



**Blackheath
& Bromley**

The Courier

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Unless otherwise attributed, views are those of the Editor.

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From the editor:

The indoor track and field season is now well underway with competitions being held at all levels, whilst the cross- country program continues with reasonable showings from the club in some major championships. There has been sadly no success yet for the club in mob matches but in the Bennett Cup John Leeson is well set having kept pole position and a comfortable lead in the handicap stakes. As I mentioned in the last edition I am stepping down from the editorship of the Courier to take over the Gazette in time for the summer edition dependant on finding an expert on layout and design as well as other assistance. The advertisement for a new editor has been posted on the website and for those who haven't seen it, is printed on the back page. Please take time to read this and consider your response. By now it has been mentioned twice at the club on Wednesday nights. The President has emphasized the importance of it continuing as it is the club's archive. Anyway anyone taking over will get some help and guidance from me in the first instance if they need it to get them up and running, but it still requires you to respond otherwise the Courier will cease to exist.

SOME COMING EVENTS.

March 6th Mob match v South London Harriers, Hayes BC
March 27th closing 5 yacht handicap, Hayes BC
April 3rd. SEAA 12/6 road relays, Milton Keynes
April 11th Hercules Wimbledon Young Athletes, Crystal Palace
April 11th Kent Young Athletes League
April 17th Alpha/Beta trophies, Lee Valley
April 17th AAA 12.6 road relays, Sutton Park.
April 17th Sward & Kinniard trophies, Kingston
April 18th National Jr Athletic league, Copthall
April 23rd Kent Masters' League, Sutcliffe Park (6.45pm)
April 24th Southern Women's League, Portsmouth
April 25th London Marathon
April 28th Parris Handicap (race 1) (7.15pm) Hayes

SOCIAL

(All events held at BHHQ unless otherwise stated)
March 18th President's Banter and Bonding walk, Cudham
March 27th Club AGM
April 28th London Marathon Supper

200 CLUB

Organizer: Roger Counter
January winners: Roger Counter, Don Gillate, Steve Hollingale. February winners: Fin O'Gorman, Mike Taylor, Mrs K. Shuttleworth

NEXT COURIER:

late April 2010
Any contributions and articles from members are always welcome

Sticky moments.....Punch bowl night 2010.

After several weeks of post Christmas gloom and frugalism there was opportunity at the club house to kick start the social scene for the new year on February the 5th with the annual fest of good food, potent punch and raucous entertainment known as Punch Bowl Night. This was a welcome and timely social function which coincided with the festival of Candlemas, although without the religious reverence, for what is Punch Bowl Night without a certain degree of lewdness and innuendo, laced with eccentric singing and copious alcoholic intake?

Nevertheless it was after last year's bawdy frolics a more toned down affair, thanks to the choice of chairman. In the absence of the President it fell to Past President Ken Daniel to kick off proceedings by introducing as chairman for the evening Steve Hollingdale, who then set the tone for that evening the theme of which was 'sticky moments'.

The format was similar to the event in its most recent years with contributions from a number of well known heatherns, interspersed with jokes which had more a sense of double entendre than outright smut. One innovation however was the presence of a mock-up microphone to be used by all speakers which although looking like a mere toy that appeared to make no difference to the sound amplification, actually had a concealed switch which when activated magically boosted the voices of the speakers. However this was kept secret from all of them.

The first to speak on the theme of sticky moments was Tony Pontifex, followed by offerings from Graeme Coates who re-enacted the 'Nelson's introduction to political correctness' sketch which was performed at this event a few years ago. It was interesting heard as a solo rendition which if done in two distinctly different voices would have been a distinct improvement on that previous performance. Andy Tucker's contribution promised restraint but developed a stream of consciousness more devoted to bondage and innuendo, and then Mike Martineau and Willem Buttinger gave us a nicely paced sketch which examined the inverted relationship of lawyer and witness (played by Buttinger who did actually perform the sketch in two different voices), with the witness appearing superior in terms of perception and intelligence. Next the audience was treated to a musical soiree from John Robinson who once again showed a refined talent of moving effortlessly from key to key in mid-song or even in singing in two keys simultaneously. He led the audience in a song in praise of punch with a refrain which sounded like "*Toura-loura-lay*" and which like a boomerang came back on him as he unloaded his repertoire of Irish jokes proving that the Irish have as much cause to laugh at themselves as we Brits do.

The climax of the entertainment came from the undoubted star of the show, Alan Pickering, who recounted his personal sticky moments in his own inimitable style. Without trying hard to be funny his deadpan delivery had the audience in stitches throughout the 12 or so minutes during which he held forth. Now perhaps audiences have their particular favorites and other speakers will strain every nerve just to get a muted response from them, but Alan Pickering only has to make the faintest of innuendos and the house is brought crashing down. This he did by announcing himself as the only person in Britain who had been turned down by the Samaritans by being told that if a caller wasn't suicidal at the beginning of a phone call taken by him they would be at its end! His sticky moments included references Pete Barlow's extraordinary act of accidentally taking someone else's jacket home ('not much consolation if you go home with his own door keys!') and memories of his parents, his father keeping balloons filled with 'sticky stuff' and of pyjamas being dried of that same sticky stuff by his mum.....beyond which no more be said! It proved a revealing climax to an entertaining evening .

So what of the evening itself ? Well it was different from last year, noticeably with the absence of ladies which I suppose turned the event into a lads night out, a variant on the old smoking concerts of old style gentlemen's clubs, but without the smoke. The heartiness of the evening was best summed up by Michael Cawes a guest and friend of Steve Hollingdale who expressed his appreciation by saying "this evening has been fantastic, this institution is wonderful and all that goes with it". In the wake of this one loan voice was heard to add "and its inmates". I wonder who that was? Erm.. *Toura-loura-lay...toura-loura-lay*

WHO



Behind the scenes on the Grand Prix circuit

Club member Andy Edwards is a journalist and broadcaster specialising in athletics. Here are his impressions of what life is like on the circuit for athletes and the media who report their performances.

If you had the idea that being an international athlete is a glamorous occupation, you might have changed your mind had you found yourself in the lobby of a Madrid hotel shortly before 4 am one Sunday morning in early July last year. The previous evening's meeting had finished some six hours earlier, the buses transporting athletes back to the meeting hotel had worked efficiently and everyone was sitting down to a meal by around 11pm. Budget constraints, i.e. saving money for the company who hire me to commentate live for their international coverage of such events, meant I was on the 0705 back to London, having caught an even earlier flight on the day of the meeting. But I wrongly thought I wouldn't have much company on the shuttle bus to the airport.



