THE ACHILLES CLUB
2019-2020

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FIXTURES 2020

Saturday 29th February—Varsity Field Events and Relays, at Lee Valley
Saturday 18th April—LICC Match 1, at Lee Valley
Thursday 30th April—Achilles Schools Relays, at Iffley Road
8th to 10th May—BUCS Championships, at Bedford
Sunday 17th May—VARSITY MATCH and dinner, at Oxford
Saturday 27th June—LICC Match 2, at Allianz Park
Saturday 25th July—LICC Match 3, at Allianz Park
Thursday & Friday 20-21 August—Bevil Rudd Decathlons for men and women at Iffley Road (see page 13)
Saturday 22nd August—LICC Match 4, at Allianz Park

All LICC matches are effectively open meetings, and can be entered on the day without restriction: entry is free for Achilles members.

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

To enter the Bevil Rudd decathlons contact teepalumaa@gmail.com

Achilles stalwarts: Vice President Chris Thorne and Membership Secretary Bilen Ahmet
Photos: Andy Hodge
Matt Leach (UK) 10000m 28:21.05
10 Christina Nick (Germany) Discus 49.25m
11 Nancy Scott 3000m 10:41.13
12 Bijan Mazaheri (USA) Marathon 2:15.26
13 Roger Poolman 5000m 13:50.78
14 Eoghan Totten (Ireland) Marathon 2:16.08
15 Anna Sharp 3000m 11:08.06
16 Matt Leach 3000m 7:59.14
17 Rowan May Pole Vault 5.00m
18 Tom Parker Pole Vault 3.90m
19 Andrew Heyes 3000m 11:08.06
20 Rowan May Pole Vault 6.38m
21 Eoghan Totten (Ireland) 3000m 7:59.14
22 Bijan Mazaheri (USA) 10000m 29:24.09
23 Louise Shanahan (Ireland) 800m 2:04.77
24 Dani Chattenton 1500m 4:15.35
25 Naomi Taschimowitz 10000m 34:17.99
26 Andrew Heyes 10000m 29:32.90
27 Dani Chattenton 5000m 15:53.25
28 Jude Bright-Davies Triple Jump 15.44m
29 Danny Ekersley 3000m 9:04.08
30 Jacob Lange Hammer 59.05m
31 Naomi Taschimowitz 5000m 15:57.05
32 Jake Shelley 5000m 13:56.99
33 Andrew Heyes 10000m 29:32.90
34 Dani Chattenton 3000m 7:59.14
35 Louise Shanahan (Ireland) 800m 2:04.77
36 Dani Chattenton 1500m 4:15.35
37 Andrew Heyes 5000m 14:05.37
38 Dani Chattenton 3000m 7:59.14
39 Sam Trigg Shot Putt 1.30m
40 Sam Trigg Shot Putt 1.30m
41 Isabelle Scott (Australia) 800m 2:05.44
42 Helen Broadbridge Discus 42.32m
43 Achilles Men’s Team 4x100 42.00
44 Achille Men’s Team 4x100 42.00
45 Richard Ollington 3000m 9:13.80
46 Alex Milne 400mH 54.20
47 Alex Milne 400mH 54.20
48 Jack Paget Hammer 56.23m
49 Jack Paget Hammer 56.23m
50 Charlotte Dannatt 3000m 9:22.36
51 Teele Palumaa (Estonia) High Jump 1.74m
52 Jake Watson Pole Vault 4.70m
53 William Mycroft Half Marathon 1:05.16
54 Oliver Fox 5000m 14:00.19
55 Samuel Clarke 400m 54.20
56 Montana Jackson Triple Jump 12.06m
57 Callum Court Pole Vault 4.66m
58 Michael Painter Hammer 54.30m
59 Dani Chattenton 3000m 9:25.67
60 Jeremy Dempsey 1500m 3:45.22
61 Samuel Clarke 100m 15.1
62 Kate Davies Javelin 40.91m
63 Alex Bampton Marathon 2:21.54
64 Helen Broadbridge Hammer 52.63m
65 OUAC Men 4x400m 3:21.58
66 Daniel Mulryan 10000m 3:10.11
67 Archie McNeilis Pole Vault 4.60m
68 Emily Ruane 5000m 16:26.80
69 Montana Jackson 400mH 62.02
70 Bridget Fryer Discus 40.59m
71 Mary Adeniji Triple Jump 11.91m
72 Jake Shelley 1500m 3:45.75
73 Andrew Heyes 5000m 14:05.37
74 OUAC Men 4x100m 42.36
75 Luuk Metselaar (Netherlands) Marathon 2:22.48
76 Jack Paget Shot Putt 14.01m
77 Chloe Billingham Pole Vault 3.53m
78 Phillip Crout 5000m 14:06.86
79 OUAC Women 4x400m 4:00.12
80 Norman Shrieve 10000m 30:18.25
81 OUAC Women 4x400m 3:23.68
82 Alex Bampton 10000m 30:19.16
83 Shane Martin Pole Vault 4.50m
84 Moriyo Aiyeola 60m 7.64
85 OUAC Women 4x400m 4:00.68

Achilles Club members in the UK Top 50 Rankings for 2019
Oxford came into the 2019 Varsity Match chasing a third successive 4-0 win across both Blues and Seconds matches, which had yet to be achieved since the introduction of all 4 matches in 1988, while Cambridge looked to close out a decade they had dominated until 2017 with home wins.

The Light Blues made a perfect start to the men’s match with fresher Sam Clarke storming away with the 400 Hurdles in a big new personal best. He was to record two further personal bests on his way to the first Hurdles treble of the 21st century, which netted him the Le Touquet Baton for most improved athlete. But even when he had done so, Oxford’s powerful field events squad had seized control of the match with a 1-2 in the Hammer, President Jack Paget surprisingly edging out match record holder Michael Painter, and in the Long Jump where Dan Smith in his favoured event comfortably beat Jude Bright-Davies. Both these results were to be reversed later in the day withainter winning the Discus over Paget and twice BUCS Indoor Champion Bright-Davies unsurprisingly beating Long Jump specialist Smith in the Triple Jump, with Ryan Morgan of Cambridge splitting the Oxford men in that event. Oxford’s track eventers also showed up early with Toby Ralph winning the 800, Jamie Parkinson the Steeplechase and Isaac Kitchen-Smith finally bringing his best form to Varsity in beating Kaesi Opara of Cambridge at the third attempt over both 100 and 200. Cameron Bain made it a clean sweep for Oxford in the sprints, making it 2-1 over his north-east rival Sam Day in their personal battle over 400 in the last three Varsity Matches. By that point Oxford were clearly on their way to a comfortable win. Jeremy Dempsey put Cambridge back on the board with a fine front-running win in the 1500m over twice champion Alex Gruen, and Gunther Klobe prevented a shut out in the scoring field events (Pole Vault was non-scoring due to safety concerns and was won by Cambridge’s Callum Court) by taking the High Jump. Oxford put the seal on their win with wins in both relays and by finishing their sweep of the throws with Achilles Trophy winner Paget in the Shot and Caspar Whitehead in the Javelin both winning for the second year in succession. But the race of the day belonged to Cambridge. Oliver Fox, fresh off representing GB Seniors at...
the World Cross Country Championships, set a ferocious pace in the 5000, even burning away his team-mate and twice U23 National Champion Phil Crout on his way to 14:11 - the fastest time in decades - which deservedly took the Drake Digby Trophy for performance of the men’s match.

The women’s match had been close in the previous two years and was to prove so again. Shrewd tactics from Oxford saw flat specialist Sophie Haldane take the 400 metre hurdles. This set the stage for Isabelle Scott to launch a ferocious solo assault on the 800m match record, in which she fell just short despite an astounding 8 second victory. She came similarly close to the match record in the 400m and was deservedly awarded the Susan Dennler Trophy for performance of the women’s match. Cambridge’s sprint queen Moriyo Aiyeola overcame a hamstring injury to take the short sprint double and lead her team to the sprint relay. However, fellow Light Blue Mary Adeniji was struck down by a hamstring tear in the last round of a Long Jump competition she had dominated (and in which Polly Maton, the first Paralympic athlete to compete in a Varsity Match, finished 2nd). This denied spectators an exciting showdown between her and Maddie Smith in the Triple Jump, as Maddie easily took that event in a fine distance. As in the men’s match, Oxford pulled away in the middle of the afternoon with wins in the 100m Hurdles for Harriet Wigginton, 5000m for soon-to-be U23 National medallist Eleanor Bolton, and High Jump for Teele Palumaa and 200m hurdles for Eleanor Duck. A theme of recent matches has been Oxford dominance in the throws but ours were even as President Bridget Fryer took the Discus, in a distance that won the Paul Gomme Trophy for throws, and Cara James the Shot for Cambridge. Oxford responded with fresher Abi Jones in the Javelin and Jenny Richards, in her 6th match, finally taking the Ham-
mer. Oxford were clearly ahead but a late flurry from Cambridge with Isabel Dye winning a high quality 1500m over Charlotte Dannatt, National U20 medallist Nancy Scott beating Oxford captain Anna Sharp in the Steeplechase and a 4x400m relay win led to some nervous calculations before Oxford could celebrate their win. The only match record in either Blues match fell to Esther Leong with 3.51m in the non-scoring Pole Vault.

Oxford did indeed close out their hat-trick of 4-0’s with comfortable victories in both second team matches. A fine middle-distance double from Niamh Bridson Hubbard couldn’t save the Alligators as the Millipedes dominated the heavy throws with Lauren Crist and Crystalina Gao and the hurdles with Emma Roberts and Saskia Krefting. For the Centipedes Dan Gregory and Fergus Imrie both picked up three wins, the former in the short sprints and Long Jump and the latter in the heavy throws. Will Ryle-Hodges salvaged some Alverstones pride by breaking the 5000m second team record in a Blues standard. But the winner of the Steven Stuart Trophy for best performance in the second team matches went to Blues ineligible Oxford visiting student Ken Marshall who won the Steeplechase outright ahead of the Blues athletes.

So as Oxford had sought it was ‘A third time in a row, for the first time in history.’ But with a new decade heralding some fine Cambridge freshers, the times may be a-changing heading into 2020.

-Daniel Hooker

**MEN’S BLUES**

**100m** (wind +0.9) Isaac Kitchen-Smith (O) 10.78, Kaesi Opara (C) 10.95, Harrison Steel (O) 10.95, Jeffery Chu (C) 11.25

**200m** (wind +1.4) Isaac Kitchen-Smith (O) 21.95, Kaesi Opara (C) 22.23, Harrison Steel (O) 22.38, Jeffrey Chu (C) 22.85

**400m** Cameron Bain (O) 49.49, Matt Newton (O) 50.19, Sam Day (C) 50.39, Joseph Burton (C) 50.72

**800m** Toby Ralph (O) 1:55.41, Harry Cox (C) 1:55.83, Nathan Mapperley (O) 1:56.09, Peter Cameron (C) 1:57.76

**1500m** Jeremy Dempsey (C) 3:50.59, Miles Weatherseed (O) 3:53.14, Alex Gruen (O) 3:56.23, James Coxon (C) 3:58.85

**5000m** Oliver Fox (C) 14:11.86, Philip Crout (C) 14:18.83, William Christofi (O) 14:26.13, Will Ryle-Hodges (Alv) 14:34.26 (record), Jack Millar (Cent) 14:35.71, Paul Aste (Alv) 14:37.88, Eoghan Tottan (O) 14:50.66, Noah Hurton (Cent) 14:52.19

**110m hurdles** (wind +1.2) Samuel Clarke (C) 15.31, Harry Salt (O) 15.77, Jack Wickham (C) 16.18, Blake Strickland-Bennett (O) 19.39

**200m hurdles** (wind +1.6) Samuel Clarke (C) 24.70, Harry Salt (O) 26.03, Joseph Mitchell (C) 26.75, Ronan Ulyr (O) 27.11

**400m hurdles** Samuel Clarke (C) 54.20, Ronan Lyr (O) 57.20, Joseph Mitchell (C) 57.39, Blake Strickland-Bennett (O) 57.41
Everett (O) 1.80

