuit sessions. As I matured and was eventually elected President, Sean was one of the members I could rely on to help out with all the tasks that go along with running the meets, hiring the minibuses and entertaining the athletes. And when it all got a bit tough, he could make you laugh just by showing up with his cheeky grin. I left the UK immediately after graduating from Oxford and, despite returning for a few years before moving to my eventual home in Sydney, I did not re-establish many of my OUAC connections. Through the power of Facebook, Sean and I reconected only recently, 27 years after I graduated. His sense of humour in our communications shone through and I was looking forward to many more conversations over the years to come. We shall miss you Sean.

- George Murrell

So sad. Dearly missed

- Liz Stapleton (Hobson)

Sean’s time as one of the most popular and energetic members of OUAC coincided with my taking over as Hon Sec of Achilles. Sean’s personality and his enthusiastic participation in new initiatives informed and inspired much of what I have tried to foster in Achilles ever since: fun and involvement. With his brother Chris he redesigned the Varsity Match programme, paving the way for the current format, and together they masterminded celebrations on the Isle of Wight of Lord Alverstone’s life.

- Paul Willcox
Achilles vs Tokyo & Kyoto Universities
University Invitation Match
August 6th 2017
Wilberforce Road

TRACK

100m, 1, 2.3, 10.85, Kaesi Opara, Achilles Club. 10.95, Daisuke Hayashi, Japan, Kyoto University. 10.96, Jordan Fairclough, unattached. 11.06, Daiki Akutsu, Japan, Tokyo University. 11.09, Harrison Steel, Achilles Club. 100m, 2, 0.9, 11.23, Abdou Njie, Loughborough University. 11.24, Mike Bowler, University of Birmingham. 11.24, Luke Sargeant, Unattached. 11.31, Sean Lodovica, Unattached. 11.44, Koyo Matsuda, Brunel University. 11.44, Miles Kershaw, Unattached. 100m, 5, 2.7, 10.63, Masanari Ishida, Japan, Kyoto University. 11.41, Yasuhiro Itoh, Japan, Tokyo University. 11.48, Koli Okam, Unattached. 11.56, Alex Parkinson, University of Birmingham. 11.60, Kento Nakada, Japan, Tokyo University. 11.75, Takahiro Watanabe, Japan, Tokyo University. 100m, 4, 3.1, 11.18, Jan Walusiak, Unattached. 11.35, Yoshisuke Onishi, Japan, Tokyo University. 11.53, Emmanuel Shutsha, Unattached. 11.54, Miles Kershaw, Unattached. 100m, 5, 2.7, 10.63, Masanari Ishida, Japan, Kyoto University. 11.41, Yasuhiro Itoh, Japan, Tokyo University. 11.48, Koli Okam, Unattached. 11.56, Alex Parkinson, University of Birmingham. 11.60, Kento Nakada, Japan, Tokyo University. 11.75, Takahiro Watanabe, Japan, Tokyo University. 11.85, Simon Carty, Unattached. 11.93, Emma Suhonen, Unattached. 12.05, Yasin Miller, Southbank University. 12.36, Jessica Fox, Anglia Ruskin University. 100m, 7, 5.0, 12.77, Pablo Massud, Unattached. 12.80, Hannah Lygo, Unattached. 13.05, Tiwa Adebayo, Cambridge University. 13.31, Jessica Cook, Nottingham Trent University. 