



# The Courier

VOL 26 . No.6 December 2009. PRESIDENT 2009/10 Mrs Alison Brand. HON SEC:- Duncan Flagg  
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Unless otherwise attributed, views are those of the Editor.

**Contents:** Page 1. Articles, news. 4. Results, Road. 5. Cross-Country,  
7. Track & Field, History of the Courier

From the editor:

#### **Michael mckain' bid for euro success**

Michael Skinner has for the fifth consecutive year gained a place in the Great Britain team competing in the European Cross Country Championships held this year in Dublin on the 12<sup>th</sup> of December by winning the senior men's race at the McCain Cross Challenge at Liverpool. His first place in a time of 28 minutes 16 seconds, represented yet another significant vindication of the training he described in his visit to the club earlier this year, and he hopes to improve on the bronze medals won by the British team last year. Unfortunately he will not be joined by Scott Overall, edged out of selection, despite his own impressive showing at the trials.

Due to the decision of the editorial team of the Gazette to stand down from the task of producing it I have been approached to take on the responsibilities of Gazette Editor from Anne Cilia. As such I feel that if the two magazines are to continue as separate productions I must hand over the role of editor of the Courier to a suitable successor. Therefore an advert and job description of the role and duties will appear in the New Year. I trust that this if anything will produce a positive response so that I can concentrate fully on producing the Gazette.

#### **SOME COMING EVENTS.**

Dec 19<sup>th</sup> Xmas Yacht handicap,  
Hayes BC (Bennett Cup 4)  
Dec 19<sup>th</sup> South of Thames  
Senior, Wimbledon  
Dec 20<sup>th</sup> Gaston Roelants  
5k/10km, Brussels  
Dec 26<sup>th</sup> Fancy dress  
paperchase, Hayes  
Jan 9<sup>th</sup> Kent County xc champs,  
Detling.  
Jan 16<sup>th</sup> Open 10km Vets  
champs, BC5  
Jan 30<sup>th</sup> SEAA xc champs,  
Parliament Hill.  
Feb 7<sup>th</sup> Club 10m xc champs,  
Hayes BC6  
Feb 13<sup>th</sup> Kent Leauge, seniors,  
Parkwood School Swanley  
Feb 27<sup>0th</sup> Mob match v Ranelagh  
Harriers, Richmond BC7  
Feb 27<sup>th</sup> National xc Champs,  
Roundhay Park Leeds.

#### **SOCIAL**

(All events held at BHHQ  
unless otherwise stated)

Jan 30<sup>th</sup> Southern Supper  
Feb 5<sup>th</sup> Punch Bowl Night  
Feb 7<sup>th</sup> Club 10 roast lunch  
(1pm)  
Feb 27<sup>th</sup>. National Supper,  
Leeds.

#### **200 CLUB**

Organizer: Roger Counter  
Tel 020 8776 0884  
Recent winners: (Nov 11<sup>th</sup>  
Dorothy Dalman, Brian Hartley;  
Nov 25<sup>th</sup> Margaret Shapcott,  
Roy Green, Jim Bailey

**NEXT COURIER:** mid to late  
February 2010

Any contributions and articles  
from members are always  
welcome.

#### **Punch bowl night.**

Next year's Punch Bowl Night takes place on Friday February the 5<sup>th</sup> as usual at the club house. The chosen theme for the evening will be 'Sticky Moments' and Tony Pontifex will be looking for contributions from members and guests of a relevant nature. However the identity of the compere for the evening remains for the moment a secret. Tickets for this will cost £16 and includes the usual famous punch concoction (first timers are expected to perform the usual initiation drink) and can be secured by the usual practice of putting your name in the book. There will be up to 45 places available so an early booking of this recently revived annual event is desirable.

#### **Globe-trotting heatherns show their quality.**

*Two distinguished veteran performers of the club have recently returned from their respective adventures on the other side of the World. Helen Godsell in Sydney and Nick Kinsey in Hawaii have been competing in their respective fields and the following are accounts of how they fared in their championships.*

#### **Godsell for Gold**

Returning home from the World Master's Games in Sydney last month with two gold medals was a very satisfying end to my 2009 sprint season. The year started with a world record in the womens' 55 category 60m in Ancona, Italy in March, having trained throughout the winter with John Blackie's young sprint group. I was then disappointed not to be able to compete in the World Championships in Finland in July, due to the fact that my 95 year old mother fell and broke her hip two days before I was due to go.