**Pole Vault (non-scoring)** Callum Court (C) 4.40, Shane Martin (O) 4.20, Douglas Buisson (C) 3.40

**Long Jump** Daniel Smith (O) 7.02, Jude Bright-Davies (O) 6.57, Andrew Ejemai (C) 6.33, David Maululu (C) 1.97

**Triple Jump** Jude Bright-Davies (O) 14.51, Ryan Morgan (C) 13.64, Daniel Smith (O) 13.48, Andrew Ejemai (C) 12.99

**Shot** Jack Paget (O) 13.10, Tom Riley (C) 12.71, Maciej Maruszczaak (C) 12.69, Michael Painter (O) 12.00

**Discus** Michael Painter (O) 38.75, Jack Paget (O) 38.70, Maciej Maruszczak (C) 34.46, Sam Hill (C) 32.85

**Hammer** Jack Paget (O) 55.00, Michael Painter (O) 54.30, Martin Croft (C) 40.87, Robin Croft (C) 43.73

**Javelin** Caspar Whitehead (O) 56.34, Jude Compton-Stewart (C) 53.56, Tom Riley (C) 49.93, Aidan Reynolds (O) 47.25

**4 x 100m relay** Oxford (Steel, Kitchen-Smith, Leung, Bright-Davies) 42.36, Cambridge (Chu, Day, Ejemai, Opara) 42.49, Alverstone (Court, Adeboye, Lim, Marinho) 44.11, Centipedes (Coxon, Gregory, Heard, Kirkham) 44.53

**4 x 400m relay** Oxford (Newton 51.2, Baker 50.8, Buckley 50.9, Bain 50.8) 3:23.71, Centipedes (Ralph 51.6, Lyr 51.6, Mapperley 51.3, Brown-Araujo 52.2) 3:26.72, Alverstone (Clarke 51.8, Cox 53.3, Pugh 53.5, Parker 50.8) 3:29.32, Cambridge (Burton 59.1, Flaherty 52.2, Matthews 50.2, Day 50.5) 3:32.04

**Result:** Oxford 113, Cambridge 88

**Women’s Blues**

100m (wind +1.2) Moriyo Aiyeola (C) 12.21, Florence Cochrane (C) 12.48, Katie Hannawin (O) 12.76, Sophie Hubbard (O) 13.02

200m (wind +2.7) Moriyo Aiyeola

It was unfortunate that a week before the Match the Cambridge pole vault landing bed was found to be unsafe beyond a certain height. In the circumstances it was agreed that the vaults be part of the match but not scored.

**New trophies: Carole Morris & Roger Lane**

**The Drake-Digby Trophy** (best performance in the Mens’ Match): Oliver Fox (Cambridge) for his 5000m performance.

**The Susan Dennler Trophy** (best performance in the Womens’ Match): Isabelle Scott (Oxford) for 400m and 800m performances (both close to match records)

**The Le Touquet Trophy** (most improved athlete during 2018-19): Samuel Clarke (Cambridge) for three personal bests in hurdles races.

**The Paul Gomme Trophy** (best throwing performance of the season): Bridger Fryer (Cambridge) for throwing over 40m in the discus.

**The Achilles Trophy** (outstanding contribution to Oxbridge athletics): Jack Paget (Oxford) for three VM shot wins, 2 hammer wins, winning Captain, winning President.

**The Steven Stuart Trophy** (most notable second-team performance): Ken Marshall (Oxford) for winning the steeplechase from the Centipedes team

**Roger Lane** and **Carole Morris** (above) presented the new trophies which bear their names, to be held annually by the winners of the Javelin competitions, to: Caspar Whitehead and Abigail Jones.
Kaesi Opara takes over from Andrew Ejemai for CUAC in the 4 x 100m, but Justin Leung has already set OUAC on course for victory.

(C) 25.47, Catriona Marriott (C) 25.92, Sophie Hubbard (O) 26.18, Katie Hannawin (O) 26.42

400m: Isabelle Scott (O) 56.57, Alice Harray (O) 58.63, Olivia Anderson (C) 59.03, Catriona Marriott (C) 59.06

800m: Isabelle Scott (O) 2:10.14, Alice Harray (O) 2:19.14, Annika Gompers (C) 2:18.48, Ella Witty (C) 2:19.74

1500m: Isabel Dye (C) 4:30.02, Charlotte Dannatt (O) 4:31.78, Phoebe Barker (C) 4:42.73, Alexandra Shipley (O) 5:02.21

5000m: Eleanor Bolton (O) 17:00.71, Emily Ruane (C) 17:05.18, Alexandra Shipley (O) 17:18.06, Helen Greenwood (Mill) 18:27.31, Lauren Major (C) 18:36.33, Natalie Haarer (O) 19:10.82, Julia Maxwell (All) 20:31.98

100m hurdles (wind +0.6) Harriett Wigginton (O) 15.88, Eleanor Vickers (O) 16.36, Alexandra Pickett (C) 16.43, Lea Wenyi (C) 17.06

200m hurdles (wind +1.1) Eleanor Duck (O) 20.39, Martina Stevens (C) 21.32, Alexandra Pickett (C) 22.04, Eleanor Vickers (O) 24.71

400m hurdles: Sophie Haldane (O) 56.78, Martha Stevens (C) 68.16, Alexandra Burchill (C) 69.62, Eleanor Duck (O) 73.55

2000m steeplechase: Nancy Scott (C) 7:00.70, Fiona Bunn (C) 7:08.61, Anna Sharp (O) 7:09.61, Connie Hurton (O) 7:26.98, Claire Hammett (Mill) 7:31.90, Ella Sharrock (Mill) 7:32.06, Joni Wildman (All) 7:53.74, Veronica Bonifacio (All) 9:58.66

High Jump: Teele Palumaa (O) 1.60, Florence Cochrane (C) 1.60, Lea Wenyi (C) 1.55, Sophie Hubbard (O) 1.55

Pole Vault (non-scoring): Esther Leong (O) 3.51 (record), Chloe Billingham (C) 3.40, Jen Sheasby (C) 2.80

Long Jump: Mary Adeniji (C) 5.65, Polly Maton (O) 5.14, Madeleine Smith (O) 5.10, Tiwa Abebeyo (C) 4.94

Triple Jump: Madeleine Smith (O) 11.71, Chloe Billingham (C) 10.23, Alice Harray (O) 10.19, Olivia Shallcross (C) 9.90

Shot: Cara James (C) 11.29, Kate Dennison (O) 10.13, Jenny Richards (O) 10.01, Andrea Novoa-Martinez (C) 9.14

Discus: Bridget Fryer (C) 40.59, Jenny Richards (O) 36.42, Teele Palumaa (O) 33.37, Emmeline Okafor (C) 29.43

Hammer: Jenny Richards (O) 44.03, Cara James (C) 39.06, Emmeline Okafor (C) 38.93, Heather Nelson (O) 30.63

Javelin: Abigail Jones (O) 36.45, Alexandra Shipley (O) 35.21, Martha Bevan (C) 31.70, Andrea Novoa-Martinez (C) 30.35

4 x 100m relay: Cambridge (Craft, Cochrane, Howells, Aiyewa) 48.86, Oxford (Mahadeva, Hannawin, Hal dane, Hubbard) 49.58, Millipedes (Ward-Brew, Semark, Wigginton, Vickers) 51.86, Alligators (Jaffree, Pickett, Abebeyo, Cienciala) 53.10

4 x 400m relay: Cambridge (Marriott 60.0, Clark 62.1, Wallace 60.1, Anderson 58.6) 4:00.68, Oxford (Hubbard 59.6, Dannatt 63.2, Harray 59.4, Haldane 59.3) 4:01.38, Millipedes (Bolton 63.4, Shipley 65.6, Kretting 62.2, Busa 61.9) 4:13.02, Alligators (Burchill 66.2, Bond 61.9, Okafor 66.5, Stevens 65.8) 4:20.44

Result: Oxford 102, Cambridge 99
Humble (Cent) 29.75, Toby Twentyman (Alv) 27.82
Javelin Hunter Heenan-Janil (Cent) 49.81, Daniel Stoller (Cent) 49.35, Josh Maiklem (Alv) 44.09, Elliott Baines (Alv) 30.90

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

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

Result: Centipedes 111, Alverstone 90

Millipedes v Alligators
100m (wind +1.1) Gabby Craft (All) 12.79, Holly Skinner (Mill) 12.90, Shakhra Mahadeva (Mill) 13.05, Lauren Howells (All) 13.26

200m (wind +0.2) Gabby Craft (All) 26.68, Isabella Busa (Mill) 26.82, Lauren Howells (All) 27.18, Tayo Ward-Brew (Mill) 28.14

400m Erka Wallace (All) 59.41, Isabella Busa (Mill) 61.01, Saskia Krefting (Mill) 61.59, Belinda Clark (All) 63.22

800m Niamh Bridson-Hubbard (All) 2:21.36, Emily Hoogkamer (Mill) 2:23.05, Sophie Dowe (All) 2:23.52, Natalie Beadle (Mill) 2:23.63

1500m Niamh Bridson-Hubbard (All) 4:55.32, Cecile Anderson (Mill) 5:00.71, Felicity Williamson-Sarill (All) 5:08.54, Libby Brown (Mill) 5:14.58

5000m (run with Blues race; see above)

100m hurdles (wind +1.4) Hannah Haugvik (All) 17.25, Emma Roberts (Mill) 17.33, Hannah Badger (All) 18.44, Alice Semark (Mill) 18.74

200m hurdles (wind +0.5) Emma Roberts (Mill) 32.89, Hannah Haugvik (All) 33.01, Alice Semark (Mill) 33.68

[Christina Okafor (All) disqualified for pushing hurdle over by hand]

400m hurdles Saskia Krefting (Mill) 69.30, Christina Okafor (All) 73.07, Polynthia Baxter (All) 73.74, Leila Legris (Mill) 84.35

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

High Jump Amelia Ingles (Mill) 1.50, Leila Legris (Mill) 1.45, Magda Cienca (All) 1.35

Pole Vault (non-scoring) Rebecca Martin (All) 2.20, Louisa Snape (All) 2.10

Long Jump Magda Cienca (All) 5.09, Holly Skinner (Mill) 4.95, Chantelle Caines (All) 4.65, Zoe Nunn (Mill) 4.36

Triple Jump Holly Skinner (Mill) 10.76, Rosanna Hurst (All) 9.42, Polynthia Baxter (All) 8.45, Rose Crosby (Mill) 7.96

Shot Crystalina Guo (Mill) 9.90, Lauren Crist (Mill) 9.46, Hetta Friend (All) 8.44, Colette Watt (All) 8.21

Discus Lauren Crist (Mill) 33.57, Crystalina Guo (Mill) 31.54, Rachel Elwood (All) 28.69, Laura Foster (All) 21.57

Hammer Lauren Crist (Mill) 32.57, Caitlin Shepperson (Mill) 29.38, Charlotte Spruten (All) 29.84, Alexia Wilson (All) 32.16, Laragh Heath-Hally (All) 30.72, Becky Robinson (Mill) 28.45

[Amy Edwards (All) all no throws]

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

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

Result: Oxford Millipedes 110, Cambridge Alligators 89

Invitation 3000m races


3000m (B race): Lawrence Holland (CUHH) 9:44.29, Joshua Harris (CUHH) 9:53.82, Tibo Rushbrooke (CUHH) 10:00.99, Toby Speirs (CUHH) 10:02.22, Will Shardlow (OUCCC) 10:05.30, Jeremy Taylor (CUHH) 1:08.39, Vincent Goodwin (CUHH) 10:23.05, Henry Elston (CUHH) 11:01.24, Athanasios Ntelezos (CUHH) 11:15.47, Tilly Woods (OUCCC, woman) 11:35.77, Lauren Holmes (CUAC, woman) 11:43.27, Heather Gordon (CUHH, woman) 11:46.87, Eleanor Hammond (CUHH, woman) 11:54.55, Helen Ockenden (CUHH, woman) 12:08.77, Napier Fuller (CUAC) 13:05.84, Isobel Crabbe (CUHH, woman) 13:24.33

CJRT 25.6.2019

Photos: Andy Hodge

The match saw real-time online reporting of results for the first time, arranged by Andy Robinson and OpenTrack, enabling the action to be followed from around the world as it unfolded.

Sam Clarke was awarded the Le Touquet Trophy
aschimowitz was 13th in brutally hot 5000m. There was a PB for Izzy Dye in heats of the 1500m races which also featuring Emily Ruane, Jeremy Dempsey and Miles Weatherseed. Samuel Clarke; ran the 400 hurdles heats, Montana Jackson. The 100m heats, and Isaac Kitchen-Smith the 100m

At the UK U20/U23 CHAMPIONSHIPS, Eleanor Bolton and Charlotte Dannatt took hard fought Silver and Bronze respectively in the U23 5000m. Nancy Scott picked up an U23 3000m steeplechase Bronze to go with her U20 Silver from 2018. Maddie Smith was 4th in the U23 Triple Jump. Esther Leong added 26cm to her Pole Vault PB with a 3.90m jump to place her 5th in the U23 Championships, a new ACHILLES CLUB RECORD.