14.07, Abielle Hallas, University of East Anglia. 100m F, 1, 3.8, 10.77, Kaesi Opara, Achilles Club. 10.81, Jordan Fairclough, unattached. 11.08, Daisuke Hayashi, Japan, Kyoto University. 10.97, Abdou Njie, Loughborough University. 10.98, Luke Sargeant, Unattached. 11.03, Jan Walusiak, Unattached. 11.07, Daiki Akutsu, Japan, Tokyo University. 11.23, Mike Bowler, University of Birmingham. 100m F, 2, 2.1, 11.27, Hikaru Murai, Japan, Tokyo University. 11.31, Sean Lodovica, Unattached. 11.38, Koli Okam, Unattached. 11.44, Kenta Kisaki, Japan, Tokyo University. 11.54, Emmansuel Shutsha, Unattached. 11.55, Masanichi Iwasaki, Japan, Tokyo University. 11.63, Alex Barker, Warwick University. 11.71, Genta Tanaka, Japan, Tokyo University. 100m F, 3, 2.9, 11.40, Tetsuta Kondo, Japan, Tokyo University. 11.73, Takahiro Watanabe, Japan, Tokyo University. 11.85, Simon Carty, Unattached. 11.99, Yasin Miller, Southbank University. 12.02, Kento Nakada, Japan, Tokyo University. 100m F, 4, 2.9, 11.86, Masahide Tamaki, Japan, Tokyo University. 12.14, Bryce Lim, Achilles Club. 12.49, Jessica Fox, Anglia Ruskin University. 12.87, Pablo Massud, Unattached. 12.94, Tiwa Adebayo, Cambridge University. 14.57, Paul Willoc, M65, Achilles Club. 100mH, 1, 1.3, 14.48, Tayla Benson, Brunel University London. 17.67, Iris Verweij, Unattached. 110mH, 1, 1.6, 14.93, Mike Bowler, University of Birmingham. 16.18, Hikaru Murai, Japan, Tokyo University. 16.19, Harry Salt, Achilles Club. 110mH, 2, 1.6, 14.78, Reece Young, Brunel. 15.91, Florian Vogel, Unattached. 16.18, Alex Parkinson, University of Birmingham. DNF, Daniel Steel, SEN M, Unattached. 200m, 1, 3.3, 21.96, Kaesi Opara, Achilles Club. 22.05, Kengo Koetaka, Japan, Tokyo University. 22.31, Naoto Kirhi, Japan, Kyoto University. 22.45, Harrison Steel, Achilles Club. 22.53, Luke Sargeant, Unattached. 22.56, Kyle Potter, Anglia Ruskin University. 200m, 2, 3.3, 22.61, Theodore Zake, Brunel University. 23.25, Koyo Matsuda, Japan, Tokyo University. 23.38, Tetsuta Kondo, Japan, Tokyo University. 200m, 3, 2.9, 23.57, Miles Kershaw, Unattached. 23.79, Genta Tanaka, Japan, Tokyo University. 27.82, Nathan Smith, Warwick University. 200m, 4, 0.9, 23.07, Jan Walusiak, Unattached. 23.32, Harry Russell, The University Of Sheffield. 23.68, Alex Barker, Warwick University. 23.73, Ciaran Flaherty, Cambridge University. 23.82, Koli Okam, Unattached. 200m, 5, 1.7, 25.43, Emma Suhonen, Unattached. 26.71, Hannah Lygo, Unattached. 26.76, Caroline Johnson, Cambridge University. 26.83, Pablo Massud, Unattached. 29.49, Iris Verweij, Unattached. 400m, 1, 49.45, Naoto Kirhi, Japan, Kyoto University. 50.61, Cameron Bain, Achilles Club. 52.09, Yasuhiro Itoh, Japan, Tokyo University. 53.48, Alex Grundmann, Achilles Club. DNF, Bradley Salih, Warwick University. 400m, 2, 51.73, Louis Rawlings, Oxford University. 51.38, Ciaran Flaherty, Cambridge University. 52.94, Anu Vazirani, Oxford University. 54.20, Ruta Kashiwagi, Japan, Tokyo University. 400m, 3, 51.40, Harry Russell, The University Of Sheffield. 400m, 3, 51.44, Daniel Lavinpor, Unattached. 400m, 3, 52.64, Jack Avery, University of Brighton. 400m, 3, 52.77, Luke Humble, Unattached. 400m, 3, 52.80, Adam Herring, Unattached. 400m, 3, 54.16, Robert Anderson, Unattached. 400m, 3, 54.94, Guy Perkins, University of Birmingham.
