



# The Achilles Club

## 2017-2018

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Dr Geoffrey B Hill (Cam. & *passim*)



# **ACHILLES CLUB FIXTURES 2018**

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

**28th April, Lee Valley: LICC Match 1**

**Iffley Road: Achilles Schools Relays**

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

**28th June, Hemingstone, Suffolk: Achilles BBQ**

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

**30th June, Allianz Park: LICC Match 2**

**28th July, Allianz Park: LICC Match 3**

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

**25th August, Allianz Park: LICC Match 4**

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

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

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

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

Achilles non-students attending the post Penn-Cornell Match dinner should apply to [paul.willcox@achilles.org](mailto:paul.willcox@achilles.org) for further instructions.

For the Estonia & Finland Tour, contact Caspar Eliot: [caspareliot@gmail.com](mailto:caspareliot@gmail.com)



# LEADING PERFORMERS IN 2017 INCLUDED:

## UK Indoor Championships

Andy Heyes Silver over 3000m

Montana Jackson Bronze in Triple Jump

## BUCS Indoors

Montana Jackson Silver in Triple Jump

Dani Chattenton Bronze over 1500m

## BUCS Outdoors

Teele Palumaa Silver in High Jump

Anna Niedbala Bronze in Hammer

Tom Parker Bronze in Hammer

Oxford Men Bronze in 4x100 (Rowan May, Alex Grundmann, Harrison Steel, Isaac Kitchen-Smith)

Oxford Women Bronze in 4x400 (Nicole McKechnie, Rachel Skokowski, Kate Kennedy, Irene Gibson)

Oxford Women 7th overall

## NCAA Championships

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

## World University Games

Sam Trigg 12th in Triple Jump (UK)

Teele Palumaa eliminated in High Jump qualifying (Estonia)

## National U23 Championships

Phil Crout Gold in 5000m

Rowan May Bronze in Pole Vault

## National U20 Championships

Alex Gruen 3rd in 1500m (not Bronze as Australian)

# UK TOP FIFTY

Sam Trigg	5	Triple Jump	16.38m
Matt Leach	7	10000m	28:45.5
Alex Short	8	10000m	28:46.8
Andrew Heyes	9	3000m	07:55.8
Rory Graham-Watson	10	800m	01:47.3
Luke Caldwell	10	10000m	29:01.8
Matt Leach	10	HM	64:21:00
Jude Bright-Davies	11	Triple Jump	15.71m
Teele Palumaa (Estonia)	12	High Jump	1.78m
Montana Jackson	12	Triple Jump	12.66m
Christina Nick (Germany)	12	Shot Putt	13.73m
Alex Short	13	5000m	13:47.6
Michael Painter	13	Hammer	66.84m
Andrew Heyes	14	5000m	13:48.7
Josh Carr	16	1500m	03:40.7
Christina Nick (Germany)	16	Discus	45.52m
Angus Lockhart (Australia)	17	Shot Putt	15.04m
Tom Parker	17	Hammer	65.65m
Luke Caldwell	18	5000m	13:59.7
Ian Kimpton	18	10000m	29:18.5
Kate Davies	18	Javelin	43.82m
Andrew Heyes	19	1500m	03:41.1
Rowan May	20	Pole Vault	5.00m
Naomi Taschimowitz	20	3000m	09:13.7
Helen Broadbridge	20	Discus	44.72m
Will Mycroft	21	3000SC	09:01.9
Priya Crosby	21	3000SC	11:18.4
Anna Niedbala (Germany)	21	Discus	44.62m
Matt Leach	22	3000m	08:03.8
Alex Howard	23	3000SC	09:06.9
Danny Eckersley	24	3000SC	09:07.8
Luuk Metselaar (Netherlands)	26	Marathon	02:22.1
Naomi Taschimowitz	26	5000m	16:08.9
Achilles Women	27	4x400	03:52.2
OUAC Men	28	4x100	42.00
Lucy Gossage	28	HM	76:34:00
Silvia Amabalino (Luxembourg)	28	Pole Vault	3.70m
Helen Broadbridge	28	Hammer	53.67m
Navid Childs V35	29	Triple Jump	15.06m
Jacob Lange	29	Hammer	59.69m
Ian Kimpton	30	Marathon	02:22.4
Naomi Taschimowitz	30	1500m	04:16.3
Matt Leach	31	5000m	14:03.8
Alex Milne	31	Marathon	02:23.2
Archie McNeillis	31	Pole Vault	4.75m
Aidan Reynolds	31	Javelin	61.45m
Emily Dudgeon	31	800m	02:05.9
Rebecca Moore	31	10000m	35:27.8
OUAC Women	31	4x400	03:55.0
Rebecca Moore	32	HM	76:48:00
Caroline Hilley	32	400H	61.55
Cambridge Women's Team	32	4x400	03:55.9
Phil Crout	33	10000m	29:55.0
Achilles Men	34	4x400	03:19.8
Chloe Billingham	34	Pole Vault	3.60m
Dan Gregory	38	Decathlon	5298
Callum Court	39	Pole Vault	4.60m
CUAC Men	39	4x400	03:20.7
Carl Britto (India)	40	Triple Jump	14.64m
Teele Palumaa (Estonia)	41	Triple Jump	11.81m
OUAC Men	41	4x400	03:21.4
Bethanie Murray (Ireland)	41	10000m	36:13.4
Bijan Mazaheri (USA)	45	10000m	30:15.5
Caspar Eliot	45	400H	55.22
Johanna Schoenecker (Germany)	45	Javelin	40.46m
Josh Carr	46	3000m	08:10.5
Achilles Men	48	4x100	42.76
Anna Niedbala (Germany)	48	Shot Putt	11.95m
Hayley Munn	50	HM	78:22:00



# 25 Years On...

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

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

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

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

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

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



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

## KEATS AND GILDER IN SPRINT THRILLERS

OUAC (Men) 115 CUAC 105; OUAC (Women) 82 CUAC 88  
Varsity Match Report by Colette Sherlock and Charlotte Fisher



Matt Keats (2nd right) and Warren Gilder (far right) start in the 100m. Both men clocked 10.7. Crawford Henderson (far left) finished in 11.2, the unfortunate victim of a poor performance by the starter.



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



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





## The 1992 Varsity Match

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

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

Trophy for the most improved performance.

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

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

still a junior, who came close to the match record in the hammer with 56.48m.

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

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

## 40 Years On....

### The 1977 Varsity Match Iffley Road, 14th May

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

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

100m: : G. Wood (C) 11.2, S. White-Thompson (O) 11.2, P. Key (O) 11.2, B. Jones (C) 11.3. 200m: B. Jones (C) 22.2, G. Wood (C) 22.4, S. White-Thompson (O) 22.6, E. Quist-Arcton (O) 23.0. 400m: : B. Jones (C) 48.4, P. Key (O) 49.1, H. Evans (O) 50.4, R. Tolson (C) 51.4. 800m: A. Dyke (O) 1:51.3, M. Wilson (C) 1:52.7, R. Hodgson (O) 1:55.6, M. McAllister (C) 2:05.6. 1500m: : M. Wilson (C) 3:55.1, C. Brodie (O) 3:55.5, L. Peck (C) 3:56.0, P. Irvine (O) 3:58.4. 5000m: W. Ewers (O) 14:30.6, N. Brawn (O) 14:38.0, T. Jackson (C) 15:20.2, M. Ellison (C) 15:54.0. 110m hurdles: A. Shiret (C) 15.5, A. Clucas (O) 15.7, K. Cheong (O) 15.8, J. Gibbs (C) 15.8. 200m hurdles: A. Shiret (C) 25.5, A. Clucas (O) 25.6, K. Cheong (O) 26.3, D. Grant (C) 26.4. 400m hurdles: A. Shiret (C) 54.7, A. Clucas (O) 55.4, R. Tolson (C) 56.8, M. Rhodes (O) 58.1. Steeplechase: C. Presst (O) 9:19.8, C. Aithie (O) 9:20.0, T. Stowe (C) 9:34.8, S. Oglethorpe (C) 9:43.6. High Jump: N. Thomas (C) 1.85, R. Tavernor (C) 1.85, M. Rhodes (O) 1.75, B. Towers (O) 1.70. Pole Vault: M. Heap (C) 3.20, S. Tesh (O) 3.10, R. Cattell (C) 2.80, R. Lusardi (O) 2.00. Long Jump: P. Warfield (C) 6.84, S. Long (O) 6.55, S. Baker (C) 6.33, A. Rodger (O) 5.96. Triple Jump: P. Kalfayan (C) 13.52, S. Long (O) 13.18, A. Popham (O) 13.17, J. Bennett (C) 12.99. Shot: L. Daniels (O) 13.10, R. Healey (C) 12.76, R. Pritchard (C) 11.75, M. Moran (O) 10.50. Discus: R. Healey (C) 41.00, S. McKie (O) 37.16, M. Moran (O) 32.84, A. Beck (C) 32.08. Hammer: L. Daniels (O) 38.52, A. English (C) 36.72, C. Poulton (C) 33.68, G. Chambers (O) 31.90. Javelin: : J. Crosse (O) 56.56, R. Harrison (C) 54.66, K. Lindsey (O) 45.06, J. Gray (C) 41.04. 4x100m: Cambridge (Whalley, Baker, Jones, Wood) 42.6, Oxford (Bettridge, White-Thompson, Quist-Arcton, Key) 42.9. 4x400m: Cambridge (Dumont, Hamment, Wood, Jones) 3:20.2, Oxford (Evans, Foreman, Key, Dyke) 3:21.3. **Cambridge won by 114 points to 98**

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

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

100m: G. Smith (C) 13.1, R. Slator (O) 13.4, T. Ritchie (C) 13.4, J. Bramah (O) 13.5. 200m: G. Smith (C) 26.9, R. Slator (O) 27.5, T. Ritchie (C) 27.6, J. Bramah (O) 29.5. 400m: J. John (C) 62.9, J. Halfpenny (O) 65.3, L. McAlpine (O) 65.3, C. Whalley (C) 69.2. 800m: L. Wightman (O) 2:27.7, J. Halfpenny (O) 2:32.2, L. England (C) 2:39.0, C. Goodricke (C) 3:08.7. 1500m: L. Wightman (O) 5:23.8, N. Skrine (O) 5:30.3, L. England (C) 5:40.6, C. Goodricke (C) 6:03.2. 100m hurdles: G. Smith (C) 16.3, P. Kingsland (O) 17.8, H. Alexander (O) 18.7, M. Currie (C) 18.9. High Jump: G. Smith (C) 1.60, P. Kingsland (O) 1.45, M. Currie (C) 1.45, S. Roberts (O) 1.35. Long Jump: R. Slator (O) 5.28, G. Smith (C) 5.25, V. Wickens (O) 4.71, C. Whalley (C) 4.61. Shot: M. Willey (O) 11.57, G. Smith (C) 10.60, C. Peake (O) 8.42, M. Currie (C) 8.12. Discus: C. Peake (O) 30.54, M. Willey (O) 29.14, J. Bleasdel (C) 23.82, J. Morgan (C) 23.38. Javelin: C. Chapman (C) 35.60, R. Slator (O) 26.10, J. Morgan (C) 22.52, M. Willey (O) 22.20. 4x100m: Cambridge (Whalley, Chapman, Ritchie, Smith) 53.0, Oxford (Slator, Wallis, Wickes, Bramah) 53.6. **Oxford won by 66 points to 62**

## THE 1977 USA TOUR

**Harvard and Yale versus Oxford and Cambridge, 14 June 1977.**

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

**Pennsylvania and Cornell versus Oxford and Cambridge, 17 June 1977.**

Pennsylvania and Cornell won by 13 events to 4

Army and Princeton versus Oxford and Cambridge, 21 June 1977 Army and Princeton won by 12 events to 4.



# Captain Mack (General Alfons Wiktor Mackowiak)

## OUAC coach from 1964 to 1989

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

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

- Tim Taylor

Oxford had lost four successive Athletics Varsity Matches up to 1964 under Lionel Pugh. With Mack as coach, Cambridge did not see another victory until 1975. By the time I was an undergraduate, it emerged that Mack was actually not being paid anything for his work with OUAC – I believe not even petrol money for driving up from High Wycombe every week. It seemed that he had originally been getting something, but that was called in after a couple of years and told that the OUAC coffers were empty. As Mack had given up his job in the East (moving to teach in Hayes) as well as moving house to



With Mike Sharpe and Tim Taylor in 1966

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



At the funeral: standing: Deb Nagan (half out of shot), Williams, Heard, Shiret, Campbell, Byers, Nussey, Crawshaw, Barton, Crosse, Crews, Brown. Kneeling: Mitchell, Robinson, White, Suttle. Full list of members attending: Hugh Pullan, Pres. 1964/65; Tim Taylor, Pres. 1966/67 & Achilles VP; Mike Sharpe, Hon Sec 1965/66; Frank Brown, 1963-70; Richard Coates, 1964-70; Richard O'Brien, 1969-72; Steve Nussey, 1969-72; David Barton, 1968-72; Peter Crawshaw, 1970-74 & Achilles Hon Treas; Steve White, Pres. 1973/74; Mike Byers, Hon Sec 1972/73; Gill Suttle, 1973-76; Tony Shiret, CUAC Pres. 1976/77; John Crosse, Pres. 1977/78; Dwayne Heard, 1982-90; Deborah Nagan, 1983-86; Douglas Campbell, 1984-87; Chris McGrady, 1984-87; Andy Robinson, 1984-87; Mike Powell, Hon Sec 1984/85; David Williams, 1984-87; Will Mitchell, 1985/88; Jon Crews, Pres. 1988/89; Martin Borrett, Pres. 1990-91.

some cheque, were presented. Hugh Pullan spoke of his having interviewed Mack for the job as coach after a period of heavy defeats at the hands of Cambridge and it was noted not only that this trend was immediately reversed but also that the Dark Blues did not taste defeat in the Varsity Match for a further eleven years thereafter. Giles Clifford and Liz Hobson also recounted more recent experiences and Mack reciprocated in his own inimitable style

- Peter Crawshaw

He was a perpetual dynamo of a man, and I am not at all surprised that he lived to 100.

- Richard Coates

What an amazing man

- David Barton

Everyone who knew him as a coach must surely remember Captain Mack most vividly, regardless of the passage of the years. I certainly formed and have maintained a great admiration and respect for him—David McIntosh

What a character he was

- Bob Steele

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

Inspirational man and coach, RIP

- Julian Goater

'Ahhh yes - tremendous performance!'

- Sean McGrady

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

- Liz Hobson

An OUAC tour to Poland took place in January of 1985 – still under the State of Emergency declared by General Jaruzelski. And the murdered priest Jerzy Popielusko was discovered just before we arrived. 'Solidarity' was banned, we had to cross the DDR to get to Poland from Germany and needed visas for Poland and the DDR. The gentleman on the back row, far left, was our "minder" appointed by the authorities. We stayed at a club called AWF in Warsaw – where Mack had been a member before the war and trained indoors - all organized by Mack. Including new Years eve party with the whole club – Athletes, judokas, fencers, the works. No going out at night under the state of emergency, we were under a curfew. I have since been back to AWF in my job working for Puma – its no longer supported by the state, and seems very much in the same condition as when we visited in 1985. Only the cars are now VW and Ford rather than Lada and Volga. - Martyn Bowen



2002: Still dispensing advice to dark and light blue alike.





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

- \* 'Outstanding officer: distinguished himself by his exceptional bravery and his qualifications of a soldier throughout the campaign, especially 2nd and 14th June 1940 at Fremestroff, 15th at Alberstroff and 16th at Dieuze, where he did not cease commanding the fire of his battery, in spite of violent shooting of enemy artillery, giving best example to the gunners. On 17th June he dispersed an adverse company which was attacking positions and on the 18th forced the enemy to evacuate Embermenil, which they had taken. The present mention includes the award of the War Cross with Brass Star"
- \* Captured by Germans, interned for a period in Strasbourg. Escaped through Vichy France and Spain to Gibraltar.