The Loughborough BMC GRAND PRIX saw some great performances, led by Varsity Match stars Oliver Fox and Isabelle Scott. Oliver came close to breaking 14 minutes in the 5000m decade with 14:00.19. Isabelle finished 4th in the A race in 2:06.92 beating an Irish Olympian.

Jeff Bowen reports from Australia that Cecil Walkley (above—Downing 1949) turned 90 in April is still running on a competitive basis. Perhaps the Club’s oldest active member? The mild climate in Perth allows for track & field competitions to be held throughout the year. Cecil turns out every Thursday evening to run Masters events which can range from 60m to 2000m. At the time of Jeff’s message Cecil had already broken the WESTERN AUSTRALIA M90 ONE MILE RECORD.

Dani Chattenton enjoyed a superb summer, gaining the bronze medal at the BRITISH CHAMPIONSHIPS 1500m, and gaining selection for the UNIVERSIADE in Naples where, with Achilles financial support, she finished 8th in the final.

Also at the British Championships Nancy Scott placed 4th in the steeplechase. At 5000m Jake Shelley was 5th, Matt Leach 7th, Andy Heyes 10th and Phillip Crout 11th (that’s 5 Achilles runners among 12 finishers). Naomi

Bijan Mazaheri made a big breakthrough at the CHICAGO MARATHON: 2:15.25 to qualify for the US OLYMPIC TRIALS
For the second year running, Cambridge were 2nd and Oxford 3rd in the men’s A race at BUCS CROSS COUNTRY. Oliver Fox took individual bronze with William Christofi 4th.

Oxford women placed 4th, and Cambridge’s B race men took bronze, with Oxford’s Noah Hurton 2nd individual.

Jon Ridgeon, silver medallist at the 1987 World Championships and gold medallist at the 1987 Universiade, is now at the forefront of world athletics as CEO OF THE IAAF.

Matt Leach and his father Andrew broke the WORLD RECORD for fastest father/son Half Marathons in the same race at Houston in January 2020. Andrew ran 71:10 at 56 years old, while Matt ran a 62:57 PB

OUAC 4x4 legends Caspar Eliot (PB 48.79), George Gundle (48.27), Ralph Eliot (48.78), Adam McBraida (48.67) and Sam Wareham (48.3r), making their TV debut on BBC2’s EGGHEADS (Series 20 Episode 50), and establishing an illustrious tradition of Achilles winners (cf Hugh Baker, Series 19 Episode 3).

Three OUAC Presidents among them and BUCS Silver Medallists in 2013 with 3:15.27. A great run out from the old team!

A challenge for the relay teams at FEAR: this is the 50th anniversary of CUAC setting what is still a UK U23 4 X 800M RECORD: 7:37.6y (Ross Moughtin 1:54.1, Max Harris 1:56.7, David Wilkinson 1:53.9, Richard Green 1:52.9)
Congratulations to John Pem- berton, winner of the wartime Varsity Cross Country of 1942, who celebrated his 100th birth- day in August with a message from the Queen.

At the European Masters Championships, golds were won by Simon Baines in the M45 10k and John Moreland in the M60 discus.

Will Mycroft capped another year of improvement with third at the (shortened) England Half Marathon Champs in 1:05:16.

In the European Biathle Championships (run-swim-run), 1983 OUAC President John McCabe won gold for GB in the mixed V60 relay. The longer individual race next day proved more challenging and after leading into the water John finished 5th overall.

OUAC 400m legend Nick Hamilton writes: "I won my first national medal today in the British Masters 10k (held conveniently in Blyth 3 weeks after my 40th birthday! - I out-sprinted 4th place in the final 100. Just as well I found some of that old speed! Interestingly the whole race was won by current Oxford student, Noah Hurton, who along with Joseph Woods (16th and first Blyth runner home) recognised my Achilles vest afterwards."

Gemma Game placed a remarkable 3rd in the gruelling Marathon des Sables.

Sharon White, 4th in the Varsity 100m in 1986 for CUAC, 4th at 200m in 1987 and in the winning 4 x 100m team in 1987 has been made a Dame in the Queen’s New Year Honours for public service as chief executive of Ofcom.

In the European Biathle Championships (run-swim-run), 1983 OUAC President John McCabe won gold for GB in the mixed V60 relay. The longer individual race next day proved more challenging and after leading into the water John finished 5th overall.

Alex Bampton represented England in the Rennes 10k

Congratulations to John Pemberton, winner of the wartime Varsity Cross Country of 1942, who celebrated his 100th birth- day in August with a message from the Queen.
Natalie Christopher

Nat Christopher competed for OUAC at sprints and hurdles from 2009 to 2012 while completing a PhD in Astrophysics. A successful and much-loved member of the club, she was a member of the Blues team for whom she competed at 100m in 2010 and at 100mH and 400mH in 2011: she is pictured on the right with other victorious team mates holding aloft the Relays Match trophy. Nat was a respected peace activist who had long campaigned for the reunification of Cyprus. She was killed by a falling boulder while out running on the Greek island of Ikaria.

Bevil Rudd Centenary Decathlons for Men and Women, Iffley Road
Thursday & Friday 20-21 August 2020

The name Bevil Rudd ranks alongside those of Harold Abrahams, David Burghley and Douglas Lowe in the annals of the Achilles Club. President of OUAC in 1920, he won gold, silver and bronze medals at the Olympics that year, and anchored an Achilles team to a world 4 x 400m record. He served, furthermore as Honorary Secretary of Achilles.

It is therefore very exciting to have been approached by members of the Rudd family including Bevil’s grandchildren for assistance in promoting an athletic competition to mark the centenary of his feats.

Grandson Henry Rudd and others of his generation are no mean athletes themselves, having competed in the World Masters at decathlon, that event was selected as a cornerstone of the competition, with some additional open and Rudd family races.

Achilles are excited to include the as yet rarely held Women’s Decathlon. The Rudds particularly hope that both men’s and women’s events feature alumni and an Oxford v Cambridge Team Challenge.

Interested in taking part?
contact Teele Palumaa
teelepalumaa@gmail.com

Nat’s peace activism and girls’ empowerment work used sport and astronomy as ways to bring people together. I love thinking about her many passions working together in the most meaningful ways.—CLARA BLATTLER
Roy Carter

1931-2019

CUAC head coach for over 30 years from 1968.

Roy was a great enthusiast. I think the photo is of his first meeting as coach for CUAC, the relays at Iffley Road in November, 1968. Here in his mac, he watches our handover in the 4 x 880. Ross Moughtin

My first experience of the Transatlantic exchange was meeting Roy and the Achilles group at Cornell in 1981, my first season in Ithaca. A wonderful guy that was full of life. I still remember how impressed I was with him, told many great tales and how important our exchange was to him. Rich Bowman—former Head Coach, Cornell.

Roy was pretty much the ONLY coach on a spongey cinder track - below is a picture of the US touring team with its one coach. Times change, he was a bit of a legend. Bridget Wheeler

RIP great man! Chinedu Nwokoro

He was still coaching and offering use of his gym and physio facilities to Cambridge athletes till the late 90s. He helped me, a sprinter, get over a couple of injuries and back on the track. At that point he was only coaching the hammer throwers but was happy to help anyone who wanted. He had an incredible ability to break down the fundamentals of any sport and find a way to teach them. At that time he was coaching at the national or international level athletes, rugby players, cricketers, water skiers and I’m sure others I didn’t meet. A truly great man. David S Gardiner

Thanks so much for passing on the sad news of Roy’s death. As I type this, his image is looking down on me from the 1982 Cambridge Blues Team photo that sits above my desk at work and a host of happy memories of riotously funny evenings at his house in Cottenham, fuelled by some distinctly non-isotonic beverages, come flooding back. I owe him a huge personal debt for steering my very modest hurdles abilities far enough to reach the Blues standard. He also imbued me with a lifelong running habit. This coming weekend I’m running the Paris Marathon with my son and as the going gets tough towards the end, I’ll summon up the Carter spirit to get me to the finish. Tony Ploszajski (CUAC President 1982)

Roy was very generous in packing us into his car for trips to such places as Crystal Palace and Hurlingham. I visited Roy in Cottenham a couple of times some 15 plus years after University activities, following old boys’ rugby matches and minor injuries. I drove through Cottenham the other day and wondered how he might be. Mike Stone

I have many happy memories of Roy and Brenda and their family and am very sad to hear of his passing. He was a great coach, enthusiast and wonderful man. Colin Shaw

I believed Roy had a special affection for coaching the hammer throw - given the (unpaid, no doubt) hours he spent with us, in all weathers, with his invariable gusto, at Milton Road. But perhaps he made all his athletes feel like that. Nigel Spivey

I was greatly saddened to learn about the passing away of Roy. I had a number of coaches during my athletic days, but Roy Carter stands tall and indelible in my recollection: always buoyant and inspiring, even in the face of inclement weather. He inspired and encouraged every athlete under his watch to give of his best. He was always personable and supportive, both on and off the track. Not long ago, I was inquiring about his whereabouts. He was an asset to CUAC. May his soul Rest In Peace. Abdulai Conteh

I got to know Roy well during my long stint in the team during the 1970s and on the US tours during that period. Always enthusiastic and encouraging - and devoted to the long-term interests and development of CUAC. A great character in the sport, who will be sorely missed. Richard Healey

It’s only a couple of months since I googled Roy’s name! I was given some advice by Alan Malcolm in my first year but it was under Roy that I improved rapidly. I won two varsity high hurdles and got a AAA vest - thanks to Roy. John Crossman

1968 Relays Match: 4 x 880y

1968 Relays Match: 4 x 880y
I swam into Roy's orbit in 1968. He was a ever present man at training and competition and celebrations of all sorts. Always personable and yet professional. Above all his benign, smiling presence with his characteristic local burr was a huge encouragement which brought out the best in everybody. Rest in peace, Roy; you left a legacy in CUAC! Martin Winbourn Lewis

Sad news indeed. He was a legend and hugely proud of his role. Trevor Llewellyn (CUAC President 1983)

Roy Carter's infectious enthusiasm and dedication will remain with all of us (former) Cambridge athletes who experienced it. With limited and occasional assistance from a few specialist coaches who appeared at Milton Road, Roy coached CUAC alone, in sharp contrast to Harvard, Yale, Penn and Cornell with tribes of coaches whose number and style seemed so overwhelming, and still does. Roy focussed on our general fitness rather than specific styles and techniques. He furthered this focus by converting much of his large home in Gottenhain to a gymnasium.

Health issues surrounded Roy and his wife Brenda for decades, losing two children to nephritis, an issue that was plain even in 1970 when we first knew and worked with Roy. He did not let that deter him and he always gave much more than he got back. Neville Norman

I first saw Roy in 2005 in a restaurant in The Gambia! I think he was wintering there. I went over to say hello and he immediately introduced me to his table as one of an amazing 4x100m relay team he had coached. It included Dai [Dave] Roberts, so we must have been pretty hot. I suppose it was an Oxford/Cambridge team in the American series but I confess I couldn't remember. It was clear though that Roy had a vivid memory of the squad and was proud of how quick and slick we had been. He was also joint coach, with Mack, on the 1978 Achilles tour to Australia and Singapore. He will be remembered not only in Cambridge. Steve White (OUAC President 1974)

I remember Roy with great affection, especially for his kindly support and encouragement during my brief second varsity career on the track, at CUAC. How lovely to have a legacy of such benevolence, with all who knew him. John Hemery

I have great memories of Roy coaching us in 1968-70. He was an inspiration to us all. So sad that both he and his wife developed dementia: as a neurologist I really hope the we can one day prevent this affliction. Niall Quinn

Very sorry to hear of Roy's death, although I suspect that with progressive dementia it also brings welcome news to some. I saw him last at a Varsity match some years ago and he didn't remember me at all then. Very sorry to hear that Brenda is now similarly afflicted.

