



*"Perfer et Obdura"*

# Blackheath Harriers' Gazette



*Mob Rule*

## 115th/116th SEASON, 1984-85

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Lew Piper

### THE PRESIDENT'S MESSAGE

Our centenary history tells of the early days at Blackheath when the members would meet on a Saturday afternoon to run for the sheer pleasure of each other's company and the sense of well being which derived from the exercise in the open air. They also competed, just for the fun of it, at each other's sport in turn, and we have preserved that idea to this day with our rowing matches, our swimming competitions and our football and rugby matches. But the basic identity as a cross-country club has always been in the minds of its members although circumstances have changed and perhaps caused us to vary our approach to the sport. Road running has come into its own as a separate sport and easier travel has made it possible to compete all over the world. So we find ourselves with a vast choice of events and we tend to scatter as each one "does his own thing".

Should we not pause and wonder if we are not missing out on the most pleasant and therapeutic benefits available to offset the tensions of present-day living?

There are beautiful surroundings open to us still with air unpolluted by exhaust fumes.

So let us enjoy our cross-country running whatever other sport is our particular choice. Long steady running over varying terrain will give us the strength to withstand the undoubted strains of modern training and competition without breakdown or injury. It will also help to develop that inner stamina to recover from accident or medical misfortune and enjoy that physical well being to last all our days. Maybe your trail layers are beginning to look a little elderly, but it may not be fully realised that their average age is 70 years. Something keeps them going. Something draws them out regularly to run for recreation as well as to do their jobs for the Club.

So, again I say, enjoy your cross-country running, and do well at your own event, be it field, track, squash, swimming or cycling. For the competitive minded there are plenty of mob matches and other races in the season. Finally, a word to the youngsters. You are in the finest club in the country - make the most of it. Listen to your coaches, build up your strength steadily. There will be competitions so that you can see how well you are training - do your best but do not overdo it and develop that team spirit.

L.E.P.

### EDITORIAL

Well, we made it. We survived our first season back in the first division of the British League and by the time you read this the team will be getting ready for its second.

The addition of 2 more clubs to the division, bringing it up to 8, and the arrival in the squad of Brad McStravick, the country's No. 2 decathlete, should help us to retain our position despite the possible offsetting loss of other key members. Both Merv Brameld and Jon Wigley, who have done such sterling work for us at 5000 and 10,000 metres, are almost certainly returning to Invicta for the summer now that the marriage of Invicta and East Kent means their first claim club has a track section. We will also have a reduced service from Mike Winch who, following a major knee operation, will be limiting his activities to the shot this year and then not before June. We shall just have to keep everything crossed and wait and see although, as has been said before, if spirit is anything to go by then we shall still be there in '86. A full report of the 1984 track season is in this issue.

When I first started to think about what I was going to pen for my third editorial it looked very much as though it would be a tirade on the disintegration of some of the Club's oldest traditions, particularly the mob matches. The Club was seemingly becoming over-run by new members of modest aspirations who were only interested in firstly getting into and then getting round the London Marathon, whilst our real athletic heritage was abandoned as irrelevant and even an intrusion into the morbid desire for street plodding in search of the key to a treasure chest containing a yard and a half of baking foil and a Mars Bar. Then, just as I was about to commit myself to paper, much of the wind was taken out of my sails by the result of the first mob match against S.L.H. Thanks to the sterling, stirring efforts and innovation of our new winter captain Graham Botley, the word was spread far and wide and the response was tremendous; a new mob match turn out record of 130 Heathens. Just to prove it was no fluke another horde was despatched to overwhelm Orion and later a veritable football crowd turned over Ranelagh. A trey of mob match victories; what a performance. Our success was largely due to our superiority in the middle and lower orders as we had few men up front especially against S.L.H. and Ranelagh. Hopefully no-one felt press-ganged into service but even if they did I wonder how many are glad they were. It's great being part of a corporate effort like that and what is more it certainly won't have done any harm to those preparing for the London. Some of the sprint finishing I saw against S.L.H. and Ranelagh contained a lot of grit and determination. Keep it up, keep a positive interest in the Club as a whole and we'll keep winning mob matches and improving generally through the ranks.

However, that is not to say our ranks are, or look like being for some time, anywhere near as strong as they should be for a club of our standing. Hence my original cynicism which in my defence I would like to say was brought on by frustration at the apparent repeal of the law of averages as far as Blackheath Harriers is concerned. We are collecting so many new members and yet, with all due respect to the enthusiasm and efforts the newcomers may be putting in, the catch contains only a few athletes with the ability and determination to help our track and road teams in their various campaigns. From the outside, a club is judged by the standard of its performances in open competition and we are desperately short of senior men at county standard and above. There is a nucleus of new blood working hard and coming through but much still rests in the hands and at the feet of just a few. We must find some thoroughbred stock soon. Quantity is fine but not without a corresponding increase in quality otherwise we shall go

under and end up resembling a glorified keep fit club, a persona far removed from that which our founders intended.

Moving away from the athletic side there is also a growing feeling up on the bridge that there is a need for some repair elsewhere to the club's fabric. In short, the disquiet is about a lack of dignity that is becoming ever more evident at our functions. Failure to respond to the President's gavel and similar calls to order is a case in point although to my mind this is not so much a loss of dignity as simply an absence of common courtesy, and may even be evidence of a lack of real interest. We also seem to have largely forgotten that members' families and friends and representatives of other clubs are our guests when attending club functions and should be treated as such and not left to fend for themselves. How we respond to such things will no doubt exercise a few minds officially, but in the meantime I think it would be as well as if we all pondered on them a while.

Blackheath Harriers is an athletics club of rich tradition and historical significance and we all share an immense responsibility for ensuring this institution prospers.



### VITAL NEWS

Please note that some members are putting in jeopardy the good relations we have enjoyed for so long with our neighbours, by being noisy when leaving the clubhouse at night. This is surely not necessary and a special plea is made to everyone to ensure that our good name is maintained. Apparently a sports club not far away has been refused a license following objections by the residents of the area to the potential noise. If we blot our copybook, eyes might well begin to turn in our direction too.

### STILL MORE CESS PIT

"Umpteenth inexorable year".

*Evening Standard*

"Don't Miss it".

*Thames Water Gazette*

"An Overwhelming Experience".

*Bromley Borough News*

More thanks for more contributions:

Tony Oldfield, the late Tommy Mountford and all those who entered the Presidential Stakes.

### SUBSCRIPTIONS

Are you sure you have paid yours? Many still haven't. Please check.

### MOVING SCENE

Don Gillate now resides at "Greenleaves", Kingsdown Hill, Kingsdown, Nr. Deal, Kent CT14 8EA. Tel: Deal (0304) 373423.

J. C. Stevens has upped and gone to: 2 Hildenlea Place, Park Hill Road, Shortlands, Kent BR2 0JX.

Tod Amner can be found at 7911 Picador, Houston, Texas, 77083, USA.

Tel: (713) 870 1880 (office)  
(713) 277 2240 (home).

