The Achilles Club 2018-2019

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2019 Fixtures

- 20th April, Kingston-upon-Thames: Kinnaird & Sward Trophies Meeting
- 20th April, Lee Valley: LICC Match 1
- 4th-6th May BUCS Championships at Bedford
- 2nd May, Iffley Road: Achilles Schools Relays
- 18th May, Cambridge: Varsity Match, followed by Dinner at St Catherine's
- 16th June Allianz Park: LICC Match 2
- 29th June, Cambridge: Oxford & Cambridge v Harvard & Yale. Followed by...
- 29th June, Cambridge: ACHILLES CENTENARY BALL
- 27th July, Allianz Park: LICC Match 3
- 31st August, Allianz Park: LICC Match 4

August 2020—Achilles Olympic Tour to Tokyo

- All LICC matches are effectively open meetings, and can be entered on the day without restriction: entry free for Achilles members.
- For the Kinnaird & Sward meeting, alert Achilles via paul.willcox@achilles.org—field event entries in particular may be restricted.
- Achilles non-students attending the post Varsity Match dinner should apply to Emma Hooper: dinner@achilles.org (students apply via OUAC/ CUAC)
- Limited tickets for the Ball remain and may be booked via www.achilles.org
2018 NATIONAL RANKINGS

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HIGHLIGHTS OF THE YEAR

Andy Heyes was crowned British Indoor Champion at 3000m (photo).
The BUCS Cross Country in February was possibly the most successful in Oxbridge history (photo). In the men’s A race, great packing from Phillip Crout, Will Ryle-Hodges and George Gathercole behind an 8th place finish for Oliver Fox saw Cambridge take 2nd place and Silver, while Oxford were just behind in Bronze with Jack Millar in a remarkable 5th place, Jamie Parkinson 7th and William Christofi and Luuk Metselaar completing the team. The Oxford B team also got Bronze in the 2nds race (led by Alex Bampton and captain Luke Cotter) while Cambridge were 4th. Oxford’s women also performed well in 5th place led by Varsity winner Floren Villanueva Srafton. In the words of Oxford alumus and 6th place finisher for Imperial College Luke Caldwell, "It really felt like the big names were Loughborough and St Mary’s, then Oxford and Cambridge".

At the BUCS Indoor Championships, for Oxford there was Gold for Jude Bright-Davies in the Men’s Triple Jump, Silver for Dani Chattenton in
HATTI ARCHER
PROMOTED TO
EUROPEAN SILVER

We all lost out on vicarious celebration at the time and it is frankly outrageous that Hatti Archer was robbed of the wider recognition which she deserved. It took seven and a half years for her run in the Barcelona 2010 European 3000m steeplechase to be properly acknowledged, after first one and then two of the runners who finished ahead of her were stripped of their medals. Those cheats probably misled Hatti into thinking that she needed to train even harder to compete at world level and caused the injury which left her short of fitness early in 2012. That and UK Athletics’ draconian non-selection policy meant that, after being unable through injury to take up her selection for Beijing, she was again denied an Olympic appearance.

Inset: Hatti’s first international medals came at the Singapore Championships during the Achilles Tour of 2002, at 5000m and (!) 4 x 400m—here taking over from Vicki Goodwin

Inset: Oxford and Cambridge both made their mark at BUCS Cross Country

Taking Bronze in the men’s Hammer and Callum Court won Bronze in the Pole Vault with a PB of 4.65m.

A strong team from our friends at Penn & Cornell set 7 new match records.

At the National U20 Championships, Jude-Bright Davies (Oxford) won Gold in the Men’s Triple Jump, Nancy Scott (Cambridge) Silver in the Women’s 3000m SC and Charlotte Dannatt (Oxford) Bronze in the Women’s 3000m.

Oxford men and Cambridge women won the Varsity Cross Country races.

Peter Crawshaw: one of the foremost officials and administrators in British athletics

Tamsin James, much in demand as a senior official
Oxford dominated the field events. Cambridge women won their Relays Match, and the men’s relays were tied.

Distance relays can become a bit of a procession, but the Twitter feed reveals something of the excitement of the last legs of the Men’s Distance Medley (so exciting, in fact, that it led to a ‘pitch invasion’ and a dq for both teams):

**ALEX GRUEN RUNS THE RACE OF HIS LIFE!!!!!!**

3 03/03/2018 17:55 What. A. Race. A mile is a pretty long distance to run (far FAR too long for this reporter) but Gruen has timed it perfectly. Lapping metronomically in the face of continual screaming as he made his way round the track a not so solemn 8 laps. Cambridge’s over 100m lead at the start whittled down metre by metre over the first 6 laps. To break a man requires patience and perseverance and Gruen had both in ample supply. In the 7th lap the gap closed again, down to 30m now. On the back straight only 15m in it. With Captain Paget running alongside on the final corner spurring his charge on, Gruen rounded the Cambridge runner before storming away on the final straight. What. A. Race.

**All events held indoors.**


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


**5000m (non scoring).**


**Distance relays can become a bit of a procession, but the Twitter feed reveals something of the excitement of the last legs of the Men’s Distance Medley (so exciting, in fact, that it led to a ‘pitch invasion’ and a dq for both teams):**

**Varsity Field Events and Relays**

Lee Valley, 3 March 2018.


Women’s relays (Cambridge 4-2). 60m (run as 3 heats, with the 4 best, of 5, University times tallied to determine the result). Race 1 M. Aiyeola (C) 7.76, H. Adesosun (C) 7.79, T. Adebayo (C) 8.06, D. Adebowo-Mo-Eso (O) 8.30, T. Ward-Brew (O) 8.45. Race 2 A. Panesar (C) 8.23, C. Kwakye (O) 8.35, H. Skinner (O) 8.38, S. Mahadeva (O) 8.67. 1. Cambridge (4 total times) 31.84. 2. Oxford (4 total times) 33.80.

Race 1 M. Aiyeola (C) 7.76, H. Adeosun (C) 7.79, T. Adebayo (C) 8.06, D. Adebowo-Mo-Eso (O) 8.30, T. Ward-Brew (O) 8.45. Race 2 A. Panesar (C) 8.23, C. Kwakye (O) 8.35, H. Skinner (O) 8.38, S. Mahadeva (O) 8.67. 1. Cambridge (4 total times) 31.84. 2. Oxford (4 total times) 33.80.


4x400m. 1. Cambridge 4:05.0 (B. Clark 62.1, C. Hilley 60.6, D. Irving-Hyman 62.1, C. Johnson 60.4). 2. Oxford 4:13.8 (Gibson).


Oxford v Cambridge Varsity Match
19 May 2018, Iffley Road, Oxford

Oxford came into the 2018 Varsity Match looking to confirm that their 4-0 victory of 2017, overturning years of Light Blue dominance, was no fluke. But they were confronted by Cambridge teams who had been competitive throughout the year, promising a close contest.

The Oxford men grabbed an early lead with captain Jack Paget and vice-captain Sandy Macaulay winning the Hammer and Long Jump respectively and Ronan Llyr going under the Blues Standard by the narrowest of margins in winning the 400 Hurdles. Rasmus Kisel got Cambridge on the board in the 800, holding off Oxford President Miles Weatherseed, and Kaesi Opara produced the fastest electronic time in match history to win the 100. However, Oxford’s strength in the hurdles and jumps proved telling as the Steeplechase (Miles Chandler), 110 Hurdles (a third win in a row for Liam Eagle who later added the 200 Hurdles), High Jump (Nithesh Ranasinha) and Triple Jump (UK U20 Champion Jude Bright-Davies) were all secured in quick succession to build a commanding lead. Despite a pleasing return to form from Sam Day in the 400, a Discus triumph for Chris Kneale-Jones a second victory from Kaesi Opara in the 200 and a sprint relay win over a depleted Dark Blue squad, Oxford always had the match comfortably in hand, as exemplified by a crushing 1-2 in the Mile from Alex Gruen and Jamie Parkinson and in the Shot from Jack Paget and Davy Lalor. Some extra sizzle was provided to the Dark Blue win by Archie McNeilllis in the Pole Vault, as he broke Llyr going under the Blues Standard by the narrowest of margins in winning the 400 Hurdles. Rasmus Kisel got Cambridge on the board in the 800, holding off Oxford President Miles Weatherseed, and Kaesi Opara produced the fastest electronic time in match history to win the 100. However, Oxford’s strength in the hurdles and jumps proved telling as the Steeplechase (Miles Chandler), 110 Hurdles (a third win in a row for Liam Eagle who later added the 200 Hurdles), High Jump (Nithesh Ranasinha) and Triple Jump (UK U20 Champion Jude Bright-Davies) were all secured in quick succession to build a commanding lead. Despite a pleasing return to form from Sam Day, the match record with a first-time clearance at 5.01m, earning him the Drake-Digby Trophy. The match was concluded with an excellent 4x400 which, despite a heroic 47.5 anchor leg from Sam Day, confirmed Oxford’s superiority as Ed Rees held on for a win.

The women’s match in 2017 had gone to the penultimate event and was to do so again. Cambridge started as marginal favourites and a third crushing win in a row for match record holder Caroline Hilley in the 400 Hurdles did nothing to change that view. Early events on the field saw honours even with Chloe Billingham taking the Pole Vault for Cambridge and Maria Brett the Hammer for Oxford. But the 800 metres dramatically altered the complexion of the day in the race of the day. Isabel Dye had secured her (Light) Blue at BUCS and was considered the clear favourite but England U20 5k runner Charlotte Dannatt hit the front at the bell and stayed there all the way to the line, holding off a charging Dye in the home straight for a huge upset win for Oxford. BUCS bronze medallist Moriyo Aiyeola made clear that Cambridge weren’t going away with a crushing win in the 100, backed up by captain Hepzibah Adeosun. Moriyo also won the 200 and anchored the 4x100 to secure the Susan Dennler Trophy. Caroline Hilley also added to her list of wins with the 100 Hurdles and the 200 Hurdles – a worthy champion for its first year as a scoring event. With 8 wins in 3 years and an unbeaten US Tour record, Hilley won the Achilles Trophy for contribution to Oxbridge athletics. Despite these Light Blue heroics, which also included a 5000 win for Emily Ruane, Oxford stayed in the match. Cambridge’s throwers were more competitive than in recent years.
but Jenny Richards narrowly held off Bridget Fryer in the Discus, Kate Denison took the Shot and Kate Davies required a match record (earning her the Paul Gomme Trophy) to beat Johanna Schonecker in the Javelin. This clean sweep, combined with victories for Irene Gibson in the 400 and Dani Chatten-ton in the Mile, put Oxford on the brink of victory with Maddie Smith leading Long Jump champion Mary Adeniji going into the last round of the Triple Jump. However, Adeniji pulled out a huge personal best to take the event and take the match into the Steeplechase. Nancy Scott, in her first ever try at the event, held onto match record holder Dani Chattenton and Anna Sharp (whose 30 second improvement won her the Le Hannawin and Anna Niedbala as well as match records from their 4x100 relay team and Connie Hurton in the 200m Steeplechase.

So it was another Dark Blue wash but with Cambridge improving and at home in 2019, past performance may be no guide to the future.—Daniel Hooker

Roger Bannister Memorial Mile

\[(race\ 1)\ \text{Josh Carr (Cam)} \ 4:08.92, \ \text{Tom Spearman (Ox)} \ 4:28.35, \ \text{Richard Ollington (Cam)} \ 4:31.00, \ \text{Tom Kearns (Cam)} \ 4:31.68, \ \text{Dominic Joakes (Cam)} \ 4:33.36, \ \text{Tom Fabes (Ox)} \ 4:33.97, \ \text{Lawrence Hollom (Cam)} \ 4:33.98, \ \text{Josi Gray (Cam)} \ 4:34.63, \ \text{Jacob Brockman (Ox)} \ 4:40.82, \ \text{Christian Smith (Ox)} \ 4:43.87, \ \text{Alexander Bettis (Ox)} \ 4:44.50, \ \text{James Bartram (Cam)} \ 4:45.14, \ \text{Tim Harrison (Ox)} \ 4:49.87, \ \text{Joe Gilbert (Cam)} \ 4:51.48, \ \text{Joe Woods (Ox)} \ 4:51.52, \ \text{Tom Lamont (Ox)} \ 4:52.35 \]

\[(race\ 2)\ \text{Ed Brooks (Ox)} \ 4:56.62, \ \text{Connor McGurk (Ox)} \ 5:07.46, \ \text{Peter Guevara (Ox)} \ 5:23.66, \ \text{Sam Garforth (Ox)} \ 5:32.87, \ \text{Tilly} \]

Touquet Trophy) until a fall on the pe-
nultimatte lap let Oxford get away to seal a 1-2 and the match before the 4x400. With all three athletes going on to win U20 or U23 national medals later in the season it was fitting that this most high-
quality of matches, with a Blues standard in every event, was sealed here.

