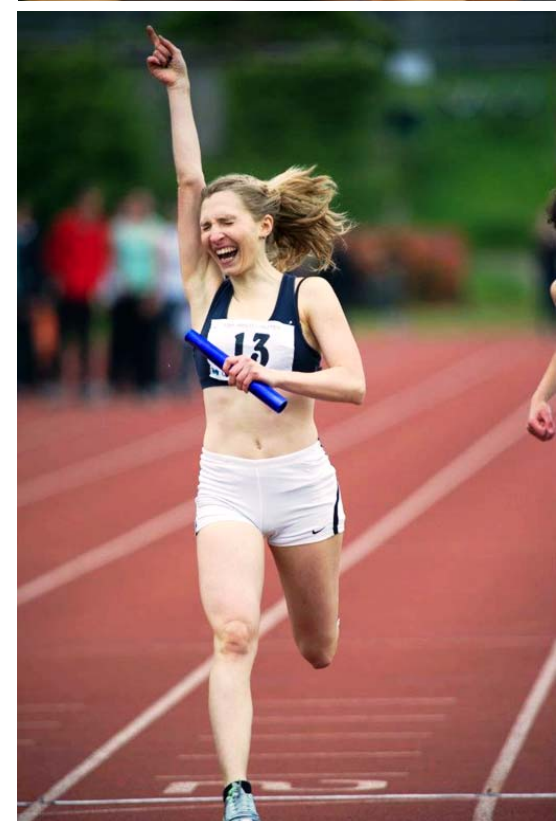


ACHILLES CLUB ANNUAL REPORT 2012

www.achilles.org



Fixtures 2013

Saturday 16th February - Varsity Field Events & Relays - Lee Valley
 23-24th February - BUCS Indoors - Sheffield EIS
 Saturday 9th March – CUAC Dinner
 13th-23rd March—OUAC Warm Weather Training - Portugal
 24th-31st March - CUAC Warm Weather Training- Malta
 3rd-19th April - Oxford & Cambridge US Tour
 6th April - Oxford & Cambridge v Penn & Cornell - Cornell
 15th April – American Achilles Foundation Dinner, at Harvard - contact Tom Blodgett
tblodgett@ft.newyorklife.com
 16th April - Oxford 7 Cambridge v Harvard & Yale – Harvard
 Saturday 27th April - Achilles: Kinnaird/Sward Meeting – Kingston-upon-Thames
 Sunday 28th April - CUAC Sports - Wilberforce Road
 4-6th May - BUCS Outdoors - Bedford
 Saturday 18th May - Varsity Sports - Wilberforce Road, Cambridge
*Achilles Dinner, at St Catharine's. Chief Guest: Jon Ridgeon. Contact Tom Dowie
thehowehoxa@btinternet.com*
 Wednesday 29th May - Achilles v Loughborough - Loughborough
 Saturday 29 June - Achilles, LICC Round One - Allianz Park (formerly Cophthall Stadium)
 Saturday 27 July - Achilles, LICC Round Two - Allianz Park
 Saturday 24 August - Achilles, LICC Round Three - Allianz Park

2014 - 150th Anniversary of the Varsity Sports. Save the date!

Big celebrations are planned at Oxford on 17th May, including a banquet at Oxford Town Hall

Changing Times 2



Tommy Macpherson has agreed to become the Club's Patron, a post previously only held by our founder, Lord Philip Noel-Baker.

Tommy's contribution to the Club over the last 60 plus years has been immense. Among countless initiatives, he organised a very high profile tour to

Greece and Italy in the early 1950's, took over from Harold Abrahams as Chairman, set up the Achilles Trust when the US Series had all but collapsed through lack of funds, raised sponsorship for major tours to Australia in the late 1970's and Hong Kong and China in the early 1990's and has guided us with wit and wisdom throughout. Tommy is standing down from the post of President which he has held with such distinction since 1979. We are proud and happy that his close interest in the Club's affairs remains undimmed.

Changing Times 1

The format of the Achilles Annual Report went largely unchanged from 1920 until the 1960's (and if any one can unearth the lost Reports of 1921-23 we would be thrilled!). It was then a small A5 booklet, containing a couple of pages describing the Club's activities during the year, the results of the Varsity Match and other competitions, and a comprehensive list of members and their addresses.



During the 1970's and early 1980's publication lapsed, and when I revived it in 1986 it was in A4 format. Over the years, as technology and my IT skills have improved I've sought to expand the content and refine its presentation, but always maintaining the style and identity of the Reports of the Club's first 50 years. It has been, and continues to be, a labour of love, and a privilege.

A change of layout was long overdue and I hope that you approve. The magazine style is actually more economical, permitting better use of page space, and allowing the same amount of material to fit into fewer pages, and we are indebted to London Estate Agents **Douglas & Gordon** for printing it for us in colour. - PDTW

Changing Times 3

While we are on the subject, it is now 25 years since I took over from Sandy Duncan as Honorary Secretary of this august Club.

Sandy had been in the post for 39 years—probably too long. I care too much for the Club to make the same mistake.

Who'd like to start taking over?

Very best wishes to all,

Paul Willcox
Hon. Sec.
Achilles Club

Achilles Club

PRESIDENT

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

VICE-PRESIDENTS

H. Robert H. Stinson MBE (Cambridge)

Timothy M. Taylor (Oxford)

CHAIRMAN

Dr Dewi W. Roberts MBE DL (Cambridge)

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- John Crosse** (Oxford) Transatlantic Series
- Tom Dowie** (Oxford) Achilles Dinner
- Alan James** (Cambridge) Varsity Match
- Dr Robert Harle** Webmaster & Hon. Treasurer, CUAC
- Dr Chris Martin** (Oxford) Hon. Treasurer, OUAC
- Matthew Buck** (Cambridge) Kit – matt.buck@achilles.org
- Dr. Andrew Hodge** (Cambridge)
- Air Commodore John G. De'Ath MBE** (Oxford)
- Geoff Hill** (Cambridge)
- Bridget Wheeler** (Cambridge)
- Caspar Eliot** (Oxford)
- Lucy Spray** (Cambridge) Varsity Sports 150th Anniversary 2014
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- Matthew Houlden** President CUAC
- Matthew Johnson** Past President OUAC
- Tom Wagner** Past President CUAC
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- Amin Ahmadnia** Hon. Sec. CUAC
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- Nora Rossberg** Women's Captain CUAC
- Ross Elsby** Men's Captain CUAC
- Daniel Hooker** Men's Captain OUAC
- Jon Cook** CUAC Alumni
- Helen Hanstock** OUAC Alumni

Achilles Team Managers

Sally Hughes (Oxford), **Humphrey Waddington** (Cambridge),
Frances Smithson (Oxford),
Mike Collins (Cambridge), **Helen Hanstock**.

Achilles Trustees

H.R.H. Stinson; **Sir Thomas Macpherson**; **Dr. C.J.R. Thorne**; **J.G. De'Ath**; **D.W. Roberts**; **Bridget Wheeler**; **P.D.T. Willcox**. Clerk to the Achilles Trust: **Dr. Christopher Thorne** (Cambridge), St Catharine's College, Cambridge 01954-210566 cjrt@cam.ac.uk
American Achilles Foundation
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Phone 01737-761626 peter.crawshaw@achilles.org

Hon. Secretary

Paul Talbot Willcox (Cambridge)
c/o Eggar Forrester, Eden House, 23 Wilson Street
London EC2M 2SN, paul.willcox@achilles.org 07768 735634

World and UK Rankings

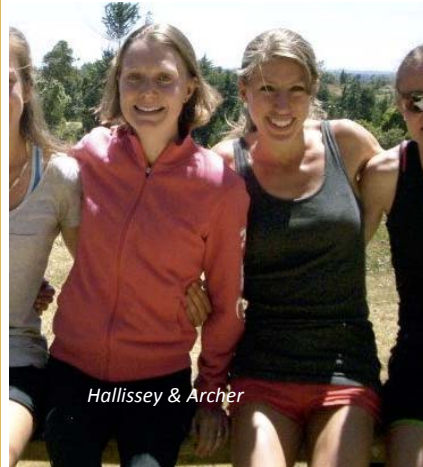
Several of the Club's top performers enjoyed huge breakthroughs. Emma Perkins opened the year by radically revising her high jump pb with 1.89 indoors. Then Claire Hallissey built on her 2011 promise with a storming first UK place in the London Marathon to secure her Olympic place. Meanwhile a big 10000m pb in the USA and a close 4th in the European 5000m heralded Julia Bleasdale's long awaited arrival in the highest world class, a position confirmed by her two 8th placed finishes in the Olympic finals at both distances.

Jon Cook (right) scored his first international win at an event in Spain, and his competitive record earned him a 10th place ranking on merit from AW.

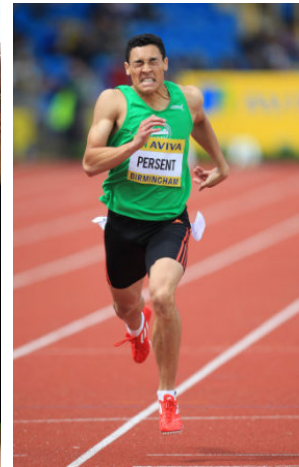
Late in the year, Ben Moreau sliced a minute off his 10000m pb at an event in Australia.



Emma Perkins



Hallissey & Archer



Andy Baddeley shrugged off a series of injuries to return to the top of the UK rankings. He reached the Olympic semi-finals, and his blog on the Games is included later in this Report.

Mara Yamauchi, however, had a frustrating year. Carrying an injury into the Olympic marathon she had to drop out. She nevertheless ranked 3rd in the UK 10k road lists.

Hattie Archer was desperately unlucky to be excluded from a second Olympics through injury. In spite of holding the qualifying time and a brave run in the Europeans she fell foul of the UK's draconian entry standards.

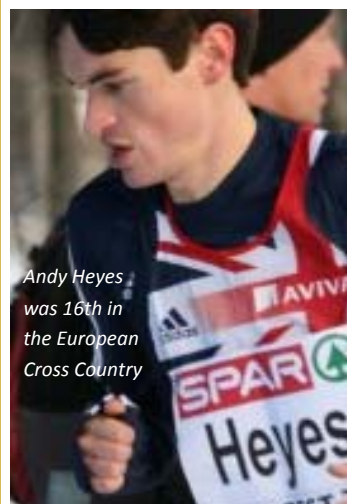
Louis Persent was another to make a long overdue breakthrough, improving at 400m by almost a second. He narrowly missed Olympic selection, but time is on his side and he already has his sights set on Rio.