### THE FIRST OLYMPICS - ATHENS 1896

Coming to your T.V. screens at some stage in the form of one of those mini series you love to hate is America's answer to "Chariots of Fire", "The First Olympics - Athens 1896". If the NBC are going to win any awards it certainly won't be for the originality of the title.

"The First Olympics" tells the story of the American team's preparation for the Games, and follows its journey across the Atlantic arriving in Athens only just in time for the opening ceremony on 6th April. The Americans had planned to arrive with plenty of time in hand but Greece was still using the Julian calendar, so the 6th April became 25th March and the Americans were lucky not to miss the games altogether (a feat they were not to achieve for another 84 years!).

Britain fielded only four athletes of whom one was convalescing in Athens following illness, and another was in Greece primarily to compete in the weight-lifting. One reason advanced for our absence was that Oxford and Cambridge Universities (who virtually made up the British team in those days) refused to answer the letter of invitation because it was in French.

The film, made for NBC Television by Columbia Pictures, is a five hour epic (?) to be screened over two nights when the BBC or ITV get round to it.



A star is (air)borne — Trevor Llewelyn

Your friendly neighbourhood assistant editor was fortunate enough (fortunate if you like spending 2 weeks in Athens in November getting up at the crack of dawn and waiting around in a Greek stadium, with little or no cover, for the rain to stop so that you can triple jump in shorts that come down to your knees, on a surface resembling porridge, into wet sand!) to bear a reasonable resemblance to the very good looking American actor David Caruso (last seen nearly drowning in "An Officer and a Gentleman") who plays James Connolly, an Irish American who, in winning the Triple Jump (with 13.71m, 44'11") became the first ever Modern Olympic champion.

The company spent a small fortune having my hair dyed orange so that I could double for Caruso in the jumping sequences. He had injured his knee playing American football and could barely jog let alone triple jump.

Having done a couple of scenes where Connolly comes second in the High Jump and third in the Long Jump the big day arrived, the final of the Triple Jump. I was centre stage with four cameras ready to capture my every move on film for ever.

In order to emphasise the distance the board was only 9m from the pit, while the pit itself was only 5m long; total distance 14m (about 46ft). Modesty forbids me from saying that I was slightly worried about jumping out the end of the pit!

With everything set up my big moment had come "Cameras, action...." (they really say that)

Off eleven strides I hit the board cleanly, hop, step (right to the edge of the pit) before dropping into the wet sand right onto the spot where the cameras were focussed. "Great, Cut . . ." a ripple of applause and I was forgotten. It was all over in one take. Caruso stepped forward and into the marks I had left so that they could film his and the crowd's reaction to the jump. Fifteen seconds of stardom, even if you won't see my face. Well that's show business!

"The First Olympics" should have been screened just before the Olympics last August. However thanks to ITV's boycott neither the real thing nor Hollywood's (mis)conceptions were shown. One day perhaps "The First Olympics" will reach our small screen and if you don't think you can bear to suffer all 5 hours make sure you watch the triple jump final! Don't blink though — you'll miss me!

T.L.



Jim Phelan, the face behind the backside — last Issue's competition. Nobody won; nobody entered.

## HORSES FOR COURSES —THE WELLINGTON RELAYS

Ostend, Belgium

On the eve of the Ostend trip, I was sitting in front of a warm fire watching the weather forecast on TV. Being a sea sickness sufferer I was contemplating an exhilarating crossing. With the high winds whistling against the windows, thoughts of a Channel tunnel passed through my mind. I had the distinct impression that we were going abroad, but when several athletes turned up without passports I began to wonder, and I was beginning to get the impression that this was going to be an eventful trip: it was, with no exception!

Once the passport problems had been solved we boarded a standard B.R. train to Dover, or was it the Orient Express? What it lacked in speed it certainly made up for in mystery. A dead body was reported to be further ahead on the line. What could it have been? An animal? A human being? Or a certain young athlete by the name of James Allen after a night out on the town with the lads? We eventually made it to Dover and with the boat journey not being as bad as expected, arrived in Ostend in time to sample the local delicacy at our hotel, which I was assured by our hostess was chicken supreme, Belgian style. Bring back school dinners, all is forgiven! I think I speak for everybody, especially Gary Spencer, who spent most of Saturday night/Sunday morning bent over, praying down a Belgian loo.

With the team manager, Andy Frankish, not arriving until late Saturday, many went out to wash down the evening "meal" and find the nearest hamburger stall while others went to their rooms and tried to get some rest or ease off the stomach pains. Those who went to get some sleep found it was not to be as they were losing two hours sleep before they even shut their eyes — one hour to B.S.T. and the other to Belgian time — and in addition there was the screaming din made by Bromley Ladies to contend with. Long live Blackheath as an all male club!

Race day. I can't take much more of this. I just hope those girls have saved some energy to run. What does it take to shut them up? They've got more rabbit than Sainsburys.

The going being "good to soft" and the team very optimistic, the "brawl" started late Sunday afternoon; and I thought the Grand National looked a tough race. Alas it was not to be our year. The standard was very high and our young and fairly inexperienced teams found it very tough against some very good international competition.

With the race finished, and the disappointment soon forgotten, the team looked forward to a good night out. Was this what most people had really been waiting for? Was the trip going to live up to its reputation? How were the young ladies of Bromley going to be kept quiet? The solution to the last problem was partially solved by Paul Austridge who selflessly sacrificed himself to the lionesses.

As we were not leaving until early afternoon there was just enough time to dash around town to stock up on booze and food for the peaceful journey home. It didn't take long for the majority to sprawl themselves out wherever they could to catch up on the sleep they had lost the night before.

Finally, being volunteered for this report by John Powell, it was very pleasant to get the last laugh on him, when Britain's answer to Inspector Clouseau dropped his bottle of whisky and christened the docks at Ostend. However, I would not wish to subject the Gazette to the Obscene Publications Act or insult the Belgian authorities by repeating the new name he gave to that part of the historic Belgian Port.

Can't wait for 1985!

M.D.

## HON. SECRETARY'S REPORT, 20th OCTOBER 1984

### Mr. President and Gentlemen,

I have the honour to present the 115th Annual Report of the Blackheath Harriers for the year ending 30th September 1984. It has been yet another year of great activity and achievement, and even your Secretary, who is supposed to have more spare time than most members, has found it difficult at times to keep abreast of all that has been happening.

At the end of September membership of the Club stood at 928, including 140 Life Members, and at the General Committee meeting on 1st October we elected another 25 members. During the year 7 deaths were reported and there were 31 resignations, making a total of 38 losses compared with 177 elections. As there were no deletions during the year — though the necessary warning letters have been sent to members who have not paid last year's subscription — our present "book" total of just over 950 members is clearly somewhat inflated; even so, the true figure is almost certainly the highest in the Club's history. This is a cause for rejoicing; but it is also a challenge to us all to ensure that the new members are incorporated as fully as possible into Club life, and that the administration of the Club can meet the increasing demands upon it. Put simply, that means more effort by more people; and it follows that the more widely we can spread the load (and we have among our more recent recruits many men of mature years and useful and varied experience) the less risk there will be of overtaxing a few willing horses.

