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2019 FIXTURES

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

August 2020—Achilles Olympic Tour to Tokyo

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

2018 NATIONAL RANKINGS

3	3000	7:51.01 (i)	Andrew Heyes
8	DT	50.14m	Christina Nick (Germany)
10	3000	09:09.2	Naomi Taschimowitz
11	10000	29:11.3	Matt Leach
12	5000	13:46.3	Andrew Heyes
12	PV	5.01m	Archie McNeillis
12	3000SC	10:47.5	Dani Chattenton
12	SP	14.02m	Christina Nick (Germany)
14	HT	65.77m	Tom Parker
14	3000SC	10:53.7	Nancy Scott
15	10000	29:18.2	Luke Caldwell
15	3000SC	08:56.8	Alex Howard
15	10000	29:15.7	Bijan Mazaheri (USA)
15	TJ	15.52m (i)	Sam Trigg
16	5000	15:54.1	Naomi Taschimowitz
17	HT	63.41m	Michael Painter
20	3000SC	11:02.6	Anna Sharp
20	HT	56.94m	Helen Broadbridge
21	5000	13:53.8	Matt Leach
21	3000SC	08:59.2	Danny Eckersley
22	3000	07:58.7	Josh Carr
22	TJ	15.24m (i)	Jude Bright-Davies
22	1500	04:15.5	Dani Chattenton
22	DT	43.69m	Helen Broadbridge
25	JT	42.43m	Kate Davies
26	JT	60.84m	Caspar Whitehead
26	PV	3.76m (i)	Silvia Amabilino (Luxembourg)
26	10000	35:18.7	Bethanie Murray (Ireland)
27	3000	08:00.5	Phillip Crout
28	1500	03:43.9	Lewis Lloyd
28	10000	30:00.0	Ian Kimpton
28	Marathon	02:23.6	Luuk Metselaar (Netherlands)
29	SP	14.62m	Angus Lockhart (Australia)
29	4x400	03:19.1	OUAC
29	JT	42.04m	Johanna Schoenecker (Germany)
32	1500	03:44.2	Josh Carr
32	3000SC	09:20.8	William Mycroft
32	4x400	03:19.3	CUAC
33	HM	66:15:00	Matt Leach

33	Indoor Hept	3366	Bilen Ahmet
34	10000	30:16.6	Oliver Fox
35	PV	4.65m	Callum Court
35	Decathlon	5325	Joshua Mouland
36	5000	14:03.7	Luke Caldwell
37	5000	14:04.4	Jake Shelley
37	10000	30:18.7	William Christofi
37	3000SC	09:25.5	Miles Chandler
37	800	02:06.5	Emily Dudgeon
37	1500	04:18.6	Naomi Taschimowitz
38	4x100	42.15	Achilles
38	4x400	03:58.0	OUAC
39	5000	14:04.7	Phillip Crout
40	4x400	03:21.2	Achilles
40	5000	16:28.7	Katy Hedgethorne
41	3000	08:04.5	Jake Shelley
41	Marathon	02:26.3	Eoghan Totten (Ireland)
41	TJ	14.49m (i)	Carl Britto
41	HT	52.82m	Jack Paget
42	LJ	7.18m	Daniel Smith
42	Decathlon	5084	Daniel Gregory (Canada)
42	JT	39.51m	Isabella Coutts
43	3000SC	09:28.6	Paul Pruzina (Ireland)
43	3000SC	09:28.6	Richard Ollington
43	3000	09:26.4	Charlotte Dannatt
43	HM	66:39:00	Bijan Mazaheri (USA)
44	3000SC	09:28.7	Alex Milne
44	TJ	11.78m	Mary Adeniji
44	DT	40.05m	Anna Niedbala (Germany)
45	1500	03:45.4	Andrew Heyes
45	HM	66:55:00	William Mackay
46	800	01:49.9	Rasmus Kisel (Estonia)
47	4x100	42.3	OUAC
47	HM	77:34:00	Hayley Munn
47	400H	62.86	Caroline Hilley
48	10000	30:32.4	William Mackay
48	HJ	1.70m	Teele Palumaa (Estonia)
48	4x100	48.09	CUAC
49	HM	67:04:00	William Mycroft
50	Decathlon	4161	Bilen Ahmet

HIGHLIGHTS OF THE YEAR

Andy Heyes was crowned British Indoor Champion at 3000m (*photo*).

The BUCS Cross Country in February was possibly the most successful in Oxbridge history (*photo*). In the men's A race, great packing from **Phillip Crout**, **Will Ryle-Hodges** and **George Gathercole** behind an 8th place finish for **Oliver Fox** saw Cambridge take 2nd place and Silver, while Oxford were just behind in Bronze with **Jack Millar** in a remarkable 5th place, **Jamie Parkinson** 7th



Andy Heyes enjoyed his best season to date

and **William Christofi** and **Luuk Metselaar** completing the team. The Oxford B team also got Bronze in the 2nds race (led by **Alex Bampton** and captain **Luke Cotter**) while Cambridge were 4th. Oxford's women also performed well in 5th place led by Varsity winner **Floren Villanueva Scrafton**. In the words of Oxford alumnus and 6th place finisher for Imperial College **Luke Caldwell**, "it really felt like the big names were Loughborough and St Mary's, then Oxford and Cambridge".

At the BUCS Indoor Championships, for Oxford there was Gold for **Jude Bright-Davies** in the Men's Triple Jump, Silver for **Dani Chattenton** in

HATTI ARCHER PROMOTED TO EUROPEAN SILVER

We all lost out on vicarious celebration at the time and it is frankly outrageous that Hatti Archer was robbed of the wider recognition which she deserved. It took seven and a half years for her run in the Barcelona 2010 European 3000m steeplechase to be properly acknowledged, after first one and then two of the runners who finished ahead of her were stripped



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

the Women's 1500m, Bronze for **Teele Palumaa** in the Women's High Jump and Bronze for **Archie McNeillis** in the Men's Pole Vault. Oxford Men were 6th overall and Oxford Women 10th overall, the team as a whole were 8th.

Oliver Fox and **Dani Chattenton** ran for GB U23's at the European Cross Country Championships. Oliver won a team silver and Dani a team bronze.

The world joined us in mourning the passing in March of **Sir Roger Bannister**.

Oxford repeated the previous year's clean sweep of wins at the Varsity Match.

Sam Trigg represented England at the Vienna International meet in Triple Jump, and **Charlotte Dannatt** England U20's at the Trofeo Opitergium in Italy in a 5k road race.

At the National U23 Championships there was Gold for **Dani Chattenton** (Oxford) and Silver for **Anna Sharp** (Oxford) in the Women's 3000m SC.

There was trio of medals for Achilles athletes at the England Championships at Manchester - **Danny Eckersley** took a very tight 2nd place in the Steeplechase final, **Tom Parker**

of their medals. Those cheats probably misled Hatti into thinking that she needed to train even harder to compete at world level and caused the injury which left

here short of fitness early in 2012. That and UK Athletics' draconian non-selection policy meant that, after being unable through injury to take up her selection for Beijing, she was again denied an Olympic appearance.



Oxford and Cambridge both made their mark at BUCS Cross Country

took Bronze in the men's Hammer and **Callum Court** won Bronze in the Pole Vault with a PB of 4.65m.

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

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

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



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



Tamsin James, much in demand as a senior official

Varsity Field Events and Relays

Lee Valley, 3 March 2018.

Oxford dominated the field events. Cambridge women won their Relays Match, and the men's relays were tied.

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

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

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

All events held indoors.

Men's relays (Tie 2-2). 60m (run as 2 heats, with the 4 best, of 5, University times totalled to determine the result). Race 1 K. Opara (C) 7.04, H. Steel (O) 7.13, J. Chu (C) 7.21, S. Macaulay (O) 7.22, J. Leung (O) 7.39. Race 2 A. Ejemai (C) 7.34, H. Salt (O) 7.36, K. Nikolov (C) 7.44, F. Luka-Menke (C) 7.57, L. Eagle (O) 7.59. Guest race: B. Lim 7.59, M. Pullen 7.81, M. Riding 7.94, M. Burrow 7.97. 1. Cambridge (4 total times) 29.03. 2. Oxford (4 total times) 29.10. **4x 200m.** Oxford DISQUALIFIED (1:31.4) (M. Newton, H. Steel, D. Gregory, A. Grundman). Cambridge DISQUALIFIED (1:31.4) (S. Day 23.0, C. Flaherty 23.4, D. Nembhard 23.2, K. Opara 21.8). (1) Oxford "B" 1:36.8 (M. Thornton, J. Leung, M. Pullen, M. Dawe). (2) Cambridge "B" 1:38.0 (A. Taylor 25.0, T. Freeman 24.2, S. Charlwood 24.3, J. Bruchez 24.6). **4 x 400m.** 1. Oxford 3:22.1 (R. Llyr 52.0, H. Baker 50.8, E. Rees 49.9, M. Newton 49.4). 2. Cambridge 3:28.1 (S. Day 50.0, T. Freeman 53.8, J. Burton 52.0, A. Puleo 52.3). 3.

(1200m x 400m x 800m x 1600m). Oxford DISQUALIFIED (10:14.6) (L. Cotter 3:11.6, E. Rees 50.0, M. Weatherseed 1:56.3, A. Gruen 4:16.7). Cambridge DISQUALIFIED (10:16.5) (J. Coxon 3:09.3, A. Puleo 51.3, R. Kisel 1:53.0, M. Cox 4:23.0). Oxford "B" 11:18.2 (C. Sneddon, S. Brown, M. Dawe, M. Chandler). **5000m (non scoring).** 1. P. Crout (C) 14:44.6, 2. G. Gathercole (C) 14:46.1, 3. N. Shreeve (C) 14:51.8, 4. P. Aste (C) 15:13.9. **60m hurdles (run as 2 heats, with the 4 best, of 5, University times totalled to determine the result).** Race 1 L. Eagle (O) 8.67, H. Salt (O) 8.76, E. Baines (C) 9.25, J. Wickham (C) 9.58, S. Charlwood (C) 10.71. Race 2 R. Llyr (O) 9.82, L. Heidrich (C) 9.83, D. Gregory (O) 10.17. 1. Oxford (4 total times) 37.42, 2. Cambridge (4 total times) 39.37.

Men's field events (Oxford 4-1). High Jump. 1. Cambridge 7.20 (G. Klobe 1.95, E. Sorrell 1.85, L.





Heidrich 1.80, F. Nowak 1.60). 2. Oxford 6.80 (D. Gregory 1.80, J. Grant 1.75, L. Eagle 1.65, S. Macaulay 1.60). Guest: C. Leow (C) 1.70. **Pole Vault.** 1. Oxford 12.90 (N. Formalidis 4.40, C. Day 3.50, D. Gregory 2.50, J. Leung 2.50). 2. Cambridge 12.80 (F. Bunbury 4.00, D. Stanley 3.40, S. Plummer 3.20, D. Rasbach 2.20). **Long Jump.** 1. Oxford 25.11 (D. Smith 6.75, S. McAulay 6.28, J. Ejinkonye 6.08, C. Britto 6.00). 2. Cambridge 23.67 (E. Baines 6.45, A. Ejemai 5.92, E. Sorrell 5.70, E. Armitage 5.60). **Triple Jump.** 1. Oxford 51.77 (C. Britto 13.66, J. Grant (O) 13.00, J. Ejinkonye 12.87, P. Nash 12.24). 2. Cambridge 49.33 (E. Ejemai 13.31, D. Buisson 12.22, W. Palmer 12.11, O. Brown 11.69). **Shot Putt.** 1. Oxford 46.45 (J. Paget 13.07, D. Lalor 12.66, A. Hegedus 10.88, F. Imrie 9.84). 2. Cambridge 40.36 (E. Slater 11.10, R. Shiels 10.03, A. Hussain 9.79, M. Devine 9.44). Guests: V. Thakur (C) 10.81, G. Globe (C) 9.89. **Discus, Hammer and Javelin not contested on account of weather**

Women's relays (Cambridge 4-2). 60m (run as 3 heats, with the 4 best, of 5, University times totalled to determine the result). Race 1 M. Aiyeola (C) 7.76, H. Adeosun (C) 7.79, T. Adebayo (C) 8.06, O. Adefowose-Eso (O) 8.30, T. Ward-Brew (O) 8.45. Race 2 A. Panesar (C) 8.23, C. Kwakye (C) 8.35, H. Skinner (O) 8.38, S. Mahadeva (O) 8.67. 1. Cambridge (4 total times) 31.84. 2. Oxford (4 total times) 33.80. **4x200m.** 1. Cambridge 1:48.2 (A. Panesar 27.7, L. Howells 27.6, H. Adeosun 25.8, C. Hilley 27.1). 2. Oxford 1:51.0. **4x400m.** 1. Cambridge 4:05.0 (B. Clark 62.1, C. Hilley 60.6, D. Irving-Hyman 62.1, C. Johnson 60.4). 2. Oxford 4:13.8 (-, -, Gibson). **4x800m.** 1. Cambridge 9:21.8 (G. Billings 2:19.3, F. Williamson-Sarll 2:20.0, E. Witts 2:24.5, I. Dye 2:18.0). 2. Oxford 9:56.9 (Sharp 2:19.5, 2:35.4, 2:33.8, Gibson 2:28.2). **Distance Medley (1200 x 400 x 800 x 1600).** 1. Oxford 13:02.4 (N. Beadle 4:09.9, I. Gibson 62.2, L. Brown 2:33.9, A. Sharp 5:16.4). 2. Cambridge 15:44.8 (V.

Bonifacio 5:34.5, A. Burchill 68.2, F. Williamson-Sarll 2:28.6, D. Vitry 6:33.5). **60m hurdles (run as 2 heats, with the 4 best, of 5, University times totalled to determine the result).** Race 1 A. McMinn (O) 9.27, C. Hilley (C) 9.31, E. Roberts (O) 9.72, H. Wigginton (O) 10.26, D. Irving-Hyman (C) 11.21. Race 2 G. Ngetich (O) 9.96, G. Frigerio (O) 10.35, M. Stevens (C) 11.08, A. Burchill (C) 11.21. 1. Oxford (4 total times) 39.21 record. 2. Cambridge (4 total times) 42.81.

