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"Perfer et Obdura"

Blackheath Harriers' Gazette



"I can't make head nor tail of these results, George."

114th/115th SEASON, 1983-84

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Hello again.

As the last issue drew to a close we were about to enter the cross country season. There was a time, I'm led to believe, when the chill and inclement weather of winter brought the best out of a 'Heathen, and we not only took the winning of mob matches for granted, but also contested team if not individual honours in all the major events. Sadly them these days are long gone. With just a few exceptions documented in later pages, the 'Heathen season was, let's face it, dire. In the mobs we got walloped by Ranelagh at Richmond, ransacked at home by S.L.H. and only saved ourselves from a humiliating grand slump when we just scraped home against Orion.

Although it shouldn't be overlooked that some different names like Paul Betts, Mike Cronin and Paul Barrington-King have run well and worked their way successfully onto the first team sheet, the team simply has not got the fire power to be any kind of force in open competition. And things will probably get worse before they improve because many of the mainstays in the team are in the pipe and slippers age bracket who really shouldn't be getting a look in at this level in a club of our standing.

It is from the feet of the 'senior citizens' that most of our limited country successes have come this year. Our 40-50 team was ranked 2nd nationally to that formidable Aldershot lot while the 0/50s established themselves as supremos. Richard Pitcairn-Knowles, Tony Weeks-Pearson and Ron Fore-man deserve our heartiest congratulations.

There is not much we can do, I suppose, about the plight of our main squad except wait and hope that in time the pendulum swings towards greater things once more, although it would help a bit even now if we could guarantee getting our best men out every time. This is far from always the case.

We are now well into the field and track season where we have one of the top six teams in the land. With Richard Coles now casting a wistful eye at the road race calendar we could pull off a few stunts there too. So, when looked at in the round, perhaps we are not doing so badly after all. It would be nice, though, to be able to live up to the name "Harriers".

20 OCTOBER 1984

An important date to remember. Please note it down because:-

- (i) It's the Club '5'
- (ii) Immediately prior to the '5' in the Club car park we are having an official Club photograph taken (come for this even if you don't intend running) and,
- (iii) The Annual General Meeting takes place at 6.00 p.m. in the Club House.

Obviously a bumper turnout is desirable, nay essential, on all three accounts.

25 x 1 MILE RELAY 23 September 1984, Crystal Palace

All Club members are eligible to run. Team captains are soon to be appointed (probably have by now) and their names will be/are posted up in the Club Room.

Visit or ring (462 3115) to obtain the contacts for establishing yourself in a team.

In accordance with instructions I have been following the progress of Tim Soutar and, having obtained the following news, now file the following report:

"Following his return to the East, Tim has made appearances at various races both within Hong Kong and outside the colony. In October last year he took two HKAAA's titles against disappointingly small fields - the 5000m in 15.37 and the 3000m steeplechase in 9.39. In the same month he finished second in a 17.5k race at Taيلم Chung in the second race of the Hong Kong Bank Seven Reservoirs series. (In the first race he had gone off course, not for the first time and nor was it to be the last, while leading!)

November saw him out in the Asics AAA Cross Country League on two occasions, finishing third once and 64th after again determining that the official (partially) marked course could be made more interesting by one or two diversions. He did however manage to find his way to Bangkok to represent Hong Kong in a 10 nation (nine Asian countries and a sole representative from Switzerland!) International Track and Field meeting. He also found his way round the clay track of the Thai National Stadium to gain second in the steeplechase in a PB of 9.24.04 - the best performance in the Hong Kong team.

December proved a month of mixed fortune. A third place in a AAA's league race at So Kwan Wat was followed by a poor fourth in the Vitasoy 20 miler (held in Sai Kung instead of its usual home in Taيلم Chung Country Park which had been closed due to fire risk). However, a week later, again running for HKAAA he beat the representatives of a Singapore team over 5000m in 15.30 and rounded the year off with a comfortable win in the New Year's Eve midnight race round the Peak.

1984 began with news of a Hong Kong team to be sent to New York for the World Championships in March. But more pressing was the HK Marathon at the end of January. As a warm-up, Tim won a 10k road race at Sai Kung over a fairly hilly course in 31m 59. The following week things went even better and despite cold, wet and windy weather Tim finished 10th in the race in a PB of 2.24.52, in the process winning the AAA Championship and reversing the result against Mick Woods of the year before. All eyes then turned towards New York, and after finishing 3rd in the first trial over Chinese New Year selection was clinched with 5th place in the National Cross Country Championships. The position was not as good as had been hoped but the result was satisfactory, especially in that it helped his club, the HKDRC, to victory over local rivals Phoenix. February ended with Tim reducing the record for the 3rd leg of the Police Road Relay by almost 75 seconds again helping the DRC to take the day.

A report of the race at Meadowlands, New Jersey, has already appeared in other journals and it was noted that the editor had sent his own special correspondents (in the form of V-P Botley and A. Edwards). Tim was not last and nor was he almost lapped by Carlos Lopez. Let us merely say that, at that level of competition, there remains room for his improvement!"

I hope to be able to report further successes on my return in August.

T.S.



THANKS

Contributors to this Gazette may wonder how their smudged scrawl ends up so beautifully printed. Much, of course, is due to the printer's art but prior to his receiving it, it is all typed out which is no mean undertaking. I therefore, wish to thank Joan Austridge for all the time and effort she puts into doing this. Her help is invaluable.

CROYDON 10 MILE ROAD RACE

23rd October, 1983

A multitude of runners, joggers, fun-runners and even Morris dancers gathered in Croydon this Sunday for the Croydon 10 mile road race. It was a perfect morning weatherwise and even those who are not keen on the way road running is developing with more and more of these mass participation events, must have enjoyed the pre-race atmosphere. The race was started, rather unusually, by a local beauty queen on top of a single decker bus. I'm tempted to comment, but won't! Perhaps it was her fault, for from then on I didn't enjoy it!

The two-lap course included a very fast start for about two miles but then changed to a compensating uphill, not steep but very wearing. Those who wished could call it a day after 1 lap and finish the 5 mile race incorporated in the 10. 262 male runners elected to make this decision, a very good one for Blackheath's Richard Coe who won the event in 27 mins. 53 secs.

The 10 mile race was won by Andy Evans of rivals, SLH, by nearly 2 minutes. A large Blackheath contingent was in evidence led home by P. German in 13th place with L.A. Atterbury and P. Betts also making the first 20. The official result sheet showed 510 finishers in the senior men's race and 141 finishers in the veterans' section, P. W. Catley leading the club home in this section in 8th position with G. Plank in 9th.

1. A. Evans S.L.H. 49mins 19secs; 2. B. Heath Royal Marines, 51mins 11 secs; 3. R. Marriott, S.L.H. 51mins 42secs.

Blackheath Harriers

13. P. German 53.56; 14. L. Atterbury 53.59; 17. P. Betts 54.53; 22. M. Cronin 56.07; 25. P. Barrington-King 56.48; 32. R. Minting 57.36; 37. S. Robinson 58.09; 40. K. Whicheloe 59.00; 41. J. McGee 59.01; 52. R. Ebbutt 59.44; 58. J. Bailey 60.21; 99. G. Crowdsen 63.35; 101. P. Barlow 63.44; 122. M. Rees 64.53; 126. C. Daly 64.59; 154. K. Price 67.01; 173. M. Allen 68.23; 178. P. Worrell 68.39; 202. M. Cowling 70.25; 239. D. Chapman 73.07; 326. J. Rowney 77.58. 510 finished.

Veterans

1. D. Claxton H.H.H. 52mins 47secs. 2. R. Dickson Croydon H. 53mins 24secs. 3. J. Froud, Woking A.C. 55mins 59secs.

Blackheath Harriers

8. P. W. Catley 58.51; 9. G. Plank 59.13; 19. J. Hills 64.28; 20. R. Chambers 64.48; 22. R. Day 64.54; 33. R. Thornton 66.49; 34. E. Lee 67.00; 40. A. Mothersole 68.35; 48. B. Hartley 70.46; 50. R. Varcoe 71.31; 100. D. Brickwood 81.23; 109. P. Long 83.49; 111. J. Axon 83.59; 114. J. Williams 85.26. 141 finished.

Men's 5 mile Support Race

1. R. Coe, Blackheath H. 27 mins 53 secs; 12. M. Williams, Blackheath H. 30mins 19secs; 17. M. Dutton, Blackheath H. 31mins 14secs. 262 finished.

P.C

FAMILY AFFAIRS

Jan and Mike Mahoney announced the birth of Angela Marie on 16th April. Also to Maggie and Tony Calton, a daughter, Louise, the day after the Tunbridge Wells ½ marathon.

Steve Cluney and Susan Dalgoutte married on 21st April and there is talk of embryonic developments in the Daniel household.

Our best wishes to them all.

CESSPIT FUND continued.....

Many thanks to the following who have also contributed to the Fund: L. Hickey, G. Last, J. Kitton, D. Saunders, R. Coles, A. Ball and H. Pearce. There have also been 4 anonymous donations.



"The bells, Igor, the bells". Don Hopgood portrays.

VETS BOB MATCH

5th November, 1983

Early November, 1983 – Farthing Downs – one of the regular battlefields in the prolonged struggle for supremacy. The combatants assemble yet again, the area of the planned battle marked by the fog shrouded Yew Tree. The combatants eye each other nervously – some are looking older – some have fallen by the wayside since the last battle – some gone to a better place – others incapacitated by injuries. The newcomers to the combat move nervously around – licking their lips – taking deep breaths as if to still their pounding hearts. The numbers mount – the colours of the uniforms blending now – but giving no indication of the final outcome. Those in the Black number around one third of the total combatants – the maroon and white is prominent too – but then this is their territory! The blue and gold is well represented – bunched together as if to discuss the battle plan – whilst in a remote corner the all white of the Essex brigade looks sadly diminished.

It approaches 15.00 hours – the lady we seek to honour by our efforts for the prize – President of neutral Fleet and Crookham calls us to order – and fires the first gun. The battle is on!

For up to an hour the battle ranges far and wide – old challenges raised and settled – new debts made to be repaid at some future date. Here the Blacks pursue the maroon and white – there the blue and gold the Blacks. Old scores are settled – new challenges arise – the movement is non-stop. By 16.30 hours truce is declared – and the combatants withdraw from the field – back to the Old Comrades Hall. There they refresh themselves – washing the blood and mud of the field from their limbs. Warm again – succoured by the efforts of those who care with tea and cakes – the talk is of the battle – who fared well – who lost the day and why! Soon the combatants mingle – the ale begins to flow – the battle is forgotten. Who cares that it was victory for the maroon and white, whilst the blue and gold just put it over the blacks. The all whites have no call to lick their wounds – what counted was to have been part of the combat – there are no losers here!

The Vets Mob Match has been fought in an honourable way – we were for a short time enemies – and will be again – but for now we are friends – old, old friends.

Next week we shall remember the old friends who fought other battles, in order that we could each year meet in combat – and we shall remember together in grateful thanks. We shall always remember, each November, and we will always in the field of battle give of our best.

B.S.

Detailed results overleaf.

1. W. Harvey (R) 46m 18s; 2. J. Geoghegan (O) 47m 14s; 3. M. Cronin (B) 47m 57s; 4. J. Mercer (O) 48s 20s; 5. D. R. Parkinson (S) 48m 23s; 6. D. J. Baker (S) 48m 24s; 7. R. Howe (O) 48m 49s; 8. J. Forrest (R) 48m 52s; 9. M. W. Firth (S) 48m 53s; 10. R. L. Kersey (S) 49m 00s; 11. P. J. Forshaw (S) 49m 01s; 12. M. Reekie (R) 49m 30s; 13. J. Mattinson (S) 49m 34s; 14. R. Savery (B) 49m 46s; 15. C. Woodcock (B) 50m 04s; 16. A. Lang (R) 50m 10s; 17. B. Hercocock (O) 50m 25s; 18. A. C. Randall (S) 50m 41s; 19. P. J. McIlwain (S) 50m 43s; 20. J. Nash (B) 50m 45s; 21. M. Sullivan (R) 50m 49s; 22. I. Milne (R) 50m 59s; 23. R. Connolly (O) 51m 04s; 24. K. J. Sheppard (S) 51m 19s; 25. P. Grant (O) 51m 21s; 26. B. Saxton (B) 51m 23s; 27. J. Taylor (B) 51m 48s; 28. A. Horne (R) 51m 51s; 29. R. Pitcairn-Knowles (B) 52m 03s; 30. M. L. Quinn (S) 52m 07s; 31. R. Foreman (B) 52m 16s; 32. D. White (B) 52m 31s; 33. K. Powley (R) 52m 37s; 34. J. Kirk (R) 52m 41s; 35. M. P. Laker (S) 53m 02s; 36. R. Chambers (B) 53m 36s; 37. T. Servant (S) 53m 41s; 38. M. Tomlins (O) 53m 44s; 39. W. C. Cheeseman (S) 54m 06s; 40. J. Hanscomb (R) 54m 10s; 41. A. Calton (B) 54m 14s; 42. M. Harley (B) 54m 18s; 43. G. Crowder (B) 54m 39s; 44. R. Way (B) 54m 48s; 45. J. Hills (B) 55m 04s; 46. W. Clapham (B) 55m 10s; 47. J. Raine (B) 55m 14s; 48. A. Weeks-Pearson (B) 55m 49s; 49. R. H. Fever (S) 55m 49s; 50. G. Neal (R) 55m 56s; 51. A. Neville (S) 56m 02s; 52. R. Dare (R) 56m 10s; 53. B. Conroy (O) 56m 17s; 54. M. J. Thorne (S) 56m 24s; 55. A. Hedger (R) 56m 30s; 56. P. Vetterlein (O) 57m 07s; 57. M. Brandon (R) 57m 47s; 58. R. Henbest (O) 57m 51s; 59. I. Smith (R) 57m 54s; 60. R. Hale (O) 58m 01s; 61. P. Greenwood (B) 58m 06s; 62. B. E. Tobitt (S) 58m 09s; 63. B. Todd (B) 58m 17s; 64. B. Stone (B) 58m 35s; 65. L. Stowe (O) 59m 17s; 66. D. G. B. Thomson (B) 59m 23s; 67. B. Hartley (B) 59m 56s; 68. G. V. Grayson (S) 60m 03s; 69. W. Bird (R) 60m 12s; 70. P. Reed (B) 61m 49s; 71. P. Critchley (B) 61m 52s; 72. P. Saxon (B) 62m 12s; 73. D. Harvey (R) 62m 18s; 74. D. Wilcox (B) 62m 21s; 75. M. McDowell (R) 62m 23s; 76. R. Maslin (R) 63m 17s; 77. T. F. D. Richards (S) 64m 18s; 78. F. Dudman (B) 64m 44s; 79. D. Wakeford (R) 65m 25s; 80. D. Campbell (R) 65m 35s; 81. G. B. C. Hughes (S) 65m 50s; 82. J. Cross (B) 65m 59s; 83. A. Goodwin (S) 66m 29s; 84. A. Allwright (R) 66m 51s; 85. P. G. Mellor (O) 68m 09s; 86. C. Brand (B) 68m 23s; 87. D. Tingey (B) 68m 27s; 88. B. W. Bedford (S) 68m 59s; 89. W. Brinkley (S) 71m 27s; 90. A. Pearce (R) 73m 34s.

Team Result (scoring 12)

1. South London H. 217 points; 2. Blackheath H. 316 points; 3. Ranelagh H. 317 points; 4. Orion H. 408 points.

SOUTH OF THE THAMES JUNIOR CHAMPIONSHIPS

Wimbledon

12th November, 1983

This day on Wimbledon Common Robert Farish gave a number of well established runners a taste of what he has in store for the future. A true junior in terms of age, he mixed it with the leading group of 6 the whole way round finishing 5th among senior runners of considerable ability. To be a Junior in the terms of the race simply means not having finished in the top 25 of the S.O.T. Senior race or been a member of the winning team in either event for 5 years or so.

For my money, this ranks as one of, if not the best cross country effort by a 'Heathen this season.

1. M. Laffin, Brighton 28.48; 5. R. Farish (BH) 29.11; 70. R. Cliff 31.13; 75. K. Daniel 31.17; 85. K. Pike 31.24; 110. P. Betts 31.49; 115. R. Coe 31.56; 146. N. Burrows 32.24; 147. P. Barrington-King 32.26; 181. M. Wilkinson 30.03; 196. M. Laws 33.23; 207. M. Jackson 33.42; 208. J. Phelan 33.42; 230. R. Ebbutt 34.21; 242. R. Minting 34.48; 243. T. Raymer 34.51; 282. J. Wilkinson 36.22.