Jon Cook

	World	UK Merit	UK		
Julia Bleasdale	9	2	2	10000m	30:55.63
Julia Bleasdale	20	2	1	5000m	15:02.00
Claire Hallissey		1	1	Marathon	2:27.44
Andy Baddeley		1	3	1500m	3:35.19
Emma Perkins		3	3	High Jump	1.89i/1.83
Ben Moreau		4	4	10000m	28:40.83
Grace Clements		4	4	Heptathlon	5755
Hatti Archer		5	5	3000m s/c	9:57.00
Louis Persent		7	7	400m	45.77
Phyllis Agbo		7	7	Heptathlon	5388
Emily Dudgeon		8	7	800m	2:02.32
Ian Kimpton		10	8	10000m	29:26.51
Jon Cook		10	21	800m	1:48.90
Andy Baddeley		10	5	5000m	13:22.44i
Phyllis Agbo		12	10	Shot Put	13.87
Andy Baddeley			10	800m	1:47.80
Grace Clements			13	High Jump	1.75
(Paolo Natali - Italy)			14	Marathon	2:20.27
Aidan Reynolds			15	Javelin	68.30
Phyllis Agbo			17	100mH	13.80
Ben Carne			18	400mH	51.38
Phyllis Agbo			18	Long Jump	6.05
James Kelly			19	Marathon	2:22.22
(Clara Blattler - USA)			19	Pole Vault	3/70
Grace Clements			20	Long Jump	6.03
Nav Childs			21	Triple Jump	15.10
Carolyn Plateau			21	800m	2:04.79
Julia Bleasdale			24	1500m	4:16.56
Naomi Taschimowitz			25	3000m	9:14.37
Lizi Wheater			28	1500m	4:17.13
Keno Mario-Ghae			31	High Jump	2.04
Lizi Wheater			31	800m	2:06.70
(Jen Lovell - Australia)			36	Pole Vault	3.50
Laura Duke			37	Hammer	48.58
Jess Chen			38	5000m	16:36.20
(Clara Blattler - USA)			38	400mH	62.60
Richard Baderin			39	110mH	14.72
Frances Smithson			41	High Jump	1.70i/1.64
Ian Kimpton			42	5000m	14:13.32
Huw Lobb			44	Marathon	2:28:39
Grace Clements			44	100mH	14.35
Bilen Ahmet			45	Decathlon	4524
Chris McGurk			46	10000m	31:11.88
Matt Houlden			47	Triple Jump	14.52/14.70w
Helen Broadbridge			49	Hammer	45.38

And In Other News....



Andy Heyes was 16th in the European Cross Country



John Herries was glimpsed in 'Escape to the Country'



Charlotte Cutler continues to medal in Hong Kong



Fraser Thompson placed 97th for Australia in the World Mountain Running Championships

Congratulations to Martine Bomb and Pete Harding on their marriage, and Steve Marlow and Lucy Flanner on their engagement.





Julia Bleasdale rounded off a stunning year in which she broke through into world class by placing 8th in both the 5000m and 1000m, and earlier in the season placed 4th in the European 5000m.

Desmond Luke was on our 'missing members' list for many years, and had evaded even the searches of his 1957 US Tour teammates when they organised a reunion.

At the height of our celebrations at the Royal Overseas League, a club resident, in London for the Games, noticed our event listed on a board in the foyer, wandered in, and rather diffidently introduced himself.

Desmond Luke, welcome back! What a very happy coincidence!



John Crosse's police background was ideal for his role escorting athletes to drugs tests



Mara Yamauchi, 6th in Beijing, suffered the misfortune of starting the marathon injured, and having to drop out.



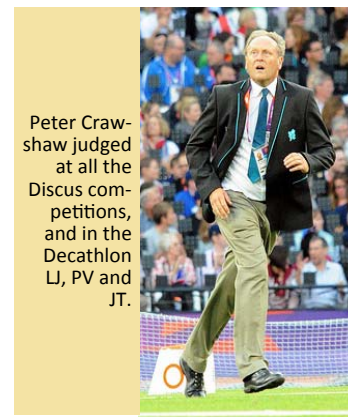
Claire Hallissey enjoyed a solid run in her first major Games marathon



The Achilles Olympic Gathering at the Royal Overseas League was attended by over 200. It was organised by Paul Willcox and compered by John Bryant.



John Bryant & Paul Willcox (photo: Bob Solomon)



Peter Crawshaw judged at all the Discus competitions, and in the Decathlon LJ, PV and JT.



Triathlon Gold Medalist, Alistair Brownlee: in his one term at Girton he competed regularly for CUH&H, and but for injury would have contested the Varsity Cross-Country.



Chris Daniels handled Lloyds' involvement as a sponsor of the London 2012 Olympic Games and Paralympic Games.

'The visceral appeal of the 100m' - from Barny Powell

I thought I should share with Achilles my attempt to explain the visceral appeal of the 100m in response to my co-author, Alex Mackinnon's missing the point of it.

Dear Barnaby, I know you are intelligent and an athlete. Can you therefore explain the 100m to me?

In terms of poetic prose, my take is:

- A Bolt sightbite as fleeting and appealing as a Blair soundbite,

- A race strategically singular and tactically bereft.

- Only works with feral crowds, febrile hype, and a frantic press.

- The fastest run, in the straightest line, over the shortest distance, requiring minimal attention span.

I stayed up for the 10,000 metres on Saturday but went to bed after watching the boxing on Sunday. Saw the 100 metres this morning and stifled a yawn!

Please tell me why 100m is so popular! Now what Ennis did - that was true athletics.

All the best, Alex

Dear Alex

Yes, I can explain: it's about terror and pity. We all thrive on drama, fright and surprise. In the 100 m there is fight and flight all at once, as you flee your fears (of being left at the start) and fight for supremacy. The 'feral crowd' loves this as much as they love a pack of dogs chasing a rabbit competing for the kill. The sprinter loves the adrenaline rush and the surge of hitting the 'sweet spot' of full stride and blazing a trail in a slightly crazed cavort to victory. It's basic animal spirits. The terror comes in the interminable space between the crouch and the gun. The pity comes with the devastation of defeat for those who have puffed themselves up as victors. Above all, it's a phenomenal dare in which each runner believes he can ratchet up his speed/stride rate to match and overhaul the rest. You have to run the race to know this. Ask Alan Wells if you ever come across him - he will tell you something very similar.

Your four descriptors are quite accurate. However, you have to see the 100 m as a circus act. The suspense is so brief it mad-

dens the crowd with its intensity, which is what makes them jump and shout. It's a flash in the pan of eight men literally shot from a gun with one of them becoming a kind of shooting star. By comparison, all other events are calm, measured, strategic and rational. This what makes the 100m the Cinderella or stand-out event. It has all the drama and fascination of unbridled passion or a public execution. It's a searing struggle which allows an infinitesimal margin of error in avoiding sudden death. It's the total focus and attention span allotted by the runner to the task which galvanises, even hypnotises, the spectator. There you have it.

Having said that, I must say I agree with your suggestion that Jessica Ennis is the true athlete - which is quite another thing, of course. I took up the decathlon in Spain - rather like Don Quixote - after years of hundreds and long jumps and revelled in my spectacular failure (particularly in the pole vault) to achieve my entirely imaginary potential, but have never enjoyed anything quite so much again.

ATB - Barnaby

Andy Baddeley's Olympic Blog

I felt incredibly proud to be a part of Team GB for a home Games. Whilst all of the athlete interviews from all the sports may have lent the "crowd were incredible" sentiment an air of cliché, that is simply because there is no way to describe how it felt. It was and still is, impossible to describe the wall of noise, the electric atmosphere of anticipation, or the feeling of pulling on the British vest. But suffice it to say, as a country we showed everything that is Great about Britain.

I arrived in the village ready to go, and to soak up the atmosphere. I moved into our apartment with Chris Tomlinson, Robbie Grabarz, Andrew Osagie and Ross Murray, where I was sharing a room with Chris Thompson.

Day one of athletics arrived, and it was finally time to don the vest in anger. It was a usual race day of nervous waiting, coupled with an air of "is this real" and "s***, this is the Olympics!". Time slipped by and suddenly I was at the warm up track, where I can only really describe the atmosphere as the calm before the

storm. By this point we all knew this wasn't a normal major championships - watching a full stadium roar Jess on to a world heptathlon best in the hurdles in the morning session made sure of that! I had a walk around the warm up track with my coach, and then lay down for a quick read to clear my head. Stretching, then a very early jog as we had to con-

tend with an unusually long 50 minute call time. I did a few easy strides, grabbed my spike bag and headed

into final call.

For once, all the officials were speaking English, which was strangely comforting. For anyone wondering what goes on in there - our bags are checked to make sure spikes are the right length and that no one has an iPod or phone, or any branding that's not allowed. The call room is basically a big room with dividing walls separating it into pens so that each heat is segregated from the others. Plain walls, and eerily quiet as each athlete goes through their routine. There is the occasional bit of banter to break the tension, and the officials try to stop any



jogging around. Then it was time for the long walk through the tunnel to the main stadium - 8 minutes of walking in silence feels like a long way. We were given our front name bibs with transponders attached (which provide 100m splits for all the distance athletes), leg numbers and it was time for spikes and a few strides on the short straight under the stands.

Then it was time for one of the most incredible moments of my life. We came out from underneath the stands in single file, and there was a surge of deafening noise spreading outwards as the crowd spotted the Team GB colours. If I thought that was loud, I was in for a rude awakening as my name was announced on the start line. If I had clapped my hands in front of my face I wouldn't have been able to hear it. The sound had such a physical positivity, that I felt taller, I felt lighter. Then we were off, and despite tripping with 120m to go, I felt great and qualified in an automatic spot.

After crossing the line, in a mixture of excitement and relief, there was a brief chance to soak up the atmosphere and

to acknowledge the crowd before hiking back to the warm up track via the longest ever mixed zone! A quick warm down and the chance to talk to my coach whilst getting a massage, then I hopped on the bus back to the village. I went straight into the (6000 seater) dining hall before heading back to Team GB medical HQ for an ice bath.

Fast forward less than 24 hours, and I'm sitting with the guys in our apartment in the village with no idea of what's about to happen. Super Saturday. Need I say more. We watched three of our friends and teammates win the biggest prize in world sport, it was incredible. So incredible that I had to take myself out for a walk around the village to calm down and relax before trying to get some sleep before my own Olympic semi-final.

So then it was my turn again, it was Sunday, with much the same routine as Friday. I was drawn in the second semi-final, which was made up of 13 athletes after the reinstatement of Nixon Chepseba who had stumbled in his heat. First 5 athletes from each semi would qualify automatically, with the next 2 fastest overall also progressing. I felt good in the

warm up, nervous but ready to go. Then we got out on the track and the noise hit me again, I've run out of superlatives for the way that it made me feel.

The gun went, and the rest is a blur. The pace felt incredibly fast, but what was not necessarily obvious was that it was fluctuating - always the toughest way to run. Not only was the pressure applied at the front inconsistent (by an obviously keen-to-stay-out-of-trouble Chepseba), but the rest of us were scrapping for position and doing our best to avoid stumbles and fallers. I felt like I was going as hard as I could go right from the gun, and when I knew that I really needed to move up through the field I was already at my red-line and just couldn't make it happen. I ran hard to the line but finished



in an agonising 8th place - 7th place 0.4s ahead of me qualified for the final.

How I felt back at the warm up track is perhaps the most difficult thing to explain. The event that I had been training for over the last four years was over, and I was one place away from a second consecutive Olympic final. Obviously I was disappointed, but it wasn't quite as simple as that. The closest word I can think of is empty. It was a case of "ok, well what

now?". There's no urgency to recover, to get an early night or to think about training again. Perhaps lost is also appropriate.

Another reason for such complicated emotions was my own constantly shifting goal posts. Four years ago I was confident of competing for a medal in London. A smattering of small injuries over the next few years meant that it wasn't quite so straightforward, and as I mentioned in the previous blog, at the end of 2011 I wasn't even sure I would make the team. But so consistent was my training from September 2011, by the time I ran a PB over 3000m in May 2012, I knew that I was back at my best - stronger and faster than in 2008. But, also as per the previous blog, my four week lead in to the games was far from perfect, and even if only subconsciously, the goal posts moved again.

Yes, I was disappointed not to have a chance to compete for a medal, but I was also (and perhaps more importantly) proud to have fought my own demons and won, and to have represented Team GB on the biggest stage of all.