- \* Boat to Britain, arrived in Liverpool trained in tanks before volunteering for the Polish parachute forces at Upper Largo.
- \* Selected for training as an agent with SOE, then becoming an instructor with SOE.
- \* Transferred in 1942 to Polish section of SOE (Special Operations Executive) to Audley End House, near Saffron Waldon, Essex, known as Station 43 (STS 43). Instructor in small arms, PT and unarmed combat, 1942-44. Sworn in SOE Cichociemny (Silent & Unseen). Return to action Monday 18th September 1944 at Arnhem. Flew from Manston by glider chalk number 890 as

part of Polish Parachute Brigade Advance HQ, piloted by Staff Sergeant John 'Johnny' Cotterill and Sergeant Max Maxwell. Now with the rank of Captain.

- \* Fought with distinction as the Polish Artillery Liaison Officer attached to the RA. Operation Market Garden. Sniper hunting in the woods of Oosterbeek and directing allied artillery fire in the Oosterbeek perimeter. Wounded.
- \* At conclusion of the Battle of Arnhem, captured and POW at Oflag 1XA at Spangenberg, Germany.
- \* Liberated by Americans 4 May 1945.
- \* Received his third Krzyz Waleczny.
- \* In total during the Second World War he received no less than 14 medals.
- \* In 2009: Awarded the highest medal of bravery by Queen Beatrix of the Netherlands.
- \* Awarded a Commendation by King George VI, in recognition of his bravery and courageous action in extricating the pilot from a blazing Wellington on 11th July 1950.'

*From Dwayne Heard: -*

I was born in 1964 – incredible to think that Capt Mack was with OUAC for so long! I have very fond memories of him. During my time as an undergraduate Oxford won 6 Varsity Matches out of 7, and a major factor in these victories was the inspiration that Mack provided for OUAC athletes. My first ever OUAC session was a Mack circuit training session at the Iffley Road gym (for which he always wore a blue tracksuit – *photo I think by*



*Jon Crews*). These circuits were infamous, partly as Mack used to demonstrate some of the exercises himself, for example in the warm up there was the "Skip A" and the "Skip B". When he walked around he used to have a running commentary about the athletes to motivate them. "Yes, yes, very dynamic..." that sort of thing and delivered in a manner to keep you going despite the pain. I never remember him losing his temper or getting angry with athletes, despite how bad we were at circuits! Mack gave up an enormous amount of his time to coach at OUAC – he drove quite some distance to lead the sessions either in the gym or more specialist sessions (in particular throws) at the track. He was a very kind man, and wanted everyone to do their best, and somehow managed to get everyone to do their best. Myself, George Murrell and Chris McGrady were part of the jumps squad at Haringey AC under Richard Geysie, and every Sunday we used to catch the bus from Oxford to High Wycombe at some early hour, and Mack would pick us up in High Wycombe and drive us to the New River Stadium at Haringey. He also gave a lot of his time to coaching athletes at Haringey – and was very popular there. In the car he would keep us entertained with stories about many things, including his exploits during the war. He also came to some of our Pheidippideans dinners in Oxford (Pheidios), and told inspiring stories about his wartime escapades (always highly animated and often making use of his boxing skills) (see photo of him speaking whilst stood on a table in Wadham during an Achilles dinner). Dave Williams used to do a great impression of Mack!

Mack also organised a number of OUAC trips during my time in Oxford. Two come to mind. The first was in the spring of 1984 when we

travelled to Sittard (Holland), Maastricht and Le Touquet (*top photo*). I don't remember the athletics that much but I do remember the drinking game involving a hammer, nail and a tree trunk, the toboggan ride, and Giles Clifford's speech in French! Probably the most memorable though was the trip to Poland in December 1984 – January 1985 (we were there over new year) - *see lower photo and Martyn's account above*. The trip involved a train from London to Harwich – then ferry to Hook of Holland, and an amazing train all the



way to Warsaw via Berlin. We had to buy an East German transit visa on the train (£5 each in hard currency), and on the way home we had to change trains in East Berlin as they suspected stowaways. The OUAC tour party was also stranded overnight at Cologne station on the way back as most of Europe suffered a huge snow storm, and we kept warm in the Bahnhofs-mission where we also had warm soup! Mack organised several of these trips to Poland.

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





**Martyn Bowen**—the former OUAC President and current Austrian masters champion at 200m and silver medallist at 400m, writes:

*'Competed in Aarhus European Champs for Austria with a time 57,8 (age graded time equivalent to 49,2 - with statistics you can make anything look good) ! . Next year move up an age category – hopefully means I can park my zimmer frame nearer the finish line.... Hope to come up against Mike Sherar at the World championships in Malaga Sept 2018 – he is competing for Canada and is a favorite for a medal over 800m.'*

## NEW MEMBERS

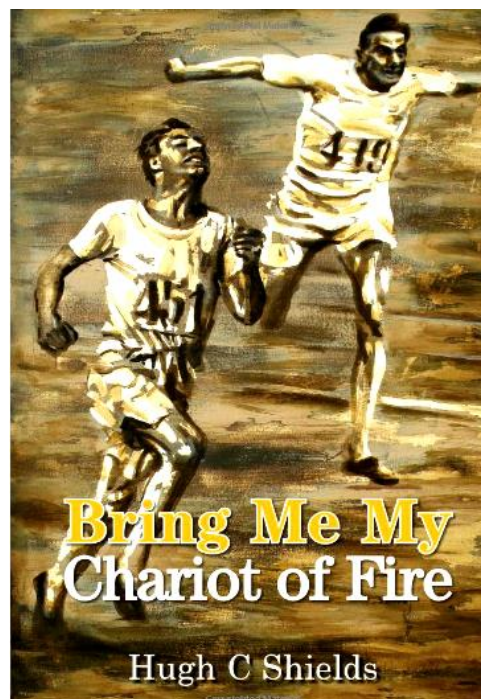
Isabella Coutts (Bella) - Oxford; Angus Lockhart - Cambridge; James Tufnell - Cambridge; Edmund Gazeley - Cambridge; Kennagh Marsh - Oxford; Anuraag Vazirani (Anu) - Oxford; Rahil Sachak-Patwa - Oxford; Kantaro Tazoe - Oxford; Cameron Bain - Oxford; Daniel Gregory - Oxford; Camilla Elvidge (Mimi) - Oxford;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

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



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

**Hugh Shield's** latest book focuses on Harold Abrahams and Eric Liddell







# Varsity Field Events and Relays Matches

Lee Valley Sports Centre,

4 March 2017



## Men's relays, indoors (Oxford 4-2)

60m (run as 2 heats, with the 4 best, of 5, University times totalled to determine the result) Race 1 I. Kitchen-Smith (O) 7.05, H. Steel (O) 7.12, W. Morris (C) 7.13, K. Opara (C) 7.22, I. Adepegba (C) 7.36 Race 2 D. Nembhard (C) 7.33, S. Macaulay (O) 7.34, J. Leung (O) 7.39, L. Eagle (O) 7.53, K. Tazoe (O-ns) 7.55, B. Bavendran (C) 7.61 Race 3 K-E Shutsa (C-ns) 7.37, J. Chu (C-ns) 7.46, A. Ashton (C-ns) 7.59, B. Lim (C-ns) 7.71, P. Rutten (C-ns) 7.73, J. Tuffnell (C-ns) 7.81 1. Oxford (4 total times) 28.90 2. Cambridge (4 total times) 29.04 4x 200m 1. Cambridge (S. Day 23.4, W. Morris 22.3, C. Flaherty 23.5, T. Marino 22.6) 1:31.85 2. Cambridge II (P. Rutten 24.6, M. Wang-Ko (22.9?), J. Tuffnell (24.6?), S. Charlwood 23.8) 1:35.99 3. Oxford II (L. Eagle, M. Newton, J. Leung, K. Tazoe) 1:36.22 (Oxford - I. Kitchen-Smith, H. Steel, I. Ingham, A. Grundmann, disqualified) 4 x 400m 1. Cambridge (C. Flaherty 51.6, J. Burton 51.3, R. Kisel 48.6, S. Day 49.2) 3:20.68 2. Oxford (E. Rees 50.6, C. Bain 50.0, H. Baker 51.0, L. Gardner 49.9) 3:21.44 3. Oxford II (C.

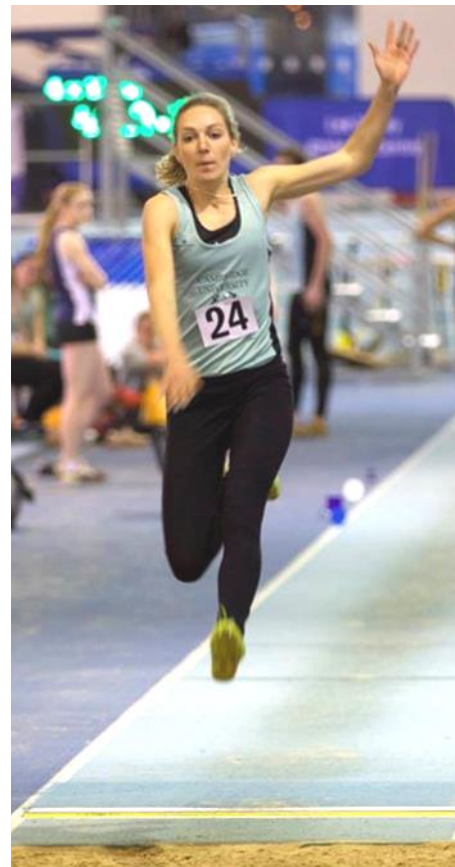
Ellis, H. Steel, H. Fleming, A. Grundmann) 3:24.54 4. Oxford III (N. Inkester 54.8, J. Ingham 51.0, R. Llyr 52.5, M. Newton 50.4) 3:28.89 5. Cambridge II (J. Tuffnell 54.6, A. Taylor 55.6, D. Stafford 60.3, E. Romano 56.8) 3:47.30 Cambridge III (M. Wang-Ko 55.2, S. Charlwood 55.6) did not finish a team 4x800m 1. Oxford (N. Mapperley 2:02.3, A. Gruen 1:54.9, H. Fleming 1:55.3, L. Rawlings 1:52.9) 7:45.29 2. Cambridge (J. Coxon 2:01.0, S. Cheli 1:54.8, L. Emmet 2:00.4, R. Kisel 1:55.0) 7:51.27 3. Cambridge II (J. Gilbert 2:03.9, L. Hopkins 2:15.5, J. Bartram 2:13.7, T. Mitchell 2:09.3) 8:42.40 (Cambridge one-man "team" also competed) 4x1500 1. Oxford (B. Gibbons 4:04.5, M. Chandler 4:11.6, L. Cotter 4:02.9, A. Gruen 4:06.8) 16:25.69 2. Cambridge (J. Coxon 4:04.6, J. Brockmann 4:17.6, L. Hollom 4:33.4, T. Goulding 4:16.9) 17:12.46 3. Cambridge II (S. Cheli 4:17.5, D. Jacques 4:28.9, T. Mitchell 4:39.9, L. Hopkins 4:49.7) 18:15.74 60m hurdles (run as 2 heats, with the 4 best, of 5, University times totalled to determine the result) Race 1 L. Eagle (O) 8.72, E. Baines (C) 8.92, H. Salt (O) 9.19, P. Hibbett (O) 9.24, J. Wickham (C) 9.36 Race 2 S. Charlwood (C) 9.97, R. Llyr (O) 10.03, D. Gregory (O) 10.20, G. Goh (C) 10.59 1. Oxford (4 total times) 37.18 2. Cambridge (4 total times) 38.84

14.27, J. Lange 10.86, C. Klein 10.51, R. Shiels 9.18) 44.82 Guest: W. Wright (O) 8.62 Discus, outdoors Oxford (N. Roberts-Huntley 38.61, J. Paget 35.02, A. Reynolds 33.72, J. Harrison 25.24) 132.59 Cam-



## Men's field events (Oxford 6-2)

High Jump, indoors 1. Oxford (P. Hibbett 1.90, N. Ramasinha 1.85, R. Boath 1.70, D. Gregory 1.70) 7.15 2. Cambridge (E. Sorrell 1.95, T. Marino 1.75, J. Dauparas 1.65, C. Klein 1.60) 6.95 Pole Vault, indoors 1. Oxford (R. May 4.71 **record**, A. McNeillis 4.20, C. Day 3.50, D. Soled 3.40) 15.81 **record** 2. Cambridge (C. Court 4.00, F. Bunbury 4.00, K. Jensen 3.70, D. Stanley 3.20) 14.90 Long Jump, indoors 1. Oxford (S. Macaulay 6.23, C. Britto 6.20, J. Taylor 6.00, A. Wheeler 5.90) 24.33 2. Cambridge (E. Baines 6.38, L. Smith 6.25, S. Day 5.93, D. Buisson 5.23) 23.79 Triple Jump, indoors 1. Cambridge (L. Smith 13.48, S. Cheli 12.15, C. Court 11.98, D. Nembhart 11.94) 49.55 2. Oxford (C. Britto 13.99, A. Wheeler 12.57, P. Nash 11.84, N. Ranasinha 11.03) 49.53 Shot Putt, indoors 1. Oxford (J. Paget 12.41, Nick Roberts-Huntley 11.44, A. Reynolds 11.05, G. Bakos 10.66) 45.56 2. Cambridge (A. Lockhart







*Ben Ellis personally crafted many new trophies, and for the first time each event was properly recognised*



bridge (A Lockhart 33.38, T. Parker 28.87, C. Klein 27.94, R. Shiels 17.95) 108.14 Guest: W. Wright (O) 23.81 Hammer, outdoors 1. Cambridge (J. Lange 57.88, M. Croft 43.17, R. Shiels 22.42, J. Tufnell 15.28) 138.75 2. Oxford (N. Roberts-Huntley 29.58, J. Harrison 20.08, R. Boath 19.96, D. Gregory 17.70) 87.32 Javelin, outdoors 1. Oxford (A. Reynolds 61.45, A. Davis 54.12, A. Wheeler 41.92, D. Gregory 35.31) 192.80 2. Cambridge (H. Rudd 50.65, J. Willcox 46.83, J. Dauparas 44.14, W. Parrott 40.90) 182.52 Guest: G. Hall (O) 37.86