L.R.



Brian Saxton placing his order at Layhams Road feeding station.

MOB MATCH v SOUTH LONDON HARRIERS CLUB 7½ MILE CHAMPIONSHIP

Hayes

19th November, 1983

The fine November weather ensured a bumper turn out of runners for the annual burn up with South London Harriers.

The 168 starters included many hardened and finely tuned cross country men together with several new black vested warriors.

This year, our early race tactics of making SLH runners dizzy in the first half mile, unfortunately did not succeed, and Jim McGee confessed afterwards that twice round the field should perhaps have been three times. The Blackheath charge was led by Lord, Roberts and Pike and soon these fast men were to be seen dashing in smart military fashion towards the more interesting but exhausting woodland and hilly districts. Several interesting encounters developed, not least the duel between Savery and Phelan.

After the Kamikaze descent to Furze Bottom it was obvious that SLH were packing well and despite efforts by Richardson, Wilson, Burrows and Baldwin, little impression was made on our opponents.

Several onlookers were surprised when a dark clad individual, running well in size 10 wellies, left the course just after the half-way stage. However it was later discovered that this person was in fact a local farmer. It was mentioned that efforts should be made to sign this man (any information in this connection should be sent to the Editor or Roy Savery, who wishes to flog him some insurance).

The run for home produced close racing between the top 4 (3 SLH and 1 BH) with the 1 BH having to settle for 3rd. However Les Roberts had plenty to spare over Coles and Lord to take the 1983 club 7½ mile championship in a time of 43 minutes 46 seconds.

The final match result was a victory for our opponents, by 5507 points to 7059 points! Finally, mention should be made of our handicapper whom we all know to be a just and honorable man, who on this occasion decided that the honours should go to Messrs. Dalmon, Gasson, and Smith.

1 A. J. Evans SLH, 43.27; 2) R. Gevers, SLH, 43.27; 3) L. Roberts, 43.46; 4) D. Lockley SLH, 43.48; 5) R. Marriott SLH, 44.11; 6) K. Ellis SLH, 44.34; 7) R. Coles, 44.56; 8) C. Lord, 45.22; G. W. Knight SLH, 45.48; F. J. Williams S.L.H, 45.55; 11) K. Pike 46.05; 12) R. Richardson, 46.43; 19) M. Cronin, 47.01; 21) P. Betts 47.23; 23) I. Wilson,

**KENT VETERANS CROSS-COUNTRY
CHAMPIONSHIP**

Canterbury

Sunday, 27th November, 1983

47.39; 24) C. Haines, 47.55; 25) N. Burrows, 47.57; 26) J. Baldwin, 48.05; 27) P. Shephard, 48.10; 31) R. Cliff, 48.32; 34) D. Dunn, 48.40; 35) G. Spencer, 48.42; 39) J. McGee, 49.20; 40) R. Ebbutt, 49.25; 43) R. Savery, 49.35; J. Clarke, 49.36; N. Davidson, 49.47; I. J. Phelan, 50.17; 52) J. Nash, 50.37; 54) J. Taylor 50.57; 62) D. White, 51.38; 55) A. Calton/Snr., 51.49; 68) B. Smith, 52.01; 70) R. Pitcairn-Knowles, 52.10; 73) R. Foreman, 52.18; 79) I. Young, 52.54; 80. S. Ridgewell, 52.57; 81) K. Palmer, 53; 82) C. Daly, 53.09; 84) M. Gasson, 53.14; 85) D. Amner, 53.21; 87) J. Hills, 53.37; 88) J. Robinson, 53.36; 89) K. Chambers, 53.37; 93) D. Crowdsom, 53.59; 94) P. Barrington-King, 54.01; 95) A. J. Stoneham, 54.01; 97) D. Hickman, 54.04; 99) G. Plank, 54.12; 100) M. Harley, 54.29; 101) W. Clapham, 54.31; 102) R. Thornton, 54.35; 103) R. Day, 54.47; 104) G. Crowder, 54.55; 105) P. Horwood, 55.08; 106) P. Davies, 55.10; 107) S. Ferrar, 55.14; 109) D. Whiting, 55.22; 110) P. Hannell, 55.32; 111) P. Rickell, 55.51; 112) G. Botley, 55.52; 115) R. Hawtin, 56.48; 117) M. Cowling, 57.01; 124) K. Manning, 58.17; 125) M. Allen, 58.33; 126) B. G. Stone, 58.43; 129) D. Brand, 59.17; 130) J. Broughton, 59.20; 137) T. Dovey, 60.26; 139) P. Saxon, 60.49; 140) P. Reed, 60.52; 142) T. Powell, 61.00; 143) T. McGough, 61. ; 145) D. Wilcox, 61.36; 146) L. Dalmon, 63.02; 147) J. O'Sullivan, 63.11; 148) A. Ball, 63.23, 149) I. Smith, 63.23; 152) A. Tompkins, 64.18; 153) K. Coombes, 64.24; 155) J. Cross, 64.58; 156) P. Bray, 65.22; 157) J. Axon, 65.40; 158) C. Brand, 66.11; 159) P. King, 66.31; 160) F. Dudman, 67.36; 161) J. Bennett, 68.31; 162) D. Tingey, 69.03; 164) A. Nan, 72.39; 165) W. Lake, 85.37.

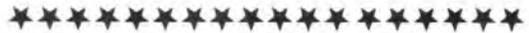
In an exceptionally wet week-end, Sunday afternoon was conveniently dry. The course was mainly flat in woodland. We failed to retain our trophy. A number of our best runners were injured, lacked a Kent qualification, or in a cowardly manner chose to run in a cyclists' race at Coulsdon. However, John Baldwin did retain his individual title. He was over a minute clear and he saw off all the under 45s.

Teams

1. Cambridge 15, 2. Blackheath 21, 3. Invicta 22, 8. Blackheath B, 15. Blackheath C (19 closed in).

Individual

1. J. Baldwin 33.38, 9. P. Shephard, 11. J. Nash, 14. D. White, 19. E. Tunley, 23. R. Pitcairn-Knowles (2nd over 50), 35. R. Foreman, 39. R. Day, 42. W. Clapham, 45. G. Crowder, 48. G. Plank, 64. B. Todd, 69. G. Butlin, 72. G. Gibbens, 81. P. Saxon, 83. I. Smith, (90 closed in).



M.C.

EPSOM '10'

20th November, 1983

This year's race attracted an enormous entry with 937 runners finishing the race. The course was changed this year and some of us haven't got over the shock yet! Three laps and the start of each lap was a long, steep hill and I mean a long, steep hill! Though the middle part of each lap was downhill, it is unlikely that one made up the time lost on the uphill stretch. However, the weather was just right and next year it will not come as a surprise - if anyone is tempted to return.

Only two athletes broke 50 mins, so maybe we shouldn't be too disappointed with our times. Congratulations are definitely in order to the first Club member to finish, Lynn Atterbury in a fine 23rd place. This was a tremendous performance in an excellent time of 53.39.

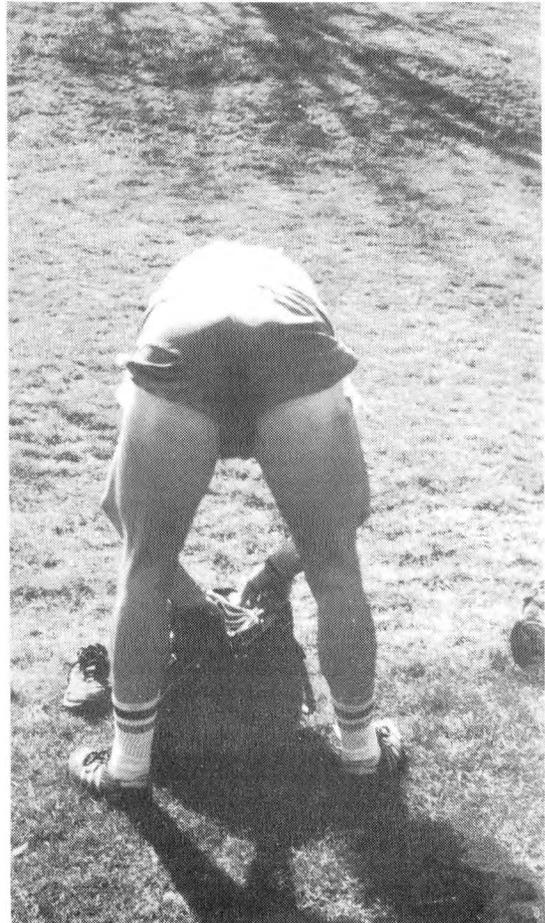
Many names and faces wearing the Club vest that were new to me. Or maybe I should attend Wednesday Club nights more often!

1. M. Cauldwell, Aldershot F & D.A.C. 49 mins 08 secs; 2. P. Betteridge, N. London A. C. 49 mins 54 secs; 3. P. Eales, Windsor S. & E. A. C. 50 mins 05 secs.

Blackheath Harriers.

23. L. Atterbury 53.39; 104. S. Robinson 58.25; 117. M. Williams 58.49; 135. P. W. Catley (V) 59.38; 171. R. Farish 60.47; 195. R. Pitcairn-Knowles (V) 61.21; 362. D. Cordell 65.50; 370. G. Gibbens (V) 65.59; 402. S. Ridgewell 66.42; 451. A. Mothersole (V) 67.55; 457. E. Lee (V) 67.59; 593. A. Hartley 71.20; 596. B. Hartley (V) 71.33; 602. P. Westland 71.41; 615. J. Anderson (V) 72.08; 636. H. Martin 72.56; 792. D. Brickwood (V) 78.58; 815. J. Cross 80.30; 825 P. Long (V) 81.11. 937 finished.

P.C.



Who is this and why do you think so? Responses to the editor in time for the next issue.

Prize Fund: Remember all those medals and handsome handicap pots we hand out each year? Very pricey business this. Any loose change would therefore be gratefully received for this fund.

IF YOU'RE FARNSWORTH THEN WHO THE DEVIL AM I?

We continue our delving into the Club membership. Here are three more exposes:

ALAN PICKERING



Up until his mid-twenties Alan couldn't find a sport he was any good at. It wasn't that he was unfit because since his school days he had worked hard at PT in order to overcome asthma. Neither was it because he had an inherent lack of ball sense. No, Alan's only, but very substantial, problem was that he couldn't see very much as a result of a serious and progressive eye condition.

In order to involve himself with the outdoors as much as possible he took to rambling in the countryside around his native York. This diversion was all part of the local Working Man's Club scene as was a series of walking races. As his sight at the time was still sufficient to cope with that he entered one and proved to be the fastest on the day by a wide margin. Competitive sport in the form of race walking had arrived at last. Prior to that he had left school at 18 and had gone to work on the railways as a junior clerk, making tea, fetching pies, etc. Perhaps because of the somewhat minimal intellectual content of the job he got involved in Union activities and found he had a flair for it. Its chief attraction at the time was that despite his lowly official position, when it came to Union matters he was able to meet and negotiate with senior management on equal terms. Following Trades Union Summer School he went on to University where he read Politics and Social Administration for 3 years at Newcastle. Despite the obvious difficulties he was increasingly having with his deteriorating sight, he got his degree and immediately went to work for the Electrical, Electronics Telecommunications and Plumbing Union based at Hayes where he set about becoming an expert in issues concerning occupational pensions, employee benefits and social security. He has now reached a position where his expertise is widely recognised not only within the Trade Union movement, but across the board, and addressing international conferences and seminars is not an uncommon feature in his diary these days. All this, remember, achieved with virtually no vision. How does he do it? Incredibly, he does it nearly all by memory. He is able to absorb vast tracts read over to him during 2 hour sessions on 2/3 days a week by support staff. (The burning question however is does he remember his wife Chris's birthday?)

When he came to Hayes he wanted to resume the race walking he had started in York. He asked a Bromley North fish and chip shop owner about local clubs and received a response to the effect that Blackheath Harriers were somewhere in the Borough. He tracked us down and through Johnny Walker and Fred Dudman met Roger Michelle who introduced him to Ladywell track and the Kent League. From that time in 1974 till 1980 he regularly raced, his main achievements being the Hastings to Brighton 38 miler in 1976 (in which he covered 42 miles having followed two walkers two miles down a wrong road) and in the same year becoming a Centurion - 100 miles in 24 hours. He achieved the distance in just over 22 hours.

Because of the relatively slow speed of walking Alan could usually overcome his handicap by latching onto other competitors. However, as happened in the Hastings race, things sometimes went awry. Gradually, though, his problem deteriorated to a stage where he needed a constant guide and here Dicky Green came to his aid. Although this was invaluable in helping him extend his active walking career a while longer Alan became increasingly frustrated at not being able to stretch himself fully. He kept himself generally fit on the Multigym at the Palace but he gradually dropped the walking. He was then living at Crystal Palace so he couldn't take advantage of the social aspect of the club either. His association with the club had therefore become passive which he found totally frustrating. He therefore resigned in 1981 so that he would not be constantly reminded of what he was missing.

In 1982, having married, he moved house to Hayes and in March 1983 re-applied for membership primarily to use the Multigym. His first night down the club was the Wednesday after the London Marathon and during the evening at the bar he caught something of the fever. He also renewed his acquaintance with Mike Peel who he had first met in the Kent League in the 70s. After a few drinks he found he had committed himself to pulling Mike round the 1984 London on a piece of string.

From the summer of last year until Christmas, Alan and his many helpers gradually built up his training. Unlike some runners who would interpret this as meaning 50 miles increasing by 5 miles a week to over 120, Alan literally ran a couple of miles a week on the track increasing it by half a mile a week to a maximum of 7. After Christmas this was increased to 25 miles per week with some runs on the road. At this time he also visited West Wickham baths 2 or 3 times a week where he pumped many tons of iron in the gymnasium and strode out on the running machine which they've installed up there.

By March Alan and Mike were ready to tackle their first race together, the Kent A.C. 10, which they did in 76 minutes. The following week was a more vigorous test of their co-ordination as the Thamesmead Half Marathon was a mass entry affair on the lines of a major marathon. Despite the tightly bunched hoards of runners of widely differing abilities, they manoeuvred their way through to a commendable 1 hr. 40 mins. with no mishaps. Alan found the experience exhilarating, especially as he had enough left in the closing miles to overhaul many runners. Two weeks later he managed an incredible 16 mile training stint over the country in 2 hrs. 10 mins. His confidence was therefore boosted. He is now sure he will make it and even predicts around 4 hours. (As you read this you will know how he fared). Whatever happens to his pace, he is determined to reach Westminster Bridge not only for the many sponsors who are supporting his appeal on behalf of the CHeyne Hospital to the tune of £700, but also for all the many helpers he has had during his preparation.

He particularly wishes to thank Lionel Blunden, Gary Botley, Mike Williams, the Barclay family, George Butlin, Gordon Gibbens, Brian Saxton, Roy Savery and of course Mike Peel.

He says for him it's got to be a Magnus Magnusson marathon - "I've started, so I'll finish"

In the future he would very much like to continue competitive running, but he realises that this will impose upon

BLACKHEATH HARRIERS v ORION HARRIERS

Chingford

3rd December, 1983

On a crisp, cold, sunny winter's day we lined up at the Royal Forest Hotel beside Epping Forest for the Orion 7½ mile cross country. Rumour had it that they were going to surprise us, so the team captain Garry Spencer made a special effort to contact some of our top runners to ensure success. Les Roberts (3rd), Ken Pike (4th), Mike Cronin (6th) and Ian Wilson (7th) accepted the challenge.

The previous few weeks had been dry so the going was fast. Down in the woods the temperature dropped to freezing, and the hard ground plus about 2 miles of road later on made spikes an unwise choice on the day. Knowing a course helps because the hills are at the end, finishing off with 'The Hill'. Add another ¼ mile onto the Avenue, and you get an idea of its length; not recommended after 7 miles cross country.

In the end it was close. If the Les Robertses and Ken Pikes had not turned up we would have been beaten. The final score was Blackheath 723 points, Orion 767 points. There were other excellent performances from our captain Garry Spencer who was 8th in 47m 37s and Jim Phelan 17th in 49.03.