Over 170 Achilles Club members have competed in the Olympic Games since Grantley Goulding of Oxford (right) claimed a silver medal over the hurdles in 1896. They have won 51 medals, 20 of them Gold. The table shows that the heydays of the early 20th century gave way to period in the 1970's and 1980's when the Club went completely unrepresented, but that there has since been a marked revival, a particular feature of which has been the emergence of women, and former track and field athletes excelling at other sports: members have won medals in cycling, rowing, modern pentathlon and triathlon.



After the Club's 10-medal haul at the 1924 'Chariots of Fire' Olympics, the most remarkable success was in 1932, when just 6 members made the long trip to Los Angeles and returned with 5 medals between them.



1920. **Bevil Rudd** was serving as the first Hon Sec of the Achilles Club when he won Gold (400m), silver (4 x 400m) and bronze (800m)

Large teams in the post war Games of 1948 and 1952 went unrewarded, but the late 1950's and the 1960's showed a recovery in fortunes.

After 20 subsequent years of drought, members have brought back medals from each of the last 4 Olympics.

Year	Competitors	Gold	Silver	Bronze	Medals
1896	3		1		1
1900	0				
1904	1		1		1
1908	19			1	1
1912	13	3		2	5
1920	8	3	3	1	7
1924	24	3	1	6	10
1928	22	2		1	3
1932	6	2	3		5
1936	13	2	1	1	4
1948	10				
1952	10				
1956	8	1	1	1	3
1960	8	1			1
1964	7		2	1	3
1968	7	1			1
1972	2		1	1	2
1976	0				
1980	0				
1984	0				
1988	1				
1992	2				
1996	4				
2000	5	1			1
2004	3			1	1
2008	6		1		1
2012	6	1			1
Total		20	15	16	51



Douglas Lowe: 800m Gold Medallist in both 1924 and 1928



Michael Parker UK record holder for the 110mH was poster boy for 1968 Games



Wendell Mottley (613): 400m Silver and 4x400m Bronze in 1964



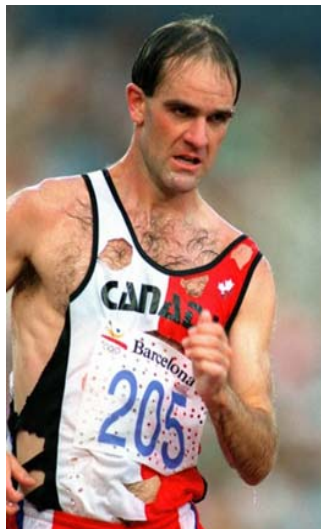
So close... **Godfrey Brown** (400m 1936) and **Derek Johnson** (800m 1956) were both probably the favourites and lost out on Gold by inches. Derek used to say that he had replayed the race a thousand times in his mind ... and every time he won.



Richard Nerurkar: 5th in the 1996 Marathon in Atlanta



Tom Hampson: 800m Gold and World Record in 1932, plus 4 x 400m Silver



Tim Berrett competed in an astonishing FIVE Olympics



Sarah Winckless: the Varsity discus record holder won bronze in the double sculls in 2004



1912 1500m: **Arnold Strode Jackson** (Oxford) – Gold. **Norman Taber** (Oxford and USA) - Bronze



Roger Bannister, 4th in the 1500m in 1952, took part in the 2012 torch relay at the scene of his mile world record



Since her Beijing cycling Silver Medal, **Emma Pooley** has returned to contest the Old Blues Cross Country. In the London Olympics she finished 6th



Lord Burghley: 400m hurdles Gold in 1928, President of the IAAF and Member of the IOC



Herb Elliott: 1500m Gold Medal in 1962



Martin Winbolt-Lewis ran 1st leg of UK 4 x 400m in 1968



Mara Yamauchi: 6th in the 2008 Marathon in Beijing

OXFORD		CAMBRIDGE		
GOLD				
1912	A. N. S. Jackson	1,500 metres	1912 H. M. MacIntosh	4 x 100 metres relay
1912	N. S. Taber	3,000 metres team race	1920 G. M. Butler	4 x 400 metres relay
1920	B. G. d'U. Rudd	400 metres	1920 J. C. Ainsworth-Davis	4 x 400 metres relay
1924	W. E. Stevenson	4 x 400 metres relay	1924 H. M. Abrahams	100 metres
			1924 D. G. A. Lowe	800 metres
			1928 D. G. A. Lowe	800 metres
			1928 Lord Burghley	400 metres hurdles
1932	T. Hampson	800 metres	1932 R. M. N. Tisdall	400 metres hurdles
1936	J. E. Lovelock	1,500 metres	1936 A. G. K. Brown	4 x 400 metres relay
			1956 C. W. Brasher	3,000m steeplechase
1968	D. P. Hemery	400 metres hurdles	1960 H. J. Elliott	1,500 metres
-2000	Stephanie Cook		Modern Pentathlon -	
2012	A. Brownlee		Triathlon	
SILVER				
1896	G. T. S. Goulding	100 metres hurdles	1920 W. R. Seagrove	3,000 metres team
1904	W. W. Coe	Shot	1920 G. M. Butler	400 metres
1920	B. G. d'U. Rudd	4 x 400 metres relay	1920 P. J. Noel Baker	1,500 metres
1924	L. Royle	4 x 100 m relay	1924 H. M. Abrahams	4 x 100 metres relay
1932	J. F. Cornes	1,500 metres	1932 Lord Burghley	4 x 400 metres relay
1932	T. Hampson	4 x 400 metres relay	1936 A. G. K. Brown	400 metres
1956	D. J. N. Johnson	800 metres		
1964	A. P. Metcalfe	4 x 400 metres relay	1964 W. A. Mottley	400 metres
1972	D. P. Hemery	4 x 400 metres relay		
BRONZE				
1908	N. J. Hallows	1,500 metres, 3 mile team		
1912	C. H. A. Porter	5,000 metres, 3,000m team		
1912	N. S. Taber	1,500 metres	1924 G. M. Butler	400 metres
1920	B. D. d'U. Rudd	800 metres	1924 G. M. Butler	4 x 400 metres relay
1924	M. C. Nokes	Hammer	1924 H. B. Stallard	1,500 m, 3 mile team
1924	A. E. Porritt	100 metres	1928 E. Smouha	4 x 100 metres relay
1924	G. R. Renwick	4 x 400 metres relay	1936 C.P. Green	Four-Man Bobsleigh
1956	D. J. N. Johnson	4 x 400 metres relay	1964 W. A. Mottley	4 x 400 metres relay
1972	D. P. Hemery	400 metres hurdles		

The Oxford v Cambridge Varsity Sports

19 May 2012, Iffley Road, Oxford

Honours were even, with Oxford winning both men's matches, and Oxford both women's. Victory was particularly sweet for OUAC's women, as it turned the tide on two years of Cambridge



clean sweeps in this match.

The Drake-Digby Trophy for the best performance in the Men's Match went to Onakeno Mario-Ghae (who high jumped 2.04. The busy Nadine Prill was a popular winner of Susan Dennler Trophy for the best performance in the Womens' Match, capping a sprint treble with a storming 56.9 last leg of the 400m relay to secure the match for Oxford.

The Le Touquet Trophy, for the most improved athlete during 2010-11, went to Caspar Eliot (right, no. 46) who had a big breakthrough at 400m Hurdles. On the flat, however, he suffered the embarrassment of having his brother ran faster than him for the Centipedes: Ralph Eliot (no. 78) was duly

Men's Blues Match

100m (wind +2.2 m/s) Mark Dyble (O) 10.90, Amin Ahmadnia (C) 11.14, Isaiah Adekanmbi (O) 11.22, Ross Elsby (C) 11.33

200m (wind +1.0 m/s) Christopher Morter (O) 22.79, Ross Elsby (C) 23.00, Sam Wareham (O) 23.11, Amin Ahmadnia (C) 23.28

400m Caspar Eliot (O) 50.38, Sam Wareham (O) 51.06, Christian Roberts (C) 51.46, Lloyd Hilton (C) 52.70

800m Jonathan Cook (C) 1:52.15, Adam Lewandowski (O) 1:54.46, Richard Felton (O) 1:55.31, Lloyd Hilton (C) 1:59.39

1 Mile Jonathan Cook (C) 4:13.09, Thomas Frith (O) 4:13.75, Jake



Matt Houlden

Shelley (O) 4:14.37, James Charleston (C) 4:32.96

5000m Tom Frith (O) 15:05.45, Chris McGurk (O) 15:06.00, Will Ryle-Hodges (C) 15:12.60, Robin Brown (C) 15:35.74

110m hurdles (wind +0.8 m/s) Josh Gilbert (O) 15.01, Ross Elsby (C) 15.69, Onakeno Mario-Ghae (C) 16.03, Richard Millar (O) 16.19

200m hurdles (wind 0) Adam McBraida (O) 24.85, Josh Gilbert (O) 25.23, Matt Houlden (C) 25.68, Christian Roberts (C) 27.05

400m hurdles Christian Roberts (C) 55.37, Caspar Eliot (O) 55.43, Matt Houlden (C) 57.24, Adam McBraida (O) 66.50 (fell)

3000m steeplechase Tom Watkins (C) 9:33.45, Peter Hodgkinson



Caspar & Ralph Eliot



Ross Elsby & Isaiah Adekanmbi

(O) 9:40.21, Will Mycroft (O) 9:46.73, Will Mackay (C) 9:50.24

High Jump Onakeno Mario-Ghae (C) 2.04, Frederick Hendry (O) 1.95, Devin O'Brien (C) 1.85, Abubakar Abioye (O) 1.80 (O)

Pole Vault Bradford Waldie (O) 3.65, Sam Hyatt-Twynham (C) 3.65 Tom Wagner (C) 2.85, [Andrei Klein (O) no height cleared]

Long Jump Matt Houlden (C) 6.72, David Szabo (C) 6.36, Matthew Janney (O) 6.11, Sam Hill-Smith (O) 5.73

Triple Jump Matt Houlden (C) 14.70w [14.52 legal], Emmanuel Gbegli (C) 13.98, Benjamin White (O) 12.80, Sam Hill-Smith (O) 12.36

Shot Toby Haseler (C) 13.48, Marcus-Alexander Neil (O) 12.11, Emmanuel Akinluyi (C) 11.55, William Rowlands (O) 11.50

Discus David Allwood (C) 40.20, Ryan Harper (C) 39.03, Marcus-Alexander Neil (O) 36.26, James Heywood (O) 35.25

Hammer Rhys Hodnett (C) 46.20, Visar Beqiri (O) 39.12, Ryan Harper (C) 35.67, Benjamin White (O) 20.71

Javelin Alexander Probodziak (O) 53.86, Benjamin Conibear (O) 48.12, Justas Dauparas (C) 47.40, David Szabo (C) 44.66

4 x 100m relay Cambridge (Ahmadnia, Mario-Ghae, Houlden, Elsby) 43.10, Oxford (Gilbert, Adekanmbi, Bhyat, Morter) 43.34

4 x 400m relay Oxford (McBraida 50.6, Wareham 51.1, R. Eliot 50.8, C. Eliot 50.7) 3:23.2, Cambridge (Elsby 64.7, Houlden 64.5, Harper 61.5, Wagner 59.6) 4:10.27

Result: Cambridge 107, Oxford 104

Women's Blues Match

100m (wind +0.9m/s) Nadine Prill (O) 12.60, Eleanor Gatehouse (O) 12.95, Fran Thompson (C) 13.78 [Helena Wace (C) was disqualified for a false start]

200m (wind +0.7 m/s) Nadine Prill (O) 25.42, Helena Wace (C) 25.98, Eleanor Gatehouse (O) 27.42, Fran Thompson (C) 28.34

