

# BLACKHEATH HARRIERS' GAZETTE



**T. E. HAMMOND · CROSS COUNTRY · RELAYS · ROAD RACING**

BLACKHEATH HARRIERS' GAZETTE  
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John McConville, Martin Athawes, Ken Pike, Dave White,  
Harold Thompson, Dave Hassall, Barry Saddler,  
Brian Stone and any other unsung contributor to this issue of  
the Gazette.  
Many thanks. Ed.

*Front cover photograph by Bill Graham shows the middle  
stages of this year's Ted Pepper race. Evergreen Barry  
O'Gorman is about to show a clean pair of heels to Ernie Wise  
who smiles for the camera. Hugh Morten attempts to hang on to  
the 'auld sod' but ultimately fails to do so.*

#### ■ ADDENDUM

Les was absolutely right. Robert's Law is now formulated  
and takes its rightful spot alongside Murphy's and Sod's: The  
amount of mistakes you make, people you offend etc etc is  
directly proportional to the amount of pages you fill. Last  
issue we filled 52 so the corrections are rolling in thick and  
fast.

Captions omitted from photos were as follows — back  
page 'W. G. Suffield, winner of the Five Miles Challenge Cup  
1897' and under the pensive portrait of Brian Saxton on p.48  
should have been the legend, 'Brian Saxton, club historian  
ponders an ancient riddle, when *did* Roy Savory last buy a  
round of drinks?' On page 17 we had a photograph entitled  
'Simon Leisham, multi-event specialist.' It turned out to be  
Lee Redgrave. So would someone please take a photo of  
Simon this summer and ensure that he does at least two  
events and then we can make good use of this now defunct  
piece of setting.

Under the 50 year membership section we have an  
amendment to the article on Dr. Alfred A. Moss, he was  
keeper of minerals in the British Museum (Natural History)  
and not as stated, he retired in 1974.

#### ■ COMMONWEALTH GAMES

Congratulations are in order to our two representatives who  
travelled to New Zealand in January for the Commonwealth  
Games. Graham Savory and Darrin Morris representing  
England and Scotland respectively, took seventh and eighth  
places in the discus throw. Graham with a throw of 57.44  
some five metres off the winning distance and Darrin just  
behind with 56.10.



*Presidents all. 1987-1990 l. to r. K. J. Johnson 1989, D. R. Gillate 1990, the late P. G. Stenning 1988 and D. L. Gregory 1987.*

Photo by J. Phelan

## THE WINTER SEASON 1989/90

### A President's-eye View

Into the lives of many Blackheathens, perhaps even of most,  
comes a kind of athletic menopause brought on by demands  
domestic, professional or residential. It often begins  
unexpectedly and is rarely welcome. It stands between the  
years of full activity when one knows everything about the  
Club and everybody in it and the years of armchair athletics  
when one knows virtually nobody and nothing. Until, that is,  
higher office wonderfully concentrates the mind.

Mine lasted about 35 years for one reason or another so  
there were many new names to learn and activity patterns to  
absorb. Apart from having to distinguish Carters from  
Cartwrights, Smiths from Jones's and Davies's from  
Williams's who would have supposed, for example, that a  
South of the Thames "Junior" Event had nothing whatever  
to do with age but everything with what we might regard in  
cricket terms as a Minor Counties or 2nd XI fixture?

Then there is the "Marathon Standard", which takes some  
getting used to. Since conversion to it, where we used to run  
13 miles we now run a Half-marathon and what we used to  
regard as a 6-7 miler has become, for better or worse, a  
Quarter-marathon with other distances reckoned pro rata.  
Thus, did you former 100 yard sprinters know that to  
practise your craft all over again you would have to stretch to  
109.36132 yds. of metrage with no extra pay? Does it further  
worry you that your event may therefore soon be re-  
mustered as a Four hundred and Twentyone point six-four-  
eighth-marathon?

Let us, however, by no means take the name of the London  
Marathon in vain. Our display in it this year was as strong as  
ever in numbers and valour even if not necessarily in  
attainment. John Beck is to be congratulated on sailing in as  
our first man home with Nick Kinsey second but as usual we  
had a number of distinguished performances among the less  
speedy. It was, for example the tenth appearance in the event  
for Mike Peel, Peter Shephard and the evergreen Jack  
Braughton. About 35 runners espoused this year's Club  
cause, the BOBCAT scheme for providing mini-bus  
transport for Bromley's handicapped sportsmen and leisure-  
seekers. It was also heart-warming indeed to see the two  
wheelchairs piloted by Paul Sparrow and Simon Finckler of  
the Marjorie McClure School for Handicapped Children run  
in 4th and 12th positions respectively in their mini-marathon  
event. These chairs were bought from funds we awarded the  
School from last year's Appeal and proudly carried the Club  
badge on their sides. Incidentally, they were largely bought  
from the interest from the award, with the capital still intact.

The season across the country was not the most successful we have known and may perhaps have suffered a little in the shadow of its predecessor, one of the best we had had for some time. We managed to lose the Nicholls Cup fairly convincingly and to prove that we were not just bluffing we let the Pelling-Ratcliff slip through our fingers, too. Perverse to the end, however, and totally against the odds, we then managed to snatch the Orion match by a mere 15 points...and thereby hangs a couple of gripping yarns.

Gripping yarn 1: Whilst a post-mortem revealed the Ranelagh match as possibly lost through road-runners absent to race the following day, one nameless hero appeared for us in Richmond Park virtually on his way home from a jet-lagged Heathrow flight from the States the night before...and ran quite brilliantly.

Gripping yarn 2: The effort of another member at Chingford was not only equally valiant but probably won the match for us. Again, nameless to avoid the blushes, the gentleman in question ran a veteran's road race at Romford at 2pm, climbed muddied and spiked into his car at about 2.37 and plunged blindly into the murk towards what might well have been Chigwell but happened fortunately to be Chingford. Fortunately, too, the race started late and so he ran his second of the afternoon and tipped the event our way.

The season was notable for a number of these individual acts of dedication, not least of which was the regular appearance and steadfast performance of Derek Dhammaloka, who suffers from a physical handicap. He nearly always lost the trail in the mob matches and championships but still kept doggedly on to the finish. It was, above all, a splendid sight to see him thunder across Westminster Bridge in the Marathon (the one trail he could not miss!), beating Big Ben to the four hours by about 20 seconds.

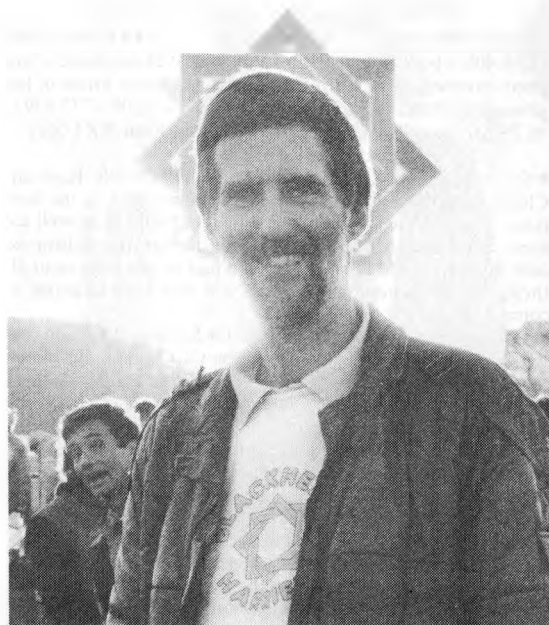
We were unlucky in the Kent to be dogged by illness and injury, gaining only fourth place; but it did seem that the higher the level of competition we entered the higher our placing became (a moral there somewhere?). Whilst we improved to third home in the Southern we gained yet another place to second Southern club home in the National. Speaking of which, this broad account would be incomplete without mentioning the delight that Marjorie and I have taken in sharing in the social aspects of these major events away from home. They provide a wonderful opportunity to get to know the runners and their families better. We look back with pleasure upon weekends in hotels in Mansfield and Walsall but especially to that in Wetherby for the National. There the level of support made the Saturday evening meal in the hotel indistinguishable from a 200 Club Supper at Hayes.

For all of which and for the entire season in general we have to thank the organizing genius and smooth bargaining of our Winter Captain, Gary Botley.

DRG

## ■ ADDENDUM 2

We have been asked to publish a correction to a spurious article which appeared in last November's issue of the 'Police Gazette' concerning an observation by a member of Her Majesty's finest at the twenty two mile point of the Seven Sisters Marathon. Where the article states... 'and after four hours of running across country into gale force winds, the clouds opened and hailstones as big as golf balls came raining down. At this point Tony Cooper's running companion deserted him and with spirit broken he hid in the ditch where he lay yelping and whimpering until he was dragged to the next assistance post...' the author has not stressed *not* referring to Nick Mays — but to his Border Collie dog which had joined the race at the twenty mile point and wisely gave up shortly thereafter.



*Gary Botley accepts canonization for his achievements as Cross Country Captain, Kenny Daniel agrees he deserves crowning!*

Photo by B. Saddler

## BLACKHEATH — DAY BY DAY

### ■ WE'LL KEEP THE BLACK FLAG FLYING...

For some years the Club has been sadly short of a pole from which to fly its flag which itself has lain unused as potential moth-fodder.

An estimate was sought for the cost of replacement and an appeal for funds (£300.00) went out as an insert to the Gazette under the ghastly but topical pun of "pole-tax".

Nobody makes such appeals in vain to Blackheathens and contributions duly began to arrive at Hayes.

However, the President then unexpectedly received a most generous offer from our veteran member Tony Anslow-Wilson. He offered to buy the pole outright as a dedication to the memory of his dear late wife and in the form of a gift that his fellow-members (most of us still unknown to him) might share. Our gratitude for this kind consideration is only equalled by our resolve that somehow, despite his protestation that he rarely feels able to embark on any expedition comparable with a trip to Hayes, we would all do our utmost to bring him to HQ to raise the flag at its first installation. By the time this is published we hope this may have come to pass.

Tony was a pre-War Territorial, served with distinction in the Royal Artillery and was one of the first Club members to be embodied in the forces in 1939. He rose to the rank of Lieut. Colonel and was awarded the Distinguished Service Order and the Territorial Decoration.

Meanwhile, I hear you ask, what of the other contributions? Whither they? There is no shortage of good causes, so please withhold them not. Among current favourites for reallocation of the funds is an alphabetical letter-cabinet to help us communicate with each other at HQ, especially at Gazette-issuing times and at Christmas. Also strongly in contention is a pair of replacement gates at the road. Yes, we have an incredible talent for spending money wisely.

DRG

## WHERE ARE THEY NOW?

■ Mail addressed to life member, J. R. MACGREGOR (10.8.40), whose last known address was at Hove, Sussex, has been returned "Not Known". If anyone should know of his present address, please contact Mike Peel on 081-777 8291, or 29 St. David's Close, West Wickham, Kent BR4 0GY.

■ Spotted at last Christmas' Round The Walls Race at Chester was one of the 'Scousegits' mentioned in the last issue. Gary White is alive and well and running as well as ever. He finished 39th in 23.06. However the Editor is convinced he could have beaten him had he not been injured these last three months or so and will now have to prove it come next Boxing Day.

Graham Patterson has now sold his flat and is back in the 'pool. He briefly came out of retirement to gain second place in the Fireman's Cross Country Championships — then promptly hung up his spikes again!

■ Ken Pike has now recovered from the injury that sidelined him for the best part of a year. He has made a successful comeback for his new first claim club Kent A.C. on the country, placing 5th in the Kent Vets County Championship and 24th in the National Vets at Wormwood Scrubs. On the road he was first vet in the Canterbury 10 placing 16th in 53.54 and on his first outing on the track in a Kent A.C. vest won his 5,000 metre race in Division 5 in a time of 15.50.

■ The Club has lost contact with S. J. Hepton some while ago so one Debenture Certificate remains unissued. Would anyone knowing his whereabouts please let us know.

## ■ SOME TALK OF ALEXANDER, AND SOME OF WOODERSON...

People often have hobbies that are not only a fascination for themselves but contribute effectively to the sum of human knowledge. An example arose recently when a former colleague of the President's, on hearing the name of Blackheath Harriers, revealed that he had made a lifelong collection of the lyrics of songs sung by troops in the Second World War. Incredibly, he had collected over 2000 and among those that were printable was one concerning our very own legendary P/P Sydney Wooderson.

It ran to the tune of a song in the Flanagan and Allen repertoire, "Side by Side" and it may help to produce the first verse of the original by way of reminder of the tune:

"Oh, we ain't got a barrel of money  
Maybe we're ragged and funny  
But we'll travel along  
Singin' this song..  
Side by side."

In the Eighth Army version it ran thus (with apologies to our Italian friends for wartime, heat-of-the-moment chauvinism long since evaporated):

"Now, you've heard of Sir Archibald Wavell  
The man who made the Eyeties able  
To run a mile in the Wooderson style..  
Side by side."

There were six verses recorded in all but our hero receives no further quote in the other five.

Literary purists may rightly argue that the scansion of this version does not quite square with the original, to which many a "Palais Glide" was danced on many a Friday night in many a NAAFI. However, British soldiers were not usually recruited for their poetry and allowances should be made. They must have made it work in song somehow, however contrived and cacophonous...

On enquiry, Sydney said he knew no more than the rest of us that he was as equally famed in song as story.

DRG



*Alan C. Reynolds displays silverware down under.*

## ■ ALL BLACK-HEATHEN No. 2

After last issue's mention of New Zealander Ian Macley, news has come to light of yet another 'heathen emigré. Sometime 'heathen and life member Alan C. Reynolds emigrated to N.Z. in 1973 and is seen here displaying trophies he won in recent events. It will be noted that the competition in the Pole Vault is somewhat less advanced than in this hemisphere as Alan seems to have gained some splendid trophies in this event at a height that appears somewhat less than awesome. However we note that difficulty is increased by the rather unusual attire. And as for the pole!

## ■ ORDERS OF MERIT

Further to the Merit Awards mentioned in issue 618 of the Gazette, presentations were recently made to Pat Calnan for his six years of service to the club wherein he has been involved in the administration of track and cross country events as well as being a competitor in both disciplines; and to Bob Weaver who has been competing in the Long Jump for the 'heath at British League level for some ten years. Congratulations are extended to both — long may they continue.

## ■ LONG PLAYING RECORD

Members will learn with deep regret that the young man featured on the back of the last issue alongside the Five Mile Challenge Cup, is no longer with us. W. G. Suffield joined Blackheath Harriers on June 15th, 1896 and won the "Rowland" Cup in 1897. He represented us in the "Southern" for the last time in 1904 and died on January 27th, 1948 aged 75. It seems somehow sad to think that only six months ago he was re-discovered as a young man and now after perusing some old Gazettes, his obituary shows that he died at a good age some forty years ago. All the more reason to ensure that ALL club events are reported in future issues of the "Gazette And Club Record" so that future researchers and historians will have some written data to work from.

Yes Mr. Botley, I AM getting at you!

JP



## GETTING TO THE BOTTOM OF THINGS...

Another act of generosity stole silently up on the President last winter when four elegant, new, red-seated chairs appeared unexpectedly among those on the top table. No bum-numbing, NAAFI-issue stackers these, but your genuine, horsehair-stuffed, Antiques Roadshow material fit for the most royal of rears.

P/P Ian Wilson seemed to be wearing a knowing look, as well he might; for it appears that a generous offer of the four chairs by P/P Alan Ball had been matched by an equally generous offer by Pauline Wilson to upholster them in red leather conforming with the pattern of the rest of the hospitality chairs ornamenting the President's table.

This remarkable combined operation is typical of the many thoughtful and unheralded acts of kindness performed almost daily for the common weal by members and families of our extraordinary society.

Thank you, Alan and thank you, Pauline.

DRG

## ■ A NIGHT TO REMEMBER

Last year's very successful *Quiz Night* was repeated on Friday, 16th February with 80+ present. A head for dates and putting a name to a face came in handy. It also helped if you knew your way round the London Underground or the USA. Len Dalmon and I instantly recalled the words of Chattanooga Choo Choo and thought it was to be our night, but were soon disillusioned as the Pop lyrics unfolded. Double helpings of Beethoven and Bizet were greatly appreciated, at least by the Rock'n Flower.

There was the usual 'Will he, won't he?' over playing the double-score Joker and a certain Road-Running Secretary even tried to retrieve it when he realised what a lot of scrubbers he'd landed with. The evening did go on a bit; in fact some of the Vets thought they'd make a night of it ready for an early start in the Self-Handicap on the morrow.

Fattening prizes and £200+ to help the track season. Our thanks to MC Dave Hassall, maestro Mark Watling, scrutineers Pat Calnan and Pete Barlow; Di and Brian for the supper.

And a fax from M.J.C. confirms that his team of Barry Saddler, Wilf Orton, Roy Smith plus Liz and Simon (guests) and himself won the Gold by one point from Richard Coe's team.

## ■ NEW YEAR'S HONOUR

Congratulations to Philip Critchley on being made a Companion of the Order of the Bath in recognition of his work at the Department of Transport.

## ■ NEW YORK, NEW YORK

The New York Marathon is the ideal stage on which to make a dramatic debut, and Bill Foster certainly managed that the first time he had ever raced over 26 miles 385 yards.

Steve Jones, last year's winner, may have been the first Briton home, but Bill was the first Englishman, despite an unscheduled "pit stop" at 15 miles!

This year's New York was run in superb conditions, producing some very fast times. Tanzania's Ikangaa breasted the tape in 2 hours 8 minutes 1 second, with Jones eighth in 2.12.58, having started to drop back between 15 and 16 miles.

Bill crossed the line in Central Park 22nd in 2.19.06, the second fastest time ever by a Blackheath Harrier. And but for that emergency stop he could have snatched Bob Richardson's 20 year old record!

It was only a few months ago that he ran his first ever half marathon in Guernsey where he was second.

With more experience, he should improve his performance as he was gaining ground and overtaking others in the final leg leading up the hill to the finish in the Central Park.



*One of our longest serving and oldest members – seen here with "Archie" Peachey – Brian Stone can still remember the "Green Man" days.*

## C. A. "ARCHIE" PEACHEY

In September 1988, I became acquainted with one of life's jewels when I discovered the ancient town of Richmond in North Yorkshire. A few month's later I discovered by chance another "gem" in Richmond itself, in the shape of "Archie" Peachey who has lived in Richmond for the past four years with his daughter and son-in-law.

Archie is our second longest serving member, and is one of a group of five who may still remember our days at the "Green Man". I have visited Archie several times in the past eighteen months, and he talks fondly of his days of activity with Blackheath. He was not active for very long, having joined at the back-end of the Great War, and by the mid-20's had moved away to Hampshire, where he became involved with the County Cricket Club.

Archie still enjoys his beer every lunchtime, and it's a real pleasure to sit and chat with him, and to hear him talk of Crafter and so many of the other famous names of that era.

If you're in the vicinity, Archie lives in Bargate House, Bargate, Richmond and I am sure would welcome a call at around 11.30 a.m. at opening time. He lives to a strict regime, dictated by ill-health, but does his utmost to enjoy it. If you drop a line, I am sure he would appreciate that too. Archie Peachey is one of life's gentlemen, and you do not find too many around these days.

## ■ B.H.H.Q. Ltd

During the storms early in the year the Clubhouse lost a number of roof tiles particularly around the chimney. Repairs have now been completed and we are watertight once more!

The Development sub-committee having completed its deliberations on adapting the cottage to meet the likely long term needs of the Club has made a number of proposals. These are now being considered by the Committee, including their financial implications.

A number of members have been asking how they might surrender their BHHQ Debentures. If members forward their certificates to the Chairman Peter Baigent (14 Barnfield Road, Riverhead, Sevenoaks, Kent TN13 2AV) or the Company Secretary Alan Ball (23 Coombe Road, Otford, Sevenoaks, Kent) they will arrange for their cancellation and return.



*Forever "beefing" on, talking "tripe" and spouting loads of "old bull" ... "Mad Cow" disease has finally caught up with Roy Savory.*

## ■ TWO OCCASIONS

For some time past the Club's Annual Dinners have been low key, domestic affairs and have been intermittently reported.

The last two, however, have been markedly different and require to be duly recorded.

The 1988 Dinner with Peter Stenning in the chair had as guest of honour the Commissioner of Police of the Metropolis Sir Peter Imbert Q.P.M. It was a best bib and tucker night with a good mix of young and old which made the evening a prestige event and a prime social function — Sir Peter's theme, after his recollection of cross country fixtures at Hayes when he represented the police, was likening the comradeship, discipline, loyalty and ambition of the police force to those making for the success of a good club — Blackheath. The 'Boys in Black' as it were.

The following Club Speakers were impeccable as one would expect from PP Victor Beardon, PP Brian Stone, PP John Baldwin and our own, our very own, Alan Pickering. Need we say more?

Our regular "invitees" the President of South London, Ranelagh, Orion and Belgrave Harriers were welcomed and enjoyed the celebrations.

PC VP John Powell hosted a table of incredibly young athletes (to our aged eyes) and was temporarily promoted to commander by the end of the evening!

A welcome appearance was from the Rev Clifford Davies from South Africa who, unaware of the date, looked in at Hayes and stayed to enjoy.

A presentation of one of the last Club Histories was made to Sir Peter who has since expressed his enjoyment and thanks for this.

The 1989 Dinner with Ken Johnson in the chair faced him with a challenge which he met admirably. From the "Met" to the "Media" was his theme.

Thus his Principal Guests were Ron Pickering, Haringey President and BBC Commentator, and John Rodda, Guardian Sports Reporter.

For the Club PP Brian Stone welcomed the guests copiously and in doing so, shortened the time for their response and extended the evening — but no matter! John Rodda suitably responded. Ron Pickering toasted the Club and gave reminiscences from his long experiences to which PP Tony Oldfield gave measured response.

A heartwarming evening to be savoured but the combination of food, wit and wine destroys the memory and the actual words spoken fade.

## ■ MEMBERS NIGHT

At a members night in February we were very pleased to have with us several members we do not very often see these days. They included John Anderson making his first visit to Hayes for several years. He is our most senior member having joined in 1915 and is one of only five whose membership goes back to the days at Blackheath. Then Gordon Monshall who had come down from the North of Scotland for the VPs Supper the day before stayed on to join us, accompanied by his brother Norman, and John Taylor came up from Wales.

One can always be sure of a very pleasant evening at one of these functions so may we suggest that as soon as the Winter Fixture List is available members note the dates in their diaries and make a point of coming along. Those who for various reasons, distance among them, are not able to come regularly to Club fixtures would find a warm welcome at the Club House.

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*l. to r. P. Barlow, D. Williams and S. Parsons display something they found in the mud at Parliament Hill.*

Photo by B. Saddler

## CHRISTMAS AND NEW YEAR 1989/90

### A Review

It must be some while since an account appeared in these pages of how we celebrate Christmas at Hayes these days. What follows will therefore be of especial interest to those far-flung members who are not in a position to share the junketings, since a number of features have been introduced in recent years of which they may never have heard.

There is, for example, the Christmas Yacht Handicap. Although this starts things off when December is but half a month old it still lags far behind the mid-November office party or indeed the arrival of Father Christmas at Selfridges ere summer tan of Costa Criminala has faded from 'heathen cheek.

The event reproduces the conditions of the traditional Closing Five but adds that grinning air of whimsy and twinkle that the British insist on assuming like a paper hat throughout the annual Christmas ritual. Even die-hard purists cheerfully pretend not to notice the occasional particoloured pants, tinsel and similar deviationist eccentricities. This year's fastest time was returned by the youngest in the field, 15 year-old Mark Steinle, running off scratch.

On the evening of this fixture we usually hold the Christmas Dinner, a sumptuous DJ affair running the full distance from soup to nuts. So popular has this function become that there had until recently to be two sittings on adjacent Saturdays. Although it has lost none of that popularity the strain of two such efforts reluctantly proved too much for the Wine Committee and kitchen helpers. Major domo Brian Stone therefore now limits the intake by "inviting" whomever he thinks worthy of the occasion. This seemingly outrageous arrogance becomes more easily acceptable once one realises that worthiness is based upon the track record of attendance at other functions through the year. Even as things are however the packing demands that the President institute the Loyal Toast taken seated (R.N. fashion) as seemingly more respectful to Her Majesty than drinking it shaped like a question mark. Needless to say, the demand for places speaks volumes for the quality of the meal.

Perhaps the greatest athletic revolution of the 80's has been the phenomenal rise of road and marathon running. Distant or non-active members who remember the uncomplicated days of good-humoured division between the "them" of the track and field and the "us" of the country (or vice versa) would be amazed to find that so much are we now Three that the Third Men pack the Clubhouse for training on Wednesdays on a scale formerly unimaginable. Thus, these jovial mid-weekers also have their own Supper on a suitable pre-Christmas Wednesday, a stag affair of less stagey proportions which, although unquestionably enjoyable, has not yet quite acquired a true form and identity of its own.

The Boxing Day "Paperchase" is not quite what it was, flour and confetti having replaced the shredded paper of yesteryear. With temerity more characteristic of the modern urbanised fox than of the hare, Mike Peel and Peter Hannell

are not beyond leading the pack astray ya, even unto the avenues of big wicked West Wickham.

It is, however, much more than ever a family occasion — a fancy-dress event open to members, friends, grandmas and children alike. A bigger-than-ever field of approaching 100 runners took off from the Club car park this year, about two-thirds of them in fancy-dress of mind-boggling ingenuity. It was, however, not so much ingenuity as subtle psychology that stole the men's prize. How could any superannuated President resist giving it to the crafty Mike Martineau's "Green Man", even when Mike had the effrontery to deny any knowledge of that character's relevance to Club history? Is he in advertising? Or politics? He certainly should be in one or the other.

The morning's celebrations are concluded in the Clubhouse by a few rounds of pre-lunch drinks and a slice of the decorated cake now traditionally presented annually by the President and his Lady.

Different again in character is the New Year Party, a thoroughly informal buffet affair assembling in the late evening and going on till who-knows-when in the morning. Modern dancing is a sexless, puritanical, strictly non-contact sport based upon repetitive yo-yo movement and minimum circulation. By the time the decade was due to turn there wasn't an idle yo-yo in the Clubroom and BHHQ Ltd would have been proud of the reinforcing ceiling beam that kept us all out of the Changing Room. Fortunately neither the text of the tragic headlines nor that of the survivor's TV interview that kept composing themselves in the imagination were ever needed. Nevertheless it has to be observed that the weight seemed to include a number of alien yo-yo's whose claims upon Club hospitality must have been tenuous at best. Perhaps it is uncharitable to wonder whether they would have claimed compensation from the Club if the worst had happened.

Finally, there was Punchbowl Night admirably chaired this year by V/P Bernard Parrott. This event had a rough time a few years ago. Strings of dirty jokes followed by the specific toast as a kind of post-script were a poor substitute for the wit we used to know and the nadir was reached when we were treated one year to a nude pas-de-deux. Fortunately things have improved. Speakers still go on a bit, of course... they always will. The difference however is that we are now blessed with a widening panel of speakers who are able to be witty without being irrelevant. Among them special tribute must be paid to Alan Pickering whose satirical, er-and-umless performance without a single note to help him commands wonder and envy beyond mere admiration.

A minor criticism might be that some set subjects are becoming a little obscure and impersonal. If the toast is "Selection Policy", how on earth does it reply? On this occasion it tried to do so by selecting the following week's Southern team in open forum at 11.15pm, an enterprise that called for the Chairman's heavy hammer... and got it.

If you have shunned Punchbowl Night lately, do drop in next January. You could be agreeably surprised.

### ■ PRESIDENTIAL GRATITUDE IS EXTENDED...

We acknowledge cards and reciprocate greetings from the following Members and friends received over Christmas and New Year and apologise for any inadvertent omissions from the list:

Jack Clear; The Marjorie McClure School for Handicapped Children; Frank and Ethel Dyter; Geoff and Cynthia Grier; The Trail Layers; Dick Cockburn; Will and Micheline Vercoe; Tony Hayday (from Antananarivo); Bruce Grant; Simon Parsons; Bill and Bea Brookes; Geoff and Carol Last; Ian and Pauline Wilson; Peter and Vi Stenning; John Taylor; Ken and Hilary Johnson; Alan Stevens (from N.Z.).

D.G.

## SAFE CUSTODY OF CLUB RECORDS

The Club has been extremely fortunate in possessing records going back almost to its foundation and there has been concern for many years that these should be kept together in safe custody. There was a minute to this effect as long ago as December 1923. Again in 1957 it was suggested that old minute books should be copied and the originals stored in a safe place. This was partly fulfilled in 1965 when PP Harold Thompson had microfilmed the two earliest books covering June 1870 — October 1876 which contained reports of athletic events as well as minutes of committee and general meetings. But most of the minute books and other early records remained in a cupboard at Hayes. Then, in the early 1980s a discussion by the then secretary Bill Lake with the Archivist at Bromley Library established that the library would be willing to hold on deposit the records of the Club to be catalogued and kept in an air conditioned locked store. The books would remain the property of the Club to be reclaimed when required on request in writing from one of the Club officers. They would be available to students for consultation by appointment under supervision. The committee authorised the acceptance of this offer and, after the delay that so often occurs between expression of intent and its fulfilment, twenty two volumes of minutes, a book of press cuttings mainly from *Bell's Life* and *The Sportsman* dated from November 1870 to February 1874, and The Peckham Athletic Club Rule Book 1877 were handed to the Bromley Archivist for safe keeping in April 1990.

So ends a saga and the anxieties first expressed nearly seventy years ago are set at rest.

*Note:* The minute books included not only those from the Peckham and Blackheath days but later ones up to August 1969 and the BHHQ minute book covering 1926 to October 1955. In this series there are in fact only two books missing. The original No. 1, covering October 1869 to June 1870, is believed to have been lost some time before 1908 and No. 10, covering October 1907 to October 1910, before 1923. (The present No. 1 contains information about the formation of the Club drawn from contemporary reports and letters in the Press). When Appendix 8 to the second edition of the Club History was compiled, Book No. 5, covering 27 June 1882 to 3 May 1888, was missing and was therefore omitted from that list. Happily it has since been found.

RHT

## POLE TAX

I would like to express my appreciation to all those who paid the Pole Tax, and hope they will enjoy the sight as they travel down the drive to the Clubhouse.

Donations were received from:— E. J. Malone, A. Anslow-Wilson, G. Mitchell, The Marsden Twins, R. F. Griffin, C. A. Peachey, J. P. Clark, J. G. Elliott, M. Taylor, M. Cronin, L. Dickens, N. Dale, R. Seal, C. Hall, C. G. Dale, J. Braughton, P. Baigent, J. Clare, H. J. Martin, G. Grier, W. G. Norton, P. Stenning, D. Hopgood, J. F. Coward, P. Kane, D. Henry, A. Palfett, G. Richardson, M. Steinle, T. Mallott, E. Sullivan, K. J. Johnson, S. Ridgewell, J. Routledge, A. Edwards, C. Kidd, J. Clear, P. Austridge, Alison Brand, G. P. Pugh, J. McGowan, R. Stewart, S. Freemantle, P. Khan-Panni, I. Gold, "The Wednesday Beer Boys", N. Davidson, J. Murray, I. Saunders, P. Davies, D. Thomson, G. M. Clark, J. Taylor, R. Counter, I. Holder, J. McConville, J. Ashton, R. H. Geager, J. Bailey, R. Coles, F. Hewlett, S. Butler, W. Vercoe, P. Hannell, P. Lester, Jeremy Hill, G. Mexted, S. Tolson, R. E. D. Taylor, S. Redgwell, S. Cluney, W. Boulton, N. Monshall, R. Ebbutt, L. Childs, M. Allen, I. T. Laphorn, M. Athawes and the people who pressed money into my hand without a payment slip.

Many thanks for your generosity, which achieved a most splendid result.

Further thanks to the working party who put the new pole into commission:— Mike Goddard (who purchased the pole for us), Eric Sullivan, Brian Saxton, and Mike Peel supported by son Andrew. They made a great team, and did an excellent job.

## The Centenary History of the Blackheath Harriers



### CENTENARY HISTORY OF THE BLACKHEATH HARRIERS

The AMENDED and UPDATED Edition of the CENTENARY HISTORY has now been published and is available at the price of £15.50.

It's not just the history of Blackheath Harriers — it's as much about the evolution of running as a universal sport, through the enthusiasm and fortitude of individual athletes and the commitment of groups of like-minded men. So much has happened since a group of young sportsmen decided to carry the paper chase of their schooldays into the streets of Victorian South London, that the energetic flow of narrative is almost impossible to interrupt.

We are taken from the Club's origins in Peckham through its transfer to the Green Man in Blackheath, and finally to its present home at Hayes. The new chapter covering the Centenary celebration and the years since, covers the explosion of marathon running that took place during the 80's and its impact on the Club scene. Also the Clubs' commitment to the development of young athletes and their success story.