400m, 4, 55.86, Thomas Flatters, U20 M, Unattached. 56.47, Bethany Close, University of Bath. 1:00.25, Caroline Johnson, Cambridge University. 1:01.36, Nicole Oregan, Unattached. 1:04.33, Jessica Cook, Nottingham Trent University. 400mH, 1, 56.21, Louis Gardner, Achilles Club. 57.76, Jack Avery, University of Brighton. 58.18, Ronan Llyr, Achilles Club. 1:10.35, David Robinson, Unattached. 1:13.67, Naoya Takiguchi, Japan, Tokyo University. 4x100m, 1, 42.33, Tokyo & Kyoto Universities. 47.77, Warwick Mixed, 57.47, Cambridge Mixed, DNF, Achilles Club, 4x400m, 1, 3:27.49, Tokyo & Kyoto Universities. 3:27.80, Achilles Club. 800m, 1, 2:09.65, James Meikiejohn, Cambridge University. 2:11.56, Toby Linsell, U15 M, Unattached. 2:13.79, Lydia Hallam, University of Birmingham. 2:14.33, Fletcher Collins-Shirley, Unattached. 2:15.54, Amy Jaramazovic, University of Bath. 2:48.06, Verity Rees, Oxford University (alumni). DNF, Revee Wallace-nolan, Unattached. 800m, 2, 1:52.87, Sean Molloy, St Marys. 1:57.21, Allan Stewart, University of Birmingham. 1:57.63, Jordan Rowe, Unattached. 1:57.66, Phil Crout, Achilles Club. 1:58.86, Alex Hampson, Unattached. 1:59.23, Richard MacAulay, Unattached. 2:00.52, Thomas Powell, Bedford And County. 2:00.96, Ashok Mathur, Newcastle University. 2:09.31, Daniel Johns, Unattached. DNF, Oli Laband, University of Birmingham. 1500m, 1, 3:53.00, Dale King-Clutterbuck, SEN, St Mary's University. 3:53.35, Josh Carr, Achilles Club. 3:53.89, Kieran Reilly, Loughborough University. 3:54.16, Jon Cook, Achilles Club. 3:54.46, Luke Conway, Unattached. 3:55.99, Christopher Olley, Imperial College London. 3:58.58, Archie Walton, Loughborough University. 3:58.93, Benjamin Davies, Unattached. 4:04.75, James Coxon, Cambridge University. 4:09.07, Callum Richard Charleston, St Mary's University. 4:14.84, Brogan McCawley, University of Sheffield. 4:17.04, Yuhei Shibata, Japan, Kyoto University. 4:18.20, Yuki Hasegawa, Japan, Tokyo University. 4:21.53, Samuel Morey, Unattached. 4:21.79, Dylan Bowley, Unattached. 4:34.96, Ryo Adachi, Japan, Kyoto University. 4:38.95, Kate Seary, University of Birmingham. 4:43.53, Alex Pedersen, University of Birmingham. 4:44.97, Alfie Bentley, University of East Anglia. 4:45.89, Laura Gent, University of Birmingham. 4:48.87, Niamh Bridson Hubbard, Cambridge University. 5:10.89, Hiroshi Murata, Japan, Tokyo University. 5:11.04, Emma Rowland, Unattached. 6:07.55, Sabrina Jansen, U13 W, Unattached. 5000m, 14:46.76, Jack Millar, Nottingham. 14:50.02, Petter Rydahl, Unattached. 14:50.73, David Wilson, Achilles Club. 15:01.56, Belal Ahmed,