400m Nadine Prill (O) 57.84, Helena Wace (C) 59.82, Helen King (O) 61.23, Rose Penfold (C) 61.76

800m Rose Penfold (C) 2:18.46, Rebecca McLean (C) 2:18.97, Naomi Webber (O) 2:37.24, Catherine Hirst (O) 2:41.37

1 Mile Joanna Klaptocz (O) 5:07.99, Rachel Kitchen (C) 5:14.04, Naomi Webber (O) 5:28.13, Joanna Mobed (C) 5:32.30

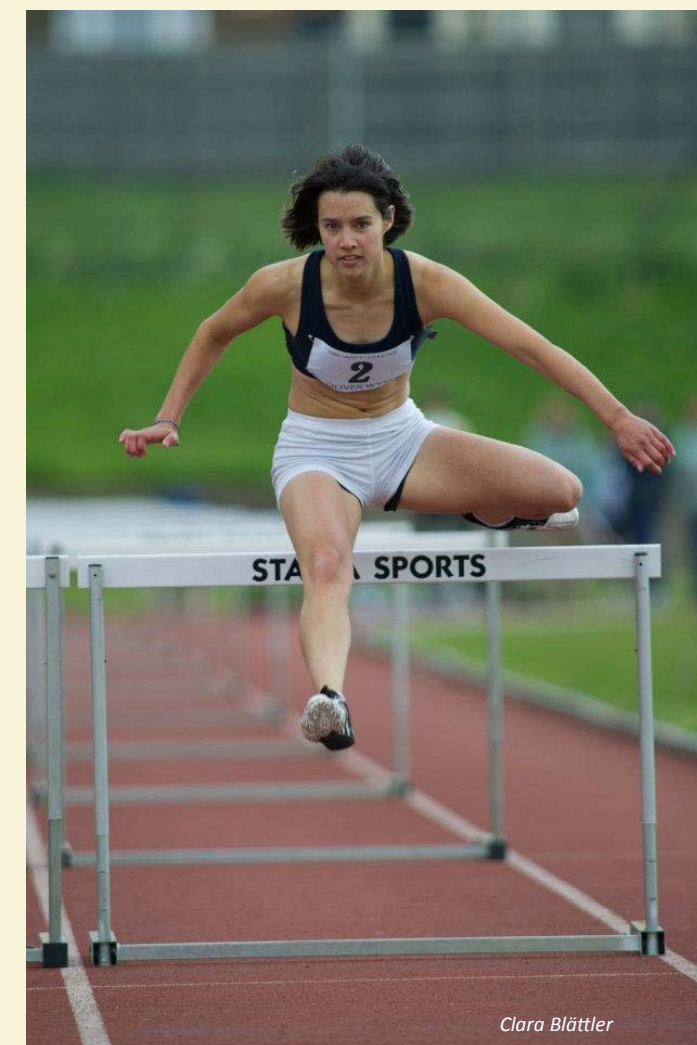
5000m Jessica Chen (O) 16:56.42, Rebecca Moore (C) 17:06.40, Hayley Munn (O) 18:06.42, Kate Russell (C) 19:08.69

100m hurdles (wind +0.9) Clara Blättler (O) 15.65, Lizzie Thompson (C) 16.70, Emily Craven (C) 17.00, Katie Holder (O) 18.38

400m hurdles Clara Blättler (O) 62.60, Lizzie Thompson (C) 64.96, Katie Sandford (C) 66.70, Eloise Waldon-Day (O) 70.85

2000m steeplechase Kathryn Twyman (O) 7:20.32, Jocelyn Traylor-Clarke (C) 7:26.72, Polly Keen (C) 7:43.41, Emily Bartlett (O) 7:52.08

High Jump Lizzie Thompson (C) 1.55, Lucy Crossman (C) 1.55, Katie Holder (O) 1.40, Roxanne Sverdlow (O) 1.40



Clara Blättler

Pole Vault Jennifer Lovell (C) 3.30, Ashley Nord (O) 2.70, Helen Hillyard (C) 2.30 [Clara Blättler (O) did not clear a height]

Long Jump Lizzie Thompson (C) 5.08, Clara Blättler (O) 5.05, Eleanor Flanagan (C) 4.94, Katerina Johnson (O) 4.49

Triple Jump Lizzie Thompson (C) 10.67, Clara Blättler (O) 10.55, Eleanor Flanagan (C) 9.85, Katerina Johnson (O) 9.01

Shot Sue Altman (O) 9.82, Katie Holder (O) 9.80, Rosamund Conroy (C) 9.78, Helen Broadbridge (C) 9.00

Discus Helen Broadbridge (C) 38.41, Rosamund Conroy (C) 23.69, Katie Holder (O) 23.66, Sonja Noll (O) 23.66

Hammer Helen Broadbridge (C) 45.38, Sonja Noll (O) 39.23, Rosamund Conroy (C) 29.75, Katie Holder (O) 16.01

Javelin Catherine Hirst (O) 29.63, Helen Broadbridge (C) 28.24, Jennifer Lovell (C) 27.22, Katie Holder (O) 26.05



Lizzie Thompson

awarded the Steve Stuart Trophy, for the most notable second-team performance.

The Paul Gomme Trophy, for the best throwing performance of the season, was presented to hammer thrower Helen Broadbridge.

The Achilles Trophy, for outstanding contribution to Oxbridge athletics,

was awarded to Clara Blättler: her time at Oxford and in the UK has sadly come to an end and we will miss her participation in both Varsity and Achilles events.

In Memoriam

DCE Gorrie OBE DL, (Corpus Christi, Oxford, 1953-7) on August 25th 2012.

Donald Gorrie won the 880y in the Varsity Sports of 1957, in which year he was President of OUAC. The two previous years he had finished 2nd. He was joint captain of the Oxford & Cambridge team which in 1957 were undefeated on their tour of North America, winning his races against Harvard & Yale, Penn & Cornell and Hamilton Olympic Club. During the 1980's he took over the directorship of the Transatlantic Series, and led the US Tours of 1985 (right) and 1989, and latterly served as one of the Club's Vice-Presidents.



Donald was a great team man, a good training partner and fun to be with on tour.

Ian Boyd

Chris Thorne chronicles Donald's athletic career:

In 1955 the races I know of were his 1:53.7 in the Varsity match 880y (Johnson 1:52.5y) on April 16; 49.8 in a non-winning 440y at Oxford on April 26; 1:52.3y somewhere on June 11; 4th in the AAA 880y on July 16 (Johnson 1:51.4; Henderson 1:51.4; Douglas (Australia) 1:51.9; Gorrie 1:52.0). Then in the autumn the McWhirters report a fascinating meeting at Oslo on September 5/6 1955, where there was a world record 1500m by the Hungarian Laslo Tabori on the 6th, and on the previous day a very competitive 800m/880y. The Norwegians laid on timekeepers at both positions, because Sandor Iharos, at the time the world record holder for 3000m/5000m (I think), had decided to run over just 2 laps. Apparently Iharos went off too fast and the McWhirters say that on the second lap, "members of a touring Achilles team swept by", and at the 800m point the result was Gorrie first in 1:51.5; then Jock Beesley 1:51.5; Ronald Day 1:51.6 and David Law 1:51.8. But just after the 800m point, Gorrie

"wearing spectacles, was brushed by Day, sprawled and failed to finish the 880y" (where the result was Day 1:52.2, Beesley 1:52.3, Law 1:52.5). I am sure the McWhirters must have been there in person, at this extraordinary event!

In 1956 Donald's best mark was his 1:51.5y at Oxford on March 10. This sounds like the OUAC sports; in the VM a bit later, Donald was again second to Johnson, in 1:52.4y (Johnson 1:51.9y).

His best ever time was in 1957, when he was OUAC President. 1:50.8y at Oxford on March 11. This time he made no mistake in the Varsity Sports a fortnight later, winning in 1:52.4y.

I can find no individual marks reported for him in 1958 or any subsequent years, so I think his all-time bests were 49.8 for 440y and 1:50.8 for 880y. John Holt mentions a Scandinavian tour of 1959, and he implies that Donald ran in a relay there (unless he was a team manager - a role in which he excelled).

athletes who had been paid contrary to the rules by Bill Walker, an employee of Edinburgh Council, at the Council's 1978 meeting at Meadowbank. The Scottish AAA voted by about 5 votes to 2 with over 40 abstentions to ban him. When I phoned Bill to say we ought to ask Donald's support as he held the balance of power on the Council, Bill replied 'That would be absolutely marvellous. We couldn't have a better man on our side'. In the event every club in Edinburgh signed a requisition for a special meeting to reverse the decision and Donald's help was not needed.

We kept in touch over the 1988 Commonwealth Games boycott. After nobody would meet the Canadian Sports Minister who came to support the boycott, Donald told me with great satisfaction that when Mrs Thatcher wanted to come and say 'thank you' to the athletes she was told to stay away as nobody would meet her either!

As the Old Oundelian recorded, he held a watching brief after Scottish fans were asked to pay over £500 for officially recycled World Cup tickets in 1998. I drafted the question the European Lib-Dem Graham Watson put to the Commission, which declared the French ticket plan unlawful. The Scots bought their tickets in the French streets, often at less than face value. Although the Professor of European Law at Oxford had complained to the organisers, who ignored him, it is odd

We had the bond of being team mates together, training, competing at White City and in North America, dining before matches, exchanging a few social visits at our digs in 1956-7. I had a very pleasant dinner with Don and Astrid in Edinburgh in 1999, when I was there to run Vets, and our 50-year North American trip reunion in 2007 was our last meeting.

As far as I know, Donald and I were the only Parliamentarians from our vintage. I gave him a little publicity in our Former Members' journal after our 1999 meeting.

Donald was one of the memorable markers in an exciting part of my life and his passing causes sorrow for Achilles' loss and for our good times past.

Don Smith, who ran second to Donald in 1957, and subsequently broke the Match 880 record, will be here next week from New Zealand. We will talk fondly about Donald and honour his memory.

Bob Solomon

Donald was a wonderful person, a most gracious host (with wife Astrid) with a great sense of humor. He provided a warm home to us when we visited in 1994, and took us on an extensive "tour" of Scotland by partaking in an impressive and extensive array of single malt Scotches. He will certainly be missed.

Lou Duesing
Cornell Track & Field

that in the whole of Europe were the only other two to notice that it must be a breach of Article 82 not to offer them throughout the EU - and we are athletes not footballers. Our action through the Lib-Dems ensured that German World Cup tickets and this year's Olympic tickets were offered throughout the EU.

I think I am right in saying he just missed Olympic 800m selection in 1956. If so, this may have been his finest effort as the three selected finished 2nd, 5th and 8th. Mike Farrell, who I think just headed him, finished 5th and Mike Rawson went on to win the European 800 in 1958.

I had expected to meet him at the Scottish Parliament elections a few years ago. Kevin Lang, the Commons researcher of his successor, had been my daughter's election agent in Tooting and we had both promised to come and help. However a sudden by-election was called in my ward so we could not come.

It will always be a regret that for nearly 60 years our contact was only by post. Sadly at 81 with a disabled wife I cannot get to the funeral but my thoughts will be with you.

I feel very sad.

Derek Cole (Bramston 1950)

Donald Gorrie was a leading light on the radical Left of the Scottish Liberal Party, a prominent Edinburgh councillor for 26 years and ultimately Liberal Democrat MP for Edinburgh West and a member of the revived Scottish Parliament.