Oxford were to repeat their 4-0 sweep with victories in both second team matches. Dan Gregory’s Steven Stuart winning performances in the Long Jump, 200 and Discus paved the way for the Centipedes while the Millipedes were aided by ineligible Blues athletes Katie Woods (Ox-woman) 6:01.35, Joe Gilson (Ox) 6:02.01, Rebecca Oats (Cam-woman) 6:12.76, Shelly Forester (Ox-woman) 9:40.95

Men’s Blues Match

100m (wind +0.4) Kaezi Opara (Cam) 10.78, Isaac Kitchen-Smith (O) 10.84, Harrison Steel (O) 10.90, [James Walden (C disqualified] 200m (wind +0.4) Kaezi Opara (Cam) 21.90, Harrison Steel (O) 22.02, Sam Day (C) 22.05, Isaac Kitchen-Smith (O) 22.59 400m Sam Day (C) 48.76, Edward Rees (O) 49.05, Rasmus Kisel (C) 49.76, Matthew Newton (O) 50.49 800m Rasmus Kisel (C) 1:53.33, Miles Weath-
erse (O) 1:53.79, Austin Puleo (C) 1:56.44, Luke Cotter (O) 1:57.75 1500m Rasmus Kisel (C) 3:44.36

5000m Philip Crout (C) 14:50.51, Will Ryle-Hodges

Kaezi Opara, Harrison Steel and Isaac Kitchen-Smith renewed their sprint rivalries

...
bridge Alverstone (Nikolov, Adeboye, Lim, Ejemai) 44.52


Result: Oxford 118, Cambridge 93

Women’s Blues Match

100m (wind -0.8) Moriyo Aiyeola (C) 12.08, Hephzibah Adeosun (C) 12.36, Olayemi Anifowose-Eso (O) 13.05, Zoe Thrusz (O) 13.40

200m (wind -0.8) Moriyo Aiyeola (C) 25.33, Sophie Haldane (O) 25.77, Caroline Johnson (C) 26.92, Olayemi Anifowose-Eso (O) 27.47

400m Irene Gibson (O) 57.62, Sophie Haldane (O) 58.10, Caroline Johnson (C) 59.25, Belinda Clark (C) 62.35

800m Charlotte Dannatt (O) 2:13.62, Isabel Dye (C) 2:13.82, Anna Sharp (O) 2:15.75, Felicity Williamson-Sarll (C) 2:20.00

Mile Dani Chattenton (O) 4:53.79, Niamh Bridson-Hubbard (C) 4:54.82, Isabel Dye (C) 4:59.93, Flo Srafton (O) 5:02.70

5000m Emily Ruane (C) 17:10.49, Kim Horner (O) 17:16.13, Sophia Saller (O) 17:21.07, Elizabeth Aspley (C-all) 18:14.66, Hannah Plaschkes (O-all) 18:53.70, Rachelle Falloon (C-all) 19:14.51, Helene Greenwood (O-all) 19:29.28

100m hurdles (wind +1.6) Caroline Hilley (C) 14.70, Gladys Ngetich (O) 15.67, Emma Roberts (O) 15.73, Heather Muir (C) 17.71

200m hurdles (wind +2.5) Caroline Hilley (C) 29.03, Eleanor Duck (O) 30.49, Emma Roberts (O) 31.71, Daisy Irving-Hyman (C) 32.21

400m hurdles Caroline Hilley (C) 62.86, Gladys Ngetich (O) 64.67, Daisy Irving-Hyman (C) 66.58, Georgina Ellis (O) 75.47

2000m steeplechase Dani Chattenton (O) 6:56.46, Anna Sharp (O) 6:59.16, Nancy Scott (C) 7:05.72, Connie Hurton (O-all) 7:26.21 (match record), Meg Humphreys (C-all) 7:46.50, Hannah Morton (C) 7:46.69, Natalie Beadle (O-all) 7:57.36, Rachelle Falloon (C-all) 8:08.68

High Jump Teele Palumaa (O) 1.66, Florence Cochrane (C) 1.63, Kate Davies (O) 1.60, Heather Muir (C) 1.45

Pole Vault Chloe Billingham (C) 3.30, Rebecca Martin (C) 2.60, Imogen Downing (O) 2.40, Katie Holder (O) 2.00

Long Jump Mary Adeniji (C) 5.47 (w +0.4), Madeleine Smith (O) 5.24 (w +1.0), Kate Davies (O) 5.23 (w -0.3), Tiwa Adebayo (C) 4.86 (w -1.3)

Triple Jump Mary Adeniji (C) 11.63 (w -0.5), Madeleine Smith (O) 11.47 (w +0.4), Teele Palumaa (O) 11.45 (w +1.1), Heather Muir (C) 10.64 (w -0.4)

Shot Kate Dennison (O) 11.17, Katie Holder (O) 11.52, Ellie Lane (C) 10.05, Emmaline Okafor (O) 9.52

Discus Jennifer Richards (O) 35.78, Bridget Fryer (O) 35.61, Teele Palumaa (O) 32.82, Cara James (C) 21.86

Hammer Maria Brett (O) 44.60, Jennifer Richards (O) 43.30, Emmaline Okafor (C) 40.13, Cara James (C) 31.20

Javelin Kate Davies (O) 42.43 (match record), Johanna Schonecker (C) 41.22, Imogen Brown (O) 34.51, Ellie Lane (C) 33.49

4 x 100m relay Cambridge (Adebayo, Adeosun, Panesar, Aiyola) 48.09, Oxford (Thrusz, Duck, Eso, Skinner) 50.29, Oxford Millipedes (Ward-Brew, Hannawin, Mahadeva, Hubbard) 50.73 (match record), Cambridge Alligators (Clark, Kwakye, Adeniji, Cochrane) 51.82

4 x 400m relay Oxford (Ngetich 61.5, Gibson 57.6, Dannatt 61.7, Haldane 57.3) 3:58.05, Cambridge (Johnson 61.3, Irving-Hyman 62.1, Bridson-Hubbard 62.8, Hilley 58.3) 4:04.54, Cambridge Alligators (Marriott 65.7, Burchill 66.4, Chambers 65.4, Clark 61.2) 4:18.69, Oxford Millipedes (Wheeler, Srafton, Brown, Sharp) 4:21.65

Result: Oxford 112, Cambridge 100

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

100m (wind +1.3) Jeffrey Chu (C) 11.26, Alexander Grundmann (O) 11.33, Donte Nembhard (C) 11.56, Justin Leung (O) 11.59

200m (wind +0.7) Daniel Gregory (O) 22.58, Josh

Charlotte Dannatt leading the 800m past the Achilles tent
Evans (C) 22.83, Hugh Baker (O) 23.42, David Adeboye (C) 23.93

400m Joe Burton (C) 50.89, Ciaran Flaherty (C) 51.69, Hugh Baker (O) 51.85, Michael Thornton (O) 52.68

800m Sam Brown-Arajavo (O) 2:05.73, Sebastian Cheli (C) 2:05.77, Bonnor Sullivan (O) 2:06.91, Tom Mitchell (C) 2:08.99

Mile Charles Sneddon (O) 4:20.06, Pete Cameron (C) 4:22.28, Tommy Lees (O) 4:26.45, Tom Goulding (C) 4:30.37

5000m (run with Blues race; see above)

110m hurdles (wind +0.8) Lars Heidrich (C) 11.48, Oliver Adams (O) 10.80, Vikram Thakur (C) 10.31, Aron Hegedus (O) 10.07

Discus Aron Hegedus (O) 36.38, Daniel Gregory (O) 34.24, Sam Hill (C) 31.43, Alfie Dent (C) 29.53

Hammer Adam Rochussen (C) 32.17, Aron Hegedus (O) 27.48, Vikram Thakur (C) 24.38, Nathan Inkester (O) 17.08

Javelin Arran Davis (O) 53.87, Josh Maiklem (C) 45.70, Will Parrott (C) 41.01, Joe Fisher (O) 40.62

4 x 100m relay (run with Blues race; see above)

4 x 400m relay (run with Blues race; see above)

Result: Centipedes 118, Alverstone 95

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

100m (w -0.8) Katie Hannawin (O) 12.84, Amrita Panesar (C) 12.95, Chelsea Kwakye (C) 13.53, Taya Ward-Brew (O) 13.62

200m (w +0.6) Amrita Panesar (C) 26.39, Katie Hannawin (O) 26.47, Sophie Hubbard (O) 26.56, Catriona Marriott (C) 27.08

400m Catriona Marriott (C) 62.41, Ericka Wheeler (O) 64.95, Rebecca Robinson (O) 66.36, Olivia Dadge (C) 68.94

800m Georgia Billings (C) 2:22.45, Philippa Chambers (C) 2:22.95, Elizabeth Brown (O) 2:27.81, Alice Bruce (O) 2:40.68

Mile Eleanor Bolton (C) 5:22.19, Fiona Bunn (C) 5:24.64, Mary Butler (C) 5:27.06, Natalie Beadle (O) 5:38.80

5000m (run with Blues race; see above)

100m hurdles (w +1.5) Giulia Frigerio (O) 17.11, Martha Stevens (C) 17.49, Harriet Wigginton (O) 17.65, Alexandra Burchill (C) 18.68

200m hurdles (wind +0.2) Giulia Frigerio (O) 32.39, Martha Stevens (C) 34.52, Harriet Wigginton (O) 34.95, Alexandra Burchill (C) 34.99

400m hurdles Alexandra Burchill (C) 72.31, Chloe Merrell (C) 80.11, Harriet Wigginton (O) 85.01 [Katie Inch (O) was disqualified]

2000m steeplechase (run with Blues race; see above)

High Jump Sophie Hubbard (O) 1.50, Annabelle Bates (C) 1.50, Lea Wenger (C) 1.45, Julia Jones (O) 1.35

Pole Vault Katrina Kelly (O) 2.20, Giulia Frigerio (O) 2.10, Cathy Wardle (C) and Amara Mulliner (C) both 1.70

Long Jump Chantelle Caines (C) 4.92 (w-0.3), Holly Skinner (O) 4.90 (w +1.7), Sophie Hubbard (O) 4.88 (w -0.6), Freya Hufton (C) 4.65 (w+1.4)

Triple Jump Holly Skinner (O) 10.48 (w -0.9), Sophie Hubbard (O) 10.45 (w -0.4), Olivia Shallcross (C) 10.17 (w -0.9), Stephanie Sinclair (C) 9.52 (w-0.6)

Shot Beth Carter (O) 10.36, Katrina Kelly (O) 9.72, Maxine Meju (C) 9.20, Colette Watt (C) 7.82

Discus Anna Niedbala (O) 39.12 (match record), Heather Nelson (O) 34.28, Rachel Elwood (C) 23.76, Abigail Parker (C) 22.87, Haman Anna Niedbala (O) 43.85 (match record), Olivia Rowe (C) 27.84, Heather Nelson (O) 26.26, Lucy Hart (C) 20.09

Javelin Isabella Couotts (O) 39.51 (match record), Amy Edwards (C) 30.05, Rebecca Robinson (O) 28.54, Lagah Harvey-Kelly (C) 28.32

4 x 100m relay (run with Blues race; see above)

Result: Oxford Millipedes 116, Cambridge Alligators 95

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43 years after the first Women’s Varsity Match, with the addition of the 200mH the men’s and women’s programmes are now the same..

‘Roger was one of us’: such was the prevailing feeling behind the many messages from members receiving news of his death. His enthusiasm for OUAC and Achilles endured throughout his life, and he always had time chat about what the Club was doing. We are all proud to have been able call him our clubmate. Roger won the Varsity Match mile in 1948, 1949 and 1950. He won the Varsity Cross Country in 1949, and was 2nd equal in 1948.

He was Hon. Sec. of OUAC in 1949, and President in 1950. He was co-captain of the 1949 Oxford & Cambridge tour to the USA, where the team defeated Harvard & Yale by 8 events to 5: Roger himself won the mile.

For Achilles, Roger was a regular competitor in the Kinnaird and other trophy meetings, forerunners of the BAL.