Cottage. 15:04.89, Yuhei Shibata, Japan, Kyoto University. 15:05.40, Macgregor Cox, Achilles Club. 15:08.66, Daniel Lawton, Leeds Beckett. 15:10.68, Josh Cara, Cambridge University. 15:11.74, Robert Mann, University of Exeter. 15:12.00, Maria Sagnes Wågen, Unattached. 15:14.61, Michael Hoyle, Leeds Beckett. 15:15.38, Per Wangel, Cambridge University. 15:15.70, Macgregor Cox, Achilles Club. 15:18.00, Maria Sagnes Wågen, Unattached. 15:19.85, Ben Dyer, Cambridge University. 15:20.44, Michael Hoyle, Leeds Beckett. 15:24.61, Per Wangel, Cambridge University. 15:25.38, Rich-ard Gregory, Unattached. 15:25.68, Daniel Lawton, Leeds Beckett. 15:25.90, Josh Cara, Cambridge University. 15:26.25, Emma Clarke, University of Birmingham. 15:26.41, Yuhei Shibata, Japan, Kyoto University. 15:26.66, Daniel Lawton, Leeds Beckett. 15:26.90, Josh Cara, Cambridge University. 15:29.61, Per Wangel, Cambridge University. 15:38.41, Rich-ard Gregory, Unattached. 15:40.68, Daniel Lawton, Leeds Beckett. 15:40.90, Josh Cara, Cambridge University. 15:41.25, Emma Clarke, University of Birmingham. 15:41.50, Yuhei Shibata, Japan, Kyoto University. 15:41.75, Michael Hoyle, Leeds Beckett. 15:42.00, Maria Sagnes Wågen, Unattached. 15:42.25, Ben Dyer, Cambridge University. 15:43.00, Maria Sagnes Wågen, Unattached. 15:43.25, Ben Dyer, Cambridge University. 15:43.50, Yuhei Shibata, Japan, Kyoto University. 15:43.75, Michael Hoyle, Leeds Beckett. 15:44.00, Maria Sagnes Wågen, Unattached. 15:44.25, Ben Dyer, Cambridge University. 15:44.50, Yuhei Shibata, Japan, Kyoto University. 15:44.75, Michael Hoyle, Leeds Beckett. 15:45.00, Maria Sagnes Wågen, Unattached. 15:45.25, Ben Dyer, Cambridge University. 15:45.50, Yuhei Shibata, Japan, Kyoto University. 15:45.75, Michael Hoyle, Leeds Beckett. 15:46.00, Maria Sagnes Wågen, Unattached. 15:46.25, Ben Dyer, Cambridge University. 15:46.50, Yuhei Shibata, Japan, Kyoto University. 15:46.75, Michael Hoyle, Leeds Beckett. 15:47.00, Maria Sagnes Wågen, Unattached. 15:47.25, Ben Dyer, Cambridge University. 15:47.50, Yuhei Shibata, Japan, Kyoto University. 15:47.75, Michael Hoyle, Leeds Beckett. 15:48.00, Maria Sagnes Wågen, Unattached. 15:48.25, Ben Dyer, Cambridge University. 15:48.50, Yuhei Shibata, Japan, Kyoto University. 15:48.75, Michael Hoyle, Leeds Beckett. 15:49.00, Maria Sagnes Wågen, Unattached. 15:49.25, Ben Dyer, Cambridge University. 15:49.50, Yuhei Shibata, Japan, Kyoto University. 15:49.75, Michael Hoyle, Leeds Beckett. 15:50.00, Maria Sagnes Wågen, Unattached. 15:50.25, Ben Dyer, Cambridge University. 15:50.50, Yuhei Shibata, Japan, Kyoto University. 15:50.75, Michael Hoyle, Leeds Beckett. 15:51.00, Maria Sagnes Wågen, Unattached. 15:51.25, Ben Dyer, Cambridge University. 15:51.50, Yuhei Shibata, Japan, Kyoto University. 15:51.75, Michael Hoyle, Leeds Beckett. 15:52.00, Maria Sagnes Wågen, Unattached. 15:52.25, Ben Dyer, Cambridge University.
FRESHERS VARSITY MATCH
5 NOVEMBER 2017
Wilberforce Road track, Cambridge

