

# LEWISHAM ATHLETIC CLUB

A BRIEF HISTORY

## INTRODUCTION:

In the early 1990s a debate took place at successful club Kent AC as to the pros and cons of attracting younger athletes to the club. Historically, the club had been 'burnt' once before with a huge amount of resources being put into junior and youth athletes only to see them canter off to the bigger established clubs.

So, when Larry Garnham asked the question – why no youngsters in the club? The response was quick and simple. Too much effort, too much money and they never stay!

Larry Garnham, was not won over by this response and wanted to know why youngsters didn't stay and thus set about going into every secondary school in the Borough of Lewisham and offering his services as an athletic coach with the Council agreeing to fund half his costs and the School picking up the other half. It must be said that the Council's response was fantastic and every school was positive although many did not take up the offer.

Thus the first step had been taken. At least half a dozen schools were being exposed weekly to the athletic training regimes and influences of Kent AC's main coach at the time. Before long an after school club was established at Ladywell track in 1994 and there were five regular attendees. Russell Frost and brother Howard, Kevin McKinson, Steve Sharp, and Iyiesha Russell. As 1995 approached with Kent AC still adamant that their resources wouldn't stretch to taking on a group of youngsters the idea of a separate under 17 athletic club was formed. This idea got great approval from the Council but obviously getting a project like this up and running took time and finances and the regular five were given the option to wait until the club had been formed or be introduced to rival club Cambridge Harriers based at Sutcliffe Park and already an established club with a thriving youth section.

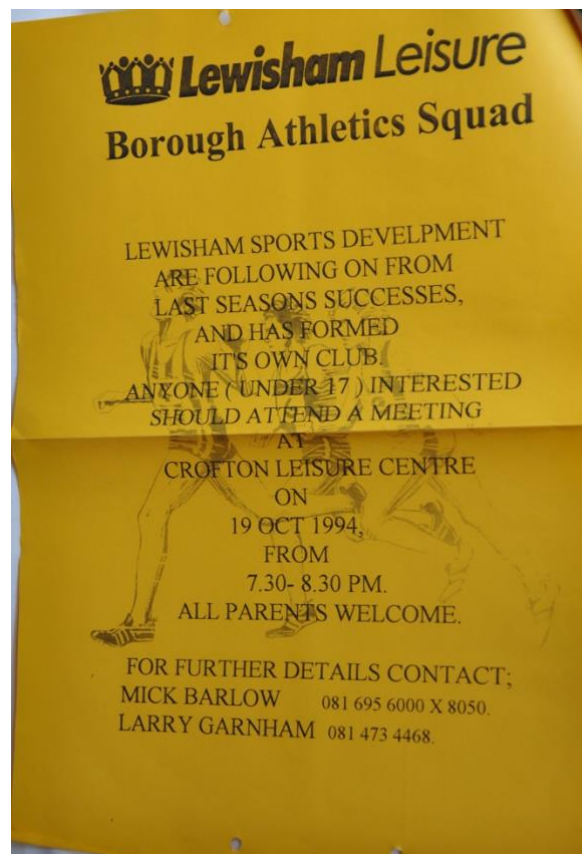
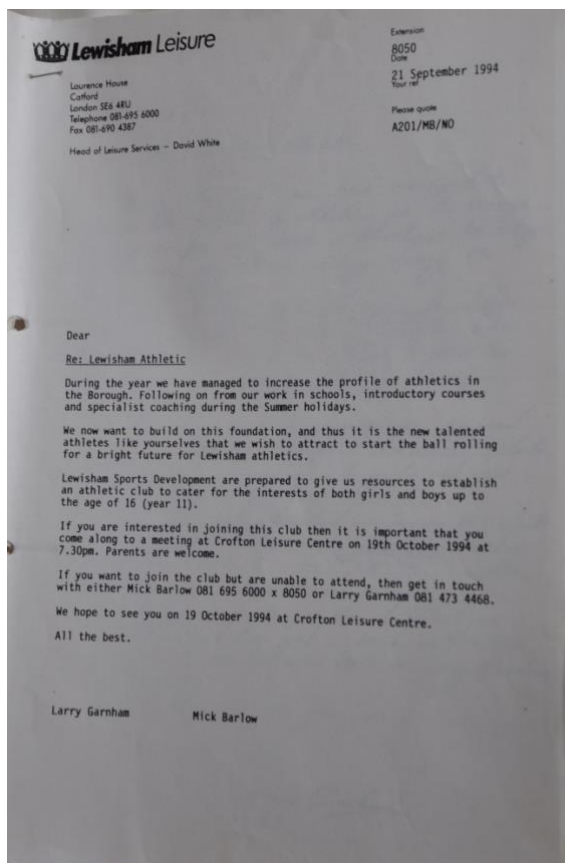
Kevin McKinson and Steve Sharp went off to Cambridge and a trio remained and were soon swelled with further young athletes – Colin Johnson, Nick Stephenson (Russell and Howard's cousin) and his sisters, Caroline and Rachel.

The club was formed on 13<sup>th</sup> September 1994 with Larry Garnham as Secretary and Mick Barlow as Treasurer. With posters in schools, and the backing of the Council a circular went out – see below.

The meeting was sparsely attended and had a few teething problems with the presentation of rules, a summary of the competition and how training will be planned. Membership was open to 11 to 17 years old so a few attending the meeting were ruled out as being too young. The cost was the price of the homemade vests - £10 for the year. The club had entered the Boys McDonalds Young Athlete League for under 13s (years 6 and 7), under 15s (years 8 and 9) and under 17s (years 10 and 11). There were to be between four or five matches. The Kent Colts and Boys League which were four fairly local matches for under 13 and under 15 boys. And Finally the Kent Womens league, and although we had no seniors the league agreed that our girls could compete in their age groups and we wouldn't be given any officiating tasks as a club due to the lack of adults within the club.

Training was to be at Crofton Leisure Centre on Wednesday evenings commencing on 2<sup>nd</sup> November 1994 and Sunday afternoons at Ladywell track commencing 13<sup>th</sup> November 1994.

Mick Barlow and Larry Garnham had a follow up meeting on 23<sup>rd</sup> November 1994 in order to get more publicity out into the community.



At this stage it has to be said that setting up an athletic club and getting the powers to be 'on side' in 1994 was vastly easier than it is now (2020). In particular Annette Stead, Lewisham Council's Sports Development Manager and Mick Barlow her main link between the Council and the club made the job run relatively smoothly and even the Council's Director of Leisure, David White was very supportive of the venture. By the June of 1995 the club had grown to a membership of thirty athletes and the club had already travelled to a number of away fixtures. Again the Council's transport department were excellent with Mike Cheeseman arranging coaches to venues at knock down prices.

As the Spring approached training at the track three times a week – Tuesday early evening, Thursday early evening and occasionally at the weekend became the norm. Numbers were fairly good but the girls seemed less interested than the boys and it was soon apparent that the girls team was never ever going to enjoy much success due to lack of numbers. However, the boys had a sort of buzz, a brotherhood, a desire to achieve.

## 1995 THE FIRST SEASON:

The 9<sup>th</sup> of April was when the vast amount of work was exposed to its first test. The girls team travelled to Norman park in Bromley on that Sunday for a **Kent Womens League** match whilst Colin Johnson entered the Hercules Wimbledon Open Competition at Crystal Palace.

Six girls made that first historic match Althea Augustas, Rachel Stephenson, Iyiesha Russell, Caroline Stephenson, Sasha Simmons and Melissa Roach.

The performances were as follows:

Under 15	100m	Rachel Stephenson	16.5
	100m	Iyiesha Russdell	14.8 (non-scoring)
	200m	Rachel Stephenson	35.0
	LJ	Iyiesha Russell	4.01
Under 13	80m	Althea Augustus	12.1
	150m	Melissa Roach	25.2
	600m	Caroline Stephenson	2.13.9
	70H	Sasha Simmons	14.7
	HJ	Sasha Simmons	1.15
	LJ	Sasha Simmons	3.59
	Jav	Althea Augustus	7.42
	1000W	Caroline Stephenson	7.31.0

At Crystal Palace, Colin ran an excellent 26.1 to finish sixth out of a massive field of top under 15 boys from all over the South of England. Lewisham AC is now put on the map!

### McDonalds Boys League at Crystal Palace, 30<sup>th</sup> April 1995



**The McDonalds 1995 team, Crystal Palace 30<sup>th</sup> April 1995**

Left to right Colin Johnson, Howard Frost, Ciaran Johnston, Dale Farquhar, Alpha Kanu, Rayne Jennings, Marco Wideson, David Ogedengbe, Russell Frost, Larry Garnham, Henry Popham, Eugene Barnes, Reno Wideson, Nick Stephenson, Ryan Jennings, William Popham, David May

Three under 17s – Russell Frost, Nick Stephenson and Ciaran Johnston,. Eight under 15s – Colin Johnson, Eugene Barnes, Alpha Kanu, Howard Frost, David Ogedengbe, Reno Wideson, Ryan Jennings and William Popham. Amazingly five under 13s – Dale Farquhar, Rayne Jennings, Henry Popham, David May and Marco Wideson.

It soon became apparent that talent wise the under 15s were exceptional, whereas the under 13s were probably struggling if the truth be told. However stand out performances were wins by Russell Frost (U17 A string 200m) 24.3, (A string pole vault) 2.25, Ciaran Johnston (B string triple jump) 10.13, Eugene Barnes (B string 100m) 14.4, (B string 80H) 18.6, Alpha Kanu (B string 200m) 26.0, David Ogedengbe (A string 80H) 14.4

Another Lewisham performance which followed them right through their three year history was the disqualification of an excellent quartet of Colin Johnson, Howard Frost, Alpha Kanu and David Ogedengbe.

### **Kent County Championships at Crystal Palace, 13<sup>th</sup>/14<sup>th</sup> May 1995**

Colin Johnson continued with his improvements with a 25.81 clocking in the U15 200m heats and again equalled that in the final to finish 6<sup>th</sup>. The following day he ran a 12.66 in the U15 100m heats and finished 5<sup>th</sup> in the final. Russell Frost the club's obvious star made the U17 100m final by running a PB 11.83 in the heats and then went on to be Lewisham AC's first County champion with an impressive 52.32 win in the U17 400m final. On the Sunday Russell made the U17 200m final running 24.05 in the final for 4<sup>th</sup> place.

### **KENT COUNTY 1995 UNDER 17 400m CHAMPION- RUSSELL FROST**



### **Kent Colts and Boys League at Norman Park, 7<sup>th</sup> May 1995**

The lads were expected to make their own way to this very local fixture and again, a trait of the Lewisham boys was apparent, Eugene Barnes and David Ogedengbe were late missing vital events. The Colts (U13) were represented by Rayne Jennings, David May and Dale Farquhar and didn't score a single first place between them. However despite late shows by Eugene and David the team managed a few first places in the boys (U15) section. Colin Johnson in the B string 200m (26.0), Howard Frost in the B string 400m (60.6) and an impressive win in the 4X100m with 50.5. The team of Colin, Howard, Alpha and David.

So even this early in the season the stars of the future were beginning to make their marks. The main man, Russell Frost who had been there from the start. His brother, Howard it could be seen was one for the future. Only under developed in these early years but you could see the potential. Alpha Kanu was special and untapped!, David Ogedengbe was fast as was Colin Johnson. Even Eugene was no mug. A big lad who was very subservient when mum was around, but quite frightening when let loose.