All but one of our seven deceased members had been Blackheath Harriers for more than 40 years; the longest serving was Eric Atkins, who joined the Club back in 1910 and died last October at the age of 95. He attended an AGM here as recently as six years ago, when he received his 50-year pot a full 18 years after qualifying for it! Charles Westley, who came to the Club in 1923 largely through his father's friendship with the father of our late Past-President D. K. Saunders, was one of the chief speakers when we celebrated the Golden Jubilee of this Headquarters on New Year's Day 1977. Gurth Waller, who joined the Club in 1931, was Secretary of the Wine Committee from 1953 to 1957, and had been a Vice-President since 1956. Guy Turner, a Life Member who joined us in 1927, spent many years in the Malayan Civil Service and was a member of the team of trail layers under the late Past President Keith Wilcockson in the late 1950s; he was also at about that time a colleague of P/P Alan Brent at Hawes Down School, and his widow was glad to have a visit from Alan and Brenda when they were in Devon recently. Tommy Mountford joined Blackheath in the early days of the last war, but had had a distinguished career with Herne Hill Harriers for some 20 years before that as a miler and three-miler; he had been one of our Vice-Presidents since 1968, and his funeral ten days ago was attended by about 18 representatives of the Club as well as several of his old Herne Hill colleagues. D. F. G. Harrold, a Life Member who was introduced to the Club in 1940 by John Taylor, ran on the track mainly during the war years; we had unfortunately lost touch with him some years ago. Eddie Winn joined us as recently as 1971, but had been a racing cyclist and a member of Surrey Walking Club before that; sadly he had been severely disabled for many months before his death last July.

At this point I should mention one other loss that the Club has suffered during the year, through the death in February of Mrs. Shirley Baigent, the wife of our Past President Peter Baigent. She had done a great deal for the Club, and the large BH attendance at her funeral was a recognition of this as well as a mark of sympathy for Peter.

During the year the Committee has awarded Life Membership to two members in recognition of their past services to the Club: Arthur Holland, who unfortunately is now severely disabled and living in a nursing home, and Geoff Grier, who has recently moved to Greatstone near New Romney.

As in recent years our intake of new members has been of almost every age; in fact every year of birth but one from 1932 to 1974 inclusive has been represented. Of the 175 whose dates I have, 6 will be aged 50 or over by the end of this year; 24 aged 40 to 49; 37 aged 30 to 39; 35 aged 20 to 29; 34 aged 15 to 19; and 39 aged 10 to 14. This no doubt reflects the fact that competition is now available at every age from 11 upwards, and that many have taken up running (if not other forms of athletics) later in life, or have returned to it after a period of dallying with other sports.



*Bill Wheeler. Vast improvements recently.*

I come now to the athletic activities of the past year, beginning with the cross-country season. As members will recall, we left the last AGM without a Winter Captain, and the Committee were grateful to Gary Spencer for taking on this responsibility shortly afterwards. This time we won only one of the three main mob matches, but all of them were keenly contested; indeed in the home fixture against SLH we fielded 84 starters to their 82, but they still managed to beat us by a larger margin than in the previous year (5,507 – 7,059). Against Orion at Chingford the boot was on the other foot: we were somewhat outnumbered, and the Orion Captain had visions of repeating their success of ten years before, but we held them off 723 – 767. Against

Ranelagh at Petersham there was an excellent turnout of 179 and, scoring 84 a side (exactly twice as many as at the previous year's fixture at Hayes), Ranelagh won 6,707 - 7,501.

The Club "5" had a new winner in Robert Farish, Richard Coles being 2nd and Chris Lord 3rd out of 76 finishers. In the Club 7½-mile Championship, run in conjunction with the SLH mob match, Les Roberts was the first Blackheath man home, with Richard Coles again 2nd and Chris Lord again 3rd. Les Roberts also won the Rowland "10", with Robert Farish 2nd and Ken Pike 3rd; so far as I can see from the records, this is the first time that a 19-year-old has been placed as high as 2nd in this race — indeed not many have taken part in it at that age.

For the first time at least since the last war, the Club did not gain a major placing, either as a team or individually, in any of the five age-groups of the Kent County Championships, which this year were held at Danson Park. The best BH results were in the Junior race, in which Steve Thompson finished 4th and only 48 seconds behind the winner and the team was also placed 4th. Our first man home in the Senior race was Les Roberts, 21st out of 208 finishers, and our first Youth home was James Adams, 10th out of 98; in both these races the team was placed 5th. Our Boys and Colts were mostly rather far back, but we did have the satisfaction of closing in complete teams in both races. I hasten to add that the Kent Veterans Championship was held in splendid isolation at Canterbury some weeks earlier, and there the Club was much more successful; John Baldwin was the individual winner, the Club fielded three teams and our "A" team was placed 2nd out of 19 teams.



Young Andrew Wheeler following Dad's example

In the South of Thames Junior Championship at Wimbledon the Club was placed 12th, Robert Farish being our first man home in 5th position. In the Senior event at Mote Park, Maidstone, we were placed 8th scoring 6 a side and 2nd scoring 12 a side, Les Roberts in 12th place being our first finisher. In the Southern Counties Championships at Parliament Hill Fields the Club fielded full teams in all four age-groups but was not conspicuously successful; again our best result was in the Junior race, in which Robert Farish finished 15th and Steve Thompson 31st and the team was placed 9th. The Seniors, 10th in the two previous years,

slumped to 26th, but succeeded in retaining the Camden Cup with all 12 scorers in the first 400; Richard Coles was our first scorer in 37th position. In the National Championships at Newark the Senior team was placed 76th out of 192, Richard again being our first scorer in 93rd place; Robert Farish finished 41st and Steve Thompson 65th in the Junior race, and James Adams 67th in the Youths race. This, incidentally, is the centenary year of the ECCU; to mark the occasion the 11 clubs, including our own, who were in existence when the Union was formed have contributed to the cost of a trophy bearing the badges of those clubs and of the Union, to be awarded each year to the first of those clubs to finish in the Senior race. Birchfield Harriers were the first winners of this trophy.

As in the previous year, our showing in the Kent Colts, Boys and Youths Cross-country League and the Herne Hill Harriers Young Athletes League was very disappointing after all the successes of our young athletes in the summer season. On one occasion the team had the particularly frustrating experience of turning up for a non-existent fixture at Herne Hill and thus missing a Kent fixture that was taking place that day! What we need, as John Powell has pointed out both in Committee and in the *Gazette*, are some older members who will do the organising and telephoning before a fixture, and who know the young athletes well enough to persuade them to turn out even when their first inclination is to say "No". Although from its earliest days the Club has sought to provide for the whole range of athletes activity, our commitment to cross-country running has always been particularly strong; and if we are to have any hope of improved results at senior level in the coming years, it is vital that we should foster the same commitment and competitiveness among our younger athletes as they have already shown on track and field.

At the other end of the scale, our Veterans went on from the Kent to further successes in the Southern and National Veterans Championships. In the Southern fixture at Watford the Club was placed 1st in the Over 40 race, both on the basis of 3 to score and of 6 to score, and 2nd in the Over 50 race; Les Roberts finished 3rd, John Baldwin 6th and Barry O'Gorman 12th in the Over 40 race. In the National fixture at Wolverhampton the BH team positions were reversed, our Over 40s being placed 2nd and the Over 50s 1st.

