

THE ACHILLES CLUB

2021-2022

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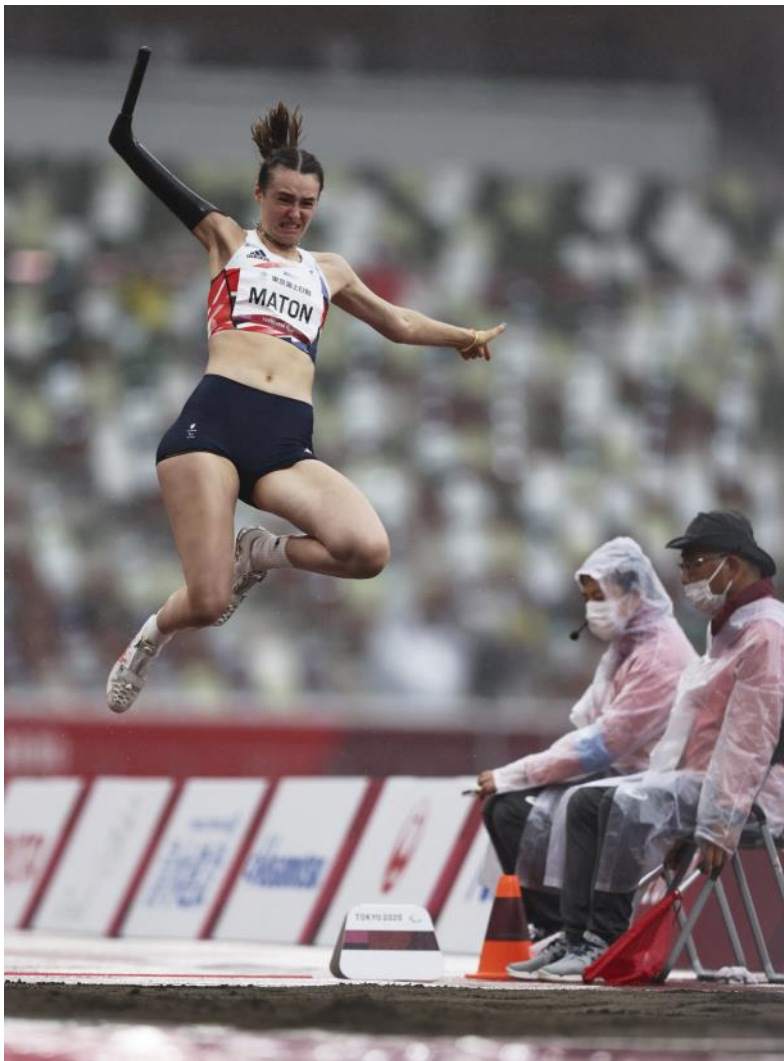
Angus Harrington Men's Captain CUAC

JOHN BRYANT

A service to celebrate the life of John Bryant will be held on Thursday 28th April 2022, at 3 pm at St Bride's Church, Fleet Street. Those planning to attend are asked to advise carolabryant@hotmail.com in advance.



OLYMPIC AND PARALYMPIC GAMES



The Club was well represented in Tokyo.

Polly Maton, who had been setting PBs all year, in torrential rain placed 7th in the T46 long jump.



Louise Shanahan ran the fastest of the three Irish athletes selected and placed 7th in the third 800m heat won eventual gold medallist Athing Mu.

2021 UK RANKINGS



Matt Leach



Andy Heyes



Tom Parker

NEW YEAR HONOURS



Mick Bromilow BEM and Dame Sarah Springman

6	Matt Leach	10000m	28:22.33
7	Jude Bright-Davies	Triple Jump	15.89m
9	Matt Leach	Marathon	2:15:31
10	Andrew Heyes	Half Marathon	1:03:10
10	Tom Parker	Hammer	67.68m
10	Louise Shanahan (Ireland)	800m	02:01.44
11	Jake Watson	Pole Vault	5.03m
11	Montana Jackson	Triple Jump	12.49m
13	Norman Shreeve	Marathon	2:16:17
13	Sam Clarke	400mh	51.89
13	Rowan May	Pole Vault	5.00m
13	Sam Trigg-Petrovic	Triple Jump	15.47m
13	Eleanor Bolton	10000m	33:04.70
13	Esther Leong	Pole Vault	3.80m
16	Norman Shreeve	Half Marathon	1:04:36
17	Sam Clarke	110mh	14.69
17	Jack Paget	Hammer	64.47m
18	Matt Leach	5000m	13:46.26
19	Luke Caldwell	Half Marathon	1:04:54
19	Marley Young (Australia)	Shot Putt	15.19m
19	Eleanor Bolton	5000m	15:58.38
19	Katelyn Ridgway	Marathon	2:42:30
21	William Mycroft	Marathon	2:18:36
21	Dani Chattenton	3000m	09:18.64
21	Charlotte Dannatt	10000m	34:02.99
22	Angus Lockhart (Australia)	Shot Putt	14.78m
23	Amy Hunt	200m	23.73
23	Louise Shanahan (Ireland)	1500m	04:15.27
23	Charlotte Dannatt	5000m	16:06.70
24	Jeremy Dempsey	3000m	08:02.97
24	Niamh Bridson Hubbard	1500m	04:15.41
25	Jonathan Escalante-Phillips	3000m	08:03.19
26	Marley Young (Australia)	Discus	46.81m
27	Marangha Mokaya	400mh	53.17
28	Phoebe Baggott	Hammer	54.13m
29	Jonathan Escalante-Phillips	10000m	29:32.69
29	Richard Ollington	3000m s/c	09:15.87
29	Mary Adeniji	Triple Jump	11.97m
39	Bijan Mazaheri	Marathon	02:21:43
30	Jamie Edgerton	3000m s/c	09:16.2
30	Ella Sharrock	3000m s/c	11:35.45
31	Kate Davies	Javelin	41.86m
32	Timothy Lefroy (Australia)	10000m	29:38.10
33	Oxford University	M4x400m	03:25.51
33	Alice Garner	3000m	09:23.09
34	Cambridge University	M4x400m	03:25.59
35	Bradley Burke	3000m s/c	09:23.65
36	Ruby Woolfe	10000m	35:56.53
36	Emma Hodson	Half Marathon	77:10:00
38	Daniel Eckersley	3000m s/c	09:27.60
38	Jonathan Escalante-Phillips	Half Marathon	1:06:12
38	Helen Broadbridge	Discus	40.78m
42	Jude Compton-Stewart	Javelin	56.44m
43	Angus Harrington	800m	01:48.90
43	Jonathan Escalante-Phillips	5000m	13:57.76
43	Jack Millar	Half Marathon	1:06:36
43	Alice Garner	5000m	16:23.32
43	Oxford University	W4x400m	04:06.95
44	Rian McCawley	3000m s/c	09:35.01
44	Bridget Fryer	Discus	40.17m
45	Jeremy Dempsey	1500m	03:42.49
45	Alexandra Shipley	1500m	04:20.20
45	Naomi Taschimowitz	5000m	16:24.33
45	Bethanie Murray	10000m	36:46.51
45	Helen Broadbridge	Hammer	49.15m
46	Emily Ruane	5000m	16:25.63
46	Cambridge University	W4x400m	04:07.10
47	Leonie Brunning	High Jump	1.70m
49	Miles Weatherseed	1500m	03:42.92
49	William Mycroft	10000m	30:07.85
50	Timothy Lefroy (Australia)	5000m	14:03.97
50	Sam May	Pole Vault	3.25m

OXFORD V CAMBRIDGE

VARSIITY MATCH

4TH JULY 2021, AT LEE VALLEY

There was a Varsity!

It is easy to look back on past matches and see them reduced to a few lines; some scores, a few names against individual trophies, possibly a match record or two. Done. Next year. Move on.

Indeed, it will be easy to look at the results and see that the Cambridge Men's Blues won handsomely while the Women's match was very tight, or to see that Jude Bright-Davies won the Drake Digby Trophy and Louise Shanahan the Susan Dennler. But that will miss the point completely.

It will miss that the Oxford women, decimated by enforced isolation due to COVID to the extent that neither their President or Captain were able to attend, scrapped their hearts out for every single point there was to be gained against a Cambridge team also shorn of their captain for the same reason.

It will miss the duels we witnessed between Cambridge Captain and Achilles Trophy winner Sam Clarke and Oxford newbie Marangha Mokoya over the hurdles, and the 400m and 4x400m Marangha was victorious in, despite never seeming to lead for more than the final 5m.

It will miss Angus Harrington, arriving at the match in a pro-

tective boot, taking it off to run a perfect tactical 800m on behalf of his victorious teammate (and Le Touquet baton for most improved athlete winner) Harry Cox to engineer a 1-2, then putting the boot back on as if nothing had happened.

It will miss the Cambridge women's milers imploring that the timetable be changed to allow Oxford's Alex Shipley, awaiting the results of a PCR test, the maximum possible time for this to come back negative and allow her to race. And then the impossibly Hollywood scenes of her running onto the track, spikes in hand, as the starter had them lining up to begin, confirming that she could indeed run. 18:01, negative test. 18:05, leading the Women's Mile at Varsity. At this point, the scriptwriters should surely have been fired.

And there was so much more. Match records, you say? Esther Leong, 3.70m Pole Vault, breaking her own record from 2 years ago. Phoebe Baggott, her Oxford teammate, 53.66m in the Hammer. Bam, bam. The aforementioned Bright-Davies, slowly warming up throughout the triple jump before skidding off the track surface at lightning speed to hit a 15.89m PB, 48 cm added to the match record in 3 simple contacts.

More adversity, you want? Mary Adeniji of Cambridge winning the Long and Triple Jump double with a total of 6 stress fractures in her shins, while behind her Polly Maton of Oxford pushed her case for inclusion the GB Paralympic squad for Tokyo by jumping her four furthest distances ever.

And we can hardly avoid mention of the absolute queen of Varsity drama in Louise Shanahan, serving up a mesmerising hat-trick of a front-run match record in the 800m, what must surely be the fastest 400m split in Varsity history at 54.3 and then running herself to exhaustion and collapse in the delayed Mile immediately after (she was thankfully fine and flew to Ireland the next day to begin her preparations for the Olympics).

I've been lucky enough to be involved in nine of these in my time around Oxbridge athletics, and there have of course been matches I have been more personally invested in, where I have had more at stake or even, god forbid, won a race. But there has never been one that has felt quite so vibrant, and quite so necessary. In the face of immense adversity, in a match that was cancelled, not cancelled, relocated, what could have been a



Alexandra Brown (302) holds off Louise Shanahan

Men's Blues: Cambridge 123 - Oxford 85
Women's Blues: Cambridge 107.5 - Oxford 95.5

Men's 2nds (scored on wins): Cambridge Alverstone 10 - Oxford Centipedes 10 (Oxford retain)
Women's 2nds (scored on wins): Cambridge Alligators 16 - Oxford Millipedes 2

damp squib became a rich feast of sporting endeavour. Barcelona are always described as 'mes que un club' – more than a club – and this can come across as a combination of self-important and aloof. But if ever a match was

'more than a match', this was it, and every single person involved, whether competing, coaching, officiating or cheering from the sidelines or from behind a computer screen, should feel immensely proud and privileged to have been a

part of it. Because this was Oxbridge athletics, and everything it means and stands for, at its very best.

There was a Varsity. And it was brilliant.