### **McDonalds Boys League at Crawley, 21<sup>st</sup> May 1995**

With a few new additions the club set about tackling the opposition at their first away match at Crawley. Andrew Tucker new to the under 17s, Robert Green and William Popham new to the under 15s, but still relatively weak in the under 13s with only David May and Marco Wideson being available.

At under 17, Russell again was the athlete to shine with first places in 100m: 11.9 and 200m: 24.1. At under 15 it was beginning to be seen the strength of some athletes with first places by David Ogedengbe B string 100m: 12.5, A string 80Hurdles: 14.0 and A string long jump: 5.06. Colin Johnson was first in the A string 200m: 26.4, Howard Frost was first in the B string 200m: 28.0, Eugene Barnes was first in the B string 80hurdles: 15.7 and the surprise performance was by Alpha Kanu who won the A string 800m in 2.19.1. And the 4X100m quartet looked impressive when winning in 52.3 (Colin, Howard, Eugene and David)

Although finishing third again, the team were much closer to second place than the last match. It could be seen that where Lewisham were represented in an event, they were very competitive. Just sheer lack of numbers meant that they could not challenge for honours this season.

### **McDonalds Boys League at Croydon, 4<sup>th</sup> June 1995**

At last Nick Stephenson managed to sort out his chaotic life and made his second appearance for the club. Also swelling the under 17 ranks was Tim Crossingham, a friend of Andrew Tuckers. And a new star for the under 15s had arrived – Mohamed Ishmail. A great asset but he never ever smiled!! And two new under 13s but alas no real stars.

First places as follows: under 17

100m A	Russell Frost	11.9
400m A	Russell Frost	53.9
400m B	Ciaran Johnston	68.4
1500m B	Andrew Tucker	5.04.2
Pole Vault A	Nick Stephenson	2.30
4X400m	Tim, Andrew, Russell, Ciaran	4.06.1



### Under 15

100m A	David Ogedengbe	12.7
100m B	Eugene Barnes	14.0
200m A	Colin Johnson	25.9
200m B	Howard Frost	27.1
800m A	Mohamed Ishmail	2.23.7
1500m A	Mohamed Ishmail	4.44.4
80Hurdles A	David Ogedengbe	14.0
Long Jump B	Howard Frost	4.62
Discus A	David Ogedengbe	21.58
4X100m	Colin, Howard, Eugene, David	53.4

Alas the under 13 boys team of Marco Wideson, Andrew Willoughby and Ryan Morgan didn't manage higher than a third place in any event. However, the team finished second in the match, showing a taste of things to come.

### Kent Colts and Boys League at Sutcliffe Park, 11<sup>th</sup> June 1995

The team were looking ever more powerful at each fixture. The Colts (under 13) again didn't manage a first place but with Rayne Jennings, Dale Farquhar and David May covering more events, the team made a much bigger impact on the overall results.

The Boys (under 15) achieved first places as follows:

100m A	David Ogedengbe	12.2
100m B	Alpha kanu	12.4
200m A	Alpha Kanu	25.2
200m B	Howard Frost	27.3
400m A	Alpha Kanu	57.8
800m A	Mohamed Ishmail	2.18.9
1500m A	Mohamed Ishmail	4.46.7
3000m A	Albert Adu-Boakye	10.32.5
4X100m	David, Howard, Mohamed, Alpha	52.4

In addition to new signing Albert, a thrower came on board – Marvin Porter, a happy go lucky character.

And whats more the team finished second after being the whipping boys in the first match!

### Kent County Under 13 Championships at Crystal Palace, 18<sup>th</sup> June 1995

Unsurprisingly none of the under 13 boys entered the competition. However Lewisham was represented with entries from Althea Augustus and Iyiesha Russell. Althea entered the 80m, 150m and long jump at under 13 achieving 11.5 (5<sup>th</sup>), 22.3 (6<sup>th</sup>) and 3.86m (5<sup>th</sup>) respectively.

Iyiesha showed her versatility by entering the under 15 pentathlon and finished a very creditable 14<sup>th</sup>.

75Hurdles	15.4	High Jump	1.21
Long Jump	3.91	800m	2.58.0
Shot Putt	6.43		

### McDonalds Boys League at Horsham, 25<sup>th</sup> June 1995

A third place and a few no shows with the under 13s still struggling to put out a meaningful team.

The first places were the usual suspects. Under 17:

100m A	Russell Frost	12.4
400m A	Russell Frost	52.2
400m B	Ciaran Johnston	64.5
800m B	Ciaran Johnston	2.30.0
1500 A	Andrew Tucker	5.56.6
Pole Vault A	Nick Stephenson	2.20

Under 15:

100m A	Alpha Kanu	12.7
100m B	Howard Frost	13.7
200m A	Alpha Kanu	25.2
200m B	Colin Johnson	27.2
1500m	Albert Adu-Boakye	4.46.7
4X100m	Albert, Howard, Robert, Alpha	53.1

### **Kent Womens League at Deangate, 2<sup>nd</sup> July 1995**

Now with the girls, completely different than the boys team, their under 15s were pretty ordinary whereas the under 13s were pretty good!

However the backbone of the under 15s was Iyiesha Russell, supported by Roisin Johnston (Ciaran's sister), Katharin Gough, Rachel Stephenson and thus put out a relay team which was always good for morale. The under 13 team had first places as follows:

80m	Althea Augustus	11.5	150m	Shelisha Palmer	21.9
600m	Holly Jones	1.53.8	70H	Holly Jones	12.7
LJ	Sasha Simmons	3.79	Shot	Sasha Simmons	6.71
4X100m	Holly, Althea, Shelisha, Sasha				57.7

### **Kent Colts and Boys League at Deangate, 9<sup>th</sup> July 1995**

Again the club struggled to get out any under 13 athletes with just Andrew Willoughby and Ryan Morgan making the journey. However, even though the under 15s were out in strength they had a tough fight on their hands and achieved first places as follows:

200m B	Kieron Morgan	27.9
400m A	Howard Frost	60.0
1500m A	Mohamed Ishmail	4.35.2
1500m B	Albert Adu-Boakye	5.09.6
Shot Putt B	Eugene Barnes	7.33
4X100m	David, Howard, Eugene, Kieron	52.8

### **McDonalds Boys League at Horsham, 16<sup>th</sup> July 1995**

The final McDonalds League fixture of the season saw the team returning to Horsham. The stand out performance of the day was by David Ogedengbe who won the overall 'Man of the Match' award. The first Lewisham AC athlete to be awarded such a prestigious title.

The under 13 boys were virtually non-existent with just David May and new signing Dean Eastwood. However the under 17s had been strengthened by Neil McFadyen making his second McDonalds appearance, Darren Walsh, Wayne Thompson and Mustafa Memhet making their debuts. So with the increase in numbers there was also an increase in the spread of first places.



1500m A	Tim Crossingham	4.52.5
Triple Jump B	Neil McFadyen	9.62
Pole Vault A	Nick Stephenson	2.35
Pole Vault B	Russell Frost	2.05
Javelin B	Darren Walsh	30.52
Hammer B	Wayne Thompson	18.72

Although there were no new under 15s for this fixture, many were available, especially amongst the throwers with Kieron Morgan establishing himself as a very good all rounder.

The under 15 first places were:

100m A	David Ogedengbe	12.1
200m A	David Ogedengbe	25.0
1500m A	Mohamed Ishmail	4.36.2
1500m B	Albert Adu-Boakye	4.58.2
Shot Putt A	Kieron Morgan	10.06
Shot Putt B	Marvin Porter	9.06
Discus B	Eugene Barnes	18.14
Hammer A	Marvin Porter	24.12
Hammer B	Eugene Barnes	22.56
4X400m	Mohamed, Albert, Kieron, Howard	4.12.3

### **Kent Womens League at Norman Park, 23<sup>rd</sup> July 1995**

Again it was the under 13 girls that stood out with first places as follows:

80m	Shelisha Palmer	11.9	150m	Althea Augustus	21.9
HJ	Althea Augustus	1.30			
4X200m	Caroline, Althea, Shelisha, Sasha				2.03.7

### **Kent Womens League at Dartford, 13<sup>th</sup> August 1995**

The end of a difficult season for the girls team with Caroline and Rachel's dad Mike and Sasha's mum doing their best to look after the squad when Larry was otherwise engaged with the boys' teams.

The final league match saw the usual suspects gaining first place wins. Althea Augustus won the 80m in 11.5, the high jump with 1.35m and was part of the all-conquering 4X100m relay. Shelisha Palmer won the javelin with a throw of 20.28 and was also part of the relay together with Sasha Simmons and Melissa Roach winning with a time of 58.1.

The finale of Lewisham AC's season were the club championships which took place at Ladywell over two Sundays, the 20<sup>th</sup> August 1995 and 27<sup>th</sup> August 1995.

Competing in the girls events were Iyiesha Russell, Rachel Stephenson, Shelisha Palmer, Althea Augustus and Caroline Stephenson.

In the boys competition we saw the Frost trio of Russell, Howard and Allen. Ciaran Johnston, Colin Johnson, Doyab Awil (of Kent AC), Alpha Kanu, David Ogedengbe, Dale Farquhar, Eugene Barnes, Nick Stephenson, Robert Green, Andrew Tucker, Reni widerson, Marco Wideson and the Popham brothers William and Henry – their last competition with the club. But the great turn out amongst the boys assured that next season would be better than the first.

Sasha Simmons and Shelisha Palmer brought the curtain down with a string of great performances at the **Kent Combined Events Champs** at Deangate on 11<sup>th</sup> September 1995.

Sasha finished 4<sup>th</sup> with:

Shelisha finished 11<sup>th</sup> with:

High Jump 1.21  
70H 12.4  
Shot Putt 6.78  
Long Jump 3.96  
600m 2.08.0  
1923pts 4<sup>th</sup>

High jump 1.24  
70H 13.2  
Shot Putt 7.86  
Long Jump 3.56  
600m 2.24.7  
1613pts 11<sup>th</sup>

With the season over a full set of rankings was produced:

1995 BOYS RANKINGS						
Under 17				Under 15		
100m	Russell Frost	11.8		100m	David Ogedengbe	12.1
	Nike Beaumont	12.8	Note ran 12.3 for Kent AC		Alpha Kanu	12.4
	Darren Walsh	13.0			Colin Johnson	12.66
	Nick Stephenson	13.1			Kieron Morgan	12.7
	Neil McFadyen	14.7			Howard Frost	13.0
					Eugene Barnes	14.0
					Reno Wideson	16.3
200m	Russell Frost	23.3	Sutcliffe Park 26Jun95	200m	Alpha Kanu	24.9
	Nike Beaumont		Note ran 25.5 for Kent AC		David Ogedengbe	25.0
	Darren Walsh	27.3			Colin Johnson	25.81
	Nick Stephenson	29.1			Howard Frost	26.9
					Urefe Efue	27.0
					Kieron Morgan	27.9
					Albert Adu-Boakye	27.9
400m	Russell Frost	51.7	Sutcliffe Park 26Jun95	400m	Alpha kanu	55.1
	Tim Crossingham	56.8			Howard Frost	60.0
	Ciaran Johnston	64.5			Kieron Morgan	61.2
					Albert Adu-Boakye	70.1
					Robert Green	72.0
800m	Russell Frost	2.04.3	13-Jun-95	800m	Mohamed Ishmail	2.13.5
	Tim Crossingham	2.21.5			Alpha Kanu	2.19.1
					Albert Adu-Boakye	2.27.5
					Howard Frost	2.33.3
					Robert Green	2.44.4
1500m	Tim Crossingham	4.51.4		1500m	Mohamed Ishmail	4.32.5
	Andrew Ticker	5.01.1			Albert Adu-Boakye	4.46.7
					Alpha Kanu	5.12.4
3000m	Andrew Tucker	11.34.6		3000m	Albert Adu-Boakye	10.32.5
				80H	David Ogedengbe	13.2
					Eugene Barnes	15.7
					Albert Adu-Boakye	16.6
400H	Russell Frost	60.1	London Schools 10Jun95			
1500S/C	Ciaran Johnston	6.26.8				