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Why not make it £20 and include a copy of the Wooderson book — *Forgotten Champion* — and complete the double.

For those members unable to get to Club functions copies of the above may be obtained for an additional postage and packaging cost of £3 from:— Peter Baigent, 14 Barnfield Road, Riverhead, Sevenoaks, Kent TN13 2AY, cheques payable to "Blackheath Harriers", with order please.



# CROSS COUNTRY CHAMPIONSHIPS

## N.C.A.A. CROSS COUNTRY CHAMPS.

Annapolis, Maryland

20th November, 1989

Yes, we were present at the National Collegiate Champs held in Annapolis at the U.S. Naval Academy. We do have two members at Iowa State University and it was that team that won the U.S. Student title without any Yanks in their line-up! No doubt that went down well with our Empire cousins (oops, I believe they are no longer in the Empire.)

1. J. Nuttall 29.31; 2. J. Koetich 29.33; 3. G. Beltran 29.34; 11. D. Smith 30.09; 37. A. Hollens 30.42 etc.

Good runs from both 'heathens' who will make their presence felt this summer when they return for the hols. Darrell in particular will remember in future the day he finished in front of Kip Cheruiyot and Peter Rono. Both of these young men are (or were depending on when this is published) 23 in April. Darrell and Andrew both competed in the World Cross Country Championships in 1986. **M.H.**

## U.S. CROSS COUNTRY CHAMPS.

San Francisco, Cal.

25th November, 1989

Not many doubled up and took in the U.S. Champs as well as the Collegiate race. None did so to such good effect as Darrell Smith. In their 'National' he placed eighth not too far behind the winner. Just five days after the College race and right across the other side of the continent!

1. Pat Porter 32.08; 2. T. Hacker 32.19; 3. B. Kempainen 32.33; 8. D. Smith 32.55 etc.

## KENT CROSS COUNTRY CHAMPS.

Hythe

9th December, 1989

On a day when 'proper' courses returned to Championships and replaced the manicured grass that we have come to expect, Blackheath celebrated with a not too inspiring showing in the Kent Champs that produced only three individual and one set of team medals. Before you look back at last season's results... don't bother.

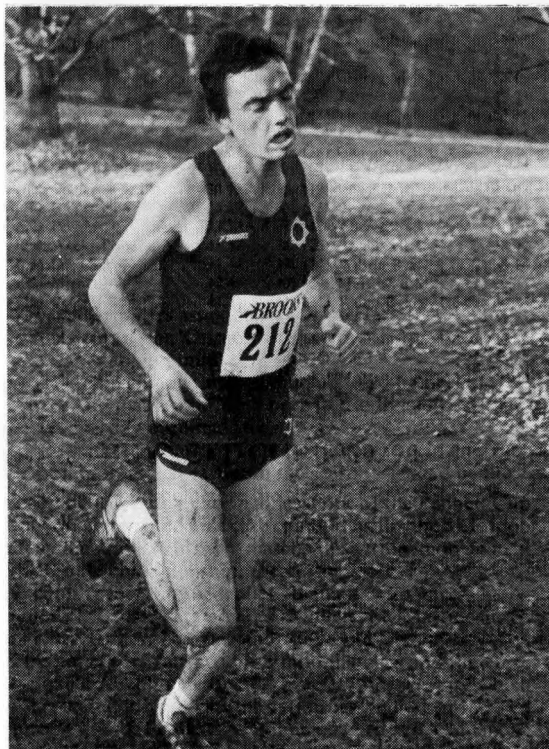
'Flu hit everyone so let's not give that as a reason for our showing. Frankly we should have done better. The day started off well enough in what was to be the poorest conditions all day. The Colts got us off to the first of our events and we had a good showing from young Jonathon Hacker. It was a typical Colts race with runners surging through and then 'letting up' to change places all the time. English Colts run like this, as do Kenyan seniors! Young Hacker was up there all the time mixing it with G.E.C.'s Taylor. At the close he was just three seconds down on the winner and he ran faster than our third boy in the next race up. A good start to the day that was not continued as we failed to finish a team in the first Championships.

The Boys followed and this gave us our only winner of the afternoon. Mark Steinle has not had a very good start to the season but there is plenty of time still until the Championships he is interested in. He had a good result in the Club 5m Champs with ninth place and then caught chicken pox. He ran quite well in Roeselaere on a weeks running then caught 'flu. A 15 minute run followed by six strides the next day was as ready as he could get for this race and when he took the lead immediately everyone must have thought it was business as usual. His eight second winning margin was not his most convincing but who cares? With

Eammon Prendergast running reliably in 11th place ahead of Neil Louth (14th) we scraped our only set of team medals in third.

Our Youths have promised much for the past couple of years as they have progressed up the age groups. Here they frankly did not look convincing as they finished fourth out of five teams. The standard at the front may have been tough but it is in every Championship and none of our runners looked like getting involved from the start. Anthony Draper was the only one to crack the top ten as he moved through during the race. Draper, with a good result at Roeselaere behind him, seemed to appreciate the nature of this course more than his team-mates and if they thought it was tough... fear not. The Southern is at Parliament Hill later this season and the National at Leeds. An exceptionally low 43 finished this race and we were fourth of five teams. Things must get better.

Matthew Lawton returned to the Southeast and placed a fairly satisfied fifth in the Junior race. His form has been kept much of a secret this winter since his placement at Loughborough.



*The (fairly often) late Mark Colpus looking for the rest of the field.*

Photo by B. Saddler

The Senior Championship has not gone back to Hayes since 1974 and could have been won again this year but for... I don't intend to report upon our absentees as that could take up a fair amount of space. We fielded thirteen men and that included some good performances. We were spearheaded by Spencer Newport and Gary Arthey. They could have been ably backed up by Mark Colpus but the rest had gone before he arrived at the start line. Newport was always involved, together with Arthey, at the head of the field.



Together with Roydon, Larkins and Wightman they must have formed one of the toughest groups in any race held that weekend. When three broke away it was down to Larkins, Roydon and Newport. Arthey and the Commonwealth Games runner Wightman were dropped. Next to go was the 'heathen interest as Newport took a lap to let go before Larkins (3.35 for 1500m) went away to win. Spencer held on for third, and the Fooks Cup that eluded him by 2 seconds last season. His tenth Kent CC Champ in all age groups and he has never placed lower than fourth. Gary Arthey held on to his hard won fifth but the backing was too far back for team medals. Tony Linford was surprisingly our third scorer. He would be the first to admit that this distance and this terrain was not particularly what he is into. But living up North has changed him. Up there in Lancaster one has to cross this sort of terrain merely to get to the nearest pub so it has become second nature to him.

He was followed one place back by Pat Calnan but here, in the mid-twenties, is where our team should have been finishing. We still had to wait to be closed in, in the mid-fifties. Incidentally, Tony Baldock, a second-claim member, placed 16th.

There are five weeks until the Southern Champs. Let's hope for better on the slopes of Parliament Hill Fields.

M.H.

Colts: 1. D. Taylor (GEC) 16.34; 2. J. Hacker 16.37; 31. I. Lewis 19.41; 37. K. Hasselby 20.29.

Boys: 1. M. Steinle 15.19; 11. E. Prendergast 16.28; 14. N. Louth 16.44; 24. P. Comber 17.17; 42. N. Morgan 18.42; 44. J. Albert 19.25.

1. G.E.C. 35pts. 2. Tonbridge 41pts. 3. Blackheath 50pts.

Youths: 1. S. Barden (GEC) 18.22; 9. A. Draper 20.07; 14. C. Huntley 20.33; 22. A. Algeo 21.02; 26. J. Murray 21.36; 27. S. Hough 21.40; 31. D. Marsden 21.49; 35. R. Weatherstone 22.04.

1. Tonbridge 18pts. 2. GEC 42pts. 3. Invicta 44pts. 4. Blackheath 71pts.

Juniors: 1. I. Chambers (Medway); M. Lawton; 14. S. Povey.

Seniors: 1. P. Larkins (Folkestone) 39.19; 3. S. Newport 39.51; 5. G. Arthey 40.41; 16. T. Baldock (TW); 22. T. Linford 42.33; 23. P. Calnan 42.45; 54. R. Smith 44.32; 58. R. Coe 44.51; 59. M. Colpus 44.59; 64. K. Daniel 45.46; 84. T. Bounds 47.17; 92. J. Turner 47.40. +M. Athawes, A. Kilgour, S. Parsons.

1. Invicta 78pts; 2. GEC 128pts; 3. Medway 140pts; 4. Blackheath 165pts.

## SOUTHERN CC CHAMPS

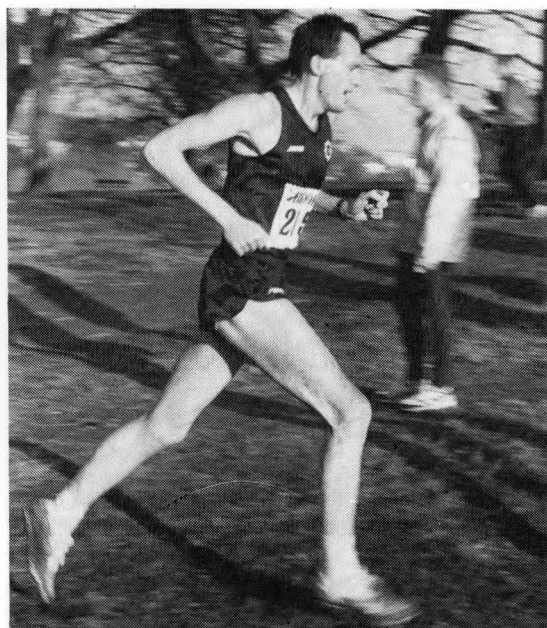
Parliament Hill

13th January, 1990

No disrespect to Stanmer Park, or even Basingstoke, both of which have special places in the memories of our club in recent years, but Parliament Hill really is where it's at for Southerners. This is regarded by many as *the* course in the South and I add myself to that list. The changing rooms have steadily become less appropriate as numbers of participants have grown but the course, though easier than in days of yore, still holds a special place in the hearts of those running throughout the fifties and sixties.

So we went back there after an absence of a few years. We went back there with high hopes as well knowing that we could lift the Senior title if the squad went well on the day. The first event of the day left us with mixed feelings as we fielded only three runners in a Championship that we frankly could have won knowing the standard of those not in action. To balance that was the performance of Mark Steinle, running his first Southern CC Champs having missed last season's race while sitting out his suspension after changing clubs. With about half a mile to go he moved into second place and approaching the finish caught the leader and made him dig deep to hold on. At the finish only a couple of yards separated Laffar (Havant) and our runner and second place was a great performance for him. With Phil Burch well up in 16th also being a good performance we were left without a team here. A great pity.

The Youths team was not as well up as we had hoped for. Having seen the early performances in Roeselaere of Anthony



Dave Hassall "opens his legs and shows his class" in the Southern.

Photo by B. Saddler

Draper and Jon Murray, one may have hoped for better placings here but 70th and 39th respectively were less than satisfying. The sixteenth position of the team was at least on the list though. The Juniors made a better impression and there was an encouraging run from Damon Williams. The diminutive native of Crowborough placed 40th and led the team to a seventh place finish. This despite a sub-par run from Matthew Lawton, who finished 78th despite obvious discomfort. He was just beaten to the line by Neil Woodworth and Steve Povey was an encouraging 81st just behind them. The team place here was encouraging and perhaps good things are on the way for this team.

So to our main hope, the Senior event. The course thankfully, for some, didn't cut up. In those previously mentioned days of yore it would have been a mudbath by now. The charge featured 1100 runners and most of our team were buried out of sight for the first half of the first lap. Jerry Barton and Spencer Newport had chosen the fast start while Alan Guilder had opted for the method that served him so well last year at Basingstoke. At the end of the initial lap we totalled about 220 points which was not seen as a possible winning score. It would in fact have placed us third at the finish....read on. Discomfort gradually set in for our leading pair. Jerry suffered an asthma attack with more than a lap to go and Spencer also went back, at one point into the thirties. At the same time Alan was doing what he does best and caught Spencer with a lap to run. Back in the pack Bill Foster was steady in the top 50 while Bill O'Donnel was his reliable self for our fifth man. We had a wait then as Mark Colpus was suffering with a cold while Richard Coles was reeling him in. At the finish Jerry had held on for tenth while Alan had worked with better effect than last season even for his 12th place. Spencer had staged a bit of a recovery for 23rd with Bill 45th and Bill O'D 66th. Richard had not quite caught Mark for the final scoring place as he finished 119th to 123rd. I suspect that only Alan went home in satisfactory mood although we placed third team and there haven't been many occasions when we have done so well....if we were honest. To be honest about it, it was a good performance but we know we got third place medals on a poor day and that is frustrating.

#### Boys:

1. M. Laffar (Havant) 17.22; 2. M. Steinle 17.23; 16. P. Burch 18.14; 51. A. Jones 19.07....276 fin.

No Blackheath team.

#### Youths:

1. S. Burden (GEC) 22.40; 39. J. Murray 24.48; 70. A. Draper 25.26; ? A. Algeo; ? R. Weatherstone.

Teams: Portsmouth 114pts. 16th. Blackheath H. 355 pts.

#### Juniors:

1. M. Campbell (Winchester) 30.59; 40. D. Williams 34.05; 76. N. Woodworth 35.53; 78. M. Lawton 35.53; 81. S. Povey 35.58.

Teams: 1. City of Plymouth 108 pts. 7. Blackheath H. 275 pts.

#### Seniors:

1. A. Bristow (Brighton) 44.25; 10. J. Barton 45.46; 12. A. Guilder 45.59; 23. S. Newport 46.21; 45. B. Foster 47.07; 66. B. O'Donnell 47.42; 116. A. Baldock (Tun. Wells) 48.43; 119. M. Colpus 48.48; 123. R. Coles 48.52; 164. D. Hassall 49.36; 198. N. Kinsey 50.12; 220. P. Calnan 50.25; 263. M. Watling 51.12; 325. R. Smith 52.22.

Teams: 1. Brighton and Hove 195 pts. 2. Highgate H. 213 pts. 3. Blackheath H. 275 pts. 97 teams finished.

M.H.

## THE NATIONAL

Roundhay Park, Leeds

24th February, 1990

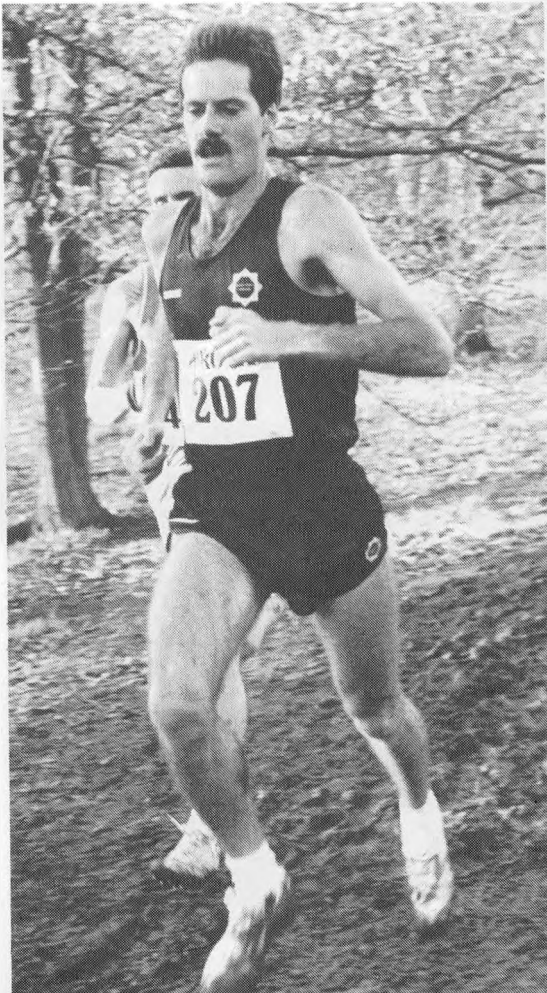
Those masters of the English language, the I.T.V. Football commentators, constantly remind us in their own tedious fashion, that Football is a funny game. What then of the real winter sport of cross country? Far beyond the scope and understanding of the average I.T.V. commentator, or even the above-average I.T.V. commentator (now that is a rare beast indeed)...how can a club produce Senior finishes of 3rd, 7th and 11th, fail to complete teams in the Youths and Junior Championships and yet return from an expedition to the wilds of the Northern tracts buoyed and charged with enthusiasm for the future?

Beats me.

Realism is the key to the answers. We have been around for in excess of 120 years, as an institution that is, although many of our members may have the appearance of enduring those years themselves. To produce a team in the National Senior Championship is beyond many clubs. To produce one year after year is more difficult of course and to place well regularly even more so. It takes a special breed of team to win this title and not many clubs in the country are capable of doing so. This year Tipton went down to Valli Harriers, whose existence goes back all of two years. That proved a shock to most of the enthusiasts at Roundhay Park for the third time the National had been run there. Our own eleventh place seems down on last season, it was. But we are one of the clubs in the Country that have the fire power to win and I believe that day is no more than a couple of Nationals away.

The day was windy from the outset. The wind eventually was joined by rain for the last half of the Senior Championship. The ground was firm and grassy throughout the afternoon and the late appearance of the rain did little to disturb the surface. Eventual winner Richard Nerurkar did little to disturb himself for two thirds of the race but went away to such effect that he impressed all there. The sight of the National start remains the finest in the sport and the race itself remains the pinnacle of any clubs achievements. The huge assembled cast once again stirred the real enthusiast far more than the efforts of the Indoor International televised on I.T.V. the previous evening.

Club supporters from all over the country strained to identify their own men at the first vantage point about 600m from the start. We managed to pick out our own as Jerry Barton, Spencer Newport, Bill Foster and Mark Colpus were all highly prominent. Mark Colpus? No misprint that as Colpus had opted for the quick getaway which was ultimately to pay him dividends but also give a subject for the following evenings conversation. The first lap was as usual



Defending Southern champion Jerry Barton hangs on for 10th spot.

Photo by B. Saddler

about shoving, pushing and finding space as the mass filed out. As far as our first four runners were concerned Bill Foster and Spencer Newport spent most of the race moving up while Jerry and Mark moved in the other direction. Eventually Bill led us home to gain possession of the Munro Cup. It was not his highest National placing but his third good National in a row. Jerry, who will be the first to admit that his form this winter has lacked the level of last year, stuck the job out to place 60th. Was there any chance of him not sticking the job out? There are many who would not run for their team when not at the level they had hoped for. I don't think we employ that kind of performer. Spencer finished a few seconds down on him in 68th. Only his second Senior National this after his 110th last year. He was not at his best after some interrupted training and after the race his feet were not at their best either...but some of us have known them worse. But Colpus? It's difficult to know what to say. Never mind what he might have done with more prudence. That was not his M.O. today. He did get out there and at the end of the day had produced a result that few of us would have tipped earlier. And to be absolutely predictable he followed Frank Sinatra's advice throughout the weekend, during the race he did it his way and before and afterwards he made it at least one more for the road.

Here I digress.

When I sat my eleven-plus there were still Ration books around following the War and John Murray was keeping wicket for Middlesex. During my teens beer had more taste and less fizz and John Murray was keeping wicket for Middlesex. When I got married petrol was about five bob a gallon and John Murray was keeping wicket for Middlesex. When my sons were born Tommy topped the charts, David Crosby had taken on the appearance of a walrus and John Murray was keeping wicket for Middlesex. Imagine my surprise now when I learn that John Murray is no longer keeping wicket for Middlesex. It just goes to show that nothing lasts long these days...but don't anyone tell that to Richard Coles. Richard ran a storming third lap to move up in the region of 100 places and place inside the top 170, higher than last year. The team was closed in by Pat Calnan, as dependable as a Morris Minor but not as expensive.

Eleventh is not bad.



*Second man home in 12th spot Alan Guilder at Parliament Hill.*

Photo by R Coe

What a shame it was that neither the Youths or the Juniors managed to field a team. We had respectable placings in each and if the Juniors had a fourth finisher in just 300th position we could have placed 15th team. Matt Lawton placed a good 30th with Liam Bulsom 36th. Liam has had a very short season, in fact not much has been seen of him since winning the Kent Youths title last season. He obviously has a fair bit of talent and should be worth keeping an eye on. Not that Matt is exactly chopped liver. Both of these two performed well but Matt will have to concentrate on the Student races a bit more as an option against the Senior Champs...they are a bloody long way for a couple of years yet. Anyway, if things pan out right we should be okay without him for a while. Our third junior was the diminutive Damon. He ran well enough to defeat a few who beat him at PHF in the Southern. Best of the Youths was Anthony Draper, 60th in his first year and good preparation for the ESAA the following weekend where he will be top of the age group and looking for a high placing.

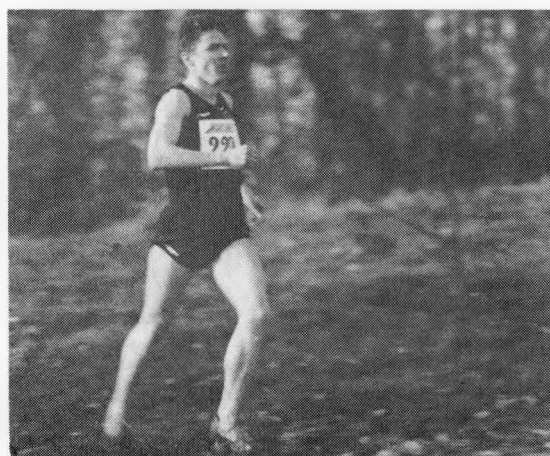
MH

**Seniors:** 1. R. Nerurkar (Bingley) 44.56; 2. P. Taylor (Copeland) 45.23; 3. S. Tunstall (Preston) 45.34; 42. W. Foster 47.47; 60. J. Barton 48.16; 68. S. Newport 48.26; 157. M. Colpus 49.46; 172. R. Coles 50.08; 233. T. Baldock (Tun. Wells) 50.45; 256. P. Calnan 51.05; 362. D. Hussall 51.56; 519. T. Nash 53.17. 2195 finished. M. Watling d.n.f.

**Teams:** 1. Valli H. 200pts; 2. Tipton H. 205pts; 3. Coventry Godiva H. 422pts; 11. Blackheath H. 755pts.

**Juniors:** 1. S. Duval (Cannock) 32.20; 30. M. Lawton 34.04; 36. L. Bulsom 34.24; 112. D. Williams 36.18. 320 finished.

**Youths:** 1. C. Rees (Elswick) 22.51; 60. A. Draper 24.52; 194. A. Algeo 26.24; 252. R. Weatherstone 27.08. 370 finished.



*Bill Foster, 5th man home in the Southern.*

Photo by R. Coe

## ENGLISH SCHOOLS CC

Wadebridge

3rd March, 1990

Mark Steinle did not quite make it three appearances in a row for the English team in the Schools International as he finished ninth (eight are selected) in the same time as the eighth finisher. However, being at the bottom of the age group it wasn't so surprising as this was always going to be the toughest year to make it. Off to his customary steady start he worked his way through, relishing the long hill but missing the mud. In the same race Jon Murray had his best ever run in this Championship finishing 25th. Anthony Draper placed 71st. Interestingly the A.W. tip for victory, Toby Champion placed 65th while the boy who beat Mark in the Southern was 130th.

M.H.

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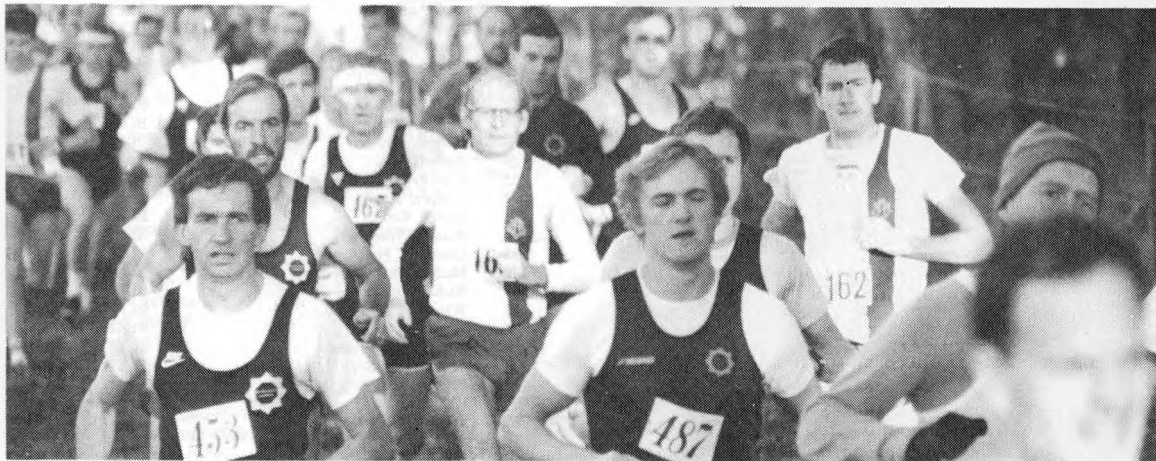
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# BENNETT CUP & MOB MATCHES



*The start of the S.L.H. Mob. Match.*

Photo by J. Phelan

## OPENING 5

*Hayes*

*Saturday, 21st October, 1989*

Fears that the gales and rain in the previous days, and the presence the same weekend of the Lydd half marathon, would threaten to reduce the size of the field proved unfounded as a massive 95 strong field turned out for the first big cross country fixture of the 1989-90 season. This year saw a change from the traditional mixture of mud and road. The new course featured a small lap of the farm before the long trek up through Boundary Woods where, after running through a few fields of long grass, we ran back the way we came. It meant we missed out the purgatory of Fox Hill and had much less chance of getting lost.

With three runners from the top 200 of the last years 'National' in the field it promised a good race but after the first lap of the field two unexpected faces led the pack. Diminutive, 6½ stone, English Schools Junior cross country champion Mark Steinle was taking the early pace, and the only one with him was new boy Tony Baldock, who has joined us 2nd claim from Tonbridge Wells Runners so he can run for us on the track and compete in some mob matches. Pat Calnan then took the lead and led the field over the first couple of miles when the extravagant early pace and long grass took its toll on tired legs and he was overhauled by Richard Coles and Mark Watling. With Mark tucked in behind Richard it was a two man race from here. It was on the downhill through Boundary that Richard started to create daylight between him and his pursuer and nullify the advantage of the Watling kick. He finally won by a comfortable 16 seconds with Tim Nash, getting back to fitness after a break, moving through for third.

Outstanding run of the day undoubtedly came from Mark Steinle who finished ninth overall and won the Junior trophy despite the fact that he is still only a Boy on the country. He was also running in flats! Other youngsters to impress were Jonathan Murray and Danny Whitcombe who both closed in the top 13.

On the senior side there were quality performances from Messrs. Kinsey, Baldock and Smith who all made the top ten. Peter Hamilton was the first vet with second place going to Hugh Morten who had a fine run, nine seconds clear of third placed Mike Cronin.

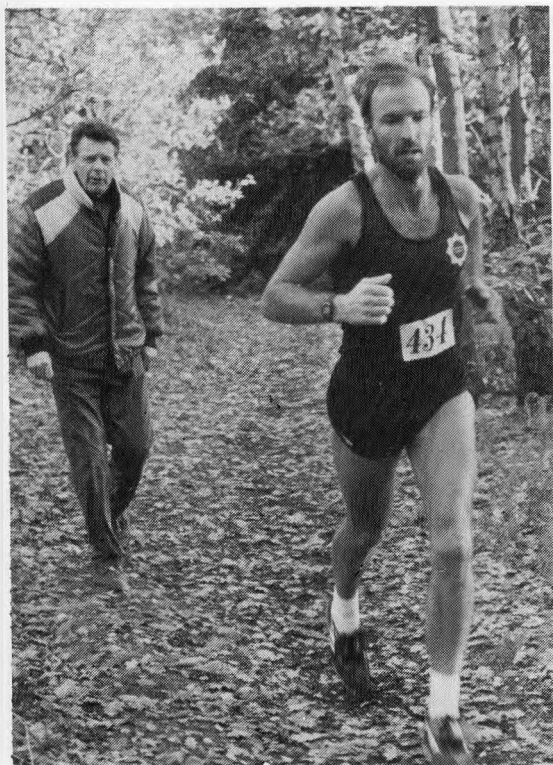
P.C.

Posn.	Name	Time	Posn.	Name	Time
1.	R. Coles	31.54	46.	E. Prendergast	38.54
2.	M. Watling	32.10	47.	A. Grace	38.56
3.	T. Nash	32.35	48.	A. Jones	39.02
4.	P. Calnan	32.39	49.	D. Marsden (J)	39.03
5.	N. Kinsey	32.50	50.	R. Savery (V)	39.04
6.	T. Baldock	32.59	51.	P. Rissen	39.08
7.	R. Smith	33.00	52.	C. Kelly	39.08
8.	P. Hamilton (V)	33.04	53.	W. Clapham	39.18
9.	M. Steinle (J)	33.13	54.	M. Hamlin	39.41
10.	N. May	33.53	55.	C. Rowe	39.59
11.	D. Hassall	34.00	56.	M. Wade	40.19
12.	J. Murray (J)	34.10	57.	S. Moore-Fay	40.22
13.	D. Whitcombe (J)	34.19	58.	S. Pearman	40.24
14.	M. Dyson	34.30	59.	S. Michell	40.31
15.	K. Daniel	34.37	60.	J. Mullett	40.34
16.	D. Williams	34.40	61.	J. Pearse	40.49
17.	H. Morten (V)	34.46	62.	B. Dinsley	40.56
18.	M. Cronin (V)	34.55	63.	W. Wheeler	41.04
19.	G. Spencer	35.09	64.	M. Crickett	41.22
20.	N. Davidson	35.17	65.	M. Martineau	41.35
21.	P. Barlow	35.28	66.	R. Wood	41.33
22.	T. Cooper	35.39	67.	G. Plank	42.02
23.	J. R. Turner	35.43	68.	B. Saxton	42.10
24.	M. Laws	35.55	69.	C. Hall (S)	42.42
25.	A. Draper (J)	36.07	70.	J. Robinson	42.45
26.	T. Bounds	36.11	71.	D. Dhammaloka	42.47
27.	J. Phelan (V)	36.17	72.	M. Peel	42.58
28.	I. Wilson, (V)	36.20	73.	R. Thornton	43.04
29.	N. Wise	36.32	74.	R. Chambers	43.07
30.	J. Kelly	36.34	75.	V. Hamlin	43.30
31.	A. Algeo (J)	37.00	76.	J. Tateson	43.31
32.	M. Athawes	37.03	77.	J. Hills	44.20
33.	N. Keogh	37.17	81.	D. Brookes	44.35
34.	M. Lodwig (V)	37.23	82.	A. Michell	44.49
35.	J. E. Turner	37.37	83.	J. Cross	45.19
36.	B. Leahy	37.47	84.	L. Chester	45.22
37.	A. Kilgour	37.51	85.	D. Hoggood	45.40
38.	R. Weatherstone (J)	37.54	86.	A. Musson	46.37
39.	P. Shephard (V)	38.00	87.	D. Amner	46.51
40.	B. Wilson (V)	38.06	88.	M. H. Allen	48.41
41.	S. Capey	38.07	89.	D. Wilcox	49.00
42.	R. Turney	38.11	90.	G. Geere	49.05
43.	M. Reynolds	38.25	91.	A. Silk	51.49
44.	J. Taylor (V)	38.39	92.	D. Tingey	54.00
45.	B. Fincham	38.52			

### HANDICAP POSITIONS

Position	Name	Time	N/time	H/cap	H/cap points
1.	J. Cross	45.19	30.19	15.00	40
2.	M. Steinle	33.13	31.28	01.45	39
3.	M. Watling	32.10	31.40	00.30	38
4.	R. Coles	31.54	31.54	SCR	37
5.	R. Smith	33.00	32.00	01.00	36
6.	N. Kinsey	32.50	32.20	00.30	35
7.	T. Baldock	32.59	32.29	00.30	34
8.	P. Hamilton	33.04	32.34	00.30	33
9.	T. Nash	32.35	32.35	SCR	32
10.	P. Calnan	32.39	32.39	SCR	31





Steve Freemantle receives some encouragement during the S.L.H. match.

Photo by B. Saddler

## SLH MOB MATCH

Hayes

25th November, 1989

With Blackheath having won the Nicholls' Cup for the last 3 years and fielding 33% more runners on the day, one sensed an air of confidence at Bourne Way before this match. We were also familiar with this testing course which surely SLH would find tough going. There were even people watching the event from Blackheath who didn't run because the result seemed to be a foregone conclusion.

OUCH!

To say they caught us napping would not be an overstatement because SLH showed that they too have hidden reserves of talent. Although we closed in 6 men in the first 10, they took the first 3 past the post and it was in the middle order, where Blackheath normally dominate these matches, that SLH won the match.