- World Record Holder at One Mile in 1954 (3:59.4)
- World Record Holder at 4 x One Mile Relay in 1953 (16:41.0)
- European Champion at 1500m in 1954
- Empire & Commonwealth Champion at One Mile in 1954
- 4th in the Olympic Games of 1952
- AAA Champion at One Mile in 1951, 1953 and 1954, and at 880y in 1952
- Vice-President of the Achilles Club
- Chairman of the Sports Council 1971-74

When I was an Economics student at Newham College, it was thanks to Roger’s influence that the Penn Relays funded the fastest Oxbridge 4x1500m team to compete during the Easter break in 1990. That happened to be the women’s team which if my memory serves me correctly was Vicky Vaughan, Davina Manship, Sian Pilling from Oxford and myself from Cambridge. I believe we won. We mark the passing of a true legend. Not many sporting achievements mark the equivalent the tipping point of Sir Roger’s 4 minute mile.

- Claire Lavers

He was certainly a legend and a great inspiration to many. But I regret his insistence on remaining so true to his ‘Amateur’ ideals, and thereby refusing to allow OUAC to benefit financially from any celebrations of the anniversaries of his achievement. Personally I would have welcomed any sign of interest or support from Roger while I was at Oxford. Never mind!

- Julian Goater

When I was an Economics student at Newham College, it was thanks to Roger’s influence that the Penn Relays funded the fastest Oxbridge 4x1500m team to compete during the Easter break in 1990. That happened to be the women’s team which if my memory serves me correctly was Vicky Vaughan, Davina Manship, Sian Pilling from Oxford and myself from Cambridge. I believe we won. We mark the passing of a true legend. Not many sporting achievements mark the equivalent the tipping point of Sir Roger’s 4 minute mile.

- Claire Lavers

Sad day. I still well remember his greatest races as I ran with Roger in Vancouver in the Empire & Commonwealth Games and in the European champs in 1954 as well as being a cheering spectator at the first 4 minute mile.

- Ian Boyd

Roger Bannister was a boyhood hero of mine; as I said after Chris Chataway’s death, I would choose to be one of them in the races home from my Primary School in Birmingham and of course I would invariably win. When I became president of OUAC in 1971, it was Oxford’s turn to choose the Track Referee; as a medical student and a middle distance runner I did not have to think about whom to choose. I still have his hand written letter of reply. What a man. What a legend.

- Bob Steele

I still well remember his greatest races as I ran with Roger in Vancouver in the Empire & Commonwealth Games and in the European champs in 1954 as well as being a cheering spectator at the first 4 minute mile.

- Ian Boyd

I think a huge number of people have been affected by his death and, through the tributes we have heard and read, by his life. My neighbour, a Cambridge man, got home, parked his car on the sloping drive and stood by it to finish listening to a radio tribute through the open window only to see his car slide down hill cross the narrow road and demolish my fence. Clearly Bannister had preoccupied him.

- Tom Dowie

It was in large part thanks to meeting him that I decided I would try for Oxford.

- Hugo Fleming

What a legacy he has left and how proud we are of our fallen colleague. A very sad day, but what a giant impact he has made on the sport, on us, and on humanity.

- Shanker Singham

Rest in peace my friend.

- Dr Cecil Walkley

When I was an Economics student at Newham College, it was thanks to Roger’s influence that the Penn Relays funded the fastest Oxbridge 4x1500m team to compete during the Easter break in 1990. That happened to be the women’s team which if my memory serves me correctly was Vicky Vaughan, Davina Manship, Sian Pilling from Oxford and myself from Cambridge. I believe we won. We mark the passing of a true legend. Not many sporting achievements mark the equivalent the tipping point of Sir Roger’s 4 minute mile.

- Claire Lavers

I’ll always remember the great support you provided to me during the 6 years that we ran together for the Achilles Club at Oxford Cambridge and London. You were determined that an Englishman become the first to run the mile under 4 minutes. We both passed our oral examination for membership to the Royal College of Surgeons of England on the same morning.

- Julian Goater

Bob Steele
Athletes come and go, and most are soon forgotten; but everyone will always remember what Sir Roger Bannister achieved.

—Michael Spriggs

That Roger’s achievements have transcended sport is a fitting tribute to a man who (to say the least) inspired all of us; it was an honour to train and compete at the track that bears his name – and to wear the same blazer and (across generations) consider him a clubmate and fellow OUAC Hon Sec-President.

—Sally Hughes

Roger was a great man in so many many ways. His legacy is huge. He is indeed a legend. In May 1964 I ran in the 10th anniversary of the famous race (OUAC v AAA mile), coming second to the leading AAA runner, in a time 14 seconds slower than Roger’s — mile never really my event, though I tried to make it so. There was some media interest; the next day one of the national dailies stated ‘the very cinders cried-out at the slowness of the time’.

—Tim Johnston

What a great man and an inspiration to so many!

—Sidney Miller

I liked and admired Roger immensely over many years.

—John Goodbody

Here in Thailand articles about Bannister and the 4 minute mile have appeared in the Bangkok Post newspaper. I met him once at Iffley Road when he started a race in which I ran. And I was told by Franz Stampfl to train by running interval 220s.

—Robert Exell

What an incredible man with worldwide following. He was on screen as I was checking in at Nairobi Airport last week.

—Bob Angier

In 1971 at The Hurlingham Club Roger spoke at the Blues Dinner and was keen to hear from me anything about his (and my) ‘coach’ Franz Stampfl, by then permanently based in Melbourne... The news reports here (ABC) state Roger broke the 4 minute mile at “a sports ground in Oxford” (sic!), but also carry an older recording where Sir Roger spoke endearingly of Franz S spurring him on, in late 1953, to believe he really could do it.

—Neville Norman

A legend of our sport.

—Andrew Lill

Tho’ much is taken, much abides; and tho’ We are not now that strength which in old days Moved earth and heaven; that which we are, we are ... Mode weak by time and fate, but strong in will To strive, to seek, to find, and not to yield.(Tennyson) R.I.P. Sir Roger Bannister

—Terence P.T. Williams

A great loss for the sport and the club.

—Michael Rush

A sad day indeed. one of my greatest pleasure over the past few years was to have tea chez Roger and talk to him about matters athletic in which her retained a vivid interest. Truly we shall not see his like again.

—Michael Beloff
Sir Roger Bannister Memorial

From Hugo Fleming, OUAC President 2016-17

On Wednesday 14th November 2018, a memorial service was held in a packed Sheldonian Theatre in Oxford to celebrate the life of Sir Roger Bannister. Befitting a man of his standing, the proceedings included a diverse range of eminent speakers, including the Chancellor and Vice Chancellor of the University.

Firstly, Sir Roger’s student years at Oxford were recounted by Professor Sir Rick Trainor, Rector of Exeter College; but, of course, the discussion soon turned to that famous mile race in 1954. Tasked with conveying a sense of the significance of that event for the world of athletics was Steve Cram who, as a former world record holder himself, could speak with some authority as to the dedication and hard work required to go sub-four. He recalled fondly how Sir Roger used to tease him and Seb Coe for having had it relatively easy – the 1954 record was of course run on a cinder track, and in a Britain still constrained by food rationing. On this basis Sir Roger had (semi-seriously) claimed he might have given them both a good contest had they been able to compete on level terms. Mr Cram was keen to point out, nevertheless, that Sir Roger’s legacy was built on much more than just that one race, despite popular perceptions. He noted in particular his chairmanship of the Sports Council and pioneering efforts against drugs in sport, which deserve to be more widely known.

This was a thread that ran through all of the tributes on that day: Sir Roger was more than just a runner, having achieved remarkable success in a number of other fields as well. He was, as Lord Patten put it, ‘a man for all seasons’. Professor Dafydd Thomas, a former colleague at the National Hospital for Neurology and Neurosurgery, even remarked that Sir Roger himself ranked his neurological work higher than the four-minute mile. He was Master of Pembroke College for eight years, and highly regarded in that role, as the current Master, Dame Lynn Brindley, related; while his contributions to the civic life of Oxfordshire were recognised by the representative of the Crown, the Lord Lieutenant of Oxfordshire.

Beyond his achievements, another common theme that emerged from all of the speeches was Sir Roger’s affability and genuine interest in the people that he met. In this spirit, a final, more personal tribute was given by Lady Moyra, who reflected on Sir Roger’s character and their home life together, recounting their shared fondness for entertaining, friendship and, above all, their family.

It was striking to see the many facets of Sir Roger’s life – which, except in men like him, might otherwise rarely intersect – all represented together in one room. In combination, the speakers painted the portrait of a man hugely capable and dedicated, yes, but with a warmth of character and bonhomie too that was remarked upon by all.

Following the service itself, guests proceeded to the Oxford Town Hall for the Reception, where we had the opportunity to mingle and reflect on Sir Roger’s life further. Jack Paget (OUAC President) and I were very happy to meet a number of members and friends of the Achilles Club there – all were keen to share their own stories of times spent with Sir Roger, and very pleased to hear how his example continues to mean a great deal to the current generation of students, and in particular the athletes now following in his footsteps at Iffley Road.

A day in May

By John Bryant

You wake up half excited, half terrified, like a man under sentence. You have but one thought - the race, And the first thing you do is go to the window and look out at the weather.

Roger Bannister didn’t need 4 mins for that. A glance at the tree branches swaying in the wind, the sky, the rain spelling from dark clouds made the whole idea preposterous. How could you run a decent time on a day like this, let alone break a record? For days and nights now he had existed in a state of tortured anticipation. He knew the climax was approaching and the overwhelming task of what he was trying to do was threatening to wreck him. He had cut back from his training, resting up, saving energy for the trail to come. Without the running he had more time to think, more time to worry. He felt alternatively ridiculously strong and impossibly weak.

The weather forced him to reconsider. It was hopeless. He phoned Chris Brasher to say the attempt was off. Then he rang Chataway to say it was on. To run or not to run, it was a crazy impossible question.

The day before, Bannister had slipped on the highly polished floor of St Mary’s Hospital. It was nothing really but he trembled a little and spent the rest of the day limping, half dreading and half welcoming the idea that he couldn’t run at all.

Time on the morning of a race runs out of control. Bannister took his spiked shoes with him to St Mary’s. His friend had pared the shoes down from 6 ounces to 4 ounces and now he took them with him to hone the spikes to needle sharpness. A passing colleague smiled indulgently and asked “You don’t really think that makes any difference do you?”

The weather was the first thing they talked about when Bannister bumped into Franz Stampa on the train at Paddington. Half by chance, half by destiny, both men - the athlete and the coach - had decided to travel...
up early to Oxford, and to travel alone to focus their every thought on the race ahead. 

Bannister clung to the belief, arrogantly some felt, that he needed no coach.

He had attended Franz’s training sessions and run, when it suited him, with Franz’s protégés. But he could never admit that Franz was his coach in the accepted sense - adviser perhaps, coach never. Bannister believed he could, and must, do it alone. If he won, the victory was his. If he lost, no one else could be blamed.

Franz Stampfl knew with certainty that a man could run a mile in under 4 minutes, and he knew that Roger had the talent and the will to do it. He argued that Bannister had time in hand, that he was capable of 3 minutes 56 seconds and that the wind could never slow him by more than half a second a lap.

It’s all in the mind, argued Franz, the mind can overcome almost anything. And what if this is the only chance you get? Others want that record; tomorrow may be too late.

Bannister knew well that it was all the factors which make up a runner, mental strength is the most important. If you lose that, you might as well lose a leg. Scientists can talk of pulse rates, lung capacity and lactic acid, but Franz’s shrewd words hit home. Bannister got the message. This could be the only chance: reject it now and you might regret it for the rest of your life.

This time, the event and the meeting seemed genuine enough. The pacemakers, Chris Brasher and Chris Chataway, had come along as legitimate competitors who would run the full distance and finish the race. This May evening it was not the pacemakers who were the problem - it was the weather.

In the Parks that afternoon, where Oxford University’s cricket team was being trounced by Yorkshire and the bowling of Freddie Trueeman, the wind was strong enough to have blown over the sight screen.

Bannister’s dream had been born out of defeat and he knew that if he went for the record now and missed it he would be branded a failure yet again. The memory of the 1952 Olympics in Helsinki was still as raw as a freshly pulled muscle. He had gone there hailed by the newspapers as the favourite, the golden boy, weighed down by the crippling burden of expectation that he would surely bring back a medal to brighten the austere gloom of post-war ration book Britain. But the organisers stuck in an extra round, an extra race. This threw him and destroyed his confidence. He ended up only fourth in the 1500 metres and out of the medals. The headlines were savage, the hurt deep. He dreaded those headlines now.