The number of athletes sharing the bus to Madrid airport was in double figures. The international nature of the sport, part of its great attraction for me over the 30 years I've been covering it, was apparent from those weary figures climbing on board: a couple of Belgian 400 m runners, a female Australian 800 metres runner who'd had a good run the night before, the Zimbabwean who had just improved his own national record over 800 metres – and was managed by Joe Douglas, the diminutive agent who guided the career of Carl Lewis; there may well have been a pole-vaulter or two, coping with the most unwieldy baggage in track and field.

Many athletes were back in the hotel, of course, but the circuit demands its performers be mobile and that can involve tough travel deadlines. Whether it's an indoor

meeting when you step in from the sub-zero temperatures of Stockholm into an unhealthy fug of recycled air or the furnace of Madrid in mid-summer, every meeting has a feeling of a tented village when the circus comes to town. Each has its different atmosphere though I can sympathise with the athletes if they sometimes forget which town or hotel they are in. Meetings in Belgium feel very different to the Grand Prix in Monte Carlo. I've been to Ghent for the indoor meetings in recent years and the Belgian culture of moules et frites, washed down by beer or something stronger with, horror of horrors, perhaps even someone smoking in the restaurant, is still distinctive. Lille in northern France in the summer can feel similar and both are hugely different to the Grand Prix in Monte Carlo. The latter attracts top names, the stadium is magnificent but Monte Carlo also appears to be home to some of the meanest people on earth! So the press room offers updated start lists, some bottled water and that's it, not a sniff of a coffee!

In contrast Hengelo in the Netherlands, usually held in late May or early June, is one of my favourites for commentary. This is where Haile Gebrselassie and Kenenisa Bekele have their European base and their manager Jos Hermens and his Global Sports agency play a leading role in putting the fields together. Hengelo combines being a venue which has witnessed superlative performances with the feel that the organizing team all know each other and, crucially, know what you as a journalist/commentator need. That doesn't only mean a sandwich or two when you're in the middle of an 18-hour working day, but accurate start lists – the number one priority for any commentator – and reliable transport from airport to stadium and hotel. Hengelo gets that right for athletes and media alike.

I'm now twice the age of most athletes. If there is one thought that regularly occurs as I take a seat in the meeting hotel dining room, practising my identification of them later that day or for a meeting to come, is that they should remember that one day they will not be doing this. The travelling, let alone the pressures of performing, ask a great deal of them and the rewards are commensurate but only for a few. So my advice would be to continue education at all costs, continue employment, part-time if possible, rather than choose a life of fulltime sport year after year. There are also socio-economic reasons why prize money even from a second tier meeting can transform the life of an East African but means little for a European or north American. But the circuit does provide memorable experiences and they can take those into the next stage of their lives. As for myself, I intend to continue running the cross-country mob matches when work permits because I need to be fit to get up and get downstairs for the shuttle bus to Madrid airport in July!

Andy Edwards

The Courier February 2010. Results

Road.

Marathons & half marathons

February 7th Watford Half Marathon. 6.P.Tucker (1:09'38)- 9. A.Gibbins (1:13'52)- 80. R.A Hall (1:24'52)

February 21st Wokingham Half Marathon. 6. P. Tucker (*Met Police*) (1:09'45)

February 21st Sussex Beacon Half Marathon. 8. A. Gibbins (1:13'53)

Other distances

Orpington RRC 10km series. (Clock times/handicap times) **December 8th.** 6. T.Delahoy (47'33/46'33)- 24.D.King (49'10/44'10)- 30.A.Cilia (49'41/47'41)- 43. M.Ellison (51'25/41'25)- 57. N.Webb (52'35/48'35)
February 9th 39. T. Delahoy (49'57/46'57)- 57. N. Webb (50'29/46'29)- 70. P. Lovell (56'58)

December 31st. BO-Classic 10km, Bolzano. 10. M.Skinner (30'23.3)

2010

January 1st. Serpentine New Year's day 10km.

2. A. Rayner (31'20)- 35. D. Beadle (39'25)- 344. S. Partridge (57'26)- 405. P. Rogers (1:03'23)

January 2nd Bushy Park 5km. 4. M. Skinner (15'08)

January 19th Les Whitton Memorial 10 mile (Dartford 10). 35. A. Crowder (1:02'17)- 72. M. Skelly (1:05'50)- 82. M. Ellison (1:06'32)- 107. L. Crowder (1:08'30)- 144. P. Carter (1:10'47)- 201. D. King (1:13'55/1:12'58)- 219. D. Mehmed (1:14'27/1:13'30)- 319. C. Jones-Baldock (1:18'11/1:17'14)- 432. C. McEntee (1:22'08/1:21'24)- 472. Ms A. Cilia (1:23'42/1:23'16)- 482. Ms J.Eastbury (1:24'09/1:23'43)- 791. R. Saiz (1:39'27/1:38'27)

January 24th. Benfleet 15. 84. M. Ellison (1:50'37)- 138. D. King (1:58'20)- 185. F. Thompson (2:04'10)- 186.A.Stocks (2:04'10)- 337. Ms A.Cilia (2:20'07)- 408. Ms.J.Eastbury (2:29'34)

January 29th Serpentine Last Friday of Month 5km. 1. B. Harding (16'04)- 85. C. Pike (21'14)

January 31st Barretts Canterbury 10. 3. Rayner (54'21)- 182. B. Wetherilt (1:14'15)- 669. R. Saiz (1:37'28/1:36'41)

February 7th Ashford & District 10km. 487. R. Siaz (59'07/58'06)

February 13th London Valentine Love Run 10km, Battersea Park. 1. K. Ewing (35'01)

February 14th Sidcup 10 miles road race. 33. A. Crowder (60'01)- 62. L. Crowder (1:04'39)- 64. P. Ross-Davies (1:05'02)- 120. C. Pike (1:10'15)- 174. Ms C. Jones-Baldock (1:14'41)- 253. R. Johnson (1:21'59).

Walking events. (All competitors appeared for Surrey Walking Club)

December 12th Surrey Walking Club Christmas Cup, Selsdon. 7. P. Hannell (29'53)- 18. N. Simmons (34'55)- 19. D. Hoben (35'15)

December 26th. Preston Park Boxing Day 5 ½ miles. 3. S. Lightman (50'48)- 8. D. Hoben (1:01'25).

January 2nd 2010 Enfield League 5 miles, Lee Valley Stadium. 12. S. Lightman (45'44)- 19. P. Hannell (48'08)- 36. D. Hoben (54'07).

January 23rd Steyning AC 15km 7. S.Lightman (1 :26'45)- 11. P.Hannell (1:32'58).