However all was not lost! We had booked flights to Sydney in October to visit our son Joe, and I was able to enter the World Master Games that were being held in the Olympic Stadium. The games attracted more than 28,000 athletes, competing in most of the Olympic Sports, over 10 days in all the Master Age Groups. An amazing Opening Ceremony,



superb organization, very friendly officials and warm but very windy conditions, made for a truly memorable experience. My 100m was the first race on the second day of competition on the 12 lane track. Although we had had torrential rain just before the line up, I ran relaxed to win my heat in 13.79 seconds, a season's best time for me. The final was held that evening in perfect conditions. I was going into the final as the fastest competitor, with the crowd naturally cheering for the winner of the second heat, an Australian whom they had never seen beaten. Our son Joe had hung a huge banner at the end of the straight which read 'GODSELL FOR GOLD'.

Unfortunately, I was given the first false start, so had to hold back the next time the gun fired. But focusing on what Joe was expecting of me, I had to achieve, and that I did, improving my time to 13.78 seconds, with the Australian finishing in second place in 14.47 seconds.

Although I had entered the 400m, I felt that it was more important to enjoy the sights of Sydney, and have time with Joe,

so I did not return to the track until the fifth day of the competition for the 200m heat. The line up was similar to the 100m with several Australians in each heat. I again ran a season's best time of 28.69 seconds finishing with the fastest time to go through to the final the next day. The conditions for the final were not so good, with very strong winds on the straight. But the banner was still there, Joe having taken his shoe laces out of his trainers to secure it to the railings! My winning time of 29'15 seconds was disappointing but it was over 1.6 seconds faster than the second placed Australian.

Looking ahead to 2010, I intend to have a more relaxed year 'at home', enjoying the Southern Womens league if needed, and of course the Kent Veteran League meetings on all the wet, windy Friday and Monday evenings the South of England has to offer.

Helen Godsell, November 2009

### A Brave heart is a powerful weapon...Nick Kinsey on the Ironman Triathlon

“Aloha...as they say in Hawaii” was how a suitably garlanded Nick Kinsey greeted a packed common room on the 25th of November as he proceeded to talk of his experiences at the Hawaii Ironman Triathlon held on the Island of Kona in October, the winning of which he rated as “probably a bigger accolade than winning the Olympic Triathlon”. The privilege of participating in this was one for which he qualified in Klagenfurt, Austria in July by winning his age group. Nick gave a spirited and from the evidence of his neck-wear highly animated performance which not only recounted his



adventures in Hawaii but proved to be highly informative about triathlons in general especially for those not familiar with the sport. Although it has now been given an official status within the club it is still considered by some to be a specialist and esoteric sport which probably needs someone with Nick Kinsey’s affability to give it a human face. His talk was liberally illustrated with photographs and videos from his lap-top as well as a diverse array of objects used by tri-athletes including an actual racing bike which some members of the audience were keen to try out later.

But although suitably prepared for the challenges ahead there was still the minor obstacle of an ankle injury to be overcome before he landed in Kona, Hawaii’s largest island, with bike all bagged up to encounter the equally daunting problem of jet-lag which had to and were both overcome with something to spare.

The nature of the talk was informative as well as realistic in giving an insight into the trials, tribulations as well as the triumphs of a triathlete. Firstly he focused on the dietary requirements necessary to fuel his efforts particularly on the bike and on foot describing how he would make up his electrolyte drinks to such a consistency that a dentist would later comment on the high sensitivity of his teeth to the sugar in these drinks. He described how he would come back from a cycle ride with his tri-suit “coated in white salt crystals from dried perspiration”. The point made was that so

much of the body’s natural salt was lost so salt loading and hydration with an isotonic electrolyte drink was crucial, and he relied heavily on such substances as Nunns tablets and dioralyte sachets. The key part of the jigsaw he emphasised was nutrition and hydration and in a desperate need to get this right he eschewed the fast food joints in favour of Thai cuisine where he could get the fresh vegetables otherwise unavailable to him elsewhere, and also the odd helping of pasta.

Secondly he had the right gear to perform as effectively as the conditions allowed given the kind of heat and humidity that most of us very rarely encounter. To illustrate this he produced such items as a specially designed helmet which looked like something out of a 1950s sci-fi B movie and had special aerodynamic powers, a skin tight swimsuit which could in a moment transform a wrinkly old body into something as slippery as a dolphin (although he only found it later), and of particular interest to most people his own personalised racing shoes, made by Saucony, his sponsors, light-weight shoes with plenty of ventilation, and double insoles. The helmet he rated as the most important item in creating an aerodynamic effect to be able to slip through the air by becoming more wing-shaped. “*The biggest thing going through the air is you and your head*” he said adding that a decent helmet would make 10 minutes difference to your performance.

Thirdly in describing the events themselves Nick spared no detail as to the pain and discomfort he encountered in the water and on the road. The swim event started with a mass pile up with the ‘most kicking and slapping’ that he had ever encountered in his life. Even something as pain-free as swimming could become for him a contact sport as he was left with a goggle socket embedded in his eye, felt his nose had been broken and even in water finished up with raw bruises on his elbows. The cycling event was one continuous struggle against increasing heat and by 100km he felt “pretty well cooked”. On the return leg for the last 60km he faced a strong headwind made hotter by the heat generated by a local volcano. As for the running event it was a case of just surviving and experiencing the frustration of seeing the water used to cool his body drying up on the skin almost instantly due to the 95 degree heat.