On occasion a rare athlete, as if inspired, could seem for a moment about to defeat the sweeping hands of the watch and come close to breaking the barrier. The great Walter George , running a ridiculously ragged race of bravado, courage and uneven pace, set the mark as a professional in 1886 at just over 12

Santy in the United States, and Britain’s long legged coltish thoroughbred Roger Bannister were threatening the barrier with practically every run they did. No longer was this a simple race of man against man on some cinder track in Oxford, Melbourne or Kansas. Using radio, film or ticker tape, these men and their advisers scanned the world for results. They watched anxiously each time a man with 4 minute hopes toed the line in his spikes.

The man who challenged the impossible that evening in May was the 25 year old medical student, Roger Bannister, who had broken through as a miler while a teenager at Exeter College, Oxford. His preparation and much of his approach to his sport seemed firmly rooted in the classic amateur ethos of the pre war world into which he was born. The part time Olympian, taking a break from his studies or his work to carry off a gold medal was the ideal hero. Bannister, for all his fine performances was not of that world. He emerged from the mist of Oxford and academia’s dreaming spires, and when his work on the track was done, that was the world to which he returned.

Many experts believed the barrier could be broken in perfect and exceptional conditions. They predicted the race would have to be run in Scandinavia. The track would be hard, dry clay and rolled cinders. There would not be a breath of wind and the temperature would be an ideal 68 degrees Fahrenheit. But Bannister did it on a wet track on a windy day, before a small crowd in the relative backwater of Oxford.

Much of the enduring fascination of his triumph is that this seemingly super human effort was apparently achieved with the most amateurish approach. On a grey day at Iffley Road this self contained student doctor, a genuine part timer with his own training methods, made what the more professional athlete Gordon Pirie dismissed as ‘a fleeting appearance on the scene ’ to steal the Crown Jewels of the sport- the 4 minute mile.

Bannister himself had long let it be known that his real ambition was to be a doctor. He and his fellow runners were not professional runners. They were tackling it because it was there. If the world thought a 4 minute barrier existed why shouldn’t they have a go at being the ones to crack it? It could be fun as well as hard work. And they might get there first. That would be a triumph for Oxford and for Britain. Perhaps they could even think their way through the barrier - plot, plan and pace their way into folklore.

Afterwards Bannister was to say ‘We had done it where we wanted, when we wanted and how we wanted.’

Eric was one of best triple jumpers in the county but had the misfortune to be a contemporary of Olympian Mike Ralph. Eric was thus second in the triple jump in the Varsity Match for the four consecutive years of 1961-1964.

Before he came up to Cambridge, in July 1960 Eric competed for England against Belgium, achieving his best ever wind legal jump of 48’ 11 3/4” (14.92m). He set his first Cambridge University record (46’ 4 1/2”) in the Freshmens Sports on 28 October 1960; then broke it again in the Field events Match against Oxford (47’ 2”) on 15 November 1960. Apparently he then slipped a disc in December 1960 and did not compete again until April 1961. Then his 47’ 6 1/4” in the Varsity Match on 13.5.1961, although he lost to Mike Ralph (49’ 6”), was another CUAC record.

There was an Oxford-Cambridge tour to the USA in summer 1961; but since the Americans had not yet adopted the Triple Jump into their programme, Eric was not selected to go.

His famous jump, on 20 October 1961, of 49’ 10” (15.19m) was backed up with other jumps of 48’ 8” and 49’ 5”. But all were admitted, in the press, to be wind-assisted. However, was in very good form that academic year, and he jumped 48’ 10” against the AAA on 5 May 1962, with four jumps over 48’.

Princeton and Cornell Universities visited England in summer 1962, but again there was no Triple Jump included in the programme. And when, at last, the American Universities included the Triple Jump in their schedule, and the event was included in the Oxford-Cambridge v Harvard-Yale match in London on 12 June 1963, and Eric was listed in the programme, for some reason he did not compete.

Eric was elected to the CUAC Committee in May 1961, and became Secretary of the club in 1963. (CJRT)

WPC Davies (St Catharine’s, Cambridge, 1948 –51) on 25th January 2018.

Phil Davies was something of a later developer. He competed regularly for CUAC, and won the 440y at the CUAC sports of 1950, but was either injured or not selected for the Varsity Match. He excelled at rugby, and although he did not win a Blue for that either, he later represented England from 1953-58 and the British Lions on the 1955 tour of South Africa.

AN Willis (Emmanuel, Cambridge, 1940-41 and 1945-47) on 29th September 2016.

‘Bill’ Willis competed at 100y, 220y and Long jump in the Varsity Matches of 1946 and 47, pacing 2nd on each occasion. He was Honorary Secretary of CUAC in 1947, and was also a football Blue.
Graham Dugdale (Christ Church, Oxford, 1970-73) on 7th May 2018

Graham died suddenly on 7th May 2018 at his home in Devon. Graham was a cross country blue and ran 5,000 metres in the Centipedes/Alverstone match. His time of 14:41 in 1973 is still the record for that match. After university, Graham ran for Thames Valley Harriers, and ran a PB of 2:16 for the marathon. I attended his funeral on 31st May. There was a large group from TVH there, who all commented what a good club man Graham had been. The same comment would apply from an OUAC perspective. He was not only a very good athlete, but also contributed a lot of his time to helping run the cross country section. In fact, in my year as secretary I could not have coped without the support I received from Graham.

- Warwick Ewers

Andy Ewers (Worcester, Oxford, 1978-81) on 20th August 2018

My brother Andy died of cancer on 20th August, aged sixty. Andy was Birmingham Schools cross country champion, and at Oxford he was a cross country blue. In 1978 he was in the winning Oxford team (photo), in 1979, he was secretary of OUCCC and in 1980 he was captain of the team that beat Cambridge by 25 points to 54. He competed for the Centipedes over 5000m in the Varsity Sports of 1981. After Oxford, he joined Ranelagh, and ran the London Marathon in 2:25. At his memorial service on 4th September, Malcolm Rimmer was among those to pay tributes.

- Warwick Ewers

Sir Peter Miller (Lincoln College, Oxford, 1951-54) on 30th January 2018

Peter Miller was 4th equal in the famous 1952 ‘peas-souper’ Varsity Cross Country race, when visibility was reduced to 10 yards. Led by Chris Chataway, Oxford filled the first 6 places and recorded the greatest ever margin of victory. Peter went on to become Chairman of Lloyds.

Dr RE Williams (Emmanuel College, Cambridge, 1947-50) on 1st July 2017

Ronnie Williams placed 3rd in the mile at the Varsity Sports of 1948 behind Roger Bannister, and placed second to Roger in 1949, earning his place on the US Tour that year. He served as Hon Sec of CUAC in 1949.

John Earp was elected President of CUAC for 1940-41, but wartime duties prevented him from fulfilling the role, which was assumed by RC Hope-Jones.

JMK Finley (Sidney Sussex, Cambridge 1948-52) on 29th November 2010

From 1949 to 1952 Keith Finley was an automatic choice for the CUAC blues team at both 100y and 220y, enjoying many close duels with Oxford's Nic Stacey (200m semi-finalist at the 1952 Olympics) - the photo is of the 1950 220y, won by Stacey in the smallest of margins: Keith had earlier scored a convincing win in the 100y.

He toured the USA with the 1949 team captained by Roger Bannister, placing 2nd 'by inches' to Stacey in the 100y against Harvard & Yale in a match won by Oxford & Cambridge, and 3rd in in 100y against Princeton & Cornell. Two years later he was a member of the Oxford Cambridge team which defeated Harvard & Yale at the White City Stadium, contributing the first leg of the victorious 4 x 110y relay.

He was elected President of CUAC in 1952.

AD Sexton (St Catharine's College, Cambridge 1951-54) on 28th November 2018

Alan Sexton won the 100y and 220y at the Varsity Match of 1954, and also competed over 100y in 1952, over 220y in 1953, and over 440y (placing 2nd both times) in 1953 and 1954. On the 1953 US tour he defeated the combined forces of Penn, Cornell, Yale and West Point over 440y at Franklin Field. His pb's were 9.9y, 21.7y (ranked 5th in the UK in 1954) and 48.2y (ranked 2nd in the UK in 1953).

Anthony was a generous donor to the Achilles Trust.


Martin Craven finished equal 4th in the 1964 Varsity Cross Country in 39:48.4. Oxford won by 38 points to 41 – their first win since 1958, following a period when under Mike Turner Cambridge had been dominant.

JHB Simpson (St John’s, Cambridge, 1950-53) on 19th April 2018.

John Simpson was ever present in the Relays Matches from 1950-53, and finally won his Blue in 1953 when he won the CUAC sports and competed in the 120y hurdles in the 1953 Varsity Match. His best time was 15.7.

As mayor of Much Wenlock in 1977, he did much to revive the annual Olympian Games. Thus when London was awarded the Olympics, it was John who welcomed Seb Coe and the organising committee to the town, and who later carried the Olympic flame through the streets.

John Simpson was educated at Leighton Park School, and briefly overlapped with me there. He held the school hurdles record, which I did not get close to. Later, when I was busy establishing that CUAC was the oldest Athletics club in the world (1857); he initiated a correspondence, claiming priority for the Much Wenlock Olympian Association (1850); I argued that his was not a CLUB. We had good-natured communications. More recently, when some old film-strips had turned up in stuff that Allan Malcolm had left behind, I wrote to several CUAC athletes for the 1950s, and John remembered being filmed (at the VM) by Guy Butler and others.—Chris Thorne


Iain Bain won the first ever AAA Junior hammer championships in 1951 - and retained the title in 1952. He set a UK junior record with the 12lb of 172ft 7in (52.60) in Edinburgh on 21 Jul 1952. His senior pb (56.08/184'0) was set in the Oxford v AAA match in 1956. Iain Bain won three Scots senior titles: 53.64 in 1956, 51.98 in 1957 and 52.03 in 1959, and competed for Great Britain twice in 1959 - 4th v Poland in a senior match (51.46), and 2nd v the Netherlands in a B international (51.84). He was 8th in the 1957 World University Games (48.41), and was Universities hammer champion in 1956 with 53.64.
OXFORD & CAMBRIDGE v PENNSYLVANIA & CORNELL

at Iffley Road, Oxford on Saturday 30 June 2018

Men
100m (w +1.0) Alexander Beck (Cornell) 10.76, Zachary Menchaca (Cornell) 10.82, Isaac Kitchen-Smith (Oxford) 10.97, Jeffrey Chu (Cambridge) 11.21

200m (w +1.6) Alexander Beck (Cornell) 21.59, Benjamin Fields (Cornell) 21.97, Harrison Steel (Oxford) 22.01, James Walden (Cambridge) 22.67

400m Stanford Cooper (Cornell) 49.45, Jeffrey Wiseman (Penn) 49.45, Matthew Dawe (Oxford) 49.87, Gameron Bain (Oxford-guest) 50.14, Edward Rees (Oxford) 50.75, Hugh Baker (Oxford-guest) 51.07

800m Miles Weatherseed (Oxford) 1:56.03, Hugo Fleming (Oxford) 1:56.06, Jonathan Plass (Cornell) 1:56.14, Dominic DeLuca (Cornell) 1:57.02


110mh (w +1.7) Austin Lyons (Cornell) 14.24 (“equals” match record), Liam Eagle (Oxford) 15.56, Harry Salt (Oxford) 16.22

4x400m Penn-Cornell 3:17.80, Oxford-Cambridge (Dawe 51.2, Fleming 50.5, Ilyr 49.6, Rees 50.0) 3:21.22, Oxford-Cambridge II (Steel 51.1, Sullivan 51.1, Baker 49.5, Gardner 51.4) 3:22.95

High Jump Michael Monroe (Penn) 2.05, Myles Lazarou (Cornell) 2.00, Gunther Klobe (Cambridge) 1.93, Ethan Sorrell (Cambridge) 1.80

Pole Vault Sean Clarke (Penn) 5.21 (match record), Andrew Barlow (Cornell) 4.90, Callum Court (Cambridge) 4.45, Rowan May (Oxford) 3.80

Long Jump Cristian Constantin (Penn-guest) 7.18 (+3.5, best legal 6.84 -0.1), Alex Rodriguez (Cornell) 6.89 (+1.8), Demetri Whitsett (Penn) 6.86 (+3.4, best legal 6.70 +1.3), Sandy Macaulay (Oxford) 6.74 (+3.7, best legal 6.55 +0.9), Oseoba Airewele (Cornell-guest) 6.47 (+2.7, best legal 6.45 +2.0)

Triple Jump Oseoba Airewele (Cornell) 14.69 (+0.6), Cristian Constantin (Penn) 14.21 (+0.5), Alex Rodriguez (Cornell-guest) 13.59 (+1.7), Miles Lazarou (Cornell-guest) 13.39 (+2.9, best legal 13.37 -0.8), Andrew Ejemai (Cambridge) 13.35 (+1.8)