MEN
100m (wind +3.8) Julian Manieson (O) 11.3, James Walden (C) 11.4, Leif van Grinsven (O) 11.6, Kalo
yan Nikolaev (C) 11.7 100m (guests) (w +3.2) Piotr Parzymies (O) 12.2, Mathew Riding (O) 12.2, David Adeboye (C) 12.3, Max Burrows (C) 12.4 200m (wind +0.8) Austin Puleo (C) 23.8, Romain Guyon (O) 24.0, Matt Pullman (O) 25.6, Will Yanwood (C) 25.9 400m Austin Puleo (C) 52.5, Michael Thornton (O) 54.0, Toby Ralph (O) 54.0, Jake Bruche (C) 55.5 800m Charlie Sneddon (O) 2:02.4, Sam Brown (O) 2:07.0, Tom Mitchell (C) 2:09.6, Jirka Kucera (C) 2:15.3 1500m James Taylor (C) 4:19.3, Luke McCar
ron (C) 4:20.8, Robbie Brown (O) 4:28.4, Brodie Denholm (O) 4:46.6, 3000m Robbie Brown (O) 9:38.1, Brodie Denholm (O) 9:44.2, Ryan Ward (C) 9:48.7, Rob Waddy (C) 9:51.0 110m hurdles (w +1.2) Leif van Grinsven (O) 17.4, Peter Simon (C) 19.3, George Stanard (O) 26.0 400m hurdles Peter Simon (C) 62.4, Toby Ralph (O) 66.7, Brodie Denholm (O) 74.1 High Jump Leif van Grinsven (O) 1.75, Lars Heidrich (C) 1.70, Franz Nowak (C) 1.60, Henry Rees (O) 1.45 Pole Vault Leif van Grinsven (O) 3.00, Sam Plummer (C) 2.80, Henry Stevens (C) 2.60, Daniel Rasbash (C-guest) 2.00, Robbie Brown (O) 1.00 Long Jump Jude-Davies (O) 6.51, Leif van Grinsven (O) 6.31, Edward Armitage (C) 5.74, David Mafulil (C) 5.72, Henry Rees (O-guest) 4.96 Triple Jump Jude-Davies (O) 14.02, Andrew Ejemai (C) 12.66, Joshua Ejikonye (O) 12.53, Ollie
Discus Leif van Grinsven (O) 36.71, Ed Slater (C) 30.38, Alfie Dent (C-guest) 29.60, Fergus Imrie (O) 26.44, Matt Berry (C-guest) 22.61, Sam Hill (C) 21.95. Hammer Ed Slater (C) 22.92, Fergus Imrie (O) 22.18, Davy Lalor (O) 18.86, Matt Berry (C) 16.28. Javelin Oli Bradfield (C) 45.87, Jan Cross-Zamirski (C) 42.48, Joe Fisher (O) 40.77, Greg Sully (O) 27.89 4 x 100m Cambridge (Kaloyan Nikolov, Oliver Karm, Max Burrows, James Walden) 46.1. Oxford (Julian Manieson, Mathew Riding, Piotr Parzmys, Matt Pullen) 48.7 4 x 400m Oxford (Toby Ralph 54.8, Michael Thornton 54.4, Sam Brown 53.7, Roman Guyon 52.0) 3:34.9 Cambridge (Ollie Brown 55.8, Jake Bruchez 53.7, Lewis Thorne 55.3, Austin Puleo 52.5) 3:37.3