Messrs Coles, Calnan and Nash ran well to form with David Hassall and Roy Smith grabbing starring roles in 7th and 9th respectively. Damon Williams and Peter Barlow also deserve special mention for gaining excellent positions despite injury problems in 1989. Les Roberts came in 20th after no training for as long as anyone can remember and collected the Ponsford Pewter for his troubles as first Blackheath Vet to score. If he wins this much more we should call the tankard the Roberts Pewter or maybe call him Les Ponsford.

As first Blackheath man, Richard Coles won the Davis Cup as winner of the club 7.5 miles cross country championship.

We would like that trophy back next year.

Match result scoring 72 aside — South London Harriers 5082 points; Blackheath Harriers 5440 points.

Position	Name	Club	Time
1.	Timblich, R.	SLH	43.03
2.	Evans, A.	SLH	43.10
3.	Firth, R.	SLH	43.18
4.	Coles, Richard	BLKH	43.31
5.	Calnan, Pat	BLKH	43.41
6.	Nash, Tim	BLKH	44.23
7.	Hassall, Dave	BLKH	44.26
9.	Smith, Roy	BLKH	45.02
13.	Williams, Damon	BLKH	45.30
14.	May, Nicholas	BLKH	45.34
19.	Barlow, Peter	BLKH	46.11
20.	Roberts, Les	BLKH	46.18
22.	Coe, Richard	BLKH	46.38
28.	Cooper, Tony	BLKH	47.17
31.	Daniel, Ken	BLKH	47.38
33.	Bounds, Tony	BLKH	47.55
35.	Davidson, Norman	BLKH	48.00
39.	Morten, Hugh	BLKH	48.33
40.	Richardson, Bob	BLKH	48.35
43.	Wise, Neil	BLKH	49.00
44.	Turner, John R.	BLKH	49.07
46.	Huntley, Christopher	BLKH	49.17
47.	Ellison, David	BLKH	49.18
51.	Ellison, Mark	BLKH	49.39
54.	Clare, Joe	BLKH	49.47
55.	Freemantle, Steve	BLKH	49.49
58.	Morris, Roger	BLKH	50.17
60.	Keogh, Nigel	BLKH	50.22
62.	Loneragan, W.	BLKH	50.34
65.	Lodwig, Mike	BLKH	50.52
67.	White, Dave	BLKH	51.00
68.	Povey, Steven	BLKH	51.04
69.	Turney, Rod	BLKH	51.07
71.	Shepherd, Peter	BLKH	51.16
72.	Nicholls, A.	BLKH	51.19
75.	Wheeler, Neil	BLKH	51.26
77.	Athawes, Martin	BLKH	51.28
81.	Kilgour, Andy	BLKH	52.02
82.	Michell, Simon	BLKH	52.05
84.	Woodcock, Chris	BLKH	52.12
85.	Wilson, Bernard	BLKH	52.15
86.	Hilton, Bob	BLKH	52.36
87.	Kelly, Chris	BLKH	52.39
89.	Savery, Roy	BLKH	52.43
91.	Reynolds, Mike	BLKH	52.50
92.	Capey, Simon	BLKH	52.53
93.	Rowe, Colin	BLKH	52.57
94.	Field, Michael	BLKH	52.59
95.	Jones, Allan R.	BLKH	53.00
96.	Thompson, Steve	BLKH	53.03
99.	Rissen, Peter	BLKH	53.24
103.	Eversfield, A.	BLKH	53.58
104.	Galvin, D.	BLKH	54.03
105.	Jackson, Mark	BLKH	54.04
107.	Carton, David	BLKH	54.09
110.	Grace, Andrew	BLKH	54.16
112.	Wheatland, Robert	BLKH	54.24
113.	Pearman, Steve	BLKH	54.28
114.	Sullivan, J.	BLKH	54.40
115.	Martineau, Mike	BLKH	54.42
116.	Bruce, A.	BLKH	54.42
120.	Wade, Mike	BLKH	55.17
122.	Poole, Colin	BLKH	55.21
123.	Painter, C.	BLKH	55.33
127.	Wheeler, Bill	BLKH	56.22
128.	Graf, Robin	BLKH	56.46
129.	Peel, Mike	BLKH	57.03
134.	Cayzer, Ian	BLKH	57.35
135.	Wood, Ray	BLKH	58.06
136.	Crickett, Michael	BLKH	58.13
137.	Tateson, Jim	BLKH	58.28
138.	Saxton, Brian	BLKH	58.36
139.	Hart, L.	BLKH	58.52
140.	Hayward, Gordon	BLKH	59.03
141.	Dhammaloka, Derek	BLKH	59.39
142.	Counter, Roger	BLKH	59.45
143.	Allen, Michael H.	BLKH	60.07
144.	Cross, John	BLKH	60.18
145.	Lovell, Peter	BLKH	60.24
146.	Green, Roy	BLKH	60.39
147.	Chambers, Ron	BLKH	60.55
149.	Gold, Ian	BLKH	61.25
150.	Hopgood, Don	BLKH	61.44
151.	Webb, N.	BLKH	61.53
152.	Griffin, D.	BLKH	61.59
153.	O'Flynn, Brian	BLKH	62.21



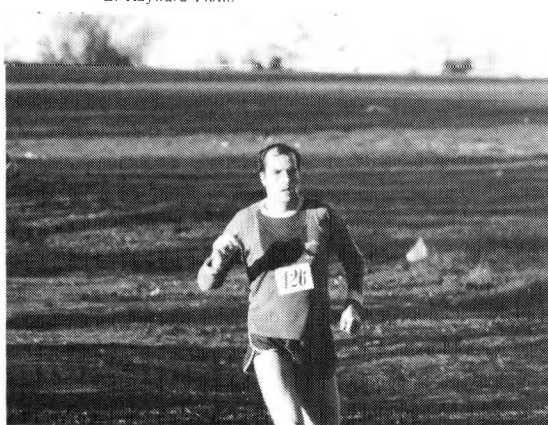
154.	Barker, J.	BLKH	62.57
155.	Larcombe, Derek	BLKH	63.35
156.	Mullett, Jim	BLKH	63.38
159.	Graham, Bill	BLKH	64.38
160.	Ashdown, Gavin R.	BLKH	65.11
162.	Williams, A.	BLKH	65.22
163.	Gasson, Mike	BLKH	65.53
164.	Wilcox, David	BLKH	65.59
165.	Smith, Eric	BLKH	66.12
166.	Churchus, D.	BLKH	66.38
167.	Ball, A.	BLKH	67.14
168.	Todd, Brian	BLKH	69.10
170.	Bennett, Jim	BLKH	69.38
173.	Tingey, Douglas	BLKH	73.01
175.	Lawrence, R.	BLKH	79.10

#### Handicap Positions

1.	B. O'Flynn (Scotting Salver)
2.	M. M. Allen
3.	M. Peel
4.	N. Wheeler
5.	S. Michell
6.	D. Carton
7.	P. Lovell
8.	E. Smith
9.	R. Hilton
10.	M. Martineau
Lanterne Rouge (50th Scorer)	
G. Hayward 140th.	

#### Points

40
39
38
37
36
35
34
33
32
31



*Martin Athawes, stalwart of track and country for 25 years.*

Photo by J. Phelan

## RANELAGH MOB MATCH

Richmond Park

26th January, 1990

In the absence of Graham Botley who was at the Commonwealth Games, Ken Daniel found himself canvassing for the second mob match of the season having lost at home to SLH. It turned out to be a difficult task despite the attraction of good going in Richmond Park.

With Brasher and Reilly of Ranelagh running off into an early lead it was left to Richard Coles to pursue, with David Hassall close behind. This was an extraordinary run by David as he had stepped off a transatlantic jet in the morning and driven direct to Richmond. The airline food can't be that bad after all.

Another good run came from Peter Barlow in 17th place ahead of Roy Smith and Ken Daniel. It was good to see Les Roberts back in action after a lay off but disaster struck when he badly turned his ankle and had to withdraw from the race. At least he didn't have to put up with Brian Stone yelling "only 200 to go!" about a quarter of a mile from the end.

However our efforts were thwarted by a strong Ranelagh team who claimed back the Pelling-Ratcliff Cup by a large margin leaving Blackheath to settle for second place.

The first three in the Bennett Cup handicap were J. McGowan, Doug Tingey and Mark Farrell.



*"Nik Nik" May - part of Blackheath's "flying squad".*

Photo by J. Phelan

#### Results

1.	Brasher H (R)	40.14	68.	Flagg D	51.32
3.	Coles R	41.04	69.	Wood R	51.37
4.	Hassall D	41.23	70.	Robinson J	51.42
8.	Calnan P	43.01	74.	Peel M	52.00
13.	Dyson M	43.53	76.	Reynolds M	52.13
15.	Farrell M	44.07	77.	Martineau M	52.19
17.	Barlow P	44.18	78.	Savery R	52.45
18.	Smith R	44.35	85.	Hannell P	53.12
19.	Daniel K	44.42	87.	Crowder G	53.28
22.	Phelan J	45.22	90.	Cayzer J	53.49
26.	Cronin M	46.08	91.	Dhammaloka D	53.54
27.	Wise N	46.12	93.	Brown J	54.04
28.	Betts P	46.17	94.	Brooks D	54.09
33.	White D	45.52	96.	Wheeler W	54.18
34.	Fisher B	47.00	97.	McGowan J	54.45
35.	Bounds A	47.02	98.	Plunk G	54.59
36.	Keogh N	47.06	99.	Mullett J	55.17
40.	Morriss R	47.37	100.	Counter R	55.26
44.	Kilgour A	48.31	102.	Varcoe R	55.34
45.	Kelly J	48.35	103.	McEvoy S	55.47
46.	Ellison M	48.51	104.	Tateson J	55.49
47.	Swift B	48.54	108.	Allen M H	56.39
48.	Young J	48.59	109.	Lovell P	56.40
51.	Shepherd P	49.11	111.	Gold I	57.19
52.	Purman S	49.23	112.	Michell S	57.22
56.	Rissen P	49.45	118.	Cross J	58.43
57.	Leahy B	50.04	120.	O'Flynn B	59.04
58.	Loneragan P	50.16	124.	Smith E	61.00
63.	Rowe C	51.03	126.	Michell A	63.32
64.	Parsons S	51.07	131.	Tingey D	66.53
67.	Redgewell D	51.30	134.	Bennett J	67.57

#### Teams (58 scoring)

1.	Ranelagh	3086
2.	Blackheath	3714

# DÉJA VU

## MATCH v. ORION HARRIERS

Chingford

20th November, 1926

### MY END OF THE RACE

By A. Slow

It was a similar sort of day to that on which we ran against Orion last January; the rain had been pouring down most of the morning, and there was every prospect of the Forest being just as the Orionites like it, and as it turned out to be — horribly wet and muddy.

Although feeling more like indulging in a gentle snooze than ought else, I turned out with the others and walked down to the start, trying to look as if enjoying myself. Arriving there, I very nobly placed myself in the rear in order to give our fast men a clear start, and while talking to some friends about the glorious weather and the beauties of the countryside, suddenly found that the said fast men had already dashed off, as if demented. I gallantly followed as quickly as convenient, but thought it best to keep out of range of a group of mudlarks in front, who were doing all sorts of weird things and generally behaving in a most extraordinary manner. I soon found that I was doing likewise, and experienced a thrill of pleasure on seeing an Orionite fall into the mud with a grunt. After stumbling along about the filthiest lane I have ever traversed, the trail bore to the right, crossing a main road where our worthy President was directing the traffic in a capable manner. I dodged a spiteful little Austin 7, and started up a slope from the bottom of which I could see a string of white and black. The blacks seemed to keep fairly well together, but there were two whites in front of me, so I decided not to worry about the rest of the race until I had passed these. After crawling up Clay Hill and slithering down the other side, I managed to get past the said two whites, who actually turned out to be 'heathens in disguise and looked about for the race again. There it was in front (of course), but the gaps between the groups had lengthened. A mile or so further on — saw a man decide to have his bath there and then. He chose a good-sized puddle, but left his dirty water in my way — I was glad I could swim.

Later on all thoughts of dampness departed as I stumbled and splashed in the thick mud with those b—— little flags in the worst parts. It was getting dark — I could not see the man in front, and for the minute had that lonely feeling (experienced only by the cross-country runner and the shipwrecked mariner). I wondered whether the fast men were struggling up Yardley or soaking in hot baths. It was too dusky to see well, but I could just make out figures, some black and other (more or less) white, encountering Yardley. Here it was that I sat down, quite without warning, but rather too hard to be pleasant. I got up and struggled on, up Yardley itself, well! saw the places where those before had slid and did likewise, then down and down again, and felt quite cheered when Hill's voice rang out "Only another 200 yards."

It is a pity the finish is so far from the Hotel. I followed a line of weary figures up to the dressing-room, and having managed to scrape the mud and clay off, got in a bath, wondering the while if this lukewarm muck had ever been water. However, I found that the cold shower is changeless.

Then came the grub and a concert, and in eating, etc., I and the rest of the slows showed style as good as any fast man going.

*This report may well have been written almost sixty years ago but it still has a certain familiar feel about it. Some things never change and the mud and cold showers at Orion are but two of them. Ed.*

## MOB MATCH v ORION

10th February, 1990

Chingford

Having lost the previous 2 mob matches Blackheath clearly needed a win to avoid a whitewash and nobody was more aware of this than the President, Don Gillate. Ken Daniel therefore did a good job rallying the forces and his task was not helped by the recent bad weather, the infamous Epping Forest mud and the Southern Vets being held on the same day.

The start was delayed and whilst waiting 10 minutes for people caught in traffic, Jim Phelan arrived direct from the Southern Vets — he had leapt into his car after the Southern in vest/shorts/mud/SPIKES and raced from Romford to Chingford.

The teams tried to start on a relatively dry, grassy area but the officials pushed us forward another 50 yards just to make sure we were ankle deep before we started.

The club has been going to Orion for many years but there cannot have been many occasions when the conditions underfoot have been worse than this although we were lucky on the day as the weather was quite good.

Our efforts seemed to have paid off as we provided the first 8 finishers who were led home by Tony Baldock. Roy Smith and Pat Calnan tried to make it harder for themselves by running off course but they soon joined up with 4 other Blackheath runners who then ran as a pack for several miles. Mark Farrell confirmed his recent good form with a second strong run in consecutive mob matches and Mark Dyson's third place consolidated an impressive winter in his first year with the club — he will be looking forward to a good track season.

There were tense moments after the match when 3 recounts were needed as the final result was so close. This again highlights our shallowness in the middle order — where has it gone? However on this occasion we squeezed home by a narrow margin but if Jim Phelan had gone home after the Southern like any normal person, we probably would have lost.

NJD

### Results

1. Baldock T.	48.09	59. Wood R	60.07
2. Watling M	48.35	62. Parsons S	60.25
3. =Davidson N	50.23	57. Peel M	61.07
3. =Dyson M	50.23	68. Clapham W	61.09
5. Farrell M	50.33	69. Metcalf P	61.26
6. Calnan P	50.37	71. Grace A	61.54
7. May N	50.41	73. Brown J	62.45
8. Hassall D	50.43	75. Martineau M	63.00
10. Smith R	51.02	80. Wheeler W	64.47
12. Daniel K	51.59	81. Tateson J	64.52
13. Beck J	52.10	91. Brooks D	67.29
15. Turner J R	52.25	94. Gross J	68.00
18. Cronin M	52.57	95. Mullett J	68.14
19. Bounds A	53.31	96. Lovell P	68.23
23. Wise N	54.12	99. Hamlin V	68.48
26. White D	54.45	101. Michel A	68.50
31. Fisher B	55.30	103. Gold I	69.27
33. Phelan J	56.14	105. Fuller R	69.34
34. Ellison M	56.16	107. Webb N	70.15
35. Lonergan P	56.19	108. Graham W	70.22
39. Coe R	57.22	111. Hopgood D	70.48
40. Kelly J	57.24	114. Larcombe D	72.26
43. Cooper A	57.40	115. Bottinger W	72.26
48. Michell S	58.45	119. Orton W	76.41
53. Povey S	59.34	120. Tingey D	81.39
54. Athawes M	59.37	121. Bennett J	82.38
56. Cricket M	59.49		
57. Rowe C	59.50		
58. Hilton R	59.51		

### Match Result

Blackheath	3036
Orion	3051



*Just the man to cope with "Steep Charges" up a "Slippery Bank" Norman Davidson ran a "Sterling" performance at Chingford.*

Photo by J. Phelan

## CLUB 10 MILE CROSS COUNTRY CHAMPIONSHIP

Hayes

3rd March, 1990

The fair weather again produced a good turn out for this, the longest cross country race in our calendar. Sometimes seen as an easy touch for a club medal, the "10" produced several members of our National squad who quickly broke away.

It was only in the second half of the race that Tony Baldock felt able to break away from David Hassall and Richard Coles. Tony is new to the club this year, being a second claim member from Tunbridge Wells Runners, and is probably a little worried about running into the lead and getting lost — well he wouldn't be the first would he?

In the Bennett Cup handicap scoring, Derek Larcombe, Adrian Musson and John Brown took the first 3 places.

### Result

1. Baldock A	57.14	25. Martineau M	70.16
2. Hassall D	57.39	26. Hilton R	70.17
3. Coles R	57.45	27. Robinson J	70.58
4. Smith R	58.20	28. Ridgwell S	71.08
5. Watling M	58.45	29. Brown J	71.13
6. Farrell M	60.18	30. Cayzer I	72.36
7. Morten H	60.43	31. Michell S	72.48
8. Cronin M	61.20	32. Wood R	73.23
9. Daniel K	62.08	33. Savory R	73.35
10. Turner JR	62.29	34. Musson A	73.51
11. White D	62.53	35. Ebbutt R	74.13
12. Hillyard R	63.40	36. Wheeler W	74.27
13. Bounds A	63.42	37. Froude B	74.40
14. Fisher B	63.43	38. Mullett J	75.48
15. Wise N	64.15	39. Cross J	78.39
16. Shephard P	65.50	40. Hamlin V	79.21
17. Freemantle S	66.12	41. Larcombe D	79.43
18. Kelly J	66.21	42. Hopgood D	79.45
19. Kilgour A	66.36	43. Gird I	79.57
20. Morris R	66.43	44. Dhammaloka D	81.49
21. Reynolds M	68.41	45. Wilcox D	86.32
22. Canfield G	68.45	46. Michell A	87.27
23. Metcalf P	69.09	47. Tingley D	91.37
24. Rowe C	69.33	48. Bennett J	91.39

## CLOSING 5

Hayes

17th March, 1990

A glorious day with a temperature of 25 degrees produced 45 entrants for this last event on our cross country calendar which is run on the traditional yacht handicap basis.

The race was won by Chris Huntley and his time of 32.20 was also the 8th fastest of the day. However the handicapper Mike Martineau, had got wind of the man in form and Pat Calnan rightly found himself running off scratch. Pat duly produced a time of 30.03, a really excellent time in this course. Second fastest was Mark Steinle (31.30) and third was Norman Davidson (31.44).

The closing 5 is also the last event in the Bennett Cup. John Brown however ran true to form and held on to pole position for this trophy by running 37.23 on the day. It is appropriate to mention that Mike Martineau has done a truly excellent job as handicapper this season. This is one of the most difficult jobs in the club and Mike has shown consistency throughout the cross country calendar.

### Result

In finishing order with actual places in brackets and actual running times shown.

1. ( 8) Huntley C	32.20	24. ( 5) Daniel K	32.13
2. (16) Marsden D	35.42	25. (42) Wilcox D	47.00
3. (37) Green R	42.06	26. (44) Smith I	50.06
4. (41) Newman J	45.09	27. (33) Saxton B	41.08
5. (17) Hilton R	35.57	28. (11) Turner J	33.56
6. (20) Hamlin M	37.13	29. ( 9) Cronin M	33.16
7. (14) Crisp M	35.17	30. (30) Tateson J	40.03
8. (27) Ebbutt R	39.05	31. (43) Tingley D	50.05
9. (21) Brown J	37.23	32. ( 6) Lord C	32.14
10. (12) Kelly J	34.13	33. (28) Chambers R	39.28
11. (18) Metcalf P	36.02	34. (23) Savory R	38.35
12. ( 1) Calnan P	30.03	35. (19) Rowe C	37.08
13. (15) Ridgwell S	35.19	36. (13) Bounds A	35.02
14. (22) Peel M	37.53	37. (42) Allen M	43.10
15. (36) Weeks-Pearson A	41.57	38. (25) Brightwell T	38.42
16. ( 3) Davidson N	31.44	39. (24) Wilson B	38.24
17. (39) Michell A	42.48	40. (29) Martineau M	39.47
18. (35) Cross J	41.56	41. (31) Wood R	40.25
19. (10) Wise N	33.29	42. (34) Hamlin V	41.24
20. ( 2) Steinle M	31.30	43. (38) Dhammaloka D	42.42
21. (32) Mullett J	40.32	44. (26) Card A	38.54
22. ( 7) Morten H	32.16	45. (45) Morten R	50.14
23. ( 4) Williams D	32.06		

## BENNETT CUP 1989/90

172 competitors took part in at least one of the Bennett Cup events which are the 5 mile club championship; the SLH mob match; the Ranelagh mob match; the Orion mob match; club 10 mile championship; the closing 5.

9 competitors finished all 6 Bennett Cup races — A. Bounds, J. Cross, K. Daniel, J. Mullett, M. Martineau, C. Rowe, D. Tingley, N. Wise and R. Wood.

21 competitors finished all 3 mob matches and therefore are eligible to compete for the Chief Whips Trophy which will go to the athlete who now finishes highest in the Ted Pepper "7" — J. Bennett, A. Bounds, J. Cross, P. Calnan, K. Daniel, M. Ellison, I. Gold, D. Hassall, P. Lovell, S. Michell, J. Mullett, M. Martineau, M. Peel, C. Rowe, R. Smith, J. Tateson, D. Tingley, N. Wise, R. Wood, W. Wheeler and D. White.

### Final Placings

1. J. Brown	141 pts	9. M. Farrell	89
2. J. Cross	139	9. J. R. Turner	89
3. M. Peel	119	11. J. Robinson	88
4. K. Daniel	100	12. R. Hilton	86
5. D. White	99	12. M. Martineau	86
6. D. Tingley	95	14. H. Morten	83
7. N. Wise	94	15. R. Smith	81
8. A. Baldock	90		

# CROSS COUNTRY RELAYS

## BLACKHEATH HARRIERS' CROSS COUNTRY RELAYS

Sparrows Den

23rd September, 1989

Boxhill Racers stormed home clear winners in the annual cross country relay, held at Sparrows Den.

Marking the start of the cross country season the Tiphook sponsored event was run in perfect conditions that produced some very fast times from runners still tuned to track performances.

Thirty-six teams from 16 clubs raced around a specially designed course of two miles that twisted around rugby and football games in progress and through the woods on the upper slopes of Sparrows Den.

The 'heath hosted the six-leg event and fielded no less than six teams. However, through the absence of our top nine runners we managed only a modest eighth place.

From the gun, Boxhill's Fairbrother sped into the lead, handing over to Ian Lamplough some three seconds ahead of Ranelagh's M. Riley. His lap time of 9 minutes 21 seconds was bettered only by M. de Freitas (Portsmouth) and A. Reid of Dartford, whose incredible 9.16 on the second lap took him past eight others and into the lead.

On lap three Dartford were unable to hold their lead. Boxhill's international steeplechaser Keith Penney recaptured the front position, just barely ahead of Invicta's M. Hicks, who surged from further back with a 9.21 lap, equalling Fairbrother's opening circuit.

Unfortunately, Hick's team mate N. Renny was short of leg speed, dropping behind S. Bell of Cambridge Harriers and O. Foote of Belgrave on lap four.

Meanwhile, the visiting Belgian Club, AV Roeselare, including two juniors, were sneaking up on the leaders with a string of consistent laps. They finished in fourth position, their best since their first annual visit nine years ago.

Boxhill hung on to Penney's hard earned lead with anchorman David Cowans taking over from Mark Gregory and eventually breaking the tape at 57.37 about 11 seconds ahead of Brighton and Hove, with Cambridge third.

The first B team was also from Boxhill, with the first C team from South London Harriers.

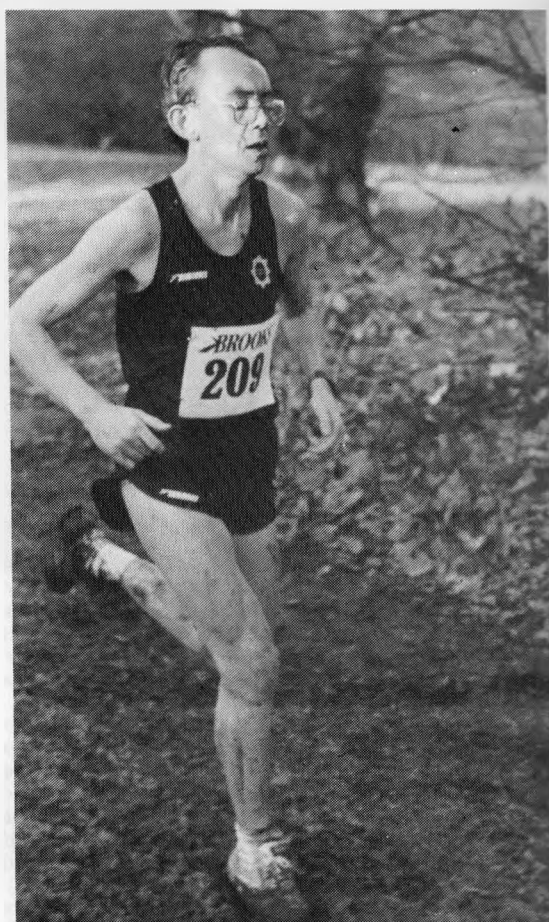
One of the day's more remarkable performances came from a team of Blackheath schoolboys; 15-year-old Anthony Draper, Neil Louth, David Marsden, Chris Foaks, Mark Steidle and 12-year-old Simon Wheeler ran home in 1.11.06, ahead of several senior teams.

The Blackheath veterans' team of Peter Shephard, Bill Clapham, Chris Woodcock, Bill Wheeler, Tony Weeks-Pearson and Peter Risson managed 1.14.54 and our fastest man home was Pat Calnan with a time of 9.28.

### Results

1. Boxhill	57.37
2. B & H	59.02
3. Camb. H	59.10
4. Roeselare 'A'	59.18

8. BH 'A' 60.30; (P. Calnan 9.28; M. Colpus 9.42; M. Lawton 10.08; N. May 10.12; K. Daniel 10.12; G. Spencer 10.48).  
 24. BH 'B' 67.20; (M. Dyson 10.17; R. Coe 10.33; A. Algeo 11.17; P. Barlow 10.59; N. Colvin 11.36; S. FitzCosta 12.38).  
 28. BH 'F' 68.35; (M. Cronin 10.38; D. White 11.09; I. Wilson 11.35; J. Clare 11.15; G. Sagar 12.11; M. N. Williams 11.47) (29. Roeselare 'B' 69.07)  
 32. BH 'E' 71.06; (A. Draper 10.33; N. Louth 11.51; D. Marsden 11.28; C. Foaks 12.27; M. Steidle 11.17; S. Wheeler 13.30)  
 33. BH 'D' 71.38; (J. Bailey 11.42; R. Ebbutt 12.32; P. Betts 10.45; S. Parsons 12.21; D. Dhammaloka 13.21; I. Young 10.57)  
 35. BH 'C' 74.54; (P. Shephard 11.38; W. Clapham 12.19; C. Woodcock 12.36; W. Wheeler 12.38; A. Weeks-Pearson 14.00; P. Risson 11.43. 36 Teams.  
 Fastest laps: — A. Reid (Dartf) 2 and M. de Freitas (Portsm) 4 9.16; BH Av 11.25.



Pat Calnan – ever present over the country – and world famous printers error.

Photo by B Saddler

## PRIORY CROSS COUNTRY RELAY

Reigate

4th November, 1989

Running against teams that included celebrated internationals, we fought a knife-edged duel for medals in this years Priory Relays at Reigate.

Priory Park, Reigate was the battleground for our top men. Still without five of our best runners, we fielded an A team that included a last-minute promotion from the B team: young Nick May, whose gutsy performance in the anchor leg assured us of our medals.

Over 100 teams crowded the starting line, tension and a fresh wind raising goose pimples.

Amiable Pat Calnan ran the testing first leg for the 'heath, battling for position as the runners strung themselves out in a faltering line in the two-and-a-half mile lap of the park.

He handed over to Spencer Newport in 12th position, with a very creditable time of 13 minutes 28 seconds. Spencer who had just celebrated his 23rd birthday, ran a brilliant leg, with the second fastest time of the day (12.30) overtaking no less than ten top class athletes, to hand over to Richard Coles in second position. Richard surged into first place in 13.21.



Off raced Mark Watling, but his lap time of 13.34 was 13 seconds slower than Richard's, and he surrendered the lead to two faster men.

Mark Colpus, took over in third position, and found himself racing against England international John Gladwin, who was representing Belgrave Harriers, the eventual winners. Predictably, the lead lengthened, but Mark hung on to his third position, with a superbly judged leg, timed at 13.23, before handing over to Nick May who clung on until the final stretch, when he outkicked the other man and brought us home in third position, clocking 13.52.

We entered two other teams, but Barry Saddler injured himself in the warm-up, and had to drop out. After a hurried re-arrangement, the C team ran with only five men, and did not score. The B team finished 39th overall, despite a promising start by Dave Hassall, whose 14.07 lap put him in 26th position.

Seventeen year old Stephen Povey dropped down to 46th, followed by Richard Coe, up to 41st, Ken Daniel pulling up three places to 38th, then Simon Parsons (Saddler's replacement), and Peter Barlow running the anchor leg in 14.55.

The official result — First: Belgrave Harriers (brought home by Garry Staines, British 5000m international). Second: Brighton (whose Andy Bristow ran the day's fastest lap in 12.20). Third: BH 'A' 80.08 (P. Calnan 13.28; S. Newport 12.30; R. Coles 13.21; M. Watling 13.34; M. Colpus 13.23; N. May 13.52); BH 'B' 90.04 (D. Hassall 14.07; S. Povey 15.31; R. Coe 14.42; K. Daniel 14.27; S. Parsons 16.22; P. Barlow 14.55) Also I. Wilson 15.52; M. H. Allen 19.04; M. Hamlin 16.56; V. Hamlin 17.28; P. Rissen 17.40; Fastest lap 12.23; =2nd S. Newport 12.30.

P.K.-P.

## HERNE HILL HARRIERS C.C. RELAYS

Brockwell Park (4 × 2ml)

2nd December, 1989

**Results:** (36.41) 4 BH 'A' 38.08 (A Baldock 9.17; P Calnan 9.23; D Hassall 9.35; M Dyson 9.53) 8 BH 'B' 39.16 (G Spencer 9.40; K Daniel 9.50; R Coe 9.46; D Williams 10.00) 14 BH 'C' 41.26 (S Thompson 10.08; M Steine 9.55; Dv Marsden 11.16; S Povey 10.07). 20 teams finished. Fastest leg 8.51.

## ECCU NATIONAL CROSS COUNTRY RELAYS

Berry Hill Park, Mansfield

24th March, 1990

The ECCU relays returned to Mansfield's Berry Hill Park for the second successive year but, despite the excellent course, failed to attract the same depth of field as the previous year. In 1989 one minute thirty three seconds separated the top ten teams in the senior race. This year the gap was three minutes. A howling, icy gale made conditions difficult, but the course was firm and the rain held off all afternoon.

In the youths' event Westminster schoolboy Chris Huntley ran an excellent well paced race to bring us in eighth at the end of leg one. We were expecting to move through the field after this but competition was tough and we were to hover around the middle of the field for the rest of the race. Anthony Draper found it hard work in the strong winds and slipped a couple of places. Anthony Algeo had a solid leg on third stage and Jonathan Murray pulled us up a couple of places on the final leg to bring us in tenth overall. Nearly one and a half minutes ahead an epic battle was taking place. Woodford Green led with only six hundred metres to go. By the finish they were fourth as Liverpool Harriers' Chris May burst through for victory having set off in fifth position. Only ten seconds separated the top four teams in the most exciting race of the day.



Bill Foster 22nd in New York and first 'heathen home in the National.

Photo by R. Coe

The junior race, over 3,000m+, only boasted 12 starting teams but those who were there meant business. Steve Povey was unfortunate to be on a particularly high quality first leg led home by international track man Martin Forder. Mat Lawton, now a first year student at Loughborough University, began our move through the field but with the teams so spread out it was difficult to pull back places. Damon Williams clawed back another place on leg three and our best individual run came from Liam Bulson on leg 4 recording an excellent 9.30 on what was virtually a solo run. Up front a very strong City of Hull romped home ahead of Portsmouth and GEC Avionics with National Gold and Bronze medallists Chester Le Street and Sale in fourth and fifth respectively.