His honesty in describing this intense physical activity had the realism reminiscent of Les Robert’s adventures described by him in his book which I reviewed recently and I guess that listeners were left to decide if this was an activity they could be attracted to or not. Even so there was a humorous tale to relate as he looked at the end to chase a rival for a medal position in his age group. After tracking his quarry and catching him he discovered it was the wrong man. Further on he again caught another ‘wrong’ man mistaking him for the rival, until at the death and running at breakneck speed he finally got his man but not to gain a second place but sixth place in his age group! Oh well at 6 minutes 6 seconds for the last mile of a marathon I guess most of us would be happy for that kind of disappointment !

WHO

## The Courier December 2009. Results

### **Road.**

#### Marathons & half marathons

**October 18<sup>th</sup> Abingdon Marathon.** 332. P. Rodgers (3:39'37/3:39'28)

**November 8<sup>th</sup> Bexhill Poppy Half Marathon.** 88. J.E Turner (1:40'09)- 122. P.Cobbett (1:44'06)

**November 14<sup>th</sup> Cornwall Marathon, Pensilva.** 182. C. Poole (4:46'32) (4<sup>th</sup> mv70)

**December 6<sup>th</sup> Luton Marathon** 301. R. Griffin (3'59.50)- 373. G. Sterling (4'19.58)

#### Other distances

**October 30<sup>th</sup> Serpentine last Friday of the month 5km** 44.G.Coates V55 (19'15)

**Orpington Road Runners handicap series. November 11<sup>th</sup>** 10km. 69. N. Webb (52.20/48.20)- 78. T.Delahoy (55.06/52.06) **December 8<sup>th</sup>** 6. T. Delahoy (47'3/40'33')- 24. D. King (49'10/44'10)- 43. M. Ellison (51'25/41'25)

#### **November 14<sup>th</sup> The Lord Mayor's Mile, City of London**

Girls 11&12 1<sup>st</sup> Kate Curran *Bromley* (5'34.50) - 2<sup>nd</sup> Georgina Kennedy *Bromley* (5'43.20) Girls 13 & 14 14<sup>th</sup> Hope Stenning *Bromley* (5'47.2)-23<sup>rd</sup> Jessica Jones *Bromley* (5'52.2) Girls 15 & 16 9<sup>th</sup> Amy Mitchell *Croydon* (5'34.22)- 11<sup>th</sup> Krystal Galley *Bromley* (5'35.35) -20<sup>th</sup> Danielle Critchley *Bromley* (5'46.53)- 25<sup>th</sup> Claire Parkin *Croydon* (6'01.37)- 30<sup>th</sup> Rachel Robinson *Lewisham* (6'09.47) Boys 13 & 14 30<sup>th</sup> Adam Willis *Bexley* (5'14.31)- 34<sup>th</sup> Will Ruiz *Bromley* (5'17.61)- 54<sup>th</sup> Anthony John *Bromley* (5'49.24) Boys 15 & 16 18<sup>th</sup> Martin Parry *Bromley* (4'39.41)

**November 15<sup>th</sup> Brooks Brighton 10km.** 1049. W.Orton (50'51/49'26)- 1166. S.Dawson (52'04/50'36)

**November 22<sup>nd</sup> Colyton Fiver** 25. R.Minting (1<sup>st</sup> M55) (28'11)

**November 22<sup>nd</sup> Leeds Abbey Dash 10km.** G. Murray (3<sup>rd</sup> M70) (1:05'21)

**December 6<sup>th</sup> Swanley christmas caper** 1. A. Rayner (21'38)- 2. P. Tucker (*Ravens School Runners*) (22'22)- 5. D. McKinlay (23'53)- 8. D.Ryan (25'00)- 9. E.Murty (25'10)- 10. A.Crowder (25'38)-104. D.Mehmed (33'10)

**December 5<sup>th</sup> Escelade 7.2km, Geneva.** 7. S. Overall (21'12)

#### Walking events.

**November 7<sup>th</sup> Alec Potton Memorial 7 miles, Selsdon** Men 7 miles 6(7). S.Lightman (M65) (1:05'49)- 9(1). P.Hannell (M65) (1:08'55)- 18(3). D.Hoben (M55) (1:19'40), *handicap positions in italics.*

**November 14<sup>th</sup> Enfield Open 7 miles, Lee Valley Men** 10.S.Lightman (65'29)- 46. D.Hoben (1:18'33).

**November 28<sup>th</sup> Belgrave Open 7 miles, Wimbledon** 9. S.Lightman (1<sup>st</sup> M65) (1 :06'34)- 16. P.Hannell (3<sup>rd</sup> M65) (1 :09'57)- 28. D.Hoben (1 :18' 37).