## 1995 Boys Rankings continued:

4X100m	Darren, Tim, Neil, Nick	52.6				Colin, Howard, David, Alpha	50.5
4X400m	Tim, Andrew, Russell, Ciaran	4.06.1				Alpha, Howard, Kieron, Mohamed	3.58.5
Long Jump	Russell Frost	5.46			Long Jump	Kieron Morgan	5.38
	Nick Stephenson	4.90				David Ogedengbe	5.25
	Nike Beaumont	4.66				Howard Frost	5.17
	Ciaran Johnston	4.59				Urefe Efue	5.17
	Neil McFadyen	4.59				Albert Adu-Boakye	5.00
	Andrew Tucker	4.23				Colin Johnson	4.67
						Robert Green	3.45
High Jump	Ciaran Johnston	1.45			High Jump	Colin Johnson	1.40
	Nick Stephenson	1.45				David Ogedengbe	1.33
	Mustafa Memhet	1.40				Albert Adu-Boakye	1.30
						Howard Frost	1.25
						Reno Wideson	1.20
Triple Jump	Russell Frost	11.62					
	Tim Crossingham	10.73					
	Ciaran Johnston	10.13					
	Neil McFadyen	9.62					
	Andrew Tucker	9.4					
Pole Vault	Nick Stephenson	2.35					
	Russell Frost	2.25					
Shot Putt	Chibuike Chuckwunyere	10.38			Shot Putt	Kieron Morgan	10.06
	Neil McFadyen	8.72				Urefe Efue	9.20
	Wayne Thompson	8.14				Marvin Porter	9.06
	Russell Frost	7.88				Colin Johnson	8.33
	Nick Stephenson	7.50				Eugene Barnes	7.90
						George Franklin	7.88
						William Popham	6.02
						Reno Wideson	5.23
						Ryan Jennings	5.01
Discus	Nick Stephenson	24.72			Discus	Urefe Efue	33.50
	Russell Frost	24.08				Marvin Porter	22.14
	Nike Beaumont	23.10				Colin Johnson	21.76
	Mustafa Memhet	20.52				David Ogedengbe	21.56
	Ciaran Johnston	19.02				Alpha Kanu	19.28
	Wayne Thompson	15.40				Howard Frost	18.70
						Eugene Barnes	18.14
						Albert Adu-Boakye	18.12
						Ryan Jennings	12.42
						Reno Wideson	12.16
Javelin	Mustafa Memhet	39.92			Javelin	George Franklin	26.20
	Darren Walsh	30.52				Kieron Morgan	25.28
	Nick Stephenson	27.66				David Ogedengbe	24.22
						Eugene Barnes	24.02
						Howard Frost	23.66
						Mohamed Ishmail	22.86
						Albert Adu-Boakye	20.72
						Marvin Porter	15.06
						Ryan Jennings	10.48
Hammer	Neil McFadyen	21.46			Hammer	Marvin Porter	24.12
	Nick Stephenson	20.14				Eugene Barnes	22.56
	Wayne Thompson	18.72				Alpha Kanu	19.36
						George Franklin	16.44
						William Popham	14.40

The under 13 Boys and the girls rankings are listed below:

LEWISHAM AC - 1995 GIRLS RANKINGS				1995 BOYS RANKINGS			
<b>Under 15</b>			<b>Under 13</b>		<b>Under 13</b>		
			80m	Althea Augustus 11.5	100m	Marco Wideson 14.9	
				Shelisha Palmer 11.9		Dean Eastwood 15.0	
						Dale Farquhar 16.3	
100m	Iyiesha Russell 14.3		100m	Althea Augustus 14.4		Rayne Jennings 16.9	
	Rachel Stephenson 16.5			Shelisha Palmer 14.6		David May 17.3	
						Andrew Willoughby 18.4	
200m	Iyiesha Russell 29.9		150m	Althea Augustus 21.9			
	Rachel Stephenson 35.0			Shelisha Palmer 21.9	200m	Marco Wideson 30.0	
				Sasha Simmons 22.6		Dean Eastwood 30.2	
				Melissa Roach 25.2		Dale Farquhar 33.2	
						Rayne Jennings 34.9	
800m	Iyiesha Russell 2.58.0		600m	Holly Boylan-Jones 1.53.8		David May 35.3	
	Rachel Stephenson 3.20.1			Caroline Stephenson 2.06.8		Andrew Willoughby 38.9	
	Roisin Johnston 3.26.6			Sasha Simmons 2.08.0		Ryan Morgan 40.1	
				Shelisha Palmer 2.24.7		Henry Popham 42.6	
			1000m	caroline Stephenson 3.50.5	400m	David May 84.9	
75H	Iyiesha Russell 15.4		70H	Sasha Simmons 12.4			
				Holly Boylan-Jones 12.7	800m	Marco Wideson 2.48.0	
				Shelisha Palmer 13.2		Dale Farquhar 2.53.4	
						Ryan Morgan 3.31.6	
Long Jump	Iyiesha Russell 4.23		Long Jump	Sasha Simmons 4.24		Andrew Willoughby 3.41.3	
	Rachel Stephenson 4.03			Shelisha Palmer 4.19		Henry Popham 3.55.8	
				Althea Augustus 4.14			
				Caroline Stephenson 3.85	1500m	Dean Eastwood 5.31.0	
						David May 7.08.8	
High Jump	Iyiesha Russell 1.21		High Jump	Althea Augustus 1.35			
	Katharine Gough 1.10			Shelisha Palmer 1.24	75H	Dean Eastwood 15.0	
				Sasha Simmons 1.21		Rayne Jennings 16.7	
				Caroline Stephenson 1.05		Ryan Morgan 22.5	
						Andrew Willoughby 30.5	
Shot Putt	Iyiesha Russell 6.43		Shot Putt	Shelisha Palmer 8.02			
	Rachel Stephenson 5.88			Sasha Simmons 7.08	4X100m	Dale, David, Henry, M 71.3	
	Roisin Johnston 5.67			Althea Augustus 5.14			
					Long Jump	Dean Eastwood 4.07	
Discus	Iyiesha Russell 21.96		Discus	Shelisha Palmer 16.48		Dale Farquhar 3.84	
	Rachel Stephenson 15.82			Melissa Roach 15.06		Marco Wideson 3.80	
	Roisin Johnston 15.70			Althea Augustus 14.98		Rayne Jennings 3.33	
				Caroline Stephenson 12.94		Andrew Willoughby 2.95	
						Ryan Morgan 2.83	
Javelin	Rachel Stephenson 19.46		Javelin	Shelisha Palmer 20.28		David May 2.80	
	Katharine Gough 14.54			Althea Augustus 7.42			
					High Jump	Andrew Willoughby 1.05	
4x100m	Roisin, Iyiesha		4X100	Sasha, Holly			
	Katharine, Rachel 61.7			Althea, Shelisha 57.7	Shot Putt	David May 5.29	
						Andrew Willoughby 3.80	
			4X200	Caroline, Althea			
				Shelisha, Sasha 2.03.7	Discus	Dean Eastwood 13.46	
					Javelin	Dean Eastwood 23.76	
						David May 22.42	
						Dale Farquhar 15.26	
						Ryan Morgan 12.98	

The McDonalds League finished:

Hastings 1<sup>st</sup> 28pts

East Grinstead 2<sup>nd</sup> 27pts

Lewisham 3<sup>rd</sup> 17pts

Paddock Wood 4<sup>th</sup> 16pts

Horsham 5<sup>th</sup> 11pts

Ashford 6<sup>th</sup> 5pts

The Kent Womens League division 2 finished:

Bexley Borough 1 <sup>st</sup>	1157pts
Ashford 2 <sup>nd</sup>	1122.5pts
Invicta East Kent 3 <sup>rd</sup>	957pts
Cambridge Harriers 4 <sup>th</sup>	735pts
Paddock Wood 5 <sup>th</sup>	641.5pts
Lewisham 6 <sup>th</sup>	332pts
Tunbridge Wells+Langton	146pts

The Kent Colts and Boys League division 2 finished:

Overall	Under 15	Under 13
Cambridge Harriers	Cambridge Harriers	Paddock Wood
Invicta East Kent	Invicta East Kent	Cambridge Harriers
Lewisham	Lewisham	Invicta East Kent
Paddock Wood	Paddock Wood	Lewisham
Swale	Swale	Swale
Tun Wells +Langton	Tun Wells+Langton	Tun Wells+Langton

With the apparent success of the club's first year, athletes were selected to represent the Borough of Lewisham in the London Borough Games and Iyiesha, Sasha, Althea and Shelisha represented the under 15 girls and Tim, Andrew, Chibuike, Nike and Nick represented the youths. And Lewisham's star Russell Frost ran in the senior men's relay team.

Three girls, Sasha, Shelisha and Althea entered the Woking Pentathlons on 6<sup>th</sup> August 1995. They were all up in the top five but unfortunately the last event, the 800m was their undoing!

However it was just the opposite for under 13 boy Dean Eastwood. It was his superb 1500m that took him from virtually nowhere to 4<sup>th</sup> place.

Howard and Albert entered the under 15 pentathlon and whilst Albert excelled to finish 4<sup>th</sup>, Howard disappointingly retired after a series of poor performances.

The club also entered teams into the Kent County Relay Championships at Tonbridge on 17<sup>th</sup> September 1995 and as usual both under 15 and under 17 boys teams failed to finish, but the under 13 girls won a fantastic bronze in their sprint relay. So Althea, Sasha, Holly and Shelisha were beginning to help put Lewisham AC on the County map.

The club held its first AGM at the Crofton Leisure Centre on Wednesday, 8<sup>th</sup> November 1995 with a presentation beforehand to save on costs. Issues to be dealt with were the Secretary's report, The Treasurer's report, including the presentation of the accounts. The election of officers for the forthcoming season and to deal with any other business.

The presentation and AGM were the most encouraging sign yet that things were going well. There was a great turn out for the presentation and then most parents and athletes stayed on for the AGM.

Colin Johnson won the 'Athlete of the Year' for not only his performance but his all round help and encouragement of others.

The accounts were presented and a simple summary follows:

League and County affiliation fees		185.00
Transport Costs	460.00	
Less members contributions	<u>160.00</u>	
	300.00	
Train and bus fares	<u>43.05</u>	343.05
Kent County Relay Champs		8.00
Pins and numbers		23.70
Pole Vault cover		11.00
Medals and certificates		<u>136.45</u>
		<u>707.20</u>

Financed By:-

Lewisham Borough Council	469.70
Subs from athletes	85.70
Loan from L Garnham	<u>151.80</u>
	<u>707.20</u>

The main points at the AGM were:

Wednesday night subs were to be 70p

Officers elected were:

Secretary	Larry Garnham
Treasurer	Betty Frost
Boys Team Manager	Larry Garnham
	(Albert Adu-Boakye and Andrew Tucker to assist)

Girls Team Manager – VACANT

Transport Manager – VACANT

Elected to Committee      Rory Johnston

## 1996 THE SECOND SEASON:

The 1995/96 season started with cross country and on 28<sup>th</sup> October 1995, Lewisham had four under 15 boys and one under 17 boy running in the **South East Counties League** at Thurrock. Including Larry, the manager, all six crammed into his Metro and managed to eventually find the start line.