February 7th London and Southern Area 10km, Victoria Park 17. S.Lightman (58'00)- 39. D.Hoben (1:13'19).

February 13th Cambridge Harriers League 5km, Bexley 4.S.Lightman (27'06)-14. D.Hoben (35'36)

February 20th National 10 miles Championships, Lee Valley 19. S.Lightman (1:37'59)- 31 P.Hannell (1:45'02)- 42. D.Hoben (2:00'39)

Cross Country

December 12th. Sweatshop Surrey xc leauge Richmond Park. 5.65miles. 8. A. Bruce-Littlewood (*Hercules Wimbledon*) (29'33)

December 13th European Cross-Country Championships. 13. M. Skinner (*GB*) (31'54)

December 19th South of Thames Champs, Wimbledon Common. 7 ½ m. 13. A. Bruce-Littlewood (43'02)

December 20th Holly Run, Reigate. U17 mens. 9. G. Proctor (15'09)- 24. R.Yates (16'01).

January 9th Croydon Harriers Surrey Champs, Lloyd Park. 1. A. Bruce-Littlewood (30'16)

January 9th BUPA Great International XC 9km Race, Edinburgh. 8. M. Skinner (*GB*) ????

January 16th Veteran AC Inter-club 5.8 mile champs, Wimbledon Common. 26. P. Hamilton (2nd mv60) (38'23)

January 17th UK Cross Challenge, Cardiff. Sen women 9. B. Proctor (22'33) ; Sen men 9km. 11. A. Rayner (29'29)

January 23rd McCain UK Cross Challenge. 9km 5. M. Skinner *England* (29'04)

January 23rd Surrey Schools Champs, Priory Park, Reigate. 14. S. Jackson *North Croydon* (21'04)- 20. W. Mercer *South Croydon* (21'20)

February 6th BUCS cross country Championships, Stirling University. 35. A. Bruce-Littlewood (*Portsmouth Uv.*) (36'52) women 20. B. Proctor (*St Mary's*) (24'10)

February 6th South East schools Inter-County Champs, Priory Park, Reigate. Int boys. 43. S. Jackson *Surrey* (20'56)

February 13th Kent County Cross Country Championships, Detling Show Ground.

Sr men 12400m. 11. A. Gibbins (41'56)- 55. Richard Hall (48'30)- 103. A. Stocks (56'17) ; Jr men 7200m 14. S. Cavey (27'34) ; U17 men 6300m 5. P. Sesemann (21'13)- 13. G. Proctor (22'44)- 20. A. Booth (23'28)- 25. R. Braden (23'54) *BBHAC 2nd with 52 points*; U15 boys 4200m 19. Tom Greenhill (16'02)- 25. Adam Willis (16'16)- 33. William Ruiz (17'01) ; U13 boys 3200m 16. William Fuller (12'30)- 30. Thomas Desborough

(14'20) ; Sr women 7200m 2. B. Proctor (25'37)- 8. J. Bradshaw (28'20)- 19. C. Jones-Baldock (30'52)- 35. A. Cilia (34'15) *BBHAC 2nd with 29 points*; Jr women 6300m 5. A. De Matos (28'12) ; U17 women 4200m 9. E. Nolan (17'27)- 10. D. Critchley (17'31)- 14. M. Kane (18'16) *BBHAC 3rd with 33 points* ; U15 girls 3650m. 2. Amber Reed (13'50)- 10. Saffron Salin (15'03)- 13. Hope Stenning (15'43)- 19. Holly Fletcher (16'52) *BBHAC 3rd with 25 points*; U13 girls 3200m 4. Georgina Taylor (12'42)- 8. Charlotte Colegate (13'07)- 9. Lucy Sidey (13'14)- 10. Samantha Leighton (13'28)- 11. Janae Galley (13'31)- 12. Holly Walman (13'37)- 29. Isobel Vowler (15'18) *BBHAC 2nd with 21 points*.

February 20th Kent League, Swanley. Sen men. 10000m 2. A. Rayner (30'36)- 4. A. Bruce-Littlewood (31'26)

February 20th Surrey County Championships, Lloyd Park. U17 men. 11. W. Mercer (28'46)

February 27th English National Cross Country Championships, Roundhay Park, Leeds.

Sr men. 61. A. Rayner (41'29)- 119. A. Gibbons (43'00)- 148. J. Poole (43'32)- 149. B. Harding (43'34)- 223. D. Brewer (44'51)- 261. C. Daniel (45'30)- 361. R. Smith (47'05)- 675. R. A. Hall (51'14)- 704. M. Hill (51'39)- 933. B. McShane (55'07)- 1073. C. Griffin (57'35) *BBHAC finished 13th place.* Sr women. 37. E. Murty (31'01)- 126. J. Butler (34'02)- 140. J. Bradshaw (34'25)- 164. S. Dowling (35'04)- 280. C. Jones-Baldock (37'55) *BBHAC finished 15th place* Jr. Men 19. A. Bruce-Littlewood (34'51)- 187. S. Cavey (44'00) U17 men 75. P. Sesemann (22'02)- 104. G. Proctor (22'38)- 132. W. Mercer (22'53)- 181. S. Jackson (22'35)- 193. A. Booth (23'45)- 209. R. Braden (24'06) *BBHAC finished 12th place* U17 women 128. M. Kane (23'20) U15 boys 195. Alex Lister (16'19)- 382. Jake Wade (20'17) U15 girls 54. Amber Reed (15'50)- 87. Saffron Salih (16'00) U13 boys 104. Will Fuller (12'58)- 303. Tom Desborough (14'32) U13 girls 70. Georgina Kennedy (13'30)- 112. Georgina Taylor (13'53)- 118. Charlotte Rhule (13'56)- 123. Lucy Sidey (13'57)- 188. Holly Walman (14'31) *BBHAC finished 15th place*

Bennet Cup Events

December 19th. Christmas Yacht Handicap (revised route to Boundry Wood and back)