The Club again took teams to Roeselare, where John Baldwin again won the Veterans race, Richard Coles finished 44th — also the same position as last year — in the Senior 'A' race and Robert Farish 5th, despite a late start, in the Senior 'B' race. In the GLC Championships at Parliament Hill the next weekend, the Club was less strongly represented than the previous year, the 'A' team being placed 15th and the 'B' team 28th out of 54 teams; Ken Daniel was our first man home in 55th place.

Events on the first weekend in December proved that funny things are liable to happen when people get away from their natural element. In the cross-country race for rowing clubs at Hayes on the Saturday, about half the field followed one course and the other half a somewhat different one; but as they all evidently covered much the same distance the result was allowed to stand. However any superior Blackheath smiles were quickly removed the following morning when our crew had some difficulty in negotiating the middle arch of Chiswick Bridge and finished about 8 lengths behind the Ranelagh crew.

As usual it is difficult to report adequately on the road running year, partly because the scale of operations is now so vast, and partly because the results filter through very slowly to the Club officials, if at all; in a mass field the individual runner counts himself fortunate to find out his

own time and position, let alone those of other members of the Club. This is a pity, for some doughty deeds are being done that should not go unrecorded. However, there are at least some that we know about. Right at the beginning of the year, on the weekend of our last AGM, John Baldwin was competing in the World Veterans Championship at Perpignan, and was placed 1st in the 45-50 age group in the 10 km race and 2nd in the 25 km race the following day – for a blow-by-blow (or should I say puff-by-puff!) account of these races see John Oliver's article in the last-but-one *Gazette*. In the New York Marathon, Les Roberts finished 179th out of over 17,000 starters, the first of about a dozen Blackheath Harriers competing. In the Nene Valley '10' at Peterborough we had 15 runners, of whom 9 completed the distance within the hour. For the Hogs Back '11' we had 44 applicants, but 14, including some of our best runners, had their entries returned because the race was full; our first man home was Paul Betts, 73rd out of 1417 finishers. 40 Blackheath Harriers took part in the New Year Charity Road Race at the Crystal Palace (and others were racing at Erith and in the City of London on the same day); in the Senior race Les Roberts finished 5th, 40 seconds behind the winner, and in the Youth race James Adams finished 4th and Peter Davis 8th. In the Sittingbourne '10' the Club fielded three teams and the 'A' team was placed 5th. More recently, Les Roberts finished 3rd (1st Veteran) in the Holbeach '10', and the Club team was placed 4th.

The club was again heavily engaged in the administrative preparations for the London Marathon, as well as in the race itself, and as you will see from the accounts, this has resulted in another substantial contribution to our income. Your Secretary, who this year had the pleasure, coupled with frustration, of being a spectator of the event, was impressed by the total number of BH vests (even more, I

believe, than the previous year) and by the fact that most of them were in groups of two or three, doubtless for mutual support and encouragement. Our congratulations are due in particular to Mervyn Brameld, our second-claim member running in Invicta colours, who finished 17th, one place better than last year; to Richard Coles, who retained the Club Marathon Trophy, finishing 148th in 2.26.19; and to Ken Pike, at 239th our next man home in 2.30.04.

The field for our Ted Pepper Memorial Race was slightly smaller than last year, but the event again went very smoothly. There were 213 finishers, including 32 teams, and 33 women took part in the race. The Club's 'A' team was placed 3rd, and we also had the highest-placed 'B' team. A new development this year was the making of a 50-minute video of the race, copies of which were available for purchase. As before the success of the event owes much to V/P Mike Peel and his band of helpers, and you will be glad to know that he has already agreed to organise the 1985 race.

We come now to the glories of the track and field season. First there are major placings to record in both the UK Closed Championships at Cwmbran and the AAA Championships at Crystal Palace: Mike Winch, 1st in the Shot in the AAA Championships; Buster Watson, 2nd in the 200 metres at both meetings; Peter Yates, 1st in the Javelin at Cwmbran and 3rd at Crystal Palace. Buster was then selected to represent Great Britain in the 200 metres at the Olympic Games in Los Angeles; the President sent him a "good luck" cable there, and we hope that he was somehow conscious of the warmth of support coming from this direction. We all rejoiced at his first round performance, and though we realised that the opposition in the second round might prove too tough, the Club



"Them Indoors" — see "We never closed".

Committee raced through its business by the unprecedently early hour of 9.38p.m. so that we could all watch the race on the box!

Back at home, our first team were facing their first season in Division 1 of the British Athletics League after a long absence. In view of the strength of the opposition it was some comfort to know that, because the division was to be enlarged to eight clubs in 1985, only one club would be relegated at the end of the 1984 season. The very high standard of competition became apparent at the first 1984 fixture of the season, when six new Club records were set and the team was placed 4th. In the other three fixtures the team gained another 4th place and two 5th places, finishing 5th with 10 League points, one fewer than Shaftesbury Harriers.

After a year's absence the team again reached the GRE Cup Final, where the opposition included all the four clubs (Birchfield, Haringey, Wolverhampton and Bilston, and Shaftesbury) who had finished ahead of us in Division 1. The team's final position of 5th out of eight clubs competing was thus fully consistent with their League performance. At the Kinnaird and Sward Trophy meeting the Club repeated last year's results, retaining the Sward Trophy and again finishing 3rd in the Kinnaird competition. Our B and C teams had another good season in the Southern League: the B team finished 2nd in Division 2 and thus secured promotion to Division 1, while the C team, in their first season in Division 4, finished 7th and so only narrowly missed further promotion.

Our young athletes have had another excellent track and field season. In the Boys and Colts League of Kent, they were this year 2nd to Elliotts in the Colts competition, but convincingly retained both the Boys and Overall titles, scoring a maximum 24 League points in each case. BH members won 24 of the season's League medals for best performances, and a number of them were selected for the Kent team that beat Devon and Gloucestershire, when they won a further 14 medals. In the National Young Athletes League they again finished 2nd of the 16 teams in their Division, and so qualified for the second year in succession for the National final in Birmingham. There they went one better than last year, finishing 7th with 302 points, only 98 points behind the winners. The Kent Relays at Norman Park the following week - in which the Seniors were also engaged - were a triumph for the Club: in nine races (4 x 100 metres and 4 x 400 metres for Colts, Boys, Youths and Seniors, with the Seniors having a medley relay also) the Club had 6 1st and 3 2nd places, two Championship best performances were recorded and four Club records broken - the Youths 4 x 400 squad indeed beat the Club record in their heat and then reduced their time by a further 2 seconds in the final! As before, the results of all age-groups speaks much both for the dedication of the team managers and the enthusiasm and team spirit of the athletes themselves.

In the latter part of August a number of Blackheath Harriers were engaged to very good effect in the European Veterans Championships at Brighton and Crawley, and achieved five major placings. Les Roberts won the 5,000 metres and finished 2nd in the 10,000 metres, and 3rd places were secured by Peter Hannell in the 5,000 metres Walk, by Jim Day in the 50-54 years Pole Vault and by Chris Ellis in the 40-44 years Discus.