-Caspar Eliot



Sam Nelson, Zute Ogbedeh, Isaac Rushworth, Billy Matthews



Phoebe Baggott



Jake Watson



Jude Bright-Davies



Joy Lisney & Isabella Busa



(l to r) Tom Kearns, Harry Silverstein, Jeremy Dempsey, Joseph Massingham, Indy Barnes, Tom Wood



Maranga Mokoya pips Billy Matthews

MEN (Blues Match)

100m (wind -5.2) Mounir Hinedi (C) 11.47, Chizute Ogbedeh (C) 11.55, Jude Bright-Davies (O) 11.61
 200m (wind -5.2, manual) Chizute Ogbedeh (C) 22.83, Billy Matthews (C) 22.89, Sam Nelson (O) 23.55, Isaac Rushworth (O) 23.84
 400m Maranga Mokaya (O) 49.87, Billy Matthews (C) 49.96, Maximilian Buckley (O) 50.91, Harry Cox (C) 52.03
 800m Harry Cox (C) 1:52.60, Angus Harrington (C) 1:53.49, Ben Waterman (O) 1:54.48, Leon Wheeler (O) 2:01.81
 Mile Jeremy Dempsey (C) 4:09.12, Peter Cameron (C) 4:22.32, Tom Kearns (Alv) 4:24.46, Tommy Lees (Cent) 4:25.74, Ewan Spencer (Alv) 4:34.83, Liam Smith (Cent) 4:43.77
 5000m (hand-timed) Joe Massingham (C) 15:08.5; Jeremy Dempsey (C) 15:21.2, Tom Wood (O) 15:23.8, Indy Barnes (Cent) 15:28.4, Henry Silverstein (Alv) 15:42.5, Tom Kearns (Alv) 16:20.7, XX (Cent) 17:12.0
 110m hurdles (no wind reading given) Samuel Clarke (C) 15.40, Marco Siniscalchi (O) 16.12, Will Parry (O) 17.22, Daniel Roffey (C) 18.74
 200m hurdles (wind -1.5 manual) Samuel Clarke (C) 24.50, Maranga Mokaya (O) 25.44, Marco Siniscalchi (O) 26.14, Joe Mitchell (C) 27.94
 400m hurdles Samuel Clarke (C) 53.24, Maranga Mokaya (O) 53.60, Marco Siniscalchi (O) 56.54, Joe Michell (C) 60.21

3000m steeplechase Jamie Edgerton (C) 9:21.59, Rian McCawley (C) 9:36.68, Peter Molloy (Alv) 9:38.80, James Rennie (Alv) 10:22.47, Jirca Kucera (Cent) 11:01.49
 4x100m relay Cambridge (Chizute Ogbedeh, Billy Matthews, Edmond Bruce, Mounir Hinedi) 44.28, Alverstone (Tim Andrew, Ben Ross-Russell, Ed Penney, Chris Jackson) 45.09, Centipedes (Lemuel Cresentil, James Tufnell, Blake Strickland-Bennett) 47.38. Oxford (Alfie Williams-Hughes, Sam Nelson, Justin Leung, Isaac Rushworth) were disqualified (rule 24.7)
 4x400m relay Oxford (Adam Coates, Max Buckley, Ben Waterman, Maranga Mokaya) 3:25.51, Cambridge (Samuel Clarke, Tomacz Kosciuszko, Harry Cox, Billy Matthews) 3:25.59, Alverstone (Joe Mitchell, Peter Cameron, Rian McCawley, Jeremy Dempsey) 3:31.13, Centipedes (Max Hubner, Will Parry, Leon Wheeler, Tommy Lees) 3:37.92
 High Jump Maranga Mokaya (O) 1.92, Ethan Sorrell (C) 1.90, Daniel Roffey (C) 1.80, Christopher Everett (O) 1.70
 Pole Vault Jake Watson (O) 4.75, Daniel Roffey (C) 3.50, Nicholas Smart (O) 2.90, Ilya Carey (C) 2.80
 Long Jump Jude Bright-Davies (O) 6.70, Sandy Macaulay (O) 6.65 (wind 2.7; 6.34 legal), Morgan Treasure (C) 6.21, Ryan Morgan (C) 5.67
 Triple Jump Jude Bright-Davies (O) 15.89 (**match record**), Ryan Morgan (C) 13.51, Morgan Treasure (C)

12.54, Sandy Macaulay (O) 11.77 (no wind readings given)
 Shot Marley Young (C) 14.67, Ryan Jones (O) 11.33, Robin Croft (C) 11.23, Jonathon Lee (O) 9.79
 Discus Marley Young (C) 46.81, Jonathan Lee (O) 36.66, Ikechi Mere (C) 36.18, Bonnor Sullivan (O) 32.69 (Stuart Humble, Oxford guest 32.29)
 Hammer Robin Croft (C) 47.24, Marley Young (C) 36.66, Bonnor Sullivan (O) 33.25, Stewart Humble (O) 29.96
 Javelin Jude Compton-Stewart (C) 56.44, Rowan Burford (O) 49.78, Josh Maiklem (C) 43.86, Joseph Phelps (O) 39.97

Result: Cambridge 123, Oxford 79

In some events Alverstone/
 Centipedes ran with the Blues

WOMEN (Blues Match)

100m (wind -2.7) Adahna Ekoku (O) 13.25 (both Cambridge runners, Florence Cochrane and Kefeshe Bernard were disqualified).
 200m (no wind reading) Isabella Busa (O) 27.15, Joy Lisney (C) 27.19, Rebecca Keddie (Mill) 28.76, Emily Song (All) 30.35
 400m Rebecca Keddie (O) 61.37, Emma Bennett (C) 61.98, Sophie Dowle (C) 62.64, Isabella Busa (O) 62.67
 800m Louise Shanahan (C) 2:06.87 (**match record**), Alexandra Brown (O) 2:14.48, Nancie Bowley (O) 2:19.01, Anna Anderson (All) 2:22.08, Lucy Carson (C) 2:26.93



Angus Harrington, Harry Cox, Ben Water-



Eleanor Butt



Marley Young



Polly Maton



Daniel Roffey



William Parry, Daniel Roffey, Marco Siniscalchi, Samuel Clarke

The Drake-Digby Trophy (best performance in the Men's' Match): **Jude Bright-Davies** (O)

The Susan Dennler Trophy (best performance in the Women's' Match): **Louise Shanahan** (C)

The Le Touquet Trophy (most improved athlete during 2020-21): **Harry Cox** (C)

The Paul Gomme Trophy (best throwing performance of the season): **Phoebe Baggott** (O)

The Achilles Trophy (outstanding contribution to Oxbridge athletics): **Samuel Clarke** (C)

The Steven Stuart Trophy (most notable second-team performance): **Blake Strickland-Bennett** (O)

Mile race stopped, due to an athlete's collapse on the track, after two laps.

A result was nevertheless declared as Alex Shipley (O) 1st, Phoebe Barker (C) 2nd, Alex Brown (O) 3rd (Louise Shanahan (C) dnf). The Millipedes-Alligators situation was unknown.

5000m Phoebe Barker (C) 17:39.07, Ella Fennelly (C) 18:34.12, Lucy Thompson (O) 18:45.14, Libby Brown (All) 18:57.40, Claire Hammett (O) 19:13.56

100m hurdles (no wind reading) Adahna Ekoku (O) 16.40, Lea Wenger (C) 16.71, Eleanor Vickers (O) 19.08, Izzy Riley (C) 19.89, Penelope Batty (All) 21.39

200m hurdles (wind -2.0 manual) Adahna Ekoku (O) 31.89, Joy Lisney (C) 32.43, Christina Okafor (C) 34.48, Ella Sharrock (O) 45.07

400m hurdles (manual times) Joy Lisney (C) 67.6, Christina Okafor (C) 70.8, Claire Hammett (O) 78.5, Ella Sharrock (O) 82.2

2000m Steeplechase Ella Sharrock (O) 7:22.78, Sarah Tisdall (C) 7:24.70, Maya Hodgson (C) 7:44.37, Claire Hammett (O) 7:52.80, Rosa Prosser (All) 7:54.13, Isabel Mastrolonardo (All) 8:41.11

4x100m relay Cambridge (-, -, -, Mary Adeniji) 52.41, Alligators (-, -, -, Lola-Rose Wood) 53.67, Oxford (Jewel Bennett, Eniola Awodiya, Iris-Mae Morse, Eleanor Vickers) 57.20

4x400m relay Oxford (Rebecca Keddie, Nancie Bowley, Isabella Busa, Alexandra Brown) 4:06.95, Cambridge (-, -, -, -) 4:07.10, Alligators (-, -, -, Anna Anderson) 4:28.60

High Jump Florence Cochrane (C) 1.58, Lea Wenger (C) and Eleanor Vickers (O) equal 1.50, Amelia Inglis (O) 1.45

Pole Vault Esther Leong (O) 3.70 (**match record**), Jen Sheasby (C) 2.80, Andrea Novoa-Martinez (C)

2.70, Amelia Inglis (O) 2.10

Long Jump Mary Adeniji (C) 5.68 (wind +3.3, best legal 5.38), Polly Maton (O) 5.42 (wind +2.5, best legal 5.24), Adahna Ekoku (O) 5.37 (wind +2.3, best legal 5.23), Charlotte Ellis (C) 5.01 (wind +2.4, best legal 4.61)

Triple Jump Mary Adeniji (C) 11.97, Charlotte Ellis (C) 10.44, Iris-Mae Morse (O) 9.78 (Adahna Ekoku (O) all no jumps) (no wind readings given)

Shot Chimdi Okpalauko (O) 10.99, Cara James (C) 10.02, Andrea Novoa-Martinez (C) 8.48, Eleanor Butt (O) 8.00

Discus Bridget Fryer (C) 38.93, Chimdi Okpalauko (O) 34.43, Cara James (C) 28.25, Phoebe Baggott (O) 23.99

Hammer Phoebe Baggott (O) 53.66 (**match record**), Cara James (C) 39.42, Bridget Fryer (C) 32.71, Chimdi Okpalauko (O) 14.30

Javelin Eleanor Butt (O) 36.95, Martha Bevan (C) 34.47, Andrea Novoa-Martinez (C) 33.17, Hannah Jauncey (O) 21.68

Result: Cambridge 102.5, Oxford 98.5

In some events Millipedes/Alligators ran with the Blues.

CENTIPEDES (Oxford) v ALVERSTONE (Cambridge)

100m (wind -1.9) Tim Andrew (Alv) 11.64, Edmond Bruce (Alv) 11.77, Alfie Williams-Hughes (Cent) 11.84, Justin Leung (Cent) 12.19

200m (wind -5.4, manual) Edmond Bruce (Alv) 23.77, Ben Ross-Russell (Alv) 24.06, Alfie Williams-Hughes (Cent) 24.07, Lemuel Crentsil (Cent) 25.50

400m Robert Anderson (Cent) 51.70, Adam Coates (Cent) 51.73, Tomek Kosciuszko (Alv) 52.13

800m Robert Anderson (Cent) 2:02.27, Connor O'Pray (Alv) 2:02.68, Jonathan Nash (Alv) 2:04.23

Mile and 5000m – see Blues results

110m hurdles (no wind readings) Blake Strickland-Bennett (Cent) 18.74, Alex Harper (Alv) 19.28

200m hurdles (wind -2.9, manual) Blake Strickland-Bennett (Cent) 28.36, Tom Fisher (Alv) 28.74, Dillon Rinauro (Alv)) 29.35

400mh Blake Strickland-Bennett (Cent) 58.72, Joe Jollans (Alv) 65.17, Peter Molloy (Alv) 70.18

Steeplechase and relays – see Blues results

High Jump Adam Coates (Cent) 1.75, Caius Lee (Alv) 1.60, Jinsum Lu (Cent) 1.55, Adam Goldney (Alv) 1.40

Pole Vault James Odwell (Cent) 2.50, Jin Sen Lu (Cent) 2.40, Isaac Fernandes (Alv) 2.20 (Nikhil Shah (Alv) no height cleared)

Long Jump Adam Coates (Cent) 6.30 (wind +3.0; no legal jumps), Timothy Leong (Cent) 5.88 (wind +3.8, best legal 5.38), Baker Lubwama (Alv) 5.84 (wind +3.0, best legal 5.73), Tom Fisher (Alv) 5.54 (wind +2.9, best legal 5.31)

Triple Jump Baker Lubwama (Alv) 11.92, George Lodge (Alv) 11.55, James Odwell (Cent) 11.40 (no wind readings given) Shot Stephen Chen (Alv) 11.21, James Tufnell (O) 8.72, Eric Humbling (Cent) 8.56, Caius Lee (Alv) 7.51

Discus Max Hubner (Cent) 27.39, Caius Lee (Alv) 27.29, Eric Hembling (Cent) 26.07, George Lodge (Alv) 24.84.