Despite the absence of clubs of the calibre of Coventry, Valli, Gateshead, Wolverhampton and Birchfield, the senior race still had some strong teams. Gary Crowther, former National silver medallist, stormed round to take Salford into the lead on lap one closely followed by Shaftesbury and Thames Hare & Hounds. Bill O'Donnell, after a marathon journey from Devon the previous day kept us in contention with a well paced run to close eleventh. Blackheath's outstanding run of the day came on leg 2 as Spencer Newport picked off runner after runner to take us into fourth place and recorded the second fastest time of the day. Pat Calnan ran well but slipped to seventh as quality athletes flashed by. On leg 4 Mark Colpus, still hampered by groin and ankle injuries, battled valiantly but slipped another two places. Looking at the top ten we could not have expected much more than ninth so this was a good team performance. Injuries and illness kept many of our "stars" away. The race was won by a strong Salford team who led at the end of three of the four legs.

Youths —	1.	Liverpool Harriers	32.06
	2.	Derby	32.12
	3.	Sale	32.15
	10.	Blackheath	33.25
	(C. Huntley 8.16, A. Draper 8.19, A. Algeo 8.33, J. Murray 8.17)		
Juniors —	1.	Hull	37.26
	2.	Portsmouth	37.42
	3.	GEC Avionics	38.02
	8.	Blackheath	39.40
	(S. Povey 10.34, M. Lawton 9.33, D. Williams 10.03, L. Bulson 9.30)		
Seniors —	1.	Salford	61.30
	2.	Tipton	61.47
	3.	Shaftesbury	61.52
	9.	Blackheath	64.06
	(W. O'Donnell 15.58, S. Newport 15.10, P. Calnan 16.19, M. Colpus 16.39)		



# CROSS COUNTRY ROUND-UP

## KENT CROSS COUNTRY LEAGUE I

Capstone Park, Medway

7th October, 1989

The first Kent League fixture was held at Capstone Park, Medway where the 205 competitors included a scratch team from Blackheath who sorely missed the top runners, many of whom were on a training weekend in Jersey!

Mark Colpus was our highest placed performer coming in ninth overall with a time of 29.22 for the five miles-and-a-bit. The course was hilly and testing over fields and orchards whose soft surfaces tugged at tired legs and sapped strength and stamina. Second 'heathen home after an excellent run was Stephen Povey followed by his coach Richard Coe, Martin Athawes, Jim Bailey and Bill Clapham, of whom the papers said 'a 'heathen of many summers but possessed of a sharp wit and more stamina than men half his age'.

### Results

(28.02) 9. M. Colpus 29.22; 39. K. Pike (Guest) 31.08; 85. S. Povey 33.40; 86. R. Coe 33.45; 102. M. Athawes 34.36; 124. J. Bailey 35.47; 152. W. Clapham 37.00. Teams (scoring 4) B.H. 14th (69 league points).

## KENT CROSS COUNTRY LEAGUE II

Hoo

25th November, 1989

If the first Kent League was deplete of 'heathens then adjectives fail to describe this squad. On a day when the main body of the club was busy losing the 7½ mile mob match to S.L.H. and the first team was abroad taking part in the Cross Cup in Roeselare our honour in the Kent League was being defended by Bill Clapham. He came 173rd in 31.28 out of a field of 224. Dare it be pointed out that there are already too many fixtures on the Winter card to be covered by too few runners. If we are unable to field adequate teams in the Kent League because mob matches are of a higher priority then perhaps we should no longer participate in this league wherein we are likely to become a laughing stock because of our lack of adequate commitment.

## KENT CROSS COUNTRY LEAGUE III

Canterbury

20th January, 1990

A late attempt to salvage some pride in this season's Kent League fixtures saw a dozen 'heathens make the trip to Canterbury. And on the same course where a fortnight earlier the Blackheath Vets had snatched the Kent Cross Country Championship, Pat Calnan led the 'heath contingent home in 28th spot, followed by Damon Williams in 40th and near vet Ken Daniels in 47th. The scoring four was completed by Nick Kinsey, the Gazette Triathlon correspondent who finished 66th three places ahead of Peter Barlow. Norman Davidson, a Gazetteer who *can* write was 88th in front of Ernie Wise in 93rd, John 'Mr Sainsbury' Turner two seconds behind in 94th, John McConville in 134th and John Kelly 147th. Simon Parsons and Adrian Musson both erstwhile Shot and Hammer men in the Summer brought up the rear of the Blackheath squad to score in the Duodec for the first time this season.

### Results

1. (28.47) 28. P. Calnan 31.13; 40. D. Williams 31.51; 47. K. Daniel 32.02; 66. N. Kinsey 32.47; 69. P. Barlow 32.53; 88. N. Davidson 33.49; 93. N. Wise 34.06; 94. J. R. Turner 34.08; 134. J. McConville 35.40; 147. J. Kelly 36.11; 182. S. Parsons 38.11; 216. A. Musson 41.00; 249 finished.

Teams (scoring 4) B.H. 'A' 9th; B.H. 'B' 24th; Duodec; B.H. 4th.

## KENT CROSS COUNTRY LEAGUE IV

Hayes

10th March, 1990

In the final fixture, on home territory, we managed to field 16 runners and establish an element of respectability when our first three runners finished inside the top 20. Again Pat Calnan was our first man home in seventh place, less than a minute behind the winner. B. Reynolds of Tonbridge with Mark Colpus thirty seconds back in 12th, Mark Watling was a further half minute behind in 18th place. Ken Daniel was our fourth man to score in 50th spot bringing the 'A' team home in 4th place. We also finished fourth in the 'Duodec' for a final league placing of 7th in this 12 to score event behind Medway, Invicta and the mighty — Ashford Road Runners!

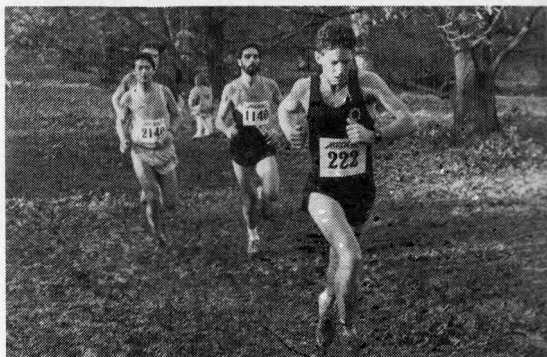
### Results

(29.30) 7. P. Calnan 30.37; 12. M. Colpus 31.06; M. Watling 31.38; 50. K. Daniel 33.24; 67. N. Wise 34.20; 77. J. Kelly 34.43; 96. P. Shephard 36.17; 101. M. Athawes 36.59; 105. S. Capey 31.17; 106. S. Mitchell 37.30; 122. B. Wilson 38.31; 135. M. Peel 39.48; 149. M. H. Allen 42.04; 153. B. Saxton 43.07; 154. D. Dhammaloka 43.26; 155. A. Weeks-Pearson 43.31.

Teams (scoring 4) 4. B.H. 'A'; 17. B.H. 'B'; 26. B.H. 'C'; (scoring 12) 4 B.H.

Final league positions:—

(4 to Score)		(12 to Score)	
1. Invicta E.K.	445	1. Medway	76
2. Medway	438	2. Invicta E.K.	60
3. G.E.C.	411	3. Ashford R.R.	59
15. B.H. 'A'	255	7. B.H.	34
29. B.H. 'B'	99		



Roy Smith continues to progress over the country.

Photo by B. Saddle

## BLACKHEATH v BANK OF ENGLAND v KENT AC

Hayes (6m)

28th October, 1989

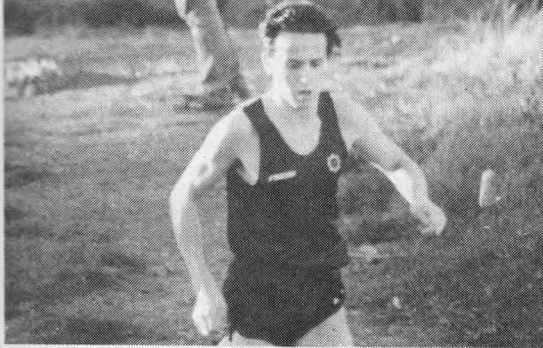
### OUR VERSION

This match was held on a very windy day — gusting up to 70 m.p.h.

It was an 'out and back' type course — starting from the field below the church, going up Boundary Wood, round some fields at the top, back down Boundary Wood and across to the church. To add to the fun, various tree trunks were lying across the path in the woods.

The leading group gradually got away (although the high winds slowed everyone), with Dennis Fairbrass coming in together with Ken Pike, followed fairly closely by M. Dyson of Blackheath.

MA



*Damon Williams, sixth 'heathen home in the S.L.H.*

Photo by J. Phelan

### THEIR VERSION

No shooting in the foot this year after last year's debacle when in an act of extreme generosity B.H. handed over to Kent A.C. four of their second claimers who duly obliged by coming in 1st, 2nd, 6th and 8th, thus handing Kent A.C. victory! A much more cautious approach was adopted this year however as over 50 runners set off on an out and back course on a bright clear autumnal day and the field, following their team manager's tactics by hiding behind the huge frame of a loping Mike Laws into a strong wind.

To ensure victory, B.H. duly brought down the favourite for Kent A.C. in the opening field but unfortunately he rolled out of the way of 30 pairs of 'heathen's spikes. The field strung out before hitting a gale upon coming out of Boundary Wood, but the next contingency plan for victory failed when the first three went off course (all Kent A.C.) but Ken Pike knew where he was (for once) despite later trying to take them off course again! Ken Pike and Norman Fairbrass saved the officials any embarrassment by holding hands on crossing the line despite Mike Peel's protestations for the second claimer to 'go for broke'.

With only Mark Dyson and Ken Daniel in the top 8, the day was clearly lost despite Dave Dunn's 'star chamber' tactics at changing it from 6 to 8 then 10 then 12 to score, but none of these brought about the 'right' result — only the usual delay!

Don Gillate acknowledged the result graciously with his usual wit including a remark that he was surprised to see any of the Bank of England's runners present, he thought that they would all be too busy propping up the pound! Still at least the opposition voted B.H. as the best provider of tea and cakes as well as good bon homie, in the land!

KP

### Results

1 = K Pike (K) 33.25; 3 M Dyson 33.37; 6 K Daniel 34.16; 8 P Betts (K) 35.00; 9 N Davidson 35.03; 10 M Laws 35.42; 11 N Wise 35.49; 12 I Wilson 36.06; 16 R Turney 37.14; 17 N Keogh 37.17; 18 P Shephard 37.20; 19 M Athawes 37.29; 20 A Kilgour 37.39; 24 S Parsons 38.22; 25 S Michell 38.26; 26 B Fincham 38.36; 27 R Wheatland 38.41; 28 S Capcy 38.45; 29 R Savery 38.56; 32 M Crickett 39.14; 35 A Eversfield 39.30; 36 S Pearman 39.38; 38 J Tateson 41.15; 41 C Hall (S) 42.05; 43 J Hills 43.08; 44 S Moore-Fay 43.47; 45 A Michell 43.57; 47 J Cross 44.15; 48 M H Allen 44.16; 52 Fin. Teams (Sc 6) 1 Kent 'A' 27; 2 BH 'A' 51; 3 BH 'B' 114; 4 Bank Eng 150; 5 BH 'C' 167; 6 Kent 'B' 180; 7 BH 'D' 231.

## SOUTH OF THE THAMES JUNIOR (5m)

Sevenoaks

11th November, 1989

No word has reached us of this race so we must surmise that we didn't do all that well. Judging by those who took part it was pretty much a homegrown team that represented the 'heath and Roy Smith looks to have had a good race.

(25.36) 38 Roy Smith; 45 J Beck; 58 M Lawton; 60 M Dyson; 68 K Daniel; 100 D Williams; 104 G Spencer; 107 P Barlow; 109 J A Cooper; 224 Fin. Teams (Score 4) 12 BH 'A'; 24 BH 'B'; 40 Teams.

## THE SEVEN SISTERS CROSS COUNTRY MARATHON

Eastbourne, East Sussex

28th October 1989

The day for our Marathon had arrived, the BBC Weather Report forecast gales on the South Coast... At 6.30 am we met in Croydon, it was raining steadily with high winds rocking the car. Nobody seemed too enthusiastic.

Eventually, we arrived at St. Bede's School, Eastbourne for a 9.00 start.

The start was on the far western end of Eastbourne seafront. The circular route embraced some of the best scenery in Sussex.

The course was on Downland tracks and footpaths via Jevington, Friston Forest, Lullington Heath, Alfriston, Bo-Peep, Litlington, West Dean, the Seven Sisters, and Beachy Head.

We were advised that for the average runner this hilly course could be expected to take 30-40 minutes longer to run than a flat road Marathon as it is almost entirely cross country with a total ascent of 3000 feet, 32 gates and stiles as well as bridges, cattle grids and 300 steps.

Before anyone could have second thoughts, at 9.00 a.m. precisely, a fog horn sounded the start and we were off.

Everything we had heard about this event was true, the hill climbing seemed almost continuous, the scenery... beautiful England! The refreshments stations (free of charge) had water, orange and lemon drinks, plus biscuits, hot drinks, sausage rolls (Peter Rissen enjoyed) plus fruit cake, chocolate bars and then there was the pub at Birling Gap (22 miles).

We received great support from Mike Peel and Mike Williams, previous fast runners of this event.

The severity of the Seven Sisters Marathon is greatly measured by the weather conditions. Your reporter has never before run in such powerful winds. Runners were literally blown over and it was rather frightening on the final climb to Beachy Head. We steered well clear of the cliff edge.

At the finish we were provided with hot tea, cake, rice pudding etc. Tony Bounds easily managed two helpings of rice pudding.

We then retired to the nearby Pilot Inn for a "warm down" on our experiences! We heard a rumour that next year the organizers are levelling out the Seven Sisters and will introduce a compulsory swim round Beachy Head!

First to finish was Michael Bradley of Chesham Harriers in a time of 2 hours 57 minutes.

First lady to finish was Sarah Coope in a time of 3 hours 26 minutes.

Other times recorded up to 5 hours were:

Tony Bounds	3.24
Mike Cronin	3.36
Donna Kelly	3.37
John Kelly	3.37
Peter Rissen	3.43
Dave Cordell	4.00
Janida Darby	4.15
Roy Green	4.15
Tony Cooper	4.32
Nick May	4.32

Seven hours after the start hundreds of walkers were still out. Winds of 90 mph were recorded at Birling Gap, car windows were blown in, and for safety, a diversion was made along the road to Beachy Head.

Mike Cronin



Back row l. to r. S. Hough, S. Cole, J. Murray.  
Front row l. to r. I. Lewis, P. Burch.

Photo by M. Shearman

## CROSS CUP

Margate

12th November, 1989

Blackheath went international at Hartsdown Park, Margate in the first EuroCross Cup event to be staged in Britain.

In a seven-event meeting, the 'heathens were the only club to be represented in every race, taking second place in three, and finishing within a minute of the leader in the main event.

On the fast, flat course, our boys were second in the 1km, 2km and 3km for the under 13s, under 15s and under 17s respectively.

Ian Lewis, who has just turned 12, was only four seconds behind Invicta's T. Davis in the opening event in 3 minutes 14 seconds.

Phillip Burch, 14, was second over 2k in 6.27, proving that he runs as well as he swims, with Eamonn Prendergast fourth, only nine seconds behind.

In the 3k event, Invicta's P. Hogston was the clear winner, but the next three places went to young Blackheath Harriers who have won much distinction recently: Simon Cole in 9.29, just beating gutsy Steven Hough (9.30) and the ever-reliable Jonathan Murray (9.33).

In the 5k junior men's race, 17 year old Steven Povey matched his age with his finishing position in 17.26, a performance fractionally bettered by Brian Swift, 46, in the Vets' race that followed, in 17.25.

In the senior men's race over 8k, it was de Cuyper (Belgium) in 25.19, then Invicta's B. Quartermain 25.21, with Tony Baldock third in 25.27, and Richard Coe 16th in 27.30.

However, it was the 8k International that mattered most. This essentially continental event has never been staged in Britain before, and it attracted a field of considerable quality.

By the end of the first 2k lap, Richard Nerurkar, a languages teacher from Marlborough School, surged into a lead that he never lost.

Blackheath's representative, Spencer Newport, was running in the England vest for the first time.

A committed 'heathen, he gave up the chance of an England vest for a track meeting this summer because of a prior Blackheath commitment.

Now 23, and running in brilliant form, being second in the previous week's Priory Relay at Reigate, Spencer chased the formidable England internationals who were runners-up in last winter's World cross country championships. He did well to finish 15th in 23.41, less than a minute after Nerurkar, and only 26 seconds behind third-placed Steve Tunstall.

### Results

Boys (77/78 1km) (3.10) 2 I Lewis 3.14; Boys (75/76 2km) (6.10) 2 P Burch 6.27; 4 E Prendergast 6.36; N Morgan; M Cavalli; J Jackson; Boys (73/74 3km) (9.06) 2 S Cole 9.29; 3 S Hough 9.30; 4 J Murray 9.33; 9 A Algeo 9.45; 16 N Louth 10.33; 18 Dv Marsden 10.37; Jun (5km) (14.52) 17 S Povey 17.26; Vets (5km) (15.44) 7 B Swift 17.25; Sen (8km) (25.19) 16 R Coe 27.30; International (8km) (22.57) 15 S Newport 23.41 (First England Vest).

## CROSS CUP AT ROESELAEERE

26th November, 1989

It wasn't quite the masses of 'heathens that invaded Rodenbach country last spring but those that returned in November certainly made an impression.

We fielded three in the Main event, the Mens International 8500m and our trio could have given a few National squads a good run. After a few hours wondering if Jerry Barton would actually arrive at the venue and whether he would come by flying machine, train, coach, bicycle or mule we learned that

# J. A. WAKEMAN

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he had in fact been since the evening before when he casually climbed over the fence that surrounds the track that serves as the starting area. In addition the team included Spencer Newport (15th in the first race at Margate) and Alan Guilder. Spencer was not included in the ECCU squad for this one but must be well pleased with improving to 13th this time round. He worked through from about twentieth early on in the six-lap race and was closing all the way to the finish. Jerry was obviously not as fit as he had hoped, but then none of us are, but fought off a mid-race challenge from clubmate Alan Guilder to finish 22nd with Alan 26th. The final result is littered with familiar names and I recall Peter Daenena (16th) and the World Junior 5000m Recordholder Eddie DePauw (17th).

The crowd as usual were enthusiastic and many and could certainly show the lethargic British a few things regarding spectating. It is fun to compete here in front of such fine spectators. It's even more fun to stagger home with a varied sample of Belgians other claim to fame. Believe me when I tell you that they make the finest bottled ale in the world. Tony Baldock was taking his first trip to Belgium as a runner and a drinking aficionado. After a few stops in the inappropriately named town of Gits where he sampled Rodenbach, Het Kapittall (10%), and St. Sixtus (9.5%) he had warmed up enough to place 8th in a closely fought 8500m 'B' event the following day.

The 'heath again dominated the b.73/74 race with three in the first seven to finish. From the start Anthony Draper and Jon Murray were well placed in the 3200m race. Mark Steinle, fresh from a bout with chicken pox and back running for a week, was left at the start. Draper ran one of his best races to finish second to a larger rival from the low countries while Murray placed third. Steinle came through for seventh, good enough to show he was on the way back for the Kent in 2 weeks time.

The next such event is set for Ninove on December 24th but that doesn't mean that the 'heath won't be represented.

M.H.

#### Results

Sen Men (24:02.5) 13 S Newport; 22 J Barton; 26 A Guilder; 41 Fin. Vets (16:17.7) 22 I Wilson; 41 M Hamlin; 64 Fin. Boys (10:03.6) 2 A Draper 10:07.0; 3 J Murray 10:09.1; 7 M Steinle 10:30.4; 16 A Algeo; 36 R Weatherstone; 46 N Louth; 48 Dv Marsden; 75 Fin.

### III Ninove

24th December, 1989

Sen Men (9350m) (25.51) 17. S Newport 27.04.

### V Tourcouing

4th February, 1990

Sen Men (28.55) 29 S. Newport 30.33; 32 J Barton 31.04; 36 A Guilder 31.19.

## CC v BANK OF ENGLAND v TVH (4½m)

### Roehampton

18th November, 1989

In the exquisite surroundings of Royal Richmond Park, Blackheath took on the Bank of England and Thames Valley Harriers.

Hundreds of deer milled about the edges of the four-and-a-half mile course, but fortunately did not interfere with the race. In their recent home match against the Bank, Blackheath rather overwhelmed the visitors, but it was an occasion for revenge with the Bank's best runners on the starting line.

N. Camp (24.20) and Mills (24.47) snatched the first two places for the Bank, followed by two runners from Thames Valley. Blackheath then bunched across the line, taking 8 of the 9 next places, to win the team prize.

First 'heathen home was Garry Spencer, 5th in 25.36, followed by Roy Smith (25.54) and Pete Barlow (26.09).

#### Results

(24.20) 5. G. Spencer 25.36; 6. Roy Smith 25.54; 7. P. Barlow 26.09; 9. M. Cronin 26.47; 10. S. Freemantle 27.02; 11. A. Bounds 27.13; 12. S. Ridgewell 27.18; 13. N. Keogh 27.29; 15. D. Ellison 27.32; 20. P. Shephard 28.27; 22. A. Kilgour 28.44; 27. M. Reynolds 29.12; 29. A. Jones 29.22; 32. S. Pairman 29.39; 33. W. Clapham 29.45; 34. S. Moore-Fay 29.52; 36. G. Plank 30.38; 40. D. Dhammaloka 31.28; 41. J. Brown 32.03; 43. M. H. Allen 33.39; 47. Fin. Teams (Scoring 8) 1. BH 73; 2. TVH 109; 3. Bank 144.



Tony Bounds, first 'heathen home in 'Seven Sister's' Marathon.

Photo by B Saddler

## 5m CHRISTMAS YACHT HANDICAP

### Hayes

16th December, 1989

Torrential rain welcomed the competitors at the start of the Xmas handicap thereby dashing the hopes of those who turned up for a nice little jaunt to get themselves ready for their Xmas lunch.

This traditional form of handicapped race is potentially an excellent event but of course it relies too heavily on every runner running to form thus making the handicapper's task an impossible one. Perhaps next year it is worth doing a self-handicap and let each competitor live up to his own estimation?

Fastest man of the day was young Mark Steinle who was fortunately handicapped out of it thus avoiding too much embarrassment. Van Hamlin took his Xmas gift and finished first man home—he'll probably be running off scratch next year for showing off!

#### Results

In finishing order with actual places in brackets and actual running times shown.

1. (21) V. Hamlin	39.45	19. (16) P. Metcalf	37.37
2. (19) R. Chambers	39.26	20. (14) S. Michell	37.09
3. (25) R. Morten	42.12	21. (10) A. Kilgour	36.39
4. (13) S. Pairman	37.03	22. (17) D. Ridgewell	38.51
5. (2) G. Spencer	32.44	23. (23) J. Tateson	40.24
6. (33) J. Newman	47.14	24. (6) M. Cronin	34.11
7. (28) D. Larcombe	44.42	25. (5) H. Morten	34.06
8. (11) C. Rowe	36.59	26. (1) M. Steinle	32.37
9. (4) N. Davidson	33.02	27. (30) D. Hopgood	44.53
10. (31) W. Graham	45.36	28. (35) J. Bennett	50.49
11. (36) D. Tingey	51.51	29. (12) M. Lodwig	37.00
12. (26) M. Allen	42.39	30. (22) M. Martineau	40.02
13. (24) M. Peel	40.27	31. (9) A. Bounds	35.06
14. (3) K. Daniel	32.53	32. (18) D. Marsden	38.52
15. (20) B. Dinsley	39.44	33. (34) D. Wilcox	48.41
16. (27) J. Cross	43.02	34. (29) D. Brooks	44.42
17. (7) N. Wise	34.34	35. (32) B. O'Flynn	46.20
18. (8) J. R. Turner	34.35	36. (15) M. Crisp	37.11
		37. (37) C. Brand	54.40

## CROSS COUNTRY v. THAMES H&H AND HERNE HILL HARRIERS

Hayes

6th January, 1990

This race began life as a match against Thames H&H and Herne Hill came in as late competition.

Unfortunately this is a very low key event to Blackheath Harriers but Thames and Herne Hill both brought small, strong squads and if they were prepared to do so again this could be a very good fixture indeed. Even with Blackheath filling the first 2 places through Mark Colpus and Tony Baldock, we were soundly beaten by both teams in the 13 to score, such was the quality of their squads. Thankfully Andy Thomas of TH&H arrived late and did not start — however TH&H just pipped Herne Hill by one point to win so Andy's late arrival was forgiven by his team.

### Blackheath Results

1. Colpus M	34.32	49. Kelly J	43.51
2. Baldock A	34.53	50. Crickett M	44.00
10. Smith R	36.50	53. Ridgewell S	45.18
14. Daniel K	37.19	54. Wade M	45.28
19. Dyson M	38.14	55. Brown J	46.37
21. Davidson N J	38.27	56. Tateson J	47.33
22. Barlow P	38.28	57. Parsons S	48.19
25. Cronin M	38.42	58. Hart L	49.15
26. Thompson S	38.53	59. Williams A	50.12
37. Nicholls A	41.25	60. Allen M H	50.58
38. Griffin C	41.35	62. Dhammaloka D	52.32
40. Michell S	42.00	63. Michell A	54.23
41. Shepheard P	42.06	65. Bennett J	57.15
43. Rissen P	42.45	66. Tingey D	59.25
44. Hilton R	42.56		

### Match Result

13 to score — 1. Thames H&H 245; 2. Herne Hill 246; 3. Blackheath 296.  
18 to score — 1. Herne Hill 466; 2. Blackheath 535.

## SOUTH OF THE THAMES SENIOR

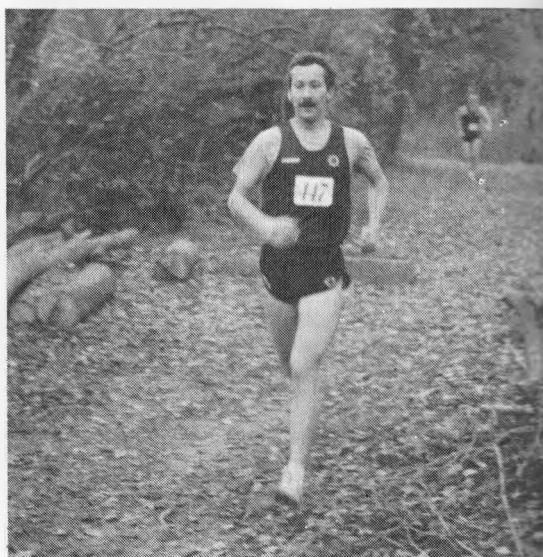
Footscray

3rd February, 1990

Again no word from the Blackheath camp about this S.O.T. event. If I hadn't been drinking with the Kent A.C. President a certain K. Pike, I wouldn't even have known that they beat us! He certainly looks to be in good form though as he finished in front of all our men. This race also gained notoriety for being Keith Penny's first race as a vet. Unfortunately for him he was to injure himself — falling and dislocating a shoulder the first serious injury he has sustained in twenty five years!

### Results

(39.10) 29 K Pike (Kt) 41.56; 38 M Watling 42.12; 50 N Kinsey 42.54; 55 N May 43.01; 72 Roy Smith 43.36; 74 M Dyson 43.38; 76 P Barlow 43.42; 98 K Daniel 44.33; 115 D Williams 44.59; 172 A Cooper 48.48; Teams (Scoring 6) 10 BH.



Richard Coles leads Pat Calnan through the 'Custard'.

Photo by J. Phelan

## BLACKHEATH HARRIERS SCHOOLS CROSS COUNTRY RACE

Sparrows Den

7th March, 1990

During the first quarter of this century Blackheath competed regularly over the country against various local, and not so local schools, as well as conducting regular sorties against Oxford and Cambridge Universities. These cross country outings which took place on Saturdays, were usually about 5 to score and took the form of club versus individual school. In 1925 this format changed inasmuch that for the first time Blackheath drew together more than one school at the same venue. Whitgift School and Bromley County School competed against the 'heath in what was possibly the inaugural Schools' fixture and by the following year it was already known as the Inter-Schools' Team Race, attracting such teams as Beckenham County School, who won the event, with Blackheath finishing second, Colfes third and Brockley County fourth and last. This first 'official' Inter-Schools' fixture took place at Wickham on April 3rd, 1926. The following year Wilsons and Addey and Stanhope joined the competition whose ranks were further swelled in 1928 by Emmanuel School, Strand School and St. Dunstons who still compete today.

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The "Parrish Cup" given for the Schools Race, was first competed for in 1946 and arose from a bequest to the club by W. J. Parrish, its devoted servant for many years. In the early post war years the competition was very popular, with teams coming from as far afield as Repton in Derbyshire as well as locally, and a limit of 25 teams had to be imposed in the 1950's. Blackheath member R. A. Gordon-Smith, presented the RAGS Trophy for this race, which since 1964 has served to encourage local schools in the face of severe outside competition and is awarded to the first school to finish — being situated within a ten mile radius of B.H.H.Q.

Individual winners in the '80's have been such luminaries as Alan Guilder in 1981, Robert Farrish in '82 and '83 who both went on to greater success with Blackheath, Andrew Iszatt of S.L.H. in 1984 and more recently David Robertson of Tonbridge and Judd School who was the individual winner in '89 the same year in which he went on to dominate the 1500m steeplechase ranking for his age group as well as winning the AAA 1500 flat by 40m and setting a Girobank League record at 3000m. His school team Judd, has dominated the Parrish Trophy in recent years, a tribute to their recently retired coach and mentor, Brian Mitchell, taking over the mantle from Skinners and Maidstone Grammar School who won earlier in the decade.

The RAGS Trophy was hotly contested throughout the 80's by St. Dunstons, twice holders with Purley High School, John Fisher who won in '82, '84 and '85, Trinity who held the Trophy in '87 and surprise winners Dulwich College who finished the decade on top.

This year's race was contested by 9 schools: as well as regulars Chislehurst and Sidcup, Dulwich College, John Fisher, Judd, Langley Park, St. Dunstons and Trinity, Whitgift and Wilsons were welcomed back into the fold. Skinner's School who usually offer fierce competition were unfortunately unable to attend due to illness of the member of staff who organises their cross country.

The course comprised two and a half laps of Sparrow's Den incorporating the golf course and a small section of woodland. It was started by President Don Gillate, who had himself competed in the same race in 1939. Within a mile, a group of five had broken away from the main pack and significantly four of the group were sporting the purple vest of Judd the other being Liam Bulson of Dulwich College and also of Blackheath Harriers. By the end of the first lap the lead group had been reduced to three as two of the Judd runners dropped off the fast pace being set by Robertson and Skelton.

On the final lap with half a mile to go these three were still locked together two hundred metres ahead of the next runner and a full half mile in front of the main body of runners where Judd, Whitgift and St. Dunstons were packing well. As they entered the wood for the last time the two Judd runners turned the screw on Bulson and on exiting had created a significant gap which they were to hold to the end. M. Skelton won by two seconds from D. Robertson, who had finished an excellent 7th in the recent National Schools Cross Country. Bulson closed in third for Dulwich College who were unable to hold onto the RAGS Trophy as Whitgift packed well in 8th, 11th, 12th and 13th spots to claim the local cup. Judd won the Parrish Cup by dint of finishing 1, 2, 4 and five and completed the rout by taking first 'B' team with 6, 7, 18 and 22.

#### Full Results

Parrish Cup — 1st Team	Judd (12 points) 1, 2, 4, 5
RAGS Trophy — 1st Local Team	Whitgift (44 points) 8, 11, 12, 13
Winner 17.04	M. Skelton — Judd
2. 17.06	D. Robertson — Judd
3. 17.29	L. Bulson — Dulwich College
4. 18.23	R. Laughton-Zimmerman — Judd
5. 18.39	B. Skilton — Judd
6. 19.14	S. Clark — Judd
7. 19.16	D. Whitaker — Judd
8. 19.31	T. Howard — Whitgift

9. 19.49 — St. Dunstons  
10. 19.49 — P. Goddard — Trinity  
70 — finished  
Teams (4 to score): 1. Judd A 12; 2. Whitgift A 44; 3. Judd B 53; 4. St. Dunstons A 67; 5. Dulwich College 80; 6. Trinity A 82; 7. John Fisher A 122; 8. Wilsons A 123; 9. Trinity B 140; 10. St. Dunstons B 164; 11. Trinity C 176; 12. Whitgift B 179; 13. Chis. & Sid. A 199; 14. John Fisher B 216; 15. Wilsons B 233; Langley Park — uncompleted team.  
Under 16 medals: Gold R. Vale 20.06 14th — Trinity; Silver J. Lodge 20.14 18th — Judd; Bronze P. Wild 20.20 21st — St. Dunstons.