Mahamed Ishmail excelled and had he not gone off course a number of times and new where he was going, I am sure that he would have bettered his 2<sup>nd</sup> place! Mark Goodwin finished 9<sup>th</sup>, and Howard and Colin managed to finish despite being sprinters and brought Lewisham AC home as fourth team.

### London Youth Games Cross Country Champs, 25<sup>th</sup> November 1995

This was a very satisfying day. Not only were a number of Lewisham AC athletes present but they were prominent in their races and were applauded home by the Mayoress and other dignitaries from Lewisham Council. Mohamed, Mark and Alpha plus Aske's schoolboy Russell Bentley were the impressive Lewisham team to finish

second in the under 15s event and Jenny Hunt from Prendergast won the girls event with an electrifying performance.

### **Lewisham Schools Cross Country Champs, 29<sup>th</sup> November 1995**

This was a real promotion for Lewisham AC. In the year 7,8 and 9 boys Mark Goodwin, Lewisham AC's newest star blitzed the opposition and won by an embarrassing margin from the next competitor. In the year 7,8 and 9 girls Sasha added another string to her exceptional versatile bow by finishing 5<sup>th</sup>, whilst Holly limped around with a sprained ankle and still finished 10<sup>th</sup>!, helping her school. Prendergast to the team prize.

In the year 10 and 11 boys, red hot favourite Mohamed Ishmail had a fright for about half a mile and then calmly slaughtered all before him without raising a sweat! Tim tracked his schoolmate Russell Bently all the way but couldn't quite summon up enough to out-kick him at the finish. His third place was nonetheless very gratifying. Alpha coming back from illness and a long layoff looks as if he is now finding old form by finishing 6<sup>th</sup>.

### **Kent County Cross Country Champs at Mote Park, 9<sup>th</sup> December 1995**



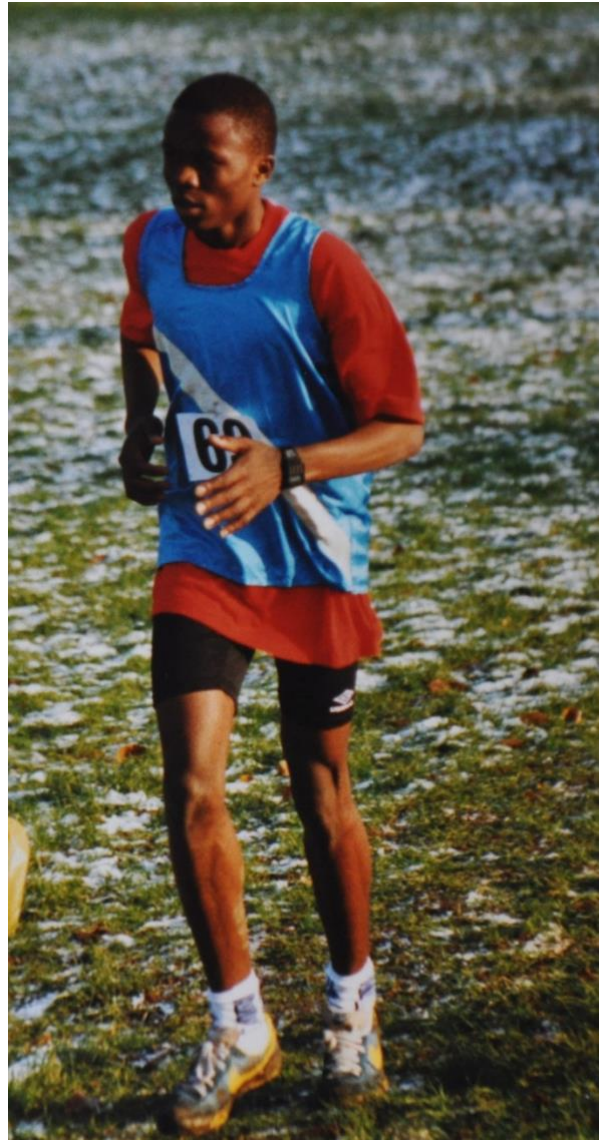
The under 15 boys team of Mohamed, Mark, Alpha, Colin and Albert all squeezed into Larry's car and arrived in plenty of time to change, warm up and mentally prepare. The standard of the race was high and Mohamed was floored on the first bend and never recovered. Alpha sprinted to the front for the first 200mtrs and hid for it later. However the team did well with Mohamed in 9<sup>th</sup>, Mark Goodwin 18<sup>th</sup>, Albert 35<sup>th</sup>, Alpha 48<sup>th</sup> and Colin 49<sup>th</sup>.

In the under 17 men's event, Andrew Tucker retired due to a previous injury flaring up, Russell was ill and just jogged round and Ciaran found the going tough. Tim Crossingham was the only bright light finishing a very creditable 21<sup>st</sup>.





Mohamed Ishmail, still not smiling!



Alpha Kanu, sticking to the task

Not only were there a full program of cross country races in which to participate but at Crystal Palace, just six miles up the road, the indoor facilities were available for a series of sprints throughout the Winter. Colin, Russell and Alpha entered the series of 60m races and found the experience both rewarding and very competitive. Russell finished with a best of 7.6, Colin with 7.8 and Alpha with 7.9

A regular Wednesday night trainer eventually signs on for the club and begins the Lewisham AC transformation from promising to delivering. His name, Nangeloum Ursell.

Larry Garnham was expanding the remit of the club with not only circuits at the Crofton Leisure Centre on Wednesday evenings, sessions at Ladywell track every Sunday morning and now sprint sessions at the all weather Sutcliffe Park track on Tuesday evenings. Colin Johnson, Russell Frost and David Ogedengbe took advantage of this new venture as Ladywell's worn out cinder track was not very conducive to fast sprinting. And on Monday nights, Larry was driving all the way to

Horsham with three throwers. Mustafa Mehmet doing indoor javelin drills, Urefe Efue and Wayne Thompson doing discus with indoor nets.

The Winter period gave the club an insight as to the future. No girls entered the indoor competition at Crystal Palace, whilst the boys entered the indoor and tried the cross country. The Kent Indoor Champs provided Kieron Morgan with a bronze medal in the 60m sprints and a silver in the long jump. Howard, David, Colin and Russell although they didn't medal, they all achieved PBs.

The main story in early 1996 was that Ladywell Track was to be revamped into an all-weather track with upgraded facilities and the Girls team was teetering on the verge of collapsing with no manager coming forward as yet.

### **Mini Marathon Trials, 17<sup>th</sup> February 1996**

Mohamed Ishmail won –of course! But was pushed surprisingly hard by Russell Frost and Albert Adu-Boakye finished like a train to take 4<sup>th</sup>. Lewisham AC also used this event as a recruiting exercise and possibly a few runners looked like they may want to join the ranks of this exciting venture.

### **South East Counties Cross Country League, 24<sup>th</sup> February 1996**

This second fixture, clashing with the indoor champs saw a reduced Lewisham AC presence but nonetheless, Mohamed finished 2<sup>nd</sup> again. Albert finished 7<sup>th</sup> with a sprint finish and Alpha finished 10<sup>th</sup> with even a faster finish.

### **English Schools Cross Country Champs at Weymouth, 2<sup>nd</sup> March 1996**

A long coach journey to Weymouth took its toll with Mohamed Ishmail and Mark Goodwin, both selected to run for London but alas not too well on this occasion. Hopefully Lewisham Schoolboy Doyib Awil (Kent AC) finishing 6<sup>th</sup> in the senior boys would be the sort of incentive the Lewisham boys could take on board.

Rory Johnson and Mike Stephenson agree to look after the girls team for their first fixture in April. Unfortunately Althea Augustus decided to join Belgrave Harriers.

### **South East Counties League at Swanley, 16<sup>th</sup> March 1996**

In the under 13s, Perry Burgess, Lewisham's newest member ran a sterling race to finish 11<sup>th</sup>. Mohamed tried as hard as he could to gain a win over rival Thurrock's Steve Frost but again finished 2<sup>nd</sup> for an overall second place for the season.

The track season was upon us and the **Tonbridge Easter Open** on 8<sup>th</sup> April 1996 was to set the scene for the season.

Colin Johnson, Mohamed Ishmail and new lad Nange Ursell made the trip. Nange competing at under 15 provided some very useful performances:

150m            20.0    2<sup>nd</sup>, 300m    40.4    2<sup>nd</sup>

Colin Johnson following a good Winter's training produced the excellent results of:

150m            19.1    3<sup>rd</sup>, 300m    39.0    3<sup>rd</sup>

Mohamed tackled some odd middle distance events for which this Tonbridge meeting was well known for:

600m            1.35.1    4<sup>th</sup>, 1000m    2.52.7    3<sup>rd</sup>



Lewisham AC's trio at Tonbridge trying to keep warm on a cold Easter Monday

#### **Kent Womens League at Dartford, 14<sup>th</sup> April 1996**

Not a great start to the season, with Althea gone and Sasha, Shelisha, Holly and Iyiesha not being around, the small team of Rachel and Caroline Stephenson, Roisin Johnston, and new recruit Joanne Cameron tried their best with Caroline getting the only win of the day with a 3.93m long jump.

In the **Hercules Wimbledon Open** at Crystal Palace on the same day, the club were represented by Ryan Smith and Nange Ursell at under 15, and Colin Johnson and Russell Frost at under 17. Yet further evidence how far Lewisham AC had come in such a short span of time.

#### **Kent Colts and Boys League at Sutcliffe Park, 28<sup>th</sup> April 1996**

The under 15 boys team was even better than last season with new athlete Nange Ursell on board, his mate Andy Ramsamy and St Joseph schoolboy Mark Goodwin. The club had lost the services of the Popham and Wideson brothers but had held on to most of the others with Colin Johnson and David Ogedengbe moving up to the under 17 age group the team were inflicted a rare defeat in the 4X100m.

First places were as follows: (all under 15 boys)

80H	A string	Nange Ursell	13.1
80H	B string	Eugene Barnes	14.3
100m	B string	Eugene Barnes	13.0
200m	A string	Nange Ursell	24.5
200m	B string	Andy Ramsamy	26.5
Discus	A string	George Franklin	21.30
LJ	A string	Andy Ramsamy	4.92

Due to the close links between Lewisham AC and the senior club (Kent AC) that shared facilities at Ladywell Arena, Russell Frost went off to compete for the senior club in the Men's Southern League and established two Lewisham AC club records.

### **London Schools Pentathlon Champs at Battersea Park, 3<sup>rd</sup> May 1996**

Kieron Morgan, Lewisham AC's sole representative, performed brilliantly to achieve a silver medal against what is always top London talent. His marks were:

80H 13.9

HJ 1.45

LJ 5.38

Shot 10.93

800m No time given.

However, the winner was St Joseph year 8 schoolboy, Mark Awanah and with Kent AC connections to one of the school's teachers, Rob Sear, an effort was made to secure the talents of this prodigious athlete for Lewisham AC. Rob Sear told us to steer well clear as the lad was known to be difficult to handle, given the two or three exclusions he had already totted up in just a few months at the school.