Rangy, stooping and crotchety, Gorrie was a long-standing and passionate advocate of devolution. He forsook Westminster for Holyrood - alienating constituency activists by making the switch and having to find a seat as an MSP for Central Scotland.

Gorrie was one of three Lib Dem MSPs who in 1999 refused to support the party's Scottish leader, Jim Wallace, forming a coalition with Labour, distrusting that party as centralist and corrupt. He also disagreed frequently with Wallace's successor, Nicol Stephen, but insisted he was not a one-man "awkward squad".

Donald Cameron Easterbrook Gorrie was born in India on April 2 1933, the son of Robert Gorrie, a forestry officer, and the former Sydney Easterbrook. The family moved back to Scotland when he

Although we just failed to overlap at Oxford, I very much admired Donald, as the most recent winner in the Varsity sports of our event in common - the 800m - and he was always a great supporter and encouraged the Dark Blue team.

We had great fun on a Swedish tour together in 1959 (narrowly failing to set a new European record for the 4 x 800m relay) and the following year, Donald hosted the Achilles team in Edinburgh when we called in at Fettes during the Summer Scottish tour.

Ann and I, being of the same political persuasion, have long admired Donald's work in that field, and when we moved up to Argyll in 1992, Donald welcomed us to Scotland and hoped we would be happy, I remember. So I have really good memories of my Achilles friend and know how much he will be missed.

Very sincerely

John Holt

in Norway and Czechoslovakia, and competed in the World Student Games. He qualified as a coach, and would in later life be president of the City of Edinburgh Athletic Club and Corstorphine Athletic Club, valued both for his commitment to the sport and for his after-dinner speeches.

Gorrie taught at Gordonstoun, then in 1960 was appointed director of physical education at Marlborough College. Among his charges was Mark Phillips; when in 1973

in 1975 after challenging Russell Johnston unsuccessfully for the leadership. The next year he set up Edinburgh Translations, which remained his business.

Gorrie was first elected to Edinburgh Corporation in 1971. When its functions were split in 1974 between the new Lothian region and a district council, he became Liberal group leader on Lothian council and also, from 1980 to 1986, on the district council. When the city council was restored in

age when many contemporaries were heading for the potting shed, Gorrie captured the seat by 7,253 votes to become the first Liberal to represent an Edinburgh constituency since before the war.

As part of Paddy Ashdown's sizeable new intake at Westminster, Gorrie proved an effective contributor, but he did not take to the life. Having helped vote through Labour's devolution legislation, he put himself forward for Holyrood and decided not to stand again for Westminster; in 2001 the Lib Dems retained his seat.

At Holyrood, Gorrie had no chance of a ministerial job because of his views on the coalition with Labour. This left him free to embarrass Donald Dewar, the inaugural

Bridget Wheeler, who was on the 1989 US Tour as a coach, recalls: Donald's stories of the Chronicles of the Children of the Tribes of Oxbridge at all important dinners, delivered as always deadpan, were hysterical. He was unfailingly patient and good natured on all occasions.

First Minister, over the soaring (from £40 million to £440 million) cost of the new Parliament building. Gorrie suspected Dewar of treating the modernistic pile as his personal legacy. He also launched an unremitting campaign for laws to tackle the sectarianism which afflicts Scottish society. This eventually bore fruit, as did his pressure for tougher laws on the sale of alcohol.

He was named Holyrood's Backbencher of the Year in 1999, and Free Spirit of the Year for 2001.

Re-elected in 2003 at 70, Gorrie took an active part in the parliament's committees and, the coalition over, served as a Lib Dem spokesman. He retired at the 2007 election.

Gorrie was at various times chairman of Edinburgh Youth Orchestra, and a committee member of the Edinburgh Festival, the Royal Lyceum Theatre, the Scottish Chamber Orchestra, Lothian Association of Youth Clubs, Castle Rock Housing Association and the Queen's Hall, Edinburgh. He was appointed OBE in 1984, and Deputy Lieutenant for the City of Edinburgh in 1996.

Donald Gorrie married Astrid Salvesen, from the shipping family, in 1957. They had two sons; one (Robert) is Liberal Democrat group leader on Haringey council.

- The Daily Telegraph



was six, and he was educated at Oundle and Corpus Christi College, Oxford, where he read Classical Mods and Modern History.

Gorrie first found fame as a middle-distance runner. He broke the Scottish native 880 yards record in 1955, won an Oxford Blue three years running and in 1957 was president of the University Athletic Club. He won championships in the United States and Canada and rac-

Capt Phillips married Princess Anne in Westminster Abbey, the Gorries were among the guests.

In 1966 he returned to Scotland, as a researcher and adult education lecturer in Scottish history, and two years later he joined the Scottish Liberals as director of research. From 1971 he was the party's director of administration; he became vice-chairman in 1974, but left the Scottish party machine

1995, Gorrie was elected Lib Dem group leader, serving until his election to Parliament. Throughout this time, he opposed plans for a second runway for Edinburgh Airport.

He contested Edinburgh West in 1970 and March 1974 (finishing third), in October 1974 (coming fourth), then again in 1992, losing by just 792 votes to the popular Tory incumbent Lord James Douglas-Hamilton. Five years later, at an

In Memoriam

The Reverend AC Markby (Emmanuel, Cambridge, 1934-37) in September 2011

Archie Markby was among the Club's oldest members. He was a friend and contemporary of Godfrey Brown and Rob Kennedy. During the 1960's Archie from time to time appeared on TV delivering the 'Epilogue'.

Susan Stinson, in October 2012.

Robert Stinson, now one of the Club's Vice-Presidents and sadly not in good health, was the driving force behind Achilles for several decades from the mid 1950s as Team Manager and subsequently Chairman: Sue was a constant support, fondly remembered by very many members, a number of whom attended her memorial service. In recent years she had devoted herself to nursing Robert at their home in France.

DGD Chamberlain (Selwyn, Cambridge, 1936-9) about 3 years ago.

Dan Chamberlain competed in the 1939 Varsity Cross Country, and place 3rd in the Mile at the Varsity Sports

WOL Fox-Pitt (Trinity, Oxford 1953-56) on 9th January 2012



Oliver Fox-Pitt competed as a hurdler, and went on to head of one of Britain's best known equestrian families and enjoyed a successful career in the City.

Dr AG Donald (Corpus Christi, Cambridge, 1945-48) 'a few years ago'.

Alastair Donald placed third the long jump at the Varsity Sports of 1946 and 1947

R Dunkley (St John's, Cambridge, 1955-58) in January 2013.

Roger Dunkley won the 3 Miles in the Varsity Sports of 1957 and 1958, and was second in 1956, and competed in the Cross Country matches of 1957 and 1958. At the age of 17 he was selected to represent the AAA against CUAC, finishing third in the mile in a World Junior Record time of 4:12.8 (which lasted about 6 months until broken by the young Herb Elliott). Roger came up to Cambridge himself after doing National Service in the RAF.

I was sad indeed to read of the death of **Gwilym Roberts** (2011 Report), the more so because of the needless circumstances of his death. The first thing Gwilym ever said to me revealed a surprisingly intimate knowledge of my taste in women: a snatch of nervous pre-match talk that had reached the Cambridge changing room, adjacent to Oxford's, as we waited to compete at the '55 White City meeting.

I didn't know him well, Cambridge and Oxford are not just-down-the-road apart. But when we met we always talked.

I seem to recall talking to him most on the Achilles tour of Norway and Sweden. He is another athlete, more 220 than 100 (as the distances then were) about whom I wonder what he would have achieved with today's training. What he would have done over 440 yards.

David Henderson

Richard Ashenheim (Wadham, Oxford, 1946-50) in December 2007.



Richard Ashenheim became one of the world's foremost track & field statisticians. He was a holder of the IAAF Veteran's Pin, President of the Jamaica Amateur Athletics Association, Chairman of the Commonwealth Records Committee, Member of the Executive Committee ATFS, a board member of the Carreras Sports Foundation and a Member of the IAAF Arbitration Panel. He covered many Olympic and World Championships for Jamaica's newspaper 'The Gleaner' from Jamaica's debut in 1948 in London until the Athens Olympics in 2004.

Group Capt CP Green, DSO DFC AE FRGS (Trinity, Cambridge, 1932-35) on 10th April 1999.



Paddy Green is long overdue this tribute. He paced 2nd to AG Pilbrow in the 220y low hurdles in the Varsity Sports of 1935 and was 3rd in 1934. Both he and Pilbrow (110mH) became Olympians in 1936, but Paddy's sport by then was bobsledding, and he won the Bronze medal with the British 4 Man Bob team at the Winter Olympics. He was elected a Fellow of the Royal Geographical Society whilst still an undergraduate, and was wounded several times during distinguished service with the RAF.

Michael Carrington (Christ Church, Oxford, 1953-56) on 23rd March 2012.



At Oxford Michael studied English and was joined by his younger brother, the high hurdler David. He would claim that in May 1954, while playing cricket he gave away his wicket so that he could make the short dash to Iffley Road: he had heard that Roger Bannister would be making an attempt on the 4 minute mile! For much of his

life Mike was very involved with Sussex athletics serving as Sussex Schools Secretary, Championship Secretary and Team manager for more than a quarter of a century, and secretary of Horsham Blue Star Harriers. Varsity Sports competitors will remember him as a caring, enthusiastic and fair field official.

JWA Loney (St John's, Cambridge, 1960-63).

John Loney competed in the 120y hurdles in the Varsity Sports of 1963.

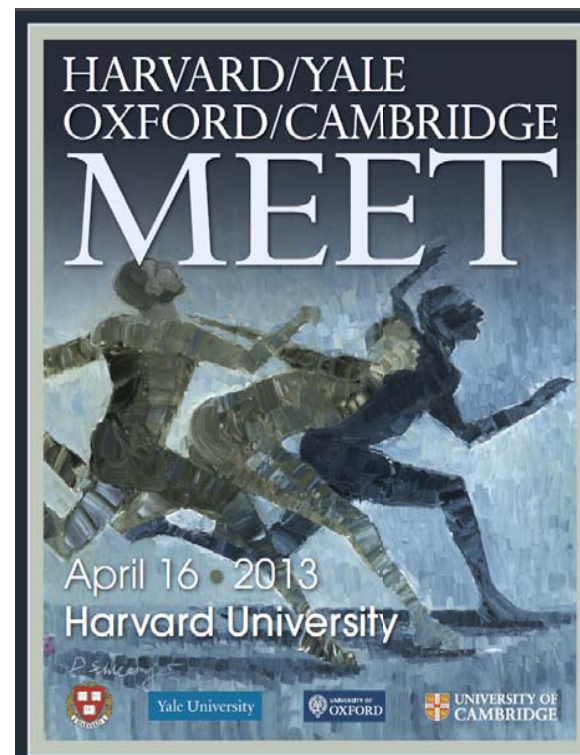
Geoffrey R Gleave (St Edmund Hall, Oxford, 1954-58) in December 2009.

Achilles Schools Relays



The Milocarian Trophy. The Milocarrians have enjoyed a long and distinguished history which has run parallel to that of Achilles. Over the years we have enjoyed much friendly rivalry. These days, Milocarian activity is largely confined to cross country, and we are very gratified that they thought to ask that one of their prestigious and historic trophies in future be awarded at the Achilles Schools relays. A team from Radley were the inaugural winners.

Paul French of Milocarian AC, pictured, made the presentations this year, accompanied by Mark Steed, who has been the driving force behind the meeting for many years.