**Women's relays, indoors (Oxford 5-1)**

60m (run as 3 heats, with the 4best, of 5, University times totalled to determine the result) Race 1 H. Adeosun (C) 7.77, K. Hannawin (O) 7.99, M. Meju (C) 8.02, E. Oyesanya (O) 8.06, C. Sear (O) 8.36 Race 2 T. Adebeyo (C) 8.02, A. Panesar (C) 8.08, Z. Thursz (O) 8.40, L. Andrews (C-ns) 8.47, O. Anifowose-Eso (O) 8.50, A. Walker (C) 9.13 1. Cambridge (4 total times) 31.89 2. Oxford (4 total times) 32.81 4x200m 1. Oxford (K. Hannawin 26.4, E. Oyesanya 26.5, E. Kearney 25.9, N. McKechnie 25.5) 1:44.24 2. Cambridge (A. Panesar 27.2, M. Meju 27.5, H. Adeosun 24.9, C. Hilley 26.0) 1:45.15 3. Oxford II (Z. Thursz, O. Anifowose-Eso, E. Roberts, H. Wigginton) 1:51.04 Cambridge II (A. Burchill 28.7, M. Alyeola 27.4) did not finish 4x400m 1. Oxford (A. Kearney 59.5, K. Kennedy 59.0, I. Gibson 60.3, N. McKechnie 58.1) 3:56.76 record 2. Cambridge (C. Marriott 62.5, L. Cook 62.0, C. Johnson 59.9, C. Hilley 57.1) 4:01.58 3. Oxford II (R. Skokowski, E. Hoogkamer, H. Wigginton, J. Schiele) 4:18.37 4. Cambridge II (A. Burchill 66.3, D. Irving-Hyman 60.3, Y. Raykov 74.8, A. Radford 62.9) 4:24.27 5. Oxford III (A. Sharp, K. Peters, D. Batchelor, G. Ellis) 4:35.49 3x800m 1. Oxford (E. Hoogkamer 2:24. , R. Skokowski 2:19. , I. Gibson 2:21. ) 7:06.00 2. Cambridge (Y. Raykov 2:25.6, L. Suggit 2:23.4, R. Gilchrist 2:26.7) 7:15.67 3 x 1500m 1. Oxford (M. Turner 4:58.9, M. Elvidge 5:15.3, D. Batchelor 5:03.0) 15:17.27 2. Cambridge (P. Chambers 5:11.5, A. Radford 5:38.1, P. Crosby 5:09.0) 15:58.53 3. Oxford II (A. Sharp, K. Peters, G. Ellis) 16:07.91 60m hurdles (run as 2 heats, with the 4 best, of 5, University times totalled to determine the result) Race 1 C. Hilley (C) 9.03 record, K. Kennedy (O) 9.40, C. Sear (O) 9.75, E. Roberts (O) 9.82, L. Cook (C) 10.25 Race 2 A. Flint (C) 10.25, J. Schiele (O) 10.39, H. Wigginton (O) 10.51, F. Hamilton 10.92, G. Ellis (O-ns) 11.63 1. Oxford (4 total

times) 39.36 record 2. Cambridge (4 total times) 40.45

**Women's field events (Oxford 7-1)**

High Jump, indoors 1. Oxford (T. Palumaa 1.70, K. Davies 1.65, S. Hubbard 1.60, I. Downing 1.45) 4.95 record 2. Cambridge (A. Bates 1.60, K. Prutz 1.50, F. Hamilton 1.40, L. Wenger 1.40) 4.50 Pole Vault, indoors 1. Cambridge (C. Billingham 3.40, I. Mulliner 2.90, R. Martin 2.40, S. Laing 1.70) 8.70 record 2. Oxford (S. Rawlinson 2.80, K. Holder 2.30, I. Downing 2.10, H. Jeffery did not compete) 7.20 Guest: T. Rosenbaum (O) 1.40 Long Jump, indoors 1. Oxford (S. Filbay 4.95, K. Davies 4.93, C. Sear 4.76, S. Hubbard 4.49) 14.64 2. Cambridge (L. Andrews 5.29, C. Rixon 4.74, A-M. Bowring 4.53, S. Sinclair 4.21) 14.56 Guests: A. Walker (C) 4.00, M. Fairey (C) 3.71 Triple Jump, indoors 1. Oxford (T. Palumaa 11.16, S. Filbay 10.59, H. Skinner 9.81, E. Hoogkamer 9.55) 31.56 2. Cambridge (C. Rixon 10.16, A-M. Bowring 8.89, M. Fairey 8.19, A. Walker 8.05) 27.24 Shot Putt, indoors 1. Oxford (A. Niedbala 11.25, K. Holder 10.41, K. Davies 10.11, S. Sopher 9.77) 31.77 2. Cambridge (F. Brown 10.47, E. Lane 9.60, E. Okafor 8.83) 28.90 Guest: J. Richards (Oxford) 9.57 Discus, outdoors 1. Oxford (A. Niedbala 41.12 record, S. Filbay 35.93, S. Sopher 27.25, H. Nelson 21.67) 104.30 record 2. Cambridge (F. Brown 24.10, E. Okafor 19.26, F. Hamilton 18.05, C. Pacini 16.53) 61.41 Hammer, outdoors 1. Oxford (A. Niedbala 44.05, J. Richards 33.26, H. Nelson 26.00, M. Brett all NT) 103.31 2. Cambridge (C. Pacini 35.68, E. Okafor 28.64, E. Lane 15.83) 80.15 Guest: S. Sopher (O) all NT Javelin, outdoors 1. Oxford (I. Couatts 39.42 record, K. Davies 38.00, E. Hoogkamer 33.53, A. Niedbala 30.62) 110.95 record 2. Cambridge (E. Lane 33.84, F. Brown 28.86, L. Harvey-Kelly 28.35, C. Bays-Muchmore 27.63) 91.05 - CJRT

**Ivan Curotta**

**Waverley College, Australia, died on 24th August 2017.**

The photo shows Ivan with the Hon Sec flanking OUAC 1929 Varsity 880y Blue Bill Wentworth at the 2002 Achilles v Sydney U match in Australia, Ivan's interest in athletics stemmed from his twin brother Morris (1948 and 1952 Olympian and at one point perhaps the fastest quarter miler in the world) and from his friendship with OUAC 440 legend Bob Solomon. In retirement he wrote and privately published a huge history of the Transatlantic Series, and was enormously helpful during Achilles' Australia tour.





# OXFORD & CAMBRIDGE V HARVARD & YALE

De Witt Cuyler Field, New Haven

8th April 1017

**Oxford & Cambridge 16, Harvard & Yale 24**

**Men: Oxford & Cambridge 7, Harvard & Yale 13**

**Women: Oxford & Cambridge 9, Harvard & Yale 11**

Achilles victors were Bijan Mazaheri (match record), Rebecca Moore, Tom Parker, Alex Howard (by 0.04, race of the day), Nicole McKechnie, Naomi Taschimowitz, Caroline Hilley, Matt Leach, Josh Carr, Kate Davies (in an OUAC record), Aidan Reynolds, Helen Broadbridge, Teele Palumaa x 2 including a match record of 1.76 in the HJ and both 4x400s. The team acquitted themselves fantastically and the HY women especially were lucky to win.



## WOMEN

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

In the end she was the difference – the distances Achilles recorded in the Discus and Shot would normally have

won those events. The 800 was also desperately close, Emily Dudgeon falling just two-hundredths short against an opponent who qualified for the NCAA Championships over 1500.

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

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

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

**800 Meter Run.** 1 Schmiede, Frances (Yale) 2:11.15. 2 Dudgeon, Emily (Ox/Cam) 2:11.17. 3 Sadler, Miranda (Harvard) 2:15.82. What might have been. Emily Dudgeon front ran all the way only to be pipped on the line by just 2/100's of a

second in a dramatic home straight scramble, which was to prove decisive in the final outcome.

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

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

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

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

**400 Meter Hurdles.** 1 Hilley, Caroline (Ox/Cam) 1:02.59. 2 Deppen, Sylvia (Harvard) 1:02.69. 3 Kennedy, Kate (Ox/Cam) 1:04.11. Caroline set off hard and held on for the victory against a fast-





closing opponent, with Kate not far behind in third **3000 Meter Steeplechase**. 1 Rizzo, Meredith (Yale) 10:37.50. 2 Crosby, Priya (Ox/Cam) 11:21.93. Priya ran gamely and hurdled well but couldn't match her opponent's impressive flat speed.

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

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

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

**Pole Vault**. 1 Sabatino, Marlina (Harvard) 33.85m. 2 Amabilino, Silvia (Ox/Cam) 3.65m. 3 Billingham, Chloe (Ox/Cam) 3.55m. Best jump in many years for Silvia and personal best for Chloe marked a strong showing in what is traditionally a very strong event

for the Americans, who still took the win.

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

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

**Shot Put**. 1 Okwelogu, Nikki (Harvard) 15.63m. 2 Nick, Christina (Ox/Cam) 13.09m. 3 Meju, Maxine (Ox/Cam) 7.61m. -- Niedbala, Anna (Ox/Cam) 11.95m. -- Broadbridge, Helen (Ox/Cam) 10.24m. Nikki was unsurprisingly too strong for us in this event although Christina cleared 13m for the first time this year, Anna produced her best throw for many years, Helen PB'd and Maxine qualified for the relay.

**Discus Throw**. 1 Okwelogu, Nikki (Harvard) 49.37m. 2 Niedbala, Anna (Ox/Cam) 43.28m. 3 Nick, Christina (Ox/Cam) 42.82m. -- Broadbridge, Helen (Ox/Cam) 40.44m. When Nikki fouled her first two, the tie looked possible. In the end defeat was confirmed but all three Achilles throwers over 40 metres emphasised how well the women had competed.

**Hammer Throw**. 1 Broadbridge, Helen (Ox/Cam) 52.57m. 2 Roberts, Evelyn (Yale) 48.92m. 3 Okwelogu, Nikki (Harvard) 48.47m. 4 Brett, Maria (Ox/Cam) 43.62m. -- Niedbala, Anna (Ox/Cam) 45.66m. PB for Helen who took a comfortable win over Harvard's Olympic Shot Putter Nikki Okwelogu with Anna and Maria both far beyond the Blues Standard as well.

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

**Achilles Women's Athlete of the Match: Kate Davies**

**MEN**

Two contrasting early distance victories from Bijan in an impressive match record and Alex Howard out-dipping a Harvard Brit raised hopes of a shock. In the end Harvard's strength in the power events proved too much but the team remained competitive to the very end and picked







up some late victories in further distance races and throws with a Hammer 1-2 being the highlight.

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

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

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

## An awesome couple of weeks

- by Emily Dudgeon

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

### 1. Social

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

### 2. Cultural

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

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

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

### 3. Sporting

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

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

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

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

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

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



**800 Meter Run.** 1 Randon, James (Yale) 1:54.32. 2 Rawlings, Louis (Ox/Cam) 1:55.83. 3 Fleming, Hugo (Ox/Cam) 1:56.30. 4 Aranda, Jonas (Harvard) 1:56.55. Louis and Hugo ran well against an athlete who was to run 3:37 for 1500 later in the season, comfortably beating the other American scorer but losing out in a kick finish.

**1 Mile Run.** 1 Carr, Joshua (Ox/Cam) 4:41.97. 2 Gmür, Thomas (Yale) 4:42.12. 3 Weatherseed, Miles (Ox/Cam) 4:47.20. -- Gruen, Alexander (Ox/Cam) 4:42.65. A 90 second first lap set the tone for a tactical battle. A trademark fast home straight won it for Josh, just recovering from injury in time, with Alex justifying his late call-up by beating Miles behind him.

**5000 Meter Run.** 1 Leach, Matthew (Ox/Cam) 14:42.53. 2 Cotter, Luke (Ox/Cam) 15:05.63. 3 Spear, Tyler (Harvard) 15:26.48. Not long removed from a sub 29 minute 10k on the opposite coast, Matt cruised to victory, pulling away easily in the last mile. PB for Luke behind him.

**10000 Meter Run.** 1 Mazaheri, Bijan (Ox/Cam) 30:15.54. 2 Huffman, Ben (Harvard) 32:19.94. Brilliant match record from Bijan in very blustery conditions provided the perfect start for the men's team, leaving the opposition far behind.

**110 Meter Hurdles.** 1 Gomes, Paedyn (Yale) 14.38 0.3. 2 Loewen, Austin (Yale) 15.22 0.3. 3 Eagle, Liam (Ox/Cam) 15.60 0.3. PB and first Blues standard for Liam, though somewhat outgunned by an Ivy league medallist who finished over a second in front.

**400 Meter Hurdles.** 1 McLennan, Jacob (Harvard) 53.77. 2 Gardner, Louis (Ox/Cam) 56.24. Strong run from Louis who lost his stride pattern in tough

conditions but ran tough in the home straight for a good time.

**3000 Meter Steeplechase.** 1 Howard, Alexander (Ox/Cam) 9:06.92. 2 Battershill, Will (Harvard) 9:06.96. Race of the day on the Men's side as Alex held off UK U20 Champion Will Battershill throughout the last lap and dipped hard to take victory, the spectators not being sure of the winner for several minutes before the announcement.

**4x100 Meter Relay.** 1 Harvard & Yale 41.77. 1) Gomes, Paedyn 2) Vaughns, Vincent. 3) Alexandre, Marc-Andre 4) Macauley, Kyle. 2 Oxford & Cambridge 'A' 43.24. 1) May, Rowan 2) Morris, William. 3) Steel, Harrison 4) Kitchen-Smith, Isaac.. A poor first change between Rowan and Will cost the team any chance of challenging a very powerful Yale squad.

**4x400 Meter Relay.** 1 Oxford & Cambridge 'A' 3:21.55. 1) Day, Samuel 2) Gardner, Louis. 3) Fleming, Hugo 4) Rawlings, Louis. A solid run from athletes all on their second event of a tightly compressed timetable – this turned out to be an Achilles win after Harvard-Yale fielded an ineligible athlete.

**Event commentaries by Daniel Hooker.**

**Match summaries by Caspar Eliot.**

**High Jump.** 1 Mahon, Donagh (Harvard) 1.94m. No Achilles competitors.

**Pole Vault.** 1 Laut, Austin (Yale) 5.00m. 2 West, Ian (Harvard) 5.00m. 3 May, Rowan (Ox/Cam) 5.00m. 4 Court, Callum (Ox/Cam) 4.30m.. **Long Jump.** 1 Jednacak, Bruno (Yale) 7.17m 0.3. 2 Baines, Elliott (Ox/Cam) 6.91m w 2.4. 3 Macauley, Alexander (Ox/

Cam) 6.39m 1.0. Elliott pushed Yale's Croatian Junior National Champion to the limit, setting a new windy PB in the process, before having to give best. Sandy fouled a near 7 metre jump in a frustrating competition.

**Triple Jump.** 1 Shih, Jimmy (Yale) 14.48m 1.2. 2 Britto, Carl (Ox/Cam) 14.43m w 2.4. A return to form for Carl after a difficult Indoor season as he swapped the lead on multiple occasions before missing out by just 5cm.

**Shot Put.** 1 Nunally, Julian (Harvard) 16.42m. 2 Lockhart, Angus (Ox/Cam) 14.79m. 3 Hurst, Matthew (Harvard) 7.08m. -- Paget, Jack (Ox/Cam) 13.03m. Angus improved by over half a metre from Indoors with one of the biggest throws in recent years from an Achilles athlete. First time over 13m for Jack also a strong performance.

**Discus Throw.** 1 Nunally, Julian (Harvard) 46.05m. 2 Lockhart, Angus (Ox/Cam) 33.55m. -- Paget, Jack (Ox/Cam) 36.57m. 2<sup>nd</sup> best throw ever from Jack in tricky conditions for the event. A good effort from Angus in his first attempt at the event for a while.

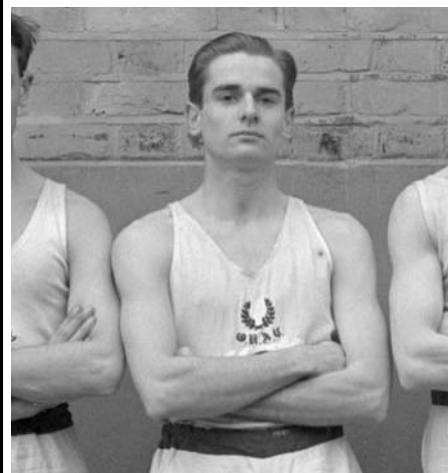
**Hammer Throw.** 1 Parker, Thomas (Ox/Cam) 62.58m. 2 Lange, Jacob (Ox/Cam) 58.91m. Event of the day for Achilles as Tom and Jacob made an impression on the Americans in the circle as well as out of it with a dominant 1-2.