Women's field events (Oxford 4-1). High Jump. 1. Oxford 6.20 (T. Palumaa 1.65, K. Davies 1.60, S. Hubbard 1.55, I. Downing 1.40). 2. Cambridge 5.65 (F. Cochrane 1.50, A. Bates 1.50, L. Wenger 1.40, N. Oldham 1.25). Guest: F. Duke (O) no height cleared. **Pole Vault.** 1. Cambridge 9.90 (C. Bingham 3.40, J. Schonacker 2.60, R. Martin 2.50, A. Mulliner 1.40). 2. Oxford 6.30 (K. Kelly 2.20, I. Downing 2.10, G. Frigerio 2.00, H. Wigginton no height). Guest: J. Sheasby 2.30. **Long Jump.** 1. Oxford 19.25 (M. Smith 5.08, K. Davies 4.98, A. McMinn 4.77, T. Palumaa 4.42. 2. Cambridge 18.54 (M. Adeniji 5.03, T. Adebayo 4.74, F. Hutton 4.73, N. Oldham 4.04). Guests: Chantelle Caines 4.63, Nathalie Holloway 3.86. **Triple Jump.** 1. Oxford 42.93 (T. Palumaa 11.39, M. Smith 11.38, A. McMinn 10.31, H. Skinner 9.85. 2. Cambridge 39.70 (M. Adeniji 11.24, A. Shallcross 9.80, A-M. Browning 9.54, S. Sinclair 9.12. **Shot Putt.** 1. Oxford 41.02 (A. Niedbala 10.89, K. Dennison 10.33, K. Kelly 10.02, K. Davies 9.78). 2. Cambridge 36.58 (E. Lane 9.91, E. Okafor 9.32, C. James 9.06, C. Watt 8.29). Guests: F. Cochrane (C) 7.68, A. Barlette (C) 6.23. **Discus, Hammer and Javelin not contested on account of weather**

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Oxford v Cambridge Varsity Match

19 May 2018, Iffley Road, Oxford

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

The Oxford men grabbed an early lead with captain Jack Paget and vice-captain Sandy Macaulay winning the Hammer and Long Jump respectively and Ronan

in the 400, a Discus triumph for Chris Kneale-Jones a second victory from Kaesi Opara in the 200 and a sprint relay win over a depleted Dark Blue squad, Oxford always had the match comfortably in hand, as exemplified by a crushing 1-2 in the Mile from Alex Gruen and Jamie Parkinson and in the Shot from Jack Paget and Davy Lalor. Some extra sizzle was provided to the Dark Blue win by Archie McNeillis in the Pole Vault, as he broke

bridge and Maria Brett the Hammer for Oxford. But the 800 metres dramatically altered the complexion of the day in the race of the day. Isabel Dye had secured her (Light) Blue at BUCS and was considered the clear favourite but England U20 5k runner Charlotte Dannatt hit the front at the bell and stayed there all the way to the line, holding off a charging Dye in the home straight for a huge upset win for Oxford. BUCS bronze medallist Moriyo Aiyeola made clear that Cambridge weren't going away with a crushing win in the 100, backed up by captain Hepzibah Adeosun. Moriyo also won the 200 and anchored the 4x100 to secure the Susan Dennler Trophy. Caroline Hilley also added to her list of wins with the 100 Hurdles and the 200 Hurdles – a worthy champion for its first year as a scoring event. With 8 wins in 3 years and an unbeaten US Tour record, Hilley won the Achilles Trophy for contribution to Oxbridge athletics. Despite these Light Blue heroics, which also included a 5000 win for Emily Ruane, Oxford stayed in the match. Cambridge's throwers were more competitive than in recent years



Josh Carr (238) won the first Roger Bannister Memorial Mile

Llyr going under the Blues Standard by the narrowest of margins in winning the 400 Hurdles. Rasmus Kisel got Cambridge on the board in the 800, holding off Oxford President Miles Weatherseed, and Kaesi Opara produced the fastest electronic time in match history to win the 100. However, Oxford's strength in the hurdles and jumps proved telling as the Steeplechase (Miles Chandler), 110 Hurdles (a third win in a row for Liam Eagle who later added the 200 Hurdles), High Jump (Nithesh Ranasinha) and Triple Jump (UK U20 Champion Jude Bright-Davies) were all secured in quick succession to build a commanding lead. Despite a pleasing return to form from Sam Day

the match record with a first-time clearance at 5.01m, earning him the Drake-Digby Trophy. The match was concluded with an excellent 4x400 which, despite a heroic 47.5 anchor leg from Sam Day, confirmed Oxford's superiority as Ed Rees held on for a win.

The women's match in 2017 had gone to the penultimate event and was to do so again. Cambridge started as marginal favourites and a third crushing win in a row for match record holder Caroline Hilley in the 400 Hurdles did nothing to change that view. Early events on the field saw honours even with Chloe Billingham taking the Pole Vault for Cam-

Awards, presented by Dominic Emery:

The Drake-Digby Trophy (best performance in the Mens' Match): Archie McNeillis (O) for 5.01m match record in the Pole Vault.

The Susan Dennler Trophy (best performance in the Womens' Match): Moriyo Aiyeola (C) for the 12.08/25.33 double; fastest wind-legal 100m in Varsity Match history.

The Le Touquet Trophy (most improved athlete during 2017-18): Anna Sharp (O) for 30sec improvement in 2000m steeplechase, to become the second-fastest in Varsity match history.

The Paul Gomme Trophy (best throwing performance of the season): Kate Davies (O) for 42.43 javelin match record.

The Achilles Trophy (outstanding contribution to Oxbridge athletics): Caroline Hilley (C) for three years of winning 100mh/400mh "doubles", plus winning 400m flat last year and 200mh this year.

The Steven Stuart Trophy (most notable second-team performance): Daniel Gregory (O) for wins in 200m and long jump, plus second in the discus, all in pb's.

but Jenny Richards narrowly held off Bridget Fryer in the Discus, Kate Denison took the Shot and Kate Davies required a match record (earning her the Paul Gomme Trophy) to beat Johanna Schonecker in the Javelin. This clean sweep, combined with victories for Irene Gibson in the 400 and Dani Chattenton in the Mile, put Oxford on the brink of victory with Maddie Smith leading Long Jump champion Mary Adeniji going into the last round of the Triple Jump. However, Adeniji pulled out a huge personal best to take the event and take the match into the Steeplechase. Nancy Scott, in her first ever try at the event, held onto match record holder Dani Chattenton and Anna Sharp (whose 30 second improvement won her the Le

Hannawin and Anna Niedbala as well as match records from their 4x100 relay team and Connie Hurton in the 2000m Steeplechase.

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

Roger Bannister Memorial Mile

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

(race 2) Ed Brooks (Ox) 4:56.62, Connor McGurk (Ox) 4:58.99, Joel Spratt (Ox) 5:07.46, Peter Guevara (Ox) 5:23.66, Sam Garforth (Ox) 5:32.87, Tilly



(C) 14:57.52, Daniel Mulryan (O) 14:58.53, Jack Millar (O) 15:03.60, Noah Hurton (O-cent) 15:30.22, Oliver Paulin (O-cent) 15:33.25, Joe Massingham (C-aly) 15:38.00, Su-Min Lee (C-aly) 16:10.99

110m hurdles (wind +0.1) Liam Eagle (O) 15.47, Harry Salt (O) 15.88, Elliott Baines (C) 16.31, Jack Wickham (C) 16.96

200m hurdles (wind -0.1) Liam Eagle (O) 25.63, Tomas Marino (C) 25.98, Louis Gardner (O) 26.44, Jack Wickham (C) 28.74

400m hurdles Ronan Llyr (O) 55.99, Louis Gardner (O) 56.57, Ross Ewen (C) 61.17, Peter Simon (C) 64.62

3000m steeplechase Miles Chandler (O) 9:25.47, Paul Pruzina (C) 9:28.56, Kirk Smith (O) 9:39.55, Aidan Smith (O-cent) 9:43.70, Benjamin Gibbons (O-cent) 9:52.40, Jeremy Taylor (C-aly) 9:55.87, Aidan Rigby (C) 10:03.59, Rob Waddy (C-aly) 10:41.49

High Jump Nithesh Ranasinha (O) 1.95, Guther Klobe (C) 1.90, Ethan Sorrell (C) 1.85, Aondoyima Ioratim-Uba (O) 1.80

Pole Vault Archie McNeillis (O) 5.01 (**match record**), Callum Court (C) 4.40, Freddie Bunbury (C) 4.20, Nikolaos Farmakidis (O) 4.00

Long Jump Alexander MacAulay (O) 6.89 (w +0.4), Daniel Smith (O) 6.84 (w -0.1), Elliott Baines (C) 6.68 (w -0.2), Andrew Ejemai (C) 6.19 (w +1.0)

Triple Jump Jude Bright-Davies (O) 14.70 (w -1.7), Carl Britto (O) 13.86 (w -2.7), Andrew Ejemai (C) 12.77 (w -0.4), Elliott Baines (C) 12.73 (w -1.2)

Shot Jack Paget (O) 13.26, Davy Lalor (O) 12.60, Mojowo Odiase (C) 12.24, Ed Slater (C) 11.11

Discus Chris Kneale-Jones (C) 43.61, Jack Paget (O) 37.64, Ed Slater (C) 34.71, Fergus Imrie (O) 31.89

Hammer Jack Paget (O) 49.52, Martin Croft (C) 45.08, Robin Croft (C) 42.13, Fergus Imrie (O) 26.26

Javelin Caspar Whitehead (O) 58.79, Oli Bradfield (C) 50.97, David Korczynski (O) 49.29, Justas Dauras (C) 49.11

4 x 100m relay Cambridge (Chu, Walden, Nembhard, Opara) 42.39, Oxford (Gregory, Grundmann, Steel, Macaulay) 42.52, Oxford Centipedes (Salt, Thornton, Leung, Vilona) 44.43, Cam-



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

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

Oxford were to repeat their 4-0 sweep with victories in both second team matches. Dan Gregory's Steven Stuart winning performances in the Long Jump, 200 and Discus paved the way for the Centipedes while the Millipedes were aided by ineligible Blues athletes Katie

Woods (Ox-woman) 6:01.35, Joe Gibson (Ox) 6:02.01, Rebecca Oats (Cam-woman) 6:12.76, Shelly Forester (Ox-woman) 9:40.95

Men's Blues Match

100m (wind +0.4) Kaesi Opara (C) 10.78, Isaac Kitchen-Smith (O) 10.84, Harrison Steel (O) 10.90, [James Walden (C) disqualified]

200m (wind -0.4) Kaesi Opara (C) 21.90, Harrison Steel (O) 22.02, Sam Day (C) 22.05, Isaac Kitchen-Smith (O) 22.59

400m Sam Day (C) 48.76, Edward Rees (O) 49.05, Rasmus Kisel (C) 49.76, Matthew Newton (O) 50.49

800m Rasmus Kisel (C) 1:53.33, Miles Weatherseed (O) 1:53.79, Austin Puleo (C) 1:56.44, Luke Cotter (O) 1:57.75

Mile Alexander Gruen (O) 4:14.50, Jamie Parkinson (O) 4:15.78, James Coxon (C) 4:18.38, MacGregor Cox (C) 4:34.69

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

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

4 x 400m relay Oxford (Newton 51.3, Grundmann 50.2, Llyr 49.5, Rees 48.2) 3:19.13, Cambridge (Burton 51.1, Puleo 50.1, Evans 50.7, Day 47.5) 3:19.34, Oxford Centipedes (Baker 51.7, Gardner 51.3, Parkinson 51.2, Weatherseed 52.4) 3:26.57, Cambridge Alverstone (Taylor 53.7, Flaherty 51.8, Cheli 50.7, Freeman 51.1) 3:27.24

Result: Oxford 118, Cambridge 93

Women's Blues Match

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

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

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

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

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

5000m Emily Ruane (C) 17:10.49, Kim Horner (O) 17:16.13, Sophia Saller (O) 17:17.88, Lauren Major (C) 17:21.07, Elizabeth Apsley (C-all) 18:14.66, Hannah Plaschkes (O-mill) 18:53.70, Rachelle Falloon (C-all) 19:14.51, Helene Greenwood (O-mill) 19:29.28

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

200m hurdles (wind +2.5) Caroline Hilley (C) 29.03, Eleanor Duck (O) 30.49, Emma Roberts (O) 31.71, Daisy Irving-Hyman (C) 32.31

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



(C) 66.58, Georgina Ellis (O) 75.47

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

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

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

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

Triple Jump Mary Adeniji (C) 11.63 (w -0.5),

Madeleine Smith (O) 11.47 (w +0.4), Teele Palumaa (O) 11.45 (w +1.1), Heather Muir (C) 10.64 (w -0.4)

Shot Kate Dennison (O) 11.17, Katie Holder (O) 10.52, Ellie Lane (C) 10.05, Emmaline Okafor (C) 9.52

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

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

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

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

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

Result: Oxford 112, Cambridge 100

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

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

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



Charlotte Dannatt leading the 800m past the Achilles tent



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

Evans (C) 22.83, Hugh Baker (O) 23.42, David Adeboye (C) 23.93

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

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

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

5000m (run with Blues race; see above)

110m hurdles (wind +0.8) Lars Heidrich (C) 17.65, Tyson Jones (O) 19.15, Sam Charlwood (C) 19.70, Will Coxon (O) 21.50

200m hurdles (wind -0.1) Lorenzo Vilona (O) 26.88, Oliver Brown (C) 28.34, Tyson Jones (O) 28.60, Jake Brucez (C) 28.77

400m hurdles Tommy Lees (O) 61.19, Matthew Harris (C) 62.63, Lawrence Hopkins (C) 62.73, Brodie Denholm (O) 66.88

3000m steeplechase (run with Blues race; see above)

High Jump Chris Everett (O) 1.85, Lars Heidrich (C) 1.80, Daniel Gregory (O) 1.70, Cillian Leow (C) 1.60

Pole Vault Daniel Stanley (C) 3.60, Sam Plummer (C) 3.40, Kit Aina (O) 2.90, Nathan Inkester (O) 2.00