Roy was really the only coach who ever guided my running, and if I were still able to run I would also be following some of his guidelines. Always cheerful and positive and always ready to turn out in any conditions - and, goodness knows, Sunday mornings at Milton Road could be pretty unpleasant. Also, he welcomed Cambridge athletes into his home and his family were always welcoming and friendly. I remember him being delighted to be asked to accompany the 1973 Achilles tour to the US, and he looked after his charges conscientiously, contributing to a memorable trip.

You've sparked some happy memories here, despite the sadness. Tony Martin (CUAC President 1973)

I first met Roy the Easter of 1968 at an Eastern Counties Schools athletes training camp. This was held at the Milton Road track, and we all slept in the hall of the school there. I told Roy that I was coming to Cambridge that Autumn, which encouraged him, I think.

Roy was the only coach for CUAC whilst I was there, although Alan Malcolm used to give advice when you went to visit him in his office in Fenner's. I think that Roy's specially was as a hurdles coach, but he certainly was able to encourage and train others.

I have memories of the Sunday morning team training sessions up at the Milton Road track come rain or hail or snow. The other memory is going out to his school in an evening in the Lent term and doing an exhaustive form of circuit training, ending up with us all going to the King's corner house for the chicken livers and chips!

Having been on the East Anglian young athletes course as a pupil, Roy asked me to come as the sprint coach in 1970! So I spent part of my Easter vacation sleeping on a camp bed in the school. Ben Bolton-Mags

Very sad news indeed. I have fond memories of Roy at Milton Road and during matches. Peter English

Rich and fondest memories. Paul Orchart (CUAC President 1974)

I remember working out at his house to rehabilitate an injury, and getting some manual therapy to strip out some scar tissue. A technique that was probably before its time. Jenny Rose

He was such a dynamic character and, although demanding very high standards, always gave fantastic encouragement. I would not probably have taken up athletics at Cambridge if it hadn't been for him. He dragged me out of inter -College athletics in 1970 and said he wanted to train me! I was only a medium -cre 400m runner at the time so he turned me into a hurdler. He was an unforgettable coach and the world has lost a real big hearted man. Robert Forber

I remember Roy well and am thankful to him for selecting me to go to the US in 1973. Tim Lintott

Roy was the only athletics coach on the 1981 tour to the USA when I was a student. This was the first tour with female athletes and the first tour to take place March/April before the Varsity Match.

On the tour Roy was accompanied by Brenda. The three of us were the only non-students so we spent a great deal of time together. Roy and Brenda were an extremely well-balanced, warm and pleasant couple. We got on very well together. Roy gave a huge amount of himself to coaching and advising team members from both universities, and was a great ambassador when meeting and dealing with the US T&F coaches (a competitive lot). He was, in short, a lovely man, who I felt honoured to get to know. Tim Taylor

Roy played a huge part in CUAC's successes over many years, motivating and instilling confidence into his teams through his infectious enthusiasm and can-do attitude. He was generous in his encouragement of his rival OUAC athletes, and along with Captain Mack played a key role in the outstanding Achilles tours to Australia and Singapore in 1978, where OUAC and CUAC athletes gelled to form a formidable team under their leadership. Julian Goater (OUAC President 1975)

I have such fond memories of Roy. He was showing signs of memory loss at the Varsity Match when we saw him last, but he was still loving watching the action! Dick Saunders

I owe Roy a great personal debt: he was my first coach, nurtured what little talent I had, and reinforced a love for the sport which endures in me to this day. I am conscious of still following some of Roy's schedules and sessions. He added enormously the satisfaction and enjoyment which so many of us got, and still get, out of our sport. Paul Wilcox
Henry Parker  

HI Parker placed 3rd in the 440y at the Varsity Sports of 1950 in 50.6, and placed 4th against the visiting team from Princeton & Cornell in July of that year. The following year he ran the same time at the Varsity Sports to finish 4th in ‘Cold, Sleet and Fog’, typical conditions for the early March scheduling of matches at that time.

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Bryan Wardley  
*Selwyn College, Cambridge, 1955-58, has died.*

Bryan E Wardley won the high jump at the Varsity Sports of 1958, his third appearance in the match, clearing 6’1”.

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John Fairgrieve  
* Gonville & Caius College, Cambridge, 1944-47. Died on 20th July 2014*

Dr J Fairgrieve MChir FRCS was one of the country’s foremost sprinters immediately after the Second World War. John represented Great Britain over 200m against France in 1947 and at the Olympic Games of 1948. He won the Varsity Sports 100y in 1946 and in 1947 won the 100y and the inaugural (yes, it was not contested until then) 220y and placed 2nd in the 440y. He was also a Rugby Football Blue.

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John Polgreen  
*Magdalene College, Cambridge, 1961-64, died on 4th November 2019.*

DJ Polgreen enjoyed a life-long love of athletics: he placed 11th for Cambridge in the Varsity Cross Country of 1963, competed for England as a veteran and was a stalwart of distance running around Oxford where he lived and taught.

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Nigel Ryan  
*The Queen’s College, Oxford, 1949-1952, died on 18th July 2014.*

CNJ Ryan CBE went on to a successful career as the editor of ITN who consolidated ‘News at Ten’, launched ‘First Report’ and put more female journalists on screen.

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Alastair, Viscount Waverley  
*Pembroke College, Cambridge, 1930-1937, died in 1990.*

Dr David Alastair Pearson Anderson, 2nd Viscount Waverley, MA, MB, BChir, FRCP, MRCs, LRCP, was elected to the Club in 1933.

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Alan Reich  

Alan Anderson Reich won the javelin at the Varsity Sports of 1953, throwing 189’9”. He also won against Yale & West Point during the Transatlantic Tour that year.

In 1962 Alana sustained severe spinal injuries in a diving accident, making him a wheelchair user for the rest of his life.

He became a pioneer of the Disability Rights Movement in the USA, and was awarded the George Bush Medal.

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John Newell-Price  
*Sidney Sussex College, Cambridge, 1947-50, has died.*

Dr John C Newell-Price placed 3rd in the discus at the Varsity Sports of 1950.
Varsity Field Events and Relays

Matches

Lee Valley Sports Centre, 3 March 2019

Men’s relays
(oxford win 5-1)

10.76, W. Coxon (O) 15.02. 1. Cambridge (4 total times) 37.49. 2. Oxford (4 total times) 44.90.

**Men’s field events (Oxford win 5-3)**


**Women’s field events (Oxford win 5-3)**


NEW MEMBERS

We warmly welcome the following:-

Ivo Andrews : St Anne’s College Oxford
Oliver Brown : Jesus College Cambridge
Max Buckley : Magdalen College Oxford
Douglas Buisson : Trinity College Cambridge
Gabby Craft : Girton College Cambridge
Marit de Roij : St Antony’s College Oxford
Stephanie Derrington : St Hugh’s College Oxford
Brigid Eades : Homerton College Cambridge
Annika Gompers : Lucy Cavendish Cambridge
Jason Grant : Wycliffe Hall Oxford
Alice Harray : Worcester College Oxford
Tim Harrison : Keble College Oxford
Lauren Holmes : St John’s College Cambridge
Heidi Hurst : Merton College Oxford

Cara James : Jesus College Cambridge
Abi Jones : St Edmund Hall Oxford
Ricky Kawagishi : Robinson College Cambridge
Samuel Liu : Somerville College Oxford
Dan Lynes : Wadham College Oxford
Yannick Markhof : St Antony’s College Oxford
Kenneth Marshall : Exeter College Oxford
Eve Morris-Gray : St John’s College Oxford
Dan Poh : Wolfson College Oxford
Toby Ralph : Magdalen College Oxford
Maddie Smith : St Anne’s College Oxford
Mike Thornton : Lincoln College Oxford
You Xuan Thung : Sidney Sussex Cambridge
Lion Uhl : Green Templeton College Oxford

CJRT 24.3.2019
LEE VALLEY - SATURDAY 20 APRIL 2019

400m Hurdles Men race 2 ,3 Ronan Llyr Sen M 58.00 , 110m Hurdles race 2 2.8

M/S,3 Harry Salt Sen M 16.00, 4 Jack Wickham Sen M 16.23, 100m Hurdles SW 0.4 M/S,3 Lea Wenger Sen W 17.69,
, 100m SW 1.0 M/S,6 Katie Hannamwin Sen W 12.86, 100m race 1 -1.5 M/S,2 Kaesi Opara Sen M 11.17 ,3 Tariq Wild

U17 M 11.20 , 100m race 2 0.0 M/S,5 Daniel Gregory Sen M 11.45 , 100m race 4 4.5 M/S,7 Harry Salt Sen M
11.68, 100m race 5 1.1 M/S,4 Donte Nembhard Sen M 12.02 , 100m race 6 0.8 M/S,6 Jack Wickham Sen M 12.01,
400m race 4 ,4 Cameron Bain U23 M 49.69, 5 Matt Newton Sen M 50.15 ,
400m race 5 ,2 Hugh Baker Sen M 51.17, 5 Bonnor Sullivan Sen M 52.27 ,
400m race 6 ,5 Thomas Renshaw Sen M 54.75, 200m race 6 2.0 M/S,3 Kaesi Opara Sen M 21.94 ,
200m race 7 2.1 M/ S,4 Daniel Gregory Sen M 23.02 , 200m race 9 2.7 M/S,1 Matt Newton Sen M
22.05, 4 Hugh Baker Sen M 23.25 ,
200m race 10 1.6 M/S,3 Jack Wickham Sen M 23.94 , 1500m,2 Thomas Renshaw Sen M 04:26.27 , Long Jump Pool
1 WIND,6 Daniel Gregory Sen M 5.64 2.4, Triple Jump Pool 1,1 Jude Bright Davies Sen M 15.15 2.8,3 Douglas Buisson
Sen M 3.35,2 Jennifer Sheasby Sen W 2.25 , Javelin Pool 1,2 Jennifer Sheasby Sen W 11.64,1 Arran Davis Sen M
49.50, Hammer,1 Jack Paget Sen M 54.13,3 Emmaline Okafor U23 W
32.68, Discus Pool 2, 4 Emmaline Okafor U23 W 25.79 .

ALLIANZ PARK - SUNDAY 16 JUNE 2019

Pole Vault, 1 CALLUM COURT SM 4.30, 3 BILEN AHMET SM 3.80, 6 DOUGLAS BUSSON SM 2.90, 3 JENNIFER SHEASBY SW 2.60, Shot, 7 BO IVANOVIC M75 9.47.

ALLIANZ PARK - SUNDAY 27 JULY 2019

400m race 1, 7 Matt Newton SM 50.70 ,
200m race 2 1.3 M/S,5 Matt Newton SM 22.50 , 200m race 6 2.3 M/S,5 Lea Wenger SW 29.05 , Long jump Pool 2,4 Teele Palumaa SW 4.78 0.8, High Jump,2 Lea Wenger SW 1.55 , Pole Vault,2= Bilen Ahmet SM 3.80,8= Jen Sheasby SW 2.60, Javelin, 1 Teele Palumaa SW 32.56, Shot, 3 Teele Palumaa SW 9.74.

ALLIANZ PARK - SATURDAY 31 AUGUST 2019

400m Hurdles race 2, 7 LEA WENGER
U23 W 73.79, Pole Vault, 5= BILEN AHMET SM 3.60, 7 DOUGLAS BUSSON SM 3.50, 11 JEN SHEASBY SW 2.70, Hammer, 1 HELEN BROADBRIDGE SW 52.63, Discus Pool 1, 3 HELEN BROADBRIDGE SW 41.63, Shot, 2 HELEN BROADBRIDGE SW 11.29

Photos: Andy Hodge
Paul Vine

Lincoln College, Oxford, 1949-52. Died in April 2019

A much loved member of the Club, Paul A.L. Vine won both the high and the low hurdles at the Varsity Sports of 1952. He had been closely placed in both events the previous two years, holding his own against Simon Brooks, once described as the greatest British hurdler of all time, and the future 3 times Olympian, Peter Hildreth.

In 1950 Paul competed against the visiting Princeton & Cornell team, and in 1951 against Harvard & Yale, but the timing of his period at Oxford prevented him (under the rules then pertaining) from being part of a US tour team.

In 1951 Paul won the silver medal in the 110mH at the International Student Games in Luxemburg.

In 1954 Paul returned to Iffley Road to compete for the AAA in their annual fixture against OUAC. He was a disappointed last, but the very next event turned out to be one of the most famous in history, and Roger Bannister would ever after cheerfully point out that Paul had finished ahead of him that epic day!