**Javelin Throw.** 1 Reynolds, Aidan (Ox/Cam) 56.32m. 2 Dauparas, Justas (Ox/Cam) 51.63m. Four years on, Aidan continued his unbeaten tour record in a Blues standard despite an elbow injury. Good effort from Justas after a difficult day at FEAR.

**Achilles Men's Athlete of the Match:**  
**Alex Howard**

## Sir Aubrey Fiennes Trotman-Dickenson

Balliol College, Oxford, 1944-48, on  
11th November 2016.



Aubrey ran in the Varsity Cross Country of February 1945, the last of the unofficial war-time races; and in the 1947 match, famous for the four-way tie for first place. In 1945 he finished 10<sup>th</sup> of 16 in 46:17 in a race Cambridge won by 37 points to 41. In 1947 he finished 9<sup>th</sup> of 12 in 45:15 in a race won by Oxford by 17 points to 38. He was OU cross-country secretary in 1947-48. On the track he competed in the 3 miles in the Varsity Match. As principal of the University of Wales Institute of Science and Technology (UWIST), he played the main role in the 1988 merger with the much larger University College Cardiff

that shaped today's institution, combining UWIST's science-based departments and business school with the wider-ranging faculties of the college.

His combined service of 25 years, first as principal of UWIST, then of Cardiff University and three terms as vice-chancellor of the University of Wales, made him one of the longest-serving heads of a British university.

- photos: left—the start of the 1945 race (he is at the extreme right); and above the 1947 start (again, he is at the extreme right).





# OXFORD & CAMBRIDGE V PENNSYLVANIA & CORNELL

14th April 2017

Franklin Fields,

University of Pennsylvania

Women - Penn & Cornell 14, Oxford & Cambridge 5

Men - Penn & Cornell 17, Oxford & Cambridge 3

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

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

**Women 400 Meter Dash** Aileen took a second off her time from Harvard/Yale on a track which can be tricky for 400 metre runners. 1 Radoslav, Taysia (Cornell) 54.19 2 Akins, Nia (Penn) 56.15 3 Kearney, Aileen (Ox/Cam) 59.26 **Women 800 Meter Run** Redemption for Emily after her frustrating defeat at Yale, beating a high class field with an electric last 200 metres. 1 Dudgeon, Emily (Ox/Cam) 2:08.17 2 Wurth, Ella (Penn) 2:09.27 3 Hugard, Shannon (Cornell) 2:11.48

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

**Women 5000 Meter Run** Having originally withdrawn because of a calf injury, Naomi ran and promptly annihilated the field, her personal best and the match record. Rebecca and Beth also produced fine PB's in an Achilles 1-2-3. Also a mention for Emily as bell-ringer in this race. 1 Taschimowitz, Naomi (Ox/Cam) 16:08.89 2 Moore, Rebecca (Ox/Cam) 16:52.53 3 Elliott, Jessica (Cornell) 17:29.70 -- Murray, Bethanie (Ox/Cam) 17:21.82

**Women 100 Meter Hurdles (wind 0.8)** As in the

previous match, Kate ran alone to keep Caroline Hilley fresh for the 400 Hurdles, slightly slower than in the previous match. 1 Bygrave, Breanne (Penn) 13.93 2 Quigley, Kat (Cornell) 14.58 3 Kennedy, Kate (Ox/Cam) 15.68

**Women 400 Meter Hurd** Big PB from Caroline Hilley in a really well executed race which she led from gun to tape and simply ran away from the field for her second win of the tour. Kate ran a solid race behind her 1 Hilley, Caroline (Ox/Cam) 1:01.57 2 Bianco, Ellery (Cornell) 1:03.99 3 Kennedy, Kate (Ox/Cam) 1:04.16

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

**Women 4x100 Meter Relay** Much improved run this week from the women's quartet following some good practices. 1 Cornell 'A' 45.90 2 Oxford/Cambridge 49.90

**Women 4x400 Meter Relay** An excellent race from the whole team. Down significantly at halfway, Kate Kennedy, a late call-up, gave Emily something to run at and she responded with a 55.0 leg which almost resulted in a thrilling victory, but was undoubtedly one of the gutsiest performances of the tour. 1 Penn/Cornell 3:51.71 2 Oxford/Cambridge 3:52.19 (Caroline Hilley 56.7, Aileen Kearney 61.2, Kate Kennedy 58.5, Emily Dudgeon 55.8)

**Women High Jump** Another day, another 3<sup>rd</sup> attempt victory for Teele - her third win of the tour. Annie produced her own 3<sup>rd</sup> attempt magic to grab a Blues Standard. 1 Palumaa, Teele (Ox/Cam) 1.74m 2 Malizia, Anna Peyton (Penn) 1.71m 3 Gulbrandsen, Kate (Cornell) 1.65m 4 Bates, Annabelle (Ox/Cam) 1.65m

**Women Pole Vault** Silvia and Chloe – two of the more quietly successful members of the touring

team - produced two PB's in a high class competition which saw the winner clear 4 metres.

1 Kao, Claire (Cornell) 4.00m 2 Minnig, Molly (Penn) 3.90m 3 Amabilino, Silvia (Ox/Cam) 3.70m 4 Billingham, Chloe (Ox/Cam) 3.60m

**Women Long Jump** Laura was another victim of NYC but remained competitive against quality opposition. 1 Stenekes, Brittany (Cornell) 5.43m w -0.2 2 Miller, Devinne (Penn) 5.23m w-0.4 3 Andrews, Laura (Ox/Cam) 5.11m w1.0 **Women Triple Jump** It was the awesome foursome for Teele who again left it late, finally taking the lead in the 5<sup>th</sup> round before securing the win. 1 Palumaa, Teele



(Ox/Cam) 11.79m w 0.9 2 Boham, Gaynelle (Cornell) 11.63m w 1.9

**Women Shot Put** Christina threw well but was frustrated to lose by an opponent she felt was in reach. PB for Maxine!

1 Kanaris, Nikolia (Cornell) 13.56m 2 Nick, Christina (Ox/Cam) 12.84m 3 Meju, Maxine (Ox/Cam) 8.11m

**Women Discus Throw** PB for Helen while Christina again threw well but was unable to produce the big throw that would have brought victory.

1 Kimmel, Maura (Penn) 44.90m 2 Nick, Christina (Ox/Cam) 43.23m 3 Broadbridge, Helen (Ox/Cam) 42.33m

**Women Hammer Throw** Another PB from Helen, earning her the women's athlete of the match award, pushing some high quality athletes all the way. Another metre further from Maria.

1 Wil n, Rachel (Penn) 55.90m 2 Trotman, Isis (Penn) 54.62m 3 Broadbridge, Helen (Ox/Cam) 53.13m 4. Brett, Maria (Ox/Cam) 44.89m

**Women Javelin Throw** Kate was unable to reproduce her heroics from Yale and Isabella was the







number 1 Achilles athlete, as a potential win frustratingly slipped away. 1 Sesink-Clee, Lisa (Penn) 40.15m 2 Coutts, Isabella (Ox/Cam) 38.47m 3 Davies, Kate (Ox/Cam) 36.29m

**Men 100 Meter Dash (wind 1.5)** Isaac made up for his false start at Yale with a fine Blues Standard, running a 10.4 man close. Will struggled with injury while Harrison set a big PB in winning the B race. 1 Menchaca, Zach (Cornell) 10.80 2 Kitchen-Smith, Isaac (Ox/Cam) 10.87 3 Norris, James (Cornell) 10.94 4 Morris, William (Ox/Cam) 11.10 -- Steel, Harrin (Ox/Cam) 11.04  
**Men 200 Meter Dash (wind 0.7)** Another fine run from Isaac going comfortably under 22 seconds. 1 Avery, Jonathan (Cornell) 21.59 2 Kitchen-Smith, Isaac (Ox/Cam) 21.88 3 Beck, Alex (Cornell) 22.23 4 Steel, Harrin (Ox/Cam) 22.47  
**Men 400 Meter Dash** As in the previous match, Sam was competitive before running out of legs



**Achilles Women's Athlete of the Match:**  
**Helen Broadbridge**  
**Achilles Men's Athlete of the Match:**  
**Louis Rawlings**  
**Achilles athlete of the Tour:**  
**Teele Palumaa**

**Men 4x100 Meter Relay** An improved performance from on paper a weaker quartet with Long Jumper Sandy and 400 runner Sam surprisingly competitive on the opening two legs. 1 (Cornell) 'A' 41.39 2 (Ox/Cam) 'A' 42.76  
**Men 4x400 Meter Relay** Improved run from the A quartet and a very impressive leg from short sprinter Harrison for the B quartet. 1 Penn/Cornell 'A'

modation, Carl did well to secure a comfortable win, all distances beyond any of his opponent. 1 Britto, Carl (Ox/Cam) 14.10m -0.1 46-03.25 FOUL (1.5) 13.83m(0.3) 13.83m(1.3) 14.10m(-0.1) FOUL(-0.7) 14.09m(0.4) 2 Stuttle, Bryant (Cornell) 13.69m 0.2 44-11.00 13.58m(1.2) FOUL(-1.3) FOUL(-0.1) 13.33m(-3.4) 13.69m(0.2) 13.50m(-0.8)  
**Men Shot Put** Another strong throw from Angus

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

**Men 800 Meter Run** A perfect match race from Louis le Roi, following some harsh words from the team manager, as he steadily moved from 4<sup>th</sup> to 1<sup>st</sup> on the final lap and pulled away down the home straight. Hugo ran strongly but couldn't put himself in the right positions to challenge.

1 Rawlings, Louis (Ox/Cam) 1:51.94 2 Smith, Michael (Cornell) 1:52.15 3 Graca, Elias (Penn) 1:53.01 4 Fleming, Hugo (Ox/Cam) 1:53.60

**Men 1500 Meter Run** Josh's recent injury denied the spectators what otherwise would have been a thrilling race against a 3:40 man. Josh unable to match his speed endurance. Alex continued his rise with a 2 second PB and Miles also beat some American backmarkers. 1 Hatler, Chris (Penn) 3:48.57 2 Carr, Joshua (Ox/Cam) 3:51.01 1 3 Gruen, Alexander (Ox/Cam) 3:53.67 -- Weatherseed, Miles (Ox/Cam) 3:55.80

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

**Men 110 Meter Hurdles (wind 0.0)** Another Blues Standard from Liam, again outclassed for speed rather than hurdling technique. Elliott also competed in this event and was not disgraced in his tertiary event. 1 Lyons, Austin (Cornell) 14.81 2 Eagle, Liam (Ox/Cam) 15.61 3 Baines, Elliott (Ox/Cam) 17.02

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

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



3:16.88 2 Oxford/Cambridge 'A' 3:19.82 (Sam Day 49.5, Louis Gardner 51.1, Hugo Fleming 49.4, Louis Rawlings 49.8) - Oxford/Cambridge 'B' 3:28.95 (51.67, 54.12, 52.81, 50.35)

**Men High Jump** No Achilles competitors. 1 Yassay, Lance (Penn) 1.90m

**Men Pole Vault** Rowan's hopes of a big vault were ended after taking a pole to the eye on his 2<sup>nd</sup> jump. No lasting damage was done but he was left with a terrific black eye. Callum was improved from the week before. 1 Clarke, Sean (Penn) 5.20m 2= May, Rowan (Oxford/Cambridge) 4.70m 2= Sissern, Grant (Cornell) 4.70m 4 Court, Callum (Ox/Cam) 4.30m

**Men Long Jump** Sandy and Elliott were both feeling the effects of an epic 12 mile trek through New York City as well as some late nights. 1 Hypolite, Kameron (Penn) 6.87m w0.4 2 Nedd, Kelsey (Cornell) 6.54m w0.3 3 Macauley, Alexander (Ox/Cam) 6.33m w-0.5 4 Baines, Elliott (Ox/Cam) 6.28m w0.4

**Men Triple Jump** Despite being restricted by back spasms brought on by some "interesting" accom-

modation, Carl did well to secure a comfortable win, all distances beyond any of his opponent.

1 Britto, Carl (Ox/Cam) 14.10m -0.1 46-03.25 FOUL (1.5) 13.83m(0.3) 13.83m(1.3) 14.10m(-0.1) FOUL(-0.7) 14.09m(0.4) 2 Stuttle, Bryant (Cornell) 13.69m 0.2 44-11.00 13.58m(1.2) FOUL(-1.3) FOUL(-0.1) 13.33m(-3.4) 13.69m(0.2) 13.50m(-0.8)

**Men Shot Put** Another strong throw from Angus

earning the respect of the Americans. Jack was left continuing to chase his elusive Blues Standard.

1 Kennedy-White, Noah (Penn) 16.55m 2 Lockhart, Angus (Ox/Cam) 14.31m 3 Paget, Jack (Ox/Cam) 12.66m

**Men Discus Throw** A 2 metre PB for Jack, while Angus continued to improve. 1 Kennedy-White, Noah (Penn) 57.50m 2 Paget, Jack (Ox/Cam) 39.11m 3 Lockhart, Angus (Ox/Cam) 37.48m

**Men Hammer Throw** Tom and Jacob were perhaps a little overhyped to be facing Rudy Winkler, Cornell's Olympian. While they were defeated they continued to impressive the American coaches. 1 Winkler, Rudy (Cornell) 69.38m 2 Parker, Thomas (Ox/Cam) 61.10m 3 Lange, Jacob (Ox/Cam) 56.51m

**Men Javelin Throw** Solid from Arran and Justas, Aidan being absent with his elbow injury. 1 Kaplan, Sam (Penn) 58.93m 2 Davis, Arran (Ox/Cam) 51.34m 3 Dauparas, Justas (Ox/Cam) 47.17m



# Craig Masback Remembers: 'My First Sub-Four'

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

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

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

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

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

Having made the definitive decision to continue running track, my workouts all became more meaningful. Whereas the Princeton team motto had been, "If you're running too fast to talk, you're running too fast," I adopted the European approach of doing my distance runs at close to five-minute-mile pace. I also did some lonely but effective interval training on the Iffley Road track. In my first track race that spring, I ran a 1500 meters against marathoner Steve Jones. I don't recall the time, but I felt as if I had wings on my feet. The workouts and races that followed felt equally good, and I managed to win both the 800 and 1500 at the Oxford/Cambridge dual meet and recorded a PR 3:41 1500 in a small meet in France.

I was selected to run the 1500 for a combined Oxford/Cambridge team in a match against Penn



and Cornell at Iffley Road. A week prior to the race, I read in the local paper that Sir Roger Bannister would attend the match to celebrate the retirement of the groundskeeper who had maintained the track when Bannister was an Oxford student in the late 1940s and early 1950s. I called the match organizer and suggested that since Sir Roger would be in attendance he should change the race distance to the mile. He agreed.

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

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

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

The last lap was strange. Though there was a boisterous crowd in the small grandstand on the homestretch, there was no one on the far side of the track. As I ran down the backstretch it was eerily quiet and I was totally lost in thoughts of

what breaking four would mean to me and my recollections of Bannister's description of how he felt running down the same backstretch — thoughts about a lifetime of working toward a single goal and an overall feeling of calm and contentment. I literally chuckled to myself at the similarities between my thoughts and Bannister's, some 24 years after his historic run.