*Dave White in search of the Black Stuff.*

Photo by B. Saddler

## THE ORION '15'

Chingford

19th March, 1990

Over 300 runners assembled at Orion Harriers HQ on March 19, to contest the 'Orion 15' cross-country race famed for its strength sapping mud.

Tales of running through mud up to your knees, lost shoes sucked off by the mud, have been told at Blackheath on many a Wednesday evening.

So with trepidation, I entered the race. Having run the Orion mob-match earlier in the season — I had no illusions of what would be before me.

But where was the mud? The day of the race was hot, very hot, the ground as hard as concrete and you had to watch your step as parts of the course were very rutted, particularly the famous start.

The course was very well marshalled and due to the hot weather, drink stations were set up. Orion should be congratulated on their organisation of this event.

The eventual winner was J Watson, Thames Hare & Hounds, with a time of 1.29.13, 2nd N Camp, Woodford Green, 1.30.11 and 3rd the evergreen G Meredith, Cambridge Harriers 1.31.51 (1st vet). 1st team, Woodford Green with three to score had a total time of 4 hours 38.23. Blackheath were 28th team with a total time of 5 hours 36.43. 111 teams finished with a total of 329 finishers! Blackheath times: J Clare (1st vet over 50) 1.39.39, position 29th, D White 1.41.30, position 41, M Cricket 2.00.46, position 212, I Gold 2.07.58, position 249, D Hopgood 2.08.56, position 253.

Having felt somewhat cheated by the dry course I hope to return next year and run it under its true conditions, then I too, will be able to say on Wednesday evenings — "I have run the Orion 15 and survived".

DW

# T. E. HAMMOND



*Whilst leaning on the Club bar one Wednesday evening, Eric Sullivan, he's the "Club Electrician" you know, mentioned that a neighbour of his, a Mrs. Dily Ruffer, had told him that her grandfather had been a member of Blackheath.*

*On further investigation, it transpired that Mrs. Ruffer was the granddaughter of T. E. "Tommy" Hammond of walking fame. The then Club President, Ken Johnson, was informed and he wrote to Mrs. Ruffer inviting her to present the Johnson Bowl, the trophy awarded to the winner of the Club road walking race, which this year was held at Norman Park. She kindly agreed to do so and made the presentation to the winner, Peter Hannell.*

*A few weeks later, Ken received the following very interesting article written by Mrs. Ruffer about her late grandfather, with the accompanying photographs.*

Long distance walking, now a Cinderella event in athletics, was, in the early part of this century, a great spectator sport; one of its pioneers was my grandfather, T. E. Hammond (1878-1945), "Tommy" to his walking friends.

An illustration of the crowd-pulling power of long distance walking and of Tommy Hammond's tenacity occurred in his record 24-hour walk at the White City Stadium on 11th/12th September, 1908. The distance he covered in the 24 hours was 131 miles, 580 yards, 1 foot, 3 inches; Tommy was prevented from completing the 132nd mile by a boisterous invasion of the track by the capacity crowd.



In 1926, the year of the General Strike, as a publicity stunt to advertise the need for a new river crossing over the Thames, he raced against Sir Kenyon Vaughan-Morgan, MP. Sir Kenyon maintained it was possible for a person to walk from one point to another crossing the river by boat quicker than could a motor car between the same two points but having to go round by the nearest bridge. T. E. Hammond won, "proving" the need for a new bridge over the Thames.



T. E. Hammond had a history of service to his country as well as to athletics when in 1899 he volunteered for the Boer War and became a cyclist orderly to Lord Kitchener. During the First World War he served for five years (1915-1920) in the Middle East, rising to the post of D.A.D.O.S. with the rank of Major. After active service he returned to the Stock Exchange where he was made a "member" in 1921 and later founded his own firm of Hammond and Block.

Walking for Tommy was a life-long passion. Years after his record making and breaking walks, he would take his annual holidays by himself striding out over Norway, Finland, the Alps or the Pyrenees.



Amongst his other well-known athletic achievements were: third place in the first Stock Exchange Walk on May 1st, 1903 (this race is still walked today on the first Sunday of May).

In 1904 he won this event (in 8 hours, 26 minutes, 57 seconds — then a record. Later he lowered the record to 8 hours, 18 minutes, 18 seconds).

On June 21st/22nd, 1907 he won the London-to-Brighton-and-back Walk in 18 hours, 13 minutes, 37 seconds, making a record which he held for 19 years.

## OBITUARY.

22/8/33

### SIR K. VAUGHAN-MORGAN.

The death occurred in a London nursing home early yesterday morning of Sir Kenyon Vaughan-Morgan, Conservative M.P. for Fulham East since 1922, and a director of the Morgan Crucible Company.

Sir Kenyon, who was 59, was taken ill a month ago and had to undergo an operation. Following a second operation septicemia set in a fortnight ago and he had a relapse on Sunday night.

The betterment of London and its people was his chief interest. He was the founder of the Western Exits of London Society, which recommended the construction of the Cromwell-road bridge and so led to a scheme which will provide London with a great new traffic artery leading out to the western suburbs.

Some years ago Sir Kenyon undertook a novel test to emphasise West London's need for a new bridge. He maintained it was possible for a person to walk from one point to another crossing the Thames by boat quicker than could a motor-car travelling between the same two points but having to go round by the nearest bridge.

Mr. T. E. Hammond, the well-known Stock Exchange walker, took part in the test, and by reaching the end of the journey first proved Sir Kenyon's contention.

Throughout the time the London Passenger Transport merger plan was going through its various stages prior to becoming law Sir Kenyon was active on behalf of the travelling public and was severely critical of the measure.

Also in 1907 he made a record from London-Oxford (just under 55 miles) by walking the distance in 8 hours, 51 minutes, 14 seconds. He also held the record for the famous Bradford Walk over a 40 mile course in 6 hours, 37 minutes, 47 seconds.

In 1908 he represented England in the 10,000 metres walk at the Olympic Games, a bit of a sprint for a long distance walker?

In 1914 he created a record for the 42 miles between Norwich and Ipswich.

*For younger members; the motif worn by Tommy Hammond was the emblem of the 'Surrey Walking Club' long before a similar logo was adopted by a certain German gentleman. — Ed.*

Thanks to Mrs Dily Ruffer for the article and her sister Mrs Leonie Henderson and husband for supplying photographs.



Peter Hannell receives the Johnson Bowl from Mrs D. Ruffer granddaughter of T. E. Hammond.





## PROFILE ON...

Photo by B. Saddler

### ROY SMITH

29th November, 1989

Roy David Smith was born in Croydon on 5th October 1962.

At five years old, like many of us, he caught measles, but unfortunately complications set in and he became deaf.

Roy's early sporting career was mainly playing soccer in which the determination he now displays in his running was evident.

Since joining the Club in 1987 Roy has made tremendous progress with his running and has obviously benefitted from Club training and more recently from regular track work.

A consistent runner, Roy is currently training in the region of 70 miles a week, although his 6.00 a.m. 5 mile Gravel Hill session will not be everyone's cup of tea.

Recently Roy has taken an interest in the Triathlon event and I hear from the Smith household that his expensive new bike is kept in his bedroom.

Roy's other interests include supporting Chelsea Football Club and photography. Last summer he toured Australia and was able to assemble a fine photographic record of his trip.

Although busy working at Dulwich College Roy does find time to swim and cycle in preparation for his proposed Triathlon.

Roy prefers Cross Country to Road Racing and his ambition is to get into the Club's National Cross Country Team.

At 5 feet 8 inches (1.73m) tall and weighing 9 stone 8 lbs (61 kg) Roy is a compact determined runner who will make every effort to achieve his ambition.

The following is a summary of some of Roy's performances since 1988:

Event	Distance	Time	Position
Docklands	10 Km	31.49	4
Westerham	9 Miles	50.25	3
Maidstone	10 Miles	54.20	10
Marseilles	13.1 Miles	71.43	60
London	26.2 Miles	2.37.52	422

M.C.

## WACKY RACES No. 1 THE MELTHAM MANIAC MILE

Long since fed up with running round and round a running track or through ten miles of boring urban concrete, the lads up North have devised a series of races that are spectacular in their conception and innovative in their location, providing a challenge for the runner on the look out for something a little different. There are Fell Races and Mountain Marathons, Round The Walls and Over The Moors, Trans-Pennine Relays and Horseless Horse Trials and then there is the ultimate brush with pain and potential injury, the Uphill and Downhill Mile. Up Mow Cop at 1 in 4 is worthy of the title Killer Mile. Equally so is the series of races that take place downhill at Meltham known as the Maniac Mile.

Take the train from Euston to Manchester Piccadilly, within minutes of being met at the station you're out on the moors. Cross the Pennines into Yorkshire and in less than an hours drive through 'Last of the Summer Wine' country, you arrive at a picturesque stone village nestled in a valley just outside Huddersfield.

A quick change in the Working Men's Institute and you set off up the hill to the start, past shops and stone built houses, past the local Brass Band playing 'Brown Bread Music', past the farms, the farmer's fields and finally out onto the moors — when you hit the cattle grid — you've reached the start line.

There's an A and a B race with the C being reserved for non-athletes — Take the A race — its faster. The only things on your mind now are, will I make it down the hill without falling over and will the first digit on my watch be a 3 when I cross that finish line. The starter sits in the back of a Range Rover thirty yards down the road and after what seems like an eternity blows an air horn to signal the start. He then holds on for grim death as the Range Rover does a wheelie to escape the sea of runners that threaten to engulf him. Fifty yards down the road and the 'Maniac' in the race title becomes self evident; the breathing's OK but the legs! The legs are running away from you. Each step rams your thigh bones back into your pelvis but any thoughts of slowing or changing direction are immediately dispelled as you realise you are running in perfect synchronisation with the runners directly in front, behind, to the left and to the right.

By half way the field has thinned a little, unbelievably people are getting away from you at the front whilst others have managed to arrest their downward momentum. The pain in your leg joints is excruciating — despite the downhill training and you vow never again. Two hundred to go and although the hill has now increased its angle of descent amazingly you break into a sprint as you pass a couple of 'slower' runners approaching the line. You stop the watch but don't dare to look. But when you do the big 3 is all you look for. And there it is 3.51.47 and you explode with joy and relief. Unless you're the bloke who came up all the way from Yeovil — his watch showed 4.03 — so he'll be back next year.

Back at the institute the beer flows all night and at 65p per pint why shouldn't it. Large baps and pies are 20p each. You and the other 37 sub four milers each receive your certificates along with the winner Paul Pickup from Langwood who was just outside the record with 3.32. But the biggest cheer of the night is reserved for the ultimate 'Maniac' Dave Ibbotson, a 34 year old fell-racer from Glossopdale Harriers who took part in all three races and smashed the four minute barrier three times in the space of half an hour. In between, he ran back to the top on each occasion! And I thought I was a bit mad!

JP

*If you've taken part in a race that's a little out of the ordinary by dint of venue, distance or any other factor, then can we please have a write-up to continue this series of 'Wacky Races'. Ed.*



# LETTERS TO THE EDITOR

12th April, 1990

Dear Editor,

In an otherwise excellent issue of Gazette No. 618 it was a little disturbing to find no reports at all, apart from those appearing in accounts of Club Championship Meetings and a Road Relay, of the efforts of our Young Athletes.

This magazine is and always has been "The Blackheath Harriers Gazette and Club Record", a function which it has meticulously served since 1898. It is published in the name of the Hon. Secretary of the Club and therefore with the formal and implicit approval of the Committee. In its 92 years it has established its name for survival as no other publication can or should.

When the Bicentenary History of the Blackheath Harriers comes to be written it is to this Gazette that the historians will turn and we delude ourselves if we suppose that anyone will remember in 2069 that in 1990 it was customary to store a large part of our records elsewhere in any publication(s) not comparably authorized.

Yours 'heathenly,  
D. R. Gillate

*In reply to this very valid point the Editorial Staff would like to clarify two points, the obvious one being that we can only publish articles and results that are actually submitted for publishing, and surmising that there is a great deal of Summer and Winter activity taking place among the Young Athletes of Blackheath it would necessitate someone immediately involved in these activities reporting directly to the Gazette.*

*Secondly I am aware that all Summer activities undertaken by the Young Athletes are already covered by their own publication "B.H. Young Athletes Track & Field Review" which incidentally contains no mention of senior athletes activities.*

*Whether these two publications continue along their separate paths or undergo a merger is not for the Editorial Staff but for the Club Committee to decide. I look forward to further correspondence and discussion on this issue. Ed.*

\*The Editorial staff would like to thank all contributors for early receipt of copy enabling this issue to be printed in May... Unfortunately, due to financial restraints this issue has had to be delayed until September. As usual, all contributions literary as well as monetary are welcome in order that this Gazette may continue to report on the day to day events at B.H.

## JERSEY 1989

St. Helier

October, 1989

This trip was conceived over a series of Tuesday nights in the Bricklayers Arms whilst recovering from our various track sessions. It was very much an end of season mini holiday for this pack of people and not, as the local newspaper paper was told, a "training holiday".

The entire group was made up as follows — John and Grace Wakeman, David and Heather Hassall, Ken and Della Daniels and family, Norman and Sylvia Davidson and family, Rob Bates, Pat Calnan, Peter Barlow, Damon Williams, Barry Saddler, Dave Galvin, Simon Parsons, Nigel Keogh and Peter Lester.

The majority of the group arrived on Friday morning and returned on Monday night. Unfortunately, due to an error by the travel agents and pure stupidity on the part of British Airways the two "family" elements were left standing at Gatwick awaiting the next flight — nearly 8 hours later!! It

was simply one of those bad dreams, only we didn't wake up. Without boring you with too much detail just imagine a new airport terminal which clearly isn't yet functioning properly. two people with the wrong tickets issued by the travel agent, a computer crashing every 2 minutes, unhelpful check-in staff, even more unhelpful ground crews, 4 children between the ages of 1 and 5, 4 adults who had spent a lot of money on tickets and were looking forward to their trip in Jersey and 2 desk staff taking nearly 2 hours to resolve the matter — we later find out that the plane was delayed for well over an hour and eventually took off with plenty of empty seats.

We therefore went home after eating everything we possibly could at BA's expense and returned for the 6 o'clock flight which was ONLY delayed 40 minutes.

Friday night saw Pat Calnan, Nigel Keogh, Barry Saddler and Peter Barlow with their dancing shoes on, jiving to a one man band who resembled Bob Taylor and therefore became known as such — in recognition of his dancing that night, Pat Calnan has since been awarded a club honours award and quite right too. I helped the hotel manager to "fold up" the disco dance floor — this is not a type of dance, I actually folded up the floor and put it under the stairs where it belonged. Surely every disco ends like this.

Whilst we were all roaming around the island on Saturday Pete Lester was arriving via Guernsey planning to island hop over to Jersey — the police had other ideas and Pete wasn't hopping anywhere just yet. An eagle-eyed Bergerac pulled in Peter for a quick search — 2 hours later and after a great deal of sweating our Pete was a free man, but only just. He'd been told that there was a warrant out for his arrest for robbery in England (Devon to be exact) and he was not welcome in Jersey. However after some time they strangely let him in without explanation. Upon his return to England Peter went into Bromley Police Station and gave himself up. Only then did he discover that the Guernsey Police had mixed him up with P. LISTER. It could have happened to anyone, I'm surprised they didn't confuse John with Rick Wakeman and detain him for drug offences.

We discovered that Jersey has very strict licencing laws and the various managements are very choosy about who they allow into their establishments. Every pub or club was guarded by at least four Robbie Coltranes who hated mainlanders. We therefore couldn't be choosy and basically went into the first club that would have us. I think everyone enjoyed their Saturday night, but surely none more so than Ken Daniel who underestimated the power of 16 glasses of white wine. Later that night a gang entered Pat Calnan's room and poor old Pat awoke to find Dave Galvin sitting on him with Damon about to shave off Pat's eyebrows! Fortunately for Pat he only lost half of one eyebrow which he could easily touch in with an eyeliner pencil which Simon "happened to have on him". Pat reacted in the gentlemanly manner we would all have expected — he crept upstairs and threw a bucket of water over Dave Galvin.

Sunday saw an upturn in the weather which gave us time to travel around the island in small groups. In the evening everyone except the babysitters went to see Peter Brookes performing with his band at a nearby hotel. Unfortunately it was another smart hotel and half of the gang were dressed like Worzel Gummidge. Peter therefore had to tell the management that they were dealing with International athletes, all of whom could be trusted to behave themselves. This must have been pretty difficult with Barry Saddler and Damon Williams wearing their new shirts which looked like they were manufactured from knitted refugee blankets.

Getting out of the island proved easier than getting in for some people. However I should say that Jersey was a good choice of venue for this kind of trip as there is plenty to do and see. Prices are lower than I expected — there is no VAT and all drinks, etc are at duty free prices. What more could you ask for?

N.J.D.

# ROAD RELAYS

## SOUTHERN AAA 6 STAGE ROAD RELAYS

Rushmoor Arena, Aldershot

30th September, 1989

With most of our top runners still resting after an incredibly successful track season, we were disappointingly down the field in the Southern Counties Six-Stage Road Relay Championships.

However, some members of the scratch team produced some unexpectedly sparkling performances.

The six-lap race was run on the traffic-free roads of Aldershot's Rushmoor Arena in the military training grounds.

The fast, flat course of three and three-quarter miles contributed to the occasion's very high standard that underlined our plight in having to cobble together a team of runners of widely varying abilities.

The first team of the 80 or more clubs taking part were guaranteed places in the National Championships, and normally we would have qualified comfortably.

Said Cross Country captain Graham Botley: "We actually have runners capable of winning this event. Unfortunately, it's just between the track and cross-country seasons, and our top stars are mostly unavailable."

First off for the 'heath was John Beck, a runner who can usually hold his own at inter-club level. However, the early pace was too rich for him and, instead of running at his own speed, he attempted to keep in touch with the fast men and paid a severe penalty, finishing near the back with a slow time of 20.45.

Richard Coles ran the second lap nearly two minutes faster, pulling back 21 places, before handing over to Pat Calnan, our fastest man in the previous weekend's cross-country relay at Sparrows Den. Pat's 17.50 lap was good enough to overtake ten others before handing over to first team regular Jerry Barton.

Last seen on the track at Crystal Palace, in company with top internationals, Jerry ran a very respectable leg, recovering a further ten places.

By now, the field of 80 runners was well strung out, some of the slower men being lapped. Race officials seemed to have become confused, and even the computer broke down, leaving team captains anxious about their results.

What was not in doubt, however, was the superb fifth lap run by Gary Arthey, whose black vest carved a path through the pack in a time of 17.33, one of the fastest of the day. It was an heroic performance, a valiant attempt to put us back in contention for the Nationals.

A great deal of excitement and emotion attended his efforts, as one by one he overhauled no less than 14 high-grade competitors, to hand over in 20th position.

Dave Hassell ran the anchor leg. Just back from holiday and with very little notice, he strove hard to sustain the team's remarkable recovery, but slipped a few places to finish 24th.

By our own high standards, the result was a severe disappointment, but the manner in which we clawed our way through a competitive field was as thrilling as the battle for first place.

Highgate beat off a close challenge from Brighton and Hove, who came in second just ahead of local favourites, Aldershot.

P.K.-P.

(108.56) 24 BH 114.34 (J. Beck 20.45; R. Coles 18.55; P. Calnan 18.50; J. Barton 18.23; G. Arthey 17.33; D. Hassell 19.07; Fst leg 17.07; 5th G. Arthey.



Photo by J. Phelan

## T.V.H. RELAY

Cranford

31st March, 1990

With the Southern Road Relay looming this was the chance for aspiring team members to prove their fitness. As Martin Duff wrote in A.W. "most clubs were using the event to finalise their line up for the Southern relay". That was the theory at least. In practice we fielded only five athletes, so no team selection problems were solved here. Admittedly it was the same weekend as the Ostend relays and we had some injuries but that doesn't disguise the fact that this was a poor turnout. This was a shame as this is probably the best attended relay leading up to the Southern and features some of the strongest teams in the South of England. With over 100 teams competing it is ideal for all club athletes to attend.

The first leg was run at a furious pace with Pat Calnan closing in 14th ahead of athletes such as Mike Riley (Ranelagh) and Chris Nelligan (TVH). His time of 16.48 was 41 seconds faster than he ran two years ago. Tim Nash, on his way back from injury ran well on leg two to move up to 12th on a leg which featured athletes of the calibre of Hamish McInnes (Old Gaytonians), Justin Fairbrother (Boxhill) and Hugh Brasher (Ranelagh).

It was unfortunate for 3rd leg man Mark Farrell to be set up like this. Having begun his career as a marathon runner, Mark is now coming round to the idea that running shorter distances is as much fun as the longer trek and you can also do more of them. Here, he follows a long line of 'Heathens such as Garry Spencer, Dave Hassall and Mark Watling who have entered the sport this way. Today the pace of the other runners took its toll but with some more speed work at Norman Park he will soon be holding his own against such opposition. Mark Dyson, who will be a valuable man in the track teams this summer kept us in the top 30 on leg four, and Chris Lord proved that there is life after being featured in the Gazette, as he brought us home in 29th place.

Teams	1. Swansea	1.23.06
	2. Boxhill Racers	1.23.34
	3. Highgate	1.24.06
	29. Blackheath	1.28.52
Bhth team. leg	1. P. Calnan	16.48
	2. T. Nash	17.05
	3. M. Farrell	18.30
	4. M. Dyson	18.16
	5. C. Lord	18.13
Fastest legs	1. S. Rayner	16.05
	(Hercules Wimbledon)	16.16
	2. H. Brasher (Ranelagh)	16.19
	3. J. Hall (Swansea)	16.21
	4. P. O'Brien	16.21
	(Old Gaytonians)	16.22
	5. K. Penney (Boxhill)	16.22
	= H. McInnes	16.22
	(Old Gaytonians)	16.22
	= J. Hill (Swansea)	16.22

Over 100 teams finished.

## NATIONAL ROAD RELAYS (Y.A.)

utton Park

1st April, 1990

Not finishing a team in major Youngsters' Championships has been a bit of a disappointment this year as it happened in the Southern and National Cross Country Champs. We did however finish teams in both the Boys and Youths races here and interestingly they both ran the same times! The boys naturally came off with the best placing. Luke Anderson has not been around all that much this winter and ran 14.17 to pass to Neil Louth who ran 14.49. Mark Steinle moved up no less than 26 places to hand over in 9th after running 13.02. Cammon Prendergast got the team home in 14th running 14.28. Mark's time was the second fastest of the day for the third year in a row. The youths team of Jon Murray, Anthony Algeo, Anthony Draper and David Marsden placed 44th.

M.H.



Spencer Newport - well up in the Southern 12 stage.

Photo by J. Phelan

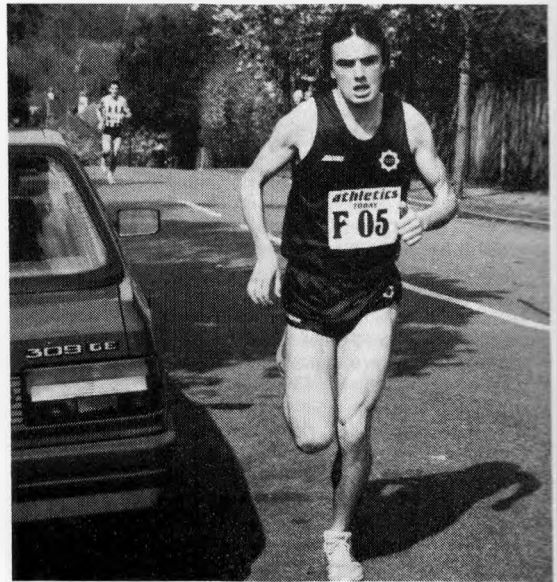
## SOUTHERN 12 STAGE ROAD RELAY

Wimbledon

7th April, 1990

This is a difficult one to write about.

After the euphoria of last season when we not only won but positively creamed the opposition (unusual phrase that, and I'm not too sure of its origins), we looked a bit on the poor side here by comparison. Naturally it was good to qualify for the National 12 Stage, which is something that has not always happened in the recent past. But on the other hand it was not too encouraging that so many of our number were missing from action on this day. Looking back a season we appear not to have lived up to the standards set by us in 1988-9 slipping in the National Cross Country, National Cross Country Relay and now the Southern 12 Stage Relay. There is that old tried saying 'going through a re-building stage' that has been thrown around so many times before in various fields of sport, can this be the reason... we'll have to wait for that answer. I believe that we have the necessary to figure well in the National Road Relay this season but I cannot claim to be that confident about even getting the runners to compete. There are probably as many different reasons for that as there are runners themselves involved so I guess we'll just have to wait and see what develops during the next two weeks.



Mark Colpus pounds the streets of Wimbledon.

Photo by J. Phelan

Our time last year would have comfortably won this season's Championship but that is a different story. The list of those not available for one reason or another took up two thirds of our team. That was a big obstacle to overcome. Ultimately we placed ninth and all concerned are pleased for the likes of Ken Daniel, Mark Dyson etc who would never have realistically thought they would be in action in this event. It would have been unbelievable to have won the race with this team of CLUB RUNNERS but unfortunately it meant that we were probably about ten minutes down on our potential.

So how did the race go?

Well, for half the race we consolidated our position in much the same way as we did last year. Spectators who were not in the know must have thought it was deja-vu time as the 'heath moved through. Bill O'Donnell ran well on Stage 1 and the following mixture of competence on the short leg from Liam Bulson and Dave Hassall with fire power on the long legs from Bill Foster and Spencer Newport meant that by the close of the sixth lap (Tim Nash) we were nicely poised in fourth place just 40 seconds down on Highgate who led. That is where we should have delivered a couple of heavy cards and set ourselves on the road to retaining our title. In fact that is just what Belgrave did as they went on to win. Unfortunately we were not in the position to deliver and we slipped back to eventually finish ninth.

Perhaps it is races like this that make last year's performance seem so sweet.

### Results:

1.	Belgrave H.	4.10.10
2.	Highgate H.	4.11.25
3.	Shaftesbury Barnet H.	4.12.18
4.	Boxhill Racers	4.14.20
5.	Aldershot	4.14.29
6.	Haringey A.C.	4.14.35
7.	Invicta East Kent	4.16.31
8.	Herne Hill H.	4.18.00
9.	Blackheath H.	4.18.12
10.	Luton United A.C.	4.19.36

### Blackheath H. Runners:

Bill O'Donnell	25.24	Liam Bulson	17.05
Bill Foster	25.02	Dave Hassall	17.10
Spencer Newport	25.14	Tim Nash	16.33
Mark Colpus	26.18	Mark Watling	16.58
Pat Calnan	26.18	Ken Daniel	17.46
Richard Coles	26.49	Mark Dyson	17.38

## AAA NATIONAL 12 STAGE ROAD RELAYS

Sutton Park, Sutton Coldfield

28th April, 1990

Following our 9th place in the Southern Road Relays we again automatically qualified for the national event held in the splendid Sutton Park, probably the best venue in the country for the event although the athletes would ask for a better course.

The team was again devastated by a lack of elite members due to illness and injury but this gave Nick May, Roy Smith, Mark Colpus and Norman Davidson their first chance to run in this prestigious event which heralds the end of the winter season — one week later we are into the track leagues.

Bill O'Donnell is running well on a diet of Devon fudge and clotted cream and his first leg of 27m 03s was to be our fastest long leg of the day in the usual highly competitive first leg, placing us in 26th position. Richard Coles then took us up one to 25th before handing over to Alan Guilder who had just returned from injury and was not afraid to go out and test himself in a big event. Spencer Newport then ran through to 19th and in the process recorded a time of 14.07 which proved to be the fifth fastest short leg of the day.

However such was the high standard throughout the event that the team found it impossible to maintain this position and we gradually slipped back to finish 29th overall from 39 teams but again 9th Southern club. Blackheath has the depth to finish a team in the top ten within the next 2 years and let's hope that we can get the right team out to achieve this and thereby consolidate the great efforts we have seen in recent years.

The two outstanding runs of the day belonged to Paul Evans of Belgrave on a long leg, taking Belgrave from 18th to first by a clear 30 seconds in 24 m 58s and Rob Denmark of Gateshead running 13m 42s on his short leg to take his team from 24th to 13th. Tipton ran out winners by a large margin and it is difficult to see anyone breaking their domination in the near future since they can virtually field a team of Internationals every time.

The Blackheath legs were as follows:—

1. B. O'Donnell	27.03 (26th)
2. R. Coles	14.59 (25th)
3. A. Guilder	27.24 (25th)
4. S. Newport	14.07 (19th)
5. T. Nash	27.51 (21st)
6. D. Hassall	15.32 (23rd)
7. P. Calnan	27.54 (27th)
8. R. Smith	15.58 (28th)
9. M. Colpus	27.47 (28th)
10. N. May	16.11 (28th)
11. M. Watling	29.07 (29th)
12. N. Davidson	15.57 (29th)

Team result:—

1. Tipton	4h 03m 43s
2. Wolverhampton	4h 07m 09s
3. Coventry	4h 07m 52s
29. Blackheath	4h 19m 51s

*And for those of you who have waited patiently for 'Botters' to put pen to paper and write up last year's results — hard luck, he never got round to doing it. So here are the bald facts of the matter you'll just have to use your imagination to flesh it out a bit.*

Ed.

## NATIONAL 12-STAGE ROAD RELAY

Sutton Park

15th April, 1989

50m 764y; long stage 5m 706y; short stage 3m 8y; (4h 03.49)  
12 BH 4h 12.17.

L. Roberts	27.42 (34)
T. Linford	15.09 (33)
R. Coles	27.34 (34)
A. Guilder	14.14 (6th fastest) (28)
T. Nash	28.04 (30)
S. Newport	13.59 (=1st fastest) (24)
W. Foster	26.17 (17)
R. Farish	14.42 (17)
J. Barton	26.13 (13)
M. Watling	15.22 (13)
M. Trinca	27.52 (13)
W. O'Donnell	15.02 (12)

## CITY OF LONDON POLICE RELAYS

The Barbican

8th April, 1990

The teams had been recruited on Wimbledon Common the previous afternoon. Botters had delegated to Daniel and Daniel had responded by nabbing everyone in sight. The fact that you had made it to Wimbledon meant that you could walk — if you could walk — you were in the team; unless of course you were already running in the Southern 12 stage in which case your selection was automatic! An even dozen were cadjollied into swapping their leisurely Sunday morning jog for a fast 3 mile sprint around the City and a sight for sore eyes they were too. Tony Cooper, Paul Betts and Richard Coe back from Winter hibernation, Jim Phelan and Chris Lord back from enforced breaks with injuries and Garry Spencer — back from early retirement. Together with Peter Barlow and a quintet of 12 stagers we were sufficient for 3 teams.

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Kenny Daniel gave us a rousing team talk designed to fill us full of confidence "You'll get stuffed" he enthused, "There'll be some really good teams here with top class runners out Pot-Hunting", so you can imagine our surprise and delight when the first leg runners, completing the first of two laps hove into view, Blackheath A followed by Blackheath B followed by Blackheath C. Delight was quickly followed by embarrassment as someone muttered — "There's Blackheath Harriers — out Pot-Hunting!"

On the second of the four laps the positions remained unchanged at the front although the gaps were lengthening. Mark Watling handed over a 73 second lead to Pat Calnan (that well known printer's error), Chris Lord handed on to Richard Coe to keep the B team 9 seconds ahead of Jim Phelan taking over from Paul Betts, still in third place. It was on this third leg that the final positions were decided; by the end of it the first team was well clear by two minutes (leaving Mark Colpus to grin his way around the last leg waving pontifically to all and sundry). Meanwhile Woodford Green had pulled through from fourth to second overtaking both Blackheath B and C where an interesting development was taking place that would ensure an epic battle on the last leg. Jim Phelan had overtaken Richard Coe and handed on a 23 second lead to Garry Spencer who was then hotly pursued by Kenny Daniel. Would the near veteran legs of Garry Spencer — hauled back from the brink of retirement — hold out against the even nearer veteran legs of Kenny D. still jellified from his reluctant leg of the previous day's relays? The gap closed slightly on the first lap with Kenny intending to pounce on the second — but it wasn't to be. He closed the gap to a mere 8 seconds but Garry gallantly held on for third team spot and one of the plethora of trophies handed out by the police.

Judging by the times the course was a little less than the 3 miles claimed by the organisers but a more varied and devious route would be difficult to imagine. A rough circle was described around the Barbican taking in back streets, main roads, pavements and a wind tunnel; the one consistent factor being — on every corner a policeman or woman.