It was in the middle that we amassed most points - 25th Brian Saxton; 26th Tony Weeks-Pearson; 27th Tony Calton; 28th, and in a very creditable time of 51.22 our Southern Counties junior 400m hurdles champion Paul Austridge; 30th J. Robinson; 31st Stan Ridgewell - who will now not speak to me for this beating, and 32rd Bill Clapham.

As you see, another major contribution this year came from the veterans, but we could have safely swamped Orion with some of you young 'uns. We need more Paul Austridges. He knows how vital cross country is in his training. Last year it helped him break the club junior 400m hurdles record 3 times and also to attain the senior record. This year he is running cross country faster than in 1982 and by now you will know whether his track performances reflect this and give support to the view that the country can pay dividends on the track.

1. S. Surridge 43.51; 2. J. Wallis 43.51; 3. L. Roberts 44.02; 4. K. Pike 45.12; 5. P. Filler 45.57; 6. M. Cronin 47.04; 7. I. Wilson 47.24; 8. G. Spencer 47.37; 9. R. Goad 47.39; 10. G. Messenger 47.54; 11. K. Jarvis 47.59; 12. P. Cressey 48.09; 13. C. Haines 48.14; 14. D. Dunn 48.16; 15. B. Read 48.33; 16. D. Warner 48.57; 17. J. Phelan 49.03; 18. R. Savery 49.05; 19. J. Clare 49.15; 20. R. Warner 49.33; 21. D. White 49.34; 22. C. Adams 49.37; 23. D. Stanley 49.52; 24. A. Phillips 50.07; 25. B. Saxton 50.43; 26. A. Weeks-Pearson 51.14; 27. A. Calton (Sen.) 51.19; 28. P. Austridge 51.22; 29. P. Grant 51.56; 30. J. Robinson 52.06; 31. S. Ridgewell 52.07; 32. W. Clapham 52.50; 33. R. Curtis 53.11; 34. J. Randall 53.39; 35. J. Hoy 53.52; 36. G. Crowder 54.21; 37. B. Conroy 54.25; 38. G. Plank 54.51; 39. P. Daniel 55.03; 40. D. Martin 55.27; 41. A. Steadman 55.28; 42. R. Stowe 56.08; 43. M. Cox 56.32; 44. P. Vetterlein 56.33; 45. B. French 56.59; 46. G. Butlin 57.46; 47. D. Thomson 58.57; 48. P. Reed 59.13; 49. M. Slack 59.22; 50. W. Slack 59.44; 51. G. Botley 59.46; 52. P. Bull 60.05; 53. A. Armytage 61.35; 54. N. Banks 61.36; 55. P. Critchley 62.07; 56. R. Defoe 62.49; 57. F. Dudman 64.08; 58. G. Hughes 64.22; 59. M. Denney 64.49; 60. C. Brand 65.55; 61. D. Tingey 74.35; 62. W. Lake 84.55.

J.R.

THE BOAT RACE

Kew

4th December, 1983

Any sportsman of whatever persuasion will tell you that the secret of success is painstaking preparation - a meticulous attention to detail that ensures that cometh the crucial hour the mind and body are perfectly tuned to concert pitch and harmonised to a degree of precision that transcends the world of physical effort and moves into an arena of pure art.

6

Thus it was not in the case of the 'Heathen rowing squad. By the time they found themselves bobbing and weaving all skewiff at the startline, the crew had amassed a total experience of 3 outings on the river and not all of those together. The balance of the four rowers was immediately suspect. Bob Cliff skilled from his college days but not the sort of powerhouse one looks for in a rower, was, like Keith Coombs, reliable and steady but Daryl Brand's bulk meant he should have rowed alone on one side with the other three oars on the other, so powerful was his pulling. The fourth man in the engine room was Chris Reynolds, who had never rowed before in his life. Les Roberts, the cox, was also completely new to water, which he eventually admitted even extended to not being able to swim; wonderfully reassuring stuff when you are mid-stream off the Isle of Dogs with speeding launches and lumbering barges every which way.

Believe it or not, despite everything, our outfit almost showed some semblance of form once or twice but not enough to prevent them getting well and truly stuffed by the relatively slick Ranelagh lads. Still, much was learned by our green-horns; we will not be so conclusively walloped next year.

BLACKHEATH BULLDOGS v CHIPSTEAD F.C.

Tuesday, 27th December, 1983

The preliminary announcements of this event as 'Tuesday 28th December' did not 'fox' the teams who fought lustily on the windy uplands of Chipstead, although the sparse support for 'heathens' may perhaps be attributed to this.

To the simple spectator the game was a spirited contest played in the best sporting traditions (even the fouls were apologised for afterwards) but it must be admitted that the 'heathens, lack of match practice (once a year, in this match) gave the Chipsteadians the advantage.

A feature of the game was the brilliant goalkeeping by Gordon Hickey ("the first time I've seen a penalty saved" said one man) accompanied by an equally informative running commentary, mainly ignored by the officials, which led to the first goal. The ball continued across the goalmouth and then into the goal off the goalpost while the players awaited the whistle which was only blown **after** the ball was in the net.

The sudden sprints and 'stretches' for the ball proved tiring for the 'heathens and a second (penalty) goal, after an abortive try, gave the home team victory. In the series the score is Heathens 2 Chipstead 1, so next year a redoubled effort will be required to stop them getting level.

Mention must be made of the assured tackling and ball placing of Mike Cronin (B.H.'s Bobby Charlton) while the attacking zeal of Ken Daniel, Ken McSweeney, Keith Whicheloe, John Hills and Johnny Oliver was matched by the sturdy defence of George Butlin, Freddy Hickey, Alan Mothersole and Ronnie Lakeman, who grappled with the wily Chipsteadians who produced substitutes at the drop of a hat. Sadly the 'heathens had no such backing. This must be remedied next year.

In the comfortable pavilion after the game the Chipstead hospitality was appreciated. This enjoyable fixture, which blows the Christs cobwebs away, was mainly supported by the players' spouses (or should it be spice?). Make it a good turn-out next year.

J.W

JACK STEVENS

On 29th March, 1919 Jack Stevens joined the Club. He must have been reasonably content with what he got for his subscription because he is still with us.

At a members' night in February a gathering of some of his younger friends (only 50 years' membership) enjoyed a slide show of "All our Yesterdays". Our warmest regards go out to Jack.

the goodwill of others whom he must now rely on as side runners.

On the domestic front, Alan thoroughly enjoys Wednesday nights round the bar and together with his wife Chris he attends many of the 200 Club discos. They are also aficionados of the Rock and Roll Revival nights at Lewisham Town Hall.

He likes a good book, and gets through at least one a week thanks to the availability of a wide range of cassettes at the library. He also takes in a digest of the major newspapers each week and a cassette of the local rag.

If that lot isn't enough to keep him quiet, Chris says she has the ultimate sanction to draw him into line – she threatens to move the furniture around.

MAX HEINIMANN



With a membership the size of ours the law of averages insists that we have at least one good looking member. He turned up at the Clubhouse one April Wednesday evening in 1978 in an immaculate pin stripe suit and a gleaming Mercedes. So who was this shining apparition emanating enthusiasm and warmth from every pore who sat himself down to his first Mrs. Daniels' repast with a bottle of our very best wine and enough glasses to include all those sitting around him?

Max came to England from Switzerland in 1961 at the age of twenty and quickly impressed some influential people with his business acumen. Before long he was given a substantial say in the running of the Union Transport Shipping Company and as his influence increased so did the Company's fortunes. By the time he came to Blackheath he was Company Chairman and Chief Executive and goodness knows what else in the City.

Throughout his early years in England Max regularly took trips back to see his family in Switzerland and to participate in his major sporting love of langlauf (cross country skiing). He was a 3hr. 35 min. ski marathoner which would see him in the top 35% or so of most of the big events. But he always felt he

ought to do better. His instructor at the time was probably well aware that the business lunch was something Max was not unfamiliar with and suggested some more general fitness training was required which included running. And so this was behind his eventually looking for a running outlet in this country. He got to hear of Blackheath Harriers and, with the Company situated in Deptford, thought that would be ideal. The AAA informed him that we were Bromley based but this was no problem as he was living in Chislehurst at the time.

After those early weeks training with Brian Stone and Fred Dudman, Max returned to his langlauf and duly impressed his coach with his extra fitness and performance. All was well therefore on the sporting front until a complication set in. He suddenly realised that the exhilaration and general feeling of well-being that running was bringing him coupled with the comradeship of Club life was turning his head away from skiing and running was rapidly becoming the No. 1 pastime. It was also fitting in well with his business and family and generally enhancing his quality of life. As a result, he has now got a whole load of largely redundant ski gear if anyone is interested.

Over the last few years Max has run nearly all the mob matches and Club 5s over the country and done a number of road races of usually 10 miles. His best stands at 66.47. He has also run two marathons with a p.b. of 3.46.30 (so he still has to run a marathon faster than he can ski). He was second in the 1982 Closing 5, ironically to Stan Ridgewell, his own Imports Manager whom he introduced to the Club. Surprisingly, Stan still has his job which must alone be proof that Max is a truly warm and wonderful human being!

Unfortunately, Max's running career has been peppered with injury and the conclusion reached having visited most of the eminent athletic physios is that he hasn't got a natural running style. However, he has persevered and now with the aid of specially made orthotics and an unswerving faith in a local reflexologist he seems to be on the road to recovery.

While he still has racing ambitions – 60 minutes for 10 miles and a marathon a bit closer to 3 hours – his one great wish in the shorter term is simply to be able to run freely and happily. Running has proven to be by far the most effective means of unwinding for him and one notable case in point was when the cargo ship Union Star was wrecked and the Penlee lifeboat was tragically lost. The ship was one of Max's and the trauma and pressures he had to endure at that time can barely be imagined. Yet even during the height of the affair he kept contact with Club life and above all kept running. To this day he cannot emphasise enough the vital part this played in helping him through the worst moments of his life.

You would think by now that Max had enough on his plate for one person. But there are still three other facets to his life.

First and foremost he is very close to his family and spends as much time as he possibly can with his wife and three children. He is also the owner of a number of race horses, the most famous of which "MINMAX" has had considerable success particularly with Willy Carson in the saddle. Certainly a name worth a flutter especially now when it's going particularly well, so I hear – but then I've always been an instant Jonah.

The third interest which is just developing a few yards across his front garden is snooker. A full blown facility that would do Steve Davis proud is emerging where once grew a tangle of wild Rhododendrons.

If ever we get round to putting on a Club pantomime, Max, with his captivating voice with that hint of accent, will provide us with the perfect Prince Charming.

Of course, then we would also need an ugly sister or two. I wonder. . . oh yes.

CHRIS ELLIS



Athletics started for Chris back in 1958 whilst he was at boarding school in West Germany. His sportslehrer there was an ex-olympic hurdler who not surprisingly strongly encouraged anyone who showed any athletic ability. Faced with the alternative of being hung up by the thumbs and horse whipped by a blonde adonis in black leather jock strap and riding boots, Chris opted for the shot, managing 50 feet with a 12 pounder, and the discus which he planted over 120 feet away with a standing throw. (For years after he wondered whether choosing sport had been the right decision).

On leaving school at 17 he came to England and, not knowing anyone, joined the army which he claims was the biggest disaster of his life; so much so that he says he is going to write a book about it. Sounds intriguing.

During his 3½ years service he kept up his athletics on his own, running 100m in 10.9, putting 40ft with the senior shot and maintaining his form with the discus.

After his release, he went to Art College and then on to Teacher Training College. By now it was well into the intoxicating 60s, and so despite at some stage improving his discus to 130ft with a crude form of turn, the next few years were dominated by hedonistic pursuits. Maybe it was as a result of some insight he received during those distinctly scented days that he then went into psychiatric nursing and immersed himself in studying for 6 years. At the end of this period his work took him to Edinburgh where he joined the Southern Harriers and launched himself back into the sport once again under the eye of coach Stewart Tougher. He taught Chris to turn properly and almost immediately his discus was up to 138ft. (42.5m). But after a year, exigencies of service once more caused him to uproot, this time down to Southampton. Another change of clubs to Southampton and Eastleigh was not so rewarding as there was nobody to help him with the disc, and he began to go stale. Luckily by 1970 he had secured himself a job at Bethlem Hospital in West Wickham where he joined the local club, Blackheath Harriers. At the time it hadn't occurred to him that this was the home of Mike Winch so he was delighted to be able to

meet and be guided by Mike and Judith Oakes (or as he says, "Punch and Judy").

The arrangement saw him progress to 48m (156 ft) which has guaranteed him British League B string discus victories every time out since 1980. Last year he even won a Division 2 A string in Mike's absence.

Being 40 this year he hopes to make his mark in vets athletics. In any case he proposes to keep competing all the time his mobility and motivation are still there – which, he suspects, is probably true of everything! He claims that he is stronger now than at any time in his life and he wants to fulfil the potential he missed years ago because of his shifting circumstances. He continues to be advised by Mike Winch who thinks Chris has it in him to do 60m. Chris himself is looking for 50-55 m this year and the arrival of Graham Savory to our ranks who has already thrown over 56m in recent months will of course be a major additional incentive to him.

Chris has always found the discus technically demanding but this has only served to focus his mind over the years to a point where mastery of the projectile has become something of an obsession. Chris's work as a sports therapist means he also has to turn his hand to badminton, squash, tennis and cricket. In the past he has also played rugby to a fairly high level at Blackheath and Windsor and he boxed in the army. (He was asked to give it up, though, because of the number of noses he kept breaking).

From his earliest moments at Hayes, Chris has been highly impressed with the club. Apart from the facilities he says that its character and the support it generates provides a lift always just when it's needed.

He hasn't taken advantage of the social side of the club to any extent yet although he did speak to good effect at a Punchbowl Night a couple of years ago.

For pure relaxation Chris loves music with particular interest in the classics and modern jazz. He also retains a strong affinity with the sounds of the 60s. Good karma, man; far out. Let's hope his throws are, too.



ERITH NEW YEAR'S DAY ROAD RACES

1st January, 1984

The weather for the New Year's Day Erith road races was much milder than it has been for the last few years but there was a very strong wind to contend with.

The seniors, juniors, ladies and veterans 10km event saw 276 finishers. Kevin Steere of Ilford A.C. won in 29 mins. 56 secs. Cambridge Harriers had a marvellous day with the second and third individuals and enough runners to take first, second and third team prizes! They also won the veterans team prizes but the Blackheath team of Catley, Kavanagh, Beale and Weeks-Pearson were delighted to take the veterans second team prizes.

It was good to see Tony Weeks-Pearson on the road, and I am sure he was well pleased to pick up a pot!

1. K. Steere, Ilford A.C. 29mins 56secs. 2. P. Williams, Cambridge H. 30mins 56secs. 3. P. Jones, Cambridge H. 30mins 54secs.

Blackheath Harriers

53. P. W. Catley 35mins 15secs; 56. J. Kavanagh 35mins 23secs; 77. R. Beale 36mins 22secs; 80. R. Ebbutt 36mins 32 secs; 86. A. Weeks-Pearson 36 mins 50 secs; 89. R. Foreman 36 mins 53 secs; 98. G. Jarman 37 mins 13 secs; 102. R. Pitcairn-Knowles 37 mins 28 secs; 135. R. Day 39 mins 18 secs; 236. H. Martin 45 mins 01 secs. 276 finished.

1st Team Cambridge H 'A' 16 points; 2nd Team Cambridge 'B' 52 points; 3rd Team Cambridge H 'C' 91 points.

Vets Team. 1st Team Cambridge H. 13 points; 2nd Team Blackheath H. 54 points.

THE B.E.F. (BLACKHEATH EXPEDITIONARY FORCE) CONQUERS THE MUD OF FLANDERS

20 November, 1983

It was one wintry afternoon, just off Wimbledon Common, that I found myself pondering over my very recent effort in the South of the Thames Junior Cross-country. Being a fair bit smaller than your average Blackheath man, in fact almost a "Heathenette" has its compensations when trying to rest your racked body amidst hundreds of sweaty runners packed into the cramped confines of Belgrave Harriers changing rooms. Having surprisingly taken a few scalps that day I still had a few niggling doubts that my 147th place would bring me to the notice of the Olympic selectors. Suddenly a hand tapped me on the shoulder and looking up I was faced with a fine pair of ankles. Gary Botley spoke the immortal words, "Have you a valid passport?" Knowing this meant a racing trip to Belgium and/or a dirty weekend, I covered my options by replying, "Yes, darling!"