Long Jump Daniel Gregory (O) 6.46 (w -0.4), Oliver Brown (C) 6.09 (w +0.4), Joshua Ejinkonye (O) 5.92 (w +0.3), Douglas Buisson (C) 5.78 (w +1.2)

Triple Jump Philip Nash (O) 12.50 (w -1.7), Joshua Ejinkonye (O) 12.34 (w -0.8), Oliver Brown (C) 12.22 (w -3.5), Sebastian Cheli (C) 12.07 (w -1.5)

Shot Christoph Klein (C) 11.48, Oliver Adams (O) 10.80, Vikram Thakur (C) 10.31, Aron Hegedus (O) 10.07

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

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

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

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

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

Result: Centipedes 118, Alverstone 94

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

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

200m (w +0.8) Amrita Panesar (C) 26.39, Katie Hannawin (O) 26.47, Sophie Hubbard (O) 26.56, Catriona Marriott (C) 27.08

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

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

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

5000m (run with Blues race; see above)

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

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

34.95, Alexandra Burchill (C) 34.99

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

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

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

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

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

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

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

Discus Anna Niedbala (O) 39.12 (**match record**), Heather Nelson (O) 25.48, Rachel Elwood (C) 23.76, Abigail Parker (C) 22.87,

Hammer Anna Niedbala (O) 43.85 (**match record**), Olivia Rowe (C) 27.84, Heather Nelson (O) 26.26, Lucy Hart (C) 20.09

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

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

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

Result: Oxford Millipedes 116, Cambridge Alligators 95

CJRT 14.6.2018

IN MEMORIAM

Sir Roger Bannister CH CBE (Exeter, Oxford, 1946-50; Merton, Oxford, 1950-63; and Master of Pembroke, Oxford, 1985-93), on 3rd March 2018

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

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

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



- World Record Holder at One Mile in 1954 (3:59.4)
- World Record Holder at 4 x One Mile Relay in 1953 (16:41.0)
- European Champion at 1500m in 1954
- Empire & Commonwealth Champion at One Mile in 1954
- 4th in the Olympic Games of 1952
- AAA Champion at One Mile in 1951, 1953 and 1954, and at 880y in 1952
- Winner of Achilles Medals in 1949, 1951, 1952, 1953 and 1954.
- Vice-President of the Achilles Club
- Chairman of the Sports Council 1971-74

NDAY TELEGRAPH MAY 16, 1951



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

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

- Claire Lavers

He was certainly a legend and a great inspiration to many. But I

regret his insistence on remaining so true to his 'Amateur' ideals, and thereby refusing to allow OUAC to benefit financially from any celebrations of the anniversaries of his achievement. Personally I would have welcomed any sign of interest or support from Roger while I was at Oxford. Never mind!

- Julian Goater

I'll always remember the great support you provided to me during the 6 years that we ran together for the Achilles Club at Oxford Cambridge and London. You were determined that an Englishman become the first to run the mile under 4 minutes. We both passed our oral exami-

nation for membership to the Royal College of Surgeons of England on the same morning. Rest in peace my friend.

—Dr Cecil Walkley

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

—Hugo Fleming

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

—Shanker Singham

Sad day. I still well remember his greatest races as I ran with Roger

in Vancouver in the Empire & Commonwealth Games and in the European champs in 1954 as well as being a cheering spectator at the first 4 minute mile.

-Ian Boyd

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

- Tom Dowie



Harvard-Yale Centenary 1995

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

—Michael Spriggs

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

- Sally Hughes

What a great man and an inspiration to so many!

- Sidney Miller

I liked and admired Roger immensely over many years.

- John Goodbody

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

- Robert Exell



Centipedes 880, 1947: 1st Macpherson..... 3rd Bannister....

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

- Tim Johnston

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

— Bob Angier

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

—Neville Norman



Competing for Achilles 1951

A legend of our sport.

- Andrew Lill

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

— Terence P.T. Williams

A great loss for the sport and the club.

—Michael Rush

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

—Michael Beloff

Sir Roger Bannister Memorial

From Hugo Fleming, OUAC President 2016-17

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

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

This was a thread that ran through all of the tributes on that day: Sir Roger was more than just a runner, having achieved remarkable success in a number of other fields as well. He was, as Lord Patten put it, 'a man for all seasons'. Professor

Dafydd Thomas, a former colleague at the National Hospital for Neurology and Neurosurgery, even remarked that Sir Roger himself ranked his neurological work higher than the four-minute mile. He was Master of Pembroke College for eight years, and highly regarded in that role, as the current Master, Dame Lynn Brindley, related; while his contributions to the civic life of Oxfordshire were recognised by the representative of the Crown, the Lord Lieutenant of Oxfordshire.

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

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

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

Roger's memorial could have been filled many times over. Although there were very many fellow clubmates who would have liked to attend. Pembroke invited a representative each from OUAC and Achilles

A day in May

By John Bryant

John wrote this piece on hearing of Roger's death: his authorised full exploration of the feat, "3:59.4" is highly recommended

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

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

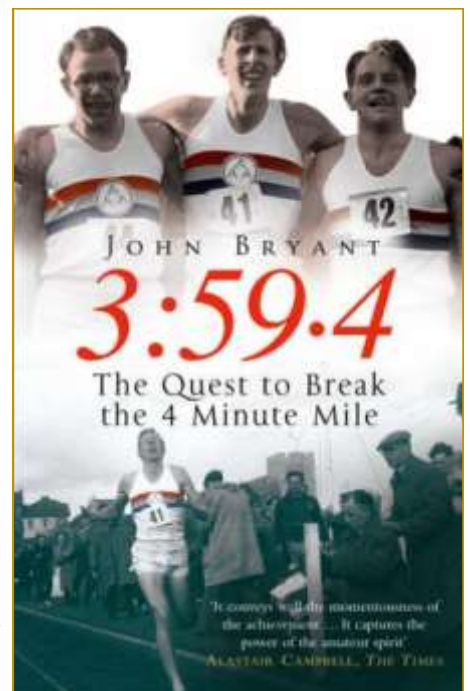
The weather forced him to reconsider. It was hopeless. He phoned Chris Brasher to say

the attempt was off. Then he rang Chataway to say it was on. To run or not to run, it was a crazy impossible question.

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

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

The weather was the first thing they talked about when Bannister bumped into Franz Stampfl on the train at Paddington. Half by chance, half by destiny, both men - the athlete and the coach - had decided to travel



up early to Oxford, and to travel alone to focus their every thought on the race ahead. Bannister clung to the belief, arrogantly some felt, that he needed no coach.

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

Franz Stampfl knew with certainty that a man could run a mile in under 4 minutes, and he knew that Roger had the talent and the will to do it. He argued that Bannister had time in hand, that he was capable of 3 minutes 56 seconds and that he would never slow him by more than half a second a lap. It's all in the mind, argued Franz, the mind can overcome almost anything. And what if this is the only chance you get? Others want that record; tomorrow may be too late.

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

This time, the event and the meeting seemed genuine enough. The pacemakers, Chris Brasher and Chris Chataway, had come

Favourite Achilles moment

I was relaxing with '3:59.4' on the Achilles tour to Australia 15 years ago, when my mobile rang. It was none other than Roger himself, wanting Achilles blazer buttons. My roommate Adrian Thiemicke and I both stood to attention. I treasure the memory - Paul Willcox

along as legitimate competitors who would run the full distance and finish the race. This May evening it was not the pacemakers who were the problem - it was the weather.

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

Bannister's dream had been born out of defeat and he knew that if he went for the record now and missed it he would be branded a failure yet again. The memory of the 1952 Olympics in Helsinki was still as raw as a freshly pulled muscle. He had gone there hailed by the newspapers as the favourite,

the golden boy, weighed down by the crippling burden of expectation that he would surely bring back a medal to brighten the austere gloom of post-war ration book Britain. But the organisers stuck in an extra round, an extra race. This threw him and destroyed his confidence. He ended up only fourth in the 1500 metres and out of the medals. The headlines were savage, the hurt deep. He dreaded those headlines now.

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



seconds short of 4 minutes, establishing the mile of the 19th century. Many believed this was a time that would never be beaten. But George himself knew better and, soon enough, other giants were showing that it was possible to match it. Arnold Strode Jackson, Paavo Nurmi, Jack Lovelock, Sydney Wooderson; the names echo around the stadiums and down through the years as the men who threatened the 4 minute barrier and left their mark on the mile.

As the legends grew, the sight of the barrier also seemed to increase. Then, in the 1940's, the Swedes produced 2 phenomenal runners, Gunter Haegg and Arne Anderson, who trained in the air of pinewoods in their lungs and raced with the loose limbed fluency of thoroughbreds. They came within strides of the summit, but always it seemed just a few feet out of reach.

For 8 long years after the Swedes - a lifetime in athletics, the length of two Olympiads - no runner could match their times. And the summit seemed to recede into the mists of impossibility. Then, in the post war years after the 1952 Olympic Games, as the warmth of peace returned to the world and the chill of austerity melted, a new generation of runners took to the track and the race for the 4 minute mile was back on. By the 1950's, men like John Landy in Australia, Wes

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

The man who challenged the impossible that evening in May was the 25 year old medical student, Roger Bannister, who had broken through as a miler while a teenager at Exeter College, Oxford. His preparation and much of his approach to his sport seemed firmly rooted in the classic amateur ethos of

the pre war world into which he was born. The part time Olympian, taking a break from his studies or his work to carry off a gold medal was the ideal hero. Bannister, for all his fine performances was not of that world. He emerged from the mists of Oxford and academia's dreaming spires, and when his work on the track was done, that was the world to which he returned.

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

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

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

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

Eric Robinson (Magdalene, Cambridge 1960-64) on 25th May 2018.

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

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

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

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

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

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


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

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


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

'Bill' Willis competed at 100y , 220y and Long jump in the Varsity Matches of 1946 and 47, pacing 2nd on each occasion. He was Honorary Secretary of CUAC in 1947, and was also a football Blue.



CUAC c 1947. Bill Willis front row third from right



Passing the baton in the Relays Match

Graham Dugdale (Christ Church, Oxford, 1970-73) on 7th May 2018

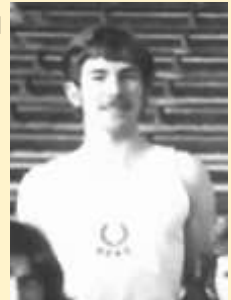
Graham died suddenly on 7th May 2018 at his home in Devon. Graham was a cross country blue and ran 5,000 metres in the Centipedes/Alverstone match. His time of 14:41 in 1973 is still the record for that match. After university, Graham ran for Thames Valley Harriers, and ran a PB of 2:16 for the marathon.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

- Warwick Ewers

Graham was part of the fastest 5000m in Varsity Match history: his time remains the Centipedes/Alverstone match record, and in the same race Julian Goater's 13:51.8 is still the Varsity record.

The results of the combined race were:

Julian Goater (O)	13:51.8 rec
Chris Garforth (C)	14:18.2
Tony Moore (O)	14:35.2
Martin Dell (C)	14:40.0
Graham Dugdale (Cent)	14:41.0 rec
Bob Lunnon (Alv)	14:48.0
Paul Swift (Cent)	14:52.0
Bob Treadwell (Alv)	14:56.4


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

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

— Warwick Ewers



OUCCC Blues 1978: Andy Ewers, Schlesinger, Standring, Golding, Brawn, Le Grand, Holdsworth, Walsh, Masback

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

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


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

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



Rev JW Earp (1938-43, Jesus, Cambridge) on 3rd April 2018.

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

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

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

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

He was elected President of CUAC in 1952.



Keith Finley and Nic Stacey

Varsity Match appearances:
100y:- 1949 2nd, 1950 1st,
1951 2nd, 1952 1st.
220y:- 1949 3rd, 1950 2nd,
1951 3rd, 1952 1st.

All the authorities (Mike Sheridan, McWhirters) agree that Keith's best marks were 9.9 and 21.9. But there are complications.....

Allan Malcolm noted the 21.9, but omitted the 9.9 (from his handwritten lists that I inherited). Allan's earliest Varsity Match (annotated) programmes (again that I inherited) date from only 1955 (so do not mention Finley, whose Cambridge dates were presumably 1948-52 - he is down, in my lists, as Varsity Match first string for both 100 and 220 in all his 4 years - Varsity matches 1949, 1950, 1951 and 1952).

Allan was pretty meticulous, so I am surprised at his omission of the 9.9. The McWhirters say the 9.9 was on 27.2.1950 at Fenners; Mike Sheridan has 9.9(1) in "CU sports" Fenners 27.2.1950; but he also has Finley 10.0 (h2) for 28.2.1950. This latter sounds to have been in heats the day before the final, in which case the dates seem to have been reversed.

The 21.9 (which everyone has) was complex. It is in Allan's listing.

The McWhirters have it down in their 200m listing as 21.9n Fenners 5 June 1951, and again in the 220y (separate) list, again as 21.9 (this time with no "n") Fenners 5 June 1951. Sheridan, probably the most meticulous has the following for Finley in 1951:

21.9 (219.5y) (2) AAA v CU Fenners 5.6.1951
22.1y (1) CU sports 1.3.1951 22.5y (3) Varsity Match 10.3.1951 22.7y (1) UAU 18.5.1951 22.6m (4 sf1) WUG 23.8.1951 this was the World University Games (in Luxemburg); 22.8y (1) CU sports 13.2.1951 (this must have been Cuppers or some inter-College affair; the official CU sports being on 1 March).

Looking further into the "219.5y"; I see that the winner that day was McDonald Bailey in 21.0 (Finley was second); and that he (Bailey) also won the 100y (in 9.6w, Finley again being second, in 10.0w). These times by Bailey were amongst the fastest run in Britain in 1951; and I know that the "authorities" had been very sceptical about Fenners for some long time. If the

100y had been wind-assisted that day, the 220y would also have been wind-assisted (since only the first 50y was on a bend, the final 170y being on the home straight). But there was also worry about track measurement. Cyril Coote (whose obituary describe as a "legend") was the head Groundsman, and certainly a martinet (I remember him well). At the start of the Athletics season, he (Cyril) would circulate the track, digging a heel in every so often, shouting "quarter" or "mile" or some such; and his assistant would bang a peg in, to mark the position of the start for a particular distance. We all hoped that he had seen the (perhaps faint) mark remaining from the year before (otherwise this was a rather haphazard technique of measuring for a 576y track!). In the case of Bailey's 21.0 (which might have been in danger of being ratified as a British record), the (presumably AAA) big-wigs probably demanded a re-measurement - hence the 219.5y decision!! - CJRT

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

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



Anthony Moger (Magdalene College, Cambridge, 1959-62) on 12 November 2016.