Shot Zackary Hawley (Cornell) 16.16, Jake Kubiatowicz (Penn) 14.29, Kevin Benson (Cornell-guest) 14.04, Campbell Parker (Penn-guest) 13.18, Oliver Bradfield (Cambridge) 10.29

Discus Kevin Benson (Cornell) 50.12, Jake Kubiatowicz (Penn) 49.85, Zachary Hawley (Cornell-guest) 47.97, Campbell Parker (Penn-guest) 47.53

Hammer Sean Ryan (Penn) 57.05, Jacob Lange (Cambridge) 56.83, Jack Paget (Oxford) 49.49, Jake Kubiatowicz (Penn) 47.05, Campbell Parker (Penn-guest) 46.97, Kevin Benson (Cornell-guest) 38.96

Javelin Caspar Whitehead (Oxford) 60.84, Arran Davies (Oxford-guest) 51.61, Oliver Bradfield (Cambridge) 46.83, Andrew Barlow (Cornell) 42.93, Zackary Hawley (Cornell) 40.16

Result Penn & Cornell 119, Oxford & Cambridge 75

Women
100m (w +1.8) Taylor McCorkle (Penn) 12.01, Ellen Shepard (Cornell) 12.36, Hephzibah Adegosun (Cambridge) 12.44, Olayemi Anifowose-Eso (Oxford) 13.14
200m (w +1.0) Chiamaka Ene (Penn) 24.39 (match record),
Caroline O’Neil (Penn-guest) 25.17, Candace Taylor (Penn) 26.08, Sophie Hubbard (Oxford) 26.86, Katie Hannawin (Oxford) 27.53

400m Uchechi Nwogwugwu (Penn) 55.45, Sophie Hubbard (Oxford-guest) 60.07, Caroline Johnson (Cambridge) 61.49

800m Nia Akins (Penn) 2:07.52 (match record), Ann Taylor (Cornell-guest) 2:09.09, Leya Salis (Cornell) 2:09.23, Jacqueline Katzman (Cornell-guest) 2:14.74, Isabel Dye (Cambridge) 2:14.93, Anna Sharp (Oxford) 2:18.08

Mile Shannon Hugard (Cornell) 4:49.66, Abigail Hong (Penn) 4:51.85, Charlotte Dannatt (Oxford) 4:54.35, Danielle Orie (Penn-guest) 5:00.20, Niamh Bridson-Hubbard (Cambridge) 5:03.80, Ann Taylor (Cornell-guest) 5:12.76

5000m Abigail Hong (Penn) 17:06.57, Kim Horner (Oxford) 17:15.80, Genna Hartung (Cornell-guest) 17:45.80, Julianna Catania (Penn) 17:52.08

100mh (w +2.6) Brittany Stenekes (Cornell) 13.76 (match record – but wind assisted), Gladys Ngetich (Oxford) 16.39, Marguerite Lorenzo (Cornell) 19.16

400mh Taysia Radoslav (Cornell) 59.97 (match record), Daisy Irving-Hyman (Cambridge) 66.38, Briar Brumley (Cornell) 68.36, Gladys Ngetich (Oxford) 69.21

Steeplechase Gabrielle Orie (Cornell) 10:43.60, Briar Brumley (Cornell) 10:49.13, Nancy Scott (Cambridge) 10:53.68

4x100m Penn-Cornell 46.32, Oxford-Cambridge 50.98

4x400m Penn-Cornell 3:43.91 (match record), Oxford-Cambridge (Irving-Hyman 60.7, Dannatt 62.9, Sharp 63.6, Johnson 59.9) 4:07.06

High Jump Teele Palumaa (Oxford) 1.70, Marguerite Lorenzo (Cornell) 1.68, Kate Gulbrandsen (Cornell) 1.60 and Kate Davies (Oxford-guest) 1.60, Claire Kao (Cornell-guest) 1.55, Florence Cochrane (Cambridge) 1.55

Pole Vault Claire Kao (Cornell) 3.60, Katie Schroeder (Penn) 3.50, Chloe Billingham (Cambridge) 3.30, Sam Rawlinson (Oxford) 2.85

Long Jump Barbara Biney (Penn) 5.59 (+3.2, best legal 5.44 +1.2), Mary Adeniji (Cambridge) 5.47 (+2.6 and +1.8), Camille Dickson (Penn) 5.46 (+1.6), Tiwa Adebayo (Cambridge) 4.61 (+1.0)

Triple Jump Mary Adeniji (Cambridge) 11.28 (+0.65), Barbara Biney (Penn) 10.97 (+0.55), Teele Palumaa (Oxford) 10.76 (-0.37), Kathryn Gulbrandsen (Cornell) 9.79 (+0.47)

Shot Maura Kimmel (Penn) 15.00 (match record), Chrtistina Nick (Oxford-guest) 13.29, Michaela Smith (Cornell) 12.97, Taylor Drayton (Cornell-guest) 12.45, Leena Morris (Cornell-guest) 12.41, Helen Broadbridge (Cambridge-guest) 10.70, Katie Denison (Oxford) 10.52, Ellie Lane (Cambridge) 9.95

Discus Maura Kimmel (Penn) 52.47 (match record), Ashley Anumba (Penn) 49.98, Christina Nick (Oxford-guest) 47.16, Michaela Smith (Cornell-guest) 42.52, Helen Broadbridge (Cambridge-guest) 41.61, Taylor Drayton (Cornell-guest) 40.05, Anna Niedbala (Oxford) 39.99, Bridget Fryer (Cambridge) 37.19, Leena Morris (Cornell-guest) 32.71

Hammer Helen Broadbridge (Cambridge-guest) 54.35, Leena Morris (Cornell) 48.79, Anna Niedbala (Oxford-guest) 42.88, Maria Brett (Oxford) 42.42, Emmaline Okafor (Cambridge) 41.09, Michaela Smith (Cornell) 34.71

Javelin Kate Davies (Oxford) 42.29, Brooke Cope (Penn) 41.23, Johanna Schoenecker (Cambridge) 38.93, Bella Coutts (Oxford-guest) 37.89, Imogen Brown (Oxford-guest) 37.18, Taylor Drayton (Cornell) 33.24, Ellie Lane (Cambridge-guest) 32.87

Result: Penn & Cornell 126, Oxford & Cambridge 69
Achilles Baltic Tour
August 15-22 2018

August saw the first Achilles tour outside the Transatlantic Tour in over a decade. The tourists flew into Tallinn, Estonia, and, guided by the local knowledge of Teele Palumaa, enjoyed a couple of days seeing the sights of the old town and exploring some of the edgy districts by night. After a sharpening session at the Kadriorg Stadium (the site of several former world records, including Heike Drechsler’s long jump), the team headed for the Estonian beach resort of Parnu. Only a chance encounter with Olympic discus gold medallist, Gerd Kanter, at the Kadriorg stadium gave an inkling of what the coming competition in Parnu might have in store for the tourists...

But first, with time to relax, the tourists took to an impromptu (and rather ad-hoc) game of beach cricket, where Aussie middle-distance sensation, Alex Gruen, demonstrated an impressive display of fine batting (with foam roller) that could endanger the Baggy Green batsmen’s starting spots ahead of the upcoming Ashes series. After a BBQ in the evening, Charlotte Dannatt introduced the team to the latest dance craze, ‘Shake ‘n’ Pop’, which was linked to a 150m underground track/tunnel/cave! Aptly named the Hyvän tuulen kisät (Tail Wind Championships), the match was blustery, although fortunately the rain had ceased. The 100m runners were propelled to a series of wind-assisted PBs and SBs, whilst the rest of the track athletes struggled, except for a strong solo run by Anna Sharp in the 1500m. In the field, Tom Parker and Jack Paget faced strong competition in the hammer, placing 2nd and 4th respectively. The final event of the day was the highly anticipated Swedish Relay (100, 200, 300, 400), which saw a victory for the Achilles 1st team over the Helsingfors, despite Cameron Bain tearing his hamstring and hanging on boldly in the 300m leg.

The tour ended with a strong showing in a karaoke bar (where else...) in downtown Helsinki, where a final rendition of the Vengaboys ‘We Like to Party!’ surely impressed the locals no end. The tour a triumph, there are high hopes for more tours in the very near future!

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### Achilles Baltic Tour Results

#### 100m

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<td>Hugo Fleming PB</td>
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#### 200m

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<tr>
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<td>20.89</td>
<td>Jack Paget</td>
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Kadriorg stadium gave an inkling of what the coming competition in Parnu might have in store for the tourists...

Eyebrows largely intact, the team arrived at the Parnu Rannastaadion the next day for the first competition of the tour. For the uninitiated (ie. most of the non-throwers), it turns out that throwing is the national sport of Estonia, and we had...
Achilles v Helsingfors IFK
10 March 2018
CUAC Anniversary Games

100 yards (gentlemen) First race

Mile race (for all-comers)
1. Mr James Coxon (#25) 4 minutes, 25 and a fifth seconds; 2. Chief Alastair Stanley (#41) 4 minutes, 34 and 3rd seconds; 3. Dominic Jacques (#61) 4 minutes, 37 and a half seconds; 4. Mr. Tom Goudling (#20) 4 minutes, 41 and three tenths seconds; 5. Mr. Ryan Ward (#9) 4 minutes, 52 and second seconds; 6. Jeffrey Chu (#55) 4 minutes, 56 and nine tenths seconds; 7. M. Lucca Vasillo (#45) 5 minutes, 12 and two fifth seconds; 8. Miss Bridg Eades (#28) 5 minutes, 41 and four fifth seconds; 9. Standing High Jump (Ladies); 1. Lady Grace Clements (#23) 3 feet, 5 and a quarter inches; 2. Miss Bridg Eades (#28) 3 feet, 4 and a half inches; 3. Miss Florence Cochrane (#24) and Miss Lea Wener (#93); both 3 feet, 1 and a half inches; 5. Miss Catriona Marriott (#29) 2 feet, 9 and a half inches.

Standing High Jump (Gentlemen); 1. Master Sam Day (#51) 4 feet, 8 inches; 2. Mr. Ethan Sorrell (#58) 4 feet, 6 and three quarters inches; 3. Chief Alastair Stanley (#41) 4 feet, 3 and a quarter inches; 4. Colonel Ming Wang (#50) 3 feet, 1 and a quarter inches; 6. Colonel Josh Moulard (#21) and Mr. Bilen Ahmet (#11) 3 feet, 7 and a quarter inches; 8. equal Tsar Justas Dauparas (#22) and the Honourable Mr. Ming Wang (#50) 3 feet, 3 and a half inches; 10. Sir Clayton Gilgillese (#14) 3 feet, 1 and a half inches; Mr. Bryce Lim (#48) 4 feet, 3 and a half inches, but failed to clear this.

Standing Broad Leap (Gentlemen); 1. Mr. Kaesi Opera (#46) 9 feet 8 inches; 2. Master Samuel Day (#51) 9 feet 7 inches; 3. Tsar Justas Dauparas (#22) 9 feet 6 inches; 4. Mr. Andrew Ejemai (#1) 9 feet 1 inch; 5. Chief Alastair Stanley (#41) 8 feet 11 inches; 6. Sir Clayton Gilgillese (#14) 8 feet 9 inches; 7. Colonel Josh Moulard (#21) 8 feet 8 inches; 8. Mr. Baven Balandir (#65) 8 feet 6 inches; 9. Mr. Ethan Sorrell (#58) 8 feet 4 inches; 10. Equal Mr Bryce Lim (#48) and Mr. Bilen Ahmet (#11) 8 feet 1 inch; 12. Dr. Andrew Hodge (#63) 7 feet 9 inches; 13. Mr. Roderick Thorne (#35) 4 feet exactly.

Standing Broad Leap (Ladies); 1. Lady Grace Clements (#23) 7 feet, 10 inches; 2. Miss Lea Wener (#93) 7 feet, 6 inches; 3. equal Miss Alice Flint (#42) and Miss Bridg Eades (#28) 7 feet exactly; 5. Miss Ellie Lane (#46) 7 feet exactly; 6. Miss Caroline Johnson (#31) 6 feet, 10 inches; 7. Fraulein Johanna Schoenecker (#46) 6 feet 10 inches. Ensign James Tufnell (#16) best hand 162 and 71/2 inches; The Trouser Race!


WELCOME…..