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

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

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



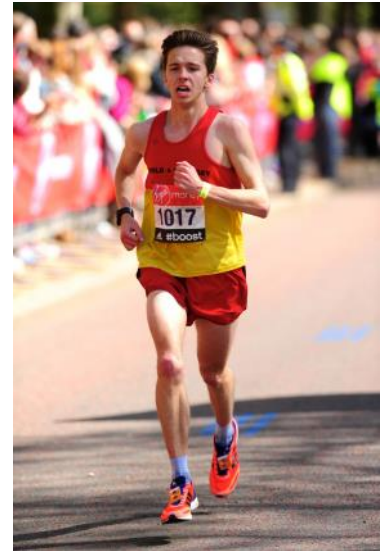


# The London Marathon

## 23rd April 2017

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

<u>Place over-</u> <u>all</u>	<u>Place</u> <u>gender</u>	<u>Place</u> <u>category</u>		<u>Category</u>	<u>Half</u>	<u>Finish</u>
18	18	18	Milne, Alex	Achilles	18-39	01:11:21 02:23:17
31 (elite)	27	27	KIMPTON, Ian	Achilles	18-39	01:06:43 02:23:53
36	36	31	Watkins, Thomas	Achilles	18-39	01:12:12 02:27:57
1313	38	33	Penfold, Rose	Achilles	18-39	01:25:56 02:55:37
65	65	57	Wastvedt, Bjorn (USA)	Cambridge	18-39	01:14:28 02:30:38
2206	95	75	Saldanha, Kaitlynn (USA)	Cambridge	18-39	01:26:57 03:02:46
478	469	85	Cordwell, James	Achilles	40-44	01:18:18 02:43:48
6200	822	98	Coleman-Jones, Emma	Achilles	45-49	01:35:58 03:29:27
207	206	170	Shreeve, Norman	Cambridge	18-39	01:17:39 02:37:23
256	255	208	Betts, Alexander	Oxford	18-39	01:18:19 02:38:24
4448	396	261	Cassidy, Rachel	Oxford	18-39	01:18:19 03:19:06
355	350	277	Cumming, Fergus	Oxford	18-39	01:18:29 02:41:10
371	365	288	Christopher, Joseph	Cambridge	18-39	01:20:14 02:41:25
591	581	416	Brooks, Edward	Oxford	18-39	01:21:56 02:45:57
1170	1141	736	Stace, Edward	Oxford	18-39	01:27:30 02:54:07
10499	8265	826	Hawes, Peter	Achilles	50-54	01:46:55 03:50:05
1415	1370	860	Walker, Barnaby	Cambridge	18-39	01:21:50 02:56:47
1427	1381	866	Gazeley, Edmund	Cambridge	18-39	01:29:45 02:56:53
4203	3856	879	Rous, James	Achilles	40-44	01:30:37 03:17:33
10367	2213	1195	Wood, Katherine Amy	Oxford	18-39	01:38:23 03:53:04
2341	2238	1281	Willer, David	Cambridge	18-39	01:31:18 03:04:00
3985	3670	1801	Van Pottelbergh, Tomas	Cambridge	18-39	01:35:58 03:16:13
11461	8900	1814	Buck, Matt	Achilles	40-44	01:49:39 03:53:53
4815	4339	2088	Compton, Thomas	Cambridge	18-39	01:40:41 03:21:45
5241	4658	2224	Jansson, Walter	Cambridge	18-39	01:38:46 03:24:28
8649	7028	3316	David, Will	Achilles	18-39	01:49:39 03:41:52



# The Pre-Varsity Match Achilles Dinner

## Saturday 13th May 2017

Speaker: Nigel Spivey





# Oxford v Cambridge Varsity Match

Sunday 14 May 2017,  
Wilberforce Road, Cambridge

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

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

The women's match provided even more drama, starting the night before the match with star Oxford jumper Teele Palumaa taken to hospital and forced to withdraw. Cambridge stormed ahead, led by their track stars Caroline Hilley and Hepsi Adeosun. Hilley took three tenths off the 400 hurdles match record in typically blustery Cambridge conditions, before returning to also win the



100 hurdles and 400 flat – the latter in a titanic duel with Oxford's Irene Gibson which went all the way to the line. Meanwhile, Hepsi delivered her expected sprint double with fine performances and Annie Bates and Laura Andrews won the High and Long Jump respectively. Oxford's vaunted throws squad kept their side in the hunt with captain Anna Niedbala fighting through a hip injury to take all three heavy throws and the Paul Gomme Trophy. But heading into the last lap of the Mile they had little margin for error and 1 athlete at the front against two for Cambridge. Dani Chattenton held off both Light Blues to take a crucial win. This was followed by an improbable win from hurdler Freya Shearer in a nerve-shredding Triple Jump competition. The sprint relay was to prove decisive. Frustrated after two individual losses, Katie Hannawin produced a second leg for the ages to give Oxford a huge lead which was retained to the finish. With two events to go, Oxford needed one win to secure the match and they got it in style with Chattenton breaking the Steeplechase match record. Hilley

returned to lead Cambridge to victory in the 4x400 – her and Chattenton deservedly sharing the Susan Dennler Trophy but Oxford taking the team event by just 2 points.

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

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

## Men's Blues Match

**100m** (wind +2.5) Kaesi Opara (C) 10.96, Isaac Kitchen-Smith (O) 10.98, Harrison Steel (O) 11.01, William Morris (C) 11.02 **200m** (wind + 3.7) Kaesi Opara (C) 22.03, Harrison Steel (O) 22.06, Isaac Kitchen-Smith (O) 22.37, William Morris (C) 22.74 **400m** Cameron Bain (O) 50.11, Sam Day (C) 50.18, Edward Rees (O) 50.41, Ciaran Flaherty (C) 50.87 **800m** Louis Rawlings (O) 1:57.62, Hugo Fleming (O) 1:57.82, Sebastian Cheli (C) 1:58.94, Phillip Crout (C) 2:00.30 **1500m** Alexander Gruen (O) 4:24.11, Phillip Crout (C) 4:24.40, Miles Weatherseed (O) 4:25.26, James Coxon (C) 4:26.36 **5000m** (manual times) Jamie Parkinson (O) 14:57.1, Bijan Mazaheri (C) 15:00.5, Will Ryle-Hodges (C) 15:12.4, Luke







Cotter (O) 15:21.3 **110m hurdles** (no wind reading) Liam Eagle (O) 16.14, Elliott Baines (C) 16.21, Harry Salt (O) 16.35, Luke Smith (C) 17.16 **200m hurdles** (wind +3.7, manual times) Liam Eagle (O) 25.4, Louis Gardner (O) 25.6, Tom Marino (C) 25.9, Sam Day (C) 26.1 **400m hurdles** Louis Gardner (O) 56.40, Ronan Llyr (O) 56.78, Tom Marino (C) 57.26, Saeed Kayhanian (C) did not finish **3000m steeplechase** Alexander Howard (O) 9:36.02, Miles Chandler (O) 9:49.84, Paul Pruzina (C) 10:00.21, Tom Kearns (C) 10:19.99 **High Jump** Ethan Sorrell (C) 1.90, Aondoyima Ioratim-Uba (O) 1.75, Daniel Gregory (O) 1.75, Tom Marino (C) 1.70 **Pole Vault** Rowan May (O) 4.90, Archie McNeilis (O) 4.70, Callum Court (C) 4.20, Freddie Bunbury (C) 4.10 **Long Jump** Elliott Baines (C) 6.90 (w2.1, no non-windy jumps), Daniel Smith (O) 6.67 (w3.1, no non-windy jumps), Luke Smith (C) 6.57 (w1.5), Alexander MacAulay (O) 6.48 (w0.1). **Triple Jump** Carl Britto (O) 14.64 (w1.0), Emmanuel Gbegli (C) 14.10 (w3.3; best non-windy 13.99 w1.6), Luke Smith (C) 13.58 (w1.2), Andrew Wheeler (O) 12.93 (w1.6) **Shot** Angus Lockhart (C) 14.81, Jack Paget (O) 13.38, Nicholas Roberts-Huntley (O) 11.95, Christoph Klein (C) 11.81 **Discus** Angus Lockhart (C) 40.86, Nicholas Roberts-Huntley (O) 39.70, Jack Paget (O) 37.58, Christoph Klein (C) 26.73 **Hammer** Tom Parker (C) 62.24, Jacob Lange (C) 58.25, Oskar Piotrowicz (O) 33.27, Nicholas Roberts-Huntley (O) 24.79 **Javelin** Henry Rudd (C) 56.91, Justas Dauparas (C) 53.87, Arran Davis (O) 51.25, Sam Broadey (O) 49.53 **4 x 100m relay** (manual times) Oxford (May, Grundmann, Steel, Kitchen-Smith) 42.0, Cambridge (Court, Morris, Adepegba, Opara) 43.0 **4 x 400m relay** Cambridge (Day 51.0, Cheli 50.8, Flaherty 50.5, Marino 50.5) 3:22.98, Oxford (Bain, Baker, Fleming, Rees) 3:23.72

**Result: Oxford 115, Cambridge 96**

### Women's Blues Match

**100m** (wind +3.3) Hephzibah Adeosun (C) 12.12, Katie Hannawin (O) 12.51, Eniola Oyesanya (O) 12.67, Amrita Panesar (C) 12.73 **200m** (wind +3.7) Hephzibah Adeosun (C) 25.52, Caroline Johnson (C) 25.78, Katie Hannawin (O) 25.91, Nicole McKechnie (O) 26.42 **400m** Caroline Hilley (C) 57.75, Irene Gibson (O) 57.84, Caroline Johnson (C) 58.75, Aileen Kearney (O) 60.13 **800m** Irene Gibson (O) 2:18.19, Laura Suggitt (C) 2:19.26, Rachel Skokowski (O) 2:19.30, Emily Ruane (C) 2:20.80 **1500m** Dani Chattenton (O) 4:36.37, Kate Curran (C) 4:37.44, Niamh Bridson-Hubbard (C) 4:49.34, Cecilie Anderson (O) 5:09.17 **5000m** Rebecca Moore (C) 17:32.13, Bethanie Murray (O) 17:40.05, Elisabeth Apsley (C) 17:41.11, Helene Greenwood (O) 18:05.48 **100m hurdles** (wind +3.1) Caroline Hilley (C) 14.67, Freya Shearer (O) 16.16, Emma Roberts (O) 16.19, Alice Flint (C) 17.54 **200m hurdles (non scoring)** (wind +3.5) Gladys Ngetich (O) 30.33, Emma Roberts (O) 31.57, Yanna Raykov (C) 34.13, Laura Andrews (C) 34.74 **400m hurdles** Caroline Hilley (C) 61.67 (**match record**), Alice Flint (C) 64.95, Freya Shearer (O) 66.72, Gladys Ngetich (O) 69.33 **2000m steeplechase** Dani Chattenton (O) 6:55.76 (**match record**), Priya Crosby (C) 7:10.06, Hannah Morton (C) 7:30.92, Anna Sharp (O) 7:46.07 **High Jump** Annabel Bates (C) 1.60, Kate Davies (O) 1.55, Sophie Hubbard (O) 1.45 [Katherine Prutz (C) did not clear a height] **Pole Vault** Chloe Billingham (C) 3.40, Samantha Rawlinson (O) 2.90, Imogen Mulliner (C) 2.90, Katie Holder (O) 2.10 **Long Jump** Laura Andrews (C) 5.26 (w2.8, best nonwindy 5.25 w1.4), Kate Davies (O) 5.23 (w2.0), Chloe Rixon (C) 5.07 (w2.0), Katya Marks (O) 4.60 (w2.5; best non-windy 4.33 w1.9) **Triple Jump** Freya Shearer (O) 10.55 (w1.9), Chloe Rixon (C) 10.34 (w1.0), Holly





4:05.79, Peter DeWierdt (O) 4:07.83 **5000m** (run with Blues race; manual times) Dan Mulryan (O) 15:20.5, Jonathan Escalante-Phillips (C) 15:20.9, David Wilson (C) 15:26.0, Will Christofi (O) 15:26.7 **110m hurdles** (wind +2.4) Tadej Pahor (O) 16.45, Jack Wickham (C) 16.72, Sam Charlwood (C) 18.78, Joe MacConnell (O) 21.97 **200m hurdles** (wind +3.1, manual times) Tadej Pahor (O) 26.1, Connor Ellis (O) 27.3, Gareth Goh (C) 27.7, Sam Charlwood (C) 33.7 (fell) **400m hurdles** Connor Ellis (O) 58.98, Paul Hodgson (C) 61.93, Joe MacConnell (O) 63.40, Sam Charlwood (C) 65.58 **3000m steeplechase** (run with Blues race) Bo Frohock (O) 9:57.95, Benjamin Gibbons (O) 10:03.81, Peter Townsend (C) 10:11.33, Paul Hodgson (C) 10:29.26 **High Jump** Gunther Klobe (C) 1.85, Rory Boath (O) and Demos Christou (C) both 1.65, Luke Concollato (O) 1.60 **Pole Vault** Daniel Stanley (C) 3.40, Derek Soled (O) 3.40, Christopher Day (O) 3.40, Arnav Kapur (C) 2.30 **Long Jump** Jacob Taylor (O) 6.43 (w3.5, no non-windy jumps), James Cobb (O) 6.00 (w1.5), Demos Christou (C) 5.76 (w1.5), Douglas Buisson (C) 5.75 (3.0; best non-windy 5.50 w2.0) **Triple Jump** Philip Nash (O) 12.64 (w1.9), Jacob Taylor (O) 12.56 (w1.7), Douglas Buisson (C) 12.35 (w1.8), Demos Christou (C) 11.73 (w2.9, best non-windy 11.71). **Shot** Gabor Bakos (O) 11.75, Josh Willcox (C) 10.24, Adam Rochussen (C) 10.22, Aron Hegedus (O) 10.11 **Discus** Aron Hegedus (O) 33.52, Robin Croft (C) 31.11, Reuben Shiels (C) 30.11, Gabor Bakos (O) 26.75 **Hammer** Martin Croft (C) 46.33, Robin Croft (C) 36.16, Gabor Bakos (O) 25.64, Aron Hegedus (O) 23.97 **Javelin** Caspar Whitehead (O) 52.11, Josh Wilcox (C) 47.24, Will Parrott (C) 46.14, Laurent Stephenson (O) 6.36 **4 x 100m relay** (run with Blues race; manual times) Oxford Centipedes (Ingham, Tazoe, Leung, Porter) 44.2, Cambridge Alverstone (Wang-Koh, Ashton, Balendran, Chu) 45.0 **4 x 400m relay** (run with Blues race) Oxford Centipedes (Newton, Ingham, Llyr, Rawlings) 3:23.60, Cambridge Alverstone



Skinner (O) 10.32 (w1.2), Stephanie Sinclair (C) 9.30 (w1.6) **Shot** Anna Niedbala (O) 11.75, Katie Holder (O) 11.25, Fiona Brown (C) 10.32, Emmaline Okafor (C) 9.09 **Discus** Anna Niedbala (O) 44.62, Bridget Fryer (C) 27.32, Sydney Sopher (O) 27.07, Fiona Brown (C) 23.63 **Hammer** Anna Niedbala (O) 48.14, Maria Brett (O) 42.60, Claire Pacini (C) 35.52, Emmaline Okafor (C) 35.00 **Javelin** Kate Davies (O) 39.37, Isabella Couatts (O) 38.78, Ellie Lane (C) 35.35, Fiona Brown (C) 25.84 **4 x 100m relay** (manual times) Oxford (Thursz, Hannawin, Oyesanya, Rawlinson) 49.3, Cambridge (Adebayo, Panesar, Meju, Adeosun) 49.6 **4 x 400m relay** Cambridge (Hilley 59.2, Flint 59.7, Marriott 59.5, Johnson 57.3) 3:55.93, Oxford (McKechnie, Skokowski, Kearney, Gibson) 3:56.66