Anthony was a generous donor to the Achilles Trust.

MG Craven (St Edmund Hall, Oxford, 1964-5) in January 2013.

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



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

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

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



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

IS Bain (St Edmund Hall, Oxford, 1955-58) on 20 April 2018.

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



OXFORD & CAMBRIDGE v PENNSYLVANIA & CORNELL

at Iffley Road, Oxford on Saturday 30 June 2018

Men

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

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

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

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

Mile Alexander Gruen (Oxford) 4:16.51, Dominic DeLuca (Cornell) 4:17.33, James Coxon (Cambridge) 4:17.44, William Christofi (Oxford-guest) 4:19.21, Patrick Hally (Penn) 4:19.45, Christopher Luciano (Penn-guest) 4:24.14

5000m Jamie Parkinson (Oxford) 14:51.11, Aaron Groff (Penn) 14:52.20, Samuel (?Alexander) Chauvin (Cornell) 15:18.19, Luke Cotter (Oxford) 15:22.79, Daniel Mulryan (Oxford) did not finish

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

400mh Ronan Llyr (Oxford) 55.71, Louis Gardner (Oxford) 56.13, Michael Wang (Cornell) 61.54, Ross Wilson (Penn) 61.68

Steeplechase Richard Ollington (Cambridge-guest) 9:28.63, Colin Daly (Penn) 9:30.86, William Daly (Penn) 9:30.90, Miles Chandler (Oxford) 9:43.05, Paul Pruzina (Cambridge) 9:53.52

4x100m Penn-Cornell 41.75, Oxford-Cambridge 42.15



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

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

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

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

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

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

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

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

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

Result Penn & Cornell 119, Oxford & Cambridge 75

Women

100m (w +1.8) Taylor McCorkle (Penn) 12.01, Ellen Shepard (Cornell) 12.36, Hephzibah Adeosun (Cambridge) 12.44, Olayemi Anifowose-Eso (Oxford) 13.14

200m (w +1.0) Chiamaka Ene (Penn) 24.39 (**match record**), Caroline O'Neil (Penn-guest) 25.17, Candace Taylor (Penn) 26.08, Sophie Hubbard (Oxford) 26.86, Katie Hannawin (Oxford) 27.53

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

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

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

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

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

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

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

4x100m Penn-Cornell 46.32, Oxford-Cambridge 50.98

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

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



ence Cochrane (Cambridge) 1.55

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

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

Triple Jump Mary Adeniji (Cambridge) 11.28 (+0.65), Barbara



Dai Robert and Matt Buck chatting with Olympic 400mH Gold Medalist Charlie Moore



Biney (Penn) 10.97 (+0.55), Teele Palumaa (Oxford) 10.76 (-0.37), Kathryn Gulbrandsen (Cornell) 9.79 (+0.47)

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

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

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

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

Result: Penn & Cornell 126, Oxford & Cambridge 69

Achilles Baltic Tour

August 15-22 2018

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



100 1				
Pos	Perf	wind	Name	
4	12.05 w	3.2	Laurent Stephenson	PB
5	12.1 w	3.2	James Tufnell	SB
6	12.28 w	3.2	Conrad Will T13/F13	SB
100 2				
4	10.69	1.2	Isaac Kitchen-Smith	
100				
4=	13.07 w	2.1	Katie Hannawin	
6	13.52 w	2.1	Tayo Ward-Brew	PB
7	13.64 w	2.1	Shakira Mahadeva	PB
1000				
5	02:31.6		Caspar Eliot	PB
8	02:32.3		Hugo Fleming	PB
1000				
5	02:58.5		Charlotte Dannatt	PB
6	02:58.7		Anna Sharp	PB
PV				
4	3.92		Bilen Ahmet	
HT7.26K				
7	46.19		Jack Paget	

Kadriog stadium gave an inkling of what the coming competition in Parnu might have in store for the tourists...

But first, with time to relax, the tourists took to an impromptu (and rather ad-hoc) game of beach cricket, where Aussie middle-distance sensation, Alex Gruen, demonstrated an impressive display of fine batting (with foam roller) that could endanger the Baggy Green batsmen's starting spots ahead of the upcoming Ashes series. After a BBQ in the evening, Charlotte Dannatt introduced the team to the latest dance craze, Shake 'n' Pop, which, although it hasn't gone mainstream yet, it is only a matter of time...

Eyebrows largely intact, the team arrived at the Parnu Rannastaadion the next day for the first competition of the tour. For the uninitiated (ie. most of the non-throwers), it turns out that throwing is the national sport of Estonia, and we had

accidentally entered the farewell competition for the aforementioned discus legend, Gerd Kanter, which also doubled as an international Baltic meeting. Competing against a higher-class of athlete than most of the team was used to, also featuring live coverage and results on the large screen, the tourists performed admirably. Christina Nick went toe-to-toe with Gerd Kanter, who was introduced to the hundreds of Estonian fans all chanting 'KANTER' to ACDC's Thunderstruck. Inspired to new heights, the top Achilles performance of the day was undoubtedly a blistering 10.69 PB for Isaac Kitchen-Smith in the 100m. With a total of 9 PBs, and after extensive photos with javelin legend Magnus Kirt, who had claimed victory in a javelin field which had 9 men with PBs over 80m, the team was sent on their way back to Tallinn with food and beer provided courtesy of our hosts. Spirits were high, undampened by the 4.30am start to catch the ferry to Helsinki the next day, and the Vengaboys 'We Like to Party!' carried us back to Tallinn.

Helsinki was unfortunately wet and grey, but after an afternoon of soggy sightseeing, the tourists gathered for dinner in a delightful Czech restaurant with our upcoming competition hosts, Helsingfors Athletics Club. With the dubious Achilles touring blazers out in force, conversation and Finnish beer flowed freely (although not too freely given the final match of the tour the next day!) The final match took place in the Eläintarha Stadium, which was linked to the Helsinki Stadium via a 150m underground track/tunnel/cave! Aptly named the Hyvän tuulen kisat (Tail Wind Championships), the match was blustery, although fortunately the rain had ceased. The 100m runners were propelled to a series of wind-assisted PBs and SBs, whilst the rest of the track ath-

letes struggled, except for a strong solo run by Anna Sharp in the 1500m. In the field, Tom Parker and Jack Paget faced strong competition in the hammer, placing 2nd and 4th respectively. The final event of the day was the highly anticipated Swedish Relay (100, 200, 300, 400), which saw a victory for the Achilles 1st team over the Helsingfors, despite Cameron Bain tearing his hamstring and hanging on boldly in the 300m leg.

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

100 1				
Pos	Perf	wind	Name	
1	12.81 w	2.5	Alan James M40	
100 2				
1	12.04	1.9	James Tufnell	SB
100 3				
5	12.03 w	3.5	Laurent Stephenson	PB
7	12.21 w	3.5	Conrad Will T13/F13	PB
100 5				
1	10.84	0.1	Isaac Kitchen-Smith	
100 5				
3	13.44 w	2.8	Tayo Ward-Brew	PB
4	13.49 w	2.8	Shakira Mahadeva	PB
400 2				
1	50.87		Hugo Fleming	SB
400 3				
3	51.47		Cameron Bain	
6	51.99		Hugh Baker	
1500				
2	04:19.6		Daniel Mulryan	
1500				
1	04:43.7		Anna Sharp	
HJ				
1	1.64		Bilen Ahmet	
DT1K				
1	49.02		Christina Nick	
2	20.34		Katie Dennison	
HT7.26K				
2	59.92		Tom Parker	
4	49.41		Jack Paget	
JT600				
5	14.93		Jenny Sheasby	



Achilles v
Helsing-
fors IFK

WELCOME....

... to the following recently elected new members:

Alexander Bampton; Eleanor Bolton; Oliver Bradfield; Sam Brown Araujo; Jake Bruchez; Alexandra Burchill; Chantelle Caines; Ralph Carro; Gerald Clancy; Belinda Clark; Charlotte Dannatt; Matthew Dawe; Chris Day; Katherine Dennison; Isabel Dye; Andrew Ejemai; Joshua Ejinkonye; Thomas Goulding; Peter Guevara; Lawrence Hopkins; Kimberly Horner; Katrina Kelly; Christopher Kneale-Jones; David Lalor; Shakira Mahadeva; Lauren Major; Peter Merritt; Jack Millar; Daniel Mulryan; Mojowo Odiase; Amrita Panesar; Jamie Parkinson; Benjamin Passey; Alessandra Peters; Paul Pruzina; Austin Puleo; Daniel Rasbash; Thomas Renshaw; Adam Rochussen; Pascal Ruetten; Jaya Sharma; Jennifer Sheasby; Maddy Sketchley; Kirk Smith; Christian Smith; Charles Sneddon; Greg Sulley; Bonnor Sullivan; James Walden; Tayo Ward-Brew; Ericka Wheeler; Conrad Will.

10 March 2018 CUAC Anniversary Games

100 yards (gentlemen)

First race

Sir Clayton Gillespie (#14) 10 and a half seconds; 2. William Morris Esq (#57) 10 and four fifth seconds; 3. Ensign James Tuffnell (#16) 11 and three tenths seconds; 4. Chief Alastair Stanley (#41) 11 and two fifths seconds; Second Race: 1. Mr. James Brooks (#56) 10 and seven tenths seconds; 2. Master Sam Day (#51) 10 and three fifths seconds; 3. The Hon. Ming-Wang Koh 11 seconds exactly; 4. Tsar Justas Dauparas (#22) 11 and three tenths seconds; Third race 1. Andrew Ejemai Esq. (#1) 10 and nine tenth seconds; 2. Ciaran Flaherty Esq. (#6) 11 seconds exactly; 3. Bryce Lim Esq. (#48) 11 and a half seconds; 4. Ethan Sorrell Esq. (#58) 11 and three fifth seconds

Final Race

1. Sir Clayton Gillespie (#14) 10 and a half seconds; 2. Mr. James Brooks (#56) 10 and three fifths seconds; 3. William Morris Esq. (#57) 10 and four fifths seconds; 4. Ciaran Flaherty Esq. (#6) 10 and four fifths seconds; 5. Andrew Ejemai Esq. (#1) 11 seconds exactly; 6. Ensign James Tuffnell (#16) [101 yards] 11 and three tenths seconds; 100 yards (ladies and old Etonians)

1. Miss Brigid Eades (#28) 12 and three tenths seconds; 2. Miss Caroline Johnson (#31) 12 and two fifth seconds; 3. Sir Paul Talbot Willcox (#5) 13 and nine tenth seconds

Mile race (for all-comers)

1. Mr James Coxon (#25) 4 minutes, 25 and a fifth seconds; 2. Chief Alastair Stanley (#41) 4 minutes, 34 and 3 fifth seconds; 3. M. Dominic Jaques (#61) 4 minutes, 37 and a half seconds; 4. Mr. Tom Goulding (#20) 4 minutes, 41 and three tenths seconds; 5. Mr. Ryan Ward (#9) 4 minutes, 52 and seven tenths seconds; 6. Mr. Jeff Chu (#55) 4 minutes, 56 and nine tenths seconds; 7. M. Lucas Vasadi (#45) 5 minutes, 12 and two fifths seconds;



The Sledge-Hammer Throw



The Trouser Race!

8. Miss Brigid Eades (#28) 5 minutes, 41 and four fifth seconds; ;

Standing High Leap (Ladies): 1. Lady Grace Clements (#23) 3 feet, 5 and a quarter inches; 2. Miss Brigid Eades (#28) 3 feet, 3 and a half inches; 3 equal Miss Florence Cochrane (#24) and Miss Lea Wenger (#39); both 3 feet, 1 and a half inches; 5. Miss Catriona Marriott (#29) 2 feet, 9 and a half inches;

Standing High Leap (Gentlemen): 1. Master Sam Day (#51) 4 feet, 8 inches; 2. Mr. Ethan Sorrell (#58) 4 feet, 6 and three-quarter inches; 3. Chief Alastair Stanley (#41) 4 feet, 3 and a quarter inches; 4 equal Mr. Will Morris (#57) and Mr. Baven Balandran (#65) 3 feet, 11 and a quarter inches; 6 equal Colonel Josh Moulard (#21) and Mr. Bilen Ahmet (11) 3 feet, 7 and a quarter inches; 8 equal Tsar Justas Dauparas (#22) and the Honorable Mr. Ming Wang Koh (#30) 3 feet, 3 and a half inches; 10. Sir Clayton Gillespie (#14) 3 feet, 1 and a half inches; Mr. Bryce Lim (#48) attempted a leap of 3 feet, one and a half inches, but failed to clear this; ;

Standing Broad Leap (Gentlemen): 1. Mr. Kaesi Opera (#66) 9 feet 8 inches; 2. Master Samuel Day (#51) 9 feet 7 inches; 3. Tsar Justas Dauparas (#22) 9 feet 6 inches; 4. Mr. Andrew Ejemai (#1) 9 feet 1 inch; 5. Chief Alastair Stanley (#41) 8 feet 11 inches; 6. Sir Clayton Gillespie (#14) 8 feet 9 inches; 7. Colonel Joshua Moulard (#21) 8 feet 8 inches; 8. Mr. Baven Balendran (#65) 8 feet 6 inches; 9. Mr. Ethan Sorrell (#58) 8 feet 4 inches; 10 equal Mr Bryce Lim (#48) and Mr. Bilen Ahmet (#11) 8 feet 1 inch; 12. Dr. Andrew Hodge (#63) 7 feet 9 inches; 13. Mr. Roderick Thorne (#43) 5 feet exactly;