Hammer Will Styles (Alv) 26.02, James Tufnell (Cent) 25.71, James Meech (Alv) 25.10, Max Hubner (Cent) 17.89

Javelin Max Hubner (Cent) 40.23, Jan Cross-Zamieski (Alv) 36.72, Andrew Tewater Naude (Alv) 32.31

Result: Alverstone 10 wins, Centipedes 10

MILLIPEDES (Oxford) v ALLIGATORS (Cambridge)

100m (wind -0.8) Magda Cienciala (All) 13.64, LolaRose Wood (All) 14.41, Eniola Awodiya (Mill) 14.82

200m (see Blues results)

400m Charlotte Cutter (All) 67.25, Juliette Wrixon (All) 67.90, Emma Clarke (Mill) 73.00

800m and Steeplechase (see Blues re-

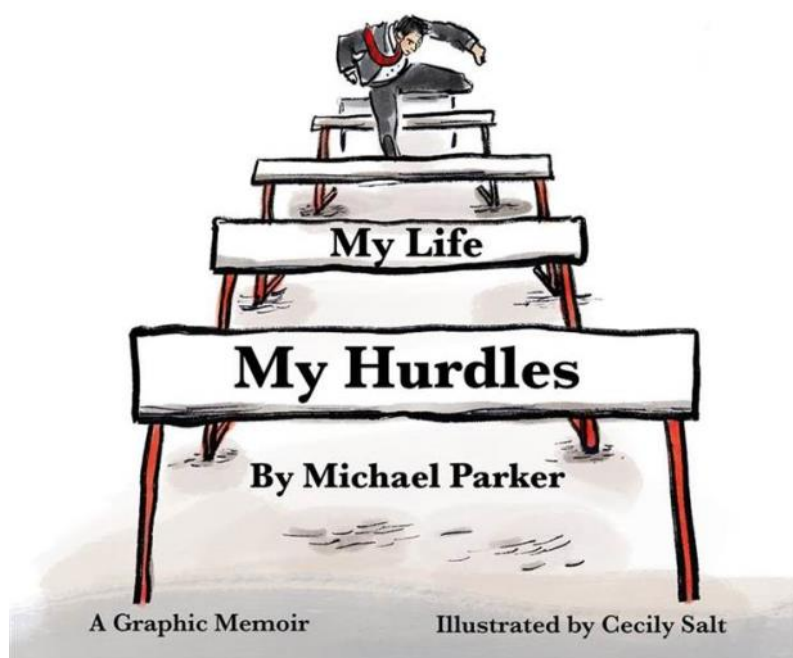
sults)
 100mh (see Blues results)
 200mh (wind -4.9 manual) Emma Clarke (Mill) 37.60, Penelope Batty (All) 39.52
 400mh Emma Clarke (Mill) 80.65, Penelope Batty (All) 85.80
 High Jump Sienna Sexton (All) 1.50, Astrid Brakstad (Mill) 1.45, Magda Cienciala (All) 1.40, Jewel Bennett (Mill) 1.30
 Pole Vault Elise Chang (All) 2.30, Johanna

Schoenacker (All) 2.10, Astrid Brakstad (Mill) 1.60
 Long Jump Magda Cienciala (All) 5.20 (wind +4.4, best legal 4.79), Irina Ferapontova (All) 4.71 (wind +2.5, best legal 4.65), Eniola Awodiya (Mill) 3.84 (wind +2.9, best legal 3.72)
 Triple Jump Irina Ferapontova (All) 10.30, Penelope Batty (All) 8.07 (no wind readings given)

Shot Rosie Rice (All) 8.25, Kiera Messenger (All) 7.04, Eniola Awodiya (Mill) 6.30
 Discus Kiera Messenger (All) 25.69, Hanna Jauncey (Mill) 22.31
 Hammer Kiera Messenger (All) 27.48, Iris -Mae Morse (Mill) 21.09
 Javelin Johanna Schoenecker (All) 37.14, Rosie Rice (All) 22.30
Result: Alligators 16 wins, Millipedes 3

MICHAEL PARKER

MEMOIRS



I've written, and had illustrated, my life story. A graphic memoir to be precise. It's taken three years to write, and now publish, and covers my life to date.

Working with my brilliant illustrator, Cecily Salt, has meant the book isn't a heavy read. Her animated drawings bring to life the ups and downs of my 83 years!

The hurdles are as much metaphorical as those on the track. I cover my rather surprising progress from novice, arriving at Cambridge, to almost qualifying for Rome Olympics a year later, and then competing in Tokyo and Mexico, in the days when the Olympics were for amateurs only.

It is available from [Brown Dog Books](#) and from [Amazon](#). All proceeds go to charity.

- Michael Parker

[Well worth reading- Ed.]

NEW MEMBERS

We warmly welcome:-

Hamish Magoffin

Martha Bevan

James Edgerton

Tomasz Kosciuszko

Chimdinma Okpalauko

Emily Song

Thomas Wood

Billy Matthews

Joseph Massingham

Ilya Carey

Charlotte Buckley

Phoebe Baggott

Phillip Crout

Alexandra Brown

LICC MATCHES

10th July 2021

Long Jump

Polly Maton	5.42	+0.7
Adahna Ekoku	5.34	+1.1

Pole Vault

Bilen Ahmet	3.55
Jenny Sheasby	2.70
Andrea Nóvoa Martínez	2.60

High Jump

Lea Wenger	1.60
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Javelin Throw

Andrea Nóvoa Martínez	33.92
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100m

Polly Maton	13.48	-0.2
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400m

Billy Matthews	49.68
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200m

Emma Bennett	27.81	+0.7
Emily Song	31.18	+0.0



Emily Song



Billy Matthews

21st August 2021

Pole Vault

Ilya Carey	3.00
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100m

Tomasz Kosciuszko	12.12	-0.1
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200m

Isaac Kitchen-Smith	23.45	-1.5
Tomasz Kosciuszko	24.12	-1.3
Paul Willcox V65	32.68	-0.1



Adahna Ekoku

25 YEARS ON...

OUAC, CUAC AND ACHILLES IN 1996

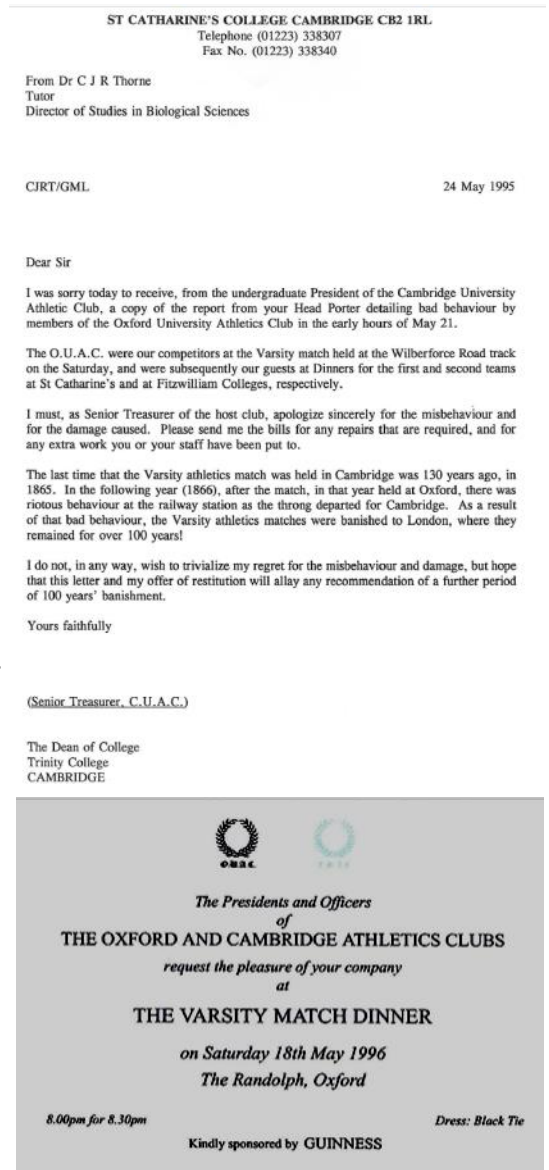
It is the self-confessed squirrel tendencies of Clare Martin (now Phillips) which have to thank for much of this flashback, and she apologises that for example her Varsity Match photos have a rather dark blue bias.

The Varsity Match Dinner had to be held at the Randolph Hotel as reports of the previous year's behaviour in Cambridge (see Chris Thorne's apology to the Dean of Trinity) had found their way to Oxford colleges.

Of South Africa, of which more below, Clare recalls:

"John's report didn't mention the petrifying ascent of Table Mountain, led by Joanna Latimer's South African boyfriend, which involved pulling ourselves up sections of rock face with chains! Hence the jubilant group photo when we reached the top! A quick Google search leads me to believe we did the India Vester route and a warning sign is (now) at the bottom of the route. I don't remember seeing it but I vividly remember seeing the sign at the top of the mountain when we finally got to the top - coaxed up by Donald Naylor, who was the only one of us with any proper climbing experience and who encouraged those of us with no head for heights to keep going! The other group took the more sedate (and safe) route up the opposite side of the mountain.

"Looking at the club newsletters, I think the finger was firmly pointed at James Hurrion for the hat-stealing incident!"



THE 1996 SOUTH AFRICA TOUR

JOHN MORELAND'S REPORT

The Achilles tour to South Africa was a tremendous event and everyone who participated in it returned to the UK with many vivid and varied memories. That it was a huge success was largely down to the preparatory work done by Paul Wilcox and Robert Stinson and to them the tourists owe many thanks.

After a relatively uneventful flight - the highlights being the collapse of the sound system and Dave Benton and Suzanne Barrington "discovering" each other - we landed at Capetown Airport and piled into four Volkswagen Microbuses which we drove, moderately successfully, to our accommodation outside Stellenbosch. The Devonvale Country Club was to be our base for the next 12 days and a very comfortable one it proved to be, even for the two guys who spent a few nights on the floor!

An orientation visit to the track was followed by a swim for some and a training session for others. Those training soon found themselves in the middle of the local district championships, the Boland Championships in fact, and a few decided to see if they could join in. Douglas Campbell and Steve Booth got themselves into the final of the 110m hurdles, Douglas came fourth in 16.1s and Steve collected 3 faults at the second hurdle, James Kindon joined in the discus, as did Steve Oxlade in the hammer, yours truly won the shot, with a pb of 12.89m, and the discus. Food was the order of the day next and a variety of local restaurants were explored by groups of hungry Achilles athletes.

We had by this stage already established that the second fixture of the tour was not going to happen, so over the course of the weekend the pattern which was to dominate the rest of the tour took shape. The tour party would split into Microbus groups and explore the locality and Cape Town, fitting in food and training as and when. Over that first weekend Cape Town's Waterfront, Table Mountain, and the rugby at Newlands (Otago Vs Western Province) were sampled and the potential of the 2.6i Microbuses was quickly realised.

On Monday 18th March the Achilles convoy rolled into Stellenbosch for the match against Stellenbosch, the University of Cape Town and the University of Western Cape. We began with a team photo in our View From tracksuits, a gruelling event in itself as we stood there all in black facing the hot sun whilst three people took photos with about thirty cameras. View From are to be thanked for the tracksuits, though it is quite obvious that the company is more familiar with the body shape of middle distance runners than burly throwers and 6'4" decathletes - can we persuade View From to introduce an XXL before our next tour?

As can be seen from the results - have they arrived yet? - it was an interesting match and many of the events were keenly contested at a high level. All the middle distance races were well fought, though the men's 5000m must go down as the most amazing race of the night with its 30+ field. Dan Duke and Donald Naylor ran well in the chase, earning places in the permit meeting on the Wednesday, and a number of the ladies ran well beating other Achilles runners in uncontested events - the opposition preferring to put nobody in an event if they didn't think they could win it. We appeared to be doing well throughout but the scoring was such that the big points were there for the winners of the events with the big fields, my own victories in the shot and discus for example, amassing a mere 4 points as only one other team put in only one athlete. By the time of the relays it was clear we were going to manage second at best, but we acquitted ourselves well - Gerhard Cruywagen and Suzanne Barrington putting in the best legs in the men's and women's 4x100m relays.

Then to the serious business of the night, the party. Pasta and salad and lashings of beer followed, before the hosts announced - surprise, surprise - that they had won, but we were pleased to come second. If I had a photo of the trophy for this report then it would be entirely obvious why Stellenbosch



won, there was no way they were going to let a two feet high silver trophy leave their cabinet for any longer than absolutely necessary. We had our revenge in the speeches and in the beer race afterwards though. Having received plaudits from our hosts (because we lost I assume), I gave away some Achilles cuff-links to a few of the key officials and Achilles tour T-shirts to the ladies' captains. In my best Afrikaans I promised Stellenbosch that we would beat them the next time - apparently they understood my opening comments well enough though I can't quite remember a translation for these pages... Needless to say Achilles men put on the best performance in the drinking match. The middle distance quartet of Rushman, Herries, Benton and somebody else (?) easily came last and then happily stripped off for a lap of the track wearing only grins and carrying beer cans. Our hosts were well impressed, but I pity them if we repeat this event in the UK during March! Claire Martin missed this particular lap but all four of the lads gave her a repeat performance later, though she shut her eyes and screeched for help!