Paul was a key participant in the Achilles Scandinavian tours organised by his friend and fellow hurdler Robert Stinson in 1955 (when he set personal bests over 110mH and 400mH) and 1956.

It was, however, at 220y hurdles that Paul continued to excel, winning AAA titles (it was then a championship event) in both 1955 and 1956, and setting a British and European record of 23.7.

Don’t compete this week

Paul regularly enlivened Achilles reunions. At the age of 68, during the Centenary Match against Harvard & Yale in 1995, Paul was clearly some 35 years short of training. Nevertheless he was the only participant intrepid enough line up against a super-fit Tom Blodgett in the veterans high hurdles – he got as far as the first flight before pulling a muscle rather badly, but regaled us later with the advice of the American physiotherapist who had patched him up “Don’t compete again this week, sir”.

Paul was a larger than life personality whose company both Tommy and I enjoyed. Jean Macpherson

Indeed an eccentric figure. I first came across him in the years 1950-2, when I was a schoolboy at Eton. He and a few other Achilles athletes (Bannister, Chataway, Hildreth among them) would come in the Spring to enjoy running on what was then considered a super fast track; also to put in a few minutes coaching boys like me. In strong contrast to Hildreth’s rather earnest approach, Vine would offer some quite peculiar hurdling tips. In 1957, he asked me to run at the White City in a high hurdles relay race (for which there was little international precedent). When I queried him about this, he replied that it was our one chance to have the stadium loudspeakers sing out that we had set a new British and (subject to confirmation), World record for the event. Which indeed happened, to thunderous applause from about 20,000 clueless spectators. John Malcolm

It has always seemed to me that the 220 low hurdles was not given the attention it deserved. Paul certainly made the event his own and it was always a pleasure to watch him perform. Terence Higgins

Paul was before my time but well remembered at Iffley Road. Requiescat. Hugh Pullan

We had a lot of fun and good times together as members of the hurdlers union! We were staying with Paul in Pulborough when we watched South Africa famously win the rugby world cup and being presented with it by Mandela shortly after he became President-just one of those things one remembers where one was when something special happens. I did
I remember Paul as a larger than life character who was certainly more than high-achieving hurdler. He had written a very popular little book on Canals, long before many were restored and re-connected into the network we have now. In fact, he probably deserves credit for focusing public attention on the need for extensive volunteer action before the decline became irreversible. ROGER LANE

I remember Paul well. Regrettably the old guard is slowly fading away, but we all have wonderful memories. MICHAEL RIEGELS

Even though I was well aware of Paul, particularly in striving to break his 220y hurdles record - my best was 23.8-I hardly ever met him.... quite an athlete and an engaging character. MICHAEL PARKER

Paul was a contemporary of mine and one of the great pot hunters of all time. I ran against him many times and, of course, knew him well. In the photograph taken at Iffley Rd I thought at first that I was in the photograph rather than van Rossum, who looks remarkably similar in head shape, colouring and hurlding action. My wife had a close look and thought it was not me, but the clincher was that I never ran with clenched fists, usually with extended hands. Paul's best victory over me was in the AAA 220y hurdles at the White city in 1955, when he got a remarkable start & I failed by inches to catch him. I was rewarded with a fine photograph of the Duke of Edinburgh handing me the plaque for second place. The last time I saw Paul was in Bangkok in the 1980s when he was selling Lloyds of London syndicate memberships to expats. Unluckily for him it was at a time when no barge pole was long enough to distance oneself from Lloyds. I remember him warmly and enjoyed his competitiveness and his friendship. BOB SHAW

Famed and feared for his hard training, Mel Edwards MBE was a colourful leading member of an outstanding Cambridge vintage, which included Tim Johnston, the late Mike Turner, Roger Robinson, and fellow Scot Alasdair Heron. He placed second to Heron in the Varsity Cross Country of 1964. His college room was decorated with a big banner, "Kingston or Bust," expressing his goal of making the Scotland team for the 1966 Commonwealth Games.

Injuries intervened, and he transferred to the marathon, making a notable debut in 1967, winning the Harlow event by nearly five minutes in 2:18:25, which remained his best. That time ranked him fourth Briton (and Scot), behind Jim Alder, Alastair Wood and Donald Macgregor that year, and he also posted his fastest 6 miles time of 28:27.0.

After a layoff for a serious injury, Mel became a major figure in hill racing, as well as continuing to race cross-country well enough to add Scottish masters titles to the junior one he won at 18. He also became an outstanding coach, meeting organiser, and all-round inspirational figure-

Mel Edwards

DB Alban went up to Cambridge on a full scholarship and was immediately involved in CUAC, winning a Blue for javelin.

In the Cambridge University Sports on 14 March 1946, he won with a throw of 156’10”, beating his regular rival J. Moore of Pembroke. However, the tables were turned in the Varsity match on March 23, when Moore won with 164’10” with David second with 149’8” (the Oxford competitors Drew and Marsh were well behind). David was ranked 20th in the UK that year.

The following year saw a similar pattern. In the 1947 CU Sports David won with 145’10”, Moore second with 139’9”. The press made mention: “Alban and Moore resumed their 'cox and box' in the Javelin. It was Moore who won the event against Oxford last year, after being beaten by Alban in the Cambridge Sports, and it is Alban who has again won the Cambridge event this year”. But in the Varsity Match (24 March 1947) Moore was again the victor, 157’5” to 139’11”.

During his subsequent National Service, David was immediately first string for the Army. At one meeting the crowd had surrounded the landing area and he had to point out to the officer in charge that many of them were standing well within his range. ‘Nonsense’, he was told, ‘get on with it’. So shrugging his shoulders he set about competing and recalled with amusement the sight of a large crowd parting like the waters of the Red Sea as his javelin arced towards them.

He was enormously proud of his Achilles Club membership and loved nothing more than perusing the Annual Report, the latest copy of which was always on his desk.

David Alban
Jesus College, Cambridge 1946-49. Died on 18th September 2019
CL Harrison had served with the Royal Artillery during the Second World War, and then became part of an operation to capture war criminals and bring them to justice.

He won the CUAC Freshmen’s Sports Mile on 29 October 1947 in 4:48.4, beating Chris Brasher who won the 3 miles on the second day.

Colin was picked for the Cambridge 4 x 1 mile relay in the Oxford v Cambridge Relays match at Fenners on 14 November where he ran the first leg. Roger Bannister ran the last leg for OUAC, who won by 80 yards, in 18:46.4.

Colin came 3rd in heat 1 of the Mile in the Cambridge University Sports on 21 February 1949; and was selected for Alverstone in the then separate match against Centipedes on 20 April 1949: the mile was won in 4:39.8, with Colin second, a yard behind the winner.

HJHC Hildreth competed for Oxford at 440y, including in the 1953 Freshmen’s Varsity Sports, finishing second in a match which the Dark Blues won by 65 points to 61.

After Oxford, Jan joined Thames Hare and Hounds in October 1957. For many years, he was a regular and very enthusiastic supporter of the club. He served as a club handicapper for 4 years from 1965 to 1969 and was in the chair at the 1969 Annual Dinner (which in those days also served as the Varsity Cross-Country Race dinner), held at the Royal Automobile Club.

On the competitive side, Jan won the club’s Long Distance Handicap twice, in 1983 and 2005, and the Clough-Whittome Handicap twice also, in 1987 and 1995. However, Jan’s most outstanding achievement in Thames colours was to be a 25-year London Marathon Ever-Present from 1981 (when he ran 3 hours 25 minutes) until 2005. He registered his PB of 2 hours 54 minutes in 1985.

Professionally, Jan held many senior roles in his career, including with the London Transport Executive, John Laing, Institute of Directors (as Director-General) and Scope (as a Director). He was also a governor of Wellington College.
The pole vault had been discontinued at Oxford & Cambridge during the war and was not contested again at the Varsity Sports till Dr Tim Anderson’s final year, when he lost on countback to Danish high jump Olympian Ivor Vind.

However, he continued to compete after going down, and in 1950 at the British Empire Games in Auckland, New Zealand, Tim won the pole vault Gold Medal with 3.97 m using a bamboo pole. Two years later, he competed in the Olympic Games in Helsinki, He maintained that his choice of sport was awkward as in training he needed to travel on public transport with his 15-foot pole.

Tim was ever present at Achilles events in subsequent years, and generations of Oxbridge pole-vaulters remember him as an official at Varsity Matches.

The Reverend Nicolas Stacey
St Edmund Hall, Oxford, 1948-51. Died on 8th May 2017

Nic Stacey was perhaps the greatest of Oxford’s post-war sprinters. As a freshman he set a Varsity Sports 220y record of 22.3, was selected for the Transatlantic Series tour, and achieved a remarkable 100y and 220y ‘double double’ against both Harvard & Yale and Princeton & Cornell. His success earned him selection for the England team at the British Empire Games in Auckland early in 1950, where he won a silver medal in the 4 x 110y relay. He lost over 100y at that year’s Varsity Sports to Keith Finlay, but retained his 220y crown, and later in the summer participated in the 3rd Achilles tour to Greece. In his final year, as President of OUAC, he improved the 220y record to 22.1 and won the 440y. In 1952 he topped the British 200m rankings with 21.5, and was selected for the Olympic Games in Helsinki where he reached the semi-finals of the 200m and was a member of the British 4 x 400m team which placed 5th.

As a parish priest Nic was ahead of his time, being the first to use his church as a youth and social club. And he carried his talent for reform into the secular world, becoming Direct of Social Services for Kent where he was the first to replace the institutionalisation of homeless teenagers with professional fostering.

Dr Tim Anderson

Professor Norman Myers CMG

Michael Merifield

Both Norman Myers and Michael Merifield ran in the 1955 Tortoises-Spartans race, which Cambridge won by the narrowest of margin, 39 points to 40: Norman placed 4th equal and Michael 15th. Michael ran the Tortoises-Spartans race again the following year, finishing 10th in a contest which Cambridge won by 30 points to 55. Norman ran in the third team race in 1954 and again in 1957 when he placed 5th, Oxford winning by 27 points to 53.

Michael and Norman were part of the Oxford team which set what they probably did not realise at the time was an inaugural World Record for a John O’Groats to Lands End Relay.

And Norman was briefly holder of the World Record for ascending and descending Mt Kiliman...
jaro, 13 hrs 40 minutes—in an article for AW some years ago he pointed out that Africans now do it in well under 8 hrs, while admitting that he himself had stopped for 40 minutes to pick wild flowers.

**BANKNOTES**

Alan Turing, who features on the new £50 UK banknote, is not the first member to be thus honoured. Kamisese Mara, who represented Oxford in the shot at the Varsity Sports of 1948 and 1949, appeared on a note in his native Fiji, where he rose to become Prime Minister and then President. Roger Bannister’s legs (!) feature on a UK 50p coin minted in 2004 which is still in circulation.

Charles Reidy had won the putting the weight competition at the first AAA junior championship at Stamford Bridge in 1931 as a member of South London Harriers. He went on to be capped at rugby for Ireland as a second row forward, was a leading discus and javelin thrower and boxed at club level as a heavyweight.

**Hammer Throwing Pioneer**

Serving in Tunisia during the war he suffered head injury, losing an eye and his sense of smell. He then used hammer throwing as a means of helping him regain strength in his upper body, arms and legs. In 1943 he built his (and the world’s) first cement circle in order to maintain his physical improvement with a better quality, more consistent throwing surface (it was not until 1953 that a cement circle was used at the White City). As he improved he won the Southern title in 1946 (the first after the end of the War) and 1952. On going up to Cambridge, he found that hammer was not an event contested during that period, but he won the discus at the Varsity Sports of 1946.

He was Irish hammer champion in 1953, and was one of the founding figures in the Hammer Circle (‘The Association of British Hammer Throwers’). In the early 1950’s he beat numerous hammer throwing records in the Army Athletics Championships, and in 1953 won the Services Athletics Championship at Uxbridge with a service record of 163ft 11 ½ inches. His best ever throw was 168ft/51.20m thrown in Dublin.

Later, within a few days of taking up a new army appointment in the far east he had set a Malayan hammer record.

1956 OUAC 3 MILES:
1st Ian Boyd, 2nd Norman Myers, (whose daughter Mara, now Yamauchi, followed him to Oxford), 3rd Nigel Miller, 4th one of the Merfield brothers, 5th J Milligan

**Lt Col CJ Reidy OBE**

Vincent Vaughns of Yale wrote:

“Though I have competed in many track meets, this one felt different. Seeing the British flags and hearing their national anthem really put everything into perspective. We were here to participate in the oldest intercollegiate competition that predates the modern day Olympics...