**Result: Oxford 101, Cambridge 99**

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

**100m** (wind +1.8) Joshua Ingham (O) 11.35, Ife Adepegba (C) 11.37, Justin Leung (O) 11.45, Baven Balendran (C) 11.86 **200m** (wind +3.2; manual times) Alexander Grundmann (O) 22.7, Joshua Ingham (O) 22.8, Ming Wang-Koh (C) 23.4, James Tufnell (C) 23.5 **400m** Matthew Newton (O) 50.95, Joe Burton (C) 51.52, Hugh Baker (O) 51.75, Al Taylor (C) 55.11 **800m** Hugh Baker (O) 2:08.65, Ian Davies (C) 2:08.88, Liam Emmett (C) 2:09.35, Nathan Inkester (O) 2:10.67 **1500m** George Gathercole (C) 3:58.85 (match record), Macgregor Cox (C) 4:03.13, Oliver Paulin (O)







(Wang Koh 53.0, Taylor 55.3, Davies 55.0, Burton 54.4) 3:37.73

**Result: Centipedes 121.5, Alverstone 90.5**

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

**100m** (w +3.8) Tiwa Adebeyo (C) 12.82, Zoe Thursz (O) 13.14, Ola Anifowose-Esoyemi (O) 13.27, Rachel Grewcock (C) 27.00 **200m** (w +4.6) Catriona Marriott (C) 26.47, Zoe Thursz (O) 26.86, Katie Blackett (C) 27.53, Olayemi Anifowose-Esoyemi (O) 27.90 **400m** Kate Kennedy (O) 59.38 (**match record**), Catriona Marriott (C) 60.00, Rhiannon Philips (C) 61.82, Rosie Barker (O) 63.97 **800m** Felicity Williamson-Sarll (C) 2:20.15, Madeleine Turner (O) 2:21.92, Ella Witts (C) 2:22.03, Rebecca Robinson (O) 2:30.44 **1500m** (manual times) Rachel Longstaff (C) 4:44.8 (**match record**), Nadia Bates (C) 4:51.5, Camilla Elvidge (O) 5:09.5, Danielle Edmunds (O) 5:20.8 **5000m** (run with Blues race) Becca Frake (C)

18:43.73, Ruby Woolfe (C) 19:00.13, Natalie Woods (O) 20:13.18, Kennagh Marsh (O) 20:38.78 **100m hurdles** (w +3.4) Kate Kennedy (O) 15.53 (**match record**), Laura Cook (C) 17.11, Harriett Wigginton (O) 17.81, Fran Hamilton (C) 18.00 **200m hurdles** (**non scoring**) (wind +2.8; manual times) Harriet Wigginton (O) 32.8, Rachael Carver (O) 35.2, Alex Burchill (C) 37.7, Alexia Wilson (C) 38.3 **400m hurdles** Kate Kennedy (O) 63.62 (**match record**), Daisy Irving-Hyman (C) 66.67, Laura Cook (C) 68.09, Rosie Barker (O) 72.53 **2000m steeplechase** (run with Blues race) Camilla Elvidge (O) 7:48.69, Natalie Beadle (O) 7:52.62, Amy Radford (C) 8:14.84, Laura Major (C) 8:37.64 **High Jump** Imogen Downing (O) 1.45, Lea Wenger (C) 1.45, Kate Kennedy (O) and Fran Hamilton (C) both 1.35 **Pole Vault** Rebecca Martin (C) 2.40, Imogen Downing (O) 2.30, Hannah Jeffery (O) 2.00, Madi Fairey (C) 1.10 **Long Jump** Freya Hufton (C) 5.03 (w2.0), Frankie Anderson (O) 5.00 (w2.6; best non-windy 4.96 w1.3), Anne-Marie Bowring (C) 4.70 (w1.8), Zoe Thursz (O) 3.82 (w2.4; best non-windy 3.65 w1.0) **Triple Jump** Frankie Anderson (O) 9.99 (w0.2), Anne-Marie Bowring (C) 9.74 (w0.4), Imogen Downing (O) 9.60 (w2.0), Madi

Fairey (C) 9.20 (w2.2; best non-windy 8.69 w1.5) **Shot** Katherine Dennison (O) 10.11, Jenny Richards (O) 9.47, Maxine Meju (C) 8.88, Olivia Rowe (C) 7.57 **Discus** Heather Nelson (O) 28.86, Jenny Richards (O) 28.47, Yasmin Shah (C) 23.28, Francesca Hamilton (C) 19.54, **Hammer** Jenny Richards (O) 38.41 (**match record**), Heather Nelson (O) 27.08, Olivia Rowe (C) 21.05, Lucy Hart (C) 19.17 **Javelin** Jamie Shenk (O) 33.04, Laragh Harvey-Kelly (C) 29.85, Rebecca Robinson (O) 27.96, Coral Bays-Muchmore (C) 26.66 **4 x 100m relay** (run with Blues race; manual times) Oxford Millipedes (Anifowose-Esoyemi, Shearer, Wigginton, Barbour) 53.2, Cambridge Alligators (Walker, Mulliner, Rixon, Andrews) 54.1 **4 x 400m relay** (run with Blues race) Cambridge Alligators (Philps 62.8, Cook 58.5, Suggett 68.4, Irving-Hyman 61.4) 4:11.16, Oxford Millipedes (Barker, Carver, Ngetich, Kennedy) 4:14.86 **Result: Oxford Millipedes 106.5, Cambridge Alligators 94.5**

### Oxbridge Invitation 3000m

9:06.5 Jed Marshall (O) 9:13.2 Paul Aste (C) 9:15.6 Arnav Kapur (C) 9:16.1 Jacob Brockman (C) 9:29.2 Dominic Jacques (C) 9:32.4 Su-Min Lee (C) 9:36.0 Jeremy Taylor (C) 9:36.2 Jose Gray (C) 9:39.3 Arno Dieckmann (C) 9:41.5 James Meiklejohn (C) 9:42.5 James Bartram (C) 9:55.4 Tom Mitchell (C) 9:55.8 Peter Finn (C) 9:58.4 Joe Gilbert (C) 9:58.5 Ahmed Maiter (C) 10:06.2 Matthew Harris (C) 10:11.1 Lawrence Hollom (C) 10:13.3 AnuraagVazirani (O) 10:14.0 Ed Stace (O) 10:14.2 Connan Dominique (C) 10:18.9 Edmund Gazeley (C) 11:47.6 Adam Williams (C) 11:51.6 Libby Marchant (C-woman) 13:03.7 Tilly Stokes (C-woman) 14:58.5 Chloe Ganlin (C-woman) 14:58.7 Ng Yan Chuan (C-woman)

CJRT



## Awards

**The Drake-Digby Trophy for the best performance in the Mens' Match:**

**Rowan May (O)**

**The Susan Dennler Trophy for the best performance in the Womens' Match:**

**Caroline Hilley (C) & Dani Chattenton (O)**

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

**Archie McNeilis (O)**

**The Paul Gomme Trophy, for the best throwing performance of the season:**

**Anna Niedbala (O)**

**The Achilles Trophy, for outstanding contribution to Oxbridge athletics:**

**Tom Parker (C)**

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

**Kate Kennedy (O)**





# John Holt and Rex van Rossum remembered

As I now live in the British Virgin Islands it takes a fair amount of time before the mail filters through to me, and will even more so now, thanks to hurricane Irma. As a result I have only recently received the Achilles Report for 2016 in which I was very distressed to read of the passing of Rex van Rossum and John Holt, both of whom were contemporaries and good friends of mine.

Rex and I were both at Pembroke, Oxford and he was my mentor and my inspiration. I also had the good fortune to be able to train on a regular basis with Don Smith the New Zealand 880 International during the Oxford vacations since we were both far from home. Without the advice and encouragement of Don and Rex I doubt if I would ever have achieved my blue. Attached is a photo of Rex, Don, John Pinnick and myself at more recent varsity match.

Amongst the tributes to Rex there was a very nice letter from Colin Buchanan who was my great rival for place as second string to John Holt in the 1959 Varsity match. Colin was a very talented and formidable quarter miler but Rex picked me to run with John, I am sure to the disappointment of Colin who must have suspected a bit of collegiate favouritism. To his eternal credit Colin has never even suggested such a possibility but has consistently pointed out that on the day at the White City I managed to beat



The ashes of Rex van Rossum are, at his request, to be scattered at Iffley Road during the Varsity Match on 19th May 2018

both the first string for Oxford (John Holt) and the first string for Cambridge (Tony Cope) to win the race. Not by much as can be seen in the attached photo.

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

- Michael Riegels

## Peter Batterley

Brasenose College, Oxford, 1938-41, died in September 2016.



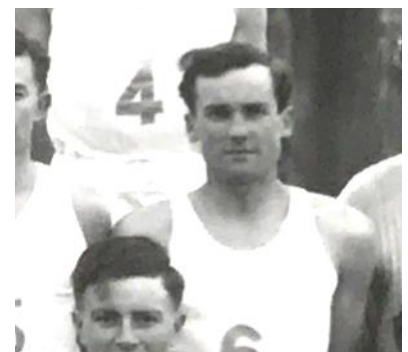
Peter had served as Hon Sec of OUAC from the outbreak of war in 1939 until 1941. He competed in the Mile at the Varsity Match.

A regular correspondent of Achilles', in 1999 he pointed out the restrictions on sporting activity during the war years, including smaller undergraduate numbers, less former Blues, more technical students with less time to train and travel difficulties. He recalled that OUAC had several meetings with fairly local schools, and that to even things out their athletes would compete outside their specialist events.

## JME Took

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

'Jimmy' Took represented Cambridge at a time when Oxbridge milers led the world. He won his Blue in the Varsity Match of 1950, a race won by Roger Bannister. He was still running aged 89.





# UNIVERSITIES MEETING

## WOODFORD GREEN

9th April 2017

**100 SM 1** 2 Kaesi Opara 11.17 w 0.8 7 Ife Adepegba 11.77 w 0.8 **100 SM 2** 3 Kantaro Tazoe 11.94 w 1.0 4 Bryce Lim 12.05 w 1.0 **100 SM 3** 1 James Tufnell 11.97 w 1.1 3 Bilen Ahmet 12.78 w 1.1

**200 SM 1** 1 Alexander Grundmann 22.41 w 2.9 2 Kaesi Opara 22.53 w 2.9 4 Edward Rees 23.11 w 2.9 5 Hugh Baker 23.15 w 2.9 **200 SM 2** 4 Kantaro Tazoe 24.33 w 2.6 **200 SM 3** 1 James Tufnell 24.21 w 2.0

**400 SM 1** 1 Edward Rees 50.78 **400 SM 2** 2 James Tufnell 54.76 **400 SW** 1 Irene Gibson 60.29

**800 SW** 1 Irene Gibson 0.001602662

**110H SM** 1 Bilen Ahmet 21.27 1.6

**400H SM** 1 Ronan Llyr 58.54

**400HW SW** 1 Freya Shearer 70.59

**HJ SM** 2 Lea Wenger 1.4 2 Bilen Ahmet 11.55

**SP7.26K SM** 3 Bilen Ahmet 9.69 J

**T800 SM** 2 Henry Rudd 55.39

# LONDON INTER CLUB CHALLENGE

## ALLIANZ PARK

24 JUNE 2017

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

29 JULY 2017

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



Tom Parker—CUAC Record 65.65m

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

26 AUGUST 2017

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



Louis Gardner





# The Varsity Cross Country Races

## Wimbledon Common,

### 2nd December 2017

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

The race was fairly even in the early stages with, if anything, the Light Blues holding a slight advantage. However, from soon after Springwell Cottage (about 1½ miles), Oxford began to assert themselves with fresher Floren Scrafton (Worcester) moving through the take the lead. With solid support coming from 2016 winner, Sophia Saller (St. Catherine's) and another fresher Charlotte Dan-

#### Old Blues' Race

Cambridge won 123 to 183 scoring 12-a-side.

1 Alex Short	Robinson	Cambridge	21:01
2 David Wilson	Jesus	Cambridge	21:07
3 Miles Chandler	LMH	Guest	21:10
4 James McMullen	TH&H	Guest	21:14
5 James Hoad	Christis	Cambridge	21:19
6 Christopher Phillips-Hart	Worcester	Oxford	21:39
7 Alex Muir	BNC	Oxford	22:00
8 Per Wangel	Hughes Hall	Cambridge	22:07
9 Chris McGurk	Wadham	Oxford	22:09
10 Gordon Pearce	TH&H	Guest	22:12
11 Noah Hurton	Mansfield	Guest	22:20
12 Richard Ollington	Pembroke	Cambridge	22:43
13 Miles Weatherseed	LMH (Oxford)	Guest	23:03
14 James Chettle	Clare	Cambridge	23:09
15 Louis Rawlings	Christchurch	Oxford	23:11
16 Ed Stace	Balliol	Oxford	23:15
17 Dominic Jaques	Fitzwilliam	Cambridge	23:17
18 Simon Molden	Christchurch	Oxford	23:22
19 William Kirk	Emmanuel	Cambridge	23:30
20 James Meiklejohn	Peterhouse	Cambridge	23:45
21 Katy Hedgethorne	Murray Edwards	Cambridge	23:51
22 Oliver Garner	Robinson	Cambridge	23:57
23 Alastair Graves	Brasenose	Oxford	24:03
24 Joseph Woods	St Peters	Guest	24:13
25 Lawrence Percival	University	Oxford	24:49
26 Ed Nicholas	Hunters BT	Guest	24:52
27 Sarah Lovewell	Trinity	Cambridge	25:01
28 Jamie Darling	St John's	Oxford	25:03
29 Leo Gebbie	Jesus	Oxford	25:06
30 Sam Garforth	Teddy Hull	Guest	25:30
31 Albert Isidro-Llobet	CUHH	Cambridge	26:32
32 William Bowers	Trinity	Cambridge	27:08
33 Matthew Boughen	Worcester	Oxford	27:10
34 Jacob Eisler	Emmanuel	Cambridge	27:13
35 Mary Butler	Corpus Christi	Guest	27:14
36 Florence Wiggins	Christis	Guest	27:29
37 Claire Hammett	Lincoln (Oxford)	Guest	27:36
38 Tilly Woods	New College (Ox)	Guest	27:46
39 Philip Scard	Cambridge	Cambridge	27:51
40 John Devoy	Queen's	Oxford	30:01
41 Emma Euston	Homerton	Cambridge	30:02
42 Josh Carr	Sidney Sussex	Cambridge	30:04
43 Mia Mathur	-	Guest	32:29
44 Neil Mathur	Churchill	Cambridge	32:32
45 Andrew Hope	Fitzwilliam	Cambridge	32:38

#### Ladies' Race

Oxford won the 5-to-score match 23-34. They now lead the series by 25 wins to 17.

1 Floren Scrafton	Worcester	Oxford	23:11
2 Niamh Bridson Hubbard	Magdalene	Cambridge	23:31
3 Sophia Saller	St. Catherine's	Oxford	23:54
4 Charlotte Dannatt	St. John's	Oxford	24:04
5 Nancy Scott	Newnham	Cambridge	24:16
6 Ruby Woolfe	Girton	Cambridge	24:22
7 Kimberly Horner	St. Catherine's	Oxford	24:28
8 Dani Chattentley	Wadham	Oxford	24:33
9 Elizabeth Apsley	Pembroke	Cambridge	24:46
10 Connie Hurton	Pembroke	Oxford	24:53
11 Hannah Plaschkes	New College	Oxford	25:00
12 Rachelle Falloon	Jesus	Cambridge	25:05
13 Rebecca Frake	Corpus Christi	Cambridge	25:18
14 Rachel Longstaff	Magdalene	Cambridge	25:44

#### Men's Race

Oxford took a narrow victory 37-41 in the 6-to-score match. They now lead the series 64 to 63.