... to the following recently elected new members:
Alexander Bampton; Eleanor Bolton; Oliver Bradfield; Sam Brown Araujo; Jake Bruche; Alexandra Burchill; Chantelle Caines; Ralph Carro; Gerald Clancy; Belinda Clark; Charlotte Dannatt; Matthew Dawe; Chris Day; Katherine Dennison; Isabel Dye; Andrew Ejemai; Joshua Eijkonjy; Thomas Gouveia; Peter Guevara; Lawrence Hopkins; Kimberly Hornor; Katrina Kelly; Christopher Kenea-Jones; David Lalor; Shakira Mahadeva; Lauren Major; Peter Merritt; Jack Millar; Daniel Mulryan; MozowO Odiase; Amitra Panesar; Jamie Parkinson; Benjamim Passey; Alessandra Peters; Paul Pruzina; Austin Puleo; Daniel Rambash; Thomas Renshaw; Adam Rochussen; Pascal Rueetten; Jaya Sharma; Jennifer Sheasby; Maddy Sketchley; Kirk Smith; Christian Smith; Charles Sneddon; Greg Sulley; Bonnor Sullivan; James Walden; Tayo Ward-Brew; Ericka Wheeler; Conrad Will.
Kinnaird & Sward Trophy Matches
21st April 2018 Kingsmeadow

A largely Oxford men’s contingent were unable to match the home team, King-
ston & Poly, who as always fielded se-
veral of our own members, but saw off
the challenges from Epsom and other
clubs. Their achievements were mir-
rored by an Achilles women’s team hav-
ing more light blue balance.

Kinnaird Trophy (Track Events) . KACP

Women
Men 100m 1 Isaac Kitchen-Smith 11.08 -0.9 100m
3 Justin Leung 11.63 1.5 1500m 4 Peter Quevora
4.58.56 . 2000m SC 2 Jamie Parkinson 5.58.1 .
2000m SC 1 Kirk Smith 6.11.7 . 200m 2 Isaac Kitch-
en 22.38 -1.1 200m 1 Daniel Gregory 22.82 -0.7 .
400m 3 Matt Newton 51.00 . 400m 1 Edward Rees
49.58 . 400mH 1 Ronan Lyr 56.09 . 400mH 1 Law-
rence Hopkins 63.83 . 800m 2 Sam Brown-Araujo
2.04.37 . 110mH 1 Bilen Ahmet KACPH 20.04.0 .
1500m 1 James Coxon KACP 3.59.23 . 2000m SC 1
Daniel Ekersley KACP 5.53.2 . 400m 2 Hugh Baker
KACP 51.41 . 400mH 2 Bilen Ahmet KACPH 67.13 .
800m 3 Bilen Ahmet KACPH 2.51.76 .

Women
100m 4 Zoe Thursz 13.68 1.1 100m 1
Amrita Panesar 12.93 1.1 100mH 2 Emma Roberts
15.92 -0.3 1500m 1 Charlotte Dannatt 44.66 .
1500m 1 Eleanor Bolton 4.52.57 . 200m 2 Amrita
Danesar 27.01 . 200m 2 Olayomi Antionose-eso
28.43.0.3 400m 1 Irene Gibson 58.53 . 400m 2
Jennifer Sheasby 75.20 . 400mH 1 Gladys Ngetich
1.06.14 . 400mH 1 Daisy Hayman-Irving 1.06.90 .
800m 5 Annabel Sharo 3.00.37 .

Non Scoring
400m n/s Jacob Bruchez 56.26 . 100m
n/s Alan James 12.90 -0.6 200m n/s Justin Leung
23.88 -0.9 2000mSC n/s Daniel Mulryan 6.19.9 .
2000m SC n/s Paul Pruzina 6.20.6 . 200m n/s Austin
Puleo 24.26 -0.9 400m n/s Austin Puleo 52.49 .
100m n/s Lauren Stephenson 12.56 -0.6 100m n/s
Conrad Will 12.76 -0.6 200m n/s Conrad Will 25.36

LICC Matches

LICC 28th April 2018 at Lee Valley. 400m Hurdles Race 2: Lawrence
Hopkins SM 65.23: Bilen Ahmet SM 68.17: 400m Hurdles Race 3:
Alexandra Burchill SW 79.75: 100m Hurdles LICC 2.2 M/S: Alexan-
dra Burchill SW 19.95: 800m LUCA Men Race 1: Hugo Fleming SM Uni-
versity College London 01:58.81: 100m LICC Race 2 1.0 M/S: Kaesi
Opara SM 10.91: 100m LICC Race 4 2.1 M/S: Pascal Ruetten SM
12.39: 400m LICC race 1: Austin Puleo SM 52.47: 400m LICC race 3:
Caroline Johnson SW 61.38: 200m LICC race 1 1.7 M/S: Kaesi Opara
SM 22.14: 200m LICC race 3 1.0 M/S: Caroline Johnson SW 27.12:
Triple Jump LUCA: Bilen Ahmet SM 11.02: High Jump: Bilen Ahmet
SM 1.50: Pole Vault Indoors due to faulty equipment: Bilen Ahmet
SM 3.71: Luke Williams SM Ashford 3.61: Jennifer Sheasby SW 2.51:
Javelin Pool 2: Oliver Bradfield SM 54.82: Bilen Ahmet SM 28.50:
21.81: Georgina Howe SW 50.05: Discus Pool 2: Bridget Fryer SW
31.14: Discus Pool 3: Bilen Ahmet SW 19.88: Bridget Fryer SW
33.11: Abigail Parker SW 18.89.

LICC 30th June at Lee Valley (Achilles attendance low as coincided
with Penn-Cornell) 400h Alice Flint 65.38; Pole Vault Bilen Ahmet
3.90: Jen Sheasby 2.40: Javelin Jen Sheasby 17.33: Shot: Bo Ivanovic
M75 9.37.

LICC 27th July 2018 at Allianz Park. 100m race 2 2.4 M/S: Toleme
Ezekiel SM 11.88: 100m race 9 -2.9 M/S: Paul Willcox M65 15.27:
400m race 1: Austin Puleo SM 52.62: 200m race 2 -2.3 M/S: Austin
Puleo SM 25.04: 200m race 3 -1.8 M/S: Alice Kaye SW 26.68: 200m
race 5 -1.5 M/S: Alexandra Burchill SW 29.36: 200m race 6 -1.4 M/S:
Paul Willcox M65 32.05: 110m Hurdles -3.0 M/S: Bilen Ahmet SM
20.42: 1500m: Lucy Marlow SW 05:12.05: Pole vault: Bilen Ahmet
SM 3.70: Jennifer Sheasby SW 2.60: Triple jump: Bilen Ahmet SM
11.01: Hammer: Helen Broadbridge SW 52.64: Emmaline Okafor SW
40.03: Discus: Helen Broadbridge SW 43.69: Javelin: Bilen Ahmet
Broadbridge SW 10.33.

LICC 25th August 2018 at Allianz Park. 100m Race 1 3.3 : ISAAC
KITCHEN-SMITH 10.85: 100m Race 3 1.2 : TOLEME EZEKIEL 11.61:
100m Race 4 3.1 : BRAILEY LIM 11.87: 100m Race 5 3.1 : LAURENT STE-
PHENSON 12.24: JAMES TUFNELL 12.31: 100m Race 6 0.7 : CONRAD

Sward Trophy (Field Events) . KACPH

Men
- Discus 2 Jack Paget 39.57 . Discus 1 Chris
Kane-Jones 38.88 . Hammer 2 Jack Paget 48.06 .
Hammer 2 Adam Rochusson 28.12: High Jump 3
Daniel Gregory 1.75 . Javelin 1 Arran Davis 52.83 .
Long Jump 2 Sandy Macaulay 6.59 . Long Jump
1 Daniel Smith 6.52 . Pole Vault 1 Archie McNeillis
4.60 . Pole Vault 1 Chris Davis 3.35 . Shot 3 Adam
Rochussen 9.64 . Triple Jump 2 Andrew Ejemai
Discus 2 Andy Wheble KACPH 38.63 . High Jump
5 Bilen Ahmet KACPH 1.50 . Javelin 1 Andy Wheble
KACPH 38.50 . Pole Vault 2 Bilen Ahmet KACPH
3.55.

Women
- Discus 1 Helen Broadbridge 40.99 . Discus
1 Bridget Fryer 33.97 . Hammer 2 Helen Broad-
bridge 51.35 . Javelin 4 Jennifer Sheasby 16.83 .
Long Jump 3 Chantelle Caines 4.63 . Long Jump
3 Jennifer Sheasby 2.61 . Pole Vault 2 Jennifer Sheas-
by 2.15 . Shot 3 Helen Broadbridge 10.55 .

Kaezi Opara: good early season form in match 1

Pascal Ruetten
THE 2018 VARSITY CROSS COUNTRY RACES

It was a case of honours even in the 2018 Varsity Cross-Country Races. Sadly, heavy rain the week leading up to the race put paid to any hopes that the course records might be under threat; however despite this, Wimbledon Common was once again witness to two high-quality contests.

There was a little bit of history at the outset of the 43rd Ladies’ Race, with the scoring system being changed to eight-a-side, six-to-score to bring it in line with the gentlemen. Taking advantage of a strong fresher intake, Cambridge recorded their first win for three years by 33 points to 46. With five in the first seven home, the team result was decided a long time before the runners emerged onto the Memorial Playing Fields in the final stages. However, there was an excellent battle for the individual honours between Oxford’s Charlotte Dannatt (St. John’s) and Cambridge’s Nancy Scott (Newham). Scott made amends for missing out through injury 12 months ago to take the victory by seven seconds in 23:26. Behind them came the Light Blue captain, Niamh Bridson Hubbard, who put behind her injury problems, to finish an excellent third in 23:50, and fresher Phoebe Barker (24:01). This result narrowed the gap in the series to 25 wins for Oxford and 18 for Cambridge.

Having won three of the last four races and with five old Blues in their team, Oxford entered the 128th Gentlemen’s Race with high hopes of another victory. These hopes were given a boost in the week before the race with the withdrawal due to European selection of the Light Blues’ Oliver Fox (Robinson), the 2016 winner and favourite again this time.

In the event, the runners stayed closely packed well into the race and it was not until they had passed the Windmill for the second time, at who emerged victorious in the very about the half-way point, that it started to break up and become clear that it was indeed going to form. Over the last two miles, the battle for individual honours became a three-way contest between 2017 winner Jamie Parkinson (Jesus, O), George the Dark Blues’ superiority on the Gathercole (Caius) and Tim Lefroy (St. Cross). It was Parkinson (38:36) who took the victory by beating Lefroy to second. Just one three Oxford vests before a Cam-bridge pack of four, which confirmed three Oxford vests before a Cam-bridge pack of four, which confirmed that the course records might be under threat; however despite this, Wimbledon Common was once again witness to two high-quality contests.
Note for next year’s Varsity Cross Country: we now have a Varsity Match Twitter feed @OxfCamXC and a dedicated webpage for the Varsity Match www.varsityxc.run. In the run-up to the race, we use both of these to post information (teams, preview, results, etc). Also, the Thames website has recently been updated and there is an improved page on the match: http://www.thameshareandhounds.org.uk/varsity-match/

Cambridge’s first win for 3 years in the Ladies’ Race

Oxford won the 128th Gentlemen’s Race

to 50. They now lead the series by 65 wins to 63. However, with this being the final year for the majority of their team, it will be interesting to see if they are able to maintain their recent run of success in 2019.

A final mention should be made of William Ryle-Hodges (Magdalene) who, in what was probably his last race, set a new record appearance record of eight, surpassing Warwick Ewers (Worcester – 1971-77) and Nick Talbot (University – 1996-2002), who both competed seven times.

Earlier in the day, Cambridge won the 27th Old Blues’ Race by 98 points to 158. Miles Chandler (Lady Margaret Hall) took the individual victory in 21:36. First lady home was Katy Hedgethorne (Murray Edwards) in 24:31. In overall terms, Oxford lead by 15 wins to 12.