**December 5<sup>th</sup> Cambridge Harriers Winter League 5km,Bexley** 9. S.Lightman (28'15)- 28.D.Hoben (35'13).  
*All competing for Surrey Walking Club*

## ***Cross Country***

### **October 31st. National Cross Country Relays, Mansfield**

*1st Bedford & County AC 'A'(1:01'12.75)*

**Senior Men** 2nd place Blackheath & Bromley Harriers AC (1:01'35.65) – ( leg 1 A Gibbons (16'21/44<sup>th</sup>)- 2. M Skinner (14'47.90/9th)- 3. A Rayner (15'28.45/7th)- 4. S Overall (14'58.30/2<sup>nd</sup>):- 71<sup>st</sup>.BBHAC B Team (1 :11'40)( 1.R.Daniel (18'22 /108<sup>th</sup>)- 2. S. Holmes (17'30/87<sup>th</sup>)-3. A.Bruce-Littewood (16'55/71<sup>st</sup>)- 4. R.Smith (18'53/71<sup>st</sup>). **U17 Men** 18th place BBHAC (30'18.85) ( leg 1. P Sesemann (9'24.25/6th)-2. S Jackson (10'22.40/12th)- 3.W Mercer (10'32.20/18th) **Senior Ladies** 17th BBHAC (33'33.20)- (leg 1. E Murty (10'49.40/22nd)- 2. B. Proctor (10'58.60/17th)-3. J. Butler (11'45.20/17th)

**Mornington Chasers 10km. Regents Park series** **November 1<sup>st</sup>** 31. Ms J. Hamer (3<sup>rd</sup> woman) (39'57).

**December 6<sup>th</sup>** 188. W.Orton (50'19)

### **November 14th Kent XC League, Swanley Park.**

**Sen & vet women.** 5000m 2. J. Hamer (20'30)- 18. C. Jones-Baldock (23'00) ; **U20 women.** 4000m 2. R. Smith (16'20) ; **U17 girls** 3500m 4. E. Nolan (15'22)- 9. M. Kane (16'13) ; **U15 girls** 3000m 2. Amber Reed (12'21)- 14. Holly Fletcher (14'37)- 17.Hannah Cook (15'10) *team placed 2<sup>nd</sup>/ 33 points* ; **U13 girls** 2500m 4. Samantha Leighton (10'27) ; 8. Charlotte Rhule (10'47)- 10. Janae Galley (10'48)- 12. Lucy Sidey (10'54)- 16. Holly Walman (11'09)- 28. Maya Brunei (12'33)- 30. Aine Hurlock (12'55)- 32. Shannon Clarke (14'15)- 33. Shannon Cardell (14'48) *team placed 2<sup>nd</sup> / 2 points* ; **U17 boys** 5000m. 13. W. Mercer (19'12)- 14. S. Jackson (19'12)- 16. G. Vacharopoulos (19'21) *team placed 3rd/ 43 points*; **U15 boys** 3000m 13. Tom Greenhill (16'21)- 32. Jake Wade (17'27) ; **U13 boys** 3000m 16. Tom Desborough (14'10)- 20. Jon Pairman (15'20)

### **November 14<sup>th</sup> 'Hell Down South' Hellrunner 10, Longmoor Camp**

330. Sheridan Morris (44<sup>th</sup> M40)(1:26'01)- 355. Gareth Evans (269<sup>th</sup> M20) (1:26'38) -562 .Kate Jones (30th F20)(1:31'51) -758. Gordon Ramsay (128th M40)(1:35'39) -1128.Tana Ramsay (31st F35) (1:42'18) -1199. Francesca Green (91st F20) (1:43'45) -1200. James Morris (830th M20)(1:43'46) -1279. Adrian Stocks (31st M50)(1:45'17) -1281.Chris Gentle (213th M40) (1:45'18)- 1283. Deniz Mehmed (215th M40)(1:45'19) -1284. Peter Burford (32nd M50) (1:45'20) - 2204. Alix Duffy-Penny (5th U20) (2:14'11) - 2224.Jim Osman (1297th M20) (2:15'08) - *Kev May withdrew from this event beforehand*

### **November 21st Inter-Counties Schools' Cross Country Champs, Staffordshire University**

Intermediate boys. 10. S. Jackson (Surrey) (22'09)- 16. W. Mercer (Surrey) (22'22)

### **November 28th McCain Liverpool Cross Challenge, Sefton Park, Liverpool.**

**Sen men 9.8km.** 1. M. Skinner (28'36)- 8. S. Overall (28'54); **U20 men 6.7km.** 26. A. Bruce-Littlewood (20'48); **U17 men 5.5km** 72. G. Proctor (19'53)