A week later I found myself aboard the ferry bound for Dunkirk in the exalted company of Gary, John Baldwin and Richard Coles. Having run the mob match against SLH earlier in the day I figured it must be Sod's Law when a lady dragged me into a conga on the ferry's dance floor. After two laps of the boat on painfully stiff legs she spent the next five minutes looking for my wheel-chair! A nice meal with wine followed and before long we found ourselves driving through the darkened Belgian countryside.

We reached the substantial town of Roeselare in the early hours of the morning and were warmly greeted by our Belgian hosts. Drinks were soon flowing and the favourite tittle seemed to be a local beer which sounded suspiciously like 'rodent's back'. Having been assured that the beer was not produced by the fermenting of old violins and rats I supped the sweet brown liquid.

Morning soon came. Flanders is, of course, riddled with battles from the two World Wars. All the names my grandfathers used to tell me of were within close call. Ypres, Menin Gate, Hill 60, etc.

We were soon loaded up in the car to do our own piece of combat and five minutes drive found us at the gates of the race venue. We were ushered in like royalty, and John, being recognised as our very own world champion, was quickly whisked away by the organiser to be shown the lucrative prizes on offer.

We soon met up with the other 'Heathens, namely Mike Wilkinson, Mike Laws, Robert Farish and Chris Woodcock. Corporate sponsorship guarantees this race magnificent publicity and support, live radio and a host of cameramen paid justice to the importance of the event.

Mike Laws started the Blackheath involvement in the junior race and did well to finish in the middle of a very strong field. Richard Coles was next to race in the international "A" race. Sixty world class runners toed the line and just over twenty minutes later Richard finished in the mid-thirties close behind runners of the calibre of Parmentier, Lismont and Bouster. Rob Farish, Mike Wilkinson and myself were off next in the "B" race, along with one hundred and thirty others. Round and round the circuit we went to the cheers of the crowd. Through the ploughed field section I caught the heel of a Frenchman by the name of Raery; as he fell and rolled down the embankment I thought, "It's a long way to trip a Raery."

Rob, after missing the start had a blinder and finished sixth in 22m.31s for a course marginally under five miles. Mike followed shortly after for thirty-fifth place and I followed as lantern rouge for our team for sixtieth place in 25.40.

Time for John and Chris now in the Vets international race. John was duly introduced as the "champion du monde" and quickly proved his mettle by shadowing the early pacemaker as they detached themselves from the rest of the bunch. Having experienced John's controlled running in Perpignan only added to my pride at seeing him surge to the front. Cheers rang out around me for our Blackheath lad as, impressively in

true world champion style, he forged further ahead. The goosebumps were going down my spine at an amazing rate as the enthusiastic commentator announced over live radio to the people of Belgium that the black-vested Englishman had crossed the finishing line a clear winner. Chris had trouble with an old tendon injury and joined us as we all watched John climb the podium amongst the microphones and cameramen to be acclaimed the victor. (John being a modest man never boasts about his wins and it is left to people like myself to try and convey the magnitude of his performance to the club folk back home). A fine Persian rug was John's prize and for my troubles I received an interesting glass object which would have taken many throws of the hoopla at a fairground to win.

Later that night we all celebrated at the post-race banquet with more Rodenbach and something like bangers and pease pudding "Walloon" style. Chris Woodcock then took our young men off to a disco and just for a minute had me thinking that if he had been carrying his treasured clarinet he would have been a dead ringer for the Pied Piper of Hamelin.

The rest of us visited a lovely family along with the race commentator and his entourage. Much drinking and silly games followed and upon hitting my bed, much later that night, it took me less time than it takes Buster to run one hundred metres before I fell into a deep sleep. My reputation as the Rip Van Winkle of the club was endorsed as John suspected I was in a coma.

Next morning our hosts waved us goodbye and wished us "Goot fahrt!" (It must be the beer!). We dashed hell for leather to Dunkirk, only making the ferry by the skin of our teeth. Back in Blighty and driving homewards up the A20, Richard put everything into perspective when commenting on John's lovely carpet, he stated, "You can always tell a good pile by feeling it with your finger!" You can't really follow that, can you?

P.B-K.



Oi!



You called?

Those of us who were stupid enough to turn up for the annual ten mile hard muddy slog, were treated this year to a very cold day with a biting wind with sleet and snow flurries to add to the enjoyment of the occasion.

The initial charge away from the Cafe at the start saw new supervet Les Roberts immediately charge in to the lead closely followed by that up-and-coming new old boy Ken Pike, young Rob Farish and Yours Truly, who had all been told that a photograph was going to be taken just after the start and my one thought was that if I was not going to win it then I was going to make damned sure I was in the picture!

After ¼ mile had gone, I realised I had been misinformed and slowed down accordingly, leaving Ken Pike and Rob Farish to continue a fruitless chase of Les who was running a blinder and was now disappearing out of sight.

Dennis Fairbrass, making a guest appearance in the colours of Kent AC eased past me into 4th position before the rapid descent down the dreaded Fox Hill and I was eventually joined by another damned vet – my old rival Dartford's Brian Buonvino – who kept me company until the finish.

Although I completely lost sight of the leaders, I later learned that Les gradually increased his lead the whole way round and finished in 57 mins. 7 secs. – a very, very fast time indeed, considering the conditions.

Dennis Fairbrass moved through to finish 2nd, followed by Farish, Pike, Daniel and Buonvino.

At the finish I said 'NEVER AGAIN', but I expect I'll run again next year along with all the other mad buggers! See you there!

K. D.

It was cold, wet and windy,
With a flurry of snow.
The Blackheath '10' at Hayes,
It's always held there you know.
Over part of the '5' and the '7½',
In such awful conditions – one could call them daft!

Still, now they lined up –
The young and the old,
The fit and the injured – ALL complaining of cold.

At 'the farm' we all waited,
For the first man in sight,
And along came Les Roberts – no one challenged, as they might.

Oh yes, there was Farish, Pike, Daniel and Betts,
And two Kent AC athletes who were running as guests.
But with a lead of two minutes – Les had it 'sown up',
Safely assured then, of bagging the Cup.

The wind-beaten faces,
Cold, muddy stiff limbs,
They all in turn reached us –
The conditions were grim.

By quarter past four – the majority home,
I could hear certain voices beginning to moan.
I know you'll complain that conditions were bad,
But I know you enjoyed it – you're all bloody mad!

Della Daniel

NEXT ISSUE

Sometime around very late autumn we shall aim to bring you full reports on the London Marathon, how the club got on in the British, Southern and Junior Leagues and a preview of the cross country season. Also road races and hopefully another motley of absurdities and pics. There may also have been an Olympic Games by then in which we just may have had some representatives.

Can you stand the wait.....?!!

1. L. Roberts 57.07; 2. N. Fairbrass 59.06; 3. R. Farish Jnr. 59.53; 4. K. Pike 59.59; 5. K. Daniel 61.30; 6. B. Buonvino 61.32; 7. M. Cronin 61.42; 8. P. Betts 62.14; 9. G. Spencer 62.27; 10. N. Burrows 62.31; 11. J. Clare 62.48; 12. R. Cliff 63.09; 13. J. Nash 63.57; 14. I. Young 64.23; 15. M. Williams 64.33; 16. R. Savery 64.48; 17. C. Haines 65.00; 18. P. Shephard 65.53; 19. J. Phelan 66.09; 20. C. Woodcock 66.19; 21. S. Ridgewell 66.23; 22. K. Whicheloe 66.35; 23. A. Calton Snr. 66.36; 24. A. Regan 66.59; 25. J. Robinson 67.12; 26. S. FitzCosta 67.32; 27. A. Kilgour 67.37; 28. R. Palmer 67.41; 29. J. Taylor 67.54; 30. R. Pitcairn-Knowles 68.00; 31. M. Peel 68.10; 32. N. Colvin 68.35; 33. R. Day 68.40; 34. J. Bailey 68.46; 35. W. Clapham 68.50; 36. M. Laws 69.19; 37. M. Gasson 69.23; 38. D. White 69.33; 39. A. Stoneham 69.43; 40. R. Chambers 70.25; 41. D. Hickman 71.58; 42. G. Plank 72.25; 43. D. Cordell 72.43; 44. A. Nana 72.57; 45. B. Saxton 73.26; 46. P. Rissen 73.52; 47. G. Crowder 74.19; 48. D. Crowdon 74.34; 49. P. Rickell 74.49; 50. M. Allen 75.23; 51. B. Stone 75.51; 52. B. Todd 76.18; 53. R. Walsh 76.58; 54. P. Reed 77.06; 55. D. Hopgood 77.12; 56. R. Vercoe 78.37; 57. T. McGeough 78.39; 58. P. Critchley 78.53; 59. G. Geere 79.11; 60. P. Saxton 79.19; 61. W. Slack 79.27; 62. M. Newman 79.38; 63. J. Braughton 82.08; 64. L. Dalmon 82.32; 65. P. Bray 83.14; 66. D. Wilcox 83.37; 67. A. Tompkins 83.42; 68. P. King 84.06; 69. D. Brickwood 85.30; 70. J. Rowney 88.53; 71. D. Tingey 89.04; 72. J. Bennett 89.50; 73. W. Lake 113.40.



Four Minute Smilers

"The black Africans are good runners especially those little utopians" – PBK's Auntie Molly.

"Thin? Les Roberts and I have been known to share the same number" – Brian Buonvino, Dartford Harriers.

"Now that's what I call flatulence" thought Brian Saxton as he sat quivering on a Portaloo at the start of last year's N.Y. Marathon. Only then did he realise it was the cannon and he'd missed the start.

What's the odd one out; Dave Thomson's track suit, a shroud, Geoff Crowder's running kit. A shroud. It's the only one you'd be prepared to be seen dead in.



MARYON WILSON SWIMMING TROPHY
1983

Not much to report as not much happens at the swimming race now that most of the contestants can swim. In the old days it was exciting – there was always a chance one of them wouldn't make it. This is why the finish is at the deep end – just in case!

Championship result: R. Farish 35.7; 2. M. Laws 42.4; 3. B. Fincham 42.5.

Handicap results: 1. D. Somerset 33.2; 2. M. Cronin 34.4; 3. M. Williams 40.2; 4. J. Parrott 40.3; 5. A. Brent 40.6; 6. B. Clapham 49.4; 7. N. Davidson 51.4; 8. J. Robinson 52.7; 9. L. Hickey 57.2; 10. G. Spencer 65.5.

T.M.



A good way to take your mind off the pain in your legs is to stick your thumb in your eye.

MITCHAM 25K ROAD RACE

15th January, 1984

Ten Heathens (nine of them veterans!) ventured out into bright sunshine but the coldest wind in which I have ever raced. It was back to the old course after the unpopular change to the hilly course of last year, but traffic caused a few problems this year. Black vests were less in evidence probably due to the Club 10 cross-country the day before, but at least there was no snow for this one. There were some good runs from our first three and we managed 6th out of 21 teams in the six-to-score, but only 19th out of 32 teams in the three-to-score.

1. Hugh Jones (Ranelagh) 1.16.20; 68. P. Catley (V40) 1.33.03; 111. R. Foreman (V50) 1.37.28; 115. M. Shields (V40) 1.37.38; 149. R. Pitcairn-Knowles (V50) 1.40.41; 205. G. Stormer 1.45.38; 216. E. Lee (V55) 1.47.06; 246. R. Manning (V50) 1.50.04; 275. H. Martin (V50) 1.54.52; 285. A. Good (V60) 1.56.53; 303. B. Hartley (V40) 2.02.11; 311. J. Cross 2.05.56; 325 men finished.

Teams: Blackheath 6th out of 21 in six-to-score. Blackheath 19th out of 32 in three-to-score.

R. P.-K.

SOUTH OF THAMES CROSS COUNTRY ASSOCIATION

Senior Championship

Maidstone 28th January, 1984

1. P. Magner, Epsom & E. 35.38, 2. N. French, Worthing 36.27, 3. A. McGee, Elliott, 29, 12. L. Roberts, 37.13, 21. R. Coles, 37.44, 65. K. Daniel, 39.26, 79. I. Wilson, 39.49, 80. K. Pike, 39.52, 94. M. Jackson, 40.15, 113. P. Betts, 40.44, 118. R. Cliff, 40.50, 131. M. Athawes, 41.18, 132. P. Barrington-King, 41.21, 138. G. Spencer, 41.30, 150. M. Wilkinson, 41.41.

Team Result

1. Reading 155, 8. Blackheath 351.

SITTINGBOURNE 10 MILE ROAD RACE

29th January, 1984

Not bad for January; almost windless with the temperature above 50F and sunshine as about two hundred runners assembled for the start at 2.00 p.m.; the few spots of rain that fell during the three lap race were almost refreshing. So much better than the gale of the previous year, but I was told that times of club members were generally inexplicably slower this year although I was happy to reduce my own by 3.54!

Having made a fast start to get away from the crush on the very narrow path for one-and-a-half laps of the recreation ground I was soon aware of the black vests of younger and fitter Heathens passing me one by one; off went Mike Williams, Peter German & Co. The team race looked hopeful with Peter German lying about tenth until he was forced to drop out after two laps with a knee injury. However, the team managed fifth place out of twenty-one teams with good times by "Mikes" Cronin and Williams and Lynn Atterbury who finished in 19th, 20th and 21st places and Blackheath managed mentions in the results with wins by Mike Cronin in the V40 age group and by R. Pitcairn-Knowles. The latter however was something of a hollow victory due to a V50 Medway runner taking the number of a V45 runner and finishing ahead, but in the V45 group. These changes should either be declared before the start or not allowed to occur.

1. Keith Penny (CH) 50.18; 19. M. Cronin (V) 55.51; 20. M. Williams 55.59; 21. L. Atterbury 56.06; 28. J. McGee 57.06; 37. A. Bounds 58.30; 44. S. FitzCosta 58.27; 46. J. Kavanagh (V) 59.41; 47. N. Davidson 59.46; 50. R. Pitcairn-Knowles (V) 59.56; 71. P. Barrington-King 62.01; 72. D. White 62.01; 102. S. Fagg 64.53; 107. L. Percival 65.46, 185 men finished.

Teams: 1. Invicta, 5. Blackheath Harriers, 11. Blackheath Harriers "B", 15. Blackheath Harriers "C".

R. P.-K.

MOB MATCH v RANELAGH HARRIERS

Petersham

21st January, 1984

My first ever race for THEM was against US in 1966. I was introduced to the fact that EVERYONE runs in mob matches, regardless of ability. Getting large numbers out to run in mob matches is not an art or science; it is a sheer slog in chasing people. Until this year a good number had always turned out against Ranelagh, albeit home or away, and whether it was the defeat by SLH at Hayes, coupled with the scare at Chingford just prior to Christmas or a sudden realisation that Ranelagh was an opponent worthy of the respect hitherto reserved for SLH we do not know but both clubs turned out close to 90-a-side; Ranelagh 89, the Heath 87 - Ranelagh had produced their largest ever turn out, and earned a well deserved victory to take the Pelling - Ratcliff trophy.

Richard Coles was the individual winner, taking the F. B. Thompson medal, backed up by Les Roberts 3rd, and John Baldwin 5th. Disaster struck with good Ranelagh packing filling 17th to 23rd positions, 64th to 69th and 83rd to 88th; our only retaliation came too late, 99th to 106th. The final score reflected a close hard fought match. We were outnumbered again in the evening but those who did stay gave a good account of themselves as they did in the afternoon.