The rest of the tour consisted of a mixture of training, touring in the Microbuses, eating and drinking. Cape Point, local beaches, the Wine Route, an Ostrich farm, Cape Town, the Waterfront all featured as the various groups hit each of the main spots in turn. The groups in the VWs had more or less formed by this stage - the ESP van had at least 10 occupants each time and who knows where they went, the Old Farts hit the wine route a lot and were always back first, I drove that one a fair bit, the young heavies led by James Harrison took one van off and always came back on autopilot, very late and thankfilly in one piece. God alone knows how their van survived the week, and the fourth van mopped up all the others. A few people floated but no-one got left behind which was the main thing.

There were highlights in the rest of the tour of course. On Wednesday 20th March Stellenbosch hosted the Bonnita Prestige meeting, which had Olympic qualifying performances in the 110m hurdles, men's 800m, 1500m, 3000m chase, javelin and pole vault. A number of our athletes ran and got good times but the field in every event was classy and it was a pleasure to watch. Unfortunately for us Okkert Brits did nothing special in the vault, even though he had cleared 6.01m the day we arrived.

On Saturday 23rd March the World Cross Country Championships took place in Stellenbosch and we were there to watch the Kenyans strut their stuff. The course was rather different from anything that might be seen at home in March but it produced some fast times. Our athletes ran in the mob races afterwards and they too suffered in the heat, but enjoyed their chance to run on the course.

On Sunday 24th March we drove in a convoy into Guguletu Township, on the outskirts of Cape Town, and that was an entirely different experience. We arrived at the so-called stadium - a grass and gravel surface, surrounded by a wall, with a disintegrating, makeshift stand - and met the local club. Whilst three burly men armed with shotguns watched the vehicles we ran round the Township with our hosts (well, I drove a VW of the infirm, elderly and simply unfit...). What an experience that was, as we left behind the solid dwellings around the track, of brick or concrete walls, and encountered the more familiar sight of the wood and tin dwellings we are used to seeing on television. Everywhere we went there were smiles and laughter and danger seemed a thousand miles away, but clearly the new South Africa has a long way to go before memories of Apartheid and everything it stood for are finally eradicated. Jon Rushman organised the visit and hopefully he will co-ordinate continued links with the club and the Township, there is much good that Achilles members could do there.

And so the Tour was nearly over. Most of the group enjoyed fantastic views on a sunset cruise from the Waterfront, some got to run with Curtis Robb, others got to watch Zetonyi hurl the javelin, or Gummelt to train or Ragis, Jarrett, Brailitwaite and friends warm up (did anyone see them train?), Keith Marsden shared memories of past Achilles matches and tours with us and happily joined the Old Farts van on a number of occasions. Simon Hall, Claire Martin and Sue Bevan provided me with much needed support and Sue too was happy to join the Old Farts - can we stay at her hotel the next time we do this? the Lanzarise, a five star hotel in Stellenbosch is so much handier for the track... Sadly, two of our party got to see the seamer side of the new South Africa as Steve Oxlade and Karina Higashi were mugged and stabbed in Capetown on our second Friday. Karina was not badly hurt, but Steve suffered a punctured lung and had to stay behind an extra week, before BA would let him fly back. The incident marred our final weekend, but it could have easily been worse. That and the visit to the Township certainly informed our discussions about Cape Town's bid for the 2004 Olympics and I for one wonder if they can possibly hope to stage it.

On Tuesday 26th March we left South Africa behind, having all made lots of new acquaintances and lots of new friendships. It is a country worth visiting and we all had a fantastic time, they have a long way to go but I am sure that everyone who went there would want the Guguletu's of this world to be sorted out and their inhabitants to be given an even chance.

As for Stellenbosch University, we need to persuade them to bring a team to the UK so we can even the scores.....



THE 1996 VARSITY MATCH

18TH MAY 1996, OXFORD

Sebastian Rosato writes:

The day went by in a blur and the only thing I remember clearly is that we won all four matches in bad weather.

My job as captain of the men's varsity team was probably the easiest in recorded history. For one thing, we had Pierre Faber, who was always going to win the most unlikely quadruple of High Jump, Pole Vault, Shot, and Discus. Serial winners Gareth Davies (Long Jump) and James Hurrion (Javelin) were likewise never in any danger of losing.

The only move I can take credit for is my decision not to allow Anders Lustgarten and Chas McCaw, who were both at the peak of their powers, to both run the 400, for fear they would kill each other. Instead, I asked Anders to take on the 100/200 double, knowing that he had never run a competitive 100 in his life, and Chas to do the brutal 800/400 double. They won all four events and then combined to crush Cambridge in the 4x400 together with Jon Parker and Guy Wolf, who had themselves gone 1-2 in the 400 hurdles.

As I said, an easy day to captain a varsity team.

MEN, Blues Match

100m	A. Lustgarten (O) 11.0, A. Dunwoodie (O) 11.1, D. Gardiner (C) 11.2, P. Markaris (C) 11.2
200m	A. Lustgarten (O) 22.3, D. Gardiner (C) 22.6, A. Dunwoodie (O) 23.0, A. James (C) 23.1
400m	C. McCaw (O) 50.2, J. Parker (O) 51.7, J. Cordwell (C) 52.2, R. Trezona (C) 52.5
800m	C. McCaw (O) 1:54.8, P. Gray (C) 1:55.3, J. Booth (O) 1:56.1, J. Trapmore (C) 1:56.9
1500m	J. Trapmore (C) 3:57.7, A. McDougall (O) 4:00.0, A. Hennessey (O) 4:06.3, M. Goshing (C) 4:12.3
5000m	D. Laggate (C) 15:02.5, H. Lobb (C) 15:03.9, G. Tyler (O) 15:09.0, P. Haarer (O) 15:15.2
110m hurdles	S. Rosato (O) 15.2, S. Parker (C) 16.4, M. Albrighton (C) 17.7, D. Hughes (O) 20.0
200m hurdles	S. Rosato (O) 25.6, G. Davies (O) 25.9, C. Nwokoro (C) 27.0, C. Edwards (C) 28.0
400m hurdles	J. Parker (O) 56.8, G. Wolf (O) 57.4, C. Edwards (C) 57.5, C. Nwokoro (C) 63.7
Steeplechase	D. Naylor (C) 9:22.4, J. Fitzsimmons (C) 9:38.1, A. McPherson (O) 10:01.6, M. Hughes (O) 10:07.4
3000m walk	W. Ashby (O) 14:25.5, Fiona Rose (C) 15:42.7, B. Kitchen (O) 15:51.2, A. Carney (C) 16:27.0
High Jump	P. Faber (O) 1.85, T. Coker (C) 1.80, T. Cosello (O) 1.80, L. Phiri (C) 1.75
Pole Vault	P. Faber (O) 3.60, G. Chidlow (O) 3.20, N. Woodmansey (C) 3.20, M. Hatton (C) 2.10
Long Jump	G. Davies (O) 7.22, G. Chidlow (O) 7.10, N. Walne (C) 6.63, P. Manfield (C) 5.78
Triple Jump	J. Hilton (C) 14.29, M. Croskell (O) 13.28, R. Sawers (O) 12.76, F. Idridge (C) 12.64
Shot	P. Faber (O) 13.88, J. Kindon (O) 12.30, P. Berezai (C) 10.12, N. Walne (C) 9.06
Discus*	P. Faber (O) 39.26, J. Chia (C) 35.52, J. Kindon (O) 35.40, G. Florence (C) 28.18
Hammer	J. Shilcock (O) 41.76, J. Chia (C) 38.90, N. Marston (C) 37.62, M. Taylor (O) 31.74
Javelin	J. Hurrion (O) 62.32, P. Faber (O) 52.88, E. Pagnamenta (C) 40.74, A. Pagnamenta (C) 35.94
4 x 100m	Cambridge (Markaris, Gardiner, James, Walne) 43.7, Oxford (Davies, Dunwoodie, Fox, Rosato) 43.9
4 x 400m	Oxford (Lustgarten 50.0, Wolf 50.9, Parker 50.2, McCaw 48.8) 3:20.0, Cambridge (Trezona 52.7, Osborne 52.5, Cordwell 51.3, Gardiner 51.5) 3:28.0
Result	Oxford 134, Cambridge 89

WOMEN, Blues Match

100m	A. Amaku (O) 12.5, D. Rowe (O) 12.9, H. Fuller (C) 12.9, R. Gilpin (C) 13.5
200m	A. Amaku (O) 26.5, H. Fuller (C) 26.9, D. Rowe (O) 27.4, R. Gilpin (C) 27.7
400m	E. Casson (C) 58.5, K. Williams (O) 59.6, C. Martin (O) 60.0, R. Gilpin (C) 62.0
800m	B. Spies (O) 2:14.3, C. Martin (O) 2:14.6, E. Casson (C) 2:15.4, S. Harvey (C) 2:30.9
1500m	B. Spies (O) 4:38.7, D. Martin (O) 4:44.2, F. Thistlethwaite (C) 4:50.9, A. Tomkinson (C) 4:55.5
3000m	S. Cook (O) 10:02.6, C. Maxwell (C) 10:14.8, H. Chung (O) 10:28.4, K. Haylock (C) 10:38.0
100m hurdles	K. Marvell (O) 17.1, V. Boag (C) 17.2, D. Martin (O) 17.3, J. Curgenvin (C) 17.4
400m hurdles	C. May (O) 66.8, J. Iles (O) 68.8, V. Boag (C) 69.2, K. Thacker (C) 77.6
High Jump	J. Falconer (C) 1.55, C. May (O) 1.50, C. Pagel (O) 1.45, A. Richardson (C) 1.40
Long Jump	C. May (O) 5.16, J. Falconer (C) 4.90, J. Iles (O) 4.80, V. Boag (C) 4.61
Triple Jump	J. Falconer (C) 10.98, B. Page-Jones (C) 10.00, J. Iles (O) 9.89, D. Martin (O) 9.27
Shot	S. Winckless (C) 10.08, J. Falconer (C) 8.54, J. Iles (O) 8.00, C. May (O) 7.03
Discus*	S. Winckless (C) 40.28, S. Hanley (C) 30.98, J. Galey (O) 27.38, A. Lesk (O) 24.86
Hammer	R. Stott (C) 38.16, H. Salisbury (O) 32.08, M. Wong (C) 25.22, M-C. Bakker (O) 21.86
Javelin	J. Curgenvin (C) 36.68, R. Wyndow (O) 30.56, K. Thacker (C) 29.40, C. May (O) 24.12
4 x 100m	Oxford (Street, Williams, Rowe, Amaku) 50.9, Cambridge (Boag, Curgenvin, Gilpin, Fuller) 53.4
4 x 400m	Oxford (May, Williams, Martin, XXXX) 4:03.8, Cambridge (Fuller 63.1, Boag 64.6, Gilpin 63.1, Casson 59.9) 4:10.7
Result	Oxford 97, Cambridge 82

Gareth Davis' win in the long jump earned him the Drake Digby trophy, and 800/1500m winner Becky Spies was awarded the Susan Denner Trophy.

Four years ahead of her Olympic gold medal, Steph Cook won the 3000m, while future Olympic rowing bronze medallist (and 2021 Boat Race Umpire) Sarah Winckless won the shot and discus.

Among other Achilles legends appearing was Alan James, now Clerk to the Achilles Trust, and still competing and coaching.