### **November 28th. South of Thames 5, Sparrows Den.**

42. Will Mercer (3rd U20) (31'16)- 54. Rob Yates (32'20)-76. Greg Proctor (33'45)-103. Andy Lawes (35'25)-132. Adrian Stocks (37'46)-185. Wilf Orton (44'32) *1st Joe Morwood (U20) Aldershot Farnham & D (27'20)*

**December 5th South London Harriers Pirie 10, Coulsdon.** 25. D. Beadle (1:07'31)

### **December 5th Kent XC League, Bexley.**

Sen men. 10000m 5. A. Bruce-Littlewood (33'35)- 21. A. Camp (36'11)- 90. I. Taylor (43'04)- 92. G. Coates (43'12)- 109. A. Stocks (45'24)-126. N. Barber (48'38); U17 boys 5000m. 10. S. Jackson (17'33)- 12. G. Proctor (17'43)-16. W. Mercer (18'15)- 20. G. Vacharopoulos (18'45); U15 boys 3000m 17. Tom Greenhill (15'13)- 21. Adam Willis (15'20)- 37. Jake Wade (17'16) ; U13 boys 3000m 12. William Fuller (11'22)-16. Richard Webb (11'32)- 24. Tom Desborough (12'38) U17 girls 3500m 2. J. Hamer (14'02)- 5. A. De Matos (16'08) ; U15 girls 3000m 1. Amber Reed (11'11)- 12. Hope Stenning (12'48)- 16. Ella Self (13'16)- 17. Holly Fletcher (13'21)- 19. Hannah Cook (13'55); U13 girls 2500m 2. Georgina Taylor (9'41)- 8. Samantha Leighton (10'01)- 12. Lucy Sidey (10'16)- 13. Janae Galley (10'18)- 18. Emma Myers (10'37);

### **Bennet Cup Events**

#### **November 21st Mob match v Orion Harriers, Chingford.**

1. A. Gibbins (47'06)- 6. R. Smith (51'58)- 11. P. Ross-Davies (54'36)- 17. A. Tucker (55'48)- 18. M. Watling (56'09)- 20. M. Ellison (56'54)- 22. C. Griffin (57'29)- 23. R.A. Hall (57'30)- 26. S. Pairman (57'50)- 29. M. Jones (58'07)- 30. B. McShane (58'24)- 32. S. Lloyd (58'56)- 35. A. Riches (59'17)- 38. C. Pike (59'50)- 41. A. Lawes (1:00'17)- 42. Ms S. Dowling (1st woman) (1:00'28)- 43. R. Yates (1:00'27)- 44. G. Coates (1:00'28)- 46. A. Stocks (1:01'11)- 47. R. Brown (1:01'18)- 60. Ms C. Jones-Baldock (1:03'30)- 61. J. Leeson (1:03'32)- 66. I. Swatton (1:04'33)- 67. F. Thompson (1:04'48)- 68. B. Wetherilt (1:04'51)- 70. D. Carton (1:05'29)- 71. W. Slack (1:05'59)- 75. M. Wade (1:06'06)- 79. J.E. Turner (1:07'24)- 80. T. Delahoy (1:07'46)- 81. Ms A. McDonough (1:07'47)- 83. Ms A. Cilia (1:07'55)- 85. J. Fenwick (1:08'39)- 87. M. Compton (1:09'35)- 90. W. Orton (1:11'10)- 91. A. Grace (1:12'00)- 92. A. Edwards (1:12'09)- 94. Ms J. Eastbury (1:12'38)- 95. Ms Z. Wood (1:13'26)- 96. S. Hollingdale (1:13'45)

*Lantern Rouge awarded to A. Edwards as last scorer*

Match result. (scoring 37-a-side) 1. Orion Harriers (1130 pts)- 2. Blackheath & Bromley HAC (1877 pts)

Handicap places ***1.A.Riches (40'37 {60 pts}- 2. M.Wade (40'46){59}- 3. R. Smith (40'58){58}- 4. Ms A.Cilia (41'00){57}- 5. A. Stocks (41'31){56}- 6. J.E. Turner (41'34){55}- 7. P. Ross-Davies (41'36){54}- 8. T.Delahoy (41'56){53}- 9. W.Orton (42'00){52}- 10. S. Pairman (42'10){51}- 11. A. Tucker (42'18){50}- 12. J. Leeson (42'22){49}- 13.C. Pike (42'40) (48}- 14. R. Brown (42'48){47}- 15. F. Thompson (42'48){46}- 16. M. Watling (42'49){45}- 17. Ms S.Dowling (43'01){44}- 18. I. Swatton (43'03){43}-19. A.Lawes (43'07){42}- 20. Ms J.Eastbury (43'08){41}- 21. A.Gibbins (43'16){40}- 22. W.Slack (43'19){39}- 23. M. Ellison (43'34){38}- 24. S. Hollingdale (43'35){37}- 25. A. Grace (43'40){36}- 26. Ms A. McDonough (43'57){35}- 27. Ms C. Jones-Baldock (44'00){34}- 28. C. Griffin (44'19){33}- 29. A. Edwards (44'29){32}- 30. S. Lloyd (44'36){31}- 31. R. Hall (44'40){30}- 32. B.McShane (45'04){29}- 33. B.Wetherilt (45'11){28}- 34.G. Coates (45'18){27}- 35. D. Carton (45'19){26}- 36. Ms Z.Wood (45'26){25}- 37. M.Jones (46'37){24}- 38. J. Fenwick (48'09){23}- 39. M. Compton (48'25){22}- 40. R. Yates (48'27){21}.***