The race was extremely well organised by Steve Freemantle and Nick May for C.O.L.P. and the silver trophy presented to the A team was magnificent. The plastic bronze and marble trophy awarded to the fastest veteran Jim Phelan (seventh fastest overall) was so complex as to defy description in the space available here, suffice to say it was interesting!

Team A 1st		Team C 3rd		Team B 4th	
D. Hassall	13.46	T. Cooper	14.29	P. Barlow	14.25
M. Watling	13.49	P. Betts	14.28	C. Lord	14.23
P. Calnan	13.25	J. Phelan	14.03	R. Coe	14.35
M. Colpus	13.45	G. Spencer	14.38	K. Daniel	14.23
		1. Blackheath A		54.45	
		2. Woodford Green		57.11	
		3. Blackheath C		57.38	
		4. Blackheath B		57.46	

## LLOYD'S BANK RELAYS [INTRODUCING VETS RELAYS]

Beckenham

2nd May, 1990

There's nothing like a good relay race to stimulate post-participatory discussion. In the period between running a leg and the printing of the first set of results all the old excuses are trotted out as runners nervously await the inevitable disappointment. In a relay there's no hiding place — everyone runs the same distance but each leg is run in



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differing circumstances. Everyone times themselves but until the official results are out these timings are kept a closely guarded secret. How did you get on? Not bad, I got the tough leg though when the wind picked up — must be worth at least 10 seconds and you? Oh we got sent the wrong way and there were huge gaps — no one to chase and then this car pulled out in front of me. Me too, I nearly fell over this kid on a pushbike... and then this Rotweiler. But you had the first leg! Ken Pike reckons its worth at least 20 seconds, but I think they got my time wrong, I was at least a minute faster etc etc etc....

**First Leg:** Marc Colpus ran a cracking leg for the Blackheath 'A' team coming in fourth with a time of 18.35 just 20 seconds down on leader A. Thomas of TH&H. In twentieth spot was Jim Phelan for the Blackheath Vets 'A' team lying second behind Gevers of Temple Bar Vets. His time of 20.12 was five seconds faster than Nick Kinsey of BH 'B' in 21st place with Dave White following up in 27th spot for the Vets 'B' team in a time of 20.42. Bernard Wilson was 36th in 21.47 for BH 'C', Peter Rissen 10 places back in 22.34 and Ian Cayzer running for Wellcome 'D' team was the last 'heathen on this leg clocking 23.59.

On leg two M. Skelton of "Up and Running" took the lead with an 8.48 split. Behind him Peter Barlow ran a fine 9.39 dropping only two places. In 14th spot was Dave Hassall running for Wellcome 'A' in a time of 9.20; this clocking was equalled by Peter Hamilton as he took the Vet's 'A' team into the lead in 15th place, three ahead of the 'B' team for whom Garry Spencer ran 9.39. Mike Cronin pulled back one place to 26th with a split of 10.24 and behind him in 30th place Peter Shephard timed in at 10.45 for Lloyds Bank Vets. John McConville picked up a handy 9 places with a time of 10.12 and in 40th place Mick Hamlin steered the 'C' team in with 11.22. There were still 64 teams in contention by the end of this leg.

On leg three the leaders found the gap between them and the 'heath closing dramatically as Jerry Barton powered his way through to third spot with the fastest time of the day 18.08, just 16 seconds behind 'Up and Running' who maintained a one second lead over Nat West 'A'. In the Vet's race Hugh Morten maintained first place and 14th overall with an excellent 20.16 putting him 1.45 in front of the next Vet's team. Steve Freemantle ran 21.14 for the 'B' team to hold 18th spot while Barry Mellish pulled the Vet's 'B' team up five places to 21st. Behind him Barry O'Gorman did even better moving the GL C team from 28th to 22nd with a time of 20.38. John Taylor came out of retirement to run a 22.28 for Lloyds Bank Vets and Bill Clapham kept the Vet's 'C' team in the top forty with a 23.57 split. One second slower and two places back came John McGowan for the 'C' team now in 41st spot. In 45th place was Jim Tatesan running for the Wellcome 'C' team in a time of 24.12 and way back down the field in 54th place was Roger Ebbutt — now demoted to the Lloyds Bank 'C' team in a time of 23.45.

Leg four and still everything to go for, only 16 seconds separating the first three teams and a cushion of 50 seconds behind Blackheath's last man Kenny Daniel. Unfortunately Nat West had their best man on this leg and he returned the fastest time of the day for the short stage (8.37) to power his team to victory with a 21 second margin. 'Up and Running' closed in second and despite fourth placed Boxhill Racers closing the gap to a mere 8 seconds Kenny held on to third spot with a time of 9.29. Doug Cocker brought Lloyds Bank 'A' team home in tenth spot with a time of 10.08 and new Vet Peter German clocked a second faster to bring the Blackheath Vets 'A' team home in 15th spot and 1st Vets team on the day this category was introduced into the prize list. Two places back in 17th spot was Richard Coe for Blackheath 'B' in a time of 9.34. Roger Counter stepped into the Vets 'B' team at the last minute to bring them home third Vets team with a time of 11.30 in 23rd place. Back in 37th spot Paul Betts was making a welcome return after a bout of



*"You light the blue touch paper and I'll retire" says ex firefighter Brian Saxton.*

pneumonia picking up four places to bring the 'C' team in 37th with a time of 9.41. Roy Green completed the scoring as he brought the Vet's 'C' team home in 43rd spot clocking 12.22 out of a total of 61 teams.

The prize giving was a joyous occasion as the 'heath picked up 10 prizes in all. The 'A' team received battery operated tooth brushes for their third spot with Jerry Barton gaining an extra gift for his fastest long leg. The Vets got a set of hair dryers with Peter Hamilton receiving in his absence a "mystery box" for fastest Vet on the short leg. After little persuasion the box was open to reveal a whisky decanter and glasses — swap you for a toothbrush Pete?

Along with the wind changing direction, the mad dog and the comatose marshall this relay race threw up yet another excuse to go in the Hand Book of Relay Relapses. On leg two a runner was seen being chased the wrong way round the course by an irate van driver waving a crow-bar and it wasn't Peter Shephard!

**JP**

Results			
1.	National Westminster Bank	54.44	
2.	Up and Running	55.05	
3.	Blackheath 'A'	55.51	
1.	M. Colpus	18.35	2. P. Barlow 9.39
3.	J. Barton	18.08	4. K. Daniel 9.29
	15. Blackheath Vets 'A'	59.55 (1st Vets team)	
1.	J. Phelan	20.12	2. P. Hamilton 9.20
3.	H. Morten	20.16	4. P. German 10.07
	17. Blackheath 'B'	60.44	
1.	N. Kinsey	20.17	2. G. Spencer 9.39
3.	S. Freemantle	21.14	4. R. Coe 9.34
	23. Blackheath Vets 'B' (3rd Vets team)		
1.	D. White	20.42	2. M. Cronin 10.24
3.	B. Mellish	20.59	4. R. Counter 11.30
	37. Blackheath 'C'		
1.	B. Wilson	21.47	2. M. Hamlin 11.22
3.	J. McGowan	23.58	4. P. Betts 9.41
	43. Blackheath Vets 'C'		
1.	P. Rissen	22.34	2. J. McConville 10.12
3.	W. Clapham	23.57	4. R. Green 12.22

# OBITUARIES

## B. P. BRAUND

We were sorry to learn of the sudden death on 6 March of Brian Braund one of our most senior members. He joined the Club in December 1920 and quickly made his mark over the country being regularly placed among the first dozen of the Club finishers in Mob Matches over the next few years and was in the Club's scoring 6 in the Southern in 1922.

His home was in Essex and in recent years contacts were confined to correspondence, in which he regretfully confessed to being a very bad 'Heathen and hardly deserving his 50 year Membership Award which he greatly treasured.

## CONNIE BEARDON

It is with sorrow that we record the death early in January of Connie Beardon, wife of Past President V. W. W. Beardon.

In the pre war years and early post war years when Victor was very active as Track Captain, followed by Club Secretary and also Starter, the petite figure of Connie with her smile and comforting words will be remembered to many as they arrived weary after a hard winter run, for a welcome cup of tea in the Clubhouse. In the quiet of a Summer evening at Private Banks ground she would be socialising whilst selling programmes, and with Victor she was a regular at Club social fixtures for a long time.

More recent years had, due to adverse health, seen less and less of her and it was with memories of their younger days that a number of older members, some with their wives, paid their last respects to her at her cremation at Beckenham Crematorium.

Our sympathy is extended to Past President V. W. W. Beardon in his loss.

## PETER STENNING

It was a sad loss to the Club when we learnt of Peter's sudden death on July 30th after a short illness. He joined the Club in 1948 as a young cross-country runner and it soon became clear that he would be amongst our front runners. Having

won the Bennett Cup in 1949, he went on to run in the Southern and National teams 1950/51.

Peter began his working life as a Civil Servant and then transferred to the legal side of police work, which took him to the "Old Bailey" and many county courts.

A sincere and genuine Club man, he could always be relied on where mob matches were concerned. His interest in research lead him to delve into Club history and he made a considerable input to the Centenary History. In later years his work kept him from Club activities, but he joined the "Trail Layers" some 6 years ago as a pointsman, subsequently becoming a flag bearer.

In 1984 Peter was elected a Vice-President and after he retired from work in 1987 elected President, to which post he brought dignity and excellence. His knowledge of the track side of club activities had been limited, but during his presidential year his enthusiasm for club success made him realise that by becoming a track official he could help the club. He became a familiar figure at many meetings in the middle of the field, assisting where he could. His last appearance was as recently as the 8th July at Crystal Palace.

Outside the Club Peter had many interests including scouting and the Marjorie McClure School for the disabled. He worked tirelessly for the British Diabetic Association being a diabetic himself. He was an expert on "Goss" china and was instrumental in obtaining the new commemorative dishes for 50 year membership.

We extend to Vi, daughter Ann and grandchildren Paul and Ben our sincere condolences in their sad loss, which we share.

KJJ/DLG



## MARYON-WILSON SWIM

Beckenham Baths

10th November, 1989

Those who braved the labyrinthine corridors of the Beckenham Leisure centre in the hope of catching a performance by the beelined pseudo sixties popette of the early eighties hit singles fame, were severely disappointed. It was the Maryon-Wilson swim held annually for Blackheath Harriers to perform over 2 lengths of the baths, a distance of 66 2/3 yards that was taking place after a gala populated by the youthful members of the Beckenham Swimming Club. It was held over four heats and the results were calculated by individual timing. Spectators were provided by the mums and dads of the Beckenham swimmers, there weren't too many parents there supporting the Blackheath competitors.

In the first heat Phil Saxon led on time from Alan Brent and Mike Cronin who handicapped himself by starting in the water and then did the breast stroke. Jim Bennett was next man home in front of Jack Parrot who moved effortlessly through the water to finish in an unhurried 1:58.

In the following heats epic battles took place against fellow competitors and against the clock. Jim Phelan who took up swimming whilst injured pipped Pete Rissen who is in the water as part of his triathlon training. Dave Johnson beat Dave White by a second while Colin Brand powered his way through two lengths in 49 seconds; 10 seconds faster was Mike Laws who in turn was pipped for 4th spot by Richard Johnson. Third was David Galvin in 38 seconds just one

behind Mark Williams, the pre-race favourite. The performance of the night however belonged to Philip Burch aged 14 who beat the field by almost 3 seconds with an astonishing show of speed. Recently he was 6th in the UI4 National British Championships at Dunfermline in November '88. He followed up his swim at Beckenham with 2nd place in the Eurocross boys on Sunday 12th November and looks to have an excellent future ahead of him whichever discipline he chooses.

The handicap winner was Colin Brand who along with Philip was also in heat three.

Place	Results		Nett	
	Time	H'cap.	Time	H'cap. Posn.
1. P. Burch	34.94	4 sec	30.94	2
2. M. R. Williams	37.29	1	36.29	8
3. D. Galvin	38.76	2	36.76	9
4. R. Johnson	39.19	Scr	39.19	13
5. M. Laws	39.69	Scr	39.69	15
6. B. 1 incham	43.06	5	38.06	12
7. C. Brand	49.39	20	29.39	1
8. R. Counter	51.35	12	39.35	14
9. D. Johnson	57.91	20	37.91	11
10. D. White	58.92	23	35.92	7
11. W. Clapham	63.75	30	33.75	6
12. J. Phelan	65.35	28	37.35	10
13. P. Rissen	67.11	25	42.11	17
14. P. Saxon	70.26	25	45.26	18
15. A Brent	71.05	40	31.05	3
16. M. Cronin	76.24	35	41.24	16
17. J. Bennett	93.39	60	33.39	4
18. J. Parrott	118.55	85	33.55	5

# ON THE ROADS

**JULIE ROSE 10Km**

*Ashford, Kent*

*8th October, 1989*

(29.59) 11 Roy Smith 33.44; J Baldwin 36.25; J R Turner 37.20; Teams (Scoring 3) 9 BH 150.

## DULWICH CHARITY 10K

*Dulwich Park*

*8th October, 1989*

Paul Betts, erstwhile British League steeplechaser and a consistently classy performer on the roads in the mid 80's, made a welcome return to form in this, his first attempt at the two lap Dulwich course.

After a short loop in Dulwich Park the large field was quickly strung out with eventual winner Chris Harry already clear of the chasing pack. Paul was content to remain within this group where the pace was still pretty hot — 10.20 at 2 miles and where shelter was afforded from the gusting wind. Just behind him, also having an excellent race was vet Hugh Morten who, incidentally, performed as a 4.20 miler for Blackheath some twenty years ago!

By the second passing of "Maggie's Mansion" most of the leading positions had been decided; Paul had worked his way through to sixth with Hugh handily placed at 15th, positions both maintained through to the finish. Peter Rissen ran well to finish 48th with Colin Rowe in 112th place closing the scoring for Blackheath — 4th with 181 points. Ronald Chambers had an excellent run to finish second in the V.50 category just 1.44 down on the first V.50.

Altogether fourteen Harriers completed this event which has grown in popularity year by year and is run on a traffic-free course (if you stay on the pavement). Incidentally Hugh Morten's performance in finishing second V.40 was all the more noteworthy in that he had finished 9th in the Epsom Biathlon the previous day — inspiring his son Richard (14) to second place in the charity run which took place over one mile and was run in conjunction with the 10k.

### Results

1. C. Harry (H'gey) 31.40	215. D. McLeod (BH) 43.51 (42 V.40)
6. P. Betts (BH) 32.55	297. B. Merlin (BH) 47.11
15. H. Morten (BH) 34.20 (2 V.40)	312. A. Williams (BH) 47.56
48. P. Rissen (BH) 37.24	358. J. Coward (BH) 50.34 (69 V.40)
112. C. Rowe (BH) 40.13 (17 V.40)	384. D. Harvey (BH) 52.01 (74 V.40)
122. G. Agnew (BH) 40.35 (20 V.40)	396. A. Nairn (BH) 52.01
126. R. Chambers (BH) 40.43 (2 V.50)	418. P. Thwaites (BH) 54.13
127. J. Routledge (BH) 40.48	(514 finished)

### Teams

1. Dulwich Runners	43
2. Cambridge Harriers	82
3. Dulwich Park Runners	115
4. Blackheath Harriers	181

## SEVENOAKS HALF MARATHON (Inc. KENT AAA CHAMPIONSHIPS)

*8th October, 1989*

Twenty years after he wore the England vest for the first time, Bob Richardson led the Blackheath contingent home in October's half marathon at Sevenoaks.

Proving that class athletes can always hold sway in their own age group, Bob came home in a fast time of 78.49 — an average of six minutes a mile.

Now 42, and a pension fund consultant, Bob was ranked fifth in the world at 10,000 metres back in 1969/70, the same year that he distinguished himself in the England Cross Country team at Glasgow.

Second man in for Blackheath was Roger Morriss, another "veteran" at 41, and a long-standing 'heathen who represented his club in cross country both as a junior and a youth. His time of 81.48 was exceptional for the limited amount of training he manages to fit in with his duties as historian at Greenwich's Royal Maritime Museum.

The event was well-organised by Sevenoaks AC, who were blessed with perfect conditions. Although a little cold and windy, it was dry, and the excellent course wound through some spectacular Kentish countryside.

Cross country captain, Graham Botley, was there, and found it "most efficiently run, and a very pleasant day out. It was a single-lap race, consisting of a large loop with several smaller loops off it, so that one could cut across and see the runners at several places along the route."

Blackheath's "Vets" (over-40s) excelled themselves, with Pete Shephard and Mike Lodwig coming in close behind Roger Morris, in 82.29 and 82.57 respectively. The remaining Harriers, in rank order, were: Bob Wheatland, Bernard Wilson (another Vet), David Carton, Peter Crawford, Neil Wheeler, Colin Poole, Neil Brooks and Ian Cayzer.

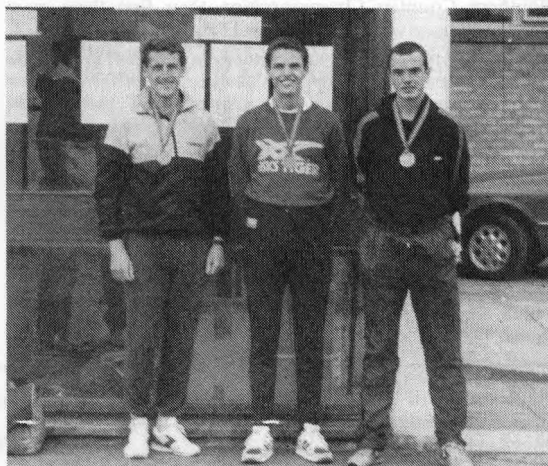
Winner of the event was Mike Fromant of Sevenoaks, who was uncatchable at 67 minutes 32 seconds, except perhaps by that world-class Supervet, Mick Hurd, whose time of 67.43 was nothing short of breathtaking. Those two were a street and a half ahead of the rest.

However, there was a noble performance by Glynis Penny, first woman home, in a field of 800 runners, she was beaten by only 32 men.

**P.K.P.**

### Results

(67.32) 35 R Richardson 78.49 (3rd V40); 52 R Morris 81.48; 64 P Shephard 82.29; 69 M Lodwig 82.57; 88 R Wheatland 85.16; 112 B Wilson 86.57; 133 D Carton 88.45; 137 P Crawford 88.54; 145 N Wheeler 89.27; 150 C Poole 89.43; 162 N Brooks 91.03; 167 J Hobbs 91.37; 209 I Cayzer 93.57; 241 J Barker 95.44; 251 R Denney 96.37; 260 S Walker 97.11; 278 J Tateson 98.26; 299 L Chester 100.04; 313 R Hill 100.45; 349 J Hope 102.54; 370 A Mothersole 104.46; 376 L Smith 105.19; 393 A Ball 106.53 (2nd V60); 550 Fin.



*Bill Foster, Gary Arthey and Mark Colpus AAA 10 mile champions 1989.*

*Photo by L. Roberts*

## SOUTHEND 10k Incorporating SC AAA Champs

*15th October, 1989*

Gary Arthey led Blackheath's team to unexpected honours in the Southend Brooks 10k Road Race, achieving a personal best performance as well. This provided a much-needed boost to morale, and welcome additions to the club's rich haul of trophies.



After more than two frustrating years of injury, Gary Arthey is the man in form. Excellent results in recent races have earned this former Hurstmere schoolboy a regular first team place with the 'heathens, and he was expected to do well at Southend. However, not even he anticipated taking the scalps of several top-class runners in a very fast race.

The event incorporated the Southern Counties Championship and was well organised by Southern AC. The ten kilometre course started and finished at the Southend AC stadium, running past large and enthusiastic crowds along the sea front.

A massive field of some 700 runners surged forward at the start, bumping and stuttering to find a rhythm.

Arthey's early break, and the climb between three and four kilometres out, strung out the runners, and allowed the leading pack to get clear. R. Wise, of Plymouth, took over the lead, edging ahead gradually, and eventually breasting the tape in an amazing 29 minutes 6 seconds.

Arthey won the silver medal with a personal best 29.23, only two seconds a mile slower than the winner, and the first time he had ever broken 30 minutes for the distance.

Winner of the recent Kent 10k Championships at Gravesend, and Blackheath's fastest man in the Road Relay at Aldershot, he seems to have fully regained the form he showed three years ago when, aged 17, he came 11th in the National Junior Cross Country Championships, just missing selection for the World Championships.

On this occasion, the first four men all came in under the half hour, beating such established stars at Keith Penney (Cambridge), Darren Mead (Belgrave), Barry Roydon (Medway) and Andy Catton (Ilford).

Apart from individual performances, the Southend Brooks 10k was scored for teams of four, and also for the South Counties Championship, in which the first three runners for each club were counted.

Blackheath won both team silver medals, behind Basildon, with the first four men scoring 79 points and, for the Southern Counties Championships, their first three men scoring 49 points. The rest of the B.H. results were: P. Calnan 20th (32.02); M. Watling 27th (32.27); B. Saddler 30th (32.44); P. Barlow (35.50); K. Pearson (44.10). 700 finished.

## CROYDON 10k

*Croydon*

*15th October, 1989*

Nobody up front but plenty in mid-field for this event which takes in part of our usual Wednesday night course. Richard Coe was first 'heathen home in 21st spot followed two places back by Barry Mellish showing good form. Also running well was Barry O'Gorman who in 27th spot was first V50 to finish. Stephen Povey was our next man home to take first junior place in 35th spot.

## Results

(30.06) 21 R Coe 34.04; 23 B Mellish 34.25; 27 B O'Gorman 34.59 (1st V50); 34 S Povey 25.37 (1st J); 41 B Fisher 36.04; 63 J Taylor 37.28; 65 C Woodcock 37.38; 67 N Wheeler 37.40; 68 P Rissen 37.41; 93 D Carlton 38.39; 108 A Grace 39.33; 117 J Mullett 39.46; 118 P Metcalf 39.47; 119 G Enright 39.49; 124 G Plank 39.57; 129 C Poole 40.08; 130 G Canfield 40.12; 142 Roy Green 40.34; 146 I Cayzer 40.40; 159 C Cauty 40.57; 166 Kr Morris 41.07; 172 J McGowan 41.18; 177 W Orton 41.24; 179 M B Allen 41.31; 181 J Niewiarowski 41.36; 190 J Tateson 41.51; 195 A Pontifex 42.05; 198 R Counter 42.16; 204 D McLeod 42.20; 213 C Hall (S) 42.39; 214 R Chambers 42.44; 222 B Dinsley 42.55; 234 B Hartley 43.30; 264 L Chester 44.23; 305 G Morris 45.20; 382 Jn Hill 47.10; 383 W Buttinger 47.10; 389 R Graf 47.14; 449 E Smith 48.58; 489 J Bennett 49.56; 617 Kr Morris 54.21; 1002 Fin.

## SNOWDON MARATHON

*Snowdonia*

*29th October, 1989*

Driving rain and freezing cold could not stop mountain runner and school caretaker, Mike Rawlins, from completing

This was despite knowing he had to go into hospital for a wrist injury sustained when he was run over while training in May.

And the pupils at Haling Manor School, South Croydon, where Mike, 46, works, had their marathon too — they were asked to raise £5 each in sponsor money on behalf of their champion to go towards school funds.

Around 1,300 people started on the 26 mile race round Snowdonia, but Mike who crossed the finishing line in just under four hours, doubts if everyone finished.

"It was a bloody ordeal," he said.

"The last five miles took me over an hour. We had a three mile climb over a slate quarry and slag heaps. They were running with water and very slippery. I saw several people fall over and get badly cut."

The physical effort is not the hard part: "You're fit — you know you can do it. It becomes a battle with your mind, not to give in.

"It would be so easy just to fall down and not get up, but you look for a tree in the distance or a runner and say I'm going to get him."

Mike, who runs between six and ten miles a day — 20 on Sundays — has already run the race before.

Now he is ready to do it all again: "By the time I'd driven back to the hotel and had a long soak in the bath I felt fine."

(2.34.52) 195 A. Jones 3:21.52; 640 B. Dinsley 3:57.24; 695 M. Rawlins 4:01.55.

## A Note for Your Diary

### ANNUAL DINNER

**Tuesday, 18 September, 1990**

**7.30 pm**

**at the Clubhouse, Hayes**

The Hon. COLIN B. MOYNIHAN, M.P., Minister for Sport has accepted our invitation to be Guest of Honour.

Please book with Brian Stone, Hon. Secretary Wine Committee.

Dress: Dinner Jacket or Suit



Back row P. Barlow, J. McConville and P. Barrington King.  
Front row R. Smith, B. Saddler in Marseilles.

Photo by B. Saddler

## MARSEILLES TO CASSIS HALF MARATHON

Marseilles

29th October, 1989

In the S.E. of France is a hill. It runs from Marseilles to Cassis (and back again).

Six men, either brave or stupid, headed towards Marseilles. Invited to run the annual half marathon. Three travelled by car. Three by train and aeroplane. Only one of the six had forgotten his razor.

At the airport, PBK refused to part with his bag. "It's hand luggage" he explained. In fact, it was a parachute, cunningly disguised as a giant pair of "bouffon" silk underpants.

On arrival in Marseilles we received a very warm welcome by the race organisers. We travelled to Cassis via the course. It's at times like this, one realises the grave mistake one has made! As we reached the high point on the course, we burst into spontaneous nose bleeding and giggling. When the oxygen masks dropped down from the ceiling, Finbarr turned into Norman Wisdom and had to be restrained.

We slept in a room with 3 bunk beds two wardrobes, five razors, and Nick Kinsey's wine saturated tri-athlon running shoes.

J. McConville and N. Kinsey brought their bikes, which I would recommend to future participants as the scenery around Cassis is positively breathtaking, and Cassis itself can become a little monotonous. There is a fantastic rock climbing area, a short run from Cassis's insurance broker! One could also try a little paragliding if one had a giant pair of "bouffon" silk underpants.

We spent our days relaxing outside street side cafes disguised as pale English tourists so as to keep the beautiful French women away. Finbarr known locally as John McEnroe was 'nearly' having his hair cut, "next time we pass", but couldn't quite summon up the courage, believing his strength might be "zapped" by Delilah's hair salon.

We ate at the school. School dinners extraordinary. They consisted of such healthy stuff as grated raw carrots, marinated in olive oil and garlic. Peter Barlow couldn't get enough, and took doggy bags in the shape of white cotton socks. "Yummy!" he was heard to exclaim!

There were several different nations represented at the race, most of which stayed at the school. The showers were communal, which to the uninitiated, doesn't mean one has to say "Amen" after, but mixed!

One of the Russians who spoke very good 'double Dutch' and pidgin English, endeavoured to swap everything he possessed, for everything we possessed! He had more front than John Sainsburys. Nick Kinsey's bike for a Russian tourist board cap, sleeved and 'T' shirt — that sort of thing. He wouldn't take Nick's wine saturated running shoes under any circumstances, oh, how we tried.

Nick had sustained an achilles tendon injury and couldn't run. This didn't stop him swimming though. He donned his wetsuit and disappeared off into the distance. He returned after completing two laps of the Mediterranean. Peter Barlow swam about twenty metres out and nearly drowned. He was obviously weighed down with shredded carrots. (A new type of French breakfast cereal).

On the morning of the race we all got up at 5 am, had a two mile run and a swim in the sea. Then back for a quick communal shower, before taking the coach to Marseilles and a last look at the course. Nick cycled to Marseilles and took a few snap shots. While we runners tried to find a toilet that was usable by human kind.

We had a priority start in a field that must resemble the first London Marathon. Ten thousand people in a straight line all jumping up and down. No doubt trying to see how far they had to go before reaching the toilets.

The gun sounded, and, with a great roar and slapping of feet on floor the runners were in motion. Finbarr took off with the leaders. It was gently uphill for the first six miles where it became violently uphill. Roy Smith had one minute on Finbarr at the top of the Coll, where the first drinking station was positioned and opposite was a brass band, playing all "your favourite hits". The temperature was rising. The course flattened out for 2 miles, which gave a slight respite before the body jarring descent. It's a tough race. At the ten mile mark, with Roy Smith within reach, Finbarr had to slow down, thinking he was having some sort of heart attack. The Blackheath vests don't help either, as when they get wet they restrict breathing. Saddler took his off during the race so should have been disqualified. During the race itself cameramen on the back of motor bikes buzz in and out taking shots of the runners.

Peter Barlow didn't have a great race and was beaten by Finbarr for the first time. When he'd finished, he decorated the Cassis harbour with grated carrots, soaked in garlic and olive oil. We then went for a free nosh up at the other end of the beach. Unfortunately, the food given out needed about five minutes chewing per mouthful, which is very difficult when ones tongue is swollen to four times its normal size. So we went for a beer instead. The men's race was won by a moustached, East German. The ladies race was won by a moustached Welsh woman.

Later that evening, we were preparing for our evening out. Roy decided he should have a shave, just as we were about to leave. He'd forgotten his razor, and made the near fatal mistake of borrowing Finbarr's. It being stuck in the No. 9 setting! With a new blade in, this thing is guaranteed to remove moles, noses, ears and anything else that gets in its way. No sooner had the door closed behind Roy, when he was back through it — minus his lips. There was blood all over the place. "Who did that to you Roy?" said John in a broad Scottish accent, dashing out into the corridor to see if the Swiss had taken revenge for our previous late night activities. We tried to read what was left of Roy's lips as he shouted at Finbarr, something like, "Barking Nell". We set off on the bus, Roy still only half shaved and covered in white toilet tissue, which he had to wear for half the night. After quite a few beers and some highly amusing energetic dancing from John and Peter we took the coach back. This was a trip to remember as the driver was more drunk than us. It reminded me of the Italian Job the way we swerved around those mountain bends. Each of the nations having a sing song on the microphone. There were some tasty hangovers the next day, as we bid Cassis a fond farewell, and headed back to Marseilles, the city where girls can't resist PBK's silk, bouffon underpants, when he tries on trousers.

FS

### Results

Roy Smith	60	71.43
Finbarr Saddler	74	72.29
Peter Barlow	179	77.08
John McConville	233	78.38
Paul Barrington-Kin	695	86.00

## HALF-MARATHON

Rochester

12th November, 1989

(68.18) 45 A Nicholls 82.34; 52 G Canfield 83.34; 53 A Kilgour 84.12; 63 A Jones 84.45; 68 S Paiman 85.01; 95 R Wheatland 87.26; 128 W Orton 89.58; 133 J Hobbs 90.27; 285 P Taylor 105.49; 393 Fin.

## ROCHESTER 5m

Rochester

19th November, 1989

### View from the Back

To the uninitiated it must be hard to understand the enduring popularity of the Rochester 5, which has made it one of the oldest races in the running calendar. Even the most hardy veteran has difficulty finding words which will adequately describe the pleasures it holds.

You are lured by the promise of a hard, competitive race to the misleadingly named and exotic sounding Esplanade at Rochester. Here you find your fellows mingling in disarray desperately searching for THAT MAN with the numbers, the start and somewhere for those last minute necessities so essential to successful racing.

As always, the 'heathen's impeccable pre-race preparation ensured a full two minutes remained once all the numbers were finally distributed and the warm up begun.

Several team members had been noted on club nights consuming a novel oriental cuisine and were expecting mystical experiences from such a high M.S.G. intake. Those less adventurous amongst us had only toast to rely on.

Filled with trepidation and mindful of the dire warnings of "the hill that hath no end", the runners cautiously await the gun.

A furious charge along the front, jostling for positions past the castle and then gathering oneself for the ascent, which does indeed continue forever. Along the Borstal Road and on, up, up past the Borstal, legs trembling as you stride the "speed" humps across the road. Heart thumping, temples throbbing, you drag legs through a clinging porridge confirming that, once again, you have ignored all advice not to start too quickly.

Round the Borstal and, at last, down, chasing along the Maidstone Rd. Down and back home along the way we came, looking for 4 miles and past.

Now looking for the castle, bouncing off the cobbles, turning hard, down and round to the river front. The 5 mile marker, check the watch and stride hard to the line just visible at the Esplanades' end.

Fortunately Gary Arthey (on sabbatical from his collection of household appliances) led us home with a magnificent 24.50, faster than his previous winning time, but only good enough for second on the day. Assisted by Pat Calnan, Tim Nash and Dave Hassall we scooped 3rd Team and proved, should it ever have been in doubt, that, on balance, you can't beat a nice bit of toast and you just can't trust these orientals.