Chinedu Nwokoro

ADDRESSES WANTED

We would be very grateful for postal or email addresses for any of the following:

please contact membership@achilles.org

1947	Gordon Drew	Oxford	1965	Dick Pyle	Oxford	1982	Jennifer Jolley	Cambridge
1947	Jolyon Rymer	Cambridge	1966	Edwin Gale	Cambridge	1982	Mark Jackson	Cambridge
1947	Paul Jeanty	Oxford	1966	Mike Powell	Oxford	1982	Simon Small	Cambridge
1948	Robert Reynolds	Cambridge	1967	John Smith	Cambridge	1983	Marcus Darville	Oxford
1948	John Seale	Cambridge	1967	Peter Auksi	Oxford	1983	Alistair Edgar	Cambridge
1949	David Shiress	Cambridge	1968	Alan Heath	Oxford	1983	Patrick Hannon	Cambridge
1950	David Powell	Oxford	1968	Christopher Webb	Cambridge	1983	Charles Hovenden	Oxford
1951	David Lyall	Cambridge	1968	Peter Wray	Cambridge	1983	Kareen Marwick	Cambridge
1951	Jean-Pierre Matossian	Oxford	1969	David George	Cambridge	1983	Julie Morgan	Cambridge
1952	Henry Leader	Cambridge	1969	David Graham-Young	Cambridge	1983	David Taylor	Cambridge
1952	Richard Broad	Oxford	1970	Richard Green	Cambridge	1983	Alistair Brown	Cambridge
1952	Bob Catterall	Cambridge	1970	Leon Hall	Oxford	1983	Elizabeth Gee	Cambridge
1952	Iain Crawford	Cambridge	1971	Peter Thompson	Cambridge	1983	Lindon Neil	Cambridge
1953	Gerald Butterworth	Oxford	1972	Biff Hannibal	Cambridge	1984	Paul Carleton	Cambridge
1954	James Batten	Cambridge	1973	Benjamin Davies	Cambridge	1984	Heather Linaker	Cambridge
1954	Graham Barker	Cambridge	1974	Rob Crittenden	Oxford	1984	Andrew Richardson	Cambridge
1954	Gareth Jones	Cambridge	1975	Andy Brown	Oxford	1984	Joe Coles	Cambridge
1955	Christopher Higham	Oxford	1975	Nigel Boulding	Oxford	1984	John Fordham	Cambridge
1955	John Maitland	Cambridge	1976	Adam Chedburn	Oxford	1984	Matthew Power	Oxford
1956	Timothy Sainsbury	Oxford	1976	Pete Edwards	Oxford	1985	Janet Corlett	Oxford
1956	Eduard Freitag	Cambridge	1976	Julian Ellis	Cambridge	1985	Marco Fasoli	Cambridge
1956	Roger Pinnington	Oxford	1976	John Morris	Cambridge	1985	Michael Molitor	Cambridge
1957	Edgar Samuel	Cambridge	1976	John Slaney	Cambridge	1985	Felicity Waterman	Oxford
1958	Ronald Forster	Cambridge	1977	Charles Aithie	Oxford	1985	Tim King	Cambridge
1958	Lawford Howells	Cambridge	1977	Anthony Dyke	Oxford	1986	Liz Boothroyd	Cambridge
1958	Anthony Gibbs	Oxford	1977	Peter Warfield	Cambridge	1986	Andy King	Oxford
1959	David Churchill	Oxford	1977	Cathy Meunier	Oxford	1986	Patricia Bradley	Cambridge
1959	John Cuthbert	Oxford	1977	Mary Underhill	Oxford	1986	Sarah Rees	Cambridge
1960	David Lewis	Oxford	1978	Kenrick Cheong	Oxford	1987	Caroline Ball	Oxford
1961	Herb Elliott	Cambridge	1978	Roger Hodgson	Oxford	1987	Keith Blackwell	Cambridge
1962	Colin Bacon	Cambridge	1978	Andy Shepherd	Oxford	1987	Kathleen Clair	Oxford
1962	Tim Briault	Cambridge	1979	David Grant	Cambridge	1987	Ginny Evans	Oxford
1962	Peter Burrows	Cambridge	1979	Martin Rhodes	Oxford	1987	Pete Fulcher	Cambridge
1963	Mike Ralph	Oxford	1980	David Rist	Oxford	1987	Andy Geddes	Oxford
1963	George Darroch	Oxford	1980	Glyn Reynolds	Oxford	1987	Richard Dawson	Oxford
1963	Michael Davies	Cambridge	1980	Kim Wells	Cambridge	1987	Kate Harper	Cambridge
1965	Robin Inglis	Cambridge	1981	Andrew Beardmore	Oxford	1987	Chris Harris	Oxford
1965	Geoff Bostock	Oxford	1981	Sarah Sanderson	Oxford	1988	Bob Cobb	Cambridge
1965	Michael Chapman	Oxford	1981	Rona Slator	Oxford	1988	Corinne Cummings	Oxford
1965	Martin Clark	Cambridge	1981	Jonathon Stoodley	Cambridge	1988	Peter Darbyshire	Cambridge
1965	Geoffrey Williams	Oxford	1982	Nicholas Armstrong	Oxford	1988	Peter Laws	Oxford
1965	Graham Plows	Cambridge	1982	Nick Fellows	Oxford	1988	Ian McDonald	Oxford

40 YEARS ON...

OUAC, CUAC AND ACHILLES IN 1981

John Moreland recalls the 1981 US Tour

Some memorable moments – sleeping in the fencing salle at Princeton, I think about 8 floors underground, on camp beds. Air conditioning running noisily all night. Sharing a dorm at Penn, with the rest of the men, and as you can see from the photo, very messily. West Point Military Academy was sensational – a chapel organ that literally made one’s chest vibrate, a dining room that could seat and feed 5000 cadets simultaneously, our hotel the same that the freed American hostages from the US Embassy in Tehran stayed in on their repatriation to the US (so we were told). The 72,000 seat stadium at Penn was mind blowing compared to Iffley Road, even though it did have an astro in the centre!

We travelled by coach a lot, and as we had three matches, and visited six universities. We seemed to pass New York a lot, but



the management were reluctant to let us visit. A group of Teddy Hall athletes took up the refrain of “New York, New York, what a beautiful town” from the back of the bus a number of times. Management duly changed their minds and let us visit one day, but it poured with rain. My two photos of the World Trade Centre and the Empire State Building show how low the cloud base was. A few of us went to the top of the WTC and we couldn’t even see the other tower (I was one of the coaches on the 2001 tour and I visited the WTC again, this time it was a beautiful clear day, just a few months before 9/11).

A great experience, but the rest of the details are all rather hazy!



GRAHAM GODDARD

SELFLESSLY INSPIRATIONAL 1981 CUAC PRESIDENT WHO DIED AGED 29

By Tony Ploszajski

Our sport of athletics often emphasises the self, tending to focus upon personal bests and individual achievements. Perhaps that’s why selfless acts in track and field stand out above the great avalanche of results, numbers, times and distances to resonate with us so strongly.

Graham Goddard’s presidency of CUAC in 1981 started inauspiciously. He received a letter from some bloke called David Puttnam asking whether any Cambridge athletes might be interested in appearing as extras in a film he was making.

Without further consultation, Graham unilaterally decided that they would not wish to. Later that year ‘Chariots of Fire’ was released to Oscar-winning acclaim, but with any current CUAC athletes conspicuously absent from the big screen. He never did live that one down!

Graham’s irrepressible sense of fun shone through his presidential year. A gifted mimic with a gentle wit, I was deservedly regularly on



1981: John Scaife, Graham Goddard, Tony Ploszajski, Carson Porteous, Trevor Burton and Ian Fenn-Tye celebrate Cambridge’s unexpected Varsity Match victory.

the receiving end of his impersonations and jokes. Amongst a host of escapades, I vividly recall driving with him in his rickety Renault 4 back up the M11 from a training session in Harlow (at that time the closest all-weather track to Cambridge!) and doing ‘baton changes’ at 70mph between the occupants of his car and Trevor Burton’s Ford Capri.

A talented, although not outstanding 400m runner, Graham had injured an ankle when falling down a set of stairs in a bar in Boston on the Achilles US Tour of 1981. He typically found the humour in this but did not seem to be particularly impeded by the injury, competing at several meetings back in the UK during the Easter Term. As selection time approached for a Varsity Match where Cambridge were very

There were some unknowns and tensions because it was the first US tour to take place pre-Varsity Match, so rivalry between Oxford & Cambridge was unresolved. It might have been challenging for me as manager to deal with joint captains who did not always agree, but Graham was very pleasant and easy to

Graham was a great athletics enthusiast who always gave his best on the track, particularly in 4x400. He was so supportive of his teammates.

Brian Jones

much second favourites, he announced his decision to run in the Alverstone team. No entreaties by Roy Carter or his team-mates

I have fond memories of being kicked out of Graham's room in Sidney Sussex during a raucous evening with Paul Gomme and Carol Vorderman. I can't think of Graham without also thinking of Paul. Tragic to lose two such talented individuals in the prime of their lives. At least Carol made it.

Neil Leach

would dissuade him and as he said in a press article in the Cambridge Evening News 'I'm more interested in the team winning this year'.

And so it came to pass, that on

16th May our team of individuals was collectively inspired to deliver for him the result that his self-sacrifice deserved and despite having been soundly beaten by OUAC in the Field Events and Relays matches earlier in the year, we prevailed in the match that really mattered. With his keen sense of the history of the Varsity Match, I know how much that victory meant to him.

One supreme act of generosity that I've always admired is Emil Zatopek gifting one of his Olympic gold medals to the Australian runner Ron Clarke (who famously never won one in his own right). And yet, Zatopek gave away something he had already won, whereas in May 1981, Graham passed up the chance to earn something that he never had. By unprecedently omitting himself from the Blue's Team, he denied himself the opportunity for a coveted 'Blue' that I know he would personally have loved, because in his view (and his alone) the team as a whole had a better chance of winning the Varsity-

ty Match without him.

Several years after leaving Cambridge, Graham developed diabetes and tragically died from complications arising from the condition aged 29 in 1989. In the immediate aftermath, I tried to think of a fitting tribute and memorial to a man whose graveside headstone accurately records him as being 'loved by all, remembered with joy'. Given his presence in the Alverstone team in 1981, donating the Graham Goddard Trophy, funded by his friends in his memory, seemed a most appropriate way both to remember the man and provide a reward for the victors of the men's second team Varsity match. His self-deselection for that match is one of those sporting gestures that deserves to be celebrated even more fervently (and remembered for even longer) than the Varsity Match victory that he believed it secured.

Graham Goddard's CUAC career 1978-79

Freshers Match, Milton Road 31.10.1978: Graham Goodard ('GG') 200m 23.2 (1), 400m 53.9 (3), LJ 5.88 (2) Cambridge won 114:82

Varsity Games, Crystal Palace 3.3.1979: GG ran in 4x200 (22.9), and in 4 x 400 (52.5) CUAC won both races, and the overall men's match 5-2

German Tour 7.4.1979 GG ran 50.3 (2)

CUAC trials 18.4.1979 400m heat 1 GG 51.1 (1)

CUAC v Eastern Counties 21.4.1979 GG 52.6 (2)

CUAC v RAF 25.4.1979 GG 24.2 (2)

Woodford Green 28.4.1979 51.5 (2) in "B" race

VM 12.5.1979 (CUAC Pres Robin Tolson) 400m Brian Jones 48.4 (1), GG 50.1 (2)

OC (70) v HY (119) 17.6.1979 at Milton

Road 400m Brian Jones 48.5(1), HY (2), HY (3), GG (4) 51.1

1979-80

CUAC President was Neil Leach, Graham was Hon Secretary.

Cuppers heats 19.11.1979 200m GG 24.0 (1)

Cuppers finals 22.11.1979 GG 24.7 (2); 55.8 (1)

Varsity Relays (Crystal Palace) 1.3.1980 4 x 400 GG 52.5 leg in 4 x 400

CUAC v University of East Anglia 7.5.1980 GG 52.2 (1)

Varsity Match 10.5.1980 GG selected for Alverstone 400m but did not run.