1. R. Coles 39.38; 2. S. Collingridge (Rane) 40.02; 3. L. Roberts 40.27; 5. J. Baldwin 41.11; 9. K. Pike 41.49; 10. G. Martin 41.53; 11. P. German 42.02; 13. P. Betts 42.27; 16. I. Wilson 42.42; 24. F. O'Gorman 43.31; 26. R. Cliff 43.39; 27. M. Cronin 43.43; 29. K. Daniel 43.49; 32. M. Athawes 44.06; 35. P. Barrington-King 44.20; 36. D. Dunn (Rane) 44.26; 37. M. Wilkinson 44.29; 40. C. Haines 44.48; 41. G. Spencer 44.53; 43. I. Young 44.54; 44. M. Williams 45.05; 45. J. McGee 45.10; 46. N. Burrows 45.31; 47. C. Woodcock 45.33; 51. S. Dick 45.42; 54. R. Savery 46.00; 55. M. Laws 46.13; 56. J. Phelan 46.15; 58. K. Whicheloe 46.26; 59. R. Ebbutt 46.36; 60. R. Minting 46.38; 63. A. Bounds 46.46; 70. S. FitzCosta 47.18; 71. M. Peel 47.19; 74. S. Ridgwell 47.25; 75. N. Colvin 47.31; 76. P. Shepherd 47.33; 79. A. Calton, Snr. 47.50; 81. P. Daniel 48.00; 82. J. Bailey 48.02; 89. R. Day 48.48; 90. M. Gasson 48.55; 91. W. Clapham 49.01; 93. R. Palmer 49.07; 95. B. Saxton 49.28; 96. A. Nana 49.34; 98. D. Searby 49.36; 101. G. Crowder 49.53; 102. P. Davies 49.59; 103. P. Hanneil 50.04; 104. G. Plank 50.05; 105. R. Walsh 50.07; 106; P. Rickell 50.11; 108. A. Dick 50.22; 111. P. Horwood 50.29; 112. R. Chambers 50.35; 113. D. Crowdon 50.42; 114. S. Ferrar 50.51; 116. A. Stoneham 51.22; 120. G. Botley 52.00; 121. B. Todd 52.19; 126. M. Newman 52.52; 128. G. Gibbens 53.05; 130. W. Slack 53.21; 131. M. Allen 53.28; 134. W. Moores 54.05; 135. J. Braughton 54.07; 137. P. Reed 54.13; 138. M. Cowling 54.17; 139. P. Hunter 54.26; 140. T. Partington 54.40; 142. M. Manley 54.52; 144. D. Hoppood 55.00; 146. M. Battle 55.17; 147. J. Anderson 55.18; 148. P. Critchley 55.22; 149. B. Stone 55.28; 153. A. Tompkins 55.54; 154. P. Dovey 55.57; 155. L. Dalmon 55.57; J. Hill 56.17; 158. C. Anderson 56.17; 161. P. Saxon 56.29; 170. D. Brickwood 59.55; 171. R. Gibson 60.06; D. Tingey 60.39; 173. J. Bennett 61.13.

1. Ranelagh 6684 points; 2. Blackheath 7501 points.

All Our Yesterdays - 25 Years Ago

In 1959 the match was held at Hayes, Ranelagh turned out 28 (and got beaten by nearly 600 points) but the individual winner was the current Ranelagh President, Bill Bird, who this year was nearer the tail of the field. In fourth place was John Baldwin, who does not appear to have lost much ground at all. Last Heathen in that day was one M. A. Walker!

There must be a moral there somewhere.

D. D.

HANNUT - BELGIUM

5th February 1984

Having made quite a name for himself in Belgium over the last couple of years by winning vets cross country races left right and centre, John Baldwin once again found himself earmarked for a big international meeting at Hannut - a little town down towards the Luxembourg border.

Every year this nondescript little place hosts some of Europe's top cross country stars at a day long festival of through age and sex groupings until the Grand Prix and vets race s late in the afternoon. Like most continental events, the whole show was very much spectator orientated. The various courses used for the different groups were all based on a football stadium and took in numerous permutations of laps of the pitch and adjacent fields, plus some tarmac road and some "battle of the Somme" type goo. This, plus the fact that it was as flat as your hat, ensured that all the racing was in view virtually all the time which certainly made for a tremendous atmosphere as it seemed that nearly everyone and his mate were going to turn up for what proved to be a bright sunny day of sport.

John had, some weeks before, negotiated an arrangement with the organisers to take with him the new young pretender vet, Les Roberts. Being a veteran of proven ability over the country and world road champ to boot, they took his word that the newcomer wouldn't let them down and so our two mature combatants launched themselves over the Channel on the Saturday and aimed for Roeselare, the scene of another international battle some months before. Here they were looked after most hospitably and driven down to Hannut on the Sunday morning.

The scene at Hannut was busy to say the least. The town was full of runners of many shapes and sizes, spectators of even more varied dimensions, and noise. Loud speakers babbled in Flemish and French and poured forth that unmistakable oompah music that seems inescapable on mainland Europe.

The main event of the day saw Eddy De Pauw outspurt Scotland's Nat Muir after 10,000m with big names like Debeck, Lismont and Wales's Chris Buckley not far behind.

Then it was the turn of the International Vets. There was a growing tension in the Blackheath camp as it became obvious that eyes were upon them to do something. Apart from the fact that John had been announced as the new World Champ, the shiny new black vests and shorts stood out dramatically amidst the bundle of assorted laundry that made up the majority of the 100 strong field.

The crack of the starting pistol saw half a dozen zealots sprint the first 100m in something around 12 secs. By 200m however, only one was still flailing through the bog as if the hounds of the baskerville were snapping at his heels. By 300m and the first run through the main football arena, he was gone and the race pattern was virtually set with Les Roberts out front followed by John Baldwin and the rest drawn out into a long line. The "Somme" was awesome. So wet was it that each step sounded like a freshly delivered cow pat and as the foot was removed each time, the ground immediately smoothed over. It was difficult to keep your spikes on; curling up the toes inside them seemed the only way.

As the 800m rolled by Les and John increased their lead and ran in completely clear much to the delight of the crowd and organisers.

Having sampled first world war ground conditions on the Sunday, the boat trip home on Monday provided an insight into what it must have been like at the battle of Jutland. Luckily we were on Townsend Thorenson's flag ship complete with super new stabilizers so we endured what was probably as bad a Channel crossing as you can get in the restaurant over a tasty 3 courser with wine. An excellent weekend that seemed like a fortnight's holiday.

1. Les Roberts 26m 20s. 2. John Baldwin at 11 secs

BOY & COLTS CHAMPIONSHIP (3 miles)

Sparrows Den

4th February, 1984

1. S. Hague 16.53; 2. A. Calton 16.59; 3. T. Partington 17.25; 4. G. Jones 17.34 (1st Colt); 5. L. Bulson 17.39 (2nd Colt); 6. B. Brown 18.04 (3rd Colt); 7. P. Deadman 18.08; 8. A. Rhodes 18.24; 9. N. Parker 18.26; 10. G. Woodcock 18.52; 11. G. Kimmins 18.58; 12. J. Woodcock 18.59; 13. S. Adams 19.00; 14. G. Deadman 19.07; 15. G. Hext 19.29; 16. A. McEwan 19.44; 17. I. Reed 20.07; 18. K. Michie 20.37; 19. N. Hartley 20.53; 20. M. Peters 21.52; 21. J. Groves 22.27; 22. J. White 22.32; 23. Williams 23.49.

VETERANS SOUTHERN COUNTIES CROSS COUNTRY

Watford

18th February, 1984

The weather was cold and dry with a light wind. The course had some steep gradients and under foot was mainly light with some heavy bits.

The 40-49 age group must be the strongest in depth in the club in long distance running at the present time. Three of the scoring six were new veterans. The quality of the field at the front was amply demonstrated by the fact that Les Roberts was only 3rd and John Baldwin 7th (2nd last year). Barry's fine run compensated for his disappointment at Ireland's rugby defeat and Chris Woodcock performed remarkably after his break in training, last minute arrival, lack of warm-up and wearing of the wrong number. We have probably four or five other runners not present that day, who would have been challenging for places amongst our first six.

In the 0.50 age group the club did much better than ever before, three of our first four being new members. Ron Foreman and Richard Pitcairn-Knowles have developed a gentlemanly rota and this time it was Ron's turn. Inspired by Richard, his former team-mate, a rejuvenated Tony Weeks-Pearson gave a glimpse of his former greatness. Together they provide an interesting challenge for those writing names in small spaces on recording sheets.

Age 40-49 (3 to score) 1. Blackheath. **(6 to score)** - 1. Blackheath. 3. L. Roberts, 30.11.6. J. Baldwin, 30.31. 12. F. O'Gorman, 31.38, 28. M. Cronin, 33.00, 49. D. White, 33.39, 56. C. Woodcock, 33.57.

Over 50 (3 to score) 1. Belgrave, 2. Blackheath, 11. R. Foreman, 34.53, 12. R. Pitcairn-Knowles, 35.01, 28. A. Weeks-Pearson, 36.40.

G.C.

THE BENNETT CUP

This was first awarded in 1930 and is primarily intended to encourage the average cross country runner to support the Club Championships and our long established Mob Matches.

There are six races which incorporate a handicap - the Club 5 miles Championship in October, the 7½ usually held with the mob match v South London Harriers in November, the mob match v Orion Harriers in December, the Club 10 miles Championship and also a mob match v Ranelagh Harriers both in January. All these 5 events carry a handicap (unknown until after the race). The sixth event is the Closing 5 miles usually held in March, which is on a yachting basis (the runner with the largest allowance off first).

Forty points are accumulated by the runner gaining first handicap place, 39 points to the second, etc. down to the 40th handicap position and below, each being awarded one point.

The total points awarded to runners in each of the handicap races are added together and the winner is the one with the highest aggregate and thus receives the Bennett Cup.

WOKING 10 MILE ROAD RACE

26th February, 1984

There was a large gathering of club members in the field for this very popular event, and it amazes me that none of our 'stars' turn out for this race which always produces good times.

A cold wind blew into the faces of the runners on the long, straight sections of the course, but the conditions were satisfactory for fast times with no more than a few slight inclines.

Thirteen runners broke 50 minutes, the 13th man being Pete Flatman from City of Hull who recorded 49.56, a new course record for a Vet! 1028 runners finished, the highest placed 'Heathen' being Paul Barrington-King in a P.B. 54.40. Other known P.B.s are shown; there may well have been others, though.

1. N. Sirs, Windsor S. & E. 48.20, 2. J. Boyes, Bournemouth, 48.23, 3. K. McDonald, Hillingdon, 48.44.

Blackheath Harriers Placings

96. P. Barrington-King, 54.40 (PB), 125. S. Robinson, 55.36, 127. M. Cowling 55.37, 188. P. Catley, 57.15, 199. A. Nana, 57.30 (PB), 222. R. Savery (V45) 57.58, best for a long time, 231. R. Ebbutt, 58.03, 264. N. Colvin 58.54 (PB), 268. W. Samuel, 59.00, 289. S. Ridgewell, 59.22 (PB), 309. P. Daniel, 59.37, 315. J. Bailey, 59.40, 316. S. FitzCosta, 59.44, 320. P. Greenwood, 59.52, 322. R. Thornton, 59.55, 390. A. Kilgour, 61.10, 450. R. Day, 62.25, 561. R. Jones, 64.40, 567. B. Todd, 64.47, 644. A. Mothersole, 66.49, 751. D. Crowdsen, 69.54, 827. R. Gibson, 72.43, 836. H. Martin, 73.14, 850. P. Molyneux, 73.47, 905. P. Long 77.23. 1028 finished.

P.C.

PARRISH CUP RACE FOR SCHOOLS

Sparrow's Den

Wednesday, March 7th, 1984



Peter Lester ran well for Dulwich and is fast becoming one of our great hopes for the future.

Prologue

Like most other competitive runners who enjoy regular outings over the country, I have always failed to appreciate the 'behind the scenes' work which takes place before, during and after a race. The self laying trail over the country, the results that appear magically within the hour of the race being completed, the tea that brews itself, the self buttering bread have all been taken for granted over the years and it's only the non-appearance of any of these that provokes any comment.

Since becoming involved in the organisation of this race, I've discovered that all those time consuming tasks are taken care of by a band of unsung heroes. Trails are laid as if by magic, funnels appear, time keepers, recorders, disc distributors, tea making wives, results co-ordinators all quietly go about their tasks with a minimum amount of fuss and if I mention that Gordon Hickey was referred to as "Young Gordon" you'll have some idea of the average age of this indispensable band. Many thanks for all your assistance in the smooth running of this race and many others that I've taken part in over the years.

The race itself was somewhat larger than last year with some eighteen schools taking part, and a little more open, in that Robert Farish (winner for the previous two years) did not take part.

It was a warm and sunny day and the Sparrow's Den course was very fast: a select group of 6 runners gradually pulled away from the rest of the field which was strewn out across the football and rugby pitches. After a lap of the woods, the front of the field thinned, and on the finishing circuit of the pitches, the winner could only be one of two; Izatt of Wilsons wearing white and Brooks-Johnson of Judd in black, who were well out in front of the rest. By the end of the meadow circuit and the beginning of the finishing straight, it was the white vest of Wilson's showing to the fore and Iszatt finished strongly in 18.01 beating Brooks-Johnson by nine seconds. Wilson of Skinners finished third, twentyfour seconds adrift.

Of the Blackheath contingent taking part James Adams representing Dulwich College did extremely well to finish fifth in 18.43 with Gavin Fernandes of St. Mary's in 11th place in 19.17. Peter Lester of Dulwich finished 18th in 19.28 with Simon Dick of Langley Park 20th in 19.29. Andrew Blacknell of St. Dunstan's was 23rd in 19.34. A. Dick of Langley Park 72nd in 20.53 and Alan Hartley of Hayes School was 75th in 20.55; with 144 finishers it was a very good showing from the Blackheath youth.

The first school home and winners of the Parrish Cup were Judd with 41 points taking 2nd, 9th, 14th and 16th positions. Skinners were second with 48 points and John Fisher third with 80 points. The first B team home was Purley B and the Rags Trophy, presented to the school finishing highest - other than first - and being within a 10 mile radius of BHHQ went to the John Fisher School.

Medals were presented to the first three under 16 finishers B. Gildea 7th of John Fisher, P. Goldthorpe 9th of Judd and K. Kearns 12th of St. Columba. Of the thirty teams to finish (four to score) St. Columba's did particularly well to finish 10th as all their entrants were under 16.

Epilogue

Thanks to some technical wizardry on the part of 'young' Gordon, the boys were able to watch their race on TV within an hour of it finishing. Any boys wishing to take part in this annual event next year please notify your teachers that in 1985 it will take place on Wednesday, 6th March.

J.P.

THE BENNETT CUP 1983/84 RESULT

Points Handicap final placings.

1. G. Spencer 136 points; 2. G. Plank 119 points; 3. L. Roberts 117 points; 4. C. Haines 107 points; 5. S. Ridgewell 101 points; 6. K. Pike 90 points.

NATIONAL CROSS COUNTRY CHAMPIONSHIPS

Newark

3rd March, 1984

All roads led to Newark for the 97th National Championships which were part of the Centenary Celebration of the English Cross Country Union.

This was the first visit to Nottinghamshire for the Championships and the flat Newark course was to ensure fast times.

The nine-mile English National Cross Country senior event was won by Basildon's swift footed Eamon Martin, his 5000m speed enabling him to draw away from the record field of 1800 with Roger Hackney second placed.

The senior team title was won by Aldershot for the second consecutive year. The junior and youths races were both closely contested affairs, with Tipton taking the junior team award and Tonbridge narrowly clinching the youth age group.

Our placings were: **Youths Championship**, J. Adams 67, A. Blacknell 294, P. Davis 307, T. Thomas 371, A. Hartley 489, 556 individuals finished. **Junior Championship**, R. Farish 41, S. Thompson 65, D. Searby 306, M. Laws 372, J. Beck 375, S. Fitz Costa 448, 490 individuals finished.

Senior Championship, R. Coles 93, K. Pike 518, P. Betts 737, G. Martin 796, R. Cliff 830, M. Athawes 855, M. Jackson 942, G. Spencer 987, 1723 individuals finished.

This year in the Senior Championship a new trophy was introduced. The Centenary Trophy, presented by and for competition between the eleven clubs existing in 1883. Perhaps next year we can aim to bring this award to Hayes although it would be a foolish man who laid money on it.

The Blackheath athletes, supporters and officials will recall the magical mystery non-stop coach tour and the rush to the toilets when we eventually arrived at Newark, not to mention our long delayed departure due to a certain member of the press, who shall remain nameless.

Whilst no running honours were forthcoming for us this year, we did take the prize for the last coach to leave Newark.

M.C.

DE BURGH '8'

4th March 1984

This race takes its name from the De Burgh School at Tadworth, Surrey, whose P.T.A. promote the event as a fund raising effort. And a good job they make of it too.

The start was at 10.30 on Sunday morning, and by start time it was evident that I was the only 'Heathen present, but I was pleased to see the craggy features of colleague John Hanscomb (Ranelagh).