Result: Oxford 105, Cambridge 83

WOMEN

100m (wind +2.6) Moriyo Aiyeola (C) 12.7, Florence Cochrane (C) 13.5, Shakira Mahadeva (O) 14.1, Alessandra Peters (O) 14.4, Tayo Ward-Brew (O-guest) 14.5 200m (wind +2.9) Sophie Haldane (O) 26.7, Belinda Clark (C) 26.8, Elizabeth Rankin (O) 27.5, Ella Palmer (C) 27.7 400m Belinda Clark (C) 60.9, Elizabeth Rankin (O) 62.7, Ella Palmer (C) 63.1, Caroline Morss (O) 69.8 800m Juliet Merelie (C) 2:26.9, Megan Wilson (C) 2:31.4, Alice Bruce (O) 2:37.9, Katie Inch (O) 2:56.4 1500m Eleanor Bolton (O) 4:58.5, Meg Humphreys (C) 5:03.0, Esther Pigney (O) 5:36.0, Veronica Bonifacio (C) 6:48.6 3000m Nancy Scott (C) 10:42.1, Maybrtt Schillinger (C) 11:08.6, Olivia Will (O) 11:16.7, Esther Pigney (O) 11:20.8 100m hurdles (w +2.2) Samantha Huebner (C) 17.3, Laura Baliman (C) 18.3, Guilia Frigerio (O) 18.6, Alice Woffenden (O) 22.4 400m hurdles Sophie Haldane (O) 69.5, Samantha Huebner (C) 69.7, Florence Cochrane (C) 77.7, Katie Inch (O) 78.1 4 x 100m Cambridge (Kaloyan Nikolov, Oliva Brown, Max Burrows, James Walden) 46.1. Oxford (Julian Manieson, Mathew Riding, Piotr Parzmys, Matt Pullen) 48.7 4 x 400m Oxford (Toby Ralph 54.8, Michael Thornton 54.4, Sam Brown 53.7, Roman Guyon 52.0) 3:34.9 Cambridge (Ollie Brown 55.8, Jake Bruchez 53.7, Lewis Thorne 55.3, Austin Puleo 52.5) 3:37.3

Result: Cambridge 108, Oxford 81

Achilles Athletes of the Match:

Women: Johanna Schoenecker (Javelin)

Men: Jude Bright-Davies (Triple Jump)

C.J.R. Thorne
The American Achilles Foundation Dinner, at Harvard on 6th October 2017

The occasion was attended by Joseph Arthur (Cornell), Louis J. Duesing, Jr. (Cornell), Julian Goater (Oxford), James A. Wade (Yale), Michael Nugent (Cambridge), Christopher Green (Harvard), Tim Sellers (Harvard & Oxford), Graham R. Taylor (Harvard), Thomas N. Blodgett (Harvard & Cambridge), Emily McCabe (Cornell), and guests.

Julian Goater represented the Club, sharing many memories and anecdotes. He wryly noted that his 13.15.59 for 5000m in 1981, the fastest on home soil by English runner, would still qualify for what once was a widely recognised category, that of English Native Record, had it not been quietly forgotten about, presumably for PC reasons!

Tom Blodgett regrets that no photos were taken, but reports that the conversations were among the most enjoyable ever, that the reviews were terrific and that the occasion generation several thousand dollars for the Foundation’s resources (all of which go towards funding Oxford & Cambridge tours to the USA)

He also reports that at the AAF’s Annual Meeting, Tim Sellers was elected Vice President and Secretary. Mark Young was appointed an At Large Director and member of the Executive Committee: he will Chair a Committee to improve attendance through better notification and promotion.

Four Achilles athletes from the Cambridge Athletics team that beat Oxford at the White City in 1958 met for the first time all four of us were in the same room together since that year’s post-match Achilles Ball.

The occasion was a celebration (one of several) of the Diamond Wedding of Gavin Reed and his wife, Mu, in London on July 5th, 2017.

From the left: John Kitching (High Jump and Javelin), Michael Nugent (Pole Vault), Gavin Reed (Discus) and John Scott Oldfield (Sprints)

History Corner
The old Iffley Road pavilion