Standing Broad Leap (Ladies): 1. Lady Grace Clements (#23) 7 feet, 10 inches; 2. Miss Lea Wenger (#39) 7 feet, 6 inches; 3 equal Miss Alice Flint (#32) and Miss Brigid Eades (#28) 7 feet exactly; 5. Miss Ellie Lane (#8) 7 feet exactly; 6. Miss Caroline Johnson (#31) 6 feet, 10 inches; 7. Fraulein Johanna Schoenecker (#18) 6 feet 10 inches;

Casting the stone, with each hand (16lb weight) (gentlemen): 1. Mr. Ed Slater (#27) best hand 33' 6", other hand 28' 4"; total 61' 10"; 2. Chief Alastair Stanley (#41) best hand 35' 4", other hand 25' 3"; total 60' 7"; 3. Colonel Josh Moulard (#21) best hand 34' 3", other hand 26' 0"; total 60' 3"; 4. Tsar Justas Dauparas (#22) best hand 33' 4", other hand 26' 1"; total 59' 4"; 5. Bay Bilen Ahmet (#11) best hand 31' 3", other hand 22' 10"; total 54' 1"; 6. Ensign James Tuffnell (#16) best hand 26' 2", other hand 19' 3"; total 45' 2"; 7. the Honorable Mr Ming Wang Koh (#30) best hand 18' 7", other hand 14' 7"; Total 33' 4";

Casting the stone, with each hand (? Weight) (ladies): 1. Madam Grace Clements (#23) best hand 36' 8", other hand 25' 7"; total 62' 3"; 2. Miss Emmaline Okafor (#47) best hand 29' 10", other hand 26' 10"; total 55' 1"; 3. Miss Ellie Lane (#8) best hand 31' 11", other hand 22' 5"; total 54' 4"; 4. Miss Cara James (#46) best hand 29' 1", other hand 23' 10"; total 52' 11"; 5. Miss Johanna Schoenecker (#18) best hand 26' 0", other hand 22' 6"; total 48' 6"; 6. Miss Catriona Marriott (#29) best hand 20' 0", other hand 14' 4"; total 34' 4"; 7. Miss Alice Flint (#32) best hand 17' 11", other hand 13' 10"; total 31' 9"; 8. Miss Caroline Johnson (#31) best hand 15' 0", other hand 13' 6"; total 28' 6"; Sledge-hammer Throw (Gentlemen) 12lb weight: 1. Bay Bilen Ahmet (#11) 68' 8"; 2. Mr. Alistair Stanley (#41) 68' 7"; 3. Mr. William Morris (#57) 67' 4"; 4. Colonel Josh Moulard (#21) 65' 7"; 5. Master Sam Day (#51) 63' 6"; 6. Mr. Ed Slater (#27) 60' 6"; 7. Mr. Ethan Sorrell (#58) 57' 1"; 8. Ensign James Tuffnell (#16) 50' 7"; 9. Mr. Sam Charlwood (#67) 49' 5"; 10. Tsar Justas Dauparas (#22) 48' 9"; 11. The honourable Mr. Ming Wang-Koh (#30) 47' 7"; 12. Mr. Jacob Butland (#68) 44' 0"; 13. Mr. John Meikle (#55) 39' 0"; 14. Mr. Tom Mitchell (#69) 35' 4"; 15. Mr. Bryce Lim (#48) 35' 2";

Sledge-hammer Throw (Ladies) 12lb weight: 1. Madam Grace Clements (#23) 40' 7"; 2. Miss Bridget Fryer (#70) 40' 1"; 3. Miss Ellie Lane (#8) 37' 0"; 4. Miss Emmaline Okafor (#47) 35' 10"; 5. Miss Chloe Billingham (#49) 32' 9"; 6. Miss Lea Wenger (#39) 32' 4"; 7. Excellency Daisy Irving-Hyman (#62) 31' 6"; 8. Miss Lucy Hart (#12) 31' 1"; 9. Miss Catriona Marriott (#29) 30' 0"; 10. Miss Caroline Johnson (#31) 28' 0"; 11. Miss Alice Flint (#32) 27' 10"; 12. Miss Florence Cochrane (#24) 26' 6"; 13. Mlle. Johanna Schoenecker (#18) 24' 0"; ;

Trouser race, for all-comers (450 yards, one circuit of the running path): 1. Mr. James Brooks and another 76 and 3 tenth seconds; 2. Mr. Bryce Lim and another 78 seconds; 3. Ensign James Tuffnell and another 83 and four fifth seconds; 4. Miss Caroline Johnson and another 85 and two fifths seconds; 5. Excellency Daisy Irving-Hyman and another 87 and nine tenths seconds; 6. Mlle Johanna Schoenacker and another 93 seconds; 7. the Honorable Ming Wang-Ko and another 94 and a fifth seconds; 8. Sir Clayton Gillespie and Mr. Will Morris 98 seconds; 9. Madam Grace Clements, Colonel Josh Moulard and Mr. Bilen Ahmet 116 and a fifth seconds; 10. Miss Amrita Panesar and another 138 and 4 fifths seconds; 11. Mr. Rod and Mrs Sylvia Thorne 224 and a tenth seconds - CJRT

Kinnaird & Sward Trophy Matches

21st April 2018 Kingsmeadow

A largely Oxford men's contingent were unable to match the home team, Kingston & Poly, who as always fielded several of our own members, but saw off the challenges from Epsom and other clubs. Their achievements were mirrored by an Achilles women's team having more light blue balance.

Kinnaird Trophy (Track Events) . KACPH 239 . Achilles 227 . Epsom 223 . Hercules 203 . HHH 45 . Sutton 30 .

Men 100m 1 Isaac Kitchen-Smith 11.08 -0.9. 100m 3 Justin Leung 11.63 1.5. 1500m 4 Peter Guevara 4.58.56 . 2000m SC 2 Jamie Parkinson 5.58.1 .

2000m SC 1 Kirk Smith 6.11.7 . 200m 2 Isaac Kitchen 22.38 -1.1. 200m 1 Daniel Gregory 22.82 -0.7. 400m 3 Matt Newton 51.00 . 400m 1 Edward Rees 49.58 . 400mH 1 Ronan Llyr 56.09 . 400mH 1 Lawrence Hopkins 63.83 . 800m 2 Sam Brown-Araujo 2.04.37 . 110mH 1 Bilan Ahmet KACPH 20.04 0. 1500m 1 James Coxon KACPH 3.59.23 . 2000m SC 1 Daniel Eckersley KACPH 5.53.2 . 400m 2 Hugh Baker KACPH 51.41 . 400mH 2 Bilan Ahmet KACPH 67.13 . 800m 3 Bilan Ahmet KACPH 2.51.76 .

Women 100m 4 Zoe Thursz 13.68 1.1. 100m 1 Amrita Panesar 12.93 1.1. 100mH 2 Emma Roberts 15.92 -0.3. 1500m 1 Charlotte Dannatt 4.46.66 . 1500m 1 Eleanor Bolton 4.52.57 . 200m 2 Amrita Danesar 27.01 . 200m 2 Olayomi Anitonose-eso 28.43 0.3. 400m 1 Irene Gibson 58.53 . 400m 2 Jennifer Sheasby 75.20 . 400mH 1 Gladys Ngetich 1.06.14 . 400mH 1 Daisy Hyman-Irving 1.06.90 . 800m 5 Annabel Sharo 3.00.37 .

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

Sward Trophy (Field Events) . KACPH 273 . Achilles 184 . Epsom 165 . Sutton 54 . Hercules 48 . HHH 32 .

Men . Discus 2 Jack Paget 39.57 . Discus 1 Chris Kneale-Jones 38.88 . Hammer 2 Jack Paget 48.06 . Hammer 2 Adam Rochussen 28.12 . High Jump 3 Daniel Gregory 1.75 . Javelin 1 Arran Davis 52.83 . Long Jump 2 Sandy Macaulay 6.59 . Long Jump 1 Daniel Smith 6.52 . Pole Vault 1 Archie McNeillis 4.60 . Pole Vault 1 Chris Day 3.35 . Shot 3 Adam Rochussen 9.64 . Triple Jump 2 Andrew Ejemai 12.97 . Triple Jump 1 Joshua Ejinkonye 12.55 . . Discus 2 Andy Wheble KACPH 38.63 . High Jump 5 Bilan Ahmet KACPH 1.50 . Javelin 1 Andy Wheble KACPH 38.50 . Pole Vault 2 Bilan Ahmet KACPH 3.55 .

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

LICC Matches

LICC 28th April 2018 at Lee Valley. 400m Hurdles Race 2: Lawrence Hopkins SM 65.23: Bilan Ahmet SM 68.17: 400m Hurdles Race 3: Alexandra Burchill SW 79.75: 100m Hurdles LICC 2.2 M/S: Alexandra Burchill SW 19.95: 800m LUCA Men Race 1: Hugo Fleming SM University College London 01:58.81: 100m LICC Race 2 1.0 M/S: Kaesi Opara SM 10.91: 100m LICC Race 4 2.1 M/S: Pascal Ruetten SM 12.39: 400m LICC race 1: Austin Puleo SM 52.47: 400m LICC race 3: Caroline Johnson SW 61.38: 200m LICC race 1 1.7 M/S: Kaesi Opara SM 22.14: 200m LICC race 3 1.0 M/S: Caroline Johnson SW 27.12: Triple Jump LUCA : Bilan Ahmet SM 11.02: High Jump: Bilan Ahmet SM 1.50: Pole Vault Indoors due to faulty equipment : Bilan Ahmet SM 3.71: Luke Williams SM Ashford 3.61: Jennifer Sheasby SW 2.51: Javelin Pool 2 : Oliver Bradfield SM 54.82: Bilan Ahmet SM 28.50: Shot Pool 1 : Bilan Ahmet SM 9.48: Hammer LICC : Bilan Ahmet SM 21.81: Georgina Howe SW 50.05: Discus Pool 2 : Bridget Fryer SW 31.14: : Discus Pool 3 : Bilan Ahmet SM 19.88: Bridget Fryer SW 33.11: Abigail Parker SW 18.89.

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

LICC 27th July 2018 at Allianz Park. 100m race 3 -2.4 M/S : Toleme Ezekiel SM 11.88: 100m race 9 -2.9 M/S : Paul Willcox M65 15.27: 400m race 1 : Austin Puleo SM 52.62: 200m race 2 -2.3 M/S : Austin Puleo SM 25.04: 200m race 3 -1.8 M/S : Alice Kaye SW 26.68: 200m race 5 -1.5 M/S : Alexandra Burchill SW 29.36: 200m race 6 -1.4 M/S : Paul Willcox M65 32.05: 110m Hurdles -3.0 M/S : Bilan Ahmet SM 20.42: 1500m : Lucy Marlow SW 05:12.05: Pole vault : Bilan Ahmet SM 3.70: Jennifer Sheasby SW 2.60: Triple jump : Bilan Ahmet SM 11.01: Hammer : Helen Broadbridge SW 52.64: Emmaline Okafor SW 40.03: Discus : Helen Broadbridge SW 43.69: Javelin : Bilan Ahmet SM 31.10: Shot Put : Bilan Ahmet SM 9.62: Bo Ivanovic M75 9.47: Helen Broadbridge SW 10.33.

LICC 25th August 2018 at Allianz Park. 100m Race 1 3.3 : ISAAC KITCHEN-SMITH 10.85: 100m Race 3 1.2 : TOLEME EZEKIEL 11.61: 100m Race 4 3.1 : BRYCE LIM 11.87: 100m Race 5 1.3 : LAURENT STEPHENSON 12.24: JAMES TUFNELL 12.31: 100m Race 6 0.7 : CONRAD



Kaesi Opara: good early season form in match 1



Pascal Ruetten

WILL 12.50: ALAN JAMES 12.99: 400m Race 1 : AUSTIN PULEO 53.44: 200m Race 2 2.5 : AUSTIN PULEO 24.09: 200m Race 3 1.8 : CEAKE MADDIX 23.67: BRYCE LIM 24.03: CONRAD WILL 25.07: Long jump Pool 1 : JUDE BRIGHT-DAVIES 6.75: Pole Vault : CALLUM COURT 4.40: BILAN AHMET 4.00: JENNIFER SHEASBY 2.60: Hammer : JACK PAGET 52.82.