New Members

We are very pleased to welcome the following:-

Didi Akinluyi - Christ's, Cambridge
David Allwood - St Catharine's, Cambridge
Sam Ashcroft - Jesus, Cambridge
Hugh Baker - Hertford, Oxford
Riyadh Bhyat - Christ Church, Oxford
Julia Bleasdale - Pembroke, Cambridge
James Charleston - Fitzwilliam, Cambridge
Justas Dauparas - Girton, Cambridge
Alistair Davies - Girton, Cambridge
Owen Drage - St Catharine's, Cambridge
Caspar Eliot - New, Oxford
Ralph Eliot - Exeter, Oxford
Richard Felton - Pembroke, Oxford

Elly Flanagan - St Catharine's, Cambridge
Matthew Fried - Jesus, Cambridge
Emmanuel Gbegli - Emmanuel, Cambridge
James Griffith - Emmanuel, Cambridge
Tom Heslop - Clare, Cambridge
Lloyd Hilton - Jesus, Cambridge
Miles Horn - St Catharine's, Cambridge
Zaamin Hussain - Jesus, Cambridge
Fiona James - Jesus, Cambridge
Andrew Lanham - Corpus Christi, Oxford
Matt Leach - Churchill, Cambridge
Adam Lewandowski - St Cross, Oxford
Keno Mario-Ghae - Girton, Cambridge
Oliver Maskell - Christ's, Cambridge
Adam McBraida - Jesus, Oxford

Doug Morton - St Edmund's, Cambridge
Pranav Nanda - Clare, Cambridge
Devin O'Brien - Girton, Cambridge
Jon Philips - St John's, Oxford
Barry Powell - Christ Church, Oxford
Luke Samuel - St John's, Oxford
Cecilia Savundra - Oriel, Oxford
Vartan Shadarevian - University, Oxford
Will Smith - Girton, Cambridge
Dávid Szabó - Churchill, Cambridge
Peter Townsend - Caius, Cambridge
Helena Wace - Peterhouse, Cambridge

The large influx of new members elected for the 2013 US Tour (see poster by Dan Schlesinger, left) will be listed in next year's Report.

40 Years On..... OUAC, CUAC and Achilles in 1972

The Oxford Officers were Brian Hull and Steve White (a stalwart long jump official at Varsity Matches)

Richard Saunders recalled as follows for the 1997 Report a closely fought Varsity Match :

Oxford 99 Cambridge 94

It was the eighth consecutive victory for Oxford, though the match was a closer run thing than in some previous years. On the day, the real difference between the two teams was Oxford's multiple event winners: Phil Lewis (800 and 1500), Steve White (200 and long jump) and John Hemery who took all three hurdles races, a feat only previously achieved by Mike Hogan of Oxford in 1964 and 1965. The most exciting events were the middle distances, which saw some fine duels, notably John Valentine's victory over Doug Gunstone in the 5000 and an outstanding 1500 in which Phil Lewis had to run a 55 second last lap to shake off an inspired Rees Ward.

Despite the presence of Lewis and other class athletes like White, Adu Conteh and Brian Hull, "Athletics Weekly" observed that it was sad to witness the decline of the fixture. A comparison with the winning performances ten years earlier shows 1962 and 1963 beating 1972 in the major-

Brian Hull was as recently as 18 months ago, in his 60's, pole vaulting for Harrow, and getting the better of far more recent CUAC President Andy Owen in the process.

ity of events, but by no means all and usually by modest margins. No, the "AW" comment probably reflects a rising ambition in British athletics which was leaving behind the Corinthians at the universities. David Bedford had been setting world records at the new national stadium at Crystal Palace, and a new, more professional approach was being fostered by a generation of forward-looking coaches. Already athletes like Steve Ovett and Sebastian Coe were rising

through junior ranks who would change the face of the sport.

But, as we would see the following year, the Varsity Match was still capable of producing its own fireworks.

Cambridge gained a measure of consolation when Alverstone beat Centipedes, 103 points to 89.

A Dark Blue perspective on the same year was given by **Peter Crawshaw**:

The match marked the introduction of a 4 x 100m relay, won by the Cambridge quartet of Dave Roberts, Adu Conteh, Mick Dale and Steve Williams in the excellent time of 41.9, which still stands as a Blues' Match record (though inferior to the Relays Match record of 41.6, set by the 1966 OUAC squad of Archer, Barry, Hauck and Ronay). No other match records were set, though the fine performances of John Valentine

(returning to the fixture after a relaxation in the Blues' rules) in the 5000m (14:04.2) and Steve White in the Long Jump (7.27m) had only been bettered at the time by the existing match records. John might have run faster still had he not been recovering from a 2 Miles PB of 8:39.8 in the Ceylon Tea meeting the previous evening. Rugby Blues continued to make an impact, with CUAC's Dave Williams finishing second (to Matt Dixon) in the 400, and OUAC's Tom Neville winning the Discus and placing second in the Shot (to Cambridge's American, Dave Rea). Oxford fielded two Soccer Blues in the Triple Jump, Kevin Raine partnering winner Brian Hull. Phil Lewis was awarded the Drake Digby Trophy, a narrow decision over John Hemery.

Oxford had again prepared for the track season with a training/cultural visit to Poland, under the auspices of Captain Mack.

1972 was notable for the success of Achilles' British League team, which, under the management of Jonathan Peacock, won the Fourth Division with a series of superb performances. Martin Winbolt Lewis generally provided at least one individual win as well as anchoring the 4 x 400m relay team to victory, but this was very much a team effort from a squad that included Henk Altmann, John Bryant, Ed Forman, Chris Kidd, David Knight, Nick Nops, Neville Norman, Tony Shoebridge and Bob Young. Achilles also organised a successful West Country tour, in addition to the traditional schools matches at Eton and Marlborough, and fielded a strong team in an inter-Counties fixture at Iffley Road.

The Freshmen's Match took place at Milton Road on 25th October 1972, OUAC winning by 88 points to 77. Oxford were much stronger on the track, where Bob Munns won both sprints against fellow English Schools Gold Medallist Tony Gershun, although Cambridge benefited in the field from the efforts of American decathlete Jim Reilly.

There was no Relays Match in 1972, which marked the year of transition to an early spring date to coincide with the inaugural Varsity

Games [in the promotion of which Matt Dixon played a significant role] in March 1973. The Field Events match was, however, held at Iffley Road on 1st November, Oxford winning by 4 events to 3, despite another busy afternoon for Reilly. Canadian international high jumper Wilf Wedmann made his debut for Oxford: sadly injury problems were to prevent him from displaying his full potential at a time

when his PB exceeded the UK record. The match finished in near darkness, with the Javelin presenting a danger to officials, and having to be illuminated by car headlights.

In the Cross-Country Match, Oxford, despite fielding freshman Julian Goater, were unable to prevent Cambridge recording their fourth successive victory, 37-42. Crucial to the result was the timely return from overseas of Chris Garforth, the individual winner for Cambridge.



CUAC 1972—including their Senior Treasurer, a youthful Chris Thorne (extreme left)

Traditionally the Varsity Sports dinner was held at the Hurlingham Club and the Blues' dinner (just the two teams and old Blues) was held separately from the Alverstone and Centipedes dinner, which included the partners of the two teams who were at the Blues' dinner – all rather unsatisfactory. We broke with tradition and decided on the Café Royal with no separate dinner; we all dined together – old Blues, all four teams and partners. I invited Vané Ivanovic (1936 Olympic 110m hurdles semi finalist) to be referee of the match and to be chairman of the dinner – roles he fulfilled magnificently.

- John Ellicock

Abdulai Conteh is a member of our Appeal Court which consists of a panel of four Judges. This court comes to Cayman once every quarter. I met Abdulai shortly after he was appointed and I am aware that he is a distinguished member of the Achilles Club and won the 100 metres in the Varsity Sports in the early 70's. I do not see him as often as I would like to as I retired from active practice as a Barrister at Law at the end of 2009 after 60 years of doing so! Whenever I see Abdulai we reminisce about our days at Cambridge and have great pride in possessing Winner's Medals from the Varsity Sports. I recently read a very wonderful article about Roger Bannister in the Independent. I was able to say with much pride that we were friends and that I was a member of the 1949 Joint Oxford and Cambridge team of which he was the Captain!

I am delighted that the Club continues to flourish All the best, As ever

Ramon Alberga

I came to Cambridge from Australia to do PhD (Economics) in 1970, after my Olympic-training tilt with Franz Stampfl came to a sudden end through injury 6 years before. I was lucky to be able to jump at all in the 1970s. I met John Ellicock soon after arriving and that began a long and lovely friendship that endures.

For the 1971-72 season, John Rix was succeeded as CUAC President by John Ellicock and I was Hon. Sec. Things happened quickly in middle 1971. Hectic it was, because I was thrown into the deep end as the main organiser of the Harvard-Yale visit.

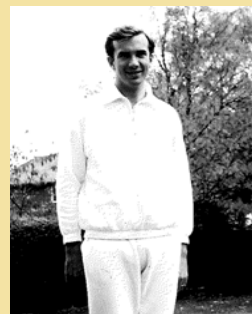
I recall going to Allan Malcolm's office at Fenners and being given the drill in his friendly but military style. He stressed I had to get all arrangements in place, liaise with Oxford, London and the Americans, then send out a note with What, When, Where,

Who, etc. The result was a document that included my wife Margaret's magnificent Cambridge map, dinner menu, billeting arrangements and logistics. A memorable name that meant much to me, was that of the Track Referee Harold ABRAHAM, who spent considerable time with me at the dinner.

At the end of the 1971/2 season, John Ellicock went down, as did a number of key athletes. Chris Thorne and Sandy Duncan asked me to take over as Achilles Team Manager for 1972/3, my last year. I did that and attended Achilles Committee meetings. I have detailed recollections from them, especially Tommy's leadership and Sandy's administrative skills, with Messrs Kennedy, Stinson, Chris Thorne and others playing vital roles, often behind the scenes.

I recall it as a difficult year as we had lost too many good athletes, and it was challenging to inspire people to stay on, attend track meetings, communicate with me, co-ordinate transport, get expense claims, etc. I do remember this being hard work and much hand-writing was necessary to invite athletes, chase up laggards, be the go-between amongst athletes and the committee, maintaining a professional presence throughout.

- Neville Norman



Oxford Dictionary of National Biography

Achilles Club members feature in the latest update to the Oxford Dictionary of National Biography (www.oxforddnb.com), published in May 2012.

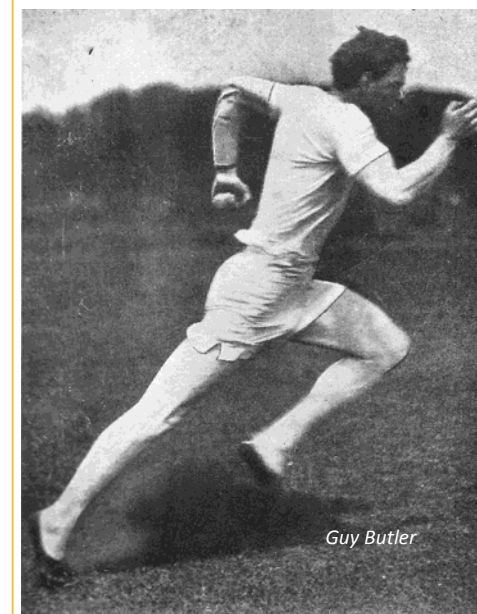
Achilles Club members who have existing dictionary entries include Chris Brasher, Godfrey Brown, Douglas Lowe, and Ross McWhirter. To these the new update adds **Guy Montagu Butler (1899-1981)**, a 400m specialist, whose British tally of four track medals at Antwerp (1920) and Paris (1924) was unequalled until 1984. His entry, by sports historian Wray Vamplew, records his membership of a famous Cambridge dynasty: his grandfather was master of Trinity and his father, a Cambridge cricket and athletics blue, taught at Harrow. He made his mark as an athlete at school, but it was as a Cambridge undergraduate that he gained national standing, winning the AAA 440 yards title at his first attempt, aged just nineteen. His Oxford rival, the South African Rhodes Scholar Bevil Rudd, beat him to take gold in the 400m at the Antwerp Olympics in 1920, though Butler gained some consolation with gold in the 4 x 400m

relay. Butler spent nine seasons in top-flight athletics, but gave it up after the 1928 Amsterdam Games, having also left school-teaching following a nervous breakdown. He later wrote of the nervous strain which he experienced, and never overcame, in high-level competition. His wider impact on athletics was as a journalist, and coach, pioneering the use of motion picture photography.