### **McDonalds League at Harrow, 5<sup>th</sup> May 1996**

Unfortunately for Lewisham, the league decided to revamp the format so instead of the weak clubs of Paddock Wood, Horsham and Ashford being the opposition, we had to contend with the mega club that was Newham and Essex Beagles!

Nonetheless, Lewisham AC had some great first places and none better than a club record 4X100m relay at under 17.

Under 17	200m	B string	David Ogedengbe	25.1
	3000m	A string	Ciaran Johnston	11.51.1
	LJ	A string	Russell Frost	5.38
	LJ	B string	David Ogedengbe	5.23
	HJ	B string	Nick Stephenson	1.45
	TJ	A string	Ciaran Johnston	10.39
	PV	A string	Russell Frost	2.30
	PV	B string	Nick Stephenson	2.30
	Shot	A string	Chibuike Chuckwunyere	10.77
	Shot	B string	Badru Yawe	9.70
	Discus	A string	Chibuike Chuckwunyere	25.10
	Discus	B string	Nick Stephenson	22.92
	4X100m		David, Russell, Nick, Alpha	48.3
Under 15	80H	A string	Nange Ursell	13.2
	80H	B string	Eugene Barnes	14.6
	LJ	A string	Nange Ursell	5.72
	LJ	B string	Ryan Smith	3.89
	PV	A string	Howard Frost	1.75
	4X100m		Ryan, Howard, Nange Eugene	52.8

### **Kent County Champs at Crystal Palace, 11<sup>th</sup>/12<sup>th</sup> May 1996**

This event was certainly the day that Lewisham AC well and truly arrived! Russell Frost, the club's talisman won the 400m hurdles, silver in the 400m and also made the final of the 100m. Colin Johnson made the final of both the 100m and 200m and in the latter event went sub 24secs for the first time. Mohamed Ishmail made both the 800m and 1500m finals and tan PBs in both events. Urefe Efue as usual turned up late, swaggered over to the discus and lobbed it out to a club record and 4<sup>th</sup> place. And the arrival of Nange Ursell on the scene was not only the club's athlete of the championship but was THE ATHLETE OF THE CHAMPIONSHIP. Three PBs, three club records, three gold medals (and a silver) as well as a championship best



performance in the triple jump and a demolition of Blackheath's international, Abdi Madar in the 800m.

Under 15:	100m	Nange Ursell	12.21	Silver
	200m	Nange Ursell	24.37	Champion
	800m	Nange Ursell	2.08.61	Champion
	TJ	Nange Ursell	12.27m	Champion (CBP)
Under 17:	100m	Colin Johnson	23.89	
	200m	Colin Johnson	11.78	
	Discus	Urefe Efue	28.70	
	800m	Mohamed Ishmail	2.09.46	
	1500m	Mohamed Ishmail	4.31.39	
	100m	Russell Frost	11.76	
	400m	Russell Frost	52.51	Silver
	400H	Russell Frost	59.58	Champion

### **McDonalds League at Tooting, 19<sup>th</sup> May 1996**

The league was already turning into a two horse race with home club South London Harriers obliterated by the power of the top two Lewisham AC and the mighty Newham and Essex Beagles.

Despite a dominant Lewisham under 15 squad and an impressive under 17 squad it was Lewisham's under 13s that didn't quite have the numbers or ability to keep in touch with Newham and again they ran out winners.

First places for under 17 were:

200m	B string	Colin Johnson	24.4
3000m	A string	Ciaran Johnston	11.26.9
3000m	B string	Andrew Tucker	11.29.5
LJ	B string	Colin Johnson	4.97
HJ	B string	Ciaran Johnston	1.45
TJ	B string	Urefe Efue	9.68
PV	A string	Nick Stephenson	2.45
Shot	B string	Andrew Cripps	8.02
Discus	A string	Urefe Efue	26.06
Discus	B string	Mustafa Memhet	23.34
Javelin	A string	Mustafa Memhet	39.78
4X100m		David, Urefe, Nick, Colin	50.0

Under 15:

100m	A string	Kieron Morgan	12.3
200m	A string	Nange Ursell	25.2
200m	B string	Andy Ramsamy	27.1
400m	A string	Andy Ramsamy	62.9
400m	B string	Ryan Smith	68.8
800m	B string	Mark Healy	2.49.8
80H	A string	Nange Ursell	12.8
80H	B string	Andy Ramsamy	16.0
LJ	A string	Nange Ursell	5.75
LJ	B String	Andy Ramsamy	5.51
4X100m		Kieron, Howard, Ryan, Andy	52.7
4X400m		Lieron, Mark G, Howard, Nange	4.02.7

### **Kent Colts and Boys League at Norman Park, 26<sup>th</sup> May 1996**

Allen Frost was the only performer for the under colts (13 boys) but managed to gain a first place in the shot putt with a club record 5.91m.

The boys (under 15s) fared far better with yet another friend of Nange's making his debut – Leon Odiete. First places as follows:

80H	A string	Eugene Barnes	14.7
80H	B string	Leon Odiete	14.9
100m	A string	Kieron Morgan	13.0
100m	B string	Eugene Barnes	13.5
200m	B string	Eugene Barnes	28.1
400m	B string	Ryan Smith	67.5
800m	A string	Nange Ursell	2.19.7
Shot	B string	Ryan Smith	5.02
LJ	A string	Kieron Morgan	5.48
LJ	B string	Nange Ursell	5.37
4X100m	Kieron, Howard, Nange, Andy		50.1
4X400m	Kieron, Howard, Andy, Nange		4.04.1

In between all this league activity for the boys there were also competition in the schools and competing in the **Lewisham Schools Champs** at Sutcliffe Park, 17<sup>th</sup> May 1996 were:

Under 15	100m	Kieron Morgan	12.2	1 <sup>st</sup>
	100m	Andy Ramsamy	13.1	4 <sup>th</sup>
	200m	Nange Ursell	24.5	1 <sup>st</sup>
	200m	Michael Forbes	25.8	2 <sup>nd</sup>
	LJ	Kieron Morgan	5.82	1 <sup>st</sup>
	LJ	Andy Ramsamy	4.90	2 <sup>nd</sup>
	TJ	Kieron Morgan	10.85	1 <sup>st</sup>
Under 17	100m	Colin Johnson	11.5	1 <sup>st</sup>
	100m	David Ogedengbe	11.7	2 <sup>nd</sup>
	200m	Colin Johnson	23.9	1 <sup>st</sup> (23.3hts)
	200m	David Ogedengbe	24.8	2 <sup>nd</sup> (24.3hts)
	800m	Mohamed Ishmail	2.11.4	1 <sup>st</sup>
	1500m	Mohamed Ishmail	4.33.2	1 <sup>st</sup>
	1500m	Albert Adu-Boakye	4.45.5	3 <sup>rd</sup>
	Discus	Urefe Efue	29.18	2 <sup>nd</sup>
	Discus	Wayne Thompson	25.86	3 <sup>rd</sup>
	Javelin	Mustafa Memhet	36.80	1 <sup>st</sup>

From this a number of athletes were selected to represent Lewisham Schools at the **London Schools Champs** at Croydon Arena on 8<sup>th</sup> June 1996. From this link between Lewisham AC, Lewisham Schools and onto the London Schools a legacy was left. And although Lewisham AC's premature demise after only three years, the legacy that was left was that Lewisham was the strongest London Borough in athletics for over ten years.

The best in London was a different prospect altogether and whilst Lewisham lads did well, only Kieron Morgan (LJ 5.97 and club record), Mark Awanah (LJ 5.80), and Nange Ursell (TJ 12.00) qualified to represent London at the All England Schools Championships by reaching the required very high standard. Besides Kieron Morgan in the long jump, Mustafa Memhet was Lewisham AC's only other London Schools champion by winning the under 17 javelin in 42.14m – a club record.

With very little competition for Lewisham's girls and a league which started on 14<sup>th</sup> April 1996 and then didn't recommence until 14<sup>th</sup> July 1996, Althea's move and Holly and Shelisha going to ground, the girls team was virtually grinding to a halt. One spark of encouragement was that the National relay rankings for 1995 were announced and incredibly the 4X200m squad made the National top twenty!

### **McDonalds Boys League at Croydon Arena, 2<sup>nd</sup> June 1996**

This division was getting more and more competitive with Newham and Essex Beagles realising that Lewisham AC were not going to be a pushover, they ensured that they put out all their stars and thus had a really strong under 17 section so despite some great Lewisham performances there were only two first places:

200m	B string	Alpha Kanu	24.7
Long Jump	B string	Andrew Tucker	4.88
Hammer	B string	David Ogedengbe	18.20

However, Lewisham's under 15 squad were on fire and decimated the opposition.

100m	A string	Mark Awanah	12.7
100m	B string	Eugene Barnes	13.1
200m	A string	Nange Ursell	24.8
200m	B string	Andy Ramsamy	25.9
400m	A string	Nange Ursell	57.6
1500m	A string	Nark Goodwin	4.44.7
80H	A string	Eugene Barnes	13.8
80H	B string	Leon Odiete	14.2
Long Jump	A string	Andy Ramsamy	5.37
Long Jump	B string	Leon Odiete	4.98
High Jump	A string	Mark Awanah	1.65
4X100m	Mark A, Andy, Nange, Eugene		50.0
4X400m	Mark A, Andy, Ryan, Nange		4.04.2

Just one day after Kieron Morgan set a Lewisham AC under 15 long jump record, he competed again at Sutcliffe Park in the **Kent County Pentathlon Champs** and recorded:

80H	12.9
LJ	5.37
HJ	1.54
Shot	10.11
800m	2.27.0

### **Kent Colts and boys League at Deangate, 16<sup>th</sup> June 1996**

Again the club struggled with under 13s and only Allen Frost made the match. It was a different story in the under 15s with virtual wins across every event!

80H	A string	Eugene Barnes	14.4
80H	B string	Ryan Smith	15.5
200m	B string	Eugene Barnes	26.9
400m	A string	Mark Awanah	55.1
400m	B string	Andy Ramsamy	59.7
1500m	A string	Mark Goodwin	4.44.2
4X100m	Kieron, Mark A, Eugene, Leon		50.3
4X400m	Mark A, Kieron, Ryan, Andy		4.02.7

And in the field events the list was just as impressive:



Shot Putt	A string	Kieron Morgan	10.92
Shot Putt	B string	Chris Thomas	9.72
Javelin	B string	Eugene Barnes	26.16
Discus	B string	Chris Thomas	21.24
High Jump	A string	Mark Awanah	1.55
High jump	B string	Leon Odiete	1.40
Long Jump	A string	Andy Ramsamy	5.22

The **regional pentathlon championships** took place on 22<sup>nd</sup> June 1996 at Hemel Hempsted. And what a performance our two Lewisham representatives, Kieron Morgan and Mark Awanah.

	80H	Shot	LJ	HJ	800m
Kieron	12.8	10.16	5.65	1.51	2.16.0
Mark	13.2	9.01	6.04	1.45	2.12.4

Kieron qualified for the National pentathlon champs in second place and Mark qualified in third. And with the possibility of Nange being added to London's four man squad, Lewisham could turn out to be National team combined event champions.

### **McDonalds Boys League at harrow, 23<sup>rd</sup> June 1996**

A bit of a disappointing day with Mark Awanah and Kieron resting after the previous day's exertions. Nange injured and no shows from a quartet of good athletes as well as late arrivals meant that this was not to be Lewisham's day.