Oxford-Cambridge v Princeton-West Point match, Iffley Road 22.6.1980. GG ran in the 400m (4th in 53.0); and in the 4 x 400m relay (GG leg of 53.4)

1980-81

Graham was CUAC President

Cuppers 15-17.11.1980 Ran 400m for Sidney in 53.2 (1)

Relays (Crystal Palace) 1.3.1981 GG ran in the 4 x 200 (in which CUAC came third) and in the 4 x 400 (Cambridge came 4th). GG had run 53.2

American Tour of April 1981 (did not compete)

Woodford Green 25.4.1981 GG ran 52.9 (3)

Varsity Match May 1981. GG was injured and did not select himself for the Blues team. Alverstone 400m 52.0 (1)

- CJRT

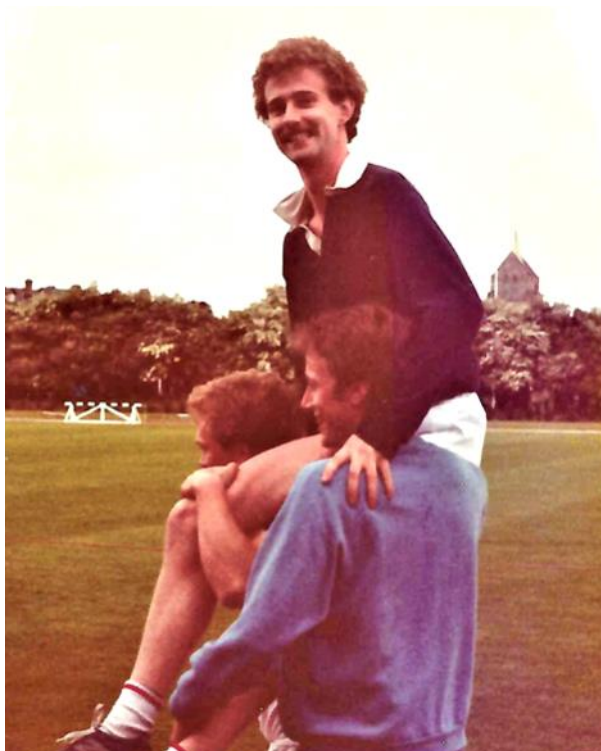
THE 1981 VARSITY MATCH

MEN, Blues Match

100m - R. Smith (C) 11.3, N. Armstrong (O) 11.4, S. Keenlyside (C) 11.4, A. Hughes (O) 11.5. 200m - M. Cheesman (C) 22.4, R. Smith (C) 22.5, A. Hughes (O) 22.8, N. Armstrong (O) 22.9. 400m - S. Small (C) 49.1, D. Emery (O) 49.6, C. Ewart (O) 50.1, T. Freeman (C) 51.3. 800m - R. White (O) 1:55.9, N. Fellows (O) 1:56.8, J. Bevan (C) 1:58.8, S. Elwood (C) 1:58.8. 1500m - N. Dorey (O) 3:55.9, M. Jackson (C) 3:57.1, M. Darville (O) 3:59.0, M. Gordon (C) 4:12.7. 5000m - M. Novelli (C) 14:50.0, M. Rimmer (O) 14:50.3, N. Brawn (O) 14:50.3, - T. Eglen (C) 15:31.5. 110m hurdles - C. Porteous (C) 15.1, C. Humphrey (O) 15.8, M. Davidson (O) 16.1, A. Ploszajski (C) 16.5. 200m hurdles - M. Davidson (O) 25.7, I. Fenn-Tye (C) 25.9, P. Clarkson (O) 26.4, C. Porteous (C) 38.9 (having pulled a muscle). 400m hurdles - T. Burton (C) 54.9, C. Ewart (O) 55.7, I. Fenn-Tye (C) 55.9, P. Clarkson (O) 58.2. Steeplechase - N. Brawn (O) 9:15.6, D. Flynn (C) 9:21.8, J. Stoodley (C) 9:25.0, A. Suddards (O) 10:01.6. High Jump - T. Llewellyn (C) 2.12 [record], W. Dixon (C) 2.00, A. Beardmore (O) 1.90, T. Press (O) 1.65. Pole Vault - J. Scaife (C) 3.10, J. Dow (C) 3.10, M. Ridpath (O) 3.10 [A. Beardmore (O) no height cleared]. Long Jump - S. Keenlyside (C) 6.80, C. Humphrey (O) 6.78, D. Stone (O) 6.74, J. Barrington (C) 5.66. Triple Jump - M. Sellars (O) 14.03, T. Herbert (O) 13.87, G. Gilliat (C) 13.25, D. Taylor (C) 12.66. Shot - L. Browne (C) 13.65, I. Jackson (O) 12.90, D. Watson (C) 12.51, J. Moreland (O) 12.10. Discus - I. Jackson (O) 42.88, J. Moreland (O) 42.38, G. Malachowski (C) 41.44, - J. Browne (C) 36.80. Hammer - G. Malachowski (C) 51.86, V. Miihkinen (O) 46.60, J. Browne (C) 43.88, M. Skinner (O) 39.76. Javelin - A. Best (O) 57.16, N. Taylor-Young (C) 52.32, A. Fraser (C) 49.70, R. Mathison (O) 45.72. 4 x 100m - Cambridge (Cheesman, Smith, Burton, Keenlyside) 43.0, Oxford (Abrey, Hughes, Armstrong, Burn) 43.4. 4 x 400m - Oxford (Cropper 51.5, Emery 49.3, Ewart 49.7, White 48.4) 3:18.6 [record], Cambridge (Keenlyside 50.6, Burton 51.2, Llewellyn 50.0, Small 47.6) 3:19.4. **Result - Cambridge 110, Oxford 101.**

WOMEN, Blues Match.

100m - J. Roynon (O) 12.9, C. Taylor (C) 13.0, P. Tuffnell (C) 13.6, R. Slator (O) 13.7. 200m - J. Reeve (O) 26.2, J. Roynon (O) 26.6, A. Kyei-Mensah (C) 26.8, S. Parker (C) 26.9. 400m - S. Parker (C) 58.2, J. Reeve (O) 59.4, L. Davis (C) 61.5, S. Sanderson (O) 62.4. 800m - S. Parker (C) 2:16.5, D. Horsley (O) 2:20.1, M. Chamberlain (C) 2:23.0, K. Shore (O) 2:23.2. 1500m - D. Horsley (O) 5:01.9, J. Lewtas (C) 5:01.5, M-C. Uhart (C) 5:07.5, C. Simpson (O) 5:13.0.



100m hurdles - A. Kyei-Mensah (C) 15.0 [record], S. Davidson (O) 17.5, K. Marwick (C) 20.0, H. Barker (O) 21.3. High Jump - K. Rose (C) and K. Marwick (C) both 1.50, H. Barker (O) 1.35, C. Simpson (O) 1.10. Long Jump - A. Kyei-Mensah (C) 5.30, R. Slator (O) 5.14, K. Rose (C) 4.49, J. Lecky-Thompson (O) 4.10. Shot - A. Kyei-Mensah (C) 10.87, H. Barker (O) 9.21, C. Morris (C) 8.14, P. Turner (O) 6.18. Discus - K. Marwick (C) 29.36, J. Capel (O) 28.64, J. Bos (O) 26.96, J. Morgan (C) 21.52. Javelin - C. Morris (C) 34.38, J. Capel (O) 28.92, G. Gibney (O) 26.58, M. McCardle (C) 24.04. 4 x 100m - Cambridge (Taylor, Parker, Tuffnell, Kyei-Mensah) 50.2 [record], Oxford (Sowter, Roynon, Reeve, Slator) 50.8. **Result - Cambridge 73, Oxford 55.**

The **1981 Varsity Relays Match** was held in conjunction with the Varsity Games at Crystal Palace on 1 March 1981. The Achilles Club were well represented, winning 4 of the 7 men's events (4 x 200m, 4 x 800m, 4 x 1600m and 4 x 200m hurdles) and one of the women's (4 x 100m). In the "Varsity Match" proper, Oxford's men won by 5 events to 2, and Cambridge won the women's by 2 events to one.

The **Varsity Field Events Match** (at this date still for men only) was held at the same venue concurrently (now a regular feature but then something of an innovation). Here Oxford won by 4 events (Long Jump, Shot, Discus and Javelin) to 3 (High Jump, Pole Vault and Triple Jump). In the High Jump a new match record was set, helped a great deal by Trevor Llewellyn who was just beginning his wholesale alteration of all the various Varsity match high jump records.

In the Michaelmas Term there was a major, but sadly short-lived, innovation: the first ever **Varsity Decathlon**. This was held on 10 and 11 October at Iffley Road, and was contested by 4 from each of OUAC and CUAC (the event was also open to non-Oxbridge decathletes, who mainly came from the Oxford locality). The individual Oxbridge winner was Martin Zirnbauer of OUAC and Germany, beating Trevor Burton and Tony Ploszajski of CUAC into second and third places respectively. The team competition was very close until CUAC's Ed Friend was injured in the middle of the second day's disciplines, so Oxford ended up comfortable winners by 19,815 points to 18,066.

THE 2021 VARSITY CROSS COUNTRY RACES

4TH DECEMBER 2021, WIMBLEDON COMMON

Honours were even as the series resumed, no match having been held in 2020.

In the 45th Ladies' Race, despite the Light Blues taking the first two places through Nancy Scott (Newnham) – repeating her 2018 success – and Niamh Bridson-Hubbard (Magdalene), excellent packing from Oxford, filling places 3, 4, 5, 7, 8, 9 and 11, meant that they ran out winners by 36 points to 44. This was Oxford's first win since 2017 and means they now lead the overall series by 26 wins to 19.

In the 130th Gentlemen's Race, Cambridge justified their pre-race favourites tag to win by 35 points to 43, thus bringing the overall series back level at 65 wins each. The Light Blues again took the top two places through Jamie Edgerton (Jesus) and Jeremy Dempsey (Girton). Joe Morrow (Wolfson) was third for the Dark Blues. Oxford packed well through places six to ten and closed their team first; however, Cambridge's upper end strength proved decisive.

Earlier in the day, the 29th Old Blues' Race went the way of Oxford by 171 points to 182, scoring 13-a-side, Jack Millar (University), who ran for Oxford in 2017 and 2018, took the individual honours. Oxford now lead this series by 17 wins to 12.



*Men's winner
James Edgerton*

45th Ladies' University Cross-Country Race

Oxford University Cross-Country Club vs Cambridge University Hare & Hounds

Date: 04 December 2021
Distance: 4 miles
Time: 2.00 p.m.
Conditions: Weather fine; heavy in places underfoot

Pos.	No.	Name	College	University	Time	Oxford	Cambridge
1.	7.	Nancy Scott	Newnham	Cambridge	23:48		1
2.	2.	Niamh Bridson Hubbard	Magdalene	Cambridge	23:51		2
3.	11.	Alexandra Brown	New College	Oxford	23:56	3	
4.	16.	Grace Molloy	St John's	Oxford	24:13	4	
5.	13.	Emily Carroll	Magdalen	Oxford	24:55	5	
6.	8.	Louise Shanahan	Trinity	Cambridge	25:05		6
7.	12.	Charlotte Buckley	Oriel	Oxford	25:17	7	
8.	15.	Lauren Major	Merton	Oxford	25:31	8	
9.	18.	Floren Scrafton	Worcester	Oxford	25:37	9	
10.	6.	Milly Dickinson	Gorville and Caius	Cambridge	26:02		10
11.	17.	Katelyn Ridgway	Worcester	Oxford	26:14		
12.	4.	Helene Greenwood	Lucy Cavendish	Cambridge	26:18		12
13.	5.	Maia Hardman	Selwyn	Cambridge	26:38		13
14.	1.	Sarah Blockley	Ciare	Cambridge	26:43		
15.	14.	Ella Higgs-Sharrock	Balliol	Oxford	26:53		
16.	3.	Lucy Carson	St. John's	Cambridge	27:38		

Result (scoring 6-a-side): 36 points 44 points

29th Old Blues' Race
(scored race - alumni only)

OUCCC Old Gits vs CUH&H Greyhounds

Date: 04 December 2021
Distance: 4 miles
Time: 1.00 p.m.
Conditions: Weather fine; heavy in places underfoot



Grace Molloy (4th) leads Niamh
Bridson Hubbard (2nd)

Pos.	No.	Name	College	University	Time	Oxford	Cambridge
1.	49.	Jack MILLAR	University	Oxford	21:07	1	
2.	50.	Tim HARRISON	Kemble	Oxford	21:41	2	
3.	68.	Macgregor COX	Robinson	Cambridge	21:43		3
4.	69.	Josh CARR	Sidney Sussex	Cambridge	21:53		4
5.	71.	Joe BOWNESS	Linacre	Oxford	22:18	5	
6.	56.	Richard OLLINGTON	Pembroke	Cambridge	22:29		6
7.	66.	Jamie PARKINSON	Somerville & Jesus	Oxford	22:31	7	
8.	70.	James HOAD	Christ's	Cambridge	22:52		8
9.	42.	Tom KEARNS	Wolfson	Cambridge	22:57		9
10.	64.	Joe EDWARDS	New College	Oxford	23:00	10	
11.	83.	Matthew HARRIS	Kemble & St. Catherine's	Cambridge	23:02		11
12.	84.	Tom GOULDING	Gonville & Caius & Hughes Hall	Cambridge	23:22		12
13.	59.	William CHRISTOFI	University	Oxford	23:24	13	
14.	48.	Oliver STARKEY	Somerville	Oxford	23:42	14	
15.	58.	Lawrence HOLLOW	Trinity	Cambridge	23:47		15
16.	75.	Will SHARDLOW	New College	Oxford	23:49	16	
17.	76.	Alex JACKSON	Oriel	Oxford	24:24	17	
18.	89.	Oliver GARNER	Robinson	Cambridge	25:02		18
19.	45.	Bethanie MURRAY	Jesus	Oxford	25:03	19	
20.	88.	Eoin BRADY	Peterhouse & Hughes Hall	Cambridge	26:59		20
21.	78.	Claire HAMMETT	Lincoln	Oxford	26:08	21	
22.	62.	Simon MOLDEN	Christ Church	Oxford	26:44	22	
23.	85.	Miles HORN	St. Catharine's	Cambridge	26:46		23
24.	77.	Lucy THOMPSON	Somerville	Oxford	26:53	24	
25.	51.	Sarah KASSENAAR	Hughes Hall	Cambridge	27:14		25
26.	90.	Natalie BEADLE	St. Edmund Hall	Oxford	27:32	26	
27.	79.	Amy KENT	St. Anne's	Oxford	28:17	27	
28.	60.	Neil MATHUR	Churchill	Cambridge	33:52		28
29.	44.	Libby Brown	Brasenose	Oxford	Went off-course		
30.	47.	Isabel Mastroiannardo	St. Catharine's	Cambridge	Went off-course		
31.	52.	Anna Andersen	Queens'	Cambridge	Went off-course		
32.	57.	Andy Robinson	Ballicliff	Oxford	Went off-course		
33.	80.	Gabrielle Chappell	Kellogg	Oxford	Went off-course		
34.	43.	Alice Lake	Kemble	Oxford	Went off-course		