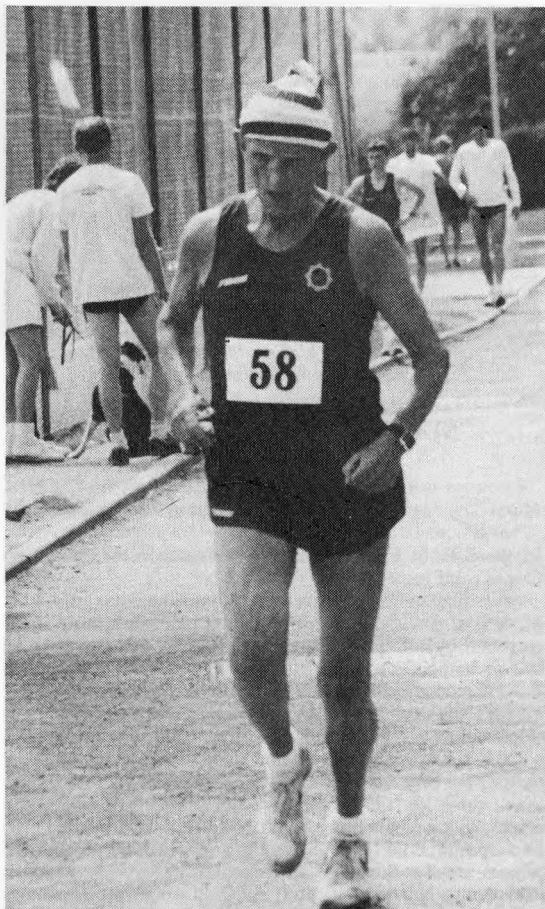
### Results

1. J. Gentry, Newham and Essex Beagles 24.43; 2. G. Arthey 24.50; 3. B. Roydon, Medway 25.05; 14. P. Calnan 26.09; 23. T. Nash 26.44; 27. D. Hassall 26.53; 35. R. Cole 27.13; 49. K. Daniel 27.57; 50. P. Barlow 28.00; 66. S. Povey 28.49; 71. R. Bowling 28.59; 72. C. Knowles 29.02; 86. J. R. Turner 29.50.

### Teams

1. Newham and Essex Beagles
2. Invicta East Kent
3. Blackheath

J.R.T.



"Evergreen" Jack Braughton - 1st over 65 in the Ted Pepper.

Photo by B. Graham

## CROWBOROUGH 10K

Crowborough

3rd December, 1989

"Fast flat course" — 3 words which do not describe this event which really belongs in the fellrunning calendar rather than the General Portfolio race series.

The course begins uphill for half a mile or so, drops downhill sharply for over a mile, through a ford (which can be 2 feet deep), a mile uphill and then a drop back down to the start — you then have to do this again because once is just not enjoyable enough. The course adds between 1.5 to 2 minutes onto your normal 10k times, depending upon how well you recover from the hill.

In my case I really never did recover but Pat Calnan seemed to be enjoying himself in good company — he ran down the hill so fast on the first lap he overtook the rest of the leaders. Although Nigel Gates and a few others got past him, Pat could be pleased with this performance as he had also ran the HHH relays the day before. Local lad Damon Williams used his local knowledge and experience by getting Pat and myself into the race and then deciding to watch.

However this is a superbly well organised race with good facilities and if the appearance money is right, then I think we should try for the team competition next year. N.J.D.

1. N. Gates (B&H) 31.36; 5. P. Calnan 33.18; 26. N. Davidson 36.34; ? J. Cavanagh ? (First V55).  
First Team — Thames H & H.



Peter Rissen in the Red Light (Lantern Rouge) area.

Photo by B. Saddler

## 32nd HOG'S BACK ROAD RACE

Guildford

10th December, 1989

### ERIC'S LITTLE RED BOOK (BACK TO THE HOG'S BACK II)

There is a core of "Hogs Back" enthusiasts at the Club and Eric "Toenails" Sullivan is at the centre of that core. Eric's enthusiasm for the race can best be judged by his comments on other races, such as, "10 miles is just a bit too long for me", "10K is a bit too short" and "I like the country but I tend to twist my knees!" Mathematicians will already have appreciated that the 9.25 miles of undulating road, which constitutes the "Hogs Back" is Eric's perfect race. Whatever the case he always seems to have a good run and it was no surprise when he was persuaded to put in a multiple entry for the Wednesday night vets.

What organisation! The little red book was produced from almost the first moment. Eric ticked off columns at every imaginable stage of the organisation. There were columns for "interested", "maybe", "you must be joking", "only if Graf is not driving", "only if Grace is not navigating" and many others. Later additional columns were provided for, "paid", "can I give you a cheque, when I get my Christmas bonus" etc. Eric spent Wednesday nights wandering around the clubhouse, with a pencil in one hand and the little red book in the other. He was fine tuning the organisation. Many people said this was all over reaction to last year, when several 'heathens' only made the start, courtesy of a last minute lift in the organisers' minibus.

This year (1989) saw the 32nd men's race with a reduced field of 1269 led home by B. Matthews of Les Croupiers in 45'55". As far as the Club was concerned the vets were well represented and ran well, finishing 6th vets team out of 55. Roy Smith was the best senior, finishing 55'17" and I can confirm that as he passed me at 3 miles he made that classic statement, "I'm only treating this as a training run!"

As usual, Mike "I didn't even see the lamp post doctor" Ludwig led home the Wednesday night vets, despite suffering from \*flu/bad back/creaking hip/rain on his glasses/the effect of last night's beer/the effect of the lamp post (\*delete arbitrarily). Colin Rowe and Philip Metcalf had a personal battle throughout the race, finishing 6 seconds apart, as usual "Toenails" had a good run and we all enjoyed ourselves thanks to Eric and his little red book!

BH

#### Results

1.	B. Matthews	(Les Croupiers)	45.55
111.	R. Smith	B.H.	55.17
166.	M. Lodwig	B.H.	57.01 32-V.40
183.	B. Hilton	B.H.	57.18
199.	E. Sullivan	B.H.	57.39 24-V.45
264.	C. Cranfield	B.H.	59.11
291.	J. Kavanagh	B.H.	59.51 17-V.50
306.	M. Wade	B.H.	59.57
308.	C. Rowe	B.H.	59.59 66-V.40
311.	P. Metcalf	B.H.	1:00.05 67-V.40
367.	K. Morris	B.H.	1:01.19
453.	R. Thornton	B.H.	1:02.44 65-V.45
472.	G. Plank	B.H.	1:03.05 40-V.50
473.	J. Tateson	B.H.	1:03.05 71-V.45
489.	R. Graf	B.H.	1:03.19 103-V.40
500.	G. Crowder	B.H.	1:03.30 43-V.50
502.	R. Poole	B.H.	1:03.31 44-V.50
557.	D. Crowdsom	B.H.	1:04.35 117-V.40
573.	G. Pluckros	B.H.	1:04.51 55-V.50
576.	R. Singerton	B.H.	1:04.52 118-V.40
666.	R. Varcoe	B.H.	1:06.19 70-V.50
703.	B. Hartley	B.H.	1:07.02 110-V.45
720.	S. Pearce	B.H.	1:07.21 142-V.40
748.	A. Legg	B.H.	1:07.42 118-V.45
783.	I. Gold	B.H.	1:08.23 162-V.40
1011.	L. Dickens	B.H.	1:13.36 212-V.40
1043.	D. Brickwood	B.H.	1:14.41 18-V.60
1085.	E. Smith	B.H.	1:16.18 142-V.50
1110.	R. Fuller	B.H.	1:17.25
1172.	P. Lovell	B.H.	1:20.36 161-V.50

1269 Finished

#### TEAMS (Senior Mens)

1. Dulwich — 90
18. Blackheath — 844

#### Veteran Mens

1. Southampton City — 181
6. Blackheath — 685

## CENTRESPORT 10k

Crystal Palace

30th December, 1989

In all events it was a cracking race, or so Gary Bottley, race organiser and Centresport Supremo tells us. For further details of this and other recently unreported events please refer to the article entitled NOTTALOTTOBOTTERS on page 92.

#### Results

(30.50) 14 D Hassall 32.45; 16 K Pike 33.08; 20 P Hamilton 33.34; 31 M Farrell 34.26; 32 H Morten 34.29; 36 G Spencer 34.59; 38 B Mellish 35.11; 42 M Cronin 35.44; 51 D White 36.54; 52 C Woodcock 36.56; 54 J R Turner 37.04; 56 M Athawes 37.17; 57 M Crisp 37.20; 62 J E Turner 37.36; 63 B Wilson 37.48; 64 R Morris 37.54; 66 P Shephard 38.03; 68 R Turney 38.17; 70 A Bruce 38.19; 73 N Wheeler 38.26; 75 S Pairman 38.30; 76 M Ludwig 38.31; 81 Dv Marsden 38.43; 85 R Hilton 38.55; 87 P Rissen 39.04; 97 M Hamlin 39.31; 116 M Peel 41.05; 119 I Cayzer 41.17; 125 S Mitchener 41.33; 126 N M Brooks 41.33; 127 R Chambers 41.35; 140 V Hamlin 42.07; 145 B Hartley 42.30; 149 J Johnson 42.49; 154 P Lovell 43.09; 168 W Orton 43.38; 177 D Dhammaloka 43.56; 183 S Walker 44.06; 184 M B Allen 44.06; 188 J Tateson 44.17; 192 A Pontifex 44.27; 197 D Larcombe 44.43; 198 R Counter 44.50; 200 J C Cross 44.56; 203 L Chester 45.05; 212 R Fuller 46.00; 246 W Buttlinger 48.56; 278 J Bennett 51.59; 335 Fin.

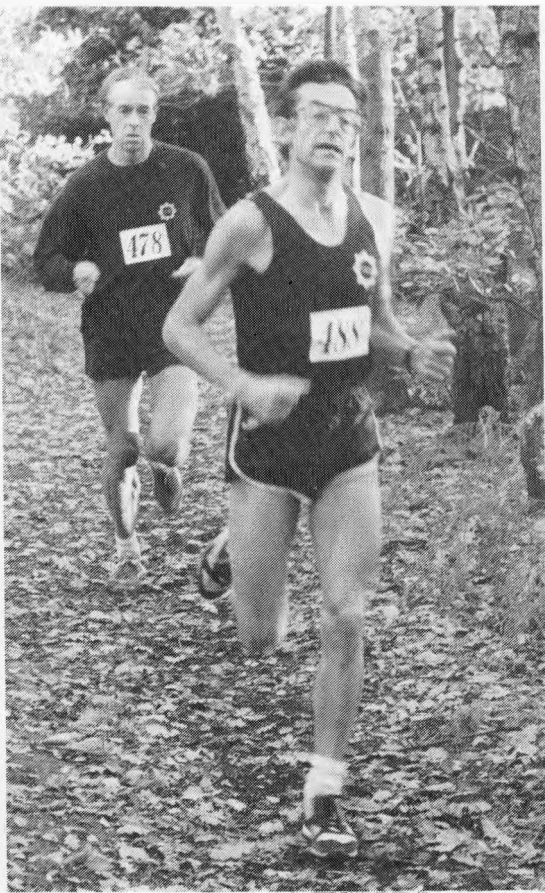
## 10m ROAD RACE

Canterbury

28th January, 1990

(49.11) 16 K Pike (Kt) 53.54 (1st V); 79 B Mellish 56.51; 126 J R Turner 58.19; 134 C Knowles 58.29; 149 C Griffin 58.47; 179 M Ellison 59.38; 217 J E Turner 60.45; 227 J McConville 61.18; 261 A Kilgour 62.26; 264 A Nicholls 62.27; 314 R Wheatland 63.35; 452 S Michell 66.00; 467 K Morris 66.13; 476 R Beale 66.26; 628 J Tateson 69.18; 664 I Cayzer 69.41; 707 J Barker 70.22; 783 S Fagg 71.42; 788 A Musson 71.46; 794 N Brooks 71.51; 804 S Pairman 71.57; 824 G Pearce 72.30; 848 A Foreman 73.04; 852 J Briffa 73.07; 1457 Fin.





Peter Shephard closely pursued by Rod Turney in the S.L.H.  
Photo by B. Saddler

**FORBANKS HALF-MARATHON**

*Beckenham* 4th March, 1990

1 P Calnan 71.39; 11 P Shephard 81.27; 24 A Jones 85.07; 37 G Lloyd 89.02; 39 J McGowan 89.39; 44 A Pontifex 91.12; 47 R Counter 92.04; 48 C Poole 92.33; 50 T Brightwell 92.52; 120 Fin. Teams (Scoring 4) 3 BH; Vets 1 BH.

**HALF MARATHON**

*Hastings* 11th March, 1990

(63.11) 22 Roy Smith 73.00; 29 M Farrell 74.13; 41 N Kinsey 75.33; 104 M Ellison 80.09; 147 A Kilgour 82.09; 173 G Canfield 82.51; 180 N Nuttall 82.59; 211 R Hilton 84.11; 242 P Crawford 84.48; 314 P Metcalf 86.31; 360 M Rawlins 87.37; 375 M Crickett 87.53; 435 W Orton 88.56; 440 J Kavanagh 89.07; 560 J Hobbs 91.24; 573 A Izzard 91.37; 579 A Grace 91.43; 622 P Lovell 92.32; 642 A Foreman 93.00; 665 Kr Morris 93.16; 708 C Poole 94.01; 715 P Cobbett 94.08; 870 R Saiz 96.41; 1030 G Pearce 98.57; 1131 N Webb 100.32; 1193 D Larcombe 101.33; 1199 L Smith 101.43; 1256 Fin.

**HALF-MARATHON**

*Portsmouth* 11th March, 1990

B Mellish 75.31; C Painter 86.36; M Martineau 86.52pb.

**20m ROAD RACE**

*Worthing* 18th March, 1990

(1:47.50) 26 M Farrell 1:57.42; 66 B O'Gorman 2:04.10 (2nd V50); 112 J E Turner 2:09.42; 132 R Hilton 2:12.35; 137 M Ellison 2:12.48; 161 N Nuttall 2:15.26; 167 P Crawford 2:16.19; 200 S Pairman 2:19.01; 265 P James 2:24.52; 271 J Hobbs 2:25.29; 288 R Wheatland 2:27.09; 320 G Canfield 2:30.42; 373 B Hartley 2:35.50; 390 P Cobbett 2:37.33; 460 B O'Flynn 2:47.44; 473 P Lovell 2:51.18; 480 J Routledge 2:52.52; 485 D Larcombe 2:53.13; 502 I Gold 2:55.51; 540 D. Brickwood 3:05.13; 565 Fin.

**HALF-MARATHON**

*Tunbridge Wells* 18th March, 1990

(69.05) 3 A Baldock 71.10 (2nd in Kent Ch); 46 C Griffin 80.44; 59 J R Turner 81.59; 66 P Shephard 82.33; 140 G Lloyd 89.09; 170 W Orton 91.36; 217 G Hayward 94.14; 232 A Pontifex 95.26; 269 R Denney 97.32; 383 R Stewart 103.23; 547 A Williams 110.54; 891 Fin.

**HALF-MARATHON**

*Fleet* 25th March, 1990

(64.57) B O'Gorman 75.16 (1st V50); J R Turner 77.07.

**'MASTERS AND MAIDENS' ROAD RACES**

*Cranleigh* 1st April, 1989

**21m** (2:08.59) 126 I Gold 2:50.04; 127 B Hartley 2:50.16; 143 B O'Flynn 2:54.22; 216 Fin.  
**15m** (1:27.07) 74 P Cobbett 2:00.39; 119 J Bennett 2:18.02; 136 Fin.

**HALF-MARATHON**

*Swanley* 1st April, 1990

(70.13) 29 C Griffin 79.02; 32 D White 79.29; 48 P Shephard 81.16; 57 M Ludwig 82.54; 120 G Lloyd 87.07; 130 D Henry 87.25; 145 P Crawford 88.14; 160 J McGowan 89.19; 236 R Lawrence 93.12; 256 N Brooks 93.54; 286 G Plank 95.19; 289 T Brightwell 95.24; 311 J Niewiarowski 96.05; 372 J Hines 98.36; 382 D McLeod 99.01; 384 N Webb 99.03; 425 S Walker 100.55; 599 J Braughton 107.23; 751 A Williams 112.55; 836 H Hill 116.03; 1146 R Lawrence 143.11; 1205 Fin. Teams (Scoring 3) 7 BH 109.

**HALF-MARATHON**

*Epsom Downs* 1st April, 1990

(73.44) 10 J R Turner 79.37; 20 G Canfield 83.25; 43 A Jones 87.40; 73 G Enright 91.34; 74 M Dean 91.43; 103 C Canty 94.38; 146 S Mitchener 98.06; 173 M Rees 99.53; 235 G Shakespeare 105.12; 267 D Larcombe 107.14; 337 W Buttinger 111.08; 422 J Ward 121.27; 512 Fin.

**KENT AC 10m ROAD RACE**

*Sidcup* 8th April, 1990

(52.39) 15 D White 56.30 (3rd V); 26 J R Turner 58.37; 42 M Crisp 61.16; 44 P Rissen 61.32; 47 D Henry 62.15; 51 B Wilson 63.10; 57 C Rowe 65.06; 68 G Plank 67.44 (1st V50); 101 J Braughton 76.52; 115 Fin. Teams (Scoring 3) 7 BH.

## GUERNSEY EASTERRRRUNS 1990

### THE GUERNSEY EASTER BASH

"This is madness!", you would have thought that we would have learnt from last year, alas... not so. Botley Enterprises Inc. set off at various times from various places to converge at the Valnord Hotel, St. Peter Port, Guernsey, owned by the Falla Family, whose hospitality we will be forever grateful for. A motley crew to be sure comprising an injury stricken Alan Guilder, a new asset Dave Lee, 'amiable' — Pat Calnan, Mark Watling, the Daniels family, myself, Heather and Madeleine (supporters club) and 'bungalow' Bill Foster returning to give the half another crack and not forgetting Mr. B, four races in four days over some very testing courses.

Race 1 Six miles, road over an "undulating" course in torrential rain and a cold wind left those that competed numb all over. Watling had decided to skip the first race complaining of laryngotracheitis (sore throat) and instead settled for some indoor pursuits, including a very challenging crossword!

Race 2 The Keith Falla Memorial Cross Country, consisting of a  $4\frac{1}{4}$  mile race over and around the headland at l'Ancessie Bay into a coastal headwind. With the trachitis still rampant Mark declined the challenge leaving Alan, Dave, Pat, Ken and myself to have a go. The legs already felt like concrete from the previous day, soon to turn into blanchmange on the soft-sand sections. Dave Lee was now beginning to settle down, he has probably suffered from jet-lag the day before but today split Tom Buckner and Terry Booth to place 2nd. Dave had to depart for the mainland on the Sunday morning, once he had been able to reclaim his clothes from Alan, who seemed to be wearing most of them in bed. This may account for Dave Lee's nocturnal activity of swearing in his sleep (perhaps at the loss of more clothing).

By now 'Grandad' Bill Foster had joined us (arriving later), and was immediately remembered affectionately for his ball play in the lounge by the hotel owners.

Race 3 At Fauxquets was a  $4 \times 2$  m cross-country relay, designed by the devilish Guernsey islander Winkle-de-la-Mare, including a hill that made Hill 60 in Roundhay Park, Leeds look like a grassy bank. All our legs were now like linguini (without the meat sauce!) so this was looking a bit tough!

Fortunately, Watling refreshed from an evening session of heavy resting after failing at clue 32 of a most challenging crossword was fit to replace Dave Lee. With me as lead-off man, we lined up against a total of 52 four-man teams. Sadly I had forgotten to pack my "mountain-goat" legs, leaving them at home and had to settle for a few seconds down on a fresh Ken Pike. Alan Guilder then started to pick off the leading bunch, followed by a storming run from 'amiable' — Pat. This set us up in third place and the glory was left to 'freshlegs' Watling with a turn of speed over the last 400m to push Guernsey into third to leave us second behind Southampton.

On Monday it was Pat who had to leave and so could not start the half marathon, the last of the four races (nice timing Pat!). The start was wet and cold for the first 5 miles but improved later. The course from St. Peter Port was essentially flat and gave 'mad' Bill Foster the opportunity to set a new course record of 64.53 and bring home the bacon a staggering 75 seconds ahead of 2nd place Tom Buckner. After Ken finished his debut half, he asked to be reminded never to do another so we celebrated back at the hotel with a bottle of champagne, courtesy of the Falla's and toasted Bill's success. Bill left on the next flight out, as well as Mark Watling leaving the remainder of us to party the night away at the Flying Dutchman. Here, after Mr. B collected a few prizes for Dave and Bill's efforts and 2nd relay team, Alan

'twinkletoes' Guilder was then seen to strutt his funky thing. At least the injuries he left with were different to the ones he arrived with!

For the two of us who survived all four races even the evenings dancing was a challenge. We will have to get fit if we are to survive next year!

DH



John Beck leads Nick Kinsey through the half way point in this year's London Marathon.

Photo by J. Phelan

## LONDON MARATHON

Blackheath/Westminster

22nd April, 1990

The first year was wet at the start, in Seko's last year it was raining stair-rods, but there has been nothing like the deluge of 1990 to see us on our way to Westminster. The weathermen had promised dry conditions and threatened us with 25 mph north-east winds so we went to bed ready to handle that but in the end we got the complete opposite.

It was difficult to pick out 'heathens before the start since the dustbin liner was much in evidence. Dave 'Chalky' White made himself conspicuous enough though. Needing instantaneous relief from over-hydration, he disappeared behind a 'convenient' tree to get on with it. If it hadn't been Marathon morning, then his performance, with so many females around, would have guaranteed a magistrate's appearance on Monday morning.

Those of us shuffling through the gates at Greenwich Park at 9.32 had an unwelcome surprise waiting in the form of a 6ft wide puddle which had to be jumped before the run could begin. You could just see a sprained ankle coming and several month's training going down the drain — where the water should have been. Thankfully, there were no reports of injury.

Over at Blackheath, a substantially over-dressed Barry O'Gorman was doing a strip on the run in the early stages, using 'Chalky' and Barry Mellish as his reluctant batmen. Having satisfied his particular urges to get away with it in public, and having settled on a comfortable kit, he got down to another fine run that makes a mockery of his 50-something years.

Whilst Bettiol, Taniguchi, Jones, Dinsamo and the other big names were letting Allister Hutton get right away, at the head of a procession of over one hundred Blackheath vests, John Beck had settled in front of Nick Kinsey.

"I could feel him behind me much of the way", said John ambiguously, "so I shook him off at eighteen miles".

Thankfully the telly cameras missed this along with nearly everything else that happened in the morning.

John went on to record a splendid 2.33.01 to finish 247th overall. Nick came home in a solid 2.38.35.



*Dave White, first 'heathen' yet home in the London.*

Photo by J. Phelan

Mark Farrell ran a tremendous race to finish third Blackheath home but suffered badly from the turn into Northumberland Avenue and finished with a 2.38.48. Dave White, now mercifully slightly de-hydrated, completed another fine run in 2.40.04, with Barry Mellish recording an excellent personal best of 2.42.56.

Pete Shephard, Barry O'Gorman and Mike Cronin headed the regular reliables with times either side of 2.50.

Blue Peter special mentions for a good morning's work and pbs go to Phil Metcalfe who knocked a remarkable 15 minutes off his for a 3.06, and Roger Counter who was home in 3.25 — two minutes quicker than his first trip last year.

Mike Peel, claiming a 2.66, was displaying a full set of ten London medals at the Marathon supper in the evening — a distinction he now shares with Pete Shephard and Jack Broughton — who still looks more relaxed when running than he does standing still.

The one thing that everyone from the club enjoys is the enormous encouragement from supporters en route right from the start through to the finish where Bob Cuthbert was found as usual, close to the Palace and licking his lips at next week's trade limping down Birdcage Walk.

Then, at the finish, there was the President and entourage, rising like a human wave as each Blackheath got to the line.

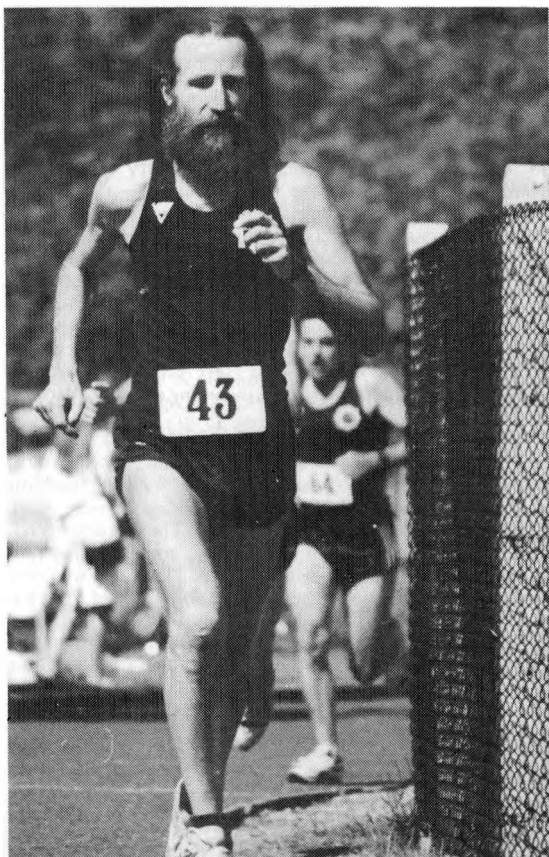
The appeal of the London is an enigma. The training gets monotonous, no-one seems to get their run quite right, and most say they'll definitely give it a miss next year. And so they might. But 1991 is the World Championships so I expect one or two of us will be there.

JM

(2:10.10) 246 J Beck 2:33.01 (Allen Cup); 439 N Kinsey 2:38.35; 452 M Farrell 2:38.48; 537 D White 2:40.04; 654 B Mellish 2:42.56; 995 P Shephard 2:48.23; 1028 B O'Gorman 2:48.49; 1236 R Morris 2:51.40; 1284 G Mexted 2:52.07; 1322 M Cronin 2:52.48; 1458 B Leahy 2:54.07; 1734 M Ludwig 2:56.31; 1914 J E Turner 2:57.57; 1955 J McConville 2:58.10; 2195 S Freemantle 3:00.05; 2254 M Ellison 3:00.42; 2306 A Kilgour 3:01.09; 2347 R Hilton 3:01.32; 2348 A Nicholls 3:01.33; 2369 S Bradshaw 3:01.47; 2700 K Dryland 3:05.08; 2738 A Jones 3:05.32; 2750 P Metcalfe 3:05.57; 2935 M Peel 3:06.22; 3008 P Lonergan 3:06.53; 3026 N Nuttall 3:06.58; 3327 M Crickett 3:09.07; 3776 G Canfield 3:12.29; 4574 R Wheatland 3:17.36; 5913 J Hobbs 3:25.25; 6428 G Plank 3:27.56; 6533 R Counter 3:28.28; 6757 C Poole 3:29.31; 6889 K Pearson 3:30.17; 6921 B Hartley 3:30.30; 7039 S Pairman 3:31.07; 7575 C Cauty 3:33.54; 7675 S Thompson 3:34.27; 8470 J Routledge 3:38.32; 8586 B O'Flynn 3:39.05; 8868 C St Aubyn 3:40.34; 9890 J Brown 3:45.43; 10705 I Gold 3:49.37; 11045 J Niewiarowski 3:51.11; 11317 J Broughton 3:52.19; 11590 C Daly 3:53.45; 12436 C Leon 3:57.03; 11972 G Pearce 3:55.14; 12310 D Larcombe 3:56.37; 13067 D Dhammaloka 3:59.51; 20779 D Johnson 4:50.18; 21089 J Bennett 4:53.12; Also D Henry 3:15.27; 24946 Fin.

Revise 2666 P Crawford 3:03.51; 8738 W Orton 3:39.52; Add 3026 N Nuttall 3:06.58; 3145 G Lloyd 3:07.50; 4237 C Love 3:15.24; 4713 D McLeod 3:18.32; 5819 J Steer 3:24.47; 7150 J McGowan 3:31.45; 7252 A Foreman 3:32.16; 7408 P C Davies 3:33.09; 7806 W Slack 3:35.03; 7867 (PKr) Morris 3:35.21; 8525 C Painter 3:38.49; 8546 J Sharp 3:38.53; 8615 C Hall 3:39.13; 8737 P Cobbett 3:39.51; 8863 Grace, but not amazing 3:40.34; 8879 D Miles 3:40.34; 9472 M Rees 3:43.35; 9626 N Webb 3:44.14; 10566 S Lacey 3:49.01; 11980 K Porter 3:55.14; 11981 P Taylor 3:55.14; 12497 K Gaiderman 3:57.23; 12792 M Rawlins 3:58.34; 12892 R Stewart 3:59.00; 13543 A Musson 4:02.19; 14714 R Ashdown 4:08.29; 15752 D Lawrie 4:14.29.

**Mini-MARATHON Boys 14-15:** 1 A Draper 14.40; 13 T South; 34 L Prendergast; 53 N Louth; 100 S Agnew; 136 I Saunders; 137 L Anderson; **Boys 16-17:** (14.27) 13 J Murray; 23 D Whitcombe; 25 S Hough; 68 M Arthey.



*J. E. Turner rounds the bend in his years' Tea Pepper.*

Photo by B. Graham

■ **WHY I DIDN'T WIN THE LONDON MARATHON 1**  
(Heard in the showers) 'I was honest and went to the four hour marker, it then took me twenty minutes to cross the start line, then I tried to jump this huge puddle and got a foot wet and you can't run well with a wet foot can you!'

■ **WHY I DIDN'T WIN THE LONDON MARATHON 2**  
Mike Cronin was handed the ultimate excuse — selection by John Disley's computer as a drink's station judge in return for a guaranteed entry in next year's London. He was so occupied with the task of sipping samples of Spa water and the Isotonic Replay, whilst weighing judgement on the distributors of said substances, that he failed to notice Allister Hutton slipping by amongst the other 1,321 who also managed to tiptoe past. Maybe next year they'll need assistance with car parking on Blackheath — then Mike will really come into his own.

■ **WHY I DIDN'T WIN THE LONDON MARATHON 3**  
"Oi shudda run a durn soit farster than thaht, but I baint dun the trainin!" Quoth Nick Kinsey in his quaint west country brogue. Truth is — he didn't get his proper warm up in — a couple of miles swim up the Thames — Canterbury and back on his bike and he'd have been raring to go. Talking of Triathlons the article which should have appeared in the last issue, delayed until this issue is now postponed until next issue etc etc etc...



Photo by B. Graham

# **TED PEPPER 7**

West Wickham

7th May, 1990

A glorious spring morning, bright sunshine and just the hint of a cooling breeze. Perfect for the annual May Day Ted Pepper Memorial Race — perfect for spectating that is, as for racing, well it was just a bit too hot. It was hot at the front too as a group of half a dozen runners that included two from Blackheath and two from Woodford Green broke away from the main pack on the first of the three laps around this flat fast course.

By the start of the second lap Nigel Gates of Brighton had built up a lead of 12 seconds over Jerry Barton with Jim Goldring of Woodford in third spot. An excellent team battle was taking place as Marc Colpus held fourth place for the 'heath in front of Brogan, also of Woodford. Ian Lamplough was accompanying Brogan while 20 metres back his clubmate D. Morris of Boxhill Racers was running alongside P. Chase, yet another Woodford man.

A large gap had then opened up before the next man appeared. It was Dave Hassall of Blackheath who had in turn created a large gap on the chasing pack which included Damon Williams and Roy Smith of the 'heath a further Woodford Green runner and first Vet Keith Penny. This group was quickly followed by first V50 Barry O'Gorman who was ahead of his old rival Tommy Ryan of North London A.C.

Strung out behind Barry was a stream of younger men which included Vets Hugh Morten, Dave White and Mike Cronin who was just in front of first lady D. Bradford of G.E.C., Glynis Penny of Cambridge was just behind in what was a close run women's competition. Also in the top forty at this point were near Vet Kenny Daniel, seemingly out for a stroll, Peter Barlow, Ernie Wise and Mark Farrell as well as Barry Saddler making a rare appearance this year.

Norman Davidson dropped out at this point, having been accosted by a sleeping policeman. Watching out for bollards he got the hump or rather the hump got him and he took a tumble, escaping with cuts and bruises.

On the last lap, Gates held his lead and cruised in 17 seconds in front of Jerry Barton. Woodford Green took third (Golding) fifth (Brogan) and eighth (Chase) but Marc Colpus in fourth place and Dave Hassall in ninth did just enough to ensure victory for the 'heath winning the team competition by one point.

Keith Penny was first Vet closely followed by team mate Steve Birkin with Roger Maxwell of Kent A.C. in eighteenth spot, third.

In the over fifties Barry O'Gorman held his lead over Tom Ryan and in the ladies race the positions remained unchanged with Bradford finishing in 35th spot narrowly beaten by a desperate Mike Cronin who engineered a formidable last gasp sprint to pip her on the line. Glynis Penny finished three places back a full three minutes before the next female runner.