#### **Bennett Cup leading places after 3 events.**

1. J. Leeson (151 points )-2. A. Stocks (125)- 3. A. Cilia (120)- 4. A. Tucker (119)-=5. C. Griffin (118)- =5. C. Pike 7. M. Jones (117)- =8.W.Orton (112)- =8.R Yates (112)-=10. S. Hollingdale (111)- =11 S. Pairman (111).

## **Track & Field**

**October 13-18th World Masters Games, Sydney.** W55.100m (heats) 1.H.Godsell (GB)(13.79)- F. H. Godsell (13.78) ; 200m (heats) 1. H.Godsell (28.69)- F. H. Godsell (29.15); M55. P.vault 2.A.Williams (GB) (3.50m); mv45.1.D.Brand (NZ) (57.17m)

**November 21st Northern Athletics Indoor open meeting 1, EIS Sheffield.**

Sen. 60m (heat 19) 6. Ms H. Biddiss (8.49)- (heat 25) 1. F. Collymore (7.05) ; 600m (heat 1) 2. R. Davies (1'22.83) ; 150m (heat 1) 1. F. Collymore (16.34)- (heat 13) 6. Ms H. Biddis (20.04).

Addendum. The following was missed from the last issue :- One Hour Run. 7. D. Leal (1245m/7.61 miles)

## **Triathlons/Duathlons**

**September 26th X Terrain Festival off-road Triathlon, Hawley Lakes** 1. T. McDowell (2:03'31)- 19. K. May (2:23'14)- 94. J. Phelan (2:54'14)- 120. P. Burford (3:02'34)- 122. Ms S. Dowling (3:02'46)

**October 10th Ford Ironman World Triathlon, Kailua Kona, Hawaii.**

300th. N. Kinsey (GBR) (10:02'22) {2.4 miles swim (556th/1:05'10)- (1t/t 1'43) ; 112 mile bike (265th/5:11'27); (2t/t 3'29)- 26.2 miles run (435/3:38'52)}

**November 7th Florida Ironman & Ballbuster Duathlon.**

**Florida Ironman.** 179. J. McConville (10:05'20) {swim 1:08'21; bike 5:06'06; run 6th v50 3:41'54}- 819. C. Aves (12 :08'30) {swim (1:13'15); bike (6:04'33); run 147th v40 (4:36'12)}. **Ballbuster Duathlon.** 212. S. Morris (3:43'27){run (59.16); bike (1:32'02) ; run 40th v40 (1:05'38)- 232. J. Phelan (3: 47'09){run (1:34'00); bike (1:34'00) ; run 1st v60 (1:03'41)}.

History of the Courier.

*It is forty years ago this year that the Courier was formally inaugurated as a regular news sheet to supplement the results printed in the Gazette although in various forms its forerunners date back to the 1950s. Over the years it has seen changes in name, style and content to evolve into the magazine which is currently produced. For those interested in archives, the following is a summary of its history.*

### ***- Precursors***

Some track results appeared during 1955 to 1957 “to make results available to our track members more quickly than can be done in the pages of the Gazette”. (Historically one of the roles of the Gazette was to be the Club Record). These sheets were produced by **Alan Woodrow** who was Assistant Editor (to Editor Harold Thompson) of the Gazette at that time. In 1957 Alan moved across to be Cross-Country Secretary and production of the results sheets seem to have lapsed.

### ***- Recording results for posterity***

In 1969 **Ian Smith** produced a series of documents to inform members of events in connection with Centenary Year. He called these News sheets and they formed the content of the first volume of what later became the Courier. A significant number of members, about a quarter of them, expressed a keenness to receive these and one issue (No 3) carried a supplement of results of the famous 100 x 1 mile centenary relay “since the Gazette cannot afford the space to publish them in full”. From 1970 to 1974 a number of Ranking and Results Sheets appeared, but there don't seem to have been any systematic publications apart from the Gazette.

In 1974 the suggestion was made that there was a continuing need for the Newsheet and Ian responded to this by producing a second volume with the aims of giving results in some depth and details of events in the immediate future on

a more rapid time-scale than was possible in the Gazette. Circulation was on the same basis as before and by Volume 2 (issue 3) this stood at 161 and continued to grow thereafter.