—Simon Molden
FRESHERS VARSITY MATCH
3 NOVEMBER 2018
Iffley Road, Oxford

MEN
100m Richard Kirkham (O) 12.4, Ivo Andrews (O) 12.5, Sam Brown (C) 12.5, Ricky Kawagishi (C) 12.6
100m (guests) Will Heard (O) 12.6, Jack Broadbent (O) 12.9, Tom Channer (O) 13.0
200m Max Buckley (O) 23.8, Richard Kirkham (O) 24.3, Sam Brown (C) 24.6, Conor Diamond (C) 26.6
400m Max Buckley (O) 52.4, Blake Strickland-Bennett (O) 52.6, Billy Matthews (C) 53.2, George Pugh (C) 54.5
800m Yannick Markhof (O) 2:06.6, Amar Aiyar-Majeed (C) 2:06.9, Ollie Bowling (O) 2:08.4

1500m Luke Doughty (O) 4:20.2, Yannick Markhof (O) 4:21.0, Max Robertson (C) 4:32.0, Oliver Riley (C) 4:41.9
3000m Christian Smith (O) 9:40.0, Max Robertson (C) 9:44.8, Billy Matthews (C) 11:22.7
800m hurdles (3’3”) Tom Riley (C) 15.5, Sam Clarke (C) 16.7, Joseph Murphy (O) 18.7, Oscar Maatta (O) 23.3
400m hurdles Sam Clarke (C) 57.5, Joe Mitchell (C) 58.4, Blake Strickland-Bennett (O) 59.3, Luke Doughty (O) 62.2

High Jump Thung You Xuan (C) and Dom Reedy (O) both 1.75, Peter Merritt (O) 1.75, James Kirch (O-guest) 1.65, Joe Mitchell (C) 1.55
Pole Vault (not held)
Long Jump Matt Moore (C) 5.93, Dan Lyness (O) 5.82, Ryan Morgan (C) 5.64, Tom Flatters (O) 5.42
Triple Jump Thomas Carey (C) 12.77, Ryan Morgan (C) 12.75, Tim Chan (O) 12.42, Dan Lyness (O) 12.02
Shot Tom Riley (C) 12.17, Maciej Maruszczak (C) 11.17, Tom Flatters (O) 10.32, Stewart Humble (O) 9.23
Discus (Horsepath) Tom Riley (C) 33.16, Tom Flatters (O) 31.12, Maciej Maruszczak (C-guest) 30.42, Stewart Humble (O) 25.72
Hammer (Horsepath) Stewart Humble (O) 22.82, Maciej Maruszczak (C) 17.85, George Lodge (C) 15.46, Clemens Hedley (C-guest) 12.54, Ishan Kapoorn (O) 11.08
Javelin Tom Riley (C) 50.47, Hunter Heenan-Jalil (O) 45.91, Ishaan Kapoor (O) 32.56, Clemens Hedley (C) 29.87
4 x 100m Cambridge (Clemens Hedley, Sam Brown, Ricky Kawagishi, Tom Riley) 47.2

Achilles Athletes of the Match
Alice Harray (O - 800m & TJ) & Caroline Shipley (O – distances) ; Tom Riley (C - hurdles and throws)
Oxford (Will Heard, Richard Kirkham, Ivo Andrews, Jack Broadbent) disqualified
4 x 400m Oxford (Blake Strickland-Bennett, Andrew Shaw, Max Hubner, Max Buckley)
3:31.3, Cambridge (Billy Matthews 52.9, George Pugh 52.8, Sam Clark 52.9, Joe Mitchell 52.9) 3:31.5

Result Oxford 91, Cambridge 87

WOMEN
100m Magda Cienciala (C) 13.6, Alice Semark (O) 13.8, Gabby Craft (C) 14.2, Noor Jafree (C-guest) 14.5, Julia McCarthy (O) 14.7
200m Gabby Craft (C) 28.5, Alice Harray (O) 28.9, Julia McCarthy (O) 29.7, Eliza Bond (C) 32.1
400m Olivia Anderson (C) 62.7, Saskia Krefting (O) 62.7, Chena Underhill (O) 64.6, Alexandra Prickett (C) 72.2
800m Alice Harray (O) 2:20.0, Annika Gompers (C) 2:20.4, Amy Kent (O) 2:41.9, Emily Song (C) 3:23.5

1500m Caroline Shipley (O) 4:45.9 (record), Annika Gompers (C) 4:59.0, Emily Georgiades (O) 5:14.9, Emily Song (O) 8:06.7
3000m Caroline Shipley (O) 10:22.3, Nathalie Haarar (O) 10:54.6, Natasha Pearson (C) 15:26.6, Gemma Kinsley (C) 16:29.4
100m hurdles Andrea Novoa Martinez (C) 18.5, Leila Legris (O) 18.5, Alice Semark (O) 18.5, Alexandra Prickett (C) 32.2
400m hurdles Saskia Krefting (O) 71.6, Andrea Novoa Martinez (C) 73.9, Christina Okafor (C) 76.4

High Jump Andrea Novoa Martinez (C) 1.48, Leila Legris (O) 1.45, Magda Cienciala (C) 1.35, Georgina Hanson (O) 1.30
Pole Vault (not held)
Long Jump Magda Cienciala (C) 4.47, Martha Bevan (C) 4.40, Carolina Earle (O) 4.07, Kat Dangas (O) 3.83
Triple Jump Alice Harray (O) 10.17, Gabby Craft (C) 8.63, Naomi Mburu (O) 7.92, Carolina Earle (O-guest) 8.27 [Annabel Patterson (C) had all no jumps]
Shot Crystalina Guo (O) 9.34, Lauren Crist (O) 9.31, Andrea Novoa Martinez (C) 9.16, Gemma Kinsley (C) 8.23
Discus (Horsepath) Lauren Crist (O) 31.94, Crystalina Guo (O) 28.41, Gemma Kinsley (C) 23.72, Martha Bevan (C) 17.76, Emma Baker Thurston (C-guest) 16.65
Hammer (Horsepath) Lauren Crist (O) 34.18, Crystalina Guo (O) 33.57, Emily Baker Thurston (C) 23.52, Gemma Kinsley (C) 16.38
Javelin Abi Jones (O) 33.11, Andrea Novoa Martinez (C) 30.99, Martha Bevan (C) 29.68, Gemma Kinsley (C-guest) 29.03, Crystalina Guo (O) 7.37
4 x 100m Cambridge (Magda Cienciala, Gabby Craft, Noor Jafree, Andrea Novoa Martinez) 54.5, Oxford (Cheena Underhill, Alice Semark, Leila Legris, Julia McCarthy) 54.7
4 x 400m Oxford (Cheena Underhill, Saskia Krefting, Alice Harray, Caroline Shipley) 4:23.0, Cambridge (Olivia Anderson 70.1, Christina Okafor 72.6, Alexandra Prickett 72.8, Annika Gompers 62.2) 4:37.7

Result Oxford 97, Cambridge 80 - CJRT
1992/93 was a happy time in OUAC with strong team spirit and training at Iffley Road was always a pleasure. The year promised the tour to the US, the fairly new, but now customary warm weather training trip to southern Portugal, as well as the Varsity Match, to be held, as Nilla Karlsson’s photos attest, in bright sunshine at Iffley Road. Despite the perennial challenge of matching distance runners to races in an optimal way, and dealing with athletes who might have peaked for the trial instead of the big day itself, the OUAC men were fairly confident of victory and the women, led by the excellent Nilla Karlsson, also knew they would be competitive. Our CUAC counterparts were also confident, so the stage was set for the customary feast of athletics.

The match itself was characterised by several people who clearly had springs in their legs: Gareth Davies who was now competing for Oxford, having been an undergraduate at Cambridge and Simon Walker (also OUAC) completed a titanic duel in the men’s long jump, both breaking the previous match record (7.49m by Gareth, was then eclipsed by 7.62 m by Simon – that’s 25 feet – a distance the rest of us only reach in a dream) evidently the warm-up of running in the 100m served both of them well. Ruth Irving (CUAC) also ensured a second long jump record that day winning by 2 feet. Andy Hodge with a real president’s performance for CUAC dominated the high jump with a personal best of 2.10, well ahead of his rivals and also won the triple jump and the high hurdles. Matt Weaver’s (OUAC) springiness was pole assisted and resulted in a new match record (only just eclipsed in 2018) and shared spoils in the jumps. There were many other excellent performances throughout the day with strong victories in the hammer by Malcolm Croad (OUAC) and in the Javelin by James Hurrion (OUAC). Overall Oxford dominated in the field in both the men’s and women’s matches, but the tables were turned on the track (the imbalance was particularly large in the women’s match) with CUAC, led by Charlotte Cutler taking the spoils. In the men’s match Cambridge emerged victorious overall by a 5 point margin and CUAC won the women’s match by a slightly larger 13 point margin. The men’s match having been lost, there was still time for what I remember as the highlight race on the track in which Oxford’s 4x400 team were probably underdogs going into the final race, but the quartet of Michael Douglas, Chris Martin, Simon Hall and Tim Stewart saw off a Cambridge team which included the winners of three of the individual events.

After many years not competing since the start of 2017 I’ve had a mini-resurgence in my running career, the highlight so far being winning the British Masters Cross-Country Championships earlier this year in the 45-50 year old age group. Next up is the World Masters Athletics Championships in Malaga in the second week of September - assume I stay injury free between now and then [He placed placed 4 and 5th respectively at 8k cross country and 10k.—Ed.]. There’s still some life left in the ageing legs!

- Simon Clarke, OUAC President

- Simon Baines
Varsity Match 1993 — Nilla Karlsson’s album
The 1993 Varsity Match came around just a few weeks after the Achilles tour to the US. Having emerged victorious alongside many Oxford athletes against Harvard and Yale, it seemed strange to now be competing against them. Friendships had been forged on that tour, which made the atmosphere at Iffley Road way more fun and less tense than usual. I remember a sunny but windy day, with some incredible long jumping down the back straight. Ruth Irving doing what she did best: sailing out beyond 6m in the women's event.

In the 3 years I competed in the Varsity Match, this was the only women's match that did not go down to the wire. It was nice to be part of a 4 x 400m relay team that was already confident in overall victory. It was also great to win alongside the men, under Andy Hodge’s - how should I put it?! - unique captaincy. I can’t remember much about the post-Match dinner, though I can imagine we were probably all keen to catch up after the US tour. I see in the report we all got scolded for talking over the guest speaker, which I’d like to think reflects just how much we bonded on the tour...!

Charlotte Cutler (top right in the photos on her way to Varsity 400mH victory), who now lives in Hong Kong and adds “I’m still competing! Sadly, the roads and the track take their toll on me in terms of injury so I’ve turned to trail racing in the last year. Managing to keep up with the young ‘uns and scoring a few victories in my own right, which is nice!”

Adrian Metcalfe, guest of honour at the Varsity Dinner, pointed out that Simon and I had taken completely different approaches as Presidents. In his day the usual approach of being President was to select yourself, get your Blue and worry about the rest of the team afterwards. Simon, he pointed out, took the ultimate sacrificial decision of deselecting himself in a selfless act to try to win the match. “Sadly today he came up against a Cambridge President who seemingly selected himself in every event which he then went on to win.” A bit self-promoting, I know, but I enjoyed his comedy observation and I do think Simon and I pushed every button to defeat each other.

The team which represented Oxford & Cambridge in the USA in April 1993 and defeated Harvard & Yale was a testament to the strength of the two Universities at that time. On tour there were a lot of rivalries and people upset at not being selected for various events, because when push came to shove outright event wins meant tough decisions had to be made: I recall Oxford’s Eddie Broome being most annoyed as in the USA he really didn’t get the opportunity to act as a scoring athlete with Cambridge’s Kevin Johnson preferred in the steeplechase. However, that very situation led to an enormous battle in the Varsity Match where Eddie pushed and pushed and eventually Kevin cracked under the pressure and caught a barrier leaving the win to Eddie who was more than jubilant! Those are my fondest memories - plus Ian Harkness somehow staying ahead of Simon Baines in the 5k. They both admitted after an epic race run within a yard of each other throughout that if either had made a move the other had nothing left in the tank to counter 14:26.7! That was probably the moment I thought CUAC’s men had just about won it.

- Andy Hodge, President CUAC 1993

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- Andy Hodge, President CUAC 1993
40 YEARS ON
CUAC, OUAC AND ACHILLES IN 1978

That was a long time ago! I remember the sun shining then - but didn’t it always those days? It was a fun day, particularly as we (Oxford) won both men's matches. The blues match was closely contested - there was a lot of talent in both teams. Looking back, this was one of the highlights of the year (a year which for me also included graduating, getting married and the Achilles tour to Australia & Singapore). I was fit then, but not training every day, which is probably why I found the 400m so demanding, and why I got quicker as the season progressed!

I renewed my battle with my arch rival (nemesis?) Brian Jones in the sprints, 400m and relays. We managed to get a 1-2 in the 100m, pushing Brian into 3rd place, which was a great start. In the 200m, I decided to concentrate on running the bend as smoothly as possible and flat-out, which paid off, and I remember the elation of coming off the bend in front and winning. In the 400m Brian’s strength prevailed, and he deservedly won that event. We won the sprint relay in a tightly fought encounter. The final event was the 4x400 relay. I took over the baton roughly level with Brian (I cannot remember who was ahead). I knew I could out-sprint Brian, but that he had superior stamina, so we played cat and mouse down the back straight; I attempted to make a move with about 100m to go, but Brian just dug in and kept on going to win, and I couldn’t respond. I think I collapsed on the ground with exhaustion at the end of the race!