THE 2018 VARSITY CROSS COUNTRY RACES

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

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

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

In the event, the runners stayed closely packed well into the race and

WOMEN			
Place	Name	Team	Time
1	Nancy Scott	CUHH	23:26.0
2	Charlotte Dannatt	OUCCC	23:33.0
3	Niamh Bridson Hubbard	CUHH	23:50.0
4	Phoebe Barker	CUHH	24:01.0
5	Fiona Bunn	CUHH	24:05.0
6	Eleanor Bolton	OUCCC	24:19.0
7	Lauren Major	CUHH	24:29.0
8	Alexandra Shipley	OUCCC	24:30.0
9	Floren Scrafton	OUCCC	24:34.0
10	Anna Sharp	OUCCC	24:36.0
11	Laura John	OUCCC	24:51.0
12	Hannah Plaschkes	OUCCC	25:07.0
13	Julia Maxwell	CUHH	25:15.0
14	Emily Sundquist	CUHH	25:17.0
15	Florence Wiggins	CUHH	25:26.0
16	Ella Sharrock	OUCCC	25:53.0

MEN			
Place	Name	Team	Time
1	James Parkinson	OUCCC	38:36.0
2	George Gathercole	CUHH	38:37.0
3	Timothy Lefroy	OUCCC	38:37.0
4	Jack Millar	OUCCC	38:50.0
5	William Christofi	OUCCC	38:56.0
6	Timothy Harrison	OUCCC	39:05.0
7	William Ryle-Hodges	CUHH	39:06.0
8	Norman Shreeve	CUHH	39:32.0
9	MacGregor Cox	CUHH	39:36.0
10	Phillip Crout	CUHH	39:45.0
11	Luuk Metselaar	OUCCC	39:56.0
12	Luke Cotter	OUCCC	40:01.0
13	Noah Hurton	OUCCC	40:08.0
14	Joseph Massingham	CUHH	40:53.0
15	Paul Aste	CUHH	41:09.0
16	James Coxon	CUHH	41:34.0

OLD GITS			
Place	Name	Team	Time
1	Miles Chandler	OUOG	21:36.0
2	Will Mycroft	OUOG	21:45.0
3	James Hoad	CUOG	21:50.0
4	Christopher Phillips-Hart	OUOG	22:10.0
5	Richard Ollington	CUOG	22:21.0
6	Patrick Roddy	CUOG	22:25.0
7	Tom Kearns	CUHH	22:25.0
8	Dominic Jaques	CUOG	22:36.0
9	Rob Waddy	CUHH	22:49.0
10	Matt Grant	CUOG	22:52.0
11	James Chettle	CUOG	23:00.0
12	Tom Lamont	OUOG	23:09.0
13	Joe Woods	OUCCC	23:14.0
14	Miles Weatherseed	OUCCC	23:17.0
15	Gordon Pearce	THH	23:37.0
16	William Kirk	CUOG	23:46.0
17	Joe Gale	THH	24:13.0
18	James Meiklejohn	CUHH	24:18.0
19	Will Bowers	CUOG	24:21.0
20	Katie Hedgethorpe	CUOG	24:31.0
21	Oliver Garner	CUOG	24:43.0
22	Simon Molden	OUOG	24:49.0
23	Lloyd Hilton	CUOG	24:56.0
24	Bethanie Murray	OUOG	25:07.0
25	Lizzy Apsley	CUHH	25:26.0
26	Claire Hammett	OUCCC	25:56.0
27	Andy Arbour	OUOG	26:48.0
28	Emily Bradley	CUHH	27:54.0
29	Tilly Woods	OUCCC	29:15.0
30	Andy Robinson	OUOG	29:37.0
31	Emma Elston	CUOG	29:55.0
32	Robert Hirst	CUOG	31:11.0
33	Andrew Hope	CUOG	31:58.0
34	Mia Mathur	CUHH	32:55.0
35	Neil Mathur	CUOG	32:55.0
36	Jim Shemilt	OUOG	34:05.0
37	Amy Groeneveld	THH	35:57.0
38	Edie Oxlade	OUOG	38:42.0
39	Hugh richards	OUOG	40:34.0

it was not until they had passed the Windmill for the second time, at about the half-way point, that it started to break up and become clear that it was indeed going to form. Over the last two miles, the battle for individual honours became a three-way contest between 2017 winner Jamie Parkinson (Jesus, O), George Gathercole (Caius) and Tim Lefroy (St. Cross). It was Parkinson (38:36) who emerged victorious in the very final stages, with Gathercole just beating Lefroy to second. Just one second separated the first three home. However, behind them were three Oxford vests before a Cambridge pack of four, which confirmed the Dark Blues' superiority on the day, the final margin being 30 points

Note for next year's Varsity Cross Country: we now have a Varsity Match Twitter feed [@OxfCamXC](https://twitter.com/OxfCamXC) and a dedicated webpage for the Varsity Match www.varsityxc.run. In the run-up to the race, we use both of these to post information (teams, preview, results, etc). Also, the Thames website has recently been updated and there is an improved page on the match: <http://www.thameshareandhounds.org.uk/varsity-match/>



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

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

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

Earlier in the day, Cambridge won the 27th Old Blues' Race by 98 points to 158. Miles Chandler (Lady Margaret Hall) took the individual victory in 21:36. First lady

home was Katy Hedgethorpe (Murray Edwards) in 24:31. In overall terms, Oxford lead by 15 wins to 12.

—Simon Molden



Oxford won the 128th Gentlemen's Race

FRESHERS VARSITY MATCH

3 NOVEMBER 2018

Iffley Road, Oxford

MEN

100m Richard Kirkham (O) 12.4, Ivo Andrews (O) 12.5, Sam Brown (C) 12.5, Ricky Kawagishi (C) 12.6

100m (guests) Will Heard (O) 12.6, Jack Broadbent (O) 12.9, Tom Channer (O) 13.0

200m Max Buckley (O) 23.8, Richard Kirkham (O) 24.3, Sam Brown (C) 24.6, Conor Diamond (C) 26.6

400m Max Buckley (O) 52.4, Blake Strickland-Bennett (O) 52.6, Billy Matthews (C) 53.2, George Pugh (C) 54.5

800m Yannick Markhof (O) 2:06.6, Amar Aiyar-Majeed (C) 2:06.9, Ollie Bowling (O) 2:08.4,

Achilles Athletes of the Match

Alice Harray (O - 800m & TJ) & Caroline Shipley (O – distances) ; Tom Riley (C - hurdles and throws)

Annanay Kapila (C) 2:14.7

1500m Luke Doughty (O) 4:20.2, Yannick Markhof (O) 4:21.0, Max Robertson (C) 4:32.0, Oliver Riley (C) 4:41.9

3000m Christian Smith (O) 9:40.0, Joe Morrow (O) 9:44.8, Max Robertson (C) 11:22.7

110m hurdles (3'3") Tom Riley (C) 15.5, Sam Clarke (C) 16.7, Joseph Murphy (O) 18.7, Oscar Maatta (O) 23.3

400m hurdles Sam Clarke (C) 57.5, Joe Mitchell (C) 58.4, Blake Strickland-Bennett (O) 59.3, Luke Doughty (O) 62.2

High Jump Thung You Xuan (C) and Dom Reedy (O) both 1.75, Peter Merritt (O) 1.75, James Kirch (O-guest) 1.65, Joe Mitchell (C) 1.55

Pole Vault (not held)

Long Jump Matt Moore (C) 5.93, Dan Lyness (O) 5.82, Ryan Morgan (C) 5.64, Tom Flatters (O) 5.42

Triple Jump Thomas Carey (C) 12.77, Ryan Morgan (C) 12.75, Tim Chan (O) 12.42, Dan Lyness (O) 12.02

Shot Tom Riley (C) 12.17, Maciej Maruszczak (C) 11.17, Tom Flatters (O) 10.32, Stewart Humble (O) 9.23

Discus (Horsepath) Tom Riley (C) 33.16, Tom Flatters (O) 31.12, Maciej Maruszczak (C-guest) 30.42, Stewart Humble (O) 25.72, George Lodge (C) 22.24

Hammer (Horsepath) Stewart Humble (O) 22.92, Maciej Maruszczak (C) 17.85, George Lodge (C) 15.46, Clemens Hedley (C-guest) 12.54, Ishanna Kapoor (O) 11.08

Javelin Tom Riley (C) 50.47, Hunter Heenan-Jalil (O) 45.91, Ishaan Kapoor (O) 32.56, Clemens Hedley (C) 29.87

4 x 100m Cambridge (Clemens Hedley, Sam Brown, Ricky Kawagishi, Tom Riley) 47.2,





[Oxford (Will Heard, Richard Kirkham, Ivo Andrews, Jack Broadbent) disqualified]

4 x 400m Oxford (Blake Strickland-Bennett, Andrew Shaw, Max Hubner, Max Buckley) 3:31.3, Cambridge (Billy Matthews 52.9, George Pugh 52.8, Sam Clark 52.9, Joe Mitchell 52.9) 3:31.5

Result Oxford 91, Cambridge 87

WOMEN

100m Magda Cienciala (C) 13.6, Alice Semark (O) 13.8, Gabby Craft (C) 14.2, Noor Jafree (C-guest) 14.5, Julia McCarthy (O) 14.7

200m Gabby Craft (C) 28.5, Alice Harray (O) 28.9, Julia McCarthy (O) 29.7, Eliza Bond (C) 32.1

400m Olivia Anderson (C) 62.7, Saskia Krefting (O) 62.7, Chena Underhill (O) 64.6, Alexandra Prickett (C) 72.2

800m Alice Harray (O) 2:20.0, Annika Gompers (C) 2:20.4, Amy Kent (O) 2:41.9, Emily Song (C) 3:23.5

1500m Caroline Shipley (O) 4:45.9 (**record**), Annika Gompers (C) 4:59.0, Emily Georgiades (O) 5:14.9, Emily Song (C) 8:06.7

3000m Caroline Shipley (O) 10:22.3, Nathalie Haarer (O) 10:54.6, Natasha Pearson (C) 15:26.6, Gemma Kinsley (C) 16:29.4

100m hurdles Andrea Novoa Martinez (C) 18.5, Leila Legris (O) 18.5, Alice Semark (O) 18.5, Alexandra Prickett (C) 32.2

400m hurdles Saskia Krefting (O) 71.6, Andrea Novoa Martinez (C) 73.9, Christina Okafor (C) 76.4

High Jump Andrea Novoa Martinez (C) 1.48, Leila Lagris (O) 1.45, Magda Cienciala (C) 1.35, Georgina Hanson (O) 1.30

Pole Vault (not held)

Long Jump Magda Cienciala (C) 4.47, Martha Bevan (C) 4.40, Carolina Earle (O) 4.07, Kat Dangas (O) 3.83

Triple Jump Alice Harray (O) 10.17, Gabby Craft (C) 8.63, Naomi Mburu (O) 7.92, Carolina Earle (O-guest) 8.27 [Annabel Patterson (C) had all no jumps]

Shot Crystalina Guo (O) 9.34, Lauren Crist (O) 9.31, Andrea Novoa Martinez (C) 9.16, Gemma Kinsley (C) 8.23

Discus (Horsepath) Lauren Crist (O) 31.94, Crystalina Guo (O) 28.41, Gemma Kinsley (C) 23.72, Martha Bevan (C) 17.76, Emma Baker Thurston (C-guest) 16.65

Hammer (Horsepath) Lauren Crist (O) 34.18, Crystalina Guo (O) 33.57, Emily Baker Thurston (C) 23.52, Gemma Kinsley (C) 16.38

Javelin Abi Jones (O) 33.11, Andrea Novoa Martinez (C) 30.99, Martha Bevan (C) 29.68, Gemma Kinsley (C-guest) 29.03, Crystalina Guo (O) 7.37

4 x 100m Cambridge (Magda Cienciala, Gabby Craft, Noor Jafree, Andrea Novoa Martinez) 54.5, Oxford (Cheena Underhill, Alice Semark, Leila Legris, Julia McCarthy) 54.7

4 x 400m Oxford (Cheena Underhill, Saskia Krefting, Alice Harray, Caroline Shipley) 4:23.0, Cambridge (Olivia Anderson 70.1, Christina Okafor 72.6, Alexandra Prickett 72.8, Annika Gompers 62.2) 4:37.7

Result Oxford 97, Cambridge 80 - CJRT





25 YEARS ON - CUAC, OUAC AND ACHILLES IN 1993

OXFORD vs. CAMBRIDGE - VARSITY MATCH | MEN
Iffley Road, Oxford 15th May 1993

Event	1st	2nd	3rd	4th
100	W. Blyden (Camb.) 11.4	B. Walker (Ox.) 11.9	J. Bobby (Camb.) 12.0	G. Davies (Ox.) 12.0
200	W. Blyden (Camb.) 23.1	M. Douglas (Ox.) 23.4	J. Bobby (Camb.) 23.6	N. Stoodley (Ox.) 24.5
400	R. Lawson (Camb.) 49.8	T. Stewart (Ox.) 49.0	M. Cockswell (Camb.) 50.7	S. Hall (Ox.) 50.9
800	T. Stout (Camb.) 1:52.6	D. Bond (Camb.) 1:56.2	T. Small (Ox.) 1:57.6	J. Archer (Ox.) 2:01.5
1500	M. Byers (Camb.) 3:59.3	I. McAllister (Ox.) 4:08.7	M. Nolan (Camb.) 4:09.2	R. Collier (Ox.) 4:14.0
5000	I. Harkness (Camb.) 14:26.7	S. Baines (Ox.) 14:28.1	A. Barber (Camb.) 15:23.7	A. Humphrey (Ox.) 15:29.6
10000/C	E. Brown (Ox.) 9:18.3	K. Johnson (Camb.) 9:19.4	S. Patton (Camb.) 9:31.0	M. Bateson (Ox.) 9:35.6
110H	A. Hodge (Camb.) 15.8	S. Booth (Ox.) 16.9	S. Rosato (Camb.) 16.3	P. Wilson (Ox.) Dsq.
200H	C. Martin (Ox.) 26.9	M. Birchall (Camb.) 26.9	P. Wilson (Ox.) 26.5	S. Rosato (Camb.) 26.7
400H	M. Birchall (Camb.) 54.2	C. Martin (Ox.) 54.3	M. Mansell (Ox.) 57.0	D. Wright (Camb.) 58.1
3,000sw	N. Barrable (Ox.) 14:05.7(1st)	R. Clayton (Ox.) 14:05.7(1st)	M. Orage (Camb.) 15:03.9	L. English (Camb.) 15:27.5
HJ	A. Hodge (Camb.) 2.10	A. Horrod (Camb.) 1.90 (2nd)	M. Newman (Ox.) 1.90 (2nd)	P. Vignas (Ox.) 1.90 (2nd)
LJ	S. Walker (Ox.) 7.62 (Rec.)	G. Davies (Ox.) 7.49	D. Reeve (Camb.) 6.75	I. Clark (Camb.) 6.79
TJ	A. Hodge (Camb.) 14.90	D. Reeve (Camb.) 14.90	G. Davies (Ox.) 14.43	A. Rahman (Ox.) 12.73
PV	M. Weaver (Ox.) 4.80 (Rec.)	S. Booth (Ox.) 3.65	S. Garland (Camb.) 3.60	A. Koff (Camb.) No height
SP	V. Smith (Ox.) 33.82	M. Croad (Ox.) 33.42	G. Chambers (Camb.) 31.39	S. Garland (Camb.) 31.21
JT	M. Conerny (Camb.) 44.29	R. Jenkins (Camb.) 42.98	S. Lambert (Ox.) 42.34	M. Croad (Ox.) 41.60
HF	M. Croad (Ox.) 54.86	G. Kollias (Ox.) 47.48	M. Lawson (Camb.) 39.26	R. Wetherall (Camb.) 27.78
JT	J. Hurrion (Ox.) 40.86	A. Hodge (Camb.) 50.68	A. Bryce (Ox.) 50.62	K. Baller (Camb.) 48.40
4x100	Cambridge (S. Rosato, A. Hodge, J. Bobby, W. Blyden) 42.9	Oxford (G. Davies, S. Walker, Harkness, A. James) 42.3		
4x400	Oxford (C. Martin, S. Hall, T. Stewart) 3:19.9	Cambridge (T. Stout, R. Lawson, M. Birchall) 3:20.1		