“Following the meet, we got to hear about all the amazing supporters and competitors who made this all possible. Names like Mark Young, Thomas Blodgett, Gabby Thomas, and Alexander Young. Without these people, HYOC 2019 would not have been as amazing as it was.

“When I was told the post meet banquet was going to be nice, that was an understatement. It was held in Trinity Hall (founded 1546) with walls wrapped with gold framed pictures of ancient rulers such as Henry VIII. The one tradition that threw me off in such a classy setting was that of racing to eat your dessert without using your hands as quickly as possible. Though I was involved in three wins earlier today, I figured I’d let the British have that one.

“The banquet lasted late into the night as I made experiences with people that I will
remember long after track is over. Seeing everyone in their college embroidered blazers all eat, talk, and dance the night away truly was a special moment. I would like to end this by saying we are all extremely fortunate to have the opportunity to attend one of these institutions. Regardless of background, race, or creed, we all came together to participate in this amazing event. Now as I lay in bed at 3am writing this awaiting my 5am departure, my heart is filled with happiness, fatigue, and an overwhelming sense of gratitude.

“Weather very hot, sunny, (water supplied for distance runners)

**MEN**

100m (w -1.7) Vincent Vaughn (Y) 10.86, Isaac Kitchen-Smith (O) 10.99, Kyle Macaulay (Y) 11.03, Phil Zuccaro (Y-guest) 11.29, Jeff Chu (C) 11.34, Alexander Young (Y-guest) 11.39

200m (w -0.4; hand) Vincent Vaughn (Y) 22.0, Isaac Kitchen-Smith (O) 22.1, Ekrem Ayhan (H) 22.1, Harrison Steel (O) 22.7

400m (hand timed) Jovahn Williamson ((H) 48.8, Juma Sei (Y) 48.8, Cameron Bain (O) 49.4, Matthew Newton (O) 49.9, Hugh Baker (O-guest) 53.2

800m Myles Marshall (H) 1:51.40, Cameron Wyman (Y) 1:56.32, Harry Cox (C) 2:01.52, Nathan Mapperley (O) 2:04.53

**Mile** Allen Siegler (Y) 4:12.79, Jeremy Dempsey (C-guest) 4:14.26, Josh Carr (C) 4:16.75, Nick Dahl (Y) 4:20.99, Miles Weatherseed (O) 4:22.45

5000m (hand timed) Ollie Fox (C) 14:36.0, Kieran Tuntivade (H) 15:02.7, Jonathan Lomogda (Y-guest) 15:27.2, Luke Cotter (O guest) 15:33.0, George Gathecule (C-guest) 16:10.1

10000m (mixed race) Robert Miranda (Y) 33:10.39, Cade Brown (Y) 33:12.92, David Melville (H) 34:12.83, Andrea Masterson (Y-woman) 37:03.13, Beth Murray (O-woman) 38:36.22

110mh (w -0.9) Tre Hollingsworth (H) 14.88, Sam Clarke (C) 15.62, Harry Salt (O guest) 15.86

400mh Jacob McLenan (H) 54.27, Sam Clarke (C) 54.79, Taylor Brunskole (H) 54.93, Ronan Llyr (O) 58.30

**Steeplechase** William Battershill

Caroline Hilley

Jude Compton-Stewart

Alexandra Shipley
**H** 9:24.20, Jamie Parkinson (O) 9:37.33, Alex Howard (O) 9:54.09

4x100m Harvard-Yale 41.75, Oxford-Cambridge 42.00 [Oxford-Cambridge guest team disqualified]


**High Jump**
Keith McCord (Y) 2.10, Donagh Mahon (H) 2.00, Gunther Klobe (C) 1.95, You Xuan Thung (C) 1.85

**Pole Vault**
Erick Duffy (H) 5.36 (match record), Austin Laut (Y) 5.00, Callum Court (C) 4.45, Douglas Buisson (C) 3.30

**Long Jump**
Kyle Murphy (H) 7.28, Dan Smith (O) 6.91 w +2.1 (6.40 legal), Lorenzo Daniel (H) 6.77, Daniel Gregory (O) 6.09 w +2.7 (5.87 legal)

**Triple Jump**
Kyle Murphy (H) 15.14, Ryan Morgan (C) 13.28 [Lorenzo Daniel (H) did not register a jump]

**Shot**
Samuel Welch (H) 15.95, Angus Lockhart (C) 14.54, Andrew Rochon (Y guest) 14.21, Phil Zuccaro (Y) 7.77

**Discus**
Samuel Welch (H) 59.61 (match record) [Michael Painter (O) did not register a throw]

**Hammer**
Jacob Lange (C) 57.01, Jack Paget (O) 55.56, Jack Dunn (Y) 50.92, Andrew Rochon (Y) 47.77

**Javelin**
Caspar Whitehead (O) 60.86, John Minikus (H) 55.99, Jude Compton-Stewart (C) 55.16, Alexander Young (Y) 24.55

**Women**

100m (w 0.0) Olivia Okoli (H) 12.07, Ngozi Musa (H) 12.17, Katie Hannawin (O) 12.97, Holly Skinner (O guest) 13.08, Gabrielle Craft (C) 13.12

200m (w -1.8) Gabrielle Thomas (H guest) 24.02, Micah Meehls (H) 25.65, Lilly Enes (Y) 25.88, Catriona Marriott (C) 26.55, Sophie Hubbard (O) 26.63, Aliyah Boshnak (Y guest) 27.17

400m Sharelle Samuel (H) 57.30, Bridget Eades (C) 58.94, Alice Harray (O) 61.96

800m Isabelle Scott (O) 2:05.44, Samantha Friborg (Y) 2:06.13, Annika Gompers (C) 2:15.80

4 Mile Jocelyn Chau (Y) 4:50.27, Anna Juul (H) 4:53.58, Isabel Dyre (C) 4:53.73, Charlotte Dannatt (O) 4:59.94, Brooke Starn (H guest) 5:03.93, Eliza Rego (H guest) 5:23.62

**Men’s Result (Achilles Trophy):**
Harvard & Yale 17 wins, Oxford & Cambridge 3 wins

**Pat Liles outstanding performer awards:**
Samuel Welch (H) and Emma Vasen (Y)

Bob Rittenburg Hurdles awards:
Jacob McLennan (H) and Addison Coy (Y)

Boal Hammer awards:
Jacob Lange (C) and Emma Vasen (Y)
Club Ties

By popular demand, the Club’s traditional plain Old Gold tie is now in stock again, alongside the striped version.

Both are available through Matt Buck, kit@achilles.org

The Gold Circle

3 x 100

In the Club’s 100TH YEAR, the Achilles Trust has been successfully appealing for £100 PER ANNUM from at least 100 MEMBERS

If you would like to contribute, further details are available on the website, www.achilles.org or from Alan James, trust@achilles.org

Specify support of OUAC or CUAC
A new option to channel some or all of your donation direct to OUAC or CUAC has proved particularly popular, and each University Club has benefitted substantially.

Remember Achilles in your Will
And please consider bequeathing monies as part of your estate.
FRESHERS VARSITY MATCHES

2 November 2019
Wilberforce Road, Cambridge

MEN

100m Mounir Hinedi (C) 11.2, Chizute Ogbedah (C) 11.4, Richard Cavanagh (C-guest) 11.7, Daniel Olaniyi (O) 11.7, John Chan (O) 11.8, Calum Braham (O-guest) 12.8. 200m Ben Ross-Russell (C) 23.8, Sam Nelson (O) 24.0, John Chan (O) 24.3, Luka Jovanovic (C) 24.5.

400m Sam Nelson (O) 53.6, Marko Cmrlec (C) 53.9, Lukas Lacey-Hughes (O) 54.9, Ed Keen (C) 59.5. 800m Angus Harrington (C) 2:09.2, Asad Yusoff (O) 2:13.4, Matthew Sutcliffe (C) 2:14.9, Brad Burke (O) 2:22.8.

1500m Milan Campion (O) 4:20.7, Asad Yusoff (O) 4:31.0, Aidan Williams (C) 4:35.8, Jason Fong (C) 4:39.3. 3000m Milan Campion (O) 9:17.5, Sameer Aiyar-Majeed (C) 10:32.7, Brad Burke (O) 10:46.9, Ben Hendry (C) 11:02.5. 110m hurdles (3’3”) Morgan Treasure (C) 20.2, Dominic Spencer-Jolly (O) 22.0, Brad Burke (O) 26.5.

400m hurdles Jake Watson (O) 64.7, Dom Spencer-Jolly (O) 70.4. High Jump Odu Salu (C) 1.65, Jochym Solecky (O) 1.55, Ben Anderson (O) 1.45, Seb Dunne (C) 1.40.

Pole Vault (not held). Long Jump Georgios Zaphiris (C)
ACHILLES ATHLETES OF THE MATCH:

Women: Adahna Ekoku (St. Catherine’s, Oxford) for hurdles and horizontal jumps; Louise Shanahan (Trinity, Cambridge) for 800m and 1500m

Men: Marley Young (Trinity, Cambridge) for throws

6.50, Morgan Treasure (C) 6.22, Olujimi Fafonora (O) 5.83, Tim Kuiper (O) 5.53, Jacaym Solecky (O-guest) 5.29. Triple Jump Morgan Treasure (C) 12.55, Calum Braham (O) 11.60, Anthoni Krupka (O) 11.10, Seri Aycock (C) 10.96. Shot Marley Young (C) 13.42, Emmanuel Goriola (C) 9.60, Max Bowman (O) 8.84, Jonathan Martin (O) 8.01, George Tsikas (O-guest) 7.80. Discus Marley Young (C) 42.77, Emmanuel Goriola (C) 24.39, Ben Anderson (O) 22.26, Jonathan Merpin (O) 16.42. Hammer Marley Young (C) 25.56, Max Bowman (O) 20.04, Emmanuel Goriola (C) 19.87, Ben Anderson (O) 19.26. Javelin Angus Harrington (C) 42.42, Archie Carpenter (C) 42.14, Jeremy Steed (O) 38.15, Ben Anderson (O) 33.22. 4 x 100m Cambridge (Ogbedah, Ross-Russell, Cavanagh, Hinedi) 45.8 [Oxford Fafowara, Olanuyi, Chan, Kuiper 50.5 disqualified]. 4 x 400m Oxford (O’Brian 55.8, Calderon 54.2, Lacey-Hughes 55.1, Nelson 52.6) 3:37.7, Cambridge (54.8, 59.3, 57.6, 53.1) 3:44.9.

Result: Cambridge 95, Oxford 78

WOMEN

100m Hannah Kyman (O) 12.9, Freya Robson (C) 14.1, Kenya Williams (C) 14.2, Eliynor Davies (O) 14.4, Alicia Vergara (O-guest) 14.7, Lucy Walker (C-guest) 15.0. 200m Hannah Kyman (O) 28.0, Irina Ferapontova (C) 29.2, Eliynor Davies (O) 30.1, Freya Robson (C) 33.1. 400m Eliska Freibergerova (O) 66.2, Libby Brown (C) 71.3, Kala Allen (O) 75.3, Fanny Belais (C) 87.2. 800m Louise Shanahan (C) 2:29.2, Eliska Freibergerova (O) 2:35.3, Helena Page (O) 2:41.2, Isabel Mastrodemado (C) 2:51.2. 1500m Louise Shanahan (C) 4:50.7, Emily Bradley (C) 5:07.8, Helena Page (O) 5:10.9, Elsie Gray (O) 5:20.5, Maya Mehan (C-guest) 5:59.2. 3000m Roseanna Temple (C) 10:40.4, Grace Molloy (O) 10:43.7, Amy Bull (O) 11:55.8, Isabel Mastrodonardo (C) 12:06.8. 100m hurdles Adahna Ekoku (O) 16.5, Annie Geiger (C) 19.9, Izzy Wood (C) 23.1. [Jewel Bennett (O) was disqualified]. 400m hurdles Annie Geiger (C) 77.9, Izzy Riley (C) 80.2, Grace Molloy (O) 82.7, Helena Page (O) 84.2. High Jump Isabel Wood (C) 1.40, Laura Simpson (O) 1.30, Charlotte Ellis (C) and Jewel Bennett (O) both 1.30. Pole Vault (not held). Long Jump Adahna Ekoku (O) 5.32, Charlotte Ellis (C) 5.00, Rosie Unwin (C) 4.74, Hanna Kynman (O) 3.71. Triple Jump Adahna Ekoku (O) 10.52, Irina Ferapontova (C) 9.76, Evie Miller (C) 9.14, Elsie Gray (O) 8.23. Shot Rosie Rice (C) 8.40, Laura Simpson (O) 7.64, Mary Bonsu (O) 6.44, Harriet Bradnock (C) 6.30. Discus Laura Simpson (O) 22.42, Joanna Olatunji (C) 18.78, Mary Bonsu (O) 16.79, Rosie Rice (C) 16.47. Hammer not held. Javelin Mary Bonsu (O) 26.20, Harriet Bradnock (C) 22.46, Jodie Mitchell (C) 22.28, Laura Simpson (O) 18.19. 4 x 100m Cambridge (Robson, Williams, Gavin, Walker) 58.0. Oxford (57.8 were disqualified for a faulty change-over). 4 x 400m Cambridge (Geiger 67.8, Espeunte 66.9, Ellis 65.5, Gavin 65.7) 4:26.0, Oxford (68.0, 68.4, 74.2, 65.6) 4:36.2

Result: Cambridge 87.5, Oxford 77.5
By Simon Molden:

In the 44th Ladies’ Race, the pre-race analysis predicted very close contest with the main question being whether the strength of Cambridge’s top four (which included two previous race winners) would be enough to defeat an Oxford eight boasting impressive strength in depth. The loss for the Dark Blues of Eleanor Bolton (Keble) to European selection in the week before the race was certainly a blow for them and tilted the scales marginally towards Cambridge.