Our own 25 x 1 Mile Relay at the Crystal Palace and six other centres was again a successful event, and we are grateful to Mike Field for organising it this year. The Club as usual fielded several teams and the 'A' team finished 8th overall in 2.00.36.

I scarcely dare say "After the Lord Mayor's Show . . ." when referring to the Hyde Park Fun Run, for the Blackheath Geriatrics go from strength to strength, certainly in numbers and perhaps quality also. This year we

had no fewer than 18 members in the Over 60 race, about a tenth of the total turnout, and the 'A' team was placed 11th and the 'B' team 93rd out of more than 1800 teams in the whole range of age-groups.

Turning to two other modes of progression, the Johnson Bowl walking race was won this year by Peter Hannell, with Peter Selby 2nd and Roger Michell 3rd. The Maryon Wilson swimming race last Monday had a new winner in Mike Laws while in the handicap our President narrowly beat Jack Parrott.

There have again been two bumper issues of the Gazette, and the new Editor Les Roberts deserves our congratulations on the high standard he has attained. Two of his innovations seem to me to be very welcome; as to one I may be biased, having been one of the "victims", but I do think the series of profiles of Club members, which his predecessor began and he has continued, are doing something to cement our Club life; and his own innovation of advertisement pages for Club members, apart from any commercial benefit they may bring to buyer and seller, should also help to fill out our picture of fellow members as whole persons as distinct from sheer athletes.

There are a few points I might mention about the general décor of this room. Your Committee were concerned recently about the untidy state of the notice boards, and John Powell volunteered to take this in hand, with results that will be obvious to you. A Sub-Committee was recently set up to organise and improve our photographic display, and the first fruits of their labours are also visible. We are taking steps to bring the Honours and Merit Awards boards up to date, and hope soon to provide a new board showing the Club officers from 1979 onwards.

There are two other groups of people I must not fail to mention before sitting down. Blackheath Harriers Social Club have continued their "feeding and watering" and fund raising efforts to excellent effect this season, and the work is still being carried on by quite a small band of ladies, though I understand that the AGM only just fitted into Brenda Brent's front room this year. Then there are the trail layers. As you will have seen this afternoon, they are few in number and venerable in antiquity, and are still looking for recruits, or even temporary help from those who are for the time being not racing. I am reminded of what my father - who was over 50 years older than I and was in fact born on the very day of the Club's first recorded run in 1869 used to say when he thought that I wasn't pulling my weight in the house and garden: "Are you trying to wear out the old ones first, boy?" I hope that as a Club we may never be open to this reproach.



#### MY FRIEND MOLLY

During the summer months I made friends with a family walking their dogs, a Labrador and an enormous Irish Wolf Hound.

On my first encounter I froze in my shoes when the enormous dog came tearing towards me. I got the usual comment, "It won't bite, the dog does not bite; Molly just likes a good sniff round".

I have met this couple many times now, calling to Molly hoping she will come to see me. On our last encounter I happened to mention that I would not like the dog's food bill. I was told that it was not too bad at all, "just one jogger a week".

Poor Old Fred

## SO THAT YOU SHALL KNOW THEM WHEN YOU FALL OVER THEM

The spotlight falls on three more personalities. This time the focus is right at the sharp end of the club. The three we explore are all key members of our British League Division 1 team, two of them having been at or near the very top of their sport nationally and represented their country in international competition.



STEVE GREEN

For over half his life now 30 year old Steve Green has been in full sprint training. Not surprisingly, therefore, he now feels that much of his old drive has gone and that it is becoming ever increasingly difficult to believe it all matters any more. In his heyday he had to produce his best anything up to 50 times a season, sometimes 3 times a meeting. The nervous tension and physical demands began to tell. Eventually it all started to hurt too much.

Steve started running whilst at St. Austin's School, Charlton, and the usual sort of thing happened. His P.E. master realised his ability, encouraged him in the sport and introduced him to club life in the form of Kent A.C. Even at that early age — he was 14 then — he showed he was a sprinter of special class by winning the English Schools 100m title, which he then retained for the next 2 years. He thinks he clocked about 10.7, but is not sure. He also thinks that might have been a record but he is not sure about that either. This sort of performance got him a trip to Sweden in 1970 with the Great Britain Junior team and then in 1972, and still not 17, he made the Senior team against France in Paris. Here he continued to run around the 10.6 mark but such is the man that the only thing he remembers for sure about the match is that there was no wind gauge, so so-

meone blew up a contraceptive and flew it from the pole vault stanchion. On that occasion, among his team mates were Lynn Davies and David Hemery and Harold Abrahams was team manager. But all this seemed to escape our little Steve, who regarded himself very much as just the team mascot — a novelty sent along to keep the troops amused. In reality, of course, his contribution to the athletic strength of the team was unquestioned, but, the bit about keeping the rest amused, was certainly true.

During the summer over the next ten years he carried his suitcase in and out of planes and hotels and found himself in countries all around the world. Travelling to Europe became as commonplace as visiting the corner shop and even Japan, China, most of the iron curtain countries and the U.S.A. became familiar to him. He was so long in the National team that he experienced many changes in his team mates with the earlier ones becoming officials at a fairly regular rate.

During that period he ran in 2 European Championships, the Moscow Olympics and 4 European Cups, plus most of the normal international matches.

He finally got the headlines to himself following a 4x100m relay at Crystal Palace in 1977. The match was televised and the result rested on the outcome of the relay. With the atmosphere at fever pitch in the stadium and in living rooms across the nation he dropped the baton. It was after drowning his sorrows in the bar that he eventually gave vent to his feelings. Unfortunately in his audience at the time was a reporter and next day there it was splashed across the daily press, "A Sprinter's Anguish", or some such thing.

On the happier side he reached the semi finals of the European Championships in Rome, the finals of the 4x100m in Prague, regularly won rounds in the Europa Cup and was part of the 4x100m team that set the British record in 1978. In all he won around 40 international vests and not surprisingly during all that time and travel he accumulated a wealth of stories. In Finland, inside the Arctic Circle, the team arrived to find the track was tarmac. In Berlin during an evening jog they found themselves up against the Wall much to the consternation of several po-faced guards and also in Berlin the sprinters found a cast iron barrier only 3m past the finish line of the 50m dash. They survived, somehow. Steve also recalls witnessing a food riot in Russia and becoming a cabaret singer in Tokyo. On the evening after their races in the Japanese capital he went out with a couple of team mates looking for pleasant surroundings in which to get plastered. They found a bar well upholstered with breathtaking girls and decided that this was for them. Come time to go home, it dawned on them that they had been in a clip joint; the bill would have made Sir Robert Maxwell blanch. When they informed the management they couldn't pay the heavies appeared and quick thinking/talking suddenly was the order of the day. When it was discovered the lads were in town for the international athletics the management decided that they would have some tickets to the match. But this still didn't compensate for the money owed so it was decided the lads would have to sing for their salvation. With no small amount of incredulity and also with little option they broke into the chosen song, "My Way".