Result (scoring 13-a-side): 171 points 182 points



5th: Joseph Massingham



3rd: Joseph Morrow



130th University Cross-Country Race

Oxford University Cross-Country Club vs Cambridge University Hare & Hounds

Date: 04 December 2021
Distance: 7 1/2 miles
Time: 2.45 p.m.
Conditions: Weather fine; heavy in places underfoot

Pos.	No.	Name	College	University	Time	Oxford	Cambridge
1.	22.	James Edgerton	Jesus	Cambridge	38:54		1
2.	21.	Jeremy Dempsey	Girton	Cambridge	38:57		2
3.	35.	Joseph Morrow	Wolfson	Oxford	39:02	3	
4.	24.	Peter Molloy	Trinity	Cambridge	39:05		4
5.	23.	Joseph Massingham	Pembroke	Cambridge	39:38		5
6.	40.	Aidan Smith	St. John's	Oxford	39:49	6	
7.	37.	Thomas Renshaw	St. Peter's	Oxford	39:56	7	
8.	38.	Thomas Wood	St. Anne's	Oxford	39:57	8	
9.	33.	Milan Champion	Hertford	Oxford	40:01	9	
10.	39.	Daniel Bundred	St. John's	Oxford	40:04	10	
11.	25.	James Rennie	St. Catharine's	Cambridge	41:04		11
12.	28.	Ewan Spencer	Trinity Hall	Cambridge	41:17		12
13.	27.	Daniel Slater	Churchill	Cambridge	41:19		
14.	34.	Matthew D'Aquila	Wolfson	Oxford	41:31		
15.	32.	Bradley Burke	Worcester	Oxford	41:42		
16.	26.	Henry Silverstein	Gonville and Caius	Cambridge	42:23		

Result (scoring 6-a-side): 43 points 35 points

SIR RONALD HALSTEAD KBE
(QUEENS' COLLEGE, CAMBRIDGE,
1945-8) ON 18TH JUNE 2021



Ron Halstead competed in the Half Mile in the 1948 Varsity Match

TONY ASHTON
(CLARE COLLEGE, CAMBRIDGE
1963-7) ON 10TH APRIL 2016



Tony Ashton competed in the Varsity Cross-Country each year from 1963 to 1966: on the final occasion he was Cambridge's captain and highest scorer, placing 4th. On the track he was 2nd in the 3000m Steeplechase at the Varsity Sports of 1964; 2nd in the Mile in 1965; 4th in the Steeplechase in 1966; and 1st in the Steeplechase in 1967. He was the Welsh record holder at 3000m Steeplechase, and competed at 5000m at the Commonwealth Games of 1970 in Edinburgh. He pursued a successful career in risk management in the USA.

JOHN PINNICK
(ST EDMUND HALL, OXFORD,
1956-9) IN 2016

John Pinnick competed in the 120y hurdles and 220y hurdles at the Varsity Match of 1958, and placed second in the 220y hurdles in 1959. He was born in Penang and his business career was in supermarket management based in Singapore. He had a lifelong interest in ceramics, particularly of Worcester and the Far East. He retired to Worcester where he was a volunteer guide at the Ceramics Museum; he also served the community as a scout master. He will be remembered by his many friends in the ceramics world as a scholar, lecturer and collector of eighteenth century porcelain and also as a friend and as a generous host.

- David Waterhouse

ZALPHA STEEL
ON 9TH FEBRUARY 2021.

Zalpha Steel, then married to Derek Steel (a pillar of the Club during the 1960s and 1970s, when he served as Hon Treasurer and established the Achilles Trust), would each year address by hand all the envelopes for Club's annual circulars: a herculean task, almost unimaginable in this digital age, which was recognised with honorary membership. She died at the grand old age of 98, and is remembered with gratitude and affection.

JF McWHOR
(DOWNING COLLEGE, CAM-
BRIDGE, 1959-62) IN DECEMBER
2012

Jack McWhor represented Cambridge in the Triple Jump at the 1961 Varsity Match

I.W.R 'JOHN' MALCOLM
(MAGDALENE COLLEGE, CAM-
BRIDGE 1954-7) ON 28 FEBRU-
ARY 2021



John Malcolm represented Cambridge at 120y hurdles each Varsity Match from 1954 to 1957, placing 2nd on the final occasion. He maintained a keen interest in Achilles and was a point of contact with others of our antipodean members, including the great former Olympic Champion, the late Bob Tisdall. John was always grateful for the opportunities the Club's tours to the USA and Scandinavia had given him to see the world.

DR NEIL BLISS
(ST JOHN'S COLLEGE, CAM-
BRIDGE, 1953-56) ON 29TH
MAY 2021



Neil Bliss represented CUAC at 100y, 220y and 440y

IAN ARGYLE
(ST JOHN'S COLLEGE, CAM-
BRIDGE, 1959-61) ON 7TH MAY
2020

AMIN AHMADNIA

(TRINITY COLLEGE, CAMBRIDGE, 2007-2014) ON 8TH APRIL 2021.



Amin made his first Varsity match appearance in 2009, as part of the winning 4x100m relay team. He repeated that role and result the following year, but his most memorable performance at the 2010 Varsity match was in the Blues 100m. Oxford were highly favoured for first place, but Cambridge defied expectations when Mark Dyble and Amin were the first to cross the finish line, the latter with one arm raised high and shouting in triumph, having claimed second place off the back of phenomenally dedicated training. His efforts throughout the year and results on the day were recognised by Amin being awarded the Le Touquet Trophy, for the most improved athlete 2009-10.

In the year building up to that match, Amin had also been the Alverstons co-captain alongside Mark, organising swaps (for which Amin would often volunteer his rooms to kick off festivities) and energising any social event. During that time, an Alverstons-themed version of the Lord's Prayer was coined. Amongst all the references to CUAC and Cambridge life, only one athlete was mentioned by name: "...for thine is the club, the tie and the track, forever and ever, Amin." His name wasn't just the perfect replacement for 'amen' - its inclusion reflected how big an impact Amin had off

the track as well as on it.

In the 2011-12 season (during which he was Hon. Sec. of CUAC), Amin found himself in competition with his old training partner, Mark by then being at Oxford. Amin proved the faster of the two at VFEAR with a personal best of 7.06 seconds in the 60m, but was edged into second place at Varsity over 100m. Commenting to his teammates "don't worry, we'll get them in the relay", Amin's pace and competitive spirit made all the difference in a consequential 4x100m. Cambridge were ahead in the Men's Blues match, with a win in one of the relays enough to secure victory. An outstanding team performance began when Amin's first leg gave his teammates a commanding lead. Ryan Harper, writing in the student press at the time, reflected on the effort that had gone into the relay victory: "Oxford were favourites in this race, and had the faster runners on paper, but Amin Ahmadnia, Onakeno Mario-Ghae, Matt Houlden and Ross Elsby had worked on their changeovers for over a month, organising extra training sessions to search for those precious tenths of a second. Make no mistake; those extra tenths were what won us the Varsity Match." Committing to those extra sessions in search of a win was precisely in keeping with Amin's relentlessly driven approach to athletics.

When contacting Amin's CUAC contemporaries for their recollections of him, there were a few things that came up repeatedly. Whether on or off the track, when Amin found something interesting or had a goal based around it, he would bring a tremendous passion to bear. He is also remembered as a deeply kind and caring man. Tom McNeil shared the story of how when he turned up to training for the very first time, Amin was one of the first people who approached him, his genuine friendliness and encouragement making Tom feel truly welcome. Amin had a sixth sense for the ambitions and personal

motivations of others, and with this in mind Tom recalls how Amin would show authentic interest in what made his friends tick, making conversations between him and friends deeper and worth having.

Finally, there was Amin's undeniable natural charm. This was always put to good use when his coach Hayley sought to question the most idiosyncratic part of Amin's training regime: having a daily cheeseburger for the protein content. From their time as training partners, Mark remembers Amin and Hayley disagreeing on the benefits of McDonald's, but despite Amin's dogged insistence on doing things his own way, "he was impossible to be annoyed with, because he really was just the most charming guy."

After completing his studies at Trinity, Amin pursued his interest in medicine before embarking on a new career in the Civil Service. He met his beloved partner Hannah, with whom he started a family when Hazel Ahmadnia was born in 2018. Amin later moved into software development, in part for a flexible role that allowed him to spend more time as a devoted father.

Amin was a superb competitor on the track and made a huge contribution to the social side of CUAC. He will be deeply missed, and our sincere condolences go to his family and friends.

- Fraser Mashiter



ADRIAN METCALFE, OBE

(MAGDALEN COLLEGE, OXFORD, 1960-64) ON 4TH JULY 2021



Adrian Metcalfe one the Varsity Match's greatest competitors, died on the very day of the 2021 Match.

In 1961 Adrian rewrote the Varsity record books at 100y, 220y and 440y, setting new records in all three events (an unmatched feat), and in 1962 improved both the 220y and the 440y. His 220y record of 21.0 remains unbroken. He served as Hon Sec of OUAC in 1962, and President in 1963.

During his freshman year he set a UK record of 45.7. Shortly after graduating in 1964 Adrian won an Olympic silver medal in the 4 x 400m relay at Tokyo, adding to the silver medals in the same event at the European Championships and at the Commonwealth Games of 1962.

He commented on athletics for ITV, before joining Channel 4 where he was head of sport. He joined the pan-European sports channel Eurosport and then Tyne Tees TV before becoming an executive producer with the International Olympic Committee Olympic Broadcasting Services. He also held roles with the International Association of Athletics Federations, serving on marketing and television commissions. He was awarded an OBE for services to sport and broadcasting in 2001.

Not only a great athlete, Adrian was a charismatic TV commentator for ITV and Channel 4, who became the first CEO of Eurosport when it was founded in the late 80's. As a TV delegate for the IAAF, he was a mentor for me in the early years of my career. He was charming, witty, funny, knowledgeable and passionate about athletics - a great role model.

- Paul Bristow

Adrian and I were exact Magdalen contemporaries: indeed it was his excellence and an athlete that turned me into a Union hack. I still kept in touch in my Trinity days. If the Olympics had been held in 1963, not 1964, he would have been favourite for a gold medal.

- Michael Beloff

He was a great guy as well as being a superstar.

- Julian Goater

I never saw Adrian run but I did enjoy his commentaries which were all delivered with a style that clearly came from his deep love of athletics.

- Peter Allden

Adrian and I were both Oxford record breakers in the 1960 Freshman's match at Cambridge, and I think Herb Elliott was too. He awarded me my Blue and we remained friends, last seeing him several years ago when he was living in Paris.

- Peter Sunderland

He was a notable. The last time I met him was at a Varsity match at Iffley Rd before 2010. I was there with John Robinson and we met Adrian again that evening at 'The Trout' on the river.

Adrian was so good at so many things that it must have been difficult for him to decide where to excel, a dilemma that not many of us are lucky enough to have!

- Bob Shaw



Such a vibrant character.... We locked horns on the track in 1966 when Adrian made a comeback and we then tied for fourth in the AAAs. I was chosen for the Commonwealth Games over him probably because I was younger!... A significant passing of a distinguished man and inspirational athlete.