In the event, things turned out almost precisely as forecast with the Light Blues filling four of the first six places and Oxford packing the middle order from seventh to 11th, leaving the result in doubt until the very end. After much checking and re-checking, the officials of Thames Hare and Hounds were able to announce that the honours had gone the way of Cambridge by the very narrow margin of 39 points to 41. This was the closest team result since 2000 when Oxford sneaked home by a solitary point.

The individual race winner was Niamh Bridson Hubbard (Magdalene), who was appearing for the fourth and final time. Her time of 22:49 equalled the course record set by Julia Bleasdale (Pembroke) in 2003; however, it should be noted that conditions in 2019 were considerably less favourable than for the 2003 contest, which came off the back of a European heatwave summer with the Common in the driest conditions possible and the Beverley Brook watersplash reduced to little more than a puddle. The result left the series at 25 wins to Oxford and 19 to Cambridge.

In the 129th Gentlemen’s Race, Cambridge entered the 129th race as very warm favourites. For Oxford, following four wins in the last previous years, 2019 had represented the passing of a generation and they entered the contest with a very inexperienced team. This was illustrated by their aggregate previous appearances of just five, compared to the Light Blues’ 21. Having said that, the untimely retirement from competitive running of Cambridge’s Oliver Fox (Robinson) and with one or two of the Light Blues not being quite in the form of 12 months previously, the gap between the two sides did appear to narrow somewhat over the term. However, from an Oxford perspective, it was not enough and Cambridge duly recorded a comfortable 32 points to 47 victory, only their second since 2013.

At the front, Phillip Crout (St. Catharine’s), appearing for the sixth time, took the individual honours having run a very well-judged race (38:43). Last through the watersplash, he accelerated towards the middle stages and by halfway had established a lead he was never going to relinquish. In third place, William Ryle-Hodges (Magdalene) notched up his ninth (and final) appearance and a seventh team victory. It is unlikely that this record of appearances will ever be beaten. The result brought the series to 65 wins to Oxford and 64 to Cambridge.

Earlier in the day, the 28th Old Blues’ Race was held and Oxford won for the first time since 2015 by the narrow margin of 180 points to 186 (scoring 13-a-side). William Christofi (University) was first home in 21:21. Although the Light Blues had seven of the first nine, as can be the case in mob matches, Oxford’s solid packing from eighth all the way to 27th tipped the balance in their favour.

The series now stands at 16 wins to Oxford and 12 to Cambridge.

Photos: Andy Hodge
40 YEARS ON

ACHILLES IN 1979

By Robin Tolson, CUAC President 1978-79

What do I remember?
Beyond the cloisters, a nation is to turn on its axis. A Winter of Discontent will rage, the rubbish will be piled high, the bodies unburied. An election, on 6 May 1979, will lift a very different Prime Minister into office. I listen late night on the radio from another world. Inside the cloisters: et in arcadia nobis. One glorious Summer gives way to the prospect of another. It is the last days of disco and punk is knocking, loudly, at the door: Peter Lake (Selwyn; 800m; 1500m; spiky haircut, black jeans, but I doubt even the odd safety pin) is in the advance guard and Neil Leach (Emmanuel; 800m; 1500m, bouffant locks and advanced tanning) is hanging on. For most of us Blondie represents a happy fusion between the two. 11 months before Callaghan hands the baton to Thatcher, Martin Wilson (Selwyn; 800m; 1500m) does so to your correspondent (Jesus; 400Mh; 110Mh). Seamlessly. ‘Hotel California’ playing in his room, as I recall, as he hands over the files, checks out and leaves. I am in charge of the CUAC shop. Daunting.

ACHILLES TOUR TO AUSTRALIA & SINGAPORE
Summer 1978: a tour of Australia and Singapore for a happy Achilles band. A press reception send-off with, if I recall, not a single journalist present despite the drink supplied by Qantas which sees me unsteadily onto my very first airliner. Dropping into Singapore with fireworks lighting the sky on National Day; then into Melbourne, to jet-lag and 40 orders at the hotel for lobster thermidor (the most expensive thing on the menu, the sponsors paying). Worryingly, I have only two memories of the athletics and none of any of the results: a meandering grass track at Sydney University; and the national championships at Singapore, sweating in hitherto unimaginable broiling humidity, swapping my Achilles for Aussie and Philippine vests – not that loyal, but good Singapore trading.

On the international circuit, in 1979 Australia tour star Craig Masback lifted himself to sixth on the world all-time list for the mile

CHARIOTS OF FIRE
To Cambridge and the Autumn term. A man called Colin Wel-land appears (Z Cars; Yanks) now researching a small film project provisionally and strangely titled “Chariots of Fire”. Whatever happened to that? Was there some competitive athletics that term beyond the joys of Milton Road on cold Sunday mornings and the ministrations of Roy Carter? There must have been, but I cannot recall it. Farewell, Roy. I do recall your arm on my shoulder in Australia: “Robin, my man for next year!”

Michaelmas gives way to Lent. Milton Road is covered in snow. Training consists of a one-sided snowball fight. Allan Robinson (Corpus Christi; Javelin) is not on my side and the range and power of his missiles far exceeds anything we have: it is
the Alamo. Was there some athletics? There must have been, but I cannot recall it.

**CUAC TOUR TO GERMANY**

CUAC to Germany at the end of the Lent term: guests of Colonel Leach (Neil’s Dad) and the British Army of the Rhine for a week. We must have competed, but I cannot recall it not even as I read my post-tour newsletter. The women are berthed with officers as I remember, the men are not. I have the songbook yet: “Side by Side”; “The Philosophers’ Song”; others, less classic or witty. A dressing down from me on the morning after a particularly boozzy night, our block less than military in its appearance, our

**VARITY MATCH 12 May 1979, Iffley Road, Oxford**

**MEN**, Blues Match. 100m W.M.W. Moody (C) 11.4, T. Freeman (C) 11.4, P. Baker (O) 11.4, C. Winter (O) 11.5, 200m B.R. Jones (C) 22.2, W.M.W. Moody (C) 22.9, M. Balje (O) 23.1, E. Quist-Arcton (O) 23.2. 400m B.R. Jones (C) 48.4, G. N. Goddard (C) 50.1, S. Lockharte (O) 51.5, S. McCabe (O) 51.6, 800m C. Masback (O) 1:53.8, S. Walsh (O) 1:54.6, S.M.C. Moore (O) 1:56.8, D.N. Leach (C) 1:56.8. 1500m C. Masback (O) 3:58.6, N.D.B. Dorey (C) 3:58.9, G. Reynolds (O) 4:00.1, D.N. Leach (C) 4:00.1. 1500m D. Schlesinger (O) 4:00.1.

4 x 100m Cambridge won. 4 x 200m Cambridge won. 4 x 400m Cambridge won. Result Cambridge 75, Oxford 53.

**MEN**, Centipede v Alverstone 100m C. Betteridge (O) 11.7, P.F. Duncombe (C) 11.9, R. Houghton (O) 12.6, S. Knight (O) 12.9, S. Todd (O) 13.1, M. Parry (O) 24.5, R. Houghton (O) 24.6, P. Durrant (O) 25.6, 400m R. White (O) 51.7, P. Durrant (O) 51.9, Oxford won the 100m hurdles. 55.5 record, J. Reeve (O) 56.1, Oxford won by 66 points to 54.

**FRESHERS VARSITY MATCH, Milton Road, Cambridge, 31 October 1978. Cambridge won by 114 points to 82. A women’s match was held on the same occasion, but not restricted to Freshwomen. Cambridge won by 66 points to 54.

**FIELD EVENTS MATCH, Iffley Road, 27 February 1979. Cambridge won by 4 events to 3. Oxford won the High Jump (match record of 7.25m), Triple Jump and Javelin, Cambridge won the Pole Vault, Long Jump, Shot and Discus. No Hammer competition was held, due to the state of the ground (now the Hockey Pitch).**

**RELAYS MATCH held in conjunction with the Varsity Games at Crystal Palace, 3 March 1979 (Some other University teams, and composites, also competed). Cambridge won the Men’s Oxford-Cambridge competition by 5 relays to 2. 4 x 100m Loughborough won, Cambridge second. 4 x 200m Cambridge won. 4 x 400m Cambridge won. 4 x 800m Cambridge won. 4 x 1600m Cambridge won. 4 x 110m hurdles Oxford won. 4 x 200m hurdles Oxford won. Cambridge women won 3 events to 0.**

The relays were 4 x 100m, 3 x 800m and a Medley (200 x 600 + 400 x 800m)
team equally. My speech of thanks to the Mayor of Bernkastel (a former POW in Cambridge) after his stunning wine tasting (5 wines advertised, 8 arrived - Trockenbeerenauslese included); the speech - 'auf Deutsch', sabotaged by Graham Goddard (Sidney Sussex; 400m) and Paul Gomme (Caius; shot putt) the linguists in the party who had "translated" it for me. Ah, Graham and Paul: such a few years left for both of you. Your untimely deaths lend perspective to this view.

**VARSITY VICTORY**

And so to the May term and business. Constant dawn rounds on my bike delivering elegant selection cards summoning the faithful to twice-weekly meetings. Coaches to Woodford Green; TVH. A general election and, 11 days later, the more important Day: "to Iffley; to Iffley, we are the CUAC and we're off to Iffley." Vanquished utterly by the lovely Charlie Betteridge in the President's speech competition, but not so on the track. Victory by 112-98 for the men and 75-56 for the women. We are led by the magnificent Mike Moody (Churchill; 100m) against the wind and the odds; and Brian Jones (St Catharine's; 200m; 400m; the veteran [i.e. 22 years old] and teller of shaggy dog stories – one punchline, bizarrely, I recall: Caesar to Brutus "et tu Brute??" Brutus replies: "lying b........., you ate three"). He and Neil Thomas (Trinity; high jump; 110mH; ginger, talent) imperious both, as ever. The women led by Kim Tuffnell (Selwyn: 200m; 400m) cleaning up the sprints with Bridget Wheeler (Trinity Hall: 100m; 200m) in, almost unbelievable now, only the 4th women's match. Carole Chapman (Girton; javelin, discus) hurling her spear prodigious distances.

**HARVARD & YALE**

Not done quite yet. Only days to go until the axe falls, and Cambridge will belong forever to other people, for the time of their lives - but Harvard and Yale drop by. American cool: my oppo whipping off his beanie as the starter calls us to our marks, his freshly cropped Mohican ahead of me all the way round. Defeat. A last dinner. The President's baton to Neil Leach. Gone.