Too soon, however, for they were asked to start again, this time accompanied by a small Yamaha piano brought out from the back by one of the waiters. With the song sung they were allowed to leave. But if you think this should have been enough to quell their boisterousness you are wrong, because they then got arrested by the Tokyo police for indecent exposure — "mooning" in a photo booth. This high spirited group usually consisted of Brian Hooper, Davids Ottley and Black and Berwyn Price.

In those days, although international athletics had long departed from the "play up team" spirit, it was not the "professional" scene it is, or is rapidly becoming, now. Steve therefore took every opportunity, once the racing had been done, to absorb as much as he could of the scenery and life of the countries in which he found himself. His dedication and concentration in the arena was such that he recalls very little of the performances of his fellow athletes, but once the tension of competition was broken his mind opened up. It was the sheer wonder of much of what he saw that really turned him to art and led him to start a 4 year fine arts course at Ravensbourne College. At first, he continued with full involvement in athletics but gradually he found himself spending more and more time taking photos and sketching in between races until eventually he found he almost resented the running. During his degree year he concentrated solely on achieving a good result and the running then virtually ceased. Since then art has become an ever more engaging occupation both as a hobby and as a living for Steve. Despite the inexorable phasing out of running in favour of other things he says he cannot just stop dead. He tried it once but the sudden loss was too great a shock after so many years at it. He missed the special kind of fun and excitement athletics contains. Consequently he wants to phase it out slowly which will explain to his old colleagues why he seems to be taking so long to retire. Once he does, he then feels he will have the time, the experience and now the temperament to turn to coaching. Hitherto he has always felt that his background would have made him an elitist with little time for anyone who did not win. Now he feels he has a far more balanced approach to things. In the meantime he will no doubt turn out for the Harriers and, despite claims of serious injury or excesses the night before, will characteristically give his all and chalk up vital league points for us.

Although it feels as though he's been around much longer, Steve only came to Blackheath in 1980 from Thames Valley Harriers. He would have joined us earlier back in the 1970's but we were in steep decline at that time and he then needed a top level club. Now, hopefully, he is ours for good, and as time progresses we hope we shall see him at Hayes and our domestic functions more frequently.

He now earns his crust selling landscapes, but will do murals on commission and as a last resort will turn his hand to interior decorating, where he adapts his skills to doing things like simulating marble. He also teaches at a Community Centre in Greenwich once a week. Last year some of his work appeared at the Whitechapel Gallery and he is due to show some more there this year. His work has also appeared at Blackheath Gallery and at an exhibition at the Greenwich Theatre. Further recognition came in the form of an Arts Council grant to do 2 paintings for Bethlem School.

If you are interested in art and athletics then you could do a lot worse than sit this lad down and buy him a pint or two. If you are interested in none of these things but still like a good laugh then the couple of pints will still be a very good investment.

#### A YOUNG UPSTART MUSES . . .

I'm a "never was",  
Because,  
I'm a "never thought of being",  
It seems now I'm a "could have been",  
If only then I had been seen.  
Even being a "might still be",  
Is denied conclusively,  
As time plunders by and legs grow weary,  
Its writ there large — you're a "never will be".

L.R.

#### JOHN SHAW

As recently as 1981 you could have found John propping up the bar in the local, drinking substantially, smoking and probably talking about football or the long day he had just had as a trainee photographer. As far as physical exertion went he would occasionally turn out on Sunday afternoons for a local soccer team and wind up his watch, but that was about it. This life style, very easy and commonplace though it was, was not really what John wanted when he took time to think about it. He strongly suspected life could be more rewarding.



Running had been something that had crossed his mind occasionally but he was never sufficiently motivated to do anything about it. Until, that is, one of his friends goaded him into a wager over 100m. The friend was a fit and enthusiastic body builder but John was clearly not impressed by the chap's claim that he also possessed searing speed. By now John had changed his job and had become a recreation assistant at Crystal Palace, so the challenge was set up to take place on the hallowed Palace tartan. No sooner had the race started than it was over. John left his opponent so far behind that he says he was able to walk the last 10 metres or so. The friend was duly impressed and knew enough about athletics to tell that John had a great deal of natural ability. He encouraged John to get into the habit of running series of 200 and 400m from time to time and it was while doing this that he got talking to Bob Warren and Helen Barnett who gave him further advice and invited him to join their group. He was soon training daily on the track and not surprisingly eventually bumped into John Herring. He asked Kipper what sort of times good runners did for 400m. When he learned that it was about 47/48 seconds he remarked, "Is that all? I could do that". He sounded so confident that Kipper quickly referred him to Andy Frankish who gave him a run in an open meeting 200m. He did 22.7. It was about this time that he asked Andy what sort of 400m time he should ultimately be aiming for. In response to Andy's answer of 46s he said, "That's not much, is it? After all, it's only two 23s". And he meant it. He was invited to run the next C team match where he won the 100m in 11.4, the 200m in 22.5 and then ran a 400m relay leg in 50.5.

Soon after that match he ran his first competitive 400m in 50.3. This brought him down to earth with a bump, but rather than demoralise him it made him more determined to get up with the big boys. Remember, at this stage, he had only been running a few months.

The following season he became a regular member of our track team as his 400m times tumbled down from 50s to 49.2, then 48.3. The next season, 1983, saw him run all his 400m races inside 49s with a peak of 47.5. His 200m time also descended to 21.7.

Through having chats with Julian Spooner, he then developed the notion of going to the States to try his luck on the college circuit. He got himself into George Mason College at Fairfax, Virginia, and all seemed set. Unfortunately, very soon after his arrival the College coach left and the new incumbent put much more emphasis on the use of heavy weights in training and long mileage. This had the effect of making John physically much bulkier but it took the edge off his running. He slowed noticeably, and had a poor maiden season on the indoor boards. Gradually the loss of form began to get at John and he realised he really wasn't enjoying life out there, so he made up his mind to come home and finish off the season with the Harriers. He teamed up with Bob Warren again at the Palace and very soon he felt he was back on course for achieving his ambitions. The period in the States, as brief as it was, was still a great experience for him. He ran in front of vast crowds sometimes 40,000 strong, and remembers in particular competing at the same meeting in which Carl Lewis set the world indoor long jump record. But as regards the athletic preparation for the sport, his experience was that the standard of coaching over there left much to be desired. It seems that we assume all things American to be highly advanced with all mod cons immediately to hand, but John found this was not the case. Sure there were facilities enough, even at college level, that could make us as a nation envious, but the training itself he found technically inferior. The success achieved by the American athletes, he feels, must stem from the intense competition which makes great demands on the participants. Those that get there do so despite their preparation, not because of it. Apart from his disappointment, John found that he wasn't a sufficiently independent person to stick 4 years away from home. He discovered America was a very different world, obscured at first by the fact that they spoke English.

After 4 years in the sport, John now feels he knows himself quite well. He is training 5 days a week which he regards as steady. He hopes in due course to step up the intensity, but at the same time is conscious of the dangers of getting carried away. At present his enthusiasm is tempered by his training to become a London cabby. Getting "the knowledge" is a time consuming business and he is looking forward very much to the day when he can take a fare from Charing Cross to the Ritz intuitively, along the longest and most traffic laden route that he can get away with.