By August 1977 there were increasingly more results and Volume 2 (no 29) records *“the editor of the Gazette(GeoffLast) has suggested that the volume of results particularly in the summer, is likely to submerge the Gazette and the Club Committee have agreed to release him from the obligation to provide a club record. It is likely that the Newsheet will takeover this task though selected results and it is hoped comprehensive reports will appear in the Gazette”*.

In order to resolve any lingering doubts over the role that the Newsheet should fulfil and the tasks it would perform now that it would take over from the Gazette as the main organ for recording results, Ian re-styled it in November 1977 under a new name “Blackheath Courier”. This was adopted for the commencement of Volume 3 and Ian Smith continued to edit this until April 1980.

Editorship then passed to **Chris Woodcock** from the start of Volume 4 in November of that year to its tenth issue early in 1983. For Chris production of the Courier at that time was still in its formative years. *‘It fell to my wife’* he recalled *to answer the ‘phone, take the messages and type up the ‘skins’ we then used for duplicating. It must be remembered that this was well before word processor facilities and email became available and documents had to be dictated, written and assembled in order, and by hand. Once the ‘skin’ had been typed there was no other recourse to amend items without a complete re-type – and each ‘skin’ would take her about an hour to type up’*. Financial difficulties in the club at the time and arrears in publication of the Gazette threw greater emphasis on the need for a low- cost publication and with the increase in the number of events in the early 1980s there was a need for such a vehicle to record and pass on more current information and results. Chris’s brief was to carry on the sterling work initiated by Ian with as little financial drain on resources as possible which he, by whatever means and ingenuity employable, continued to do so.

But eventually there were production difficulties and by 1983 Chris was unable to continue as editor. The first four issues of Volume 5 were therefore produced by or for Steve Cluney who was the Gazette editor at the time. **Pete Shephard** took over in December 1983 re-stating the aim of announcing forthcoming events and giving all results *“to enable Heathen performances to be recorded for posterity in the Club archives”*. His editorship continued to volume 6 until December 1985.

#### ***-The Courier comes of age***

After him **Alan Tilley** was then appointed to produce the Blackheath Courier but due to adverse factors was unable to do so. Therefore in September 1987 **Bill Clapham** succeeded as editor and duly commenced Volume 7 with the same stated aims as previously. Production at that time was by ink duplication but by 1988 this was replaced by to word processor/ computer plus photo copying. Initially distribution was as before (i.e to those who requested it), but gradually it was made available at the Club HQ to any who cared to take it. It was also posted to a list of members who had asked for that. Up until 1995 the Courier was a results only magazine but that year at the start of Volume 15 Bill Clapham started to include small adverts and short notices of one line or two that previewed forthcoming events and reported news events such as obituaries. Over the next year the content changed dramatically as Bill graduated to more substantial items. In the first issue of Volume 16 for September 1996 readers were offered more detailed articles which included reports of team events in track and field, and summaries of the meetings of the Club Committee to give a more topical flavour. Soon afterwards he began to feature themed series such as “Heathern Haunts” (1997-8) which described places of interest such as Brockwell Park and Ladywell Fields and in 1999 one named “Couriosities”, an anthology of odd stories of interest in the running world. Over the following years there came book reviews, selected letters from members of comments, and the occasional piece of poetry to add a cultural flavour. There were even cartoons drawn by Bill himself and in 1989 the character of Muldiworp appeared for the first time, making regular appearances up to the end of Bill’s editorship in 2005. Certain articles were also illustrated by David Johnson who became one of Bill’s regular contributors over the years. As the Courier began to catch up with technological advances all issues were from 1999 copied onto disc and posted on the Club’s website which was introduced by then. Mike Peel took over the website in 2000 and regularly received the discs after that. Although Bill continued to do the photocopying he able to hand this over to the capable services of a more professional printer All of these changes reflected the changing nature of the club when as it was renamed Blackheath and Bromley Harriers AC in May 2003 the Blackheath Courier was re-named Th’Courier.

#### ***-Putting on the style***

The magazine in its present form dates from April 2005 when I (**Wilf Orton**) took over the editorship from Bill Clapham. Whilst most of the format adopted by Bill was continued for the first edition produced by me in May 2005 a new style was slowly being introduced, and as I had recently gained a computer skills qualification, I made use of this together with IT skills honed over many years working with computers to take production of the Courier into a new era.