- Martin Winbolt-Lewis

FRESHERS VARSITY MATCH

6 NOVEMBER 2021, WILBERFORCE ROAD, CAMBRIDGE



WOMEN

100m Victoria Ubenyi (C) 13.3, Jessica Poon (C) 13.6, Tanya Ranadive (O) 14.1, Zoe Martial (O) 14.6 100m (Guests) Serena Charles (C) 13.5, Bhumi Shah (C) 14.9 200m Victoria Ubenyi (C) 28.3, Femke van den Bos (O) 28.4, Jessica Poon (C) 28.5, Tanya Ranadive (O) 30.1 400m Jess O'Flaherty (C) 63.4, Millie Dickinson (C) 64.4, Klara Hatinova (O) 69.4, Alexandra Akins (O) 75.7 800m Charlotte Buckley (O) 2:31.8, Millie Dickinson (C) 2:34.3, Klara Hatinova (O) 2:35.1, Izzy Armitage (C) 2:37.1 1500m Charlotte Buckley (O) 5:06.2, Alexandra Bettez (O) 5:08.4, Maia Hardman (C) 5:09.8, Clarissa Nicholls (C) 5:36.3 3000m Katelyn Ridgway (O) 10:24.0, Rebecca Lloyd (C) 10:42.9, Rhiannon Patton (O) 10:44.0, Anna Kelly (C) 11:29.8 100m Hurdles Femke van den Bos (O) 16.4, Maddie Anstruther (C) 18.7, Charlotte Buckley (O) 20.0, Nina Elliott (C) 20.7 400m Hurdles Alexandra Akins (O) 77.5, Julia Johnson (O) 80.6, Nina Elliott (C) 88.7 High Jump Leonie Brunning (C) 1.63, Femke van den Bos (O) 1.53, Uma Suri (C) 1.28, Meggie Bradley (O) 1.23 Pole Vault Shani Wright (C) 2.60, Femke van den Bos (O) 2.20, Isadora Dooley (C) NH. Eloise Suisse (C) 1.70, Bethan Mapes (C) 1.32 Long Jump Leonie Brunning (C) 5.23, Julia Johnson (O) 5.08, Jess O'Flaherty (C) 4.75, Zoe Martial (O) 4.65 Triple Jump Leonie Brunning (C) 10.55, Julia Johnson (O) 10.23, Michaela Mensah (C) 9.91, Marissa Mueller (O) 9.09

Achilles Athletes of the Match:

Women: Leonie Brunning (C) – LJ, TJ, HJ, SP, JT. Men: Adam Dray (C) – 800, 1500, 4 x 400

Shot Putt Leonie Brunning (C) 10.62, Grace Izinyon (C) 9.44, Vivian Abrokwah (O) 8.55, Anastasia Dundure (O) 6.45 Lina Wolfram (C) 8.43, Anezka Macey-Dare (O) 6.44 Discus Madelyn Haden (C) 29.22, Grace Izinyon (C) 21.86, Anezka Macey-Dare (O) 20.16, Anastasia Dundure (O) 17.2 Vivienne Abrokwah (O) 22.29, Lina Wolfram (C) 17.98 Hammer Grace Izinyon (C) 30.85, Emman Ullah (C) 25.71, Vivian Abrokwah (O) 17.86, Marissa Mueller (O) 12.06 Javelin Marissa Mueller (O) 35.68, Leonie Brunning (C) 29.51, Charlotte Buckley (O) 21.95, Milly Dunne (C) 18.24 Javelin (Guest) Lina Wolfram (C) 22.27 4 x 100m Cambridge (Victoria Ubenyi, Rami Elegbede, Jessica Poon, Serena Charles) 54.8, Oxford (Tanya Ranadive, Femke van den Bos, Zoe Martial, Julia Johnson) 56.9 4 x 400m Cambridge (Jess O'Flaherty, Maia Hardman, Izzy Armitage, Milly Dickinson) 4:23.2 (63.0, 70.8, 64.8, 64.6) Oxford (Charlotte Buckley, Klara Hatinova, Alexandra Akins, Alexandra Bettez) 4:32.0

CAMBRIDGE 104, OXFORD 82

MEN

100m David Ojeabulu (O) 11.8, Henry Lawes (C) 12.0, Satoki Shimamune (C) 12.4, Mohamed Kamara (O) 12.6, 100m (Guest) Jai Sanyal (C) 12.7 200m Alex Albinski (O) 23.5, Ataba Mamman (O) 24.7, Henry Lawes (C) 24.8, Alex Kuszytk (C) 26.5 400m Isaac Parker (C) 53.2, Ataba Mamman (O) 54.0, Lucca Martins (C) 54.6, James McCulloch (O) NTT 800m Adam Dray (C) 2:06.8, Alex Goodall (O) 2:07.3, Cillian Doherty (C) 2:12.7, Ethan Spingarn (O) 2:29.3 1500m Adam Dray (C) 4:20.9, Alex Goodall (O) 4:26.3, Ethan McColgan (O) 4:29.1, Alex Burns (C) 4:53.2 3000m Matt D'Aquilla (O) 9:12.3,

Ethan McColgan (O) 9:22.4, Alex Beeston (C) 9:32.4, Tom Spencer (C) 9:40.0 110m Hurdles (3'3") James Elderfield (C) 17.3, Archie Moss (O) 19.6, Ben Turner (C) 20.5, Ethan Spingarn (O) 22.2 400m Hurdles Harry Antill (C) 66.3, Reuben Leyland (O) 66.3, Archie Moss (O) 73.6, Tom Fryers (C) 79.1 High Jump Ashir Sharjeel (C) 1.68, James Goh (C) 1.63, Ethan Spingarn (O) 1.28, Reuben Leyland (O) 1.13 Pole Vault Lucas Mordue (C) 3.20, Ethan Spingarn (O) 2.40, Kyle van der Spuy (C) 2.20 Pole Vault (Guest) Jacob Watts (C) 2.20 Long Jump Seb Mobus (C) 5.73, Pawel Grab (C) 5.68, Anthony Akinwale (O) 5.68, Oliver Bazin (O) 5.50 Triple Jump Anthony Akinwale (O) 12.65, Seb Mobus (C) 12.23, Oliver Bazin (O) 11.76, Pawel Grab (C) 11.31 Shot Putt Alex Fogassy (O) 12.12, Xianming Liu (O) 9.80, Alex Blake-Martin (C) 9.35, James Carey (C) 8.16 Discus Alex Blake-Martin (C) 29.31, Xianming Liu (O) 29.25, James Goh (C) 27.96, Danny Irvine (O) 23.58 Hammer Kerem Mumyalmaz (C) 27.14, Xianming Liu (O) 26.89, Danny Irvine (O) 26.82, Alex Blake-Martin (C) 20.18 Javelin Dominic Wells (C) 47.32, James Perriman (O) 41.74, Arya Arun (O) 40.54, Alex Myhill (C) 39.50 4 x 100m Oxford 46.7 (David Ojeabulu, Mohamed Kamara, Oliver Bazin, Alex Albinski), Cambridge (Henry Lawes, Satoki Shimamune, Lucas Mordue, Alex Kuszytk) 48.9 4 x 400m Cambridge (Adam Dray, Isaac Parker, Alex Kuszytk, Cillian Doherty) 3:39.5 (53.4, 59.9, 54.6, 51.6), Oxford (Ataba Mamman, Alex Goodall, Matt D'Aquilla, Reuben Leyland) 3:44.7

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MISSING MEMBERS, CONTINUED

1988	Tim Cross	Oxford	1991	Andy Thompson	Oxford	1994	Gordon Williams	Cambridge
1988	Helen Hoyle	Oxford	1991	Tim Wright	Cambridge	1994	Leon Stephenson	Cambridge
1988	Sarah Keir	Cambridge	1991	Rob Marx	Oxford	1994	Julia Church	Oxford
1988	David Smith	Cambridge	1991	James Street	Oxford	1995	James Bobby	Cambridge
1988	Wole Soboyejo	Cambridge	1991	Vicky Barton	Cambridge	1995	Brett Williams	Cambridge
1988	Emma McBrien	Cambridge	1991	Hugh Briggs	Cambridge	1997	Robert Critchley	Cambridge
1988	Dawn Fletcher	Oxford	1991	Giacco Corsini	Cambridge	1997	Susie Hodgkinson	Cambridge
1988	Mairi MacLean	Cambridge	1991	Laura Marsiliani	Oxford	1997	Dani Martin	Oxford
1989	Nigel Clarke	Oxford	1991	Iain Scott	Oxford	1997	James Reynolds	Cambridge
1989	Catherine Shelley	Cambridge	1991	John Brecknell	Cambridge	1997	Craig Shepherd	Cambridge
1989	Ian Silvester	Oxford	1991	Tanny Liverpool	Cambridge	1998	Matt Albrighton	Cambridge
1989	Phillip Darbyshire	Cambridge	1992	Marie Smith	Oxford	1998	Anna Warren	Cambridge
1989	Dave Layton	Oxford	1992	Beccy Hearn	Oxford	1998	Julia Melling	Oxford
1989	James Leach	Oxford	1992	Jo Adams	Oxford	1998	Sarah Dillon	Cambridge
1989	Javier Pes	Cambridge	1992	Stewart Martin	Oxford	1999	Alan Dunwoodie	Oxford
1989	Simon Briggs	Oxford	1992	Sue Burgis	Cambridge	1999	Samantha George	Oxford
1989	Rod Driver	Oxford	1992	Andy Johnston	Oxford	2000	Bob Goodwin	Oxford
1989	Gary Pitts	Oxford	1992	Derek Ormerod	Oxford	2000	Andreas Fox	Oxford
1989	Nick Bulbeck	Cambridge	1992	Kate Shepherd	Oxford	2000	Andy Carnall	Cambridge
1989	Pierre Delforge	Cambridge	1992	Allan Taylor	Cambridge	2000	Nathan Marston	Cambridge
1989	Jeremy Lai	Oxford	1992	Helen Bushell	Cambridge	2000	Ben Dunnett	Oxford
1989	Paul Mendham	Cambridge	1992	Vince Smith	Oxford	2001	Mark Hypolite	Cambridge
1989	Uzo Onwere	Cambridge	1992	Robin Bordoli	Cambridge	2001	Karen Noonan	Oxford
1990	Larry Mathews	Oxford	1992	Chris Townsend	Oxford	2001	Sherree Halliwell	Oxford
1990	Matt Newman	Oxford	1992	Linda Whiteford	Oxford	2001	Hannah Hinsley	Cambridge
1990	Philip Wilkins	Cambridge	1992	Tracey Aldridge	Cambridge	2002	Graeme MacKay	Oxford
1990	Charles Addison	Cambridge	1992	David Rowlands	Cambridge	2003	Hugh Watson	Cambridge
1990	Simon Firth	Cambridge	1993	Ade Adebajo	Oxford	2004	Corin Hughes	Cambridge
1990	Martin Hepworth	Cambridge	1993	David Bond	Cambridge	2004	Sarah Wilson	Cambridge
1990	Rachel Osman	Oxford	1993	Mike Douglas	Oxford	2004	Clara Brown	Cambridge
1990	Lawrence Tsang	Cambridge	1993	Suzanna Jemsby	Cambridge	2004	Hettie Briscoe	Cambridge
1990	Dominic Tilley	Oxford	1993	Tony Underwood	Cambridge	2004	Simon Samuels	Cambridge
1990	Alan Walton	Cambridge	1993	Gerald Preston	Oxford	2005	Bayo Biobaku	Oxford
1990	Scott Bryan	Oxford	1993	Jeremy Arnold	Cambridge	2006	Aki Abiola	Cambridge
1991	Simon Harding	Oxford	1993	Alan Ingram	Cambridge	2006	Naomi Millner	Cambridge
1991	Kheredine Idessane	Cambridge	1993	Rachel Jordan	Cambridge	2007	Stuart Forbes	Cambridge
1991	Andrew Skates	Oxford	1993	Stewart McMorran	Cambridge	2007	Chanda Kapande	Oxford
1991	Peter Springett	Oxford	1993	David Wright	Cambridge	2007	Decker Walker	Oxford
1991	David Burrows	Cambridge	1993	Simon Steer	Cambridge	2008	Sarah Fielding Smith	Cambridge
1991	Courtney Cook	Oxford	1994	Lorraine Harry	Cambridge	2009	Rota Stone	Oxford
1991	Kate Houston	Oxford	1994	Mark Middleton	Cambridge	2010	Paul Kirsch	Oxford
1991	Ade Odunsi	Cambridge	1994	Stuart Fairley	Oxford	2011	Helen Rollins	Cambridge
1991	Matthew Pay	Oxford	1994	Ian McAllister	Oxford	2011	Gus Mercer	Oxford
1991	Bob Ryan	Cambridge	1994	Baz Clark	Cambridge			
1991	Rowan Smith	Cambridge	1994	Stephen Crouch	Oxford			
1991	David Stewart	Oxford	1994	Alex Dawes	Oxford			