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**MISSING MEMBERS**

We would be very grateful for postal or email addresses for any of the following: please contact membership@achilles.org

<table>
<thead>
<tr>
<th>Michael Small 1940 Cam</th>
<th>Henry Leader 1949 Cam</th>
<th>David Churchill 1957 Ox</th>
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<td>Robert Winser 1940 Ox</td>
<td>James Batten 1950 Cam</td>
<td>Steve James 1957 Ox</td>
</tr>
<tr>
<td>Frank Finch 1942 Cam</td>
<td>Gerald Butterworth 1950 Ox</td>
<td>Tim Braid 1958 Cam</td>
</tr>
<tr>
<td>Robert Reynolds 1945 Cam</td>
<td>Graham Barker 1951 Cam</td>
<td>Michael Davies 1958 Cam</td>
</tr>
<tr>
<td>Jolyon Rymer 1945 Cam</td>
<td>Gareth Jones 1951 Cam</td>
<td>Peter Green 1958 Cam</td>
</tr>
<tr>
<td>John Seale 1945 Cam</td>
<td>Edvard Freitag 1952 Cam</td>
<td>Colin Bacon 1959 Cam</td>
</tr>
<tr>
<td>Gordon Drew 1945 Ox</td>
<td>John Maitland 1952 Cam</td>
<td>Peter Burrows 1959 Cam</td>
</tr>
<tr>
<td>Paul Jeanty 1945 Ox</td>
<td>Christopher Higham 1952 Ox</td>
<td>Jack McWhor 1959 Cam</td>
</tr>
<tr>
<td>Geoffrey Tudor 1945 Ox</td>
<td>Edgar Samuel 1953 Cam</td>
<td>Mike Ralph 1959 Ox</td>
</tr>
<tr>
<td>David Shiress 1946 Cam</td>
<td>Roger Pinnigton 1953 Ox</td>
<td>Herb Elliott 1960 Cam</td>
</tr>
<tr>
<td>David Powell 1947 Ox</td>
<td>Timothy Sainsbury 1953 Ox</td>
<td>Michael Royce 1960 Cam</td>
</tr>
<tr>
<td>David Lyall 1948 Cam</td>
<td>Lawford Howells 1954 Cam</td>
<td>George Darroch 1960 Ox</td>
</tr>
<tr>
<td>Richard Broad 1948 Ox</td>
<td>Ronald Forster 1955 Cam</td>
<td>Robin Inglis 1961 Cam</td>
</tr>
<tr>
<td>Jean-Pierre Matossian 1948 Ox</td>
<td>John Cuthbert 1956 Ox</td>
<td>Raymond Channing 1962 Cam</td>
</tr>
<tr>
<td>Bob Catterall 1949 Cam</td>
<td>Anthony Gibbs 1956 Ox</td>
<td>Martin Clark 1962 Cam</td>
</tr>
<tr>
<td>Iain Crawford 1949 Cam</td>
<td>John Pinnick 1956 Ox</td>
<td>David George 1962 Cam</td>
</tr>
</tbody>
</table>
30 Years On

Tom Richardson, Liz Stapleton (Hobson), Stuart Nash, Colin Scott & David Gardiner enjoyed one of their Achilles get-togethers in Sydney, Australia: they are keen to expand their circle...

OUAC 4 x 100m 1989: Marcus Browning, Dwayne Heard, Segun Osuntokun & Ian Williams.

Andrew Keith 1962 Cam
Geoff Bostock 1962 Ox
Geoffrey Williams 1962 Ox
Dick Pyle 1962 Ox
Edwin Gale 1963 Cam
Michael Chapman 1963 Ox
Mike Powell 1963 Ox
Geoffrey Grigson 1964 Cam
Graham Ploves 1964 Cam
John Smith 1964 Cam
Peter Wray 1964 Cam
Alan Heath 1964 Ox
Christopher Webb 1965 Cam
Peter Aukes 1965 Ox
David Graham-Young 1966 Cam
John Valentine 1966 Ox
Richard Green 1967 Cam
Leon Hall 1969 Ox
Benjamin Davies 1970 Cam
Biff Hannibal 1971 Cam
Rob Critten 1971 Ox
Julian Ellis 1972 Cam
Nigel Boulding 1972 Ox
John Morris 1973 Cam
Andy Brown 1973 Ox
Adam Chedburn 1973 Ox
Pete Edwards 1973 Ox
Glyn Reynolds 1973 Ox
John Slaney 1973 Cam
Charles Athie 1974 Ox
Anthony Dyke 1974 Ox
Andy Shepherd 1974 Ox
Rona Slator 1974 Ox
Cathy Meunier 1974 Ox
Mary Underhill 1974 Ox
Kenrick Cheong 1975 Ox
Roger Hodgson 1975 Ox
Nigel Cowan 1976 Cam
David Grant 1976 Cam
Julie Morgan 1976 Cam
Martin Rhodes 1976 Ox
Nick Dorey 1977 Cam
Jonathon Stooledy 1977 Cam
Kim Wells 1977 Cam
David Rist 1977 Ox
Andrew Beardmore 1978 Ox
Mark Jackson 1979 Cam
Jennifer Jolley 1979 Cam
Simon Small 1979 Cam
Nicholas Armstrong 1979 Ox
Nick Fellows 1979 Ox
Andy King 1979 Ox
Sarah Sanderson 1979 Ox
Wally Upton 1979 Ox
Alistair Brown 1980 Cam
Alistair Edgar 1980 Cam
Elizabeth Gee 1980 Cam
Patrick Hannon 1980 Cam
Karen Marwick 1980 Cam
Lindon Neil 1980 Cam
David Taylor 1980 Cam
Marcus Darville 1980 Ox
Charles Hovenden 1980 Ox
Paul Carleton 1981 Cam
Joe Goles 1981 Cam
Tim Cook 1981 Cam
John Fordham 1981 Cam
Heather Linaker 1981 Cam
Andrew Richardson 1981 Cam
Janet Corlett 1981 Ox
Matthew Power 1981 Ox
Liz Boothroyd 1982 Cam
Marco Fasoli 1982 Cam
Tim King 1982 Cam
Michael Moltor 1982 Cam
Felicity Waterman 1982 Ox
Patricia Bradley 1983 Cam
Pete Fulcher 1983 Cam
Clive Bromhall 1983 Ox
Nigel Clarke 1983 Ox
Pete Kanowski 1983 Ox

39
Missing Members, continued

Sarah Rees 1983 Cam
Keith Blackwell 1984 Cam
Kate Harper 1984 Cam
James Lloyd 1984 Cam
David Smith 1984 Cam
Caroline Ball 1984 Ox
Kathleen Clair 1984 Ox
Corinne Cummings 1984 Ox
Ginny Evans 1984 Ox
Olu Fajemirokun 1984 Ox
Katie Flanagan 1984 Ox
Andy Geddes 1984 Ox
Chris Harris 1984 Ox
Gareth Hughes 1984 Ox
Peter Laws 1984 Ox
Val Pritchard 1984 Ox
Ian Silvester 1984 Ox
Richard Dawson 1984 Ox
Bob Cobb 1984 Ox
Peter Darbyshire 1985 Cam
James Hely Hutchinson 1985 Cam
Sarah Keir 1985 Cam
Emma McBrien 1985 Cam
Catherine Shelley 1985 Cam
Wole Soboyejo 1985 Cam
Simon Briggs 1985 Ox
Vaughan Clark 1985 Ox
Rod Clayton 1985 Ox
Tim Cross 1985 Ox
Helen Hoyle 1985 Ox
Ian Silvester 1985 Ox
Nick Bulbeck 1986 Cam
Philip Darbyshire 1986 Cam
Sean Gibbons 1986 Cam
Martin Hepworth 1986 Cam
Paul Mendham 1986 Cam
Javier Pes 1986 Cam
Richard Shearmur 1986 Cam
Philip Wilkins 1986 Cam
David Cook 1986 Ox
Rod Driver 1986 Ox
Jeremy Lai 1986 Ox
James Leach 1986 Ox
Larry Mathews 1986 Ox
Matt Newman 1986 Ox
Gary Pitts 1986 Ox
Dominic Tilley 1986 Ox
Tracy Aldridge 1988 Cam
Vicky Barton 1988 Cam
Tom Bent 1988 Cam
John Brecknell 1988 Cam
Hugh Briggs 1988 Cam
David Burrows 1988 Cam
Pierre Delforge 1988 Cam
Tanny Liverpool 1988 Cam
James MacNachtan 1988 Cam
Ade Oduono 1988 Cam
Uzo Onwere 1988 Cam
Bob Ryan 1988 Cam
Jason Skill 1988 Cam
Helen Small 1988 Cam
Rowan Smith 1988 Cam
Tim Wright 1988 Cam
Courtney Cook 1988 Ox
Matthew Dimond 1988 Ox
Stuart Fairley 1988 Ox
Becci Hearns 1988 Ox
Kate Houston 1988 Ox
Stewart Martin 1988 Ox
Ian McAllister 1988 Ox
Matthew Pay 1988 Ox
David Stewart 1988 Ox
James Street 1988 Ox
Andy Thompson 1988 Ox
Linda Whiteside 1988 Ox
Jeremy Arnold 1989 Cam
James Bobby 1989 Cam
Robin Jordison 1989 Cam
Sue Burgess 1989 Cam
David Rowlands 1989 Cam
Allan Taylor 1989 Cam
Jo Adams 1989 Ox
Andy Johnston 1989 Ox
Rob Marx 1989 Ox
Derek Ormerod 1989 Ox
Kate Shepherd 1989 Ox
Vince Smith 1989 Ox
Tim Stewart 1989 Ox
Chris Townsend 1989 Ox
David Bond 1990 Cam
Robert Calvert 1990 Cam
Giacomo Cossini 1990 Cam
Alain Ingram 1990 Cam
Suzanna Jembsy 1990 Cam
Rachel Jordan 1990 Cam
Stewart McMorran 1990 Cam
Simon Steer 1990 Cam
Tony Underwood 1990 Cam
David Wright 1990 Cam
Ade Adegoke 1990 Ox
Mike Douglas 1990 Ox
Laura Marsiliani 1990 Ox
Iain Scott 1990 Ox
Simon Walker 1990 Ox
Katie Belkin 1991 Cam
Helen Bushell 1991 Cam
Baz Clark 1991 Cam
Steve Garland 1991 Cam
Lorraine Harvey 1991 Cam
Louise Kaye 1991 Cam
Mark Middleton 1991 Cam
Leon Stephenson 1991 Cam
Gordon Williams 1991 Cam
Stephen Crouch 1991 Ox
Alex Dawes 1991 Ox
Gerald Preston 1991 Ox
Paul Wilson 1991 Ox
Julia Church 1991 Ox
Andreas Fox 1993 Ox
Carolyn May 1993 Ox
Nathan Marston 1993 Cam
Robert Critchley 1994 Cam
Susie Hodgkinson 1994 Cam
James Reynolds 1994 Cam
Brett Williams 1994 Cam
Alan MacPherson 1994 Ox
Dani Martin 1994 Ox
Craig Shepherd 1994 Cam
Matt Albrighton 1995 Cam
Andy Carnall 1995 Cam
Sarah Dillon 1995 Cam
Bethan Page-Jones 1995 Cam
Anna Warren 1995 Cam
Alex Wheth 1995 Cam
Alan Dunwoodie 1995 Ox
Julia Melling 1995 Ox
Jacqui Street 1995 Ox
James Dempsey 1996 Ox
Samantha George 1996 Ox
Alistair Burgess 1997 Cam
Ben Dunnett 1997 Ox
Bob Goodwin 1997 Ox
Mark Hypolite 1998 Cam
Hannah Ogg 1998 Ox
Fennel Aurora 1998 Ox
Sheree Halliwell 1998 Ox
Karen Noonan 1998 Ox
Ben Clare 1999 Cam
Graeme MacKay 1999 Ox
Matt Taylor 1999 Ox
Clara Brown 2000 Cam
Siobhan Dennehy 2000 Cam
Ed Green 2000 Cam
Corin Hughes 2000 Cam
Sarah Wilson 2000 Cam
Aki Abiola 2001 Cam
Hettie Briscoe 2001 Cam
Simon Samuel 2001 Cam
Bayo Biobaku 2001 Ox
Chanda Kapande 2001 Ox
Naomi Millner 2002 Cam
Hugh Watson 2002 Cam
Stuart Forbes 2003 Cam
Rota Stone 2003 Ox
Decker Walker 2004 Ox
Sarah Fielding Smith 2005 Cam
Paul Kirsch 2006 Ox
Gus Mercer 2008 Ox
Nyma Sharifi 2009 Cam
Tracey Aldridge 2010 Ox
Allan Smith 2010 Cam
Please contact: membership@achilles.org