1 Dick Griffin {60 points} (44'19/33'29) -2 Mark Ellison {59} (39'14/36'24) -3 Gareth Evans {58} (37'06)-4 Steve Paiman {57} (39'49/37'09) -5 Rob Brown {56} (42'59/37'19) -6 Ian Taylor {55} (40'36/37'26) -7 Trevor Delahoy 54 {47'56/ 37'46} -8 Will Slack {53} (46'38/38'08) -9 Barry Wetherilt {52} (45'22/38'42) -10 Sarah Dowling {51} (44'19/38'49) -11 John Fenwick {50} (46'09/ 38'59) -12 Mick Jones {49} (40'20/ 39'10) -13 Anne Cilia {48} (48'49/39'19) -14 John Leeson {47} (45'28/39'28) -15 Colin Rowe {46} (54'34/39'34) -16 Justine Eastbury {45} (53'36/ 40'36) -17 Andy Tucker {44} (41'26/ 40'36) -18 Mark Compton {43} (47'47/40'47) -19 Chris Pike {42} (44'15/ 40'55) -20 Mike Wade {41} (49'32/ 41'12) -21 Nick Barber {40} (46'25/ 41'45) -22 Dave Leal {39} (52'00/42'40) -23 Steve Hollindale {38} (56'01/43'01) -24 Carolina Jones Baldock {37} (49'21/ 43'41) -25 Kate Pratten {36} (46'15/ 45'15) -26 Rebecca Taylor {35} (48'44/ 45'34) -27. Wilf Orton {34} (1:11'09/ 59'39)

*The clock time and net time (in italics) of each athlete is given with handicap points and position, unless finishing in the top 10 in handicap (signified by * against name), in which case handicap details are shown under leading handicap placings.*

January 16th Open 10km & vets Champs, Hayes.

1. Alex Bruce-Littlewood (34'33/ 36'53) {18th/43 pts}-3. Philip Sesemann* (38'45) -5 Roy Smith* 1st MV40 (39'16) -6 Nick Kinsey* 1st MV50 (39'36) -7 Ian Frith (34'50/39'50) {23rd/38}-9 Daniel Ryan (34'21/40'51) {15th/46}- 10 Gareth Evans (34'33/41'23) {19th/42}-13 David Beadle (34'20/43'20) {14th/47}- 15 Mark Ellison (35'02/43'52) {25th/36}-18 Con Griffin* (44'25) -19 Steve Pairman (37'54/ 44'44) {36th/25}-

20 Mick Jones (35'32/44'52){29th/32}-21 Andy Tucker (34'32/45'02){17th/44} -25 Jane Bradshaw 1st FV35 (35'23/45'53){28th/33}- 30 Amber Reed* (47'11)- 31 Chris Pike (33'54/47'14){11th/50}- 32 Peter Burford (34'52/47'22){24th/37}-33 Rob Brown* (48'07)- 36 John Leeson* (48'27)- 37 Julie Reynolds (34'40/48'30){40}-38 Jennie Butler (37'41/48'51){35th/26}-39 Sarah Dowling* (48'54) -42 Adrian Stocks (34'35/49'35) {20th/41}-43 Jim Phelan (35'17/49'37){27th/34}-45 Carolina Jones-Baldock (34'12/50'52){12th/49}- 46 David Carton (34'27/50'57){16th/45}- 48 Barry Wetherilt (34'42/51'12){22nd/39}-49 Brian Power* (51'21) - 51 Will Slack* (52'01)-52 John Fenwick (35'35/52'35){31st/30}- 54 Nick Barber (38'08/53'08){37th/24}-55 Mark Compton (36'26/53'36){34th/27} -61 Trevor Delahoy (35'32/54'42){30th/31}-62 Anne Cilia (35'12/54'42){26th/35}-64 Andy Edwards (34'17/55'57){13th/48}- 65 David Leal MV50 (35'50/56'20){33rd/28}-67 Justine Eastbury (35'41/1:00'01){32nd/29}- 68 Clive Painter (47'50/1:02'50){38th/23} -69 Wilf Orton (45'45/1:08'45){39th/22} -70 Ken Daniel {1} DNF- 71 Graham Coates {1}DNF

Mob match result (23 a side) 1. BBHAC 444 points- 2. Beckenham RRC 689.

Men v40. 1. R. Smith- 2. C. Griffin- 3. M. Ellison. V50 1. N. Kinsey- 2. C. Griffin- 3. C. Pike. V60 1. J. Phelan- 2. J. Fenwick- 3. T. Delahoy. Women v35 1. J. Bradshaw- 2. J. Butler- 3. S. Dowling. V45 1. A. Cilia
Handicap leading places.

1. Roy Smith (31'56){60}- 2. Con Griffin (32'45){59}- 3. Will Slack (33'01) {58}- 4. Philip Sesemman (33'05){57}- 5. Rob Brown (33'07){56}- 6. Brian Power (33'11){55} -7. John Leeson (33'27){54}- 8. Nick Kinsey (33'36){53}- 9. Amber Reed (33'41){52}- 10. Sarah Dowling (33'44){51}.

February 7th. Club 10 miles championships, Hayes.

1. A. Rayner (1:03'05/1:00'05){29th/32 points}-2. R. Smith (1:05'05/55'45){22nd/39}-3. D. Griffin (1:09'03/54'57){18th/43}-4. R. Priestley (1:09'42/55'22){20th/41}-5. G. Evans (1:10'27)(57'17){26th/35}- 6. S. Pairman (1:11'03/54'33){17th/44}- 8. J. Bradshaw* (1:13'15)- 9. A. Tucker (1:15'52/51'18){25th/36}- 11. C. Pike (1:16'59/52'49){15th/46}-12. J. Leeson (1:17'32/52'32){14th/47}-13. Ms S. Dowling* (1:17'06)- 14. R. Brown* (1:19'13)- 15. Ms K. Pratten* (1:19'29)-16. S. Cavey (1:21'22/1:07'32){32nd/29}-17. D. Carton (1:22'09/51'29){11th/50}-18. J. Fenwick* (1:22'0)- 20. Ms C. Jones-Baldock (1:24'04/52'54){16th/45}- 21. B. Wetherilt (1:26'07/54'57){19th/42}-22. W. Slack (1:26'13/55'23){21st/40}-23. A. Stocks (1:26'56/59'06){27th/34}-24. M. Wade (1:27'07/52'27){13th/48}-25. T. Delahoy* (1:28'11)-26. G. Read (1:29'00/1:05'20){31st/30}-27. A. Cilia (1:29'25/52'05){12th/49}-28. M. Compton (1:29'35/56'05){23rd/38}- 29. D. Hilliar (1:30'59/1:20'29){33rd/28}0-30. J. E. Turner (1:31'17/56'07){24th/37}-31. D. Leal* (1:31'53)- 32. W. Orton* (1:33'27)-33. Ms J. Eastbury* (1:34'21)- 33. S. Hollingdale* (1:36'24)- 35. Ms A. McDonough (1:36'28/1:02'18){30th/31}- 36. P. Lovell (1:42'18/59'08) {28th/33}-37. C. Griffin (DNF)

Handicap leading places.