The start was a bit shambolic due to the high percentage of quite young children taking part. This efficient little race had half mile markers and the first mile was all downhill. I passed the mile marker in 6 minutes - quick for me but I reckoned that there weren't too many 6 minute milers in front of me. At about 2½ miles we approached a tarmac wall with a white line painted up it. The 6 minute first milers started coming back - and continued to do so on all the subsequent climbs. As an ego trip it was marvellous as I ploughed through the pack of unhappy "fun runners" to reach the finish which loomed after a sharp corner, almost hidden by parked vehicles. Needless to say, I was delighted with my first serious race for six weeks.

The start and finish were, as stated, rather messy, but the rest of the organisation was superb, with numerous marshals in Dayglo jackets and arrows displayed prominently to warn traffic. The course was a mixture of residential roads and narrow country lanes on top of Epsom Downs. The event should be of particular interest to those who cannot race on Saturdays - or as a warm up for the Tonbridge 10. I recommend it.

The result sheet arrived four days later!

1st. I. Cousins (Tadworth) 41.00 75. G. Plank 50.32.

G.P.

(Is this event under AAA rules? Ed.)

NATIONAL VETERANS CROSS-COUNTRY CHAMPS.

Wolverhampton

11th March, 1984

The prospect of your 39-year-old correspondent soon competing in these 'fun' events for over 40s that are billed as 'Veterans' Championships was considerably diminished by this visit to Wolverhampton.

These fellows for the most part do not look their age, are fiercely competitive and take the whole business extremely seriously. Nothing wrong with that, of course, and since this club currently relies on its veterans to provide the backbone of its cross-country and road relay teams, you would expect a good showing from our contingent. So it was here, too, on a contrived, twisting parkland course with very fast 'going'. Only on the last lap did the 0-40 squad lose their grip on the winning team medals to Aldershot, but the over-50s were never in danger of losing theirs, with Hallamshire runners up.

The individual results are all consistent with current performances, but special mention should be made of Les Roberts, who ran with a painful groin injury and was only overhauled by John Baldwin in the latter stages.

Over 40s

1. G. Ogden, Highgate, 28.41, 2. T. Davies, Aldershot, 28.52, 3. L. Presland, Aldershot, 29.07, 4. J. Baldwin, Blackheath, 29.17, 5. L. Roberts, 29.24, 19. F. O'Gorman, 30.31, 45. C. Woodcock, 31.56, 53. D. White, 32.09, 65. M. Cronin, 32.37, 71. P. Shephard, 32.50, 98. J. Clare, 33.51, 118. M. Peel, 34.35, 123. P. Greenwood, 34.47. 148. R. Day, 36.04.

Team Results

1. Aldershot F & D, 68, 2. Blackheath 73, 3. Nottingham AC 89, 4. Bingley 120.

Over 50s

1. M. Morrell, Wirral, 32.31, 2. D. Crookes, Torbay, 32.32, 3. D. Wood, Barnet, 32.36, 18. R. Pitcairn-Knowles, Blackheath, 34.50, 20. R. Foreman, 34.21, 23. A. Weeks-Pearson, 34.50, 52. W. Clapham, 36.31, 62. G. Crowder, 37.11, 69. G. Gibbens, 38.27, 74. D. Hopgood, 39.10.

Team Results

1. Blackheath 61, 2. Hallamshire H. 74, 3. Tipton H., 87, 4. Waveley H. 87.

G.B.



Ron Foreman, Richard Pitcairn-Knowles and Tony Weeks-Pearson, National Champions 1984.

**THE 'BAR 5' ASSOCIATION
or "How to Succeed at Running Without Winning Races"**

The answer's quite simple really – disregard a large proportion of the field and just choose those in the race you wish to compete against and you can't go wrong; provided you remember to choose your competition with care, i.e. ensure that they are older and slower than you over the distances you will be running.

Like most rare and wonderful things – the "Bar 5" Association began with a chat at the bar after one of the Club Championships. It was at the end of 1982 and Mike Peel was really rubbing the salt well in that he had beaten me three times out of three starts over the country that season. What greater spur does a man need to increase quality and quantity of training? The rest of the season was a closely fought duel 3-1; 3-2; 4-2; 4-3; 5-3; 5-4; 5-5; and finally after a terrific battle through the mud of the Orion 15, a six-five victory to Mike. But that wasn't really the point; I had made a six minute improvement on my time from the previous year. Instead of just "running as well as I could" I was now racing with an improving, moving target to beat. Therein lies the key to the "Bar 5".



The 'Bar 5' Trophy.

At the start of the '83-'84 season, five of us got together – all of us had finished in close proximity to one another over the previous three seasons in cross country races with Mike Peel and Tony Calton the better performers over all. With these two and myself came Roy Savery and Brian Saxton to complete the five. We put a fiver each into the kitty and nominated six races over which the competition was to be run – the same six as the Bennett Cup. The rules were simple – first man home wins a bottle of Mousseux and gains five points towards the trophy, second man four points, etc. etc. After all six races the points would then be added up – the winner being the person with the highest score who would

then receive a bottle of champagne and the Bar 5 Trophy. Should points be equal at the end of the season, then a further race would be nominated to decide the winner.

I trained hard throughout the summer and come the Opening 5 I already had my eye on the trophy and my lips around the bottle of champagne. Peel was obviously the man to beat with Calton the 'dark horse' - but competition does strange things to people. Little did I realise that the 'dark horse' would turn out to be the 'old grey mare'. I had to do a personal best to pip Roy Savery at the post with Tony bringing up third, Mike fourth and Brian fifth.

There was plenty of time before the next race to get some serious work in - increase the mileage, improve the quality - cut down on racing, and on the 19th November came the Club 7½ mile Champs. The fact that 165 people took part was of little significance - only four of them mattered and in the final outcome it was O.G.M. Roy (what was he on!!!) who was well out in front. I struggled in a poor second with Tony third. Unfortunately, Mike and Brian were sidelined by infection and injury and couldn't take part.

Ten points each - a win and a bottle of wine apiece and one more race before Christmas, the Orion 7½. I set off steadily through the ploughed fields, the mud and the woods and it was a long while before I passed Tony and Brian who immediately came back at me. Roy was well out in front and improving his position on the roads. His choice of flats over my spikes looked like a good idea as the course was a lot drier than usual. Six miles gone and I was gaining on him, he still had a sixty yard lead, but then came "the Hill". I was on my last legs and struggling but just in front of me I could see Roy - in an even worse state; he made the hill top ten yards ahead but with a shout of encouragement from spectator Mike Peel, still suffering from illness, he leaped over the top of the hill like a mountain goat and quickly put 30 yards between us. That final run-in through the woods must have been an amazing sight to any casual Orion observer. There we were - middle of the pack - in the same team - not an Orion runner in sight and running like mad men over dangerous tree roots and uneven ground to finish 17th and 18th respectively, my winning margin being just 2 seconds. (Did you know that Roy could speak fluent Anglo Saxon?). Brian ran an excellent race for third spot with Tony scoring two valuable points in fourth.

So it was Christmas and I was a bottle of wine and a point up with Tony third, Brian 4th and Mike 5th. It was now definitely going to be my trophy - so I thought!! The next two races were to make me think again. Within the space of a week the Trophy's projected ownership and two bottles of wine had changed hands after two resounding victories for Roy in the Mob Match v Ranelagh and the Club 10. I finished second on both with Brian last and Tony and Mike a third and fourth place each.

The Closing 5 - and everything resting on Roy's performance: win it and he wins the trophy and the champagne - come second to my first and we have a run-off in a further race. And what does he do - he goes ski-ing!! So in the end, after a season of closely fought battles that improved my individual performance no end, it was a hollow victory to receive the wine, the champagne and the trophy - honest! Tony ran a great race to pip Mike by one second with Brian bringing up the rear. The final points tally was Jim 27, Roy 23, Tony 17, Mike 10 and Brian 8.

And the lesson to be learned. Nothing improves your performance like competition. Those who are way out in front of you or miles behind are not competition; so therefore why not create your own? Form your own Bar 5 or 6 or whatever and you'll find that each race has a new significance and that with real targets from a similar ability range your own performance will improve tremendously.

All six races were PB for me and I beat Mike 7-0. But he'll be back, I'm sure, next season.

J.P.

(Indeed he will - he has since run 2:48.57 in the Thanet (Hilly) Marathon. Ed).

ROEHAMPTON 6's miles v. Bank of England, Ranelagh, Hercules/Wimbledon

Saturday, 25th February, 1984

A bitterly cold afternoon braved by the impervious George Brooks and the President. A well supported event, especially from P-K and W-P from Sevenoaks. Luxurious changing rooms and bars bore comparison with Hayes? Were Ranelagh "Dunn"?

1. D. Fairbrass (Guest) 33.06, 3. K. Daniel, 33.52, 4. K. Pike, 34.06, 9. P. Betts, 35.02, 11. M. Cronin, 35.26, 14. D. Dunn, 35.46, 21. J. Phelan 36.12, 22. P. Sheppard, 36.19, 31. R. Pitcairn-Knowles, 37.26, 38. A. Weeks-Pearson 38.22, 39. W. Clapham 38.23, 42. P. Daniel, 38.44, 51. P. Rickell 41.34, 56. G. Plank, 42.54.

1. Blackheath 3 4 9 11 14 21 22 - 84, 2. Ranelagh, 5 7 8 10 13 24 26 - 3. Bank of England, 26 15 17 19 20 23 - 102, 4. Hercules/Wimbledon, 12 16 18 25 29 36 48 - 184.

CLOSING '5'

10th March, 1984

R. Tompkins 22.33; 2. M. Harley 23.26; 3. M. Manley 23.39; 4. A. Oldfield 23.42; 5. D. J. Tingey 23.46; 6. P. Egan 24.19; 7. S. Arthurell 24.36; 8. J. Bennett 24.42; 9. D. Saunders 24.59; 10. N. Davidson 25.14; 11. G. Plank 25.18; 12. J. Raine 25.24; 13. P. Critchley 25.25; 14. K. Coombes 25.27; 15. G. Spencer 25.30; 16. S. Ridgewell 25.36; 17. C. Haines 25.46; 18. B. Saxton 25.53; 19. J. Robinson 25.56; 20. I. F. Smith 26.05; 21. J. Phelan 26.09; 22. D. Thomson 26.10; 23. P. Saxon 26.22; 24. B. Fincham 26.25; 25. K. Daniel 26.28; 26. I. Young 26.35; 27. D. Wilcox 26.42; 28. F. Dyter 26.45; 29. R. Morris 26.47; 30. A. Calton (Sn.) 26.53; 31. T. McGeough 26.55; 32. M. Peel 27.04; 33. P. Ricknell 27.10; 34. K. Pike 27.42; 35. J. Broughton 28.06; 36. R. Hawtin 28.14; 37. P. Khan-Panni 28.25; 38. C. Daly 29.24; 39. M. Newman 30.47.

JOHNSON BOWL 7½ MILE RACE WALK VERSUS SURREY WALKING CLUB

31 March, 1984

1. Paul Jarman 54.26; 2. Shaun Lightman 57.53; 3. P. Hannell 58.43; 4. P. Selby 61.09; 5. R. Michell 64.15; 6. S. Brown 64.33; 7. W. King 65.12; 8. R. Brown 65.13; 9. Nolan Simmons 65.43; 10. B. Cotterell 68.14; 11. P. King 68.44; 12. S. Fullager 71.46; 13. G. M. Clark 72.58; 14. A. Goodwin 74.30; 15. F. Butler 77.32; 16. J. Bennett 79.44; 17. J. Day 90.16.

B.H. CHAMPIONSHIP

1. P. Hannell 58.43; 2. P. Selby 61.09; 3. R. Mitchell 64.15.
HANDICAP

1. J. Bennett 56.44; 2. P. Hannell 57.13.

SCORING 6-A-SIDE

B.H. 34; Surrey W.C. 43.

KENT A.C. 7th OPEN '10'

25th March, 1984

1. P. Williams, Camb. 50.08; 2. D. Fairbrass, Kent 51.27; 3. B. Buonvino, Dart. 51.58; 8. P. Betts, 53.40; 23. M. Field, 56.28; 27. D. Dunn, Ranelagh H. 56.48; 50. J. Clare, 59.49; 55. R. Pitcairn-Knowles, 60.49; 57. R. Foreman, 61.04; 65. C. Daly, 62.04; 66. D. Cordell, 62.24; 79. R. Chambers, 64.09; 80. W. Clapham, 64.20; 83. R. Day, 64.39; 93. G. Plank, 65.28; 103. C. Stormer, 68.06; 112. B. Todd, 69.2; 115. S. Anderson, 70.37; 121. J. Kavanagh, 71.53; 122. D. Cogan, 71.59; 129. A. Pickering, 76.46; 130. M. Peel, 76.46; 131. D. Brickwood, 77.54;

Team Results: 1. Kent A.C. 53; 2. Cambridge H. 64; 3. Invicta A.C. 93; 5. Blackheath H. Vets. 96; 10. Blackheath H. 'A' 162; 15. Blackheath H. 'B' 286; 16. Blackheath H. 'C' 288.

PUNCHBOWL NIGHT 1984

One of the Club's oldest and many would say more important traditions was kept alive for another year on Saturday 7th January 1984.

The trend in recent years is for some of the 'speeches' to blend more into 'turns' and this year was no exception, with some speeches not really being speeches at all in the formal sense! However, Punchbowl evening is hardly white tie and tails, thank goodness, and the evening continues to be a great success thanks to the effort most people seem prepared to put into it.

The president 'Johnnie' Walker handed over to Geoff Crowder chairmanship for the evening. Geoff had obviously been working overtime at the weekend for he had not had time to remove his mortar board and gown. Reference was made to 'ill dressed university lecturers' as he introduced the evening's first speaker Chris Haines, who proposed a toast to the Club. Chris gave a predictably 'laid back' speech with the usual sprinkling of cracks such as "What's the difference between Roy Savery and a coconut - you can get a drink out of a coconut!"

The main theme of his speech was the Club as it was and how it should be in the future, with the emphasis on key issues like abolition of Club ties, toasting the Queen and such like.

In response rose that splendid gentleman, Don Gillate, who replied eloquently for the Club stressing the importance of maintaining traditions like Punchbowl Night. Don recalled that when he first started coming to Punchbowl Night (was it 1939?) "gay" still meant 'happy'.

The second toast of the evening was to the Vice-Presidents and was proposed by Dave "Bluto" Thomson. Dave's "speech" consisted of reading out a most appalling catalogue of Christmas cracker jokes. In contrast Geoff Last responded - in splendid form - donning clerical garb and rendering a 'sermon' from behind the bar. Geoff had as usual gone to a lot of trouble, but it was worth it.

The final 'turn' of the evening was given by those chums Les Roberts and Paul Barrington-King. Without doubt, it was the most outrageous piece of entertainment in the history of the Club. (Please God - what is going to happen in 1985?). Any similarity to the Kenny Rogers' song "You picked a fine time to leave me Lucille" was soon dismissed.

To describe the "act" I cannot find sufficient words but I understand there are some photos going round the club which more than adequately capture the flavour (unfortunate word) of their exposition.

The evening closed with the usual drinking round the bar, and a most impressive display of disorderliness from the usually reserved Ken Price. And that was it for another year.

D.H.



Don't they just!

KENT CROSS COUNTRY LEAGUE

1983/84

All three races were held in sunny weather on relatively dry, fast courses. Indeed the Tenderden course, notoriously heavy, was so dry that even the writer, towards the end of the field, had to slow in places for the hard ruts rather than any lack of fitness. This first race was under distance and with about 3/4 mile on sports fields there was some fast running "up front" with the field led home by one of the three "track only" heathens running. For the Club the poor turn-out was further aggravated by two withdrawals during the race, but with only ten starting we were still the nearest we were going to be in scoring in the twelve-a-side league!

The Mote Park course is always fast and the winner was one of the rising Kent youngsters, Huckwell of Dartford, who before the next league race was to finish third in the Southern. "Our" Jon was relegated to fifth on this occasion, but while the club turn-out was fewer, in what was by far the largest league field ever, we fared a bit better than at Tenderden although "our" third Invicta man, Peter Brenchley, just making the scoring four of the Invicta B team pipped Bob Cliff by a place for the same position in our scoring four.

The three lap switchback at Dartford again saw few heathens (amongst whom it was good to see that Haines can finally afford a pair of all black shorts) but the team improvement continued. Of interest to followers of Kent cross country over the years was the sight, some five and a bit minutes after the leader, of Ian MacMillan (Invicta) the former County Champion so seriously injured in an accident several years ago that even some years after he could barely hobble one lap of Sparrows Den but now apparently running easily again.