1 Jamie Parkinson	Jesus	Oxford	37:40
2 Oliver Fox	Robinson	Cambridge	37:43
3 George Gathercole	Gonville & Caius	Cambridge	37:47
4 William Christofi	University	Oxford	37:54
5 William Ryle-Hodges	Magdalene	Cambridge	38:08
6 Jack Millar	University	Oxford	38:30
7 Daniel Mulryan	Trinity	Oxford	38:31
8 Luuk Metselaar	St. John's	Oxford	38:32
9 Paul Aste	Gonville & Caius	Cambridge	38:38
10 MacGregor Cox	Robinson	Cambridge	38:43
11 Oliver Paulin	Merton	Oxford	38:50
12 Phillip Crout	St. Catharine's	Cambridge	38:57
13 Joshua Cara	Gonville & Caius	Cambridge	39:33
14 Joseph Massingham	Pembroke	Cambridge	39:39
15 Alexander Bampton	Lincoln	Oxford	39:49
16 Kirk Smith	Trinity	Oxford	40:21

natt (St. John's), it became clear that – barring a disaster – it was going to be their day. Scrafton duly went on to take the individual honours in the fastest time for the course since Julia Bleasdale's (Pembroke) 2003 record effort. With their scoring five in the first eight, the Dark Blues margin of victory was 23 points to 34. They now lead the series by 25 wins to 17 and with four freshers in the team this year, they should be able to look to 2018 with optimism.

In advance of the 127<sup>th</sup> Gentlemen's Race, it was difficult to pick a clear favourite, especially once it became clear that Oxford's Eoghan Totten (Hertford) would not be running due to injury. Cambridge were able to field the core of their successful 2016 side, including race winner Oliver Fox (Robinson). Oxford's hopes were founded on the return of William Christofi (University) – who missed out in 2016 due to European selection – the form of Varsity veteran Jamie Parkinson (Jesus) and a batch of very promising newcomers.

For once, the pre-race predictions held true with a close battle playing out over the 7½ miles of the Common. Until after the midway point, it looked as if it was narrowly going to be the Light Blues' days, with Fox and George Gathercole (Caius) leading their charge. However, in the latter stages of the race the Dark Blues started to move through strongly and by the time the runners emerged onto the Memorial Playing Fields, they held a narrow two-point lead (38 points to 40). At this point, it looked like Fox was going to register his second individual victory; however, once they had crossed the narrow bridge before the final run-in, Jamie Parkinson made his move and took the victory by just four seconds. Ultimately, it was the pack of Jack Millar (University), Dan Mulryan (Trinity) and Luuk



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

wave summer with underfoot conditions being as quick as they are ever likely to be, puts into context the quality of the two teams.

A final mention should also be made of William Ryle-Hodges (Magdalene) who joined a very exclusive club by appearing in his seventh race, an honour shared with Wariwck Ewers (Worcester) and Nick Talbot (University).

Earlier in the day, Cambridge won the 26<sup>th</sup> Old Blues' Race by 147 points to 208. Alex Short (Robinson) took the individual victory in 21:01.

*Simon Molden*



## Dr RE Williams

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

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

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





# Sean McGrady

(Jesus College Oxford 1983-90) died on 12th August 2017

Sean's death in New York was shocking and sad- dening news. Immediately memories of Sean began to well up to the surface. I have so many happy memories of Sean – from our time together at Oxford as athletes, and afterwards. When I arrived at Oxford, a fresh faced 17 year old, Sean was already doing his D. Phil. But never once did that gap in age make any difference to our friend- ship.

One simply can't talk of Sean without remember- ing various athletic escapades, many of which have been captured by Jon Crews' camera in an attempt to forestall any promising political career. Who can forget the irate hotel porter in Paris, who had just seen "three men, *completement* naked in the *ascenseur*"? ... or the many references to various Viz characters? There was a time in Oxford when I saw Sean everyday in training and as friends. We lived together in the infamous Regent street ath- letes house, where the wisdom of having seven (or was it more? - pity the poor Swiss exchange stu- dent who had to share it) OUAC athletes living together in the same house was questiona- ble. Sean never took himself seriously, seeming to make a joke of everything, and his irrepressible humour got us through many a session (and a few two plate dinners – the Regent Street special). But underneath it all, ready if you ever needed was a good man, a kind man who knew when a friend was in trouble and needed more than a joke to keep going. As Giles Clifford said, he was a gem. His exterior humour made it hard to know when something really upset him. I miss your humour, and your friendship, Sean. The world is poorer without you, and I am so sorry that we lost touch over these years. But I will never forget those years in Oxford, our shared memories of OUAC, Captain Mack, Graham Tanner et al., nor your presence. Those were the years that formed me, and you were such a huge part of that. God bless you, and keep you, and may you find peace and rest.

- Shanker Singham

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

- Dwayne Heard



Chris, Sean & Shanker during WWT



Sean is standing third row from the back, extreme left (with the nose!)

So sad. Dearly missed

- George Murrell

I was at Oxford for four years from 1985 to 1989 and was involved with OUAC for all of those years competing in all four Varsity matches, the USA tour in 1989 and was President of the club in 88/89. In all my four years Sean McGrady was always there. I never knew him well, after all, he was a postgrad and often trained with his brother Chris and the respected Dwayne Heard led 'Jumps Squad'. But I will always remember his cheery face, his laughter and his jokes. He was not one of the OUAC top performers and as such, could easily have drifted to other clubs. Instead, he supported the club through everything and was a regular member of most training squads and the famous 'Captain Mack' Thursday afternoon circuit sessions. As I matured and was eventually elected President, Sean was one of the members I could rely on to help out with all the tasks that go along with running the meets, hiring the minibuses and entertain- ing the athletes. And when it all got a bit tough, he could make you laugh just by showing up with his

cheeky grin. I left the UK immediately after gradu- ating from Oxford and, despite returning for a few years before moving to my eventual home in Syd- ney, I did not re-establish many of my OUAC con- nections. Through the power of Facebook, Sean and I reconnected only recently, 27 years after I graduated. His sense of humour in our communi- cation shone through and I was looking forward to many more conversations over the years to come. We shall miss you Sean.

-Liz Stapleton (Hobson)

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

- Paul Willcox





# Achilles vs Tokyo & Kyoto Universities

## University Invitation Match

### August 6th 2017

### Wilberforce Road

#### TRACK

100m, 1, 2.3, 10.85, Kaesi Opara, Achilles Club. 10.95, Daisuke Hayashi, Japan, Kyoto University. 10.96, Jordan Fairclough, unattached. 11.06, Daiki Akutsu, Japan, Tokyo University. 11.09, Harrison Steel, Achilles Club. 100m, 2, 0.9, 11.23, Abdou Njie, Loughborough University. 11.24, Mike Bowler, University of Birmingham. 11.24, Luke Sargeant, Unattached. 11.31, Sean Lodovica, Unattached. 11.44, Hikaru Murai, Japan, Tokyo University. 11.75, Takahiro Watanabe, Japan, Tokyo University. 100m, 4, 3.1, 11.18, Jan Walusiak, Unattached. 11.35, Yoshisuke Onishi, Japan, Tokyo University. 11.53, Emmanuel Shutsha, Unattached. 11.54, Miles Kershaw, Unattached. 100m, 5, 2.7, 10.63, Masanari Ishida, Japan, Kyoto University. 11.41, Yasuhiro Itoh, Japan, Tokyo University. 11.48, Koli Okam, Unattached. 11.58, Alex Parkinson, University of Birmingham. 11.66, Kenta Kasaki, Japan, Tokyo University. 12.02, Masahide Tamaki, Japan, Tokyo University. 100m, 8, 0.8, 10.99, Naoto Kihira, Japan, Kyoto University. 11.56, Alex Barker, Warwick University. 11.60, Tetsuta Kondo, Japan, Tokyo University. 12.19, Kento Nakada, Japan, Tokyo University. 12.28, Bryce Lim, Achilles Club. 12.47, Kyouchi Sugimoto, Japan, Tokyo University. 100m, 3, 2.9, 13.13, Geoff Hill, M40, Achilles Club. 13.59, Katsuya Baba, Japan M45?, Tokyo University. 14.46, Nobuyuki Muroki, Japan M55, Tokyo University. 14.47, Paul Willcox, M65, Achilles Club. 16.55, Cynthia Hill, W40, Achilles Club. 100m, 6,

4.0, 11.40, Masamichi Iwasaki, Japan, Tokyo University. 11.65, Genta Tanaka, Japan, Tokyo University. 11.83, Seito Nonoda, Japan, Tokyo University. 11.84, Simon Carty, Unattached. 11.86, Emma Suhonen, Unattached. 12.05, Yasmin Miller, Southbank University. 12.36, Jessica Fox, Anglia Ruskin University. 100m, 7, 5.0, 12.77, Pablo Massud, Unattached. 12.80, Hannah Lygo, Unattached. 13.05, Tiwa Adebayo, Cambridge University. 13.31,



Jessica Cook, Nottingham Trent University. 14.07, Abielle Hallas, University of East Anglia. 100m F, 1, 3.8, 10.77, Kaesi Opara, Achilles Club. 10.81, Jordan Fairclough, unattached. 10.89, Daisuke Hayashi, Japan, Kyoto University. 10.97, Abdou Njie, Loughborough University. 10.98, Luke Sargeant, Unattached. 11.03, Jan Walusiak, Unattached. 11.07, Daiki Akutsu, Japan, Tokyo University. 11.23, Mike Bowler, University of Birmingham. 100m F, 2, 2.1, 11.27, Hikaru Murai, Japan, Tokyo University. 11.31, Sean Lodovica, Unattached. 11.38, Koli Okam, Unattached. 11.44, Kenta Kasaki, Japan, Tokyo University. 11.54, Emmanuel Shutsha, Unattached. 11.55, Masamichi Iwasaki, Japan, Tokyo University. 11.63, Alex Barker, Warwick University. 11.71, Genta Tanaka, Japan, Tokyo University. 100m F, 3, 2.9, 11.40, Tetsuta Kondo, Japan, Tokyo University. 11.73, Takahiro Watanabe, Japan, Tokyo University. 11.85, Simon Carty, Unattached. 11.93, Emma Suhonen, Unattached. 11.99, Yasmin Miller, Southbank University. 12.02, Kento Nakada, Japan, Tokyo University. 100m F, 4, 2.9, 11.86, Masahide Tamaki, Japan, Tokyo University. 12.14, Bryce Lim, Achilles Club. 12.49, Jessica Fox, Anglia Ruskin University. 12.87, Pablo Massud, Unattached. 12.94, Tiwa Adebayo, Cambridge University. 14.57, Paul Willcox, M65, Achilles Club. 100mH, 1, 1.3, 14.48, Tayla Benson, Brunel University London. 17.67, Iris Verweij, Unattached. 110mH, 1, 1.6, 14.93, Mike Bowler, University of Birmingham. 16.18, Hikaru Murai, Japan, Tokyo University. 16.19, Harry Salt, Achilles Club. 110mH, 2, 1.6, 14.78, Reece Young, Brunel. 15.91, Florian Vogel, Unattached. 16.18, Alex Parkinson, University of Birmingham. DNF, Daniel Steel, SEN M, Unattached. 200m, 1, 3.3, 21.96, Kaesi Opara, Achilles Club. 22.05, Kengo Koetaka, Japan, Tokyo University. 22.31, Naoto Kihira, Japan, Kyoto University. 22.45, Harrison Steel, Achilles Club. 22.53, Luke Sargeant, Unattached. 22.56, Kyle Potter, Anglia Ruskin University. 200m, 2, 3.3, 22.61, Theodore Zake, Brunel University. 23.25, Koyo Matsuda, Japan, Tokyo University. 23.38, Tetsuta Kondo, Japan, Tokyo University. 200m, 3, 2.9, 23.57, Miles Kershaw, Unattached. 23.79, Genta Tanaka, Japan, Tokyo University. 27.82, Nathan Smith, Warwick University. 200m, 4, 0.9, 23.07, Jan Walusiak, Unattached. 23.32, Harry Russell, The University Of Sheffield. 23.68, Alex Barker, Warwick University. 23.73, Ciaran Flaherty, Cambridge University. 23.82, Koli Okam, Unattached. 200m, 5, 1.7, 25.43, Emma Suhonen, Unattached. 26.71, Hannah Lygo, Unattached. 26.76, Caroline Johnson, Cambridge University. 26.83, Pablo Massud, Unattached. 29.49, Iris Verweij, Unattached. 400m, 1, 49.45, Naoto Kihira, Japan, Kyoto University. 50.61, Cameron Bain, Achilles Club. 52.09, Yasuhiro Itoh, Japan, Tokyo University. 53.48, Alex Grundmann, Achilles Club. DNF, Bradley Salih, Warwick University. 400m, 2, 51.73, Louis Rawlings, Oxford University. 52.38, Ciaran Flaherty, Cambridge University. 52.94, Anu Vazirani, Oxford University. 54.20, Ryuta Kashiwagi, Japan, Tokyo University. 400m, 3, 51.40, Harry Russell, The University Of Sheffield. 400m, 3, 51.44, Daniel Lavipour, Unattached. 400m, 3, 52.64, Jack Avery, University of Brighton. 400m, 3, 52.77, Luke Humbles, Unattached. 400m, 3, 52.80, Adam Herring, Unattached. 400m, 3, 54.16, Robert Anderson, Unattached. 400m, 3, 54.94, Guy Perkins, University of Birmingham.







400m, 4, 55.86, Thomas Flatters, U20 M , Unattached. 56.67, Bethany Close, University of Bath. 1:00.25, Caroline Johnson, Cambridge University. 1:01.58, Pablo Massud, Unattached. 1:03.16, Nolle Oregon, Unattached. 1:04.33, Jessica Cook, Nottingham Trent University. 400mH, 1, 56.21, Louis Gardner, Achilles Club. 57.76, Jack Avery, University of Brighton. 58.18, Ronan Llyr, Achilles Club. 1:07.35, David Robinson, Unattached. 1:13.67, Naoya Takiguchi, Japan , Tokyo University. 4x100m, 1, 42.33, Tokyo & Kyoto Universities, . 47.77, Warwick Mixed, . 57.47, Cambridge Mixed, . DNF, Achilles Club, . 4x400m, 1, 3:27.49, Tokyo & Kyoto Universities, . 3:27.80, Achilles Club, . 800m, 1, 2:09.65, James Meiklejohn, Cambridge University. 2:11.56, Toby Linsell, U15 M , Unattached. 2:13.79, Lydia Hallam, University of Birmingham. 2:14.33, Fletcher Collins-Shirley, Unattached. 2:15.54, Amy Jaramazovic, University of Bath. 2:48.06, Verity Rees, Oxford University (alumni). DNF, Reeve walcott-nolan, Unattached. 800m, 2, 1:52.87, Sean Molloy, St Marys. 1:57.21, Allan Stewart, University of Birmingham. 1:57.63, Jordan Rowe, Unattached. 1:57.66, Phil Crout, Achilles Club. 1:58.86, Alex Hampson, Unattached. 1:59.23, Richard MacAulay, Unattached. 2:00.52, Thomas Powell, Bedford And County. 2:00.96, Ashok Mathur, Newcastle University. 2:09.31, Daniel Johns, Unattached. DNF, Oli Laband, University of Birmingham. 1500m, 1, 03:53.00, Dale King-Clutterbuck , SEN, St Mary's University . 03:53.35, Josh Carr, Achilles Club. 03:53.89, Kieran Reilly, Loughborough University. 03:54.16, Jon Cook, Achilles Club. 03:54.46, Luke Conway, Unattached. 03:55.99, Christopher Olley, Imperial College London. 03:58.58, Archie Walton, Loughborough University. 03:58.93, Benjamin Davies, Unattached. 04:04.75, James Coxon, Cambridge University. 04:09.07, Callum Richard Charleston, St Mary's University . 04:14.84, Brogan McCawley, University of Sheffield. 04:17.04, Yuhei Shibata, Japan , Kyoto University. 04:18.20, Yuki Hasegawa, Japan , Tokyo University. 04:21.53, Samuel Morey, Unattached. 04:21.79, Dylan Bowley, Unattached. 04:34.96, Ryo Adachi, Japan , Kyoto University. DNF, Sean Molloy, St Marys. 1500m, 2, 4:19.15, John Gordon, Loughborough University. 4:26.55, Antonio Vianelli, unattached. 4:37.77, James Meiklejohn, Cambridge University. 4:38.95, Kate Seary, University of Birmingham. 4:43.53, Alex Pedersen, University of Birmingham. 4:44.97, Alfie Bentley, University of East Anglia. 4:45.89, Laura Gent, University of Birmingham. 4:48.87, Niamh Bridson Hubbard, Cambridge University. 5:10.89, Hiroshi Murata, Japan , Tokyo University. 5:11.04, Emma Rowland, Unattached. 6:07.55, Sabrina Jansen, U13 W, Unattached. 5000m14:46.76, Jack Millar, Nottingham. 14:50.02, Petter Rypdal, Unattached. 14:50.73, David Wilson, Achilles Club. 15:01.56, Belal Ahmed,





Cottage. 15:04.89, Yuhei Shibata, Japan , Kyoto University. 15:05.40, Macgregor Cox, Achilles Club. 15:20.44, Michael Hoyle, Leeds Beckett. 15:24.61, Per Wangel, Cambridge University. 15:38.41, Richard Gregory, Unattached. 15:40.68, Daniel Lawton, Leeds Beckett. 15:50.10, Josh Cara, Cambridge University. 15:51.70, Robert Mann, University of Exeter. 16:07.76, Joachim Tranvag, University of Exeter. 16:39.00, Maria Sagnes WÅngan, Unattached. 17:21.85, Ben Dyer, Cambridge University. 17:46.46, Sarah Johnson, Imperial College London. 18:04.17, Helene Greenwood, Oxford. DNF, Phil Crout, Cambridge University. DNF, Mark Pearce, University of Birmingham. 2000m S/C7:46.32, Ella Shirley, University of Birmingham. 7:53.41, Emma Clarke, University of Birmingham. 3000m S/C11:13.35, Alfie Bentley, University of East Anglia. 11:34.77, David Robinson, Unattached.