1. Ms J. Eastbury (47'21){60}- 2. W. Orton (47'37){59}-3. Ms S. Dowling (49'36){58}-4. J. Fenwick (49'46){57}- 5. S. Hollingdale (49'54){56}- 6. T. Delahoy (50'01){55}- 7. R. Brown (50'33){54}-8. Ms K. Pratten (50'39){53}- 9. D. Leal (51'13){52}-10. Ms J. Bradshaw (51'18){51}

February 20th. Ranelagh Harriers v Blackheath & Bromley Mob match, Richmond Park.

Match result (32 to score) 1st Ranelagh 692 2nd Blackheath 1634 1st P. Killingley (Ranelagh) (43'40) 3. R. Smith (47'25/41'25){28th/33pts}-17. A. Tucker (52'20/38'00){11th/50}- 21. S. Pairman (53'33/42'03) {30th/31}- 23. Ms J. Butler* (1st lady) (53'43)- 28. S. Lloyd (55'23/39'53) {19th/42}- 29. P. Rogers* (55'31)- 30. R. Brown* 55'35)- 31. G. Coates (55'50/39'20){17th/44}-34. Ms S. Dowling (55'26/40'26) {23rd/38}- 35. C. Pike (56'36/41'06){27th/34}- 36. Ms F. Green (56'39/40'29){24th/37}- 37. J. Leeson (56'46/42'26) {31st/30}- 38. A. Riches* (57'03)- 45. G. Sterling (58'21/40'21) {22nd/39}- 46. A. Stocks* (58'30)- 49. D. Carton* (58'42)- 54. J. Fenwick (59'42/39'02) {15th/46}- 56. Ms C. Jones-Baldock (1:00'00/38'50) {14th/47}- 58. B. Wetherilt* (1:00'43)- 66. G. Read (1:02'25/44'35){33rd/28}- 68. W. Slack (1:02'37/40'17){21st/40}-71. T. Delahoy (1:02'58/38'18){12th/49}- 72. H. Hollingdale (1:03'10/40'10){20th/41}- 73. J. E. Turner* (1:03'12)- 80. Ms

A.Cilia (1:03'47/39'07) {16th/45}- 81.D.Hilliar (1:04'15/54'35) {34th/27}- 82. Ms J. Eastbury* (1:04'45)-
84. D.Leal* (1:05'32)- 88.D.Sterling (1:06'31/40'31){25th/36}- 89.W.Orton(1:06'36/39'46){18th/43}- 94.Ms
A. McDonough (1:09'27/41'37){29th/32}-96.P.Horton (1:09'44/40'44){26th/35}-97. S.Hollingdale
(1:10'59/38'39) {13th/48}- 124. Ian Swatton (DNF) {1}

Handicap leading places

1. P. Rogers (35'11){60 points}- 2. A. Stocks (35'20){59}- 3. Ms J.Eastbury (35'55){58}- 4. Ms J.Butler
(36'23) {57}- 5. D. Leal 36'32){56}- 6. J. Turner (36'32){55}- 7. D. Carton (36'52){54}- 8. B. Wetherilt
(37'33){53}- 9. A. Riches (37'43){52}- 10. R. Brown (37'55) {51}

Bennett Cup leading places after 7 events.

1. J. Leeson (329 points)-2. A. Cilia (297)- 3. R. Brown (295)- 4. A. Tucker (293)- 5. C. Pike (290)-
6. T. Delahoy (286)- 7. W. Slack (280)- 8 W. Orton (271)-9.C. Jones-Baldock (270)- 10. S. Pairman (268)

Track & Field

January 3rd Metaswitch Indoor Games, Lee Valley Indoor Centre.

Pvult. (pool 3-women) 1. E. Hughes (3.55m)- Men. 3. A. Williams (3.75m)- (pool 4) 7. M. Longhurst
(4.05m) ; 60m hurdles (rd 1) women. 2. M. Southwart (9.34)- 5. C. Crouser (10.26)- (rd 2) 3. M. Southwart
(9.61)- 5. C. Crouser (10.17 ; Shot women 2. S. Milner (10.47m)- u15 boys 1. J. Adams (10.21m) ; 60m M20
(rd 1/race 4) 1. J. Olason (7.13)- (race 5) 2. K. Daly (7.44)- (rd 2/race1) 3. J. Olason (7.12)- (race 4) 1. K. Daly
(7.39) ; w17. (rd 1/race 1) 4. R. Dickens (8.01)- (race 2) 1. G. Middleton (8.15)- (race 3) 6. R. Robinson (8.68)-
(race 4) 3. C. Colegate (8.45)- (rd 2/race 1) 5. R. Dickens (8.02)- (race 3) 1. C. Colegate (8.36)- (race 4) 4. R.
Robinson (8.70)- women (rd 1/race 2) 3. V. Cole (7.80)- (rd 2/race 2) 2. V. Cole (7.76)- M17 (rd 1/race 2) 4. J.
Pettit (7.56)- (rd 2/race 3) 5. J. Pettit (7.57)

January 3rd Windsor SEH AC open meeting, Eton.

60m. Round 1/race 1. 1. D. Bovell (7.10)- (race 4) 1. A. Campbell (7.29)- round 2/race 1) 4. D. Bovell (7.12)-
(race 3) 2. A. Campbell (7.19) ; Tjump men 3. T. Jenkins (12.78m) ; U17 women 2. J. Moore (9.27m) ; Ljump
U17 women 2. L. Stevens (5.01m)

January 10th SEAA Indoor Championships-Lee Valley Centre.

Sr men. 400m (heat 1) 2. A. Wilson (51.00)- (SF1) 2. A. Wilson (51.09) ; 800m 4. D. McKinlay (1'59.95). U20
men (heat 1) 1. D. Putnam (51.36)- (SF2) 1. D. Putnam (50.53). U17m 400m (heat 2) 1. J. Pettet (52.92)- (F) 2.
J. Pettet (52.26). U20 women 400m (heat 3) 2. C. Crouser (1'02.05)- (SF1) 4. C. Crouser (1'02'18) ; U17
women (heat 1) 3. R. Jones (43.69)- (heat 4) 1. R. Dickens (41.75)- (heat 5) 3. R. Robinson (46.91)- (SF1) 1. R.
Dickens (41.26)- (SF2) R. Jones DNF- SF3) 6. R. Robinson (47.92)- (F) 1. R. Dickens (41.31)

January 16th Vault Manchester meeting, Sports City Manchester. Pool C v55 A.Williams (3.6m)

January 16/17th SEAA Indoor Championships-Lee Valley Indoor Centre.