An Oxford near-contemporary of Butler also included in the release is the Magdalen chemist **Malcolm Cuthbert Nokes (1897-1986)** who took bronze in the hammer throwing at Paris (1924), the last British throwing medal until 1984. He was British flag-bearer at Amsterdam (1928). Ian Tempest, of the historical group of the National Union of Track Statisticians (of which Harold Abrahams was founder president) places Nokes in context among a small group of pioneers who sought to raise the profile of throwing events within British athletics. He took up hammer throwing while an undergraduate. Unlike Butler, he made a disappointing start in his first appearances but, representing the Achilles Club, went on to win the AAA title for four consecutive years (1923-7). Nokes was significant after the end of his competitive career for his work in improving technique in field events. He tutored at the Loughborough summer schools in athletics where it was said that on one his hammer got tangled in the overhead power cables, causing Loughborough to lose its electricity supply. He wrote on hammer throwing in the Achilles Club's coaching book, *Athletics* (1938), remarking that in England 'The throwing events are regarded as rather tedious, sometimes dangerous, and slightly comic' (p. 227), and that lack of interest, rather than physique, was the reason for England's absence of success in the event. He had a long career as a schoolmaster, though in the cold war era became a nuclear scientist, with a post at the Institute of Nuclear Science at the University of Tehran, in pre-revolutionary Iran.

The dictionary contains the life stories of over 58,000 noteworthy figures in the British past, and is freely available through many academic libraries around the world, and to public library members in most of the UK.

Mark Curthoys, Research Editor, Oxford DNB



Guy Butler



Malcolm Nokes

25 Years On..... OUAC, CUAC and Achilles in 1987

The Varsity Match was all about how we could beat Cambridge with Jon Ridgeon. Captain Mack had delivered a great speech to the team the day before, so everyone was fired up. We started well winning the walk, and it was close for the rest of the day. I told Ken Crouse who was a giant American shot putter that his event at the end was critical, and he just prevailed by less than 20cm. With Oxford being disqualified from the 4 x 100m we knew we had just had to get the baton round in the 4 x 400m: I picked myself for the last leg to make sure ... we did finish, but I think behind both the Centipedes and Alverstone teams.

I remember the OC HY match vividly, competing against Scott Peterson from Yale, with whom I had stayed when on tour in the US. I just managed to outspurt him to win. He later married an English girl, living in East Africa and was I think the Telegraph correspondent for the region.

Later that year an Achilles cheerleading group (Rowbo, Allison, Coker, Cobb, Chris Thorne, I and others), with a homemade banner that said 'Jon Ridgeon, Cambridge Blue', watched Jon come 2nd in the World Champs in Rome.

- Jon Brooke, OUAC President

Back in 1986, I kept a diary. Understandably, this is never to be shared in public (!) but here is an extract from Wednesday 21 May:

"Memorable day that I'll always hold special. Build up all day to CUAC AGM, feeling really nervous and apprehensive. [] Funny how lots of people came out in favour who I'd never have expected [] and great as I had big majority. Scared to be too happy, though, as I know what a huge job I've taken on. But I just know it's going to be brilliant!"

And brilliant it was...a wonderful year. Club membership continued to boom, particularly for women, building on the momentum of the previous 12 months. There is no doubt that by 1986 CUAC was one of the most talked about clubs in the University. Friendships, parties, tours and training camps created a powerful sense of "belonging" to something spe-



Allison knew the importance of being bossy when you're the first lady President.



OUAC 1987

cial. A particular six week period during April/May 1987 cemented many life-long friendships, spanning an unforgettable tour to Heidelberg, a joint CUAC/OUAC training camp in Portugal, an overall second place for CUAC at BUSF (behind the mighty Loughborough), not to mention the excitement of the Varsity Match itself.

But it wasn't all about having fun! The introduction for the first time of "event squad lead-

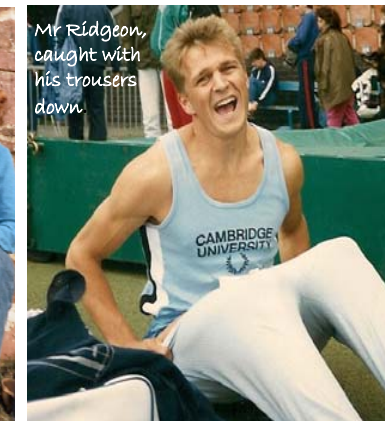
'a powerful sense of belonging to something special'

ers" (such as Bob Cobb for jumps, Nigel Spivey for throws, and Bridget Wheeler for women's sprints) gave a new focus and structure to training, resulting in a rise in standards across the board. A first CUAC "Open Day" in November 1987 featured many stars of 1980s athletics, including Kris Akabusi, Linsey McDonald, Eugene Gilkes, and coach John Anderson (later of Gladiators fame!) National Coach, Frank Dick, visited Cambridge twice during the year, while Dame Mary Peters was an inspiring guest speaker at the CUAC dinner. It would take another year before this translated into a long-awaited Varsity Match victory for the Cambridge men, to match the CUAC women's dominance of the 1980s, but much of the ground-work was laid in '87.

Last summer, as Mo Farah won his second gold in the Olympic Stadium, I was again sitting next to Mary P and the first thing she said to me was what a great time she had had visiting Cam-



Pip splits the Hairy Hands on CUAC tour to Heidelberg, Easter 1987.



Mr Ridgeon, caught with his trousers down.



Uber-cool Rowbo in a typical pose amidst the CUAC ladies

bridge in '87. CUAC 1986/7 was indeed a "moment in time" that many of us will never forget!

Allison O'Neill, CUAC President (also responsible for the captions...)

113th 'VARSITY MATCH' Iffley Road, 16th May 1987.

No fewer than 5 Match Records, and 4 Ladies' Match Records, were set or equalled, and for the first time a second team ladies' match was included in the programme.

Cambridge's Rob Rider, the clear favourite, was unfortunate to have been disqualified in the first event of the day, the walk, and by the end of the afternoon this early loss of points proved crucial. The long-awaited Rowbotham/Geddes clash at 800m lived up to expectations, Paul Rowbotham prevailing by the narrowest of margins. Andy Geddes returned later to record a very fine win in the 1500m. Bob Madsen added substantially to his PB in setting a new Hammer Record, and also won the Discus. Derek Wilson won both the longer hurdles events, Nigel Clark produced his finest form to equal the Match Record in the Pole Vault, and Richard Nerurkar was supremely dominant in the 5000m.

A highlight of the day was the tussle between Jon Ridgeon and Dwayne Heard for the Drake Digby trophy, awarded for the best performance in the Men's Match. Ridgeon opened by clearly winning the 100m, with Heard second, but positions were reversed in the long jump: Dwayne broke his own match record in

Ridgeon hurdles into the record books



CUAC jumps squad leader Big Bad Jumping Bob.

the first round with 7.41 (the third year in which he has equalled or broken the record), and though Jon closed with every round he ended with 7.35 (the third best jump in the history of the match: only Dwayne has jumped further). Between jumps, Jon had found time to equal the match record in the 110 hurdles with 14.2 seconds into a headwind, matching the 1963 performance of Tom Blodgett. He then took the 200 in a very fine 21.5, but in the triple jump BUSF champion Heard set his second record of the day by adding 22 cm to Mike Ralph's mark of 27 years' standing, with 15.31. This brought Dwayne's individual wins in Varsity Matches to a record-equaling NINE (five Long Jumps, three Triple Jumps, and one 200m). Jon stormed through the second leg of the short relay, to set Cambridge on the way to a victory which would have been theirs even had Oxford not dropped the baton at the last change; and at the end of the day the Committee reached the happy decision that both protagonists should share the trophy.

As the afternoon unfolded, Oxford's supremacy in the field and distance events began to tell over Cambridge's in the sprints and hurdles. Oxford seemed to have built up sufficient cushion to allow them to lose both relays, but even they must have been worried when they scored no points at all in the 4 x 100.

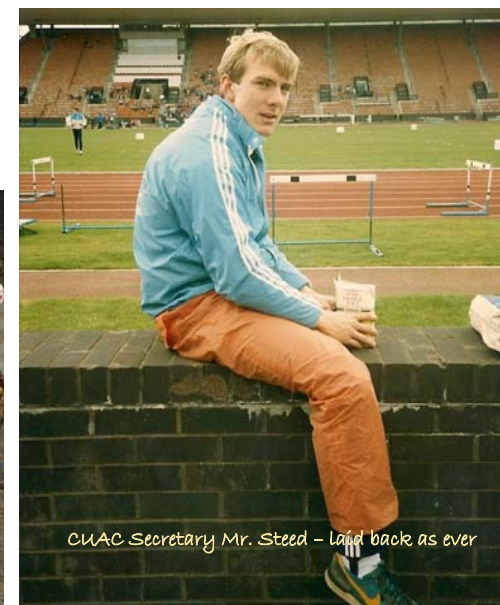
The final score, one of the closest in the history of the match, was Oxford 111.5, Cambridge 107.5.



An alternative Varsity Match on a Portuguese beach.