Graphics and layout became more sophisticated over the next few editions as the Courier became fully illustrated either by using photos from the club website or employing the method of “watermarking” images, that is placing formatted pictures behind the text which were visible but as a faint watermark of the image, usually of a well known club athlete. The sending of copies to Mike Peel by disc was replaced by emailing them from the start of my editorship. From 2005 all issues bore the club emblem of the six pointed star in the top left hand corner of the front page above the masthead. The name changed from th’ Courier to The Courier laid out in enlarged letters using word image. Another significant change to the layout and format of the magazine has been the order in which results are arranged. Whilst Bill Clapham did this according to date and with a numbered sequence, I decided to arrange results according to type of event with the four main categories of Road, Track/Field, Cross Country and Triathlon. Dividing the results up this way was done to allow readers to find particular results more easily and from August 2006 an index box was inserted onto the front page for easy reference. At first under my editorship the number of results in each issue dropped off dramatically from an average of 70 to 80 included by Bill Clapham to only about 30. However after a lapse in the production of the magazine in 2007 the numbers of items in subsequent issues increased significantly as I was able to increasingly access results from the specialist athletics results websites that exist or contact other clubs for the information so that the numbers now range from over 40 to nearly 70. In earlier issues I could rely on the contributions of other club members for articles to accompany the results but the courier was still mainly a results magazine. However articles began to appear more frequently as it became common to include a central feature on such diverse subjects as a comment, reports of major championships such as the 2008 Olympics, write-ups of social events, and of a lecture given by archivist David Colquhoun of his book on the New Zealander middle distance runner Jack Lovelock. Like Bill Clapham I also featured book reviews such as those of David Colquhoun’s “As if Running on Air” (Jack Lovelock’s diaries and of Les Roberts’ “From Wit’s End to John O’Groats”, (a personal account of his charity cycle ride in 2008).

#### ***-Interrupted production***

For over a year from late 2006 to January 2008 the Courier fell out of production. It had been more difficult for me to fulfil my deadlines despite constant appeals to club members for help without response. When the December 2006 issue was left only partly finished, and with subsequent issues also being left only partly drafted, a backlog of work built up. Reflecting on this particular episode it is worth mentioning that a combination of factors such as computer equipment difficulties, work pressures and various external factors such as employment issues combined to prevent me from completing any of the six issues of the magazine that year. Attempts were made to produce them but the cumulative congestion of outstanding work and lack of time prevented these from being completed. Maybe the lack of interest in some quarters or doubts in the editor’s mind as to the continuing need for the magazine were also contributing factors in what was not for the first time in its history, a lapse in its production. Misunderstandings over the non production were resolved and credit should be given here to the head of communications who in a bid to resurrect the Courier eventually persuaded me of the need to resume production as soon as possible. Perhaps by being reminded of the importance to the club of a regular results magazine and one which acted as the club’s archive, a productive outcome was achieved by all concerned in resuming production in 2008. After an absence of over a year a back issue from 2007 (commemorating the death of Sydney Wooderson) preceded the 2008 run which instigated the present volume 26. Since then issues have come out regularly and on time. The content aims to cover as wide a spectrum of subject matter as possible with emphasis on social and cultural matters, although on isolated occasions it has attracted controversy as to the tone of some items. Of these a discreet veil can be drawn and no more said.

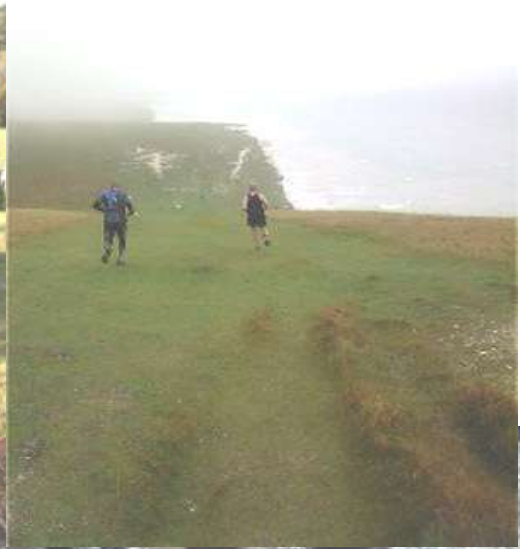
#### ***-The future***

As to the Courier’s future the decision by the editorship of the Gazette to relinquish their roles have provided a pointer. As it seems most certain I do take over the editorship of the Gazette it is hoped that it will continue in its present form or maybe evolve into a mainly web-page digest that amalgamates both magazines. Perhaps in the future resources can be pooled so that both the Gazette and the Courier will be produced by a team the members of which will need to sing from the same hymn-sheet.

The club secretary might in his Annual Report of March 2009 have described the Courier as struggling but this observation was clearly unfair given the consistency of its production and increasing variety of content and had not taken account of recent developments. It may have struggled in the past but with the right persons showing commitment it will surely survive into the future providing the service it has in the past. Coming developments will surely dictate in which direction it is likely to go.

WHO the Editor

From the dying embers of summer.....



to the deepest shades of autumn.....



wend the changing paths of cross country



I say chaps this is a tad bit parky for a hot tub !

*The editor wishes all members and readers a merry christmas and a happy new year*