Sr.men 60m Round 1 (heat 3) 2. D. Bovell (7.12) Q- (heat 11) 1. T. Gilling (6.80) Q- 3. D. Grant (6.89) Q-
(Round 2) (heat 1) 4. D. Bovell (7.05)- (heat 2) 1. T. Gilling (6.77)- (heat 3) 4. D. Grant (6.91)- (S/F1) 1. T.
Gilling (6.76) Q- (S/F3) 3. D. Grant (6.81)- (F) 4. T. Gilling (6.80); 200m (heat 1) 3. F. Olowade (22.76) Q-
(heat 4) 1. D. Haque (22.46) Q- (S/F2) 3. D. Haque (22.21) Q- 5. F. Olowade (22.59) Q- (F) 4. D. Haque
(22.19) ; 1500m 7. D. McKinlay (4'07.94) ; 60m hurdles (heat 1) 4. S. Lloyd (8.89) ; Pvault N. Moore (nh)

Sr women 60m (Heat 2) 1. A. Shand-Whittingham (7.7) Q- (heat 3) 2. S. Solomon (7.9) Q- 3. V. Cole (7.9) Q- (S/F1) 3. S. Solomon (7.81)- (S/F2) 1. A. Shand-Whittingham (7.62) Q- (S/F4) 4. V. Cole (7.77)- (F) 4. A. Shand-Whittingham (7.59) ; 200m (heat 1) 2. V. Cole (25.20) Q- (S/F1) 1. V. Cole (25.08) Q- (F) 2. V. Cole (24.89) ; 60m hurdles (heat 2) 2. S. Solomon (8.46)Q- (F) 2. S. Solomon (8.45) ; Pvault 2. E. Hughes (3.60m) (3.30-3.60m over 5 vaults) ; Tjump 6. L. Blackie (11.36m). U20 men. 60m (heat 1) 4. J. Olasan (7.22) Q- (heat 7) 6. K. Daly (7.40)- (S/F4) 6. J. Olasan (7.24) ; 200m (heat 3) 1. D. Putnam (22.67)Q- (S/F2) 1. D. Putnam (22.65)- (F) D. Putnam (DNF) ; Ljump 1. J. Olasan (7.04m) 4.93-7.04m over 6 jumps) ; Tjump 13. T. Jenkins (12.34m) (11.91-12.34m over 3 jumps) U20 women 1500m 3. M. Kane (5'31.63) ; 60m hurdles (heat 2) 5. M. Southwart (9.18)- 6. C. Crouser (10.37) ; Pvault (4. C. Moore (3.20m) 3.00-3.30m over 4 vaults) ; Ljump 1. L. Ugen (6.12m) (4.81-6.12m over 6 jumps) ; shot 3. S. Effianayi (11.65m) (10.32-11.65m over 6 jumps)- 4. S. Milner (11.44m) (10.42-11.44m over 6 puts) U17 men 60m (heat 7) 2. A. Daly (7.5)Q- (S/F2) 3. A. Daly (7.37) ; 200m (heat 3) 1. J. Pettet (24.01)Q- (S/F2) 2. J. Pettet (23.78)Q- (F) 4. J. Pettet (23.77) ; 60m hurdles (heat 1) 3. A. Lloyd (8.83) Q- (S/F1) 3. A. Lloyd (8.87) Q- (F) 6. A. Lloyd (8.95) ; Ljump 10. J. Allen (5.65m) (5.28-5.65m over 3 jumps) ; U17 women 60m (heat 2) 2. C. Colegate (8.5) Q- (heat 5) 1. R. Dickens (8.0) Q ; (heat 7) 2. G. Middleton (8.1) Q - (S/F3) 2. G. Middleton (7.98) Q - 4.C.Colegate (8.48)- (S/F4) 1.R.Dickens (7.97) Q- (F) 3. R. Dickens (7.92)-5. G. Middleton ? (8.02) ; 200m (heat 2) 3. A. Lalemi-Jacobs (27.42) Q- (heat 3) 1. R. Dickens (25.74) Q- 2. G. Middleton (27.07) Q- 6. R. Robinson (28.94)- (S/F1) 4. A. Lalemi-Jacobs (27.04)- (S/F2) 1. R. Dickens (25.77) Q- 2. G. Middleton (26.60) Q- (F) 2. R. Dickens (25.14)- 6. G. Middleton (26.92) ; 60m hurdles (heat 1) 2. R. Jones (9.31) Q- 3. S. Duffy (9.42) Q- (heat 4) 4. R. Giannini (10.52)- (S/F1) 5. S. Duffy (9.58)- (S/F2) 4. R. Jones (9.36) ; Pvault 3. A. Huggins (2.60m) (2.40-2.70m over 3 vaults) ; Ljump 6. L. Stevens (4.92m) 4.70-4.92m over 6 jumps)- 11. J. Moore (4.61m) (3.77-4.61m over 3 jumps) ; Tjump 3. F. Read (10.71m) (10.15-10.71m over 5 jumps)

January 23rd Gladstein Invitational indoor meeting, Bloomington. 3000m. 1. S. Overall *Adidas* (7'51.36)

January 24th Scottish Masters Champs, Glasgow. 60m 1. T. Phillips (m55) (8.20) ; 200m 1. T. Phillips (26.83)

January 24th. Eastern Vets/AC Indoor Championships, Lee Valley. 800m (race 6) 4. P. Hamilton v60 (2'37.26) ; 1500m (race 2) 2. K. Daniel (5'01.31)- (race 3) P. Hamilton v60 (5'24.25)

January 30th Aviva International, Glasgow. 3000m. 2. M. Skinner (*Gt.Britain*) (8'07.85)

January 30th Indiana Relays, Bloomington. 1 mile invitational. 3. S. Overall *Adidas* (3'58.61)

January 30/31st Invitational Meeting, Seattle, Washington 60m Prelims (heat 4) 1. J. Alaka (*Washington U.*) (6.91)- Finals (section 2) 4. J. Alaka (6.87).