However, there were still a number of first places achieved:

Pole Vault	A string	Russell Frost	2.50
Pole Vault	B string	Nick Stephenson	2.40
Shot Putt	A string	Chibuike Chickwunyere	12.09
Discus	A string	Mustafa Memhet	28.40
Discus	B string	Chibuike Chuckwunyere	27.52
Javelin	A string	Mustafa Memhet	42.70
Javelin	B string	Nick Stephenson	26.64
Hammer	B string	Nick Stephenson	22.00
4X100m		David, Russell, Tim, Colin	46.7
Under 15:			
800m	A string	Mark Goodwin	2.21.6
800m	B string	Mark Healy	2.42.8
1500m	A string	Mark Goodwin	4.49.3
1500m	B string	Mark Healy	5.23.0
High jump	B string	Leon Odiete	1.40
Shot Putt	B string	Leon Odiete	8.59
Discus	B string	Andy Ramsamy	16.18
Hammer	A string	Eugene Barnes	24.24
Hammer	B string	Chris Thomas	21.98
4X100m		Andy, Ryan, Eugene, Leon	50.8

With no details of the Kent Womens League fixture on 14<sup>th</sup> July 1996 or indeed any further fixtures, it is assumed that the poor attendance and the lack of a committed manager meant that this information is not available. Just a mention that a new recruited athlete by the name of Debbie Okangi certainly helped the plight of the team.

After such a disappointing result last time in the **McDonalds League** and a rather irate manager, Larry Garnham when a few home truths were voiced, it appeared to gee up the troops with almost a complete event cover at the next match on **21<sup>st</sup> July 1996 at Newham**. Not only did Lewisham win the match at rivals Newham's home ground and also set nine club records.

The under 17 first places were:

800m	A string	Mohamed Ishmail	2.11.5
3000m	A string	Andrew Tucker	11.45.3
3000m	B string	Ciaran Johnston	12.31.6
1500S/C	B string	Andrew Tucker	6.30.1
Long Jump	B string	Nike Beaumont	5.26
Triple Jump	A string	Russell Frost	12.20
Triple Jump	B string	Nick Stephenson	10.32
Pole Vault	A string	Nick Stephenson	2.55
Pole Vault	B string	Russell Frost	2.45
Shot Putt	A string	Wayne Thompson	9.44
Shot Putt	B string	Neil McFadyen	8.98
Discus	A string	Urefe Efue	32.70
Discus	B string	Wayne Thompson	28.56
Javelin	A string	Mustafa Memhet	41.74
Javelin	B string	Nick Stephenson	29.20
Hammer	A string	Neil McFadyen	20.64
Hammer	B string	Nike Beaumont	15.82

Under 15:

100m	A string	Mark Awanah	12.7
200m	A string	Mark Awanah	24.3
200m	B string	Neil Thompson	25.6
800m	A string	Mark Goodwin	2.23.8
1500m	A string	Mark Goodwin	4.43.9
80H	A string	Leon Odiete	13.1
High Jump	B string	Mark Goodwin	1.40
Pole Vault	A string	Mark Awanah	2.00
Pole Vault	B string	Howard Frost	1.90
4X100m	Leon, Neil, Howard, Mark A		50.1

Under 13:

200m	A string	Mpegwa Mwakangata	29.9
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### **English Schools Championships at the Don Valley Stadium, 12<sup>th</sup> July 1996**

Representing Lewisham AC as part of the London squad were Kieron Morgan and Mark Awanah in the long jump and Nange Ursell in the triple jump. Nange smashed the club record jumping out to 13.09m but still only managed a bronze in an exceptionally high standard event. Mark got a bronze medal and Kieron finished in the top ten. Lewisham AC were now well and truly on the map and despite Nange not being available for the area combined events champs through injury, all three were selected to represent London Schools later in the year.

The season was now drawing to a close but with such exceptional talents in the squad, there was still plenty to aim for.

### **Kent Colts and Boys League at Dartford, 28<sup>th</sup> July 1996**

Even the colts (under 13) seemed to be performing better with four event wins:

75H	B string	Basya Mwakanagata	17.1
400m	B string	Brian Simpson	85.9
Shot	A string	Mpegwa Mwakanagata	7.46
Shot	B string	Allen Frost	6.54

In the boys (under 15) section the relentless demonstration of class continued with wins:

80H	A string	Leon Odiete	13.1
80H	B string	Ryan Smith	14.7
100m	A string	Mark Awanah	12.0
200m	B string	Andy Ramsamy	26.2
400m	A string	Mark Awanah	54.5
400m	B string	Andy Ramsamy	59.6
HJ	A string	Mark Awanah	1.65
HJ	B string	Leon Odiete	1.40
LJ	A string	Neil Thompson	5.26
LJ	B string	Howard Frost	4.98
4X100m		Leon, Mark, Neil, Andy	49.3

The McDonalds Boys League was a regional affair at the lower levels and became area at the next level up and National at the highest level. Lewisham in finishing second in their regional league were put forward (along with rivals Newham) into the promotion match together with another six clubs from other regions. This was a massive step up for Lewisham and much anticipated. Larry Garnham, the manager had always let the boys choose what events they would do each match on a rota system, thereby ensuring that everyone had a fair chance of doing at least one event that they wanted to do. There was however, always the expectation that everyone would chip in to cover as many events as possible to achieve team success. The difference for this promotion match was that Larry selected the athletes for all events to maximise the team's potential. And what a difference it made.



### **McDonalds Southern Promotion at Wimbledon Park, 15<sup>th</sup> September 1996**

From the photo above, those appearing (left to right) were Mark Awanah, Ciaran Johnston, Andy Ramsamy, Neil Thompson, Leon Odiete, Andrew Tucker, Alpha Kanu, Nange Ursell, Tim Crossingham (in glasses), Colin Johnson, Kieron Morgan, George Franklin, Mohamed Ishmail (still not smiling), Wayne Thompson, Supporter, Howard Frost, Mark Goodwin, Russell Frost, Urefe Efue, Albert Adu-Boakye and Nick Stephenson

With massive support from parents and members of the local Kent AC, the Lewisham team were quietly confident of success. But what a day! Eleven club records, disqualification in three out of the five relays (despite winning the DQs by a country mile!), twenty one first places in the under 17 age group, and sixteen in the under 15 age group meant that even with a weak under 13 group, Lewisham AC smashed it!

The club records were:

1500m	A string	Mohamed Ishmail	4.24.0
100H	A string	David Ogedengbe	15.2
High Jump	A string	Nick Stephenson	1.60
Javelin	A string	Mustafa Memhet	44.50

And at under 15 were:

200m	A string	Nange Ursell	24.2
400m	A string	Mark Awanah	54.1
80H	A string	Nange Ursell	12.4
High Jump	A string	Mark Awanah	1.65=
Pole Vault	A string	Howard Frost	2.40=
Javelin	A string	George Franklin	33.72

And at under 13 were:

800m	A string	Robert Fox	2.47.7
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An incredible day and Southern Division One to look forward to in 1997.



Larry Garnham (holding the trophy),  
Betty Frost on the right, Andy Ramsamy's mum on the left



In the meantime, Lewisham ran its annual club championships at Ladywell over two Sundays, 25<sup>th</sup> August 1996 and 8<sup>th</sup> September 1996. With twenty athletes attending on each Sunday they were considered yet another major success with help from Betty Frost, Rory Johnston and Kent AC's Ken Pike and Ron Hale.

With such a great year it was difficult to see yet another superlative, yet the three Lewisham boys representing London in the English Schools Combined Events Championships not only won the junior boys All England Championships but won it in a record score!



	Mark Awanah	Nange Ursell	Kieron Morgan
80H	12.45	12.03	12.58
Long Jump	6.16	5.50	5.63
Shot Putt	10.21	9.30	10.89
High Jump	1.61	1.61	1.49
800m	2.10.49	2.07.46	2.27.71
Pts	2840	2742	2428
Place	6 <sup>th</sup>	8 <sup>th</sup>	19 <sup>th</sup>
Team: first	8010pts championship record.		

With promotion and a higher standard to achieve, together with the increased cost that that entails and the loss of all the second year under 17s, the club was moving into a different era. The club said goodbye to Chibuike Chuckwunyere, Russell Frost, Tim Crossingahm, Andrew Tucker, Mustafa Memhet, Wayne Thompson, Neil McFadyen, Nike Beaumont, Gerald Connolly, Ciaran Johnston and Nick Stephenson.

On the female front, just one under 17 girl, Adeola Odeneye, competed, the Stephenson sisters, Althea Augustus returned (her brief excursion to Belgrave Harriers was not as she expected) and a new exciting prospect joined in the form of Debbie Okangi.

## **1997 THE FINAL SEASON:**

The AGM took place at the Crofton Leisure Centre on Wednesday, 20<sup>th</sup> November 1996. There was a bit of money in hand, more parents were coming forward and showing an interest in making things run easier and generally there seemed to be a more positive vibe. Betty Frost took over as Treasurer. Doreen Campbell took over as girls team manager and Ciaran Johnston, along with Andrew Tucker and Albert Adu-Boakye agreed to help run the boys teams. Rory Johnston and Heather Ursell also agreed to take on roles. New kit was designed and ordered, so no more home made vests – the club was looking to move forward.

**The beginning of the end.** Larry Garnham, out of the blue decided to move. He sold his house in Inchmerry Road very quickly, bought a place in Cornwall and rented a flat in Catford for the interim.

Things carried on as normal, with newsletters continuing, indoor competition at Crystal Palace, training at Ladywell and Crofton Leisure Centre and of course Lewisham's athletes making an ever bigger ripple on the South London athletic scene.

Active indoors were Mark Awanah at under 15 demolishing all before him, Colin Johnson, David Ogedengbe, Kieron Morgan and Nange Ursell at under 17. On the outdoor scene Mark Goodwin was showing promise at cross country.

And when the 1996 rankings came out, Lewisham's stars figured prominently with Nange Ursell and Mark Awanah topping the lists, but Kieron Morgan, Leon Odiete and Howard Frost also appearing.

Selection was made for an English Schools indoor competition against the other home nations – Northern Ireland, Scotland and Wales. The selection criteria was the best under 15 athlete in each event. In the long jump, the winner of the English schools was injured and the silver medallist was unavailable so Mark Awanah became Lewisham's first International athlete and as usual he took this opportunity with both hands and jumped a new club record of 6.38m and picked up a gold medal in the 4X100m relay.

With regard to Lewisham's home base, the good news was that the council had been awarded a grant to develop the old cinder track into a six lane all weather facility. The bad news was that this work was to commence in April 1997 and take the whole of the Summer. So Lewisham had to move training to Sutcliffe Park on Monday evenings.

Athletes made their mark at the Kent Indoor Championships at Crystal Palace with plenty of representation from both boys and girls across a range of events including medals for Debbie Okangi (U15 girls), Ryan Smith (U15 boys), David Ogedengbe (U17 boys) and Nange Ursell (U17 boys).

The early season opens started with **Tonbridge** on 31<sup>st</sup> March 1997 and then the **Hercules Wimbledon Open at Crystal Palace** on 6<sup>th</sup> April 1997.

A really good turn out by the boys. With Mark Awanah in his newly won English Schoolboys kit being the stand out athlete of the day with three gold medals. Kieron Morgan and David Ogedengbe picked up silvers and Nange and Colin were other under 17s that impressed. In the under 15s we saw Neil Thompson and new recruit Ben Henty.

### **Kent Womens League at Deangate, 27<sup>th</sup> April 1997**

It was a promising start to the season with Sasha and Althea recording club U15 records in the 75H and 100m respectively and roisin Johnston and Joanne Cameron covering loads of events at under 17. Unfortunately Debbie Okangi entered events in the wrong age group so despite some great performances they did not count.