**FIELD**

TJ, 11.81, Douglas Buisson, Cambridge. TJ, 14.88, Lawrence Harvey, Unattached. TJ, XXX, Abielle Hallas, University of East Anglia. TJ, 13.23, Angela Barrett, Unattached. TJ, 14.73, Ade Mason, Unattached. TJ, 12.84, Syota Satoh, Japan , Tokyo University. TJ, 13.40, Tomoya Akatsuka, Japan , Tokyo University. TJ, 11.76, Bryce Lim, Achilles Club. LJ, 5.08, Mary Martin, University of Chicago. LJ, 4.50, Jessica Fox, Anglia Ruskin University. LJ, 6.98, Sam Richards, Unattached. LJ, 6.20, Thomas



Flatters, U20 M , Unattached. LJ, 7.23, Sho Watanabe, Japan , Kyoto University. LJ, 7.26, Masanari Ishida, Japan , Kyoto University. LJ, 6.58, Kosaku Miyake, Japan , Tokyo University. LJ, 6.24, Fumihiro Naokawa, Japan , Tokyo University. LJ, 6.80, Satoya Kurihara, Japan , Tokyo University. LJ, 5.56, Douglas Buisson, Cambridge. LJ, 5.62, Daniel Steel, SEN M , Unattached. LJ, 6.72, Lawrence Davis, University of Birmingham. LJ, 3.61, Sabrina Jansen, U13 W, Unattached. LJ, 6.13, Rin Kanai, Japan , Tokyo University. LJ, 6.49, Tomohumi Hirai, Japan , Tokyo University. LJ, 5.88, Jordan Fairclough, unattached. LJ, 6.10, Dan Gregory, Achilles Club. LJ, 4.68, Emanuel Gbegli, Achilles Club. LJ, 4.83, Nobuyuki Mouroki , Japan M55, Tokyo Uni-

versity. HJ, 1.65, Teele Palumaa, Oxford University. HJ, 1.70, Bilen Ahmet, Achilles Club. HJ, 1.90, Tayo Andrews, Goldsmiths University. HJ, 1.85, Tomoya Akatsuka, Japan , Tokyo University. HJ, 1.70, Dan Gregory, Achilles Club. Hammer, 41.81, Libby Taylor, U17 W - 3KG, U17 Unattached. Hammer, 38.42, Lauren Aldridge, U20 W , Unattached. Hammer, 42.47, Paige Barnes, U20 W , Unattached. Hammer, 29.70, Emmaline Okafor, U23,

Cambridge University. Hammer, 31.08, Daisy Gilbert, U23 W, University of Bristol. Hammer, 30.22, Declan Manning, SEN M , Unattached. Hammer, 48.99, Jaquan Moore, U17 M , Unattached. Hammer, 35.75, Clare Pacini, SEN, Cambridge University. Shot - W, 9.66, Daisy Gilbert, U23 W, University of Bristol. Shot - W, 8.72, Bridget Fryer, SEN W, Cambridge University. Shot - W, 9.69, Emmaline Okafor, U23, Cambridge University. Shot - M, 11.32, Thomas Flatters, U20 6kg, Unattached. Shot - M, 11.13, Declan Manning, SEN M , Unattached. Shot - M, 18.91, Scott Lincoln, SEN M , Unattached. Shot - M, 6.86, Kento Nakada, Japan , Tokyo University. Shot - M, 9.37, Hikaru Murai, Japan , Tokyo University. Javelin, 48.00, Laurensa Britane, SEN W , Unattached. Javelin, 10.96, Sabrina Jansen, U13 W, Unattached. Javelin, 36.89, Isabella Coutts, U23 W, University of Oxford. Javelin, 37.10, Daniel Steel, SEN M , Unattached. Javelin, 48.18, Arran Davis, SEN, Oxford University. Javelin, 28.38, Toby Linsell, U15 M , Unattached. Javelin, 31.79, Daniel Sewell, SEN M , York St. John's university. Javelin, 38.75, Eleanor Butt, U17 -500g ?, Unattached. U17. Javelin, 25.96, Akira Kazama, Japan M60 - 800g, Achilles Club. Javelin, 32.54, Katsuya Baba, Japan , Tokyo University. Javelin, 34.70, Dale King-Clutterbuck , SEN, St Mary's University . Javelin, 33.50, Masamichi Iwasaki, Japan , Tokyo University. Javelin, 44.33, Hikaru Murai, Japan , Tokyo University. PV, 2.20, Devon Spencer, Unattached. PV, 3.20, Sam Morrison, Nottingham Trent University. PV, 3.00, Richard Gregory, Unattached. PV, 3.30, Chloe Billingham, Cambridge. PV, 3.20, Megan Bailey, University of Exeter. PV, 2.50, Rebecca Martin, Cambridge University. PV, 3.40, Bilen Ahmet, SEN M , Achilles Club. PV, 4.60, Callum Court, Achilles Club. PV, 4.20, Thomas Snee, Unattached. PV, 2.05, Mike Bowler, University of Birmingham. Discus, 42.75, Sam Milner, SEN W , . Discus, 28.42, Bridget Fryer, SEN W, Cambridge University.







# FRESHERS VARSITY MATCH

5 NOVEMBER 2017

Wilberforce Road track, Cambridge

## MEN

100m (wind +3.8) Julian Manieson (O) 11.3, James Walden (C) 11.4, Leif van Grinsven (O) 11.6, Kaloyan Nikolev (C) 11.7 100m (guests) (w +3.2) Piotr Parzymies (O) 12.2, Mathew Riding (O) 12.2, David Adeboye (C) 12.3, Max Burrows (C) 12.4 200m (wind +0.8) Austin Puleo (C) 23.8, Romain Guyon (O) 24.0, Matt Pullman (O) 25.6, Will Yarwood (C) 25.9 400m Austin Puleo (C) 52.5, Michael Thornton (O) 54.0, Toby Ralph (O) 54.0, Jake Bruchez (C) 55.5 800m Charlie Sneddon (O) 2:02.4, Sam Brown (O) 2:07.0, Tom Mitchell (C) 2:09.6, Jirka Kucera (C) 2:15.3 1500m James Taylor (C) 4:19.3, Luke McCarron (C) 4:20.8, Robbie Brown (O) 4:28.4, Brodie Denholm (O) 4:46.6 3000m Robbie Brown (O) 9:38.1, Brodie Denholm (O) 9:44.2, Ryan Ward (C) 9:48.7, Rob Waddy (C) 9:51.0 110m hurdles (w +1.2) Leif van Grinsven (O) 17.4, Peter Simon (C) 19.3, George Stanard (O) 26.0 400m hurdles Peter Simon (C) 62.4, Toby Ralph (O) 66.7, Brodie Denholm (O) 74.1 High Jump Leif van Grinsven (O) 1.75, Lars Heidrich (C) 1.70, Franz Nowak (C) 1.60,

Henry Rees (O) 1.45 Pole Vault Leif van Grinsven (O) 3.00, Sam Plummer (C) 2.80, Henry Stevens (C) 2.60, Daniel Rasbash (C-guest) 2.00, Robbie Brown (O) 1.00 Long Jump Jude Bright-Davies (O) 6.51, Leif

van Grinsven (O) 6.31, Edward Armitage (C) 5.74, David Mafullul (C) 5.72, Henry Rees (O-guest) 4.96 Triple Jump Jude Bright-Davies (O) 14.02, Andrew Ejemai (C) 12.66, Joshua Ejinkonye (O) 12.53, Ollie







Discus Leif van Grinsven (O) 36.71, Ed Slater (C) 30.38, Alfie Dent (C-guest) 29.60, Fergus Imrie (O) 26.44, Matt Berry (C-guest) 22.61, Sam Hill (C) 21.95 Hammer Ed Slater (C) 22.92, Fergus Imrie (O) 22.18, Davy Lalor (O) 18.86, Matt Berry (C) 16.28 Javelin Oli Bradfield (C) 45.87, Jan Cross-Zamirski (C) 42.48, Joe Fisher (O) 40.77, Greg Sully (O) 27.89 4 x 100m Cambridge (Kaloyan Nikolov, Oliver Karm, Max Burrows, James Walden) 46.1, Oxford (Julian Manieson, Mathew Riding, Piotr Parzmies, Matt Pullen) 48.7 4 x 400m Oxford (Toby Ralph 54.8, Michael Thornton 54.4, Sam Brown 53.7, Roman Guyon 52.0) 3:34.9 Cambridge (Ollie Brown 55.8, Jake Bruchez 53.7, Lewis Thorne 55.3, Austin Puleo 52.5) 3:37.3

**Result: Oxford 105, Cambridge 83**

### WOMEN

100m (wind +2.6) Moriyo Aiyeola (C) 12.7, Florence Cochrane (C) 13.5, Shakira Mahadeva (O) 14.1, Alessandra Peters (O) 14.4, Tayo Ward-Brew (O-guest) 14.5 200m (wind +2.9) Sophie Haldane (O) 26.7, Belinda Clark (C) 26.8, Elizabeth Rankin (O) 27.5, Ella Palmer (C) 27.7 400m Belinda Clark (C) 60.9, Elizabeth Rankin (O) 62.7, Ella Palmer (C) 63.1, Caroline Morss (O) 69.8 800m Juliet Merelie (C) 2:26.9, Megan Wilson (C) 2:31.4, Alice Bruce (O) 2:37.9, Katie Inch (O) 2:56.4 1500m Eleanor Bolton (O) 4:58.5, Meg Humphreys (C) 5:03.0, Esther Pigney (O) 5:36.0, Veronica Bonifacio (C) 6:48.6 3000m Nancy Scott (C) 10:42.1, Maybritt Schillinger (C) 11:08.6, Olivia Will (O) 11:16.7, Esther Pigney (O) 11:20.8 100m hurdles (w +2.2) Samantha Huebner (C) 17.3, Laura Baliman (C) 18.3, Guilia Frigerio (O) 18.6, Alice Woffenden (O) 22.7 400m hurdles Sophie Haldane (O) 69.5, Samantha Huebner (C) 69.7, Florence Cochrane (C) 77.7, Katie Inch (O) 78.1 High Jump Florence Cochrane (C) 1.45, Sai Villafuerte (O) 1.30, Alessandra Peters (O) 1.30, Khadisha Arip (C-guest) 1.20, Steph Greenslade (C) 1.15 Pole Vault Johanna Schoenecker (C) 2.40, Jennifer Sheasby (C) 1.60, Felicia Chan (C-guest) 1.60, Giulia Frigerio (O) 1.40 [Sian Mathur (O) no height cleared] Long Jump Madeleine Smith (O) 4.92, Mary Adeniji (C) 4.91, Heather Muir (C) 4.90, Naomi Oldham (C-guest) 4.43, Katie Inch (O) 3.67, Khadisha Arip (C-guest) 3.34 Triple Jump Madeleine Smith (O) 11.16, Heather Muir (C) 10.77, Mary Adeniji (C) 10.70, Olivia Shallcross (C-guest) 9.79, Sai Villafuerte (O) 8.43 Shot Bethany Carter (O) 10.10, Cara James (C) 9.29, Colette Watt (C) 8.53, Lily Erskine (O) 6.22 Discus Beth Carter (O) 21.15, Tiggy McDowell (C) 18.65, Colette Watt (C) 17.10, Sai Villafuerte (O) 11.85 Hammer Bethany Carter (O) 22.00, Cara James (C) 21.31, Colette Watt (C) 16.96, Aliandra Barlete (C-guest) 15.38, Katie Inch (O) 12.96 Javelin Johanna Schoenecker (C) 40.46 **record**, Beth Carter (O) 25.69, Florence Cochrane (C) 23.45, Jaya Sharma (O) 19.87 4 x 100m Cambridge (Chelsea Kwakye, Johanna Schoenecker, Mary Adeniji, Moriyo Aiyola 53.2, Oxford (Alice Woffenden, Shakira Mahadeva, Tayo Ward-Brew, Alessandra Peters) 57.5 4 x 400m Cambridge (Ella Palmer 63.4, Juliet Merelie 64.4, Megan Wilson 67.8, Belinda Clark 60.6) 4:16.2, Oxford (Elizabeth Rankin, Alice Bruce, Caroline Morss, Sophie Haldane) 4:17.3

**Result: Cambridge 108, Oxford 81**

**Achilles Athletes of the Match:**  
**Women: Johanna Schoenecker (Javelin)**  
**Men: Jude Bright-Davies (Triple Jump)**

Brown (C-guest) 12.19, Will Palmer (C) 11.91 Shot Davy Lalor (O) 12.60, Leif van Grinsven (O) 10.84,

Ali Hussain (O-guest) 8.92, Ed Slater (C) 8.84, Fergus Imrie (O-guest) 8.68, Matyas Molner (C) 8.15

C.J.R. Thorne





# The American Achilles Foundation Dinner, at Harvard on 6th October 2017



Seventeenth Annual  
American Achilles Foundation  
Dinner  
celebrating  
One Hundred Twenty-Third  
Anniversary of  
International Series Competition

Friday, October 6, 2017

The Harvard Faculty Club  
20 Quincy Street  
Cambridge, MA

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

about, presumably for PC reasons!

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

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

He also reports that at the AAF's Annual Meeting, Tim Sellers was elected Vice President and Secretary. Mark Young was appointed an At Large Director and member of the

Executive Committee: he will Chair a Committee to improve attendance through better notification and promotion. .

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

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

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



**History Corner**  
The old Iffley Road pavilion