Match Result
1st Cambridge - 113 points
2nd Oxford - 106 points

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

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

- Simon Clarke, OUAC President

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



- Simon Baines



Varsity Match 1993— Nilla Karlsson's album



Event	1st	2nd	3rd	4th
100	K. Purchase (Camb.) 12.7	E. de Sousa (Ox.) 13.0	J. Cripps (Camb.) 13.1	H. Martin (Ox.) 13.3
200	K. Purchase (Camb.) 26.1	J. Cripps (Camb.) 26.8	E. de Sousa (Ox.) 27.2	E. Cave (Ox.) 27.2
400	R. Jordan (Camb.) 59.7	L. Whitford (Ox.) 60.9	S. Barrington (Camb.) 61.3	J. Hensbridge (Ox.) 69.1
800	R. Jordan (Camb.) 2:14.7	H. Karlsson (Ox.) 2:15.3	A. Normand (Camb.) 2:18.0	S. Hunter (Ox.) 2:29.5
1500	E. Coleman (Camb.) 4:44.9	C. Fothergill (Camb.) 4:48.9	A. Ward (Ox.) 5:01.6	N. Haines (Ox.) 5:03.0
3,000	E. Coleman (Camb.)	C. Fothergill (Camb.)	H. Karlsson (Ox.)	N. Myers (Ox.)
100H	E. Cave (Ox.) 15.2	R. Irving (Camb.) 15.8	L. Kaye (Camb.) 15.9	L. Whitford (Ox.) 17.2
400H	C. Cutler (Camb.) 64.7	S. Barrington (Camb.) 65.7	L. Whitford (Ox.) 66.1	J. Hensbridge (Ox.) 84.1
HJ	E. Cave (Ox.) 1.65	R. Irving (Camb.) 1.55	H. Martin (Ox.) 1.50	C. Gillan (Camb.) 1.35
LJ	R. Irving (Camb.) 6.17 (Rec.)	H. Martin (Ox.) 5.58	E. Cave (Ox.) 5.52	C. Cutler (Camb.) 5.34
TJ	H. Martin (Ox.) 10.96	R. Irving (Camb.) 10.75	C. Cutler (Camb.) 9.77	H. Karlsson (Ox.) 9.64
50	E. Cave (Ox.) 10.61	H. Martin (Ox.) 9.62	J. Potter (Camb.) 7.52	J. Hallas (Camb.) 6.88
100	C. Sherlock (Ox.) 29.25	A. Wood (Ox.) 32.12	J. Hallas (Camb.) 29.34	J. Potter (Camb.) 24.32
HT	A. Wood (Ox.) 33.52	C. Sherlock (Ox.) 31.02	J. Hallas (Camb.) 29.32	K. Lawless (Camb.) 14.14
JT	H. Martin (Ox.) 36.28	J. Potter (Camb.) 33.90	J. Church (Ox.) 31.14	K. Lawless (Camb.) 29.70
4x100	Cambridge J. Cripps, R. Irving, L. Piper, K. Purchase 49.4	Oxford 52.2		
4x400	Cambridge C. Cutler, R. Jordan 4:03.8	Oxford 4:15.0		
Match Result				
1st	Cambridge - 96 points			
2nd	Oxford - 83 points			

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

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

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



Adrian Metcalfe, guest of honour at the Varsity Dinner, pointed out that Simon and I had taken completely different approaches as Presidents. In his day the usual approach of being President was to select yourself, get your Blue and worry about the rest of the team afterwards. Simon, he pointed out, took the ultimate

Matt Weaver's was our first win in the pole vault against Harvard & Yale since Tom Blodgett's in 1963

sacrificial decision of deselecting himself in a selfless act to try to win the match. "Sadly today he came up against a Cambridge President who seemingly selected himself in every event which he then went on to win." A bit self-promoting, I know, but I enjoyed his comedy observation and I do think Simon and I pushed every button to defeat each other.

The team which represented Oxford & Cambridge in the USA in April 1993 and defeated Harvard & Yale was a testament to the strength of the two Universities at that time. On tour there were a lot of rivalries and peo-

ple upset at not being selected for various events, because when push came to shove outright event wins meant tough decisions had to be made: I recall Oxford's **Eddie Broome** being most annoyed as in the USA he really didn't get the opportunity to act as a scoring athlete with Cambridge's **Kevin Johnson** preferred in the steeplechase. However, that very situation led to an enormous battle in the Varsity Match where Eddie pushed and pushed and eventually Kevin cracked under the pressure and caught a barrier leaving the win to Eddie who was more than jubilant!

Those are my fondest memories - plus **Ian Harkness** somehow staying ahead of **Simon Baines** in the 5k. They both admitted after an epic race run within a yard of each other throughout that if either had made a move the other had nothing left in the tank to counter 14:26.7 ! That was probably the moment I thought CUAC's men had just about won it.

- **Andy Hodge**, President CUAC 1993



Dai Roberts' team selection played no small part in the success v Harvard & Yale, inspiring for example Jo Cripps to move out of her comfort zone to score a vital win over 400m

40 YEARS ON

CUAC, OUAC AND ACHILLES IN 1978

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

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

- Peter Key

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

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

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

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

—Bridget Wheeler

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

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

- Carole Morris

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

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

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



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

Photo 2: my team mates' appreciation of my leadership taking to us to second place to a strong Oxford squad, with the ritual humiliation being led by top Welsh high jumper Neil Thomas. - Martin Wilson



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

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

Like Peter, I also toured to Australia and Singapore in 1978, but the other Tour I was privileged to have been a part of was the 1977 Transatlantic Series Tour to the USA. I won't go into detail here, but the experience was one that has stayed with me throughout my working life, and persists now that I am working a little less hard! In

short, the Tour opened my eyes to some of the opportunities that lay overseas, whether in sport, or study, or work, or friendship, and helped me to see a bigger picture of what I may be able to do after Oxford. It is fair to say that this broadened vision has not disappointed, so much so that I have been delighted and honoured more recently to have been the Achilles Transatlantic Series Tour Director for the last 9 or so years, during which I have had the pleasure of helping to enable nearly a decade's worth of students from Oxford, Cambridge, Harvard, Yale, Penn and Cornell to share in the experience such Tours across 'the pond' offer. I shall pass the baton on to a new Tour Director for the Transatlantic Series at the conclusion of the visit by Harvard and Yale in June of this year, confident in the knowledge that whilst the world may look very different now than it did in 1894, when Oxford took on Yale in the first Match in the Series, after 125 years students and staff from both sides of the Atlantic continue to derive huge benefits from these exchanges.

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

—John Crosse

1978 VARSITY MATCH, Iffley Road, Oxford

MEN, Blues Match

100m P.B. Key (O) 11.0, C.E. Betteridge (O) 11.2, B.R. Jones (C) 11.3, S.J. Baker (C) 11.3
 200m P.B. Key (O) 21.9, B.R. Jones (C) 22.2, C.E. Betteridge (O) 22.8, M.W.G. Moody (C) 22.8
 400m B.R. Jones (C) 48.1, P.B. Key (O) 48.4, R.F. Smith (C) 50.3, H.D. Evans (O) 51.3
 800m C. Masback (O) 1:50.6, A.C. Shepherd (O) 1:51.8, N.C. Cowan (C) 1:52.5, D.N. Leach (C) 1:52.7
 1500m C. Masback (O) 3:47.0, M.S. Wilson (C) 3:47.9, A.C. Shepherd (O) 3:53.5, D.N. Leach (C) 3:56.7
 5000m D. Schlesinger (O) 14:33.0, N. Brawn (O) 14:47.2, N.D.B. Dorey (C) 14:54.2, M.F. Mcallister (C) 15:46.0
 110m hurdles A.T. Clucas (O) 15.6, K.P. Cheong (O) 15.7, R.S. Tolson (C) 16.1, N. Thomas (C) 16.2
 200m hurdles A. Clucas (O) 25.4, D. Grant (C) 25.8, P. Clarkson (O) 26.2, N. Thomas (C) 26.5
 400m hurdles R.S. Tolson (C) 54.7, R. Smith (C) 54.7, A.T. Clucas (O) 56.0, P. Clarkson (O) 56.7
 Steeplechase V. LeGrand (O) 9:18.6, D. Golding (O) 9:41.8, S.M.C. Moore (C) 9:49.2, J. Austin (C) 10:00.4
 High Jump N. Thomas (C) 1.85, M.J. Sharp (C) 1.80, R.H. Creightmore (O) 1.80, T. Press (O) 1.75
 Pole Vault R.B. Cattell (C) 3.60, J. Fogwell (O) 3.40, M. Daniell (O) 3.30, J.A.T. Dow (C) 3.00
 Long Jump C.C. Stuart (O) 6.78, S.G. Brown (C) 6.36, S. Baker (C) 6.13, A.W. Roger (O) 6.12
 Triple Jump C.C. Stuart (O) 13.79, S. Brown (C) 13.67, P.H. Weaver (O) 13.43, J.A.T. Dow (C) 12.79
 Shot L.J. Browne (C) 13.64, M. Daniell (O) 13.11, G. Malachowski (C) 12.21, J.R. Moreland (O) 11.05
 Discus G. Malachowski (C) 40.06, L.J. Browne (C) 39.90, J.R. Moreland (O) 38.30, S. McKie (O) 37.10
 Hammer G.J. Hodges (C) 38.64, A.B. English (C) 37.26, J.R. Moreland (O) 35.60, M. Daniell (O) 28.78
 Javelin J.P. Crosse (O) 64.24, D. Potts (C) 52.50, A.G. Robinson (C) 50.76, J. Fenton (O) 49.96
 4 x 100m Oxford 43.1, Cambridge 43.3
 4 x 400m Cambridge 3:20.8, Oxford 3:21.4
Result Oxford 112, Cambridge 100

WOMEN, Blues Match

100m J. Bramah (O) 12.9 record, B. Wheeler (C) 13.5, R. Slator (O) 13.7, H. Bailey (C) 13.7
 200m K. Tufnell (C) 26.4 record, J. Bramah (O) 26.7, B. Wheeler (C) 27.9, R. Slator (O) 28.4
 400m K. Tufnell (C) 58.8 record, E. Spurgin (C) 59.6, G. Poole (O) 61.3, L. Whittaker (O) 65.6
 800m K. Tufnell (C) 2:16.3 record, L. Whittaker (O) 2:22.7, E. Spurgin (C) 2:27.6, R. Hodder (O) DNF

1500m M. Riddell (C) 5:25.2, C. Simpson (O) 5:33.2, B. Clutterbuck (C) 5:36.4, S. Kingsley (O) 5:53.2
 100m hurdles G. Smith (C) 16.6, J. Bramah (O) 17.4, H. Bailey (C) 17.5, S. Roberts (O) 18.0
 High Jump G. Smith (C) 1.60 equals record, B. Clutterbuck (C) 1.50, G. Poole (O) 1.30, S. Roberts (O) 1.30
 Long Jump R. Slator (O) 5.33, G. Smith (C) 5.22, V. Wickens (O) 4.50, S. Harper (C) 4.26
 Shot G. Smith (C) 9.26, S. Foote (O) 7.68, R. Roden (C) 7.04, J. Haxby (O) 5.99
 Discus C. Peake (O) 27.50, J. Haxby (O) 24.87, C. Chapman (C) 23.70, J. Morgan (C) 21.72
 Javelin C. Chapman (C) 36.14, P. Holt (C) 30.34, S. Lough (O) 25.44, R. Slator (O) 24.22
 4 x 100m Oxford 52.1 record, Cambridge 53.3
Result Cambridge 72, Oxford 55

2nd TEAM (no women's 2nd teams in those days)

MEN, Centipedes v Alverstone

100m E. Quist-Arcton (O) 11.4, M. Baker (C) 11.5, E. Forman (O) 11.8, J. Herdman (C) 12.2
 200m E. Quist-Arcton (O) 23.2, S.G.T. Thomas (C) 23.8, M. Baker (C) 23.9, C.S. Winter (O) 24.1
 400m R. Johnson (C) 52.4, S. Lockhart (O) 52.7, A. Fowkes (C) 52.9, K.H. Hall (O) 52.9
 800m A. Constable (C) 1:58.9, P. Baird (O) 2:02.6, W. Pearson (O) 2:08.0, N.C. Wharmby (C) 2:09.4
 1500m A. Constable (C) 3:59.4, M.C. Day (O) 4:01.7, J. Rowntree (O) 4:21.1, N.C. Wharmby (C) 4:43.3
 5000m M.A. Ellison (C) 15:04.4, R. Holsworth (O) 15:58.6, J. Quine (O) 16:30.6, D. Thomas (C) 16:36.4
 110m hurdles D. Owen (O) 15.8, E. French-Constant (O) 16.4, R.C. Woodgate (C) 16.8, G. Pocock (C) DNF
 200m hurdles D. Owen (O) 25.9, S.G.T. Thomas (C) 26.9, E. French-Constant (O) 26.9, G. Pocock (C) 28.5
 400m hurdles M. Rhodes (O) 57.4, S. Veale (O) 58.0, S.G.T. Thomas (C) 59.7, P. Brookes (C) 62.0
 Steeplechase K. Rutledge (O) 9:54.0, J.W. Taylor (O) 10:04.0, N.C. Miller (C) 10:13.6, P.W. Lake (C) 10:35.6
 High Jump M. Rhodes (O) & J.L. Rathbone (C) 1.75, A. Doyle (O) 1.70, R.C. Woodgate (C) 1.65
 Pole Vault S. Tesh (O) 3.20, G. Robinson (O) 3.10, R. Chesterfield (C) 2.90, H. Edwards (C) 2.40
 Long Jump V. Gray (C) 6.25, D.E. Rist (O) 6.08, O. Ogunyemi (C) 5.76, S. Veale (O) 5.43
 Triple Jump K.G. Rogers (O) 13.03, S. Rothers (O) 12.71, D.J.L. Bennett (C) 12.69, R.J. Arnold (C) 12.56
 Shot N. Leader-Williams (C) 11.14, P.H. Glover (C) 11.06, R.B. Clark (O) 10.84, M.D. Ralfe (O) 9.87
 Discus P.P. Denieffe (O) 32.18, M.D. Ralfe (O) 31.12, D. Keiller (C) 27.40, P.H. Glover (C) 27.22
 Hammer M. Moran (O) 28.92, P.H. Glover (C) 25.94, R.B. Clark (O) 23.80, N.J. Spivey (C) 22.50
 Javelin K. Lindsey (O) 45.38, J. Gray (C) 43.66, B. Herrod (O) 43.50, C. Florowski (C) 42.60
 4 x 100m Centipedes 45.5, Alverstone disqualified
 4 x 400m Alverstone 3:28.4, Centipedes 3:33.0