January 30/31st London City Games, Lee Valley Indoor Centre

Sr men 60m Round 1 (race 4) 1. F. Olowade (6.97) - (race 6) 7. J. Alexander (7.50) (Round 2) (race2) 3. F. Olowade (6.97)- (race 4) 2. J. Alexander (7.44); 200m Round 1(race1) 3. D. Haque (22.60) – (race 2) 3. L. Smallwood (22.42)- 5. B. Barikor (22.62)- (race 3) 6. J. Alexander (23.76) - (race 4) 3. A. Wilson (23.25)- Round 2. (race 2) 6. A. Wilson (23.12)- (race 4) 1. J. Alexander (23'69) ; 400m Round 1 ((race 2) 2. L. Smallwood (49.13)- (race 4) 1. B. Barikor (50.40)- 800m (race 3) 2. D. McKinlay (1'59.58) ; Pvault 9. N. Moore (4.00m)- 31. A. Williams (v55) (nht) Sr women 60m Round 1 (race 3) 3. S. Solomon (7.78) – Round 2 (race 2) 7. S. Solomon (7.77); 60mH Round 2 (race 2) 1. S. Solomon (8.50) ; Pvault 11. C. Moore (3.20m)- 14. R. Arnheim (3.00m) U20 men. 60m Round 1(race 4) 7. D. Coelho (7.34) - (race 5) 5. R. Fakoya (7.57)- 6. J. Allen (7.89) U20 women 60m Round 1 (race 1) 2. L. Ugen (7.68) ; 60m hurdles Round 1 (race 1) 2. M.

Southwart (8.97)- (race 3) 4. S. Duffy (9.48)- Round 2. (race 1) 2. M.Southwart (8.99);200m Round 1 (race 1) 5. M. Southwart (26.79) ; 400m (race 3) 1. C. Crouser(1'02.26) U17 men 60m Round 1 (race 5) 5. R. Fakoya (7.57)- 6. J. Allen (7.89)- Round 2. (race 3) 5. R. Fakoya (7.56) ; 200m Round 1 (race 3) 2. R. Fakoya (24.48)- 5. J. Oyedele (25.64)- Round 2 (race 2) 2. R. Fakoya (24.52)- (race 3) 3. J. Oyedele (25.71) U17 women 60m Round 1 (race 2) 1. G. Middleton (7.99) – 60H Round 1 (race 3) 4. S. Duffy (9.48) 200m Round 1(race 1) 2. G. Middleton (26.48) - (race 3) 3. C. Colegate (27.46)- Round 2 (race1) 2. C. Colegate (27.63) ; 300m (race 1) 2. R. Dickens (40.48)- (race 2) 5. S. Duffy (45.22)- (race 3) 4. R. Jones (44.04)- (race 4) 4. R. Robinson (46.90).14); 800m (race 1) 2. E. Nolan (2'28.03) ; Tjump 2. F. Read (10.54m)

February 6th Reebock Boston Indoor Games. Mens 5000m. 10. S. Overall (*GB*) (13'47.09)

February 6/7th Birmingham Games. Sr.men. 60m (heat 8) 6. J. Alexander (7.43)

February 6/7th Kent Indoor Championships, Lee Valley Indoor Centre.

Sr. men.60m (heat 2) 1.L.Smallwood (7.19)- 2. E. Harrison (7.23)- (heat 3) 2.D.Bovell (7.10)- (F).3.D.Bovell (7.08)- 4. L.Smallwood (7.14); 400m (F).1.L.Smallwood (49.01); Pvault 2.N.Moore (3.90m)- A.Williams (nht) U20 men. 60m (heat 1) 2.A.Jolaoso (7.15)- 3.K.Daly (7.25)- 4. K.Witter (7.42)- (F).3.A.Joaoso (7.15)- 5. K.Daly (7.23)- 6. D.Coelho (7.34); 800m (F). 4.J.Halls (2'11.63) ;Ljump 6.T.Jenkins (5.61m); Tjump 2. T.Jenkins (12.60m) U17men 200m (heat 2) 5. J.Oyedele (26.13); 400m (heat 1) 4. J.Oyedele (57'46); 800m (F). 3. R. Yates (2'13.40) ; Ljump 3. J. Allen (5.83m) U15 boys shot 1. D.Hollett (12'06). Sr.women 60m (F). 6. H. Godsell w55 (8.67) ; 200m (F). 3. S. Rowbotham w40 (30.80) ; Pvault 1.R.Arnheim (3.40m). U20 women 60m (F) 3. M. Southwart (8.14) ; 60mH 1.M.Southwart (9.10)- 4. C. Crouser (13.41);400m (F). 2.C.Crouser (1'01.86) ; Pvault 1. C. Moore (3.30m) ; U17 women 300m (heat 1) 2. R. Jones (43.12)- 4. R.Robinson (46.34)- (heat 2) 4. J. Moore (44.77)-(F).6.R.Jones (42.84) ; 800m (F). 3. J. Jones (2'26.81) ; 60mH. (F). 2. R. Jones (9.29)- 5. R. Giannini (10.66) ; Hjump 2. C. Lyston (1.50m) ; Ljump 2. L. Stevens (4.98m)- 5.J. Moore (4.61m) ; shot 1. E. Penny-Duffy (8.61m)- 3. E. Dumper (8.09m) U15 girls 60m (heat 1) 2. L.McDonald (8.47)- 4. V. Olantunji (8.57)- F. =2 L.McDonald (8.49); 200m 4. O.Ogbeta (28.89); 300m (heat 1) 2. E.Waugh (49.43)- (heat 2) 3. A. Hurlock (49.06)- 4. S.Cordell (49.40)- (F). 3. A.Hurlock (47.57)- 4. E. Waugh (48.37)- 5. R. Laqeretabua (49.04); 60mH (F) 4. A.Hurlock (11.01) ; 800m 1.H.Fletcher (2'30.36) ; Hjump 1.A. Wheelwright (1.51m)-3. S. Clarke (1.30m); Ljump 2. A.Hurlock (4.03m)- 3. S. Cordell (3.97m) ; shot 1. E. Lawrence (9.16m)- 4. Y. Sofolarin (7.62m).

February 7th Inter City Challenge, EIS Sheffield. Mens 60m 1. T. Gilling (*London Sth Sharks*) (6.80)- Womens 60mH. 3. S. Solomon (*London Sth Sharks*) (8.53)- 400m 8. K. Murray (*London Sth Sharks*) (1'01.23)

February 13th Southern Counties VAC Indoor track & field championships, Lee Valley Indoor Centre

200m *M55* 3.T.Phillips (26.74)- *W55*. 1.H.Godsell (29.36); 400m *W55* 2.H.Godsell (1'10.64);1500m 5. K. Daniel (5'00.92) *gold medal at M55*- 8. P. Hamilton (5'19.08) *gold medal at M60*; 3km walk 2. P.Hannell (17'14.07) *gold medal at M65* ; 3000m (race 1) 1.W. Foster *M50* (9'43.76)- (race 3) 2. P.Hamilton (11'14.55) *gold medal at M60* ; Pvault *M55* 1.A.Williams (3.70m).

February 13/14th Aviva World Indoor Trials/UK Championships, EIS Sheffield.