His athletic aim this season is to get down to running 46s for 400m and to do it regularly. He said at the outset he could run 48s, and he did. Who is going to question his latest prediction?

Not surprisingly, he also would like to gain a national vest. Above all, though, he simply wants to be able to say at the end of the day that he got the very best out of himself.

The Club is becoming increasingly important to him. His face is not among the most regular features at Hayes but he senses this will change. He wants to become a "Heathen" (the tallest, perhaps?); to become a person of influence in the organisation. In the short term his own goals both in athletics and on the domestic front will take precedence, but as soon as he feels able he says he will be looking for active participation in club life. He feels strongly about

developing elite squads in the Club geared not only physically but mentally to success. He says this should not fragment the membership but rather give everyone something to look up to and to aspire to.

He is very sincere in wanting to raise the level of consciousness in the Club as a whole. He is not convinced that the value of the institution we have here is fully appreciated by all members. He wants to see the spirit of the British League team permeate down through everyone. When not running or absorbing London's myriad nooks and crannies, he is very much into music, particularly jazz and soul. He started to learn the saxophone a while back but neighbour problems put an end to that, at least until he gets a place of his own. He also wants to take up the piano in due course.

The theatre and the arts generally receive considerable attention from John. He has even dabbled in a bit of amateur dramatics, but limited time has shelved that. His other main interest is clothes. He dreads starting to earn good money because he is sure the lure of the fashion shops will snowball him into bankruptcy.

In every sense of the word we seem to have a smart chap here.

### TIM FOULGER

As an 11 year old, Tim considered himself a sprinter and trained down at Croydon Harriers, his elder brother's club. It was only after he had been to Langley Park School for a couple of years that he decided to have a go at the high jump. This was something he had only done once before in the cubs when he set the record for the 1st West Wickham pack of 4' 0". He thinks this still stands. With absolutely no practice whatsoever, Tim qualified for the County Championships and was then selected by the county to jump in the English Schools Championships. This represented only his 5th competition. Not surprisingly he came last but in those days he was the smallest in the field and nerves caused him not to record a height. At the time this seemed like the end of the road and so it was for a couple of years until, encouraged by his P.E. master and his dad, he decided to have another go. Now an intermediate (14/15 years) he qualified for the English Schools with



Tim, the 400m runner

1.65m and did a pb of 1.79m in the finals for 9th place. This was encouraging enough for him to have a go again the following year when he was a senior (16+) and that's when things started to happen. He qualified with 1.85m and won the Championship with a mighty 1.95m beating the likes of Mark Naylor and taking the competition record in the process. In the crowd that day was coach Charlie Elliott who brought Tim to Blackheath and persuaded him he really should do some training for the event!

Despite only minimal competition over the next year he again won the English Schools with another record height of 2.02m in a pair of spikes borrowed from his steeple-chaser brother.



*Tim, the hydrologist*

Although this was all good stuff it was only a hint of what was then to come. At 17 he won the AAA junior title with 2.05m and was placed 10th in the AAA senior championship. With a place secured at Loughborough University for the next three years his career clicked into overdrive. 1978 and 1979 saw him compete for England in all the big internationals indoors and out, thus pitting him against most of the best in Europe. It was in the England v Sweden match at Gateshead in early 1979 that he surpassed the magic 7 foot barrier for the first time with 2.15m (7ft 1½in) which then ranked him 3rd in the U.K. all time list. During the same season he was equal 2nd in the U.K. Championships and 8th in the Europa Cup Final in Turin, an event he remembers vividly but not for the best of reasons. The team stayed in a camp which resembled Auschwitz and served horse meat at most meals. Those who are familiar with equine flesh will know that it can be good. But this stuff was apparently so unyielding that even the legendary Geoff Capes could not get it down. The area was also a mosquito breeding ground and for good measure they discovered the team doctor was a gynaecologist. All wonderfully encouraging stuff. In order to overcome the depression and sheer desperation brought on by the surroundings and the organisation in general, the English squad decided to form up into

2 soccer teams for a match, coaches versus athletes. Tim's team included Daley Thompson and Graham Williamson, while the opposition had Lynn Davis. The result remains a mystery but it served to bewilder the opposition who couldn't believe that a national team could be so cavalier immediately prior to a major event.

Despite all his successes Tim was already suffering considerable discomfort from his take-off knee, an injury which would ultimately lead to his withdrawal from high jumping altogether. However, it wasn't bad enough yet to prevent his reaching the pinnacle of his career. In September 1979, in the match against the USSR, he won the competition with a new national record of 2.18m. This height also qualified him for the 1980 Olympics, but Tim was not keen on the official I.A.C. policy which was to attend but boycott all ceremonies. He personally thought his attendance should be unqualified. However, as it happened, any decision on whether to go was made redundant because he got a stress fracture. This of course eliminated him from the Games but even with this handicap he still ran 400m relay legs for our British League team and jumped 2.15m at Aldershot to set a new British League record. But at the end of that season he decided it was time to have his long-standing knee injury fixed. It was a long job, and the operation was not entirely successful. He couldn't walk properly for 7 months and decided that high jumping was just too risky. So what did he do? He turned his hand to rock climbing! He wanted to stay in athletics, though, and had it in mind to try high jumping again eventually so he kept in trim by training for the 400m. This he did to such good effect that in 1983 he ran 48.8s and 47.5 for a relay leg. This made him the fastest over the distance at Loughborough who by then were boasting Seb Coe amongst their number. In 1984, places were still open for the Olympic high jump so he thought he might as well have a go for a qualifying height. The strategy agreed between him and Charlie Elliott was to go to Lanzarote for a period of sun and concerted effort. At first it seemed to pay off and he quickly progressed to 2m off just 3 strides. Unfortunately, the knee problem then suddenly returned with a vengeance, and so finally and sadly he had to close the curtain on his beloved jumping.

The nature of the problem was such, though, that he could still run and so he retained some confidence that he had something to offer at 400m. On returning home he ran for Loughborough and also for us in the British League, doing 53.9 for 400m hurdles and 48.2 for the flat 400m in the AAA championships. He also ran 47.1 for the Club 400m relay team which set the current record of 3:15.76. Tim has now left College and is currently working for a firm organising the Sunblest Birmingham Marathon. He hopes the experience gained will be a stepping stone to his branching out on his own in the field of sports promotions. His athletic hopes for the future are to break 48.0s for the flat 400m and to put the Club hurdles record so far out of Paul Austridge's reach that he won't even be able to see it. (Over my dead body! — Paul's Mum).

He then proposes to have a crack at 800m. He didn't mention the marathon. When not running he still keeps in touch with the rock where he has now reached the standard of leading climbs rated HVS (Hard Very Severe). It would take too long to explain to the uninitiated what this degree of difficulty is like, but rest assured that it is several stages beyond the enema.

He also involves himself with running Christian Youth Camps which are similar to Outward Bound courses but entirely under canvas. This activity may well have to go, though, if he wants to do well on the track.