J. Barker of Herne Hill was first Vet 60 in 45.46 with evergreen Jack Braughton the first 65 year old in 51.36.

		Results	JP
Posn.	Name	Club	Time
1.	Gates, N	Brighton & Hove AC	34.25
2.	Barton, J	Blackheath Harriers	34.42
3.	Goldring, J	Woodford Green AC	34.54
4.	Colpus, M	Blackheath Harriers	35.29
9.	Hassall, D	Blackheath Harriers	37.00
14.	Williams, D	Blackheath Harriers	37.33
16.	Smith, R	Blackheath Harriers	37.38
21.	O'Gorman, B	Blackheath Harriers	38.06
22.	Morten, H	Blackheath Harriers	38.33
25.	Daniel, K	Blackheath Harriers	38.59
26.	White, D	Blackheath Harriers	39.02
27.	Barlow, P	Blackheath Harriers	39.24
29.	Wise, N	Blackheath Harriers	39.42
30.	Farrell, M	Blackheath Harriers	39.47
32.	Saddler, B	Blackheath Harriers	40.05
35.	Cronin, M	Blackheath Harriers	40.12
44.	McConville, J	Blackheath Harriers	41.38
45.	Freemantle, S	Blackheath Harriers	41.42
46.	Wilson, B	Blackheath Harriers	41.46
47.	Shepherd, P	Blackheath Harriers	41.57
49.	Turner, J E	Blackheath Harriers	42.18
50.	Rissen, P	Blackheath Harriers	42.36
53.	Fincham, B	Blackheath Harriers	43.18
54.	Brown, J	Blackheath Harriers	43.27
57.	Marsden, D	Blackheath Harriers	44.41
58.	Michell, S	Blackheath Harriers	44.46
62.	Rowe, C	Blackheath Harriers	45.11
64.	Cayzer, i	Blackheath Harriers	46.00
65.	Routledge, J	Blackheath Harriers	46.18
67.	Tateson, J	Blackheath Harriers	46.33
68.	Marsden, I	Blackheath Harriers	46.52
70.	Lovell, P	Blackheath Harriers	47.18
72.	Hartley, B	Blackheath Harriers	47.51
76.	Chambers, R	Blackheath Harriers	49.18
77.	St. Aubyn, C	Blackheath Harriers	49.37
78.	Griffin, R	Blackheath Harriers	49.37
79.	Hitchcock, R	Blackheath Harriers	49.45
80.	Cross, J	Blackheath Harriers	50.01
82.	O'Flynn, B	Blackheath Harriers	50.19
84.	Braughton, J	Blackheath Harriers	51.36
86.	Blunt, S	Blackheath Harriers	53.57
87.	Fuller, R	Blackheath Harriers	54.05
89.	Smith, E	Blackheath Harriers	54.44

Teams: 3 to score

1. Blackheath 2, 4, 9: 15
2. Woodford Green 3, 5, 8: 16
3. Cambridge Harriers 11, 12, 17: 40



# VET'S CROSS COUNTRY, ROAD & RELAYS

## BARNES GREEN HALF MARATHON (Incorporating S.C.V.A.A.A. Championships)

22nd October, 1989

The course is along pleasant country lanes and there are several steep gradients but none more than a few hundred yards. The wind was strong at times, mainly in the outward leg and was not adverse in the closing stages. Fortunately the slight early showers passed over.

Jim Miller had entered for the event but I was told he was recovering from a bout of 'flu and did not run.

The first over 60 was H. V. Foord of Brighton in the incredible time of 1 hr 23.24. Jack Fitzgerald was second in 1 hr 35.46.

Jack Braughton who won the class last year has a knee cartilage injury and is awaiting an operation.

### Results

76	M. Farrell	80.43
314	G. Crowder	91.04
606	B. Hartley	101.16

JB

### Running Sixties Results

#### Over 70's

635 G. Scutts (Portsmouth) 1st. 1hr. 42.05

#### Over 60's

866 D. Gammage (South) 4th. 1hr. 50.15 (3rd over 60)

924 D. Brickwood (Blackheath) 7th. 1hr. 53.13 (6th over 60)

1002 J. Bennett (Blackheath) 8th. 1hr. 57.15 (2nd over 65)

1215 finished.

Notes: There was not an over 70's class and there did not\* appear to be an award G. Scutts was 4th in the over 60's and therefore, as there was also another over 70 in 1hr. 48.34, the above over 60's places should be adjusted down to 6th. 9th and 10th in the age group. (Inc. over 60's, over 65's and over 70's).

\*George Scutts was 1st in the S.C.V.A.A.A.'s over 70's.

There was a total of 1215 finishers and 17 in the over 60's, four of whom were over 70.

## VETS' MOB MATCH for the PETER DRIVER CUP

7½ miles at Hayes

4th November, 1989

Some difficulties with traffic and uncertainty over the earlier starting time were eased by a 15 minute delay, and this proved worthwhile, giving us a field of 110, including an excellent turnout of 50 'heathens. The dry weather gave a firm course and the day was free of the strong wind which had been such a feature of the earlier Club 5 and Bank matches. The 7½ course now includes a climb up to the cottages at Higham's Hill and the condition of the stiles on this section was cause for some concern.

It was unfortunate that last year's winner, Peter Hamilton, went off course by about 2 minutes while lying 2nd, eventually getting back to finish eighth. In his absence Hugh Morten and Mike Cronin were our best placers. We don't see Brian Swift, Roger Morriss, Ian Young or Mike Lodwig in our veteran ranks as often as we would like, but they came up trumps on this occasion. Bernard Wilson, Pete Shephard, Rod Turney and Mike Reynolds are stalwarts of many a Vet match, and so they proved again. It was a pleasure to welcome a number of newcomers to our ranks and also some returning from injury.

### PH

#### Results

M40 × 4 1:76.01 12: BH 82.35 (P. Hamilton 19.25; J. Phelan 20.19; I. Young 22.25; B. Mellish 20.26).

M.50 × 4 1:84.48 12: BH 96.23 (G. Crowder 24.14; A. Weeks-Pearson 27.16; W. Clapham 23.50; B. O'Gorman 21.03).



"Where are ye noo Brucie". Bruce Grant heads 'Taff' Davies no. 4 in the Cophthall Show Vets 10K road race 1987.

Photo by J. Hemming

## SOUTHERN COUNTIES AAA VETERANS ROAD RELAYS

30th September, 1989

Aldershot

Apart from a lack of short and long term preparation, things went relatively smoothly for a BH veterans team at this event, but our 12th position was something of a disappointment. The short term preparation lack manifested itself in the circular tour of Aldershot, and whilst most interesting as garrison towns go, not the direct route to the venue, giving the early stage V40 runners and Bill Clapham for V50, an arrival fifteen minutes before race start. After a quick team declaration, 75 p.c. accurate Peter Hamilton opened the batting on leg one after five minutes warm up. This is possibly the way that Peter will approach future events since he managed 3rd place on the 6km circuit in a time of 19.25 (in the top dozen of the day) behind leading columnist Martin Duff 19.14 and Bob Peel (Brighton) 19.20. Jim Phelan, nursing an injury, (haven't I read that somewhere before?) lost a few places with 20.19 handing over to Ian Young, alias Joe Clare (not nursing an injury) but picking one up on the way round and slowed to 22.25. Barry Mellish ran solidly on the final leg with 20.26 moving the team up to 12th. Unfortunately we had a few runners missing here due to holiday commitments etc. but the benefit has been that at least some of us have had a look at the course which will be used for the 1990 National relay and it is basically a runner/spectator friendly circuit over two laps with a couple of lumps in it. Let us build on our several experiences of this event and focus on the National on 12th May with a view to re-establishing ourselves in the top ten (as in 1988) and turn out our best eight fast and fighting fit over forties.

The visiting clubs were more evenly represented this year and this gave a good contest before we emerged as the Cup winners, the first time for four years. There was the usual handicap, the most difficult feature of which is the mental strain for any vet to work out his own age! Eventually both medals went to Orion.

These 110 then returned to the Club where Brian Stone moaned because they ate every cake he had. (He'd have moaned at the waste if they'd left any — there's no pleasing the Wine Committee!)

#### B.C.

##### Results

1. B. Wotton (Orion)	47.51
2. R. Gevers (SLH)	48.04
3. H. Morten (BH)	48.07

Other Blackheath results:—

5. M. Cronin 49.04; 8. P. Hamilton 49.56; 16. B. Swift 51.20; 19. R. Morris 51.59; 20. I. Young 52.02; 25. M. Lodwig 52.36; 28. B. Wilson 53.07; 29. P. Shepherd 53.17; 30. R. Turney 53.33; 32. M. Reynolds 54.08; 38. ANO 54.30; 39. D. White 54.49; 40. P. Metcalf 54.54; 41. A. Grace 54.57; 44. A. Jones 55.18; 46. C. Rowe 55.20; 47. W. Clapham 55.23; 49. D. Redgwell 55.54; 50. C. Woodcock 56.03; 53. M. Field 56.16; 56. M. Crickett 56.29; 65. C. Poole 58.06; 66. R. Chambers 58.08; 69. B. Dinsley 58.53; 70. C. Shorter 58.56; 71. J. Tateon 58.58; 72. R. Graf 59.04; 73. C. Hall (Sen) 59.12; 74. J. Robinson 59.13; 75. G. Crowder 59.20; 77. M. Peel 59.50; 79. G. Plank 60.12; 81. S. Walker 60.20; 82. R. Thornton 60.26; 84. A. Michell 61.42; 85. R. Counter 61.57; 86. J. McGowan 61.59; 87. P. Lovell 62.18; 90. Roy Green 63.02; 93. J. Cross 63.50; 94. A. Weeks-Pearson 63.57; 95. W. Graham 64.15; 96. D. Hopgood 64.38; 97. J. Hope 66.55; 100. D. Wilcox 68.30; 104. D. Churchus 70.35; 107. A. Ball 73.07; 108. J. Bennett B 73.17; 109. D. Tingey 75.25; 110 Fin.

Match (scoring 15):— 1. BH 373; 2. SLH 406; 3. Orion H. 578; 4. Ranelagh H. 589; V/40/49 H'Cap Winner:— B. Connolly (Orion); V50+ H'Cap Winner:— D. Martin (Orion).

## SCVAC INTER-CLUB CC LEAGUE

The number of fixtures was increased to four in this, the second season of the competition, and we were represented in three of them.

#### 5m

17th December, 1989

Capstone Park, Chatham

The course was somewhat shortened compared to that used in the earlier Kent League fixture. The steep climb through 'The Orchard' was cut out and a welcome change was made to the finish, with a sprint over the field substituted for the sharp, awkward turn through the gate. It was one of the colder days in what has been an exceptionally mild winter.

Mike Field had a good run to finish fourth. His footballing sons prevent him making as many appearances for Blackheath as we would like. The team scoring is 2 V40s and 1 V50 and our other places were supplied by John Robinson and Bill Clapham.

(29.40) 4. M. Field 33.50; 5. W. Clapham 35.14; 10. J. Robinson 36.52; 20. J. Cross 42.24; Teams 2 BH.

#### 5m

21st January, 1990

Claybury Grounds

The two-circuit course was similar to that used for the Woodford Green AC CC Relays and, in fact, our SCV run was combined with a Woodford Gr Championship, making it fairly sharp for those who were near enough to the front to notice. Jim Phelan was one such, finishing in fourth place. The venue was in range for one of our N-of-the-Thames stalwarts, Joe Clare and he was our V50. John Robinson again completed the team. With the ground in such good condition this varied course was very popular with all participants.

(25.25) 4. J. Phelan 27.50; 9. J. Clare 28.50; 17. W. Clapham 30.59; 18. J. Robinson 31.03; 30. J. Cross 35.15; Teams 4 BH.

#### 5m

17th March, 1990

Lloyd Park, Croydon

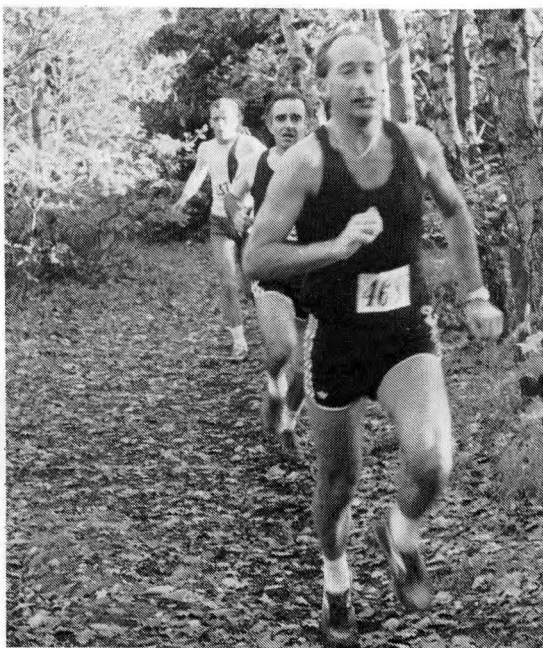
Back on more familiar ground on a very dry day and a temperature of 68°F. Not a sign of the thick mud which one associates with the hedge-gaps of this course. After a good start Mike Williams had to drop out and the remaining three realised that we all needed to finish to make a team. Mike Reynolds in particular responded to this, appearing to strengthen as the race progressed to finish ninth. John Robinson completed his hat-trick while Bill Clapham stayed about the same distance behind him all the way round. We missed having John Cross with us on this occasion but met him again back at Hayes in time for the Closing Five presentation where he continued an excellent season with second place in the Bennett Cup.

In the overall League result, in spite of missing one of the runs due to the crowded fixture list, we managed to finish as third team with seven of our vets taking part.

(28.39) 9. M. Reynolds 33.26; 12. J. Robinson 33.51; 13. W. Clapham 34.00; 18 Fin. Teams 4 BH.

4-Race Series Teams 3 BH; Indiv M40/49; 7. J. Robinson 33 pts; 10. J. Phelan 29; 11. M. Field 19; 19. M. Reynolds 9; M50/59; 3. W. Clapham 38; 7. J. Clare 24; 22. J. Cross 4.

#### BC



Hugh Morten winner of the Browning Tankard, closely pursued in the S.L.H. match by Bob Richardson.

Photo by B. Saddler

## KENT VETS' CC CHAMP 10Km

6th January, 1990

Canterbury

### How to Shoot Yourself in the Foot

In good conditions, 22 'heathens started from the playing-fields of the University of Kent in a combined V40/V50 race — a factor whose significance was to emerge.

Rather less playing-field was used than on previous occasions and, instead, a field of plough had been found, new to most of us, which made for a harder course and slower times.

Peter Hamilton was again our top man, though closing too late to catch Ken Pike (Kent AC). Jim Phelan, Barry Mellish and Hugh Morten packed well to finish in 13th, 14th and fifteenth spot in spite of Hugh not feeling 100%. Many good runs further down the field enabled us to close in 'B', 'C' and V50 teams. Alan Jones and Mike Field unfortunately had to pull out, the latter after losing the complete sole from his spiked shoe.

As we waited for the results, the idiosyncrasies of cross-country scoring began to reveal themselves. Kent AC had proposed in committee that the V40 event this year should be increased to 4-to-score; this effectively scuttled their chances, despite finishing 2nd, 3rd and 5th — they waited until 69th spot for their 4th man! Cambridge H. had some tasty V50 runners; too good in fact for their last V40 scorer. Finishing 16th, 18th and 20th they pushed their last V40 man back to 28th place and despite finishing 1st, 4th and 17th had to console themselves with silver, leaving us to take the Kent Messenger Cup for the first time since 1982/83.

Following on later came the Clubmen's Race. This has replaced the former North Kent Race and the entry conditions changed so that 'heathens could now enter. Possibly future years may therefore see us accompanied by some of our younger members.

BC

#### Results

(34.35) [5. K. Pike (Kt) 35.39]; 6. P. Hamilton 35.47 (Roger Smith Tkd); 13. J. Phelan 38.06; 14. B. Mellish 38.09; 15. H. Morten 38.20; 31. I. Wilson 39.47; 35. D. White 40.06; 38. B. Swift 40.21; 56. B. Wilson 41.55; 57. C. Rowe 41.57; 66. R. Turney 42.31; 67. W. Clapham (V50) 42.33; 73. J. Kavanagh (V50) 42.56; 83. J. Robinson 44.21; 85. I. Cayzer 44.42; 95. G. Crowder (V50) 45.23; 105. J. Mullett 46.38; 124. A. Weeks-Pearson (V50) 49.05; 125. I. Gold 49.06; 126. D. Larcombe 49.07; 130. W. Graham 49.41; 145 Fin.

V40 Teams (Sc 4) 1. BH 'A' (Kent Messenger Cup) 48; 2. Cambridge H 50; 3. Invicta E.K. 70; 11. BH 'B' (2ndB); 15. BH 'C'.

V50 Teams (Scoring 3) 1. Cambridge H. A 54; 2. Cambridge H. B 214; 3. BH 235.

## BH CLUB VETS' CC CHAMP (10Km) SELF-HANDICAP AND INTER-CLUB

17th February, 1990

Hayes

Although fewer than last year, we were pleased to welcome 37 visitors from 8 clubs to join 27 BHVs for a 2.30 start (well almost). At the Church Field we found evidence of the recent high winds, with the conifer, under which we used to huddle, uprooted. This was to be the way of it and special thanks go to the trail-layers for working up to the last moment to clear the course.

Hugh Morten, encouraged by son Richard and his sister, led from the first field and, thereafter, only S. Herington of Woodford Green offered any serious challenge. The dry conditions and the gravelling of the previously muddy track up from Furze Bottom contributed to a winning time nearly a minute faster than last year.

Jim Phelan unfortunately finished the course in the Botmobile and the absence of other notable BHVs opened up scoring chances. Dave White and John Kelly, in his first run as a vet, took the place medals in the BHV Championship.

There was some difference of opinion as to the course through the final bit of wood and this gave new meaning to the word 'funnel' as runners converged in response to our shouts.

An Inter-Club was included for added interest and was scored, rather arbitrarily, at 7-a-side. Brian Swift, Peter Shephard, Colin Rowe and John Robinson completed our scores.

The Self-Handicap is, to quote our President, 'eccentric' and caused the usual furrowed brows before Jeremy Hemming, the accomplished editor of 'Veteran Athletics' took the visitors' prize, while Peter and newish member Wilhem Buttinger won further bottles, kindly donated by

remote control by Frank Dyter. A few ladies ran this year and first prize went to Maureen Farrish, a name that will be familiar to 'heathens. We also had a couple of young 'Hon Vets' in Donna Kelly (almost as good as her father) and Alex Sewter, grandson of former President R E Walker.

BC

1. H. Morten (BH Browning Tankard) 37.22; 2. S. Herington (Woodford Gr) 37.37; 3. N. Ingles (Woodford Gr) 38.51.

Other BH Results:— 8. D. White 39.49; 10. J. Kelly 40.19; 11. B. Swift 40.40; 19. P. Shephard 42.50; 21. C. Rowe 43.15; 23. J. Robinson 43.58; 24. M. Reynolds 44.11; 26. I. Cayzer 44.39; 27. M. Hamlin 44.50; 28. R. Savery 45.10; 29. C. Poole 45.15; 30. T. Brightwell 45.17; 34. J. Tateson 46.20; 35. J. Mullett 46.46; 36. M. Peel 47.08; 38. R. Varcoe 48.43; 40. A. Michell 49.02; 42. D. Larcombe 49.42; 43. J. Cross 49.48; 44. W. Buttinger 49.54; 46. I. Gold 50.20; 47. D. Hopgood 50.33; 58. D. Wilcox 55.36; 60. J. Bennett 58.49; 61. D. Tingey 58.56; 62. B. Boulton (Camb H) 61.04; 63 Fin.

Teams (Scoring 7) BH 93; Woodford Gr 157; Camb H 167; Vets AC 183.

Other Clubs Represented:— Brom V; Croy H; Dart H; Kent AC; SLH.

First Lady:— M. Farrish (Brom V) 49.57.

Self-Handicap Prizes:— J. Hemming (Vets AC) 11 secs; P. Shephard 5 secs;

W. Buttinger 6 secs.



Colin Rowe managed to hold this two second advantage over Mike Fields right to the end of the S.L.H. match.

Photo by B. Saddleir

## VETS AC v BLACKHEATH VETS

5m

24th March, 1990

Wimbledon Common

Our starting point was Wm. Wilberforce School which again provided TV viewing of the World CC Champs and, this time added Ireland wooden-spooning Wales at rugby. This proved so diverting that it was rumoured that some of our hosts never ventured forth at all, which was their loss, for we had a good run over the usual two-lap course on a fine, warm afternoon.

Hugh Morten, recent winner of the Browning Tankard, was again our first man home in third place, while Mike Cronin, Jim Phelan and John Kelly were all in the top dozen. Teamwise we were, as usual on their course, outnumbered by Vets AC but, nevertheless, it was pleasing to have 12 runners for our final vets' fixture. Thanks to all who have supported our Season.

BC

(25.50) 3. H. Morten 26.20; 6. M. Cronin 27.10; 8. J. Phelan 27.30; 11. J. Kelly 27.41; 32. W. Clapham 30.23; 35. M. N. Williams 30.41; 36. M. Reynolds 30.56; 38. M. Peel 31.16; 46. B. Saxton 32.57; 48. Roy Green 33.34; 49. J. Cross 34.01; 50. A. Weeks-Pearson 34.07; 57. Fin.  
Teams (Sc 8 Vars) VETS 50; BH 86.

## T.V.H. RELAYS (VETS)

Cranford 3 x 3.5ml

31st March, 1990

Hoping to improve on last year's excellent 5th placing, we took a dozen vets over to Cranford to take part in this splendidly organised relay event. With the National 8 stage championships only six weeks away it was hoped that selections for the A and B squads would be assisted by the form shown in this early season outing.

From the off however it quickly became clear that standards in these over 40 events are rising at a prodigious rate and despite a solid 18.48 from Mike Cronin 23rd spot was our A team position on leg one. John Kelly ran an excellent 19.06 to finish four places down on Mike, with Bill Clapham returning 21.25 for 57th spot in the D team, overtaking Bernard Wilson who recorded 21.40 for the C team finishing in 59th position out of a total of 69 teams. Had it been a two mile lap Bernard would have been well placed as he was up with Mike and John at that point, however, the heat and the pace got the better of him and he faded over the final third. At the front London Irish led from S.B.H. and Thurrock.

On the second leg Pat Keenan of London Irish fell back to third having dropped his false teeth in the excitement. No such disaster befell Barry O'Gorman however as he powered his way through the field to clock 18.38 and finish in 14th spot. Joe Clare moved back a few places to finish 32nd with a 20.14 timing; likewise did Roy Green who finished in 62nd spot for the C team with 23.06 five places in front of Don Hopgood who brought the D team home with 24.33. Thurrock had moved into top spot with Aldershot occupying second place.

On the final leg London Irish stormed back into the lead thanks to a 17.37 from Pat Murphy with Windsor S & E moving up 3 places for the silver. Swansea shot through from 12th to bronze medal position thanks to the fastest clocking of the day from Alan Roper with a time of 17.16. Blackheath A improved a further position to 12th thanks to a 19.00 leg from Hugh Morten who was off colour and probably a minute outside his potential at this distance. Also not at his best due to a six month lay-off with knee problems was Jim Phelan who steered the B team a further 5 places up the results sheet with a time of 19.20 to finish in 27th spot and third B team overall.



Peter Hamilton first 'heathen home in the Kent and National Championships.

Photo by M. Nicholson

## NATIONAL VETERANS' CC CHAMPS

10Km

11th March, 1990

Wormwood Scrubbs

### Porridge as usual

Jack Fitzgerald arrived at this venue to be told that the 5Km loop was short and would be lengthen it by 600m. He did. The resulting seven mile races were over a windswept, bone-dry and almost flat course at unrelenting pace. The threatened straw bales did not materialise and the only impediment was a single log, of miserly proportions to those used to wintering up Boundary Wood.

Nor was this the end of our troubles. No map or details of the course had been furnished before hand and, in the first (V40/49) race, the whole field was sent the wrong way round and a call went out, as in an old Western, for extra cowpokes to 'turn that ther' herd'.

Is it any wonder that most Vets remain outside BVAf and doubt its claim to be, within BAF, the future organiser of Veteran athletics?

Teamwise, though nothing outstanding, we did at least close in at V40/49 and V50+. Individually our successes came in Barry O'Gorman's 7th place in the V50+ and Jim Bennett's 3rd place in V70 (5Km).

BC

V40/49 (36.45) 50. P. Hamilton 39.44; 85. D. White 41.24; 87. M. Cronin 41.32; 99. J. Phelan 41.54; 178. J. Robinson 46.46; 194. Fin. Teams (Scoring 4) 12/19 BH. V50+ (38.46) 7. B O'Gorman 40.09; 25. J. Clare 42.25; 69. (17V55) W. Clapham 46.15; 93. (26V55) G. Crowder 47.52. Teams (Scoring 3) 8/17 BH. V70 (5Km) 3. J. Bennett 29.38.





*Vets 8 Stage Relay A & B Teams. Back row l. to r. M. Hamlin, P. Shephard, H. Morten, J. Kelly, D. White, M. Cronin, P. Hamilton, B. O'Gorman, J. Phelan. Front row B. Swift, M. Field, B. Fisher, J. Robinson, C. Rowe, B. Wilson, B. Mellish.*

Photo by J. Phelan

Further down the field Chris Woodcock was making a welcome return to competitive running by improving 9 places to 53rd with a time of 19.52 and Mike Cronin — determined to get full value for his entry fee — ran the last leg for the D team in 20.24 to bring them home in 55th spot out of a total of 63 finishers.

The quality of competition at Vet's level is now of such a high standard that even if we'd had Peter Hamilton available (he was taking part in the Vet's indoor championships) and Les Roberts (who chose this day to announce his retirement from competitive running) we would still have struggled to achieve a top three slot, but with a dozen competitors we were probably as strong in depth and spirit as any other team and this is a possible indication of where our future success may lie.

#### Results

1.	London Irish	53.17
2.	Windsor S. & E.	53.52
3.	Swansea	54.20
13.	Blackheath A	56.26
(23)	M. Cronin 18.38; (14) B. O'Gorman 18.38; (13) H. Morten 19.00.	
27.	Blackheath B	58.40
(27)	J. Kelly 19.06; (32) J. Clare 20.14; (27) J. Phelan 19.20.	
53.	Blackheath C	64.38
(59)	B. Wilson 21.40; (62) R. Green 23.06; (53) C. Woodcock 19.52	
55.	Blackheath D	66.22
(57)	B. Clapham 21.25; (67) D. Hoggood 24.33; (55) M. Cronin 20.24.	

## NATIONAL VETS 8 STAGE RELAY

Aldershot Arena

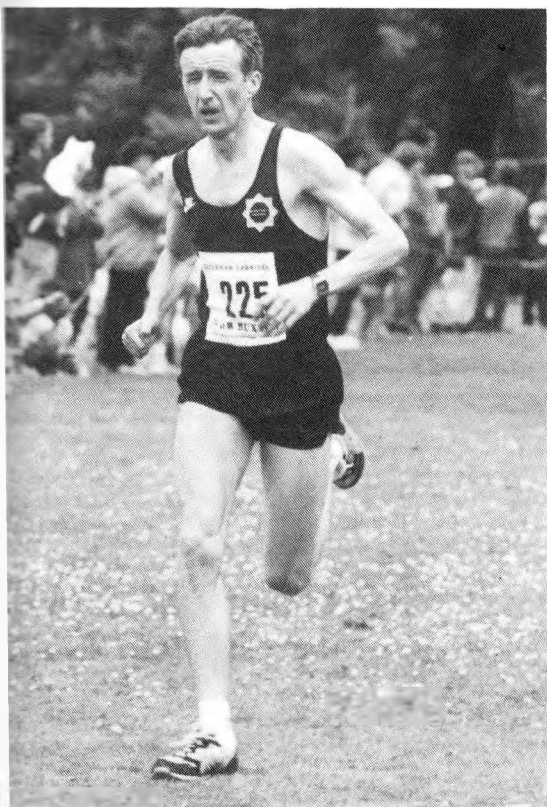
12th May, 1990

Time was when the big 4-0 was looked on with dread and apprehension, the end of competitive athletics, the beginnings of middle age with retirement a not too distant

prospect. But not so these days, the Club seems to have a plethora of thirty-somethings who are just bursting to get to grips with competition in the veteran ranks. Messrs Daniel. Spencer and Coe have all expressed great interest in the Life-Begins-at-40 syndrome and appear to be gearing their training for maximum resurgence when the big day arrives. And so they should, with the prospect of competing against the best in the country at age group level a whole new aspect is introduced into the running equation.

The Vets National 8 Stage Relay is a truly national event with teams from all over the country descending on Aldershot Arena to show who has the best octet of quadragenarians or the best sextet of penta/sixagenarians. Winners for the past two years Aldershot certainly fancied their chances whilst Oxford, second for the same period could never be discounted, but the real threat looked to come from Tipton — recent winners of the Midland Six Stage Vets Relay with Andy Holden and Alan Rushmer in their ranks. As for our prospects, with a last minute re-shuffle we calculated that fifteenth spot for the team would be a realistic target with anything higher than that a real bonus and just to finish a B team would go a long way to proving that the state of veteran athletics at the 'heath was a healthy one.

As it turned out not only did we field two squads of eight but on the day also had two potential reserves in the shape of Joe Clare and John Kavanagh whose over 50 team was unfortunately depleted at the last minute. But in one respect their loss was our gain. Peter German having pulled out mid-week, Barry O'Gorman was drafted in from the senior ranks and it was his incredible run on the first leg of this tough, undulating four mile course that got the A team off to a flying start. Keith Penny of Cambridge Harriers was first to finish in 20.21 but a mere 54 seconds behind in 17th place after a perfectly judged leg was our Irish ex-International. For the B team Peter Shephard opened and finished in 58th spot in a time of 23.31.



*Mike Cronin – a vital member of the B.H. London Irish Squad.*  
Photo by M. Nicholson

The Irish connection continued into the second leg of the A with Mike Cronin having the unenviable task of taking over for his four mile stint with a dozen men only seconds behind all after his scalp. He did well to limit the number that passed him to seven on a leg that saw some teams yo-yo 20 places. In the B team Bernard Wilson dropped three to finish 51st in 23.43 whilst at the front Brighton came through from fourth to first.

On leg three Brighton retained the lead and Barry Mellish moved us up two places to 22nd with a run of 21.43 whilst further down the field Colin Rowe retained 61st spot with a run of 24.19.

On leg four George Meredith from local rivals Cambridge Harriers cruised through from twelfth to first and Peter Hamilton got us back to where we started in 17th spot with a time of 21.13. In the B team Brian Swift, making a welcome return from injury, ran 23.02 to pick up four places.

Leg five and out came the big guns Shel. Cowles (20.04) took Oxford from seventh to first and behind him Andy Holden (19.30) came through from 16th to second. For the heath John Kelly debuting in this event ran 22.40 to drop out one place to 18th whilst in the B, John Robinson retained 17th spot with a time of 24.48.

Leg six and Allan Rushmer (20.20) retained the lead for Tipton whilst the A team moved steadily onwards. Hugh Morten ran a superb 21.17 to pick up three places which included local rivals Kent A.C. to bring us home in 15th spot whilst in the B, Barry Fisher picked up two places with a well edged 23.05.

Tipton retained the lead from Oxford on leg seven and the A team continued to roll with Dave White (22.08) picking up further place to get us inside that target of 15th. For the B Mick Hamlin ran 25.30 to finish in 56th position.

On the last leg Tipton just managed to hang on to beat Oxford by 29 seconds but were then disqualified (they forgot to declare Allan Rushmer on their entry form!) For the heath Jim Phelan nursing a calf injury and therefore relegated to last leg, picked up a further two runners including one from S.L.H. to move us to our eventual finishing spot of 11th — four places higher than we'd hoped for. For the B, Mike Field also picked up places to finish 52nd in a time of 25.15. Cambridge were 15th.

Who knows — with the inclusion of a few of the thirty-somethings, we could be well inside that top ten next year — but then they'll have to get in the team first!

JP

Results			
Disqualified: Tipton		167.46	
1.	Oxford	168.15	
2.	Elswick	168.27	
3.	A.F.D.	168.48	
11.	Blackheath A	174.08	
52.	Blackheath B	193.13	
(17)	Barry O'Gorman	21.15	(58) Peter Shephard 23.31
(24)	Mike Cronin	22.12	(61) Bernard Wilson 23.43
(22)	Barry Mellish	21.43	(61) Colin Rowe 24.19
(17)	Peter Hamilton	21.13	(57) Brian Swift 23.02
(18)	John Kelly	22.40	(57) John Robinson 24.48
(15)	Hugh Morten	21.17	(55) Barry Fisher 23.05
(14)	Dave White	22.08	(56) Mick Hamlin 25.30
(12)	Jim Phelan	21.40	(52) Mike Field 25.15

11th on adjustment

51st on adjustment

Also ran V50s: Joe Clare 23.17; John Kavanagh 24.26.

Fastest leg: Andy Holden: Tipton 19.30.



*Colin St Aubyn visits the Roy Savory waxwork model at Madame Tussauds.*