Women 60m (heat 1) 3. A. Shand-Whittingham (7.68)- (SF2)- 7. A.Shand-Whittingham (7.69) ; 400m (heat 1) 5. S. Echel-Thompson *Phoenix* (57.71)- (F) 5. S. Echel-Thompson (57.61) ; 60mH (heat 3) 4. M. Southwart (8.88)- (heat 4) 7. S. Solomon (11.69)- (B Final) 8. M. Southwart (9.05) ; Hjump 6. P. Hughes *IRL* (1.73m) Pvault R. Arnheim (nm) ; Ljump (5.90m). Men 60m (heat 2) 2. T. Gilling (6.88)- (SF) T.Gilling (dns) ; 1500m (heat 2) 1. S. Overall (3'53.54)- (Fin) 3. S. Overall (4'05.99); 3000m (Fin.) 4. M. Skinner (8'06.78)

February 17th RAF & Inter-Counties University Champs, EIS Sheffield. Womens 60m. 1. A. Godsell
Brunel University (7.72)

February 20th Team Bath Open Meeting, Bath. 60m 6. D. Parsons (7.24)

February 20th UK Aviva Grand Prix, Birmingham. Mens 3000m 6. S. Overall (GB) (7'50.66)

February 21st Celtic indoor games, Cardiff. Sr women. Tjump 2. S. Abrams *Wales* (11.67m) ; Hjump 1. P. Hughes *Ireland* (1.74m) U20 women Ljump 1. L. Ugen *England* (6.02m) - 2. S. Abrams *Wales* (5.68m) U20 men Ljump 1. J. Olosen *England* (7.18m)

February 21st. Midland Counties Open, Birmingham. Sr women 60m. 5. H. Biddis (8.48)- 200m 4. H. Biddis (27.60). vet men. Pvault 1. A. Williams (3.50m)

February 21st. Reebok Open Meeting, Manchester. 400m (heat 1) 2. Davies (50.55)



Country scenes.....The men at the Nationals in Leeds and the women at the Kents at Detling

WANTED. NEW EDITOR FOR THE COURIER

Owing to the Current editor of the Courier accepting the appointment of editor of the Gazette in succession to Anne Cilia, it will be necessary for a new editor to take over in succession to me, most probably by June of this year.

The duties for this will include the gathering of information and results from various sources, either from publications such as Athletics Weekly, from members, athletics website or by word of mouth, and its collation to be included in the six bi-monthly issues which come out each year and in themselves make up the club's official archive. You will also request items from members such as articles (or writing these yourself), making decisions regarding layout and arrangement of content on the final edition, proof reading and spell-checking and finally the sending of the drafts to the printer and to the club web-site by email.

No formal experience is required but good computer skills are useful and a basic grasp of lay-out would be helpful, as well as having a methodical, organized approach with attention to detail.

This role can be carried out by one or more people and can therefore be done as a team. The present editor will be available to provide an overseeing capacity as an editor-in-chief although the actual process of information gathering and setting out the material must be done by the editor or the team involved in production. At some stage in the future it is envisaged that the editor will be invited to assist in the production of the Gazette as an assistant-editor.

This role does not come along very often and in its forty year history only five people have been chosen to be editor.

Anyone interested in volunteering for this interesting role which involves the production of the Club Archives should contact Nick Brooks (nick_brooks@usa.net) or Wilf Orton. (Wilfred.orton@hmcourts-service.gsi.gov.uk)

Confessions of an ex-editor

For those who read The History of the Courier in last December's edition, here is one of its previous editors, Chris Woodcock who edited the magazine from 1980 to 1983 recalling his memories of doing that job.

I was involved with so much 'stuff' in those days that the Courier, apart from certain tales told below, was just part of the general blur! My elder sons were being born, I was endeavouring to build a career in teaching of which coaching both running and basketball played a time-consuming part and was still competing 'at the sharp end' for Blackheath Harriers on the road, track and cross country. It fell to my wife to answer the 'phone, take the messages and type up the 'skins' we then used for duplicating. It must be remembered that this was well before word processor facilities and email became available and documents had to be dictated, written and assembled in order, and by hand. Once the 'skin' had been typed there was no other recourse to amend items without a complete re-type; and each 'skin' would take Trin (my wife) about an hour to type up.

At that time the Club were in a fairly difficult financial position and saving cash was the 'order of the day'. The Gazette, still the official organ of the club, was, through no fault of the team who 'ran' it, usually between six months to a year in arrears. The quantum increase in the number of events in which BH athletes competed only added to their task. Browsing through those early Couriers it should be apparent for the need for such a vehicle to attempt to record and pass on more current information and results. My brief was to carry on the sterling work initiated by Ian with as little financial drain on resources as possible. We sometimes resorted to purchasing materials (paper, skins, envelopes etc) but more often traded favours with school secretaries and bursars..

Tulse Hill School, where I was teaching at the time, was, athletically speaking, an institution unique in Great Britain. As a member of the Maths Department I was also part of a large band of coaches led by the legendary Dick Wyer, and we boasted teams that could take on the 'rest of the Britain' - and beat them! Part of my academic duties involved preparing worksheets for the Maths courses on a daily basis and so having unlimited access to the duplicating facilities. The Blackheath Courier was therefore usually 'run off' at about 7:30 am and then off to supervise the morning session for the athletes in the weight room. One fateful day a new secretary had re-charged the industrial duplicator with ink the previous evening but hadn't tested it. Unaware I loaded up the Courier as normal and switched on. I collected a considerable shower of ink practically covered from head to toe. Ah! Yes (one remembers that well) and so do quite a few others to whom it caused considerable amusement.

Other vaguer memories include attempting to take results from venerable competitors, who had little interest in the event they had just completed as a whole but were apoplectic about finishing 987th and 18th V45, others who would swear on a wide variety of personal relics that the course was 3.2 miles long when Alan Brent had taken round the wheel to ascertain it was exactly 3 miles and 27 yards and another individual who queried a whole result sheet in fine detail for about an hour before admitting that he actually wasn't certain that he had run in that event anyway!

Amidst the effort (how many hours did each edition actually take? More Trin's time and patience than mine I must admit) and bitter after taste (you had to LICK / sponge each stamp in those days and I was a pathetic sponger) there was real job satisfaction when we had 'put another edition to bed'. We actually posted the last one to all those who couldn't or wouldn't pick up theirs at the Clubhouse.

We, that's the club as a whole, did have our moments (and the Courier did record them) but it was a different world and you had to live, work and run in it at that time to appreciate it. With hindsight and looking back from an active M65 perspective those WERE the days my friend.

Chris Woodcock