A final comment on the inability of the Club to finish twelve in any race this season. Kent is a very strong cross country county and it seems a great pity members do not take advantage of this by competing in these races which include most of the leading county runners. They thrive on it, why don't you?

Results:

8th October at Tenderden

1. J. Wigley* (Inv) 20:28; 2. P. Gaden (Cam) 20:31; 3. A. Guilder (Ell) 20:39; 5. M. Brameld* (Inv) 21:06; 24. R. Farish 22:27; 52. P. Brenchley* (Inv) 23:7; 59. P. Betts 23:58; 72. G. Spencer 24:29; 75. R. Ebbutt 24:43; 88. V. Robinson 25:41; 106. B. Todd (B) 28:40; 108. G. Gibbons 29:15; 110. I. Smith 30:25; 111 scored (126 finished).

1. Invicta 20, 2. Cambridge 39, 3. Elliott 55, 12. Blackheath 230, 20 teams.

3rd December at Mote Park

1. G. Huckwell (Dar) 25:37; 2. A. Guilder (Ell) 25:47; 3. L. S. Patten (Dar) 25:52; J. Wigley* (Inv) 26:01; 11. M. Brameld* (Inv) 26:29; 14. R. Coles 26:40; 30. K. Daniel 27:53; 58. M. Athawes 28:50; 59. P. Brenchley* (Inv) 28:52; 60. R. Cliff 28:53; 84. R. Ebbutt (B) 30:00; 106. J. Kavanagh (B) 30:56; 176. B. Todd (B) 35:44; 183. I. Smith (B) 37:31; 185 scored (191 finished).

1. Elliott 21, 2. Invicta 32, 3. Dartford 33, 8. Blackheath 162, 22. Blackheath B 417, 34 teams.

18th February at Dartford

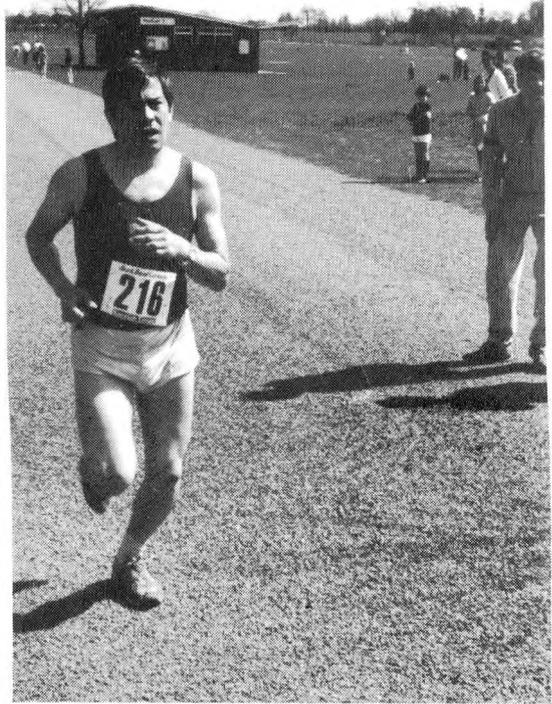
1. A. Guilder (Ell) 25:12; 2. J. Wigley* (Inv) 25:16; 3. M. Gratten (Inv) 25:23; 9. R. Coles 26:00; 15. R. Farish 26:55; 38. K. Daniel 28:01; 70. M. Field 30:15; 74. R. Ebbutt 30:51; 82. C. Haines 31:14; 107. P. Reed (B) 35:35; B. Todd (B) 35:59; 114 scored (128 finished).

1. Invicta 19, 2. Elliott 32, 3. Cambridge 66, 6. Blackheath 132, 21 teams.

Final league positions:

1. Invicta 234, 2. Elliott 228, 3. Cambridge 215, 8. Blackheath 162, 22. Blackheath B 42, 37 teams.

I.S.



Franky Anguish – a more recent action snap.



MOB MATCHES – A BEGINNER'S GUIDE

(or a reminder to the more aged among us)

What are they? A question I certainly asked myself when I tried to fathom the intricacies of my first winter fixture card. Unfortunately, being lazy by nature it was a question that was left unanswered for far too long on my part. Upon enlightenment I realised that I'd only just avoided being lynched for my non-participation in previous years. Pure ignorance of the unwritten rule (many argue that the obvious need not be stated) that all members must run in these matches to call themselves true "Heathens", seemed to be no excuse.

Well, go on and explain, you say. Here goes. They consist of three matches versus South London Harriers, then Orion and lastly Ranelagh Harriers, which are on an alternate home and away basis. They are over the country and the key point is that virtually everyone scores. When was the last time you scored in the 'A' team? The race against SLH occurs in mid-November and a magnificent silver trophy by the name of the E.F. Nicholls Cup has been contested since 1896. To quote the club history, "So deathly has been the struggle that only twice has the race failed to take place apart, that is, for the war years. Each side has enjoyed long successions of wins to the discouragement of their opponents but the present score of Blackheath's 35 to SLH's 38 wins bears witness both to the long term balance and the satisfying keenness of this competition."

The scoring system is simple. Each side scores 3 less than the number of starters of the smaller side, so nearly everyone scores and having numerical advantage is vital for success. Above all, the matches are a real test of Club as distinct from individual strength.

Why should you in particular run? Principally because they are arranged for all 'Heathens, and obviously club success is vital for the morale of any club. However, I would argue that there are even stronger reasons for running.

Blackheath is the oldest combined cross country and athletic club in the United Kingdom, or for that matter the whole civilised world and is a club that is proud of its traditions despite these being "unfashionable" today. The strong sense of identity and continuity all "Heathens" feel stems from events like these and the pride all of us feel in being part of such a well known club, both inside and outside athletics, is a result of this. We all live off its reputation which in turn enhances our own status, something that a member of, say, Shinsplint Joggers could never have. These traditions can only be maintained by us now and surely there is a greater sense of occasion about the Nicholls Cup race, a race of nearly 90 years standing, than say the "Inaugural Allhallows 5".

A resurgence of interest came about early this year with 87 'Heathens' turning out against Ranelagh away from home. But to beat SLH (to whom we've lost for the last six years, often narrowly) we need more runners! The dates versus SLH and Ranelagh (mid-November and January respectively) should be fixed points in everyone's racing calendar as they are fixtures in which members can repay to the club many of the advantages it offers to them.

"Am I good enough?" you may ask. I certainly felt that my contributions would be of little use until I first ran and discovered the immense range of ability in Mob matches.

A 65 minute 10 miler will normally finish in the top half of the field. If only 10 to 15 more Heathens of such a standard turned out each time then they would walk away happy men, content in the knowledge that their contributions had tipped the balance towards us regaining the Nicholls Cup.

Every year some of our finest past runners (some ex-internationals) re-emerge from retirement to run in this fixture, such is its importance.

So come on you "new" Harriers who've yet to discover the pleasure of the run, the bath, the bread, butter and jam, and the pot of tea. Do support these races. Who knows, you might yet discover that you enjoy both the terrain and above all the friendship that cross country racing is known for.

K.P.

BIG DEAL

Sandwich-Deal

18th March, 1984

As many young, hopeful Blackheath Geriatrics as could be contacted and culled at short notice made their ways to Sandwich Quay eager to impress the President, their non-running captain, with their suitability for selection to next September's Fun Run Team in Hyde Park.

The event was a 6¼ mile Point-to-Point from the Quay to Nationwide series held that day in aid of Olympic funds and local charities.

There were five confirmed accepters and, believe it or not, we dammed nearly all got there in time. Even Jack Broughton was only 20 minutes late, thanks to the A.A. At 1100 hrs therefore a motley 240-odd company, all-age, unisex and parti-coloured set off on what promised on paper to be an easy sea-level jaunt. It was not however entirely due to the rich vintage of our legs that we sensed a very slight incline all the way to North Deal. Younger legs felt it, too, and this would

make sound geographical sense. In the days of Good Queen Bess the ground we trod was a mile or so inland, was then an estuary port for young galleons and Sandwich itself the first among equal Cinque Ports (pronounced 'sink', please, you Kentish Men, not 'sank').

The first two miles took us from the town towards the sea, to which we ran parallel for the next two, with the Royal Cinque (not sank) Ports Golf Links between it and us. The going was mainly on grass and agricultural tracks across flats that Daniel Defoe, in his 'Whole Journey Round England and Wales', described as among the most beautiful landscape he had travelled. It was less than obvious to us why, for even allowing for the prejudice engendered by tired legs the outlook was still bleak.

We turned to the sea and mounted the promenade at North Deal at the site of Henry VIII's former Sandown Castle, long since washed into the sea, its few vestigial stones now reduced to service as the rockery of the small public garden there.

By this time, though, we were enjoying the first light of the sun that some of us had seen since Christmas: and with the sea air headily laced with bladder-wrack, our legs now numb if not relaxed and with a mere two miles to go things were beginning to look good and ripe for social intercourse.

Particularly noteworthy was the polite enquiry from one of the three young ladies in red tee-shirts as to whether we 'came jogging often'. Choking back the triggered response concerning the mating season we found refuge in a feigned ignorance, as a member of so illustrious a club, of the meaning of the word 'jog'. The joke fell flat on its face and to our great embarrassment she apologised profusely for the offence. Thank heaven for little girls.

Then there were these two maddening 8-year old little boys who would not be overtaken so had to be accompanied and duly encouraged with words of insincere avuncularity whenever they began to wilt. What was so maddening is that they believed every word of praise they were offered and, using them as wings of faith, streaked ahead out of sight.

We thumped along Deal Promenade, passing the pier on the left and then Deal Castle (another Henry VIII) on our right. At the pier Alan Brent was sabotaged by misinformation as to the remaining distance and so peaked far too early. Thus we brought the good news for the remaining ½ mile along the Walmer Strand. By this time the sun was burning merrily and the assembled multitude at the finish warmly receptive; and although the relatively inexperienced organisers found that a field this size posed questions that they had not put to themselves humour remained good and morale high.

Jim Bennett was our first man home in 83rd. position although for reason implicit in the preceding paragraph we never did get his time. Alan, time 53 mins. dead (!) was next in 115th and Don Gillate 161st. in 59 mins 17 secs. Jack Broughton and Jack Parrott, despite the former's late start, performed a stately pas-de-deux across the line in 206 and 205 positions respectively, the latter receiving a special cheer on grounds of seniority. Time 75 mins. 39 secs. The promised showers did not materialise in situ so it was baths and beer at the Gillates in nearby Kingsdown followed by lunch for the entire party generously provided by Phyllis and Hans Imhof in the village. Phyllis and Hans, the former of whom did the Run, are new-found friends and supporters of the Club. In the afternoon we 'did' Walmer Castle (yet another Henry VIII), official Residence of the Lord Warden of the Cinque (not sank) Ports, at present the Queen Mother. The day concluded with tea back at the Gillates.

We subsequently found that we had raised roughly £70 of sponsorship money; not bad for a bunch of kids.

D.G.



Tim Cavanagh auditioning a prospective replacement for Mrs. Daniels.

**ORION HARRIERS 31st INVITATION
15 MILES CROSS COUNTRY RACE**

Chingford 24th March, 1984

I. S. Kerr, 1.28.12, 54. P. Greenwood 1.44.33, 58. J. Phelan 1.45.12, 66. M. Peel 1.46.19, 67. S. Ridgewell 1.46.24, 93. B. Saxton 1.49.54, 116. M. Shiels 1.52.24, 188. D. Hopgood 2.08.14, 190. D. Thomson 2.09.26.

Veterans' Team Results (on time aggregates)

1. Chelmsford AC 5.17.36. 2. Walthamstow AC 5.17.44, 3. Blackheath Harriers 5.20.46.

Team Results (on time aggregates)

1. Borough of Enfield "A" 4.35.13, 15. Blackheath Harriers 5.16.04.

SOUTHERN COUNTIES 12-STAGE ROAD RELAY

7th April, 1984

While the Blackheath contribution to this event has sadly diminished in recent years, it remains an extremely high quality and fascinating event, run over 54 miles and lasting over 4 hours.

42 teams started with only the first 9 to qualify for the National Road Relay. It is several years now since we aspired to that, and our 27th place this year suggests that it will be a few years yet before we can regain some status in this area of our sport.

Our team performed as well as expected but the strength in depth of some recently emerged senior clubs is remarkable. Basildon, with 'National' winner Eamonn Martin registering the fastest long leg of the day (24.00) finished 2nd on this rare appearance in the event. Seb Coe turned in the fastest short leg of the day (15.07) for his new club Haringey, who finished 8th. Three Kent clubs finished in the first 10 - Elliott, Invicta and Cambridge.

Leg 1. G. Martin 26.18 (31), 2. M. De'ath 17.56 (39), 3. R. Coles 25.40 (32), 4. K. Daniel 16.59 (30), 5. J. Baldwin 26.28 (30), 6. M. Athawas 17.22 (31), 7. P. Betts 26.54 (30), 8. S. Irvine 17.11 (30), 9. M. Jackson 27.15 (28), 10. F. O'Gorman 17.15 (28), 11. K. Pike 26.50 (26), 12. I Wilson 27.27 (27).

G.B.

THE PEARL ASSURANCE HALF MARATHON

Thamesmead

Sunday, 1st April, 1984

The Thamesmead event in the Pearl Assurance half marathon series, was surely an outstanding success. The race was won by the popular Belgian, Emile Puttemans and your correspondent actually got near enough to him to exchange a few words. I must admit though that this short conversation did not occur during the race, but in the queue for the gents' toilet before the event!

A huge gathering of club members participated, pride of place going to Richard Coles who finished in 13th place in 67 mins 33 secs. Peter German and John Baldwin also produced fine runs finishing in the twenties.

A total of 2307 finished the race which was held on a mainly flat, lap course, the only adverse feature being the strong, very cold wind.

An excellently organised event was capped by every competitor receiving a T-shirt and well produced result sheets were received very soon after the event. I for one would like to see this race regularly featured on the road race calendar.

1. E. Puttemans, Belgium, 1.04.56, 2. P. Standing, Windsor S & E.A.C. 1.04.59, 3. K. Penny, Cambridge H., 1.05.00.

Blackheath Harriers:

13. R. Coles, 1.07.33, 27. P. German, 1.10.42, 29. J. Baldwin, 1.10.53 (4th Vet 1), 77. S. Robinson, 1.15.41; 87. F. O'Gorman, 1.16.20, 123. P. Catley, 1.18.26 (16th Vet 1), 155. W. Samuel, 1.20.19, 161. R. Pitcairn-Knowles, 1.20.26, (2nd Vet 2), 173. R. Savery, 1.20.54, 187. R. Foreman, 1.21.36, (3rd Vet 2), 232. A. Weeks-Pearson, 1.23.08, 248. G. Jarman, 1.23.43, 281. S. Dick, 1.24.25, 315. R. Jones, 1.25.04, 335. D. Cordell, 1.25.33, 417. G. Hayward, 1.27.20, 447. P. Daniel, 1.28.00, 455. R. Day, 1.28.06, 457. C. Stormer, 1.28.08, 460. G. Gibbens, 1.28.15, 507. N. Brooks, 1.29.02, 512. D. McLeod, 1.29.11, 584. C. Todd, 1.30.29, 586. R. Rolfe, 1.30.31, 662. A. Dick, 1.31.56, 718. M. Brooke, 1.33.09, 771. D. Hopgood, 1.34.01, 795. J. Raine, 1.34.20, 796. W. Wheeler, 1.34.21, 841. M. Allen, 1.34.56, 910. J. Hill, 1.36.03, 920. C. Anderson, 1.36.10, 984. D. Brand, 1.37.19, 985. L. Dovey, 1.37.19, 1036. B. O'Flynn, 1.38.24, 1055. M. Harley, 1.38.42, 1079. A. Nairn, 1.39.08, 1081. R. Gibson, 1.39.10, 1084. K. Price, 1.39.15, 1090. H. Martin, 1.39.22, 1101. G. Forbes, 1.39.28, 1158. G. Plank, 1.40.28, 1214. M. Battle, 1.41.12, 1276. P. Molyneux, 1.42.26, 1299. D. Cogan, 1.42.56, 1350. A. Pickering, 1.43.34, 1351. M. Peel, 1.43.35, 1424. D. Wilcox, 1.45.01, 1476. J. Axon, 1.45.57, 1507. P. Long, 1.46.37, 1522. P. Bray, 1.46.55, 2130. J. Anderson, 2.06.40. 2307 finished.