### **McDonalds Boys League at Dartford, 27<sup>th</sup> April 1997**

Newly promoted to division one, the boys were awesome. The under 17s had all the old guard of David Ogedengbe, Colin Johnson, Mohamed Ishmail, Leon Odiete, Nange Ursell, Howard Frost, Chris Thomas, Alpha Kanu, Albert Adu-Boakye, Mark Goodwin and Kieron Morgan. In addition new signings of Saed Musa and Mustafa Haibe strengthened the middle distance. The under 15s saw new recruits Ben Henty, Jermain Mays, Saidu Korouma and Danny Aldis. The under 13s were strengthened by the arrivals of Jonathan Regis, Shane Sinclair, James Goldsmith and Danny Beevor. A startling win and massive points meant that Lewisham topped division one after the first round of matches.

### **Kent Colts and Boys League at Deangate, 4<sup>th</sup> May 1997**

With so many more under 13 boys now joining the club, Lewisham could significantly influence the team results in the league and were now a major contender for promotion this season, instead of just concentrating on individual athlete awards. Tom Koritsas, Seun Odeneye (from last season) and Kevin Rainbow added to the numbers. The under 15s had Luke Rubie as yet another addition to the ranks. All four club records were in the colts category.

### **Kent County Championships at Crystal Palace, 10<sup>th</sup> May 1997**

The club was well represented in these major championships with under 17s fairing as follows:

100m	David Ogedengbe	11.64	silver		
	Colin Johnson	11.79	bronze		
	Nange Ursell	11.90	5 <sup>th</sup>		
200m	Colin Johnson	24.22	bronze		
	Nange Ursell	24.32	5 <sup>th</sup>		
	Leon Odiete	25.73	(heats)		
400H	Nange Ursell	57.9	gold		
100H	Nange Ursell	14.55	gold		
	Leon Odiete	15.34	bronze		
TJ	David Ogedengbe	13.34	silver		
	Kieron Morgan	12.14	5 <sup>th</sup>		
LJ	Kieron Morgan	5.99	gold		
Shot	Chris Thomas	9.65	4 <sup>th</sup>	Hammer	Chris Thomas 26.20 bronze
Discus	Chris Thomas	28.24	6 <sup>th</sup>		



### **Surrey Under 15 Pentathlon Champs at Wimbledon Park, 11<sup>th</sup> May 1997.**

This was a special day. Some observers had remembered Mark Awanah from the Hercules Wimbledon Open just a month earlier, but Lawrence Munro was the standout athlete in Surrey at the time with most of the entrants being somewhat in awe of the pre event favourite.

Mark won the first event – just! Then he beat the big lads in the shot putt with an impressive 11.95mtrs. The long jump sealed his invincibility. 6.39mtrs to Munro's 5.62 showed Mark's level of dominance. His 1.70mtr high jump and then a casual 2.18.6 800mtrs ensured that he won all five events in a CBP of 2961pts going to the top of the 1997 National rankings as well as beating the previous mark by a staggering 500 plus points!

### **McDonalds Boys League at Walthamstow, 18<sup>th</sup> May 1997**

Still a strong team with 13 event wins at under 17 and 8 at under 15 but some major gaps appearing with athletes not showing. The highlight being Nange's 57.2 in the 400 hurdles – a club record and Tom Koritsas's under 13 800m in 2.44.5, also a club record. A difficult match but still lying in a promotion position in the league.

Nange Ursell entered the **Southern Championships at Crystal Palace** on 24<sup>th</sup> May 1997 and became the first Southern Champion for the club, winning the 400hurdles in 55.05. Both Colin Johnson and Kieron Morgan also entered the championships and performed well.

### **Puma South East All-Rounder Challenge at Horsham, 28<sup>th</sup> May 1997**

This was the competition that last year put Lewisham AC on the map as Mark Awanah won the under 15 title still in his first year representing Lewisham AC for the first time, just pipping Kieron Morgan. The Lewisham team scoring 4837 points so this year they had a hard act to follow.

This year Lewisham Ac were represented by Mark Awanah, now a second year in the under 15 age group and Neil Thompson, an exceptional all-rounder in his own right. And representing the under 17 age group were Kieron Morgan and Nange Ursell. Mark put in massive performance after massive performance to beat his own UK leading mark in the pentathlon and scored 2989pts achieving the following, with Neil crushing the opposition and finishing still a distant second.

Nange and Kieron did the same in the under 17 category with English Schools gold medallist Simon Eyre, no match for Nange with Kieron finishing third. Lewisham AC won both team competitions easily!

	Hdls	Shot	Long Jump	High jump	800m	Pts
Mark	12.1	11.64	6.31	1.71	2.16.5	2989
Neil	13.8	8.80	5.85	1.68	2.30.2	2340
Nange	14.9	8.31	6.04	1.73	2.04.8	2927
Kieron	17.0	10.13	6.05	1.58	2.20.3	2480

### **McDonalds Boys League at Newham, 1<sup>st</sup> June 1997**

Despite gaps in event coverage, Lewisham pressed on and with 15 event wins at under 17, including two club records the all important promotion was still very much in sight. The under 15s contributed 10 event wins and a club record long jump by Mark Awanah – a staggering 6.43 which was also a McDonalds League record!

But the story of the day had to be the emergence of yet another star. Courtney Anderson, a new signing, made his debut appearance and two event wins, three club records and a fantastic asset to the under 13 squad.

### **Kent Womens League at Sutcliffe Park, 1<sup>st</sup> June 1997**

Good to see Althea Augustus back enjoying her athletics with a club record in the high jump. And even Shelisha Palmer turned out and won the javelin as well as helping the girls set a club record in the 4 X 100m relay. However, it was Debbie Okangi who caught the eye with yet two further club records, in the 100m and 200m.

### **Kent Colts and Boys League at Norman Park, 8<sup>th</sup> June 1997**

The second match of the season and now with Courtney Anderson on board there seemed to be a new buzz from the colts with no fewer than 9 event wins including club records in the 800m – Tom koritsas and 400m – Courtney Anderson, long jump – Courtney Anderson and two records in both the 4X100m and 4 X 400m. Amazingly there were no club records in the boys despite 11 event wins.

Not only was there quite a bit of club athletics with McDonalds and the Kent Colts and Boys coming thick and fast, but also schools competitions with many Lewisham AC boys and girls competing at the London Schools champs as well as in the regional combined events champs. Also County under 13 and under 15 champs took place. Some of the results may have not been picked up but one that was noticed was Mark Awanah going to the top of the UK rankings in the long jump with an incredible 6.63 in the **TSB Schools Cup** on 16<sup>th</sup> June 1997. And Courtney Andersons impact at under 13 in the **Kent County Champs**.

### **McDonalds Boys League at Sutcliffe Park, 29<sup>th</sup> June 1997**

Big gaps in personnel, spelled out the inevitable. Lewisham AC had more or less blown their chances with this underpar team performance. 13 event wins and 4 club records at under 17, 7 event wins at under 15 and a weak under 13s could not disguise the fact that not enough athletes were turning up! A poor third place was probably too much to make up in the matches that remained.

It didn't help the situation with both Nange and Kieron involved in the under 17 **schools octathlon regional champs at Copthall Barnet** the same weekend. Nange scored a club record 4111 points including an equal club record in the 100m hurdles and a club record 51.0 secs in the 400m. Unfortunately Mark Awanah was injured thus missing his chance to progress in the English Schools combined events and Neil Thompson wasn't even entered! Then news that with Larry moving on, no one was prepared to step in and the future of Lewisham AC looked bleak.

### **Kent County Under 15 Champs at Norman Park, 6<sup>th</sup> July 1997**

Neil Thompson, Ben Henty and Saidu korouma kept Lewisham AC on the map with the following results:

80H	Neil Thompson	14.2	4 <sup>th</sup>			
100m	Neil Thompson	12.1	silver			
TJ	Saidu Korouma	11.49	gold	LJ	Neil Thompson	5.49 gold
1500m	Ben henty	4.32.1	gold			

### **English Schools Championships at Don Valley, 11<sup>th</sup>/12<sup>th</sup> July 1997**

Mark Awanah, under 15 long jump and Nange Ursel, under 17 400 hurdles were Lewisham's only representatives and Mark still carrying injury only won a bronze with 6.32m and Nange ran an excellent race to finish in second behind English Schools favourite Austin Ferns who incidentally was Nange's first opponent way back in April at Dartford.

### **Kent Colts and Boys League at Sutcliffe Park, 13<sup>th</sup> July 1997**

For the first time ever, the colts covered every single event including the 4X400m. In the under 15s they were boosted by the introduction of number of Indian and Pakistani boys that were introduced to the club by Pete Boxshall – a member of Kent AC. They were Juhel Malek, Shannor Miah, Kalid Husain and Shuhel Wasi

### **Kent Colts and boys League at Ashford, 27<sup>th</sup> July 1997**

Again massive gaps in the under 15s for this last match of the season meant that a decisive victory was not won. However, the team did gain promotion to division one, but told the organisers that unfortunately the club would cease to exist the following season and thus would not take their place in the top division. The star again was undoubtedly Courtney Anderson who not only jumped a club record of 5.05m in the long jump, but this was also a league record! Another new addition to the under 13 squad was the very promising Tyrone Bankinson. Of the other new lads Shannor Miah made his mark but

With problems on attendance, the girls team fell apart and didn't bother to turn up for their last two matches. The boys team didn't bother to fulfil their final McDonalds league fixture in Peterborough and thus failed to deliver on the early promise.



### **12<sup>th</sup> August 1997, Tonbridge Open**

All year there had been a rivalry between Ben Henty and Jermaine Mays with Jermaine closing the gap gradually every week but never quite getting on a par with Ben. Although in separate races both recorded the same time of 4.32.5.



DAVID OGEDENGBE

**AAA National under 17 and under 15 Champs at Alexander Stadium, 16<sup>th</sup>/17<sup>th</sup> August 1997.**

Larry took up five athletes to Birmingham crammed into his car. The final curtain on what was an incredible three years for Lewisham AC. Virtually out of nowhere the club became the talk of the South of England and now at the National champs with five excellent athletes all in their plush kit trying to make a mark.

David Ogedengbe (see opposite) lined up in the 100m and competed in the triple jump and decent marks of 11.45secs and 12.22m were his reward. Also at under 17 was Kieron Morgan who jumped a below par 5.89m in the long jump. Nange was the undoubted star of the under 17s, still only in his first year at the age group ran a scintillating 13.82 in the sprint hurdles and then won a silver in the 400 hurdles.



KIERON MORGAN



NANGELOUM URSELL



In the under 15s, Mark Awanah and Neil Thompson were on show. Neil Thompson high jumped a pretty respectable 1.70m but clearly the performance of the championship went to Mark Awanah, who leapt out to 6.71m in a series of long jumps that bettered the previous CBP. He kept the crowd enthralled during the 5k walk – not the most exciting of track events. He also jumped out to 12.94 in the triple jump for a bronze retiring after only two jumps and then ran a startling 23.44 in the 200m for a massive PB and club record.



NEIL THOMPSON



MARK AWANAH

### **AAA National U17 Octathlon and U15 Pentathlon Championships at Stoke, 24<sup>th</sup> August 1997**

This was the meeting that the under 15 athletic world was anticipating. The clash of Docaster's Chris Dack, a mountain of an athlete and Lewisham's Mark Awanah. Also representing Lewisham Ac was Kieron Morgan in the under 17 octathlon. The 100m hurdles saw Kieron with a steady start and then a good long jump ensured Kieron moving up to 6<sup>th</sup> place. An okay Javelin and a below par 400m saw him lying 8<sup>th</sup> at the end of day one.