100m: 1, J.P. RIDGEON (C) 10.9; 2, D.E. Heard (O) 11.5; 3, J. Kell (C) 11.6; 4, P.A. Kuenstler (O) 11.6. 200m: 1, J.P. RIDGEON (C) 21.5; 2, D.E. Heard (O) 22.5; 3, R.G. Shearmur (C) 22.6; 4, P.A. Kuenstler (O) 23.3. 400m: 1, R.G. SHEARMUR (C) 48.9; 2, S.A. Singham (O) 50.6; 3, S. Robertson (C) 50.9; 4, J.A. Eadie (O) 52.1. 800m: 1, P.S. ROWBOTHAM (C) 1.50.7; 2, A.P. Geddes (O) 1.50.7; 3, J. Lloyd (C) 1.56.3. J.P. Nickles (O) disqualified. 1500m: 1, A.P. GEDDES (O) 3.49.3; 2, A.P. Dixon (O) 3.50.6; 3, A.D. Benton (C) 3.55.8; 4, A.C. Millett (C) 4.02.3. 5000m: 1, R.D. NERURKAR (O) 14.11.4; 2, D. Gilbert (O) 15.00.7; 3, T. Connell (C) 15.03.2; A.D.B. Williamson (C) 15.33.4. 110m HURDLES: 1, J.P. RIDGEON (C) 14.2 (equals Record); 2, J. Kell (C) 15.4; 3, D.J. Campbell (O) 15.9; 4, R. Yadav (O) 16.4. 200m HURDLES: 1, D.L. WILSON (C) 25.1; 2, D.D. Cullinane (C) 25.5; 3, S.J. Freethy (O) 26.6; 4, J.S. Lai (O) 26.9. 400m HURDLES: 1, D.L. WILSON (C) 54.4; 2, D. Hitchcock (C) 55.3; 3, J.K.L. Brooke (O) 60.7; 4, J.S. Lai (O) 65.5. 3000m STEEPLE-

CHASE: 1, J.K.L. BROOKE (O) 9.12.7; 2, A.N.J. Robinson (O) 9.17.2; 3, G. Shaw (C) 9.42.5; 4, H.J. du Toit (C) 9.50.8. 3000m WALK: 1, R.E. CLAYTON (O) 13.55.0; 2, G. Ackland (O) 15.27.1; 3, T. Baker (C) 15.51.1. R.J. Rider (C) disqualified. LONG JUMP: 1, D.E. HEARD (O) 7.41 (Record), 2, J.P. Ridgeon (C) 7.35; 3, R.Cobb (C) 6.46; 4, R.L. Stephenson (O) 6.44. TRIPLE JUMP: 1, D.E. HEARD (O) 15.31 (Record); 2, G.A.C. Murrell (O) 14.62; 3, R.Cobb (C) 14.25; 4, A. Ajibulu (C) 12.21. HIGH JUMP: 1, M. NEWMAN (O) 2.04; 2= J.E.D. Crews (O) & M.S. Steed (C) 1.90; 4, T.M. Coker (C) 1.90. POLE VAULT: 1, N.R.A. CLARK (O) 4.20 (equals Record); 2, T. Harris (O) 3.20; 3, N. Ames (C) 3.00; 4, M. Eder (C) 2.80. DISCUS: 1, R. MADSEN (O) 41.10; 2, W. Marais (C) 36.22; 3, S. Briggs (O) 36.00; 4, S. Barton (C) 35.28. SHOT PUTT: 1, K.E. CROUSE (O) 11.95; 2, J.M. Edwards (C) 11.77; 3, S. Briggs (O) 11.55; 4, W. Marais (C) 10.84. JAVELIN: 1, P.J. FULCHER (C) 62.18; 2, D.N. Gardiner (C) 51.76; 3, P. Schultz (O) 49.42; 4, D. Copley (O) 48.22. (New javelins) HAMMER:



CUAC Secretary Mr. Steed - laid back as ever



Danny Cullinane in full flight.



800m—Rowbotham v Geddes. One of the greatest Varsity duels of modern times—up there with Bowen v Emery at 400m and Sleeman v Green at 400m



John Herries keeps the Presidents apart on training camp in Portugal



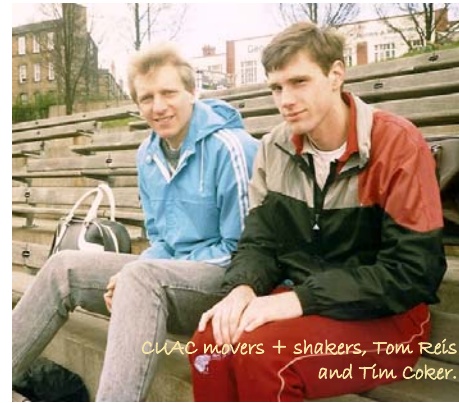
Susie and Emma knew how to run fast and look good at BUSF '87.

1, R. MADSEN (O) 56.90 (Record); 2, P.Q. Deeley (C) 46.62; 3, S. Briggs (O) 40.62; 4, J.M. Edwards (C) 37.90. 4 x 100m: 1, CAMBRIDGE (SOBOYEJO, RIDGEON, KELL, WILSON) 42.7. Oxford did not finish. 4 x 400m: 1, CAMBRIDGE (HITCHCOCK, WILSON, ROWBOTHAM, SHEARMUR) 3.21.0; 2, Oxford (Eadie, Robinson, Singham, Brooke) 3.32.7.

THE LADIES MATCH

Cambridge continued their dominance of this event (Oxford have only won one match since the event was inaugurated in 1975), winning by 93 points to 64. The Susan Denner Cup for the best performance was presented to Suzi Caesar, who produced a match record in the 400m hurdles, won the 400m flat, and contributed greatly to both relays. The le Touquet Cup, for the most improved performance, men or women, was presented to Gill Norton, who having only taken up the sport a month or so earlier achieved a match record of 1.64 in the high jump.

100m: 1, E.L. HOWARD (C) 13.0; 2, G.A. Hague (O) 13.0; 3, E. Simister (O) 13.4; 4, E. McBrien (C) 14.0. 200m: 1, E.L. HOWARD (C) 26.3; 2, G.A. Hague (O) 27.0; 3, E.C. Hobson (O) 27.0; 4, S.M. White (C) 27.9. 400m: 1, S.R. CAESAR (C) 58.3; 2, E.C. Hobson (O) 59.9; 3, C.V. Kitchen (C) 61.1; 4, M. Higgins (O) 66.0. 800m: 1, C.V. KITCHEN (C) 2:14.6; 2, V.E. Vaughan (O) 2:17.7; 3, A.M. Wood (C) 2:18.3; 4, C. Redcliffe (O) 2:22.3. 1500m: 1, J.K. SAYLE (C) 4:49.4; 2, H.D. Blanshard (C) 4:53.2; 3, P. Gibb (O) 4:59.6; 4, H. Hoyle (O) 5:04.9. 3000m: 1, V.E. VAUGHAN (O) 10:11.3; 2, L. Head (O) 10:16.6; 3, B.A. O'Neill (C) 10:23.7; 4, S. Pringman (C) 10:26.3. 100m HURDLES: 1, C.A. BEATH (C) 17.2; 2, L.H. Teverson (C) 17.2; 3, V.A. Pritchard (O) 17.7; 4, J.A. Fok (O) 18.2. 400m HURDLES: S.R.



CUAC movers + shakers, Tom Reils and Tim Coker.



Cathy K practices looking after the CUAC bear before taking over as Ladies Captain.



A middle of CUAC ladies looking amused; we will never know what it.



The victorious BUSF 4 x 400 team—Richard Shearmur, Derek Wilson, Jon Ridgeon, Paul Rowbotham.

CAESAR (C) 64.8 (Record); 2, V.A. Pritchard (O) 66.6; 3, T.H.L. Brufal de Megaregio (C) 67.9; 4, J. Green (O) 69.4. LONG JUMP: 1, G.A. HAGUE (O) 5.09; 2, L.H. Teverson (C) 4.87; 3, G.E. Norton (C) 4.80; 4, A. Rowlands (O) 4.69. HIGH JUMP: 1, G.E. NORTON (C) 1.64 (Record); 2, J. Kershaw (O) 1.45; 3, C. Adams (C) 1.40; 4, J. Green (O) 1.35. SHOT PUT: 1, A. BEVITT (O) 9.54; 2, C.H. Shepherd-

Paul Rowbotham's 1987 Scrapbook:-



Javier Pes and John Herries - two thirds of the 1987 injury squad resting up after another gruelling circuit training session in the kids' playground. This was always swiftly followed by 10 x 30 seconds "running" in the pool with 60 seconds recovery. This was truly the hardest training I ever did and was effective enough to be able to go from 3 months of injury just doing this to, after less than a week of running, winning BUSF 800!



Allison pleading with Herries to introduce her to 'Bonker' Benton.



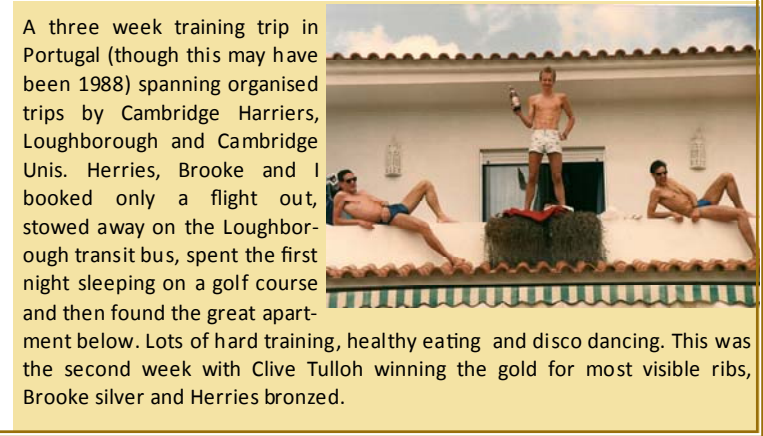
World Championships, Rome. Jon won Silver



Bus to Heidelberg. Only Herries brave enough to look into my eyes without any protection.



Heidelberg tour again. Jon Rushman (right) - the genesis of his ambition to have as streamlined a hairstyle as Tim Connell.



A three week training trip in Portugal (though this may have been 1988) spanning organised trips by Cambridge Harriers, Loughborough and Cambridge Unis. Herries, Brooke and I booked only a flight out, stowed away on the Loughborough transit bus, spent the first night sleeping on a golf course and then found the great apartment below. Lots of hard training, healthy eating and disco dancing. This was the second week with Clive Tulloh winning the gold for most visible ribs, Brooke silver and Herries bronzed.

Themistocleous (O) 9.06; 3, C. Adams (C) 9.02; 4, L.H. Teverson (C) 8.67. DISCUS: 1, M.M. ANDERSON (C) 36.66 (Record); 2, C. Adams (C) 34.08; 3, C.H. Shepherd-Themistocleous (O) 27.36; 4, J.A. Fok (O) 25.32. JAVELIN: 1, C. ADAMS (C) 33.24; 2, H.L. Ganczakowski (C) 31.28; 3, E.A. England (O) 25.48; 4, I. Lai (O) 23.52. *P - 4 - 4 x 100m RELAY: 1, CAMBRIDGE (Howard, White, Caesar, McBrien) 50.5; 2, Oxford (Chestnut, Simister, Cooke, Hague) 50.6. 4 x 400m RELAY: 1, CAMBRIDGE (Wood, Brufal, Kitchen, Caesar) 4:05.4 (Record); 2, Oxford (Higgins, Green, Pritchard, Hobson) 4:11.3.

CENTIPEDES/ALVERSTONE

For the first time for several years, Alverstone won the men's second team match, by 114 points to 101. C.P. McDonald's javelin throw was within the Blues Standard and would have placed him second in the 'Varsity Match. Leading results included: 100/LJ Soboyejo (AI) 11.5/6.32; 200 Mitchell (Ce) 23.4; 400 Allden (AI) 51.6; 800 Silvester (Ce) 1.58.2; 1500 Cross (Ce) 4.14.4; 5000 Pes (AI) 15.10.4; 110H/200H/400H Bussey (AI) 16.3/ 27.0/59.0; 3000SC Rossiter (Ce) 9.54.2; TJ Carpenter (Ce) 13.48; HJ Byrne (AI) 1.90; PV Skates (Ce) 2.80; SP Carstensen (Ce) 10.92; DT Ogilvie-Thompson 34.06; HT Goodwin (AI) 36.48; JT McDonald (Ce) 55.02; 4x400 Alverstone

(Robertson, Newell-Price, Allden, Lloyd) 3.25.2.

LADIES SECOND TEAM MATCH

The inaugural match was won by Oxford (the 'Millipedes') by 82 points to 73. Although they will go otherwise unrecognised, Half-Blue standards were achieved by Cox (C) (LJ 4.90), Crawford (C) (DT 29.10 - also winner of the JT with 27.34), Lissenden (C) (HJ 1.45) and Reynolds (O) (SP 8.91). Other winners were: 100/200 Chestnut (O) 13.1/28.4; 400/400h Dangel (O) 64.2/71.4; 800 Gandee (C) 2.32.1; 1500 Curtis (O) 5.10.3; 3000 Watson (O) 10.57.3; 100h Pagan (C) 18.6.