Team Result (3 to score)

1. Cambridge Harriers 'A' 32 points, 5. Blackheath Harriers 'A' 69 points, 20. Blackheath Harriers 'B' 287 points, 32. Blackheath Harriers 'C' 489 points, 40. Blackheath Harriers 'D' 667 points.

P.C.



LETTERS

70 King Edwards Road,
South Woodham Ferrers,
Essex CM3 5PH.

I have recently moved from 109 Upper Elmers End Road, Beckenham, Kent to the address above.

Obviously I will be coming down to the club for races etc., but not now as often as I would when I was living close by in Beckenham. You might be wondering what I'm doing up in "darkest Essex"? Well, promotion to Deputy Headmaster prompted the move. Hopefully it will prove a good one for the long term.

Best Wishes,

John G. McKinlay

14, Richardson Avenue,
Dyynyrne,
Tasmania 7005.

Dear Les,

It was good to get the Gazette and read all the news, especially about my old friends Ian Smith at Cosford and Derek Harker at Bournemouth Hash. Derek and I were in Nigeria together.

I enclose an update of my running form for "News from far and wide." I completed the "City to Casino" Fun Run the other Sunday and improved to 48m 10s for the 11km and placed 482nd. Last year I did 51m 55s and was 452rd so standards are rising. I am sure the 2km hill in the middle of the course is now 3km and rises 1000ft not 500!!!! I am now running three or four times a week and thinking of a ½ marathon soon; bit of a change for a quarter miler. Good to see Johnny Baldwin doing so well and good on the track team back in Div. 1 of the National League. I was track captain for the four years when they were relegated each year so I have a lot of memories!!

All the very best, and my best wishes to all at Hayes.

Ian Ross

9, Elmstead Gardens,
West Wittering,
Chichester, PO20 8NG

19th January, 1984

Dear Les,

I thought that perhaps members might care to have news of an older member whose name is, to most of us, something of a legend. This is the Rev. Philip Francis. As I now live near Chichester I called on him recently at his home in Bracklesham ("The Moorings", East Drive).

He is 84 and has been living quietly there since his retirement about five years ago as vicar of Stoughton in the Sussex Downs. His 50 year membership 'pot' sits in a position of honour on his mantelpiece. He was glad to have a talk about the days gone by but seemed pleased to hear of the large field in our last 10 mile championship over the country.

I refer to him as a legend because it may not be generally known that he must rank perhaps third only to Sydney Wooderson and Bob Richardson in performances over the country. His 14th place in the 1926 "National" followed by 8th in 1927 must put him amongst our "greats". He also buttressed this in the same year by taking 2nd place in the AAA's 10 mile championship.

If anyone is in the area I'm sure he would appreciate a call.

Yours sincerely,
Tony Oldfield

OBITUARY

MRS SHIRLEY BAIGENT

We are very sorry to report the death of Shirley Baigent in February after a long illness. Shirley was not only a loyal supporter of the Club, attending a wide range of fixtures, summer and winter, athletic and social, but also an active helper in a variety of ways. She will be greatly missed.

We extend our deepest sympathy to PP Peter Baigent.

G. WALLER

We were greatly saddened to learn that Gurth Waller died suddenly on 2nd April, 1984 at his home in Hythe, Kent. He was in his 75th year.

Gurth joined the Club in November 1931 and ran in the Orion Mob held during that month. He continued for many years to run in both Club and Mob Matches, being one of the "middle of the field" men on whom we relied so much to win Mob Matches. In April, 1933 he won the Club Closing Five (Handicap) Race with a net time of 25m 50s. During the 1930s he was also one of a small company of keen members who regularly went on Sunday morning rambles in the country.

After the War, Gurth once again became a "regular" at Hayes, both over the country and in support of the social life. He served as Secretary of the Wine Committee for four years from 1953 to 1957 and in this capacity was outspoken in his advocacy of maintaining old traditions of the Club, which some thought out-moded. He was made a Vice-President in 1956.

A chartered surveyor by profession, Gurth became District Valuer of Rochester and later of Swanley, during which time he lived in Beckenham. Then in 1967 he was transferred to Portsmouth and so moved away to Havant. After this he never went to the Club headquarters again, saying that it was better "not to cross an old trail". However, he continued to look forward to receiving the Club Gazette and took a keen interest in its contents. Over the years he was visited by quite a number of Club members at his home in Havant and later in Hythe, to where he moved in 1977 after his retirement. They were always made very welcome by Gurth and his wife.

Gurth had an extremely interesting hobby - the collection of specimens of the multitude of different sorts of small flies which abound in the English countryside. Many of these are quite tiny, but when seen under a microscope present a complex appearance often with most beautiful colourings. He amassed a large collection of specimens, some of them very rare, and was a respected member of the London Natural History Society.



UK MERIT RANKINGS FOR THE 1983 TRACK AND FIELD SEASON

Congratulations to the following 'Heathens on being merit ranked in the Top Ten.

These rankings are based on an assessment of each athlete's form throughout the 1983 season. Prominent factors in establishing an athlete's ranking are his win-loss record, his performance in major meetings and sequence of best performances.

These lists are often a much better guide to how an athlete's season has gone compared with the 'straight' ranking lists which are obviously weighed in favour of 'one-off' performances.

TRACK

100m 4th Buster Watson (10.16w) Best for the year
200m 2nd Buster Watson (20.62)

FIELD

High Jump 2nd Trevor Llewelyn (2.20m)
Long Jump 5th Gary Pullen (7.54m) new member
Shot 1st Mike Winch (18.67m)
Discus 6th Graham Savory (55.74m) new member
7th Mike Winch (53.60m)
Javelin 2nd Pete Yates (85.28m)

1983 UK CLUB RELAY RANKING

The following "squads" made the Top Ten last year:

Senior Men

x 100m - 8th 42.00 (1st Birchfield and Haringey 40.6), 4 x 100m - 2nd 1.30.1 (1st Coventry 1.30.0), 1600m medley - 1st 3.31.8 (1st TVH 3.28.3)

Junior Men

x 100m - 7th 43.98 (1st Birchfield 41.98)

Boys

x 100m - 6th 45.26 (1st Sale 43.08)

Girls

x 100m - 6th 48.2 (1st Cathkin H S and Ipswich 47.5), 4 x 100m - 7th 3.47.1 (1st Bracknell 3.42.3)

Boys

x 100m - 9th 54.3 (1st Borough of Enfield 52.7) 4 x 400m - 1st 4.28.2 (1st Haringey 4.15.2)

7th IN "NEW LOOK" CLUB RANKING LIST

In previous years the UK Club Ranking list has been calculated by converting to a Decathlon score the best performance in each event before adding the scores to give a total for each club.

In both 1981 and 1982 Blackheath merited 6th place using the existing single best performance scoring; in 1983 while the club maintained its 6th spot using the old system, it dropped a place to 7th on a new scoring which takes into account the top three performances in each event which gives a much better indication of a club's "strength in depth".

Club Ranking List 1983

Haringey 48,839, Birchfield 47,813, Shaftesbury 47,093, Bournemouth and EB 47,088, Wolverhampton 46,525, Edinburgh 45,550 BLACKHEATH 45,014, Sale 45,003, Bury 43,833

Had the League not decided to expand the First Division to eight clubs next year, these figures suggest that the club might have faced immediate relegation. But of course these "best performances" statistics ignore the match points gained 'on a day'.

T.L.

LEAGUE PREVIEW 1984

For the first time in 15 years Blackheath Harriers are back in the 1st Division of the British League, following 5 years of absence which has seen the club climb out of the Southern League and win promotion from Division 5 to Division 1. Each year, not merely qualifying but actually winning the Division championship.

Andy Frankish, team captain for the last 6 years, is obviously delighted with our re-emergence as one of the country's top track and field teams, and he is confident that we will not repeat the performance of 15 years ago when, following our election to the Premier Division, we immediately plummeted through the divisions, landing face down back in the Southern League.

Andy considers that providing we can field almost our full strength in every match retaining our place in the 1st Division would not be a problem. In addition, in 1985 the 1st Division is being expanded to 8 clubs (6 at present) with only one club being relegated, so Blackheath's chances of survival are even further enhanced.

However, it is obvious that the team management headed by Andy Frankish and Bob Taylor are looking for more than mere survival this year and Andy strongly believes that while Bury and Birchfield are almost certain to fill the first two places Blackheath could conceivably finish the year as high as 1st.

There is no doubt that such aspirations are based on more than mere wishful thinking for last year Blackheath could boast a side which could field over half a dozen Senior and Junior 'Internationals' including world championship sprinter Buster Watson, shot putter Mike Winch, who has now gone eleven years since any British shot putter (except Geoff Capes) has ranked ahead of him, Pete Yates UK javelin champion, Trevor Llewelyn, Welsh record holder for the high jump, up and coming young hurdler Derek Wilson and sprinter Paul Ashen.

These established Blackheath 'Internationals' have now been joined by Jim Evans, a Commonwealth Games sprinter with bests of 10.36 for the 100m and 21.22 for the 200m, a runner who will add even greater strength to a formidable sprint squad and relay team which ran 42.00 last year to rank 8th. Graham Savory is a British International discus thrower with a best of 55.74m. He was fourth in last year's UK Championships and ranked 5th in the country. His presence in the team will help to take the pressure off Mike Winch who has been the backbone of the field events at Blackheath for over 5 years now.

Another newcomer is junior International Gary Pullen. With a 7.54m long jump to his credit he will no doubt be looking to better one of the oldest club records in the book (John Whall's leap of 7.51m). It is rumoured, though, that local speedster Phil Davies has his sights already firmly fixed on this one and his secret coaching from Britain's number two long jumper of last year will certainly do him no harm (*although it remains to be seen what it does for his long jump! Ed.*)

In the early days of Blackheath's rise through the British League, it was a long standing joke that the team's successes were due largely (exclusively? Asst. Ed) to the field eventers. Bob Taylor's appropriately produced T-shirt proclaiming "Blackheath Harriers Trash and Field" said it all! However, while recent additions to the sprint squad have improved matters dramatically, Andy Frankish still recognises our weaknesses in the middle distance events.

In the 800m, 1500m, 5000m, 10,000m and 3000m steeplechase, Blackheath have only 3 athletes ranked in the UK Top 50 for 1983. Julian Spooner, 16th last year in the 800m with 1.48.23, spends much of the summer in the United States and is therefore available for only a few matches. Jon Wigley and Merv Brameld are 30th and 43rd respectively in the 10,000m, but this is an event which doesn't feature in the league, only in GRE Cup matches.

Such a position is hardly credible for a club of Blackheath's reputation for middle distance running. However, there is a little glimmer of hope on the horizon with the arrival of steeplechaser Lance Wright, 4th in the English Schools and 800m runner Mark De'ath.

A useful addition to our 400m runners will be Tony Choudry, second in the English Schools intermediate 400m, and with a 48.8 clocking to his credit, the 4 x 400m record could well be in for further revision, especially when John Shaw returns from the States later in the summer. And then, of course, in Nick Brooks who is currently languishing in the local rugby club bar with umpteen and one injuries to his leg, we have probably the greatest middle distance talent of all outside the Crams and Coes of this world.

We are left with two events, the triple jump and hammer, in which Blackheath will have real problems in scoring any points at all in the First Division. This and the lack of depth in other quarters will obviously be worrying to the team management.

Yet despite these 'paper' gaps, there is no doubting the strength of the Blackheath side and its ability, as clearly shown over the last 4 years, in League competition, to "come up with the goods" on the day. There is every reason to believe that the club's renewed association with the First Division of the British League should be a long and prosperous one.

As for the GRE Cup, all who were associated with last year's "naff" performance at Brighton would rather forget it

(yours truly has certainly done his best to erase all memory of Withdean Stadium). Yet in 1982 the club finished fourth in the final, a mere half a point behind Birchfield. Despite the fact that the second round of the Cup falls this year on the same day as the UK Closed Championships (May 29th) Andy Frankish is confident that with our new members not only should we qualify for the final in Birmingham, but do very well there.

Blackheath's Track and Field inspirations are not however centred only on the First Team. Such is the size of our "active" membership that the club now has two other teams in the Second and Fourth Divisions of the Southern League.

Last season the Second team failed to match its potential, finally coming to rest in the middle of the Second Division. There is no doubt that the team could have done a great deal better. "Team organisation let us down...." said Andy Frankish. "We laid too much importance on our Third team which was doing very well. Indeed, it was promoted from the Fifth to the Fourth Division last year.

However, this year the team management structure has been sorted out with John Wakeman (who did such a good job organising the Bromley Borough Athletic team last summer) taking up the reins of the Second team aided and abetted by Brian Stone, while Garry Spencer and Track Secretary Roger Ebbutt are looking after the 3rds. Hopefully now the 3 teams will profit from a co-ordinated management (and the Gazette will profit from regular contributions from all their matches - won't it? Asst. Ed.)

It only remains for us to wish the three teams all the best for the forthcoming season (which by the time you read this will be well under way) and to urge you whenever possible to go along and support them. They always give great value.

T.L.



HEATHSPEAK

There are any amount of situations, objects and observations surrounding us every day which we instantly recognise, but for which there are no concise labels. They always need a sentence to describe them. At the same time we have a membership list which contains over 600 different names, which are essentially words crying out to mean something substantial other than simply differentiating between persons for social and administrative purposes.

This article is an attempt to simplify club communication and enrich our language by attaching to these idle words those concepts which hitherto we have only been able to convey laboriously and to which they would appear to lend themselves so readily.

- BETTS (n) - Little pieces of carpet carried chiefly by ex-cyclists to obviate their having to stand on cold changing room floors.
- BRAUGHTON (n) - Premature defecation brought on by exertion.
- BUTLIN (adv) - Very, extremely jolly. As in "Butlin good time".
- CRONIN (n) - The unspecified monetary unit charged for an Alan Brent result sheet.
- CROWDER (n) - A gap too small to change in comfortably, even successfully. Usually results in SOUTARS.
- DE'ATH (n) - The fate tempted by anyone who trains on the road in winter in club kit.
- DOLMAN (n) - A run in excess of half an hour in boring company.

- DUDMAN (n) - A packet of stale crisps or nuts, popular with Wednesday nighters.
- DUNN (n) - A particularly foul deposit walked into the showers.
- EBBUTT (n) - A globule of mud that clings tenaciously to the hairs on the legs (see also "dewberry" and "unshorn sheep").
- ELLIS (n) - Frost or condensation that collects on eyebrows, beards or moustaches during mid-winter training.
- FITZ-COSTA (n) - A very comfortable but extortionately expensive running shoe.
- FOULGER (n) - The unmistakable miasma that rises from a damp, well worn Lifa vest.
- FRANKISH (adj) - Tasting of stagnant steeplechase water.
- GASSON (Vb) - To pass wind in a crowded shower room.
- HAINES (n) - Untailored holes in athletic clothing.
- HARTLEY (adj) - Euphoric. Particularly associated with the realisation that you have been committed to something which conclusively prevents you training on a cold, wet night.
- HOPGOOD (vb) - To take a short, sharp sprint round the block.
- LUKE WATSON (n) - A largely redundant fixture card.
- MINTING (pr.p) - Running briskly for about 10 miles.
- O'GORMAN! - An exclamation usually uttered when, on entering the club driveway, you are confronted by someone coming out who insists that you reverse into the main road.
- PARTINGTON (n) - An article of seemingly essential clothing or equipment which never the less is left to clutter the changing room indefinitely.
- PHELAN (n) - A large, resilient leat which comes to the aid of those on long runs who suffer from BRAUGHTON.
- PITCAIRN-KNOWLES (n) - Suspension breaking holes which appear to be a feature of the driveways of all well established amateur sports clubs.
- RIDGEWELL (n) - The indentation left on the rump by an over-snug jock strap.
- SOUTAR (n) - An item of freshly laundered civilian clothing that finds its way inexorably onto an wash changing room floor. Most prevalent when its owner is forced into a CROWDER.
- WAKEMAN (n) - A person capable of training before 8.30 a.m.
- WHICHELOE (n) - A foot disorder caused by failing to remove all the packing from the toes of new shoes before running in them.
- WINCH (n) - Facial expression which accompanies landing astride a steeplechase barrier or dropping a shot on your foot.