- Peter Key

As my captain’s year, I remember it well, but have no photos, I’m afraid. Until 1979 I was Carole Chapman, then married in 1979 and became Carole Morris the name most athletes and officials know me by.

It was the 3rd of my 7 Varsity matches - the first was at Crystal Palace in 1976 (and afterwards dinner at the Hurlingham Club) then the second was at Iffley Road in 1977 - the first Varsity to be held there at the then-called ‘Chevron’ track - an all new tartan track - a rarity then!

In 1978 it was the 2nd time in a row that Cambridge had travelled to Iffley Road for the Varsity match as the ‘Chevron’ track was a wonderful surface to compete on, and although Cambridge hosted the match, it was held at Oxford (as it was for the next few years as well until Wilberforce Road at Cambridge replaced the old cinder track at Milton Road)!

I do recall competing in the discus (as well as my own event the javelin) and I may even have run a leg of the 4 x 100m relay too. I remember having a great team competing with me which had at least 3 or 4 ladies’ captains in it (Gill Smith before me, Kim Tufnell and Bridget Wheeler? after me), and records fell that day as Kim Tufnell sprinted her way into the history books with three, and Gill Smith equalled the High Jump record too.

When I look back at how few women undergraduates we had in Cambridge at the time (only three women’s colleges - Girton, Newnham and New Hall, and four mixed - Trinity Hall, Churchill, Clare and Kings), we were blessed in 1978 with an amazing team!

- Carole Morris

As the OUAC President in 1978, it is pleasant now, 40 years later, to be reminded of the Mens' Blues success at Iffley Road, in my final Varsity Match, after Oxford had been beaten in this event for the 3 previous years. It was also nice to be reminded that in those days I could launch the javelin over 64m, even though in those days the spear was designed to float more sympathetically than now! In my dreams I sometimes find myself still able to do this, but I have to catch myself and realise that those times are long passed!

More enduring though are the memories of the people with whom one shared this joint enterprise. A quick glance down through the team lists reveals people who went on to high levels in athletics and athletics administration, but also many who became senior players in industry and commerce, education, government and many other walks of life, both in the UK and abroad. From time to time the Varsity Match and other Achilles events brings some of them together again, allowing memories to be refreshed, and old friendships renewed.

Eddie Quist Arcton won the 2nd team sprints. I first got to know him properly on one of the infamous trips to Poland led by one of the then OUAC coaches, Captain (posthumously General) Mack. I had the privilege of attending a ceremony to unveil a plaque in his memory at Iffley Road last Summer just before the Oxbridge Match v Penn and Cornell. A number of senior guests attended, including the Polish Ambassador, and yet another ‘window’ was opened into the distinguished life of this modest man. But back to Poland on new years eve 40 or so years ago, and Alan Mack had organised that the OUAC members who had gone there to train with Polish

Carole was an inspirational captain who is responsible for my keeping at it.

—Bridget Wheeler

Photo 1: Craig Masback and I battling off the final turn of the 1500m. Craig won to complete an 800/1500 double and he of course went on to be the second man to break 4min for the mile at Iffley Road, a multiple US international at 1500m and at one point the 6th fast miler in history.

Photo 2: my team mates’ appreciation of my leadership taking us to second place to a strong Oxford squad, with the ritual humiliation being led by top Welsh high jumper Neil Thomas.  — Martin Wilson
athletes should see in the New Year in a bar/club in the basement of an
unremarkable block of flats somewhere in Warsaw (or it may have
been Krakow, the unremarkable bars were rather the same in both
venues!). The vodka flowed liberally as we became better acquainted
with the local people who had also booked in for the festive evening,
and it has to be said that in those days Eddie stood out a mile by vir-
tue of his stature and appearance - so much so that at some stage
during the evening there was some commotion as two or three young
Polish men staggered down the stairs into the bar, saw Eddie and
immediately grabbed him, bundling him upstairs in a friendly manner
to introduce him to some white stuff falling from the sky. 'Snow,
snow' they said in an excited fashion, as if he had never seen such a
thing! To his credit Eddie, who must have been a little taken aback by
this turn of events, felt it wise to join in with their joy, and all soon
returned downstairs, where more new friendships were formed.

There are probably similar stories I could recall about some of the
other members of the team, but the old saying 'What happens on
Tour stays on Tour' is worth holding on to!

Like Peter, I also toured to Australia and Singapore in 1978, but the
other Tour I was privileged to have been a part of was the 1977
Transatlantic Series Tour to the USA. I won't go into detail here, but
the experience was one that has stayed with me throughout my
working life, and persists now that I am working a little less hard! In
short, the Tour opened my eyes to some of the opportunities that lay
overseas, whether in sport, or study, or work, or friendship, and
helped me to see a bigger picture of what I may be able to do after
Oxford. It is fair to say that this broadened vision has not disappoint-
ed, so much so that I have been delighted and honoured more re-
cently to have been the Achilles Transatlantic Series Tour Director for
the last 9 or so years, during which I have had the pleasure of helping
to enable nearly a decade's worth of students from Oxford, Cam-
bridge, Harvard, Yale, Penn and Cornell to share in the experience
of such Tours across 'the pond' offer. I shall pass the baton on to a new
Tour Director for the Transatlantic Series at the conclusion of the visit
by Harvard and Yale in June of this year, confident in the knowledge
that whilst the world may look very different now than it did in 1894,
when Oxford took on Yale in the first Match in the Series, after 125
years students and staff from both sides of the Atlantic continue to
derive huge benefits from these exchanges.

I suppose in 1978 I had little idea where the world of work would
take me, where I would live, the institutions I would be lucky enough
to have further study opportunities in, how far athletics would take me,
or indeed who I would marry, or have as lifelong friends. 40 years
later, looking back, I can see the threads of sporting endeavour,
friendships and opportunities for which I am ever grateful.

—John Crosse

1978 VARSITY MATCH, Iffley Road, Oxford

MEN, Blues Match

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Result Oxford 112, Cambridge 100

WOMEN, Blues Match

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<td>43.66</td>
</tr>
<tr>
<td>Discus</td>
<td>40.06</td>
<td>39.90</td>
</tr>
<tr>
<td>Hammer</td>
<td>28.92</td>
<td>25.94</td>
</tr>
<tr>
<td>Shot Put</td>
<td>8.64</td>
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<tr>
<td>4 x 400m</td>
<td>3:28.4</td>
<td>3:33.0</td>
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</tbody>
</table>

Result Oxford Centipedes 121, Cambridge Alverstone 88

CJRT 24.1.2004
MISSING MEMBERS

We have lost track of the following and would be grateful for information at membership@achilles.org

1945 Robert Reynolds (Cam)
Jolyon Rymer (Cam)
John Seale (Cam)
Gordon Drew (Ox)
Paul Jeanty (Ox)
Geoffrey Tudor (Cam)

1946 David Shires (Cam)
Kenning Cheong (Cam)
Roger Hodgson (Ox)
Nigel Cowan (Cam)
David Grant (Ox)
Julie Morgan (Cam)

1947 John Newell Price (Cam)
David Powell (Ox)
Richard Broad (Ox)
Jean-Pierre Matossian (Ox)

1949 Bob Catterall (Cam)
Iain Crawford (Cam)
Henry Leader (Cam)
James Batten (Cam)
Gerald Butterworth (Ox)

1951 Graham Barker (Cam)
Gareth Jones (Cam)

1952 Eduard Freitag (Cam)
John Maitland (Cam)
Christopher Higham (Cam)

1953 Edgar Sandbank (Cam)
Roger Pinnington (Ox)
Timothy Sainsbury (Ox)
Ronald Forster (Cam)
John Cuthbert (Ox)
Anthony Gibbs (Ox)
John Pinnock (Ox)

1957 David Churchill (Ox)
Steve James (Ox)
Tim Briault (Cam)
Michael Davies (Cam)
Peter Green (Cam)

1959 Colin Bacon (Cam)
Peter Burrows (Cam)
Jack McWhir (Ox)
Mike Ralph (Ox)
Herb Elliott (Cam)
Michael Royce (Cam)
George Darroch (Ox)
Robin Inglis (Cam)

1961 Raymond Channings (Cam)
Martin Clark (Cam)
David George (Cam)
Andrew Keith (Cam)

1963 Edwin Gale (Cam)
Michael Chapman (Cam)
Dick Pyle (Ox)
Geoffrey Willis (Ox)

1964 Geoffrey Grigson (Cam)
Wendell Motley (Cam)
Graham Plows (Cam)
John Smith (Cam)
Peter Wray (Cam)
Alan Heath (Cam)
Christopher Webb (Cam)
Peter Aukis (Ox)

1966 David Graham-Young (Cam)
Hugh Richards (Ox)
John Valentine (Ox)
Richard Green (Cam)

1969 Leon Hall (Ox)
Benjamin Davies (Cam)
Biff Hanham (Cam)
Malcolm Firth (Ox)
Julian Ellis (Cam)
Nigel Boldung (Ox)
John Morris (Cam)
John Stanley (Cam)

1974 Andrew Brown (Ox)
Adam Chadburn (Ox)
Pete Edwards (Ox)
Glyn Reynolds (Ox)
Charles Athie (Ox)

Catherine Shelley (Cam)
Wole Soboyejo (Cam)
Simon Briggs (Ox)
Vaughan Clark (Ox)
Robert Calvert (Cam)
Richard Taylor (Cam)

1985 Nat Woolard (Cam)
Paul Wilson (Ox)
Jiang Zhonghao (Cam)
Nigel Chaloner (Ox)

1993 Simon Alford (Cam)
Sarah Fielding Smith (Cam)
Decker Walker (Ox)
Stuart Forbes (Cam)
Sarah Wilson (Cam)

2000 Clare Brown (Cam)
Siobhan Denney (Cam)
Ed Green (Cam)
Corin Hughes (Cam)
Sarah Wilson (Cam)

2005 Robert King (Cam)
Nick Boulton (Cam)
Iain Scott (Ox)
Simon Steer (Cam)

2011 Vicky Barton (Cam)
Sarah Cullen (Cam)
Liz Munday (Cam)
Gordon Williams (Cam)
Julia Church (Ox)

2015 Stephen Crouch (Ox)
Alex Davies (Ox)
Gerald Preston (Ox)
Paul Wilson (Ox)

2020 Paul Newton (Cam)
James Reynolds (Cam)
Brett Williams (Cam)
Alan MacPherson (Ox)

2025 Sarah Shelton (Cam)
Linda Whiteford (Cam)
Tom Cottrell (Cam)
Tom Bent (Cam)

2030 John Brecknell (Ox)
Hugh Briggs (Ox)
David Burrows (Cam)
Pierre Delorge (Cam)

2035 James MacKavett (Cam)
Peter Ryan (Cam)
Rowan Smith (Cam)
Dominic Wise (Cam)

2040 Matthew Dimond (Cam)
Stuart Fairley (Cam)
Becy Hearn (Cam)
Kate Houston (Cam)

2045 David Howard (Cam)
Peter Davies (Cam)
Val Pritchard (Cam)
Andrea Robertson (Cam)

2050 John Martin (Cam)
Gary Pitts (Cam)
James Leach (Cam)
Andy Cattrell (Cam)

2055 Charlie Epps (Cam)
Steve Mathers (Cam)
Michael Risman (Cam)
Simon Taylor (Cam)

2060 Simon Firth (Cam)
Kheredine Idessane (Cam)
Main Maclean (Cam)
Tom Stout (Cam)

2065 Lawrence Tsang (Cam)
John Bewley (Cam)
Hugh Dodgson (Cam)

2070 Paul Gunton (Cam)
Sarah Collins (Cam)
Simon Samuels (Cam)
Hettie Briscoe (Cam)

2075 Hannah Ogg (Cam)
Fennel Aurora (Cam)
Sheree Hallwell (Cam)
Karen Noonan (Cam)

2080 Ben Collins (Cam)
Graeme MacKay (Cam)
Matt Taylor (Ox)
Courtney Cook (Ox)

2085 Matthew Dimond (Cam)
Stuart Fairley (Cam)
Becy Hearn (Cam)
Kate Houston (Cam)

2090 William Price (Cam)
Matthew Bowler (Cam)
Sue Burgis (Cam)

2095 Robert King (Cam)
Ruth O'Crowley (Cam)
Tom Luckett (Cam)

2010 John Martin (Cam)
Nicholas Armstrong (Ox)
Tanya Williams (Cam)

2015 John Martin (Cam)
Tanya Williams (Cam)
Tim King (Cam)

2020 John Martin (Cam)
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