A poor high jump at the beginning of day two scuppered any real chance and at the end of the eight events, Kieron finished a respectable tenth.

In the under 15 competition, the weather was poor and performances were expected to be below par. After event one, the 80m hurdles, Mark was in third and Chris fourth. The shot saw Mark slip to fourth, Chris to second and Colwyn Bay's Neil Jones go first. The long jump changed everything. Mark jump out to 6m62, further than the senior men managed in such bad conditions and Mark was 100pts in front of his nearest rival Chris Dack! A competitive high jump allowed chris to close the gap but an all conquering 800m meant that Mark won by almost 200pts, setting a championship record of 3129pts. If the weather had been better, who knows what could have been achieved.

## A SAD DAY

The saddest moment in the brief history of Lewisham AC was that with the girls side all but disintegrated, the boys failing to complete their season and Larry Garnham moving away and no one prepared to pick up the reigns, the club decided to fold and ran a final club championships at Sutcliffe Park, inviting all the local clubs to come and assist in the running of the event and being able to recruit any athlete that was willing. South London Harriers, Belgrave Harriers, Kent AC, Cambridge Harriers and Blackheath Harriers all attended. It was a great affair with a full program of events and Dave Ogedengbe setting a club record in the under 17 100m and Courtney Anderson setting records in the U13 hurdles and high jump.

## 13<sup>th</sup> September 1997 Kent County Relay Champs at Deangate

Nearly the final curtain. The club managed to get out an under 15 girls team of Sasha Simmons, Shelisha Palmer, Debbie Okangi and Althea Augustus and a bronze medal was their reward.



**Left to right: Sasha Simmons, Shelisha Palmer, Debbie Okangi and Althea Augustus**

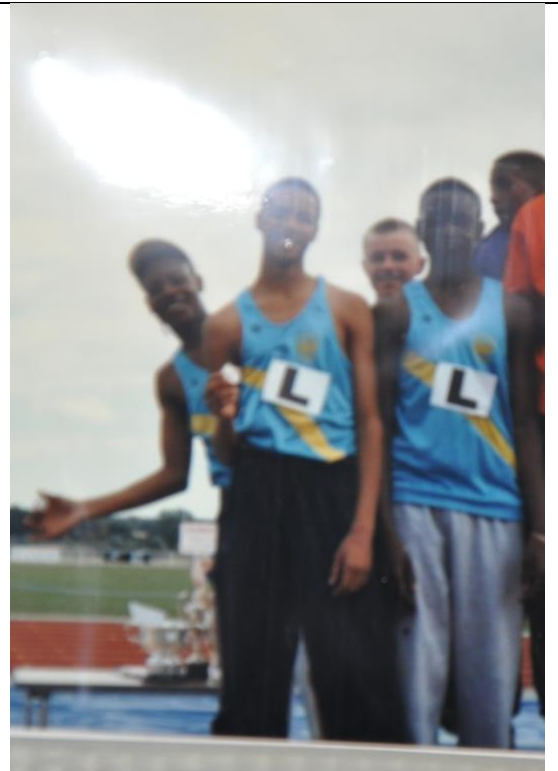
There were high hopes for the under 13 boys team of Courtney Anderson, Jonathan Regis, Tom Koritsas and new star Tyrone Bankinson. However Tyrone failed to appear and James Goldsmith was drafted in at the last minute. Incredibly they won fantastic bronze medals.

The under 15 boys went one better with silver medals but the highlight of the day was the under 17 boys demolition of Blackheath's all star lineup!

Blackheath Harriers boasted a team of all English Schools gold medalists, including the 100m, 200m, 400m and long jump champions. All strutting around like peacocks expecting an easy win and contemptuous of their opposition. However the Lewisham team of Kieron Morgan, Nange Ursell, Colin Johnson and David Ogedengbe were up for it and with the crowd virtually all supporting any club that could upset the twelve year dominance of the mighty Blackheath, history was made. Kieron got Lewisham off to a competitive start, Nange edged the team in front, Colin ran out of his skin and despite Dwayne Grant running the last leg for Blackheath, Dave's small lead was never going to be closed. And upon each hand over, the crowd could sense the unthinkable and the noise and cheers grew and grew until the final straight where Dave Ogedengbe crossed the line to a crescendo of noise.



**James Goldsmith, Tom Koritsas,  
Courtney Anderson (back) Jonathan Regis**



**Saidu Koruma, Neil Thompson  
Ben Henty (back) Ryan Smith**



**David Ogedengbe, Nange Ursell, Kieron Morgan and Colin Johnson**

**20<sup>th</sup> September 1997 Kent County U15 Pentathlon Champs at Deangate**

Neil Thompson was Lewisham's sole representative in the Kent County Pentathlon Champs and dominated with an impressive display of all round ability.



Lying in second place after event one, the 80m hurdles his shot putt was extraordinary with a massive PB of 10.63m, a 5.90m long jump and he was out of site. He won the high jump and then cantered to a 2.28.2 800m, the third fastest of the day. Winning the championship by a staggering 470 points!

### A Final Round Up

Despite only a three year history, the club managed to put itself on the map with no fewer than three of its members going on to win National titles and setting performances that are still listed on the All-Time Lists!

Unfortunately, the girls never really got off the ground although some of the performances were impressive. The following are club records:

Under 13			Under 15		Under 17	
75m	Debbie Okangi	11.3				
80m	Althea Augustus	11.5				
100m	Althea Augustus	14.4	Debbie Okangi	14.0		
150m	Althea Augustus	21.9				
	Shelisha Palmer	21.9				
200m	Caroline Stephenson	35.3	Debbie Okangi	27.8	Adeola Odeneye	27.7
70H	Sasha Simmons	12.4				
75H	Lauren Goodman	16.2	Sasha Simmons	13.9		
80H	Caroline Stephenson	20.5	Althea Augustus	16.6	Adeola Odeneye	14.9
300m					Joanne Cameron	51.1
400m			Althea Augustus	72.5		
600m	Holly Jones	1.53.8				
800m			Joanne Cameron	2.58.0	Adeola Odeneye	2.38.1
			Iyiesha Russell	2.58.0		
1000m	Caroline Stephenson	3.50.5				
L J	Sasha Simmons	4.24	Althea Augustus	4.36	Adeola Odeneye	4.40
H J	Debbie Okangi	1.39	Althea Augustus	1.50	Adeola Odeneye	1.34
Shot	Shelisha Palmer	8.02	Sasha Simmons	8.20	Adeola Odeneye	6.79
Discus	Shelisha Palmer	16.48	Iyiesha Russell	21.96	Roisin Johnston	15.36
Javelin	Shelisha Palmer	20.28	Rachel Stephenson	23.58	Roisin Johnston	14.44

#### 4X100m

U13 Holly Jones, Althea Augustus, Shelisha Palmer, Sasha Simmons 56.8

U15 Shelisha Palmer, Debbie Okangi, Sasha Simmons, Althea Augustus 55.2

1000m walk Caroline Stephenson 6.47.2 (U13)

2000m walk Rachel Stephenson 13.57.4 (U15)

2000m walk Joanne Cameron 14.23.5 (U17)

The boys on the other hand were very comprehensive and impressive. With records getting broken on a regular basis as new stars joined the club.

The indoor records were at under 17:

60m David Ogedengbe 7.3

60m Hds Nange Ursell 8.7

The outdoor records were as follows:

80m	Courtney Anderson	10.9				
100m	Courtney Anderson	13.1	Mark Awanah	11.7	David Ogedengbe	11.4
			Nange Ursell	11.7		
150m	Courtney Anderson	19.5				
200m	Courtney Anderson	26.1	Mark Awanah	23.44	Russell Frost	23.3
400m	Courtney Anderson	59.4	Mark Awanah	52.7	Nange Ursell	51.0
800m	Tom Koritsas	2.35.6	Nange Ursell	2.07.46	Russell Frost	2.04.3
1500m	Dean Eastwood	5.31.0	Ben Henty	4.32.1	Mark Goodwin	4.21.7
1500S/C					Mark Goodwin	4.52.1
3000m			Danny Aldis	11.00.3	Saed Musa	10.02.7
75H	Dean Eastwood	15.0				
80H			Mark Awanah	11.72		
100H					Nange Ursell	13.82
400H						54.99
L J	Courtney Anderson	5.05	Mark Awanah	6.71	Kieron Morgan	6.33
T J			Nange Ursell	13.09	David Ogedengbe	13.34
HJ	Tyrone Bankinson	1.30	Mark Awanah	1.85	Nange Ursell	1.73
PV			Howard Frost	2.40	Nick Stephenson	2.80
Shot	Courtney Anderson	9.56	Mark Awanah	11.95	Chibuike Chuckwunyere	12.41
Discus	Courtney Anderson	24.32	Urefe Efue	33.50	Urefe Efue	32.70
Javelin	Dean Eastwood	22.42	George Franklin	33.72	Mustafa Mehmet	44.50
Hammer			Chris Thomas	27.62	Chris Thomas	28.22
4X100m	Patrick ?	57.0	Leon Odiete	49.3	Colin Johnson	46.2
	Jonathan Regis		Mark Awanah		Nange ursell	
	Tyrone Bankinson		Neil Thompson		Leon Odiete	
	Courtney Anderson		Andy Ramsamy		David Ogedengbe	
4X400m	James Goldsmith	4.59.7	Alpha Kanu	3.58.5	Colin Johnson	3.44.9
	Tom Koritsas		Mohamed Ishmail		Albert Adu-Boakye	
	Shane Sinclair		Kieron Morgan		Russell Frost	
	Seun Odeneye		Howard Frost		Mohamed Ishmail	

Athletes that moved on were Debbie Okangi to Cambridge Harriers, Jonathan Regis and Courtney Anderson to Belgrave, Mark Awanah and Nange Ursell to Blackheath and Jermaine Mays, Ben Henty, Mark Goodwin, Mark Healy, Ciaran Johnston, Russell Frost, Howard Frost, Chris Thomas and Nick Stephenson to Kent AC. Unfortunately the rest packed it up and drifted in and out of the sport for a few years. Mark Awanah went on to compete in the Commonwealth Games. Mark then coached for a number of years in South East London. Nange won the English Schools in a championship record then due to a heart condition had to retire. He is now a qualified solicitor. Jermaine went on to represent GB on a number of occasions winning the National titles at steeplechase and 1500m. Ben Henty gave up following bouts of blood infections, Russell Frost eventually ran 48.01 and gradually left the sport. Howard Frost retired from the sport prematurely because he wanted to have a family. He did make a comeback in his early thirties for Larry's new

club, Newquay & Par and still showed that he had talent. Courtney Anderson drifted in and out of the sport and became a small part actor.

And what of the others. Nothing has been heard of the original girls. And unfortunately, the grapevine has suggested that some of the boys ended up in prison or worse. Some of course have settled down and are doing normal things leading normal lives.

Lewisham Athletic Club was a phenomenal three years in the history of the South East London athletic scene and the fall out lead to the rise and rise of Kent AC as well as leaving a ten year legacy for Lewisham Schools athletics.

Larry Garnham, its founder is still coaching, still looking for that next great talent. Somehow, I don't think that will ever happen. Will another Russell Frost, Nange Ursell or Mark Awanah, ever appear in Cornwall !