Result Oxford Centipedes 121, Cambridge Alverstone 88

CJRT 24.1.2004



MISSING MEMBERS

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

1945	Robert Reynolds (Cam)	Anthony Dyke (Ox)	1986	Nick Bulbeck (Cam)	Catherine Shelley (Cam)		Chris Townsend (Ox)
	Jolyon Rymer (Cam)	Julie Halfpenny (Ox)		Phillip Darbyshire (Cam)	Wole Soboyejo (Cam)	1990	David Bond (Cam)
	John Seale (Cam)	Cathy Meunier (Ox)		Sean Gibbons (Cam)	Simon Briggs (Ox)		Robert Calvert (Cam)
	Gordon Drew (Ox)	Andy Shepherd (Ox)		Martin Hepworth (Cam)	Vaughan Clark (Ox)		Giaco Corsini (Cam)
	Paul Jeanty (Ox)	Rona Slator (Ox)		Paul Mendham (Cam)	Rod Clayton (Ox)		Alan Ingram (Cam)
	Geoffrey Tudor (Ox)	Mary Underhill (Ox)		Javier Pes (Cam)	Tim Cross (Ox)		Suzanna Jemsby (Cam)
1946	David Shiress (Cam)	1975	Kenrick Cheong (Ox)	Richard Shearmur (Cam)	Helen Hoyle (Ox)		Rachel Jordan (Cam)
1947	John Newell Price (Cam)		Roger Hodgson (Ox)	Philip Wilkins (Cam)	Ian McDonald (Ox)		Stewart McMorran (Cam)
	David Powell (Ox)	1976	Nigel Cowan (Cam)	Graeme Ackland (Ox)	Nick Bulbeck (Cam)		Simon Steer (Cam)
1948	David Lyall (Cam)		David Grant (Cam)	David Cook (Ox)	Phillip Darbyshire (Cam)		Tony Underwood (Cam)
	Richard Broad (Ox)		Julie Morgan (Cam)	Rod Driver (Ox)	Sean Gibbons (Cam)		David Wright (Cam)
	Jean-Pierre Matossian (Ox)		Martin Rhodes (Ox)	Jeremy Lai (Ox)	Martin Hepworth (Cam)		Ade Adebajo (Ox)
1949	Bob Catterall (Cam)	1977	Len Browne (Cam)	James Leach (Ox)	Paul Mendham (Cam)		Laura Marsiliani (Ox)
	Iain Crawford (Cam)		Nick Dorey (Cam)	Larry Mathews (Ox)	Javier Pes (Cam)		Iain Scott (Ox)
	Henry Leader (Cam)		Jonathon Stoodley (Cam)	Matt Newman (Ox)	Richard Shearmur (Cam)		Simon Walker (Ox)
1950	James Batten (Cam)		Kim Wells (Cam)	Gary Pitts (Ox)	Philip Wilkins (Cam)	1991	Katie Belkin (Cam)
	Gerald Butterworth (Ox)		David Rist (Ox)	Dominic Tilley (Ox)	Graeme Ackland (Ox)		Helen Bushell (Cam)
1951	Graham Barker (Cam)	1978	Andrew Beardmore (Ox)	Tracy Van der Leeuw (Ox)	David Cook (Ox)		Baz Clark (Cam)
	Gareth Jones (Cam)	1979	Mark Jackson (Cam)	Charles Addison (Cam)	Rod Driver (Ox)		Steve Garland (Cam)
1952	Eduard Freitag (Cam)		Jennifer Jolley (Cam)	Simon Firth (Cam)	Jeremy Lai (Ox)		Lorraine Harry (Cam)
	John Maitland (Cam)		Simon Small (Cam)	Kheredine Idessane (Cam)	James Leach (Ox)		Louise Kaye (Cam)
	Christopher Higham (Ox)		Nicholas Armstrong (Ox)	Mairi MacLean (Cam)	Larry Mathews (Ox)		Mark Middleton (Cam)
1953	Edgar Samuel (Cam)		Nick Fellows (Ox)	Michael Risman (Cam)	Matt Newman (Ox)		Leon Stephenson (Cam)
	Roger Pinnington (Ox)		Andy King (Ox)	Tom Stout (Cam)	Gary Pitts (Ox)		Gordon Williams (Cam)
	Timothy Sainsbury (Ox)		Sarah Sanderson (Ox)	Lawrence Tsang (Cam)	Dominic Tilley (Ox)		Julia Church (Ox)
1955	Ronald Forster (Cam)		Wally Upton (Ox)	Alan Walton (Cam)	Tracy Van der Leeuw (Ox)		Stephen Crouch (Ox)
1956	John Cuthbert (Ox)	1980	Alistair Brown (Cam)	Scott Bryan (Ox)	Charles Addison (Cam)		Alex Dawes (Ox)
	Anthony Gibbs (Ox)		Alistair Edgar (Cam)	Jo Dering (Ox)	Simon Firth (Cam)		Gerald Preston (Ox)
	John Pinnick (Ox)		Elizabeth Gee (Cam)	Dawn Fletcher (Ox)	Kheredine Idessane (Cam)		Paul Wilson (Ox)
1957	David Churchill (Ox)		Patrick Hannon (Cam)	Simon Harding (Ox)	Mairi MacLean (Cam)	1993	Nathan Marston (Cam)
	Steve James (Ox)		Kareen Marwick (Cam)	Dave Layton (Ox)	Michael Risman (Cam)		Andreas Fox (Ox)
1958	Tim Briault (Cam)		Lindon Neil (Cam)	Mark McClintock (Ox)	Tom Stout (Cam)		Carolyn May (Ox)
	Michael Davies (Cam)		David Taylor (Cam)	Rachel Osman (Ox)	Lawrence Tsang (Cam)	1994	Robert Critchley (Cam)
	Peter Green (Cam)		Marcus Darville (Ox)	Andrew Skates (Ox)	Alan Walton (Cam)		Susie Hodgkinson (Cam)
1959	Colin Bacon (Cam)		Charles Hovenden (Ox)	Marie Smith (Ox)	Scott Bryan (Ox)		James Reynolds (Cam)
	Peter Burrows (Cam)	1981	Paul Carleton (Cam)	Peter Springett (Ox)	Jo Dering (Ox)		Craig Shepherd (Cam)
	Jack McWhor (Cam)		Joe Coles (Cam)	Tracey Aldridge (Cam)	Elizabeth Gee (Cam)		Brett Williams (Cam)
	Mike Ralph (Ox)		Tim Cook (Cam)	Vicky Barton (Cam)	Patrick Hannon (Cam)		Alan MacPherson (Ox)
1960	Herb Elliott (Cam)		Tina Cowen (Cam)	Tom Bent (Cam)	Kareen Marwick (Cam)		Dani Martin (Ox)
	Michael Royce (Cam)		John Fordham (Cam)	John Brecknell (Cam)	Lindon Neil (Cam)	1995	Andy Carnall (Cam)
	George Darroch (Ox)		Heather Linaker (Cam)	Hugh Briggs (Cam)	David Taylor (Cam)		Sarah Dillon (Cam)
1961	Robin Inglis (Cam)		Andrew Richardson (Cam)	David Burrows (Cam)	Marcus Darville (Ox)		Bethan Page-Jones (Cam)
1962	Raymond Channing (Cam)		Janet Corlett (Ox)	Pierre Delforge (Cam)	Charles Hovenden (Ox)		Anna Warren (Cam)
	Martin Clark (Cam)	1981	Phil McDonnell (Ox)	Tanny Liverpool (Cam)	Paul Carleton (Cam)		Alex Wreth (Cam)
	David George (Cam)		Matthew Power (Ox)	James MacNachten (Cam)	Joe Coles (Cam)	1988	Alan Dunwoodie (Ox)
	Andrew Keith (Cam)	1982	Liz Boothroyd (Cam)	Ade Odunsi (Cam)	Tim Cook (Cam)		Julia Melling (Ox)
	Geoff Bostock (Ox)		Marco Fasoli (Cam)	Uzo Onwere (Cam)	Tina Cowen (Cam)		Jacqui Street (Ox)
	Dick Pyle (Ox)		Tim King (Cam)	Bob Ryan (Cam)	John Fordham (Cam)	1996	James Dempsey (Ox)
	Geoffrey Willis (Ox)		Michael Molitor (Cam)	Jason Skill (Cam)	Heather Linaker (Cam)		Samantha George (Ox)
1963	Edwin Gale (Cam)		Felicity Waterman (Ox)	Rowan Smith (Cam)	Andrew Richardson (Cam)	1997	Alastair Burgess (Cam)
	Michael Chapman (Ox)	1983	Patricia Bradley (Cam)	Dominic Wise (Cam)	Janet Corlett (Ox)		Ben Dunnett (Ox)
	Mike Powell (Ox)		Pete Fulcher (Cam)	Tim Wright (Cam)	Phil McDonnell (Ox)		Bob Goodwin (Ox)
1964	Geoffrey Grigson (Cam)		Sarah Rees (Cam)	Courtney Cook (Ox)	Matthew Power (Ox)	1998	Mark Hypolite (Cam)
	Wendell Mottley (Cam)		Clive Bromhall (Ox)	Matthew Dimond (Ox)	Liz Boothroyd (Cam)		Hannah Oag (Cam)
	Graham Plows (Cam)		Nigel Clarke (Ox)	Stuart Fairley (Ox)	Marco Fasoli (Cam)		Fennel Aurora (Ox)
	John Smith (Cam)	1984	Pete Kanowski (Ox)	Beccy Hearn (Ox)	Tim King (Cam)		Sherree Halliwell (Ox)
	Peter Wray (Cam)		Keith Blackwell (Cam)	Kate Houston (Ox)	Michael Molitor (Cam)	1999	Karen Noonan (Ox)
	Alan Heath (Ox)		Kate Harper (Cam)	Stewart Martin (Ox)	Felicity Waterman (Ox)		Ben Clare (Cam)
1965	Christopher Webb (Cam)		James Lloyd (Cam)	Ian McAllister (Ox)	Patricia Bradley (Cam)	2000	Graeme MacKay (Ox)
	Peter Auksi (Ox)		David Smith (Cam)	Matthew Pay (Ox)	Pete Fulcher (Cam)		Matt Taylor (Ox)
1966	David Graham-Young (Cam)		Caroline Ball (Ox)	David Stewart (Ox)	Sarah Rees (Cam)	2001	Clara Brown (Cam)
	Hugh Richards (Ox)		Kathleen Clair (Ox)	James Street (Ox)	Clive Bromhall (Ox)		Siobhan Dennehy (Cam)
	John Valentine (Ox)		Corinne Cummings (Ox)	Andy Thompson (Ox)	Nigel Clarke (Ox)		Ed Green (Cam)
1967	Richard Green (Cam)		Richard Dawson (Ox)	Linda Whiteford (Ox)	Pete Kanowski (Ox)	2002	Corin Hughes (Cam)
1969	Leon Hall (Ox)		Ginny Evans (Ox)	Jeremy Arnold (Cam)	Keith Blackwell (Cam)		Sarah Wilson (Cam)
1970	Benjamin Davies (Cam)		Olu Fajemirokun (Ox)	James Bobby (Cam)	Kate Harper (Cam)	2003	Aki Abiola (Cam)
1971	Biff Hannibal (Cam)		Katie Flanagan (Ox)	Robin Bordoli (Cam)	James Lloyd (Cam)		Hettie Briscoe (Cam)
	Rob Crittenden (Ox)		Andy Geddes (Ox)	Sue Burgis (Cam)	David Smith (Cam)	2004	Simon Samuels (Cam)
	Malcolm Firth (Ox)		Chris Harris (Ox)	Jenny James (Cam)	Caroline Ball (Ox)		Bayo Biobaku (Ox)
1972	Julian Ellis (Cam)		Gareth Hughes (Ox)	David Rowlands (Cam)	Kathleen Clair (Ox)	2005	Chanda Kapande (Ox)
	Nigel Boulding (Ox)		Peter Laws (Ox)	Allan Taylor (Cam)	Corinne Cummings (Ox)		Naomi Millner (Cam)
1973	John Morris (Cam)		Val Pritchard (Ox)	Jo Adams (Ox)	Richard Dawson (Ox)	2006	Hugh Watson (Cam)
	John Slaney (Cam)		Ian Silvester (Ox)	Andy Johnston (Ox)	Ginny Evans (Ox)	2007	Stuart Forbes (Cam)
	Andy Brown (Ox)	1985	Bob Cobb (Cam)	Rob Marx (Ox)	Olu Fajemirokun (Ox)		Rota Stone (Ox)
	Adam Chedburn (Ox)		Peter Darbyshire (Cam)	Derek Ormerod (Ox)	Katie Flanagan (Ox)	2008	Decker Walker (Ox)
	Pete Edwards (Ox)		James Hely Hutchinson (Cam)	Kate Shepherd (Ox)	Andy Geddes (Ox)	2009	Sarah Fielding Smith (Cam)
	Glyn Reynolds (Ox)		Sarah Keir (Cam)	Vince Smith (Ox)	Chris Harris (Ox)		Paul Kirsch (Ox)
1974	Charles Aithie (Ox)		Emma McBrien (Cam)	Tim Stewart (Ox)	Gareth Hughes (Ox)	2011	Gus Mercer (Ox)
					Peter Laws (Ox)		Nyma Sharifi (Cam)
					Val Pritchard (Ox)		Riyadh Bhyat (Ox)