Tim might well consider himself lucky that he has been blessed with a physique and athletic ability that has enabled

him to become a high quality performer in a discipline totally different to one in which he has already reached virtually the top.

In view of the benefits Blackheath Harriers should reap as a result of his good fortune over the next few years, we must consider ourselves fortunate too.

## LETTER TO THE EDITOR

Dear Sir,

I wonder whether any other readers of your excellent publication are able to confirm the apparent renaissance of a form of life previously thought to have been as rare as a Mob-match victory? Although abundant around Hayes some thirty years ago, the genus Pacrunna Heathensis has until now been assumed as ravaged and annihilated in the 1960's by the life-form Beatlemania Doyerownthingia, the natural enemy and predator.

Pacrunna Heathensis is easily recognisable by its agglomeration of some ten to twenty disparate members into a coherent, queue-like, mobile whole by common elements of speed, sociability and a thirst for new and/or risqué narrative. Hence it moves to the peculiar warble which devoted pacrunna-watchers have identified and transcribed as "didja eerther wunna bouta".

Two sightings were recently registered by a quartet of geriatrics picking daisies on the common by the Warren Sports Ground fence during their regular Wednesday evening nature walk, under their chief nature Walker. Hardly had the first specimen passed and tears of nostalgic recognition rolled down four venerable noses than a second appeared. Fortunately, one learned senior sage was able to discriminate between the two as slight variants of the same main species, respectively the Heathensis Apaca and Bepaca; though it is doubtful whether the creatures would recognise themselves by these titles if you handed them the name on a plate with chips round it. Similarly no dog knows it is a dog unless it lives with other dogs. If it lived by a pond it might think it was a duck.

Although thought hitherto to have perished beyond hope of regeneration it nevertheless seems likely that a maverick strain of pacrunna must have survived and has spontaneously bred in isolation, albeit now emerging in hybrid, parti-coloured form. The earlier, pure strain was exclusively black, a happily sociable animal with a well-developed corporate coordination in times of competitive play with associated species such as the Ranala, the Orionsis and the Esselaitchia. Indeed, Prof. Leonard King, of the West Wickham Institute of Transrural Science, believes he has positively identified a link between failure in Mob-matches and the tragic decline of this once-elegant, sad clad being.

Whether this tragedy was indeed the work of Beatlemania or of some other specifically-placed, diabolical, myxomatoid disease, dare we hope that the febrile crisis has now passed and that we can look forward to an era of ordered success that must inevitably ensue?

I should be most grateful for any reports of further sightings.

Yours heathenly,

Don Gillate

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\* Non-Committee posts. § Co-Opted members.

### Past Presidents:

S.C. Wooderson (1947 and Centenary Year), G.H. Wilkinson (1948), S.A. Field (1953), C. A. Wiard (1954), W.H.M. Vercoe (1957), V.W.W. Beardon (1959), J.R.D. Cockburn (1961), L.E. Hammill (1963), R.H. Thompson (1966), A.J. Brent (1967), D.G. Child (1968), G.F. Brooks (1971), P.J.G. Baigent (1972), R.A. Morley (1973), A.A. Oldfield (1974), A.E. Ball (1975), J.R. Baldwin (1976), R.E.D. Taylor (1977), T.T. Sullivan (1978), C.M. Brand (1979), B.G. Stone (1980), I.F. Smith (1981), I.C. Wilson (1982), J.E. Day (1983), M.A. Walker (1984).

### Vice-Presidents:

J.H. Kitton (1927), C.L. Mobbs (1935), J.C. Stevens (1947), E.J.J. Read (1949), R.H. Gollan (1949), C.E. Clowser (1950), N.W. Page (1954), D.J. Tingey (1956), L.G. Towers (1957), P.E. Sims (1958), H.R. Howard (1959), B.G. Parrott (1959), A.A. Tweedy (1959), G.H. Smith (1960), J.W. Orr (1961), J.H. Scott-Wilson (1961), J.E. Lindblom (1962), L.G. King (1962), P.H. Francis (1964), D.F.E. Hogg (1964), K.J. Johnson (1964), J.B. Herring (1965), G.E. Monashall (1966), A.J. Weeks-Pearson (1967), W.S. Norton (1967), A.V. Hayday (1968), R.J. Edmonds (1969), R. Richardson (1969), D.H. Hopgood (1970), I.M. Ross (1971), D.L. Gregory (1972), J. Lissaman (1972), B.M. Shapcott (1973), G.R. Last (1974), F.J. Dyter (1975), C.R. Haines (1975), G. Hickey (1975), G. Botley (1976), F.C. Rogers (1976), J.C.W. Friend (1977), F.G.W. Dudman (1978), S.F.H. Glynn (1978), M.L. Peel (1978), A.W. Frankish (1979), M.J. Mahoney (1979), P.E. Shephard (1979), J.A. Clear (1980), J. Braughton (1980), D.W. Amner (1980), P.C. Hannell (1980), T.C. Mallott (1980), M.A. Winch (1981), R.J. Coles (1981), J.V.F. Bennett (1981), T. Cavanagh (1981), S.H. Cluney (1982), R.E. Green (1982), W.F. Lake (1982), J.F. Parrott (1982), I.K. Young (1982), G.B. Crowder (1983), D.R. Gillate (1984), L. Roberts (1984), P.G. Stenning (1984),

*As we all now know Heathensis Reignsuprema arrived on these shores during the 1984/5 pacrunna season. Ed.*

## NEWS FROM FAR AND NEAR – A Dip Into The President's Postbag

### January, 1984

V.P. Peter Sims, retired to Dorset, poised for journey to Australia and beyond. Is breaking his journey for visit to Kathmandu where his brother Jack (Past President of the Club) lies in the British Cemetery.

### March

V.P. George Smith, another retirement globe-trotter, looked in on Alan Stevens in Lower Hutt, New Zealand, who himself was travelling to New York for the World Cross Country Championships (and subsequently linked up with fellow-Heathens at that venue). Alan sent "Heathenly Scottish" greetings to all Blackheathens and Alan Brent and the President in particular. News also gleaned of Alan Reynolds (P.P. and past Punchbowler) whose fresh activities in running a Retreat House attracted news coverage in local paper.

### April

A fortuitous encounter by Sonny Nairn (wearing a Club tie) with Harold Longman (circa 1928) no longer a member but still a Heathen in spirit, prompted a generous donation to Club funds. He was given a Club history which pleased him mightily and further contact has been made by the President. P.P. Dick Cockburn writing from the wilds of Southwold comments, "Marathon running is all the rage now. We even have them in East Anglia!"

### June

John Taylor from Llanelli (son of P.P. Sidney Taylor) well remembered by older members for his stentorian contributions to Club Smoking Concerts, prompted by P.P. Laurie Hammill and stimulated by the B.G.s photograph in the Gazette commented "And now I am in touch again and the miles and the years suddenly vanish". He subsequently visited Hayes, strolled over the "Five" course and stayed to Members' Night with his old cronies, V.P.s Ken Johnson and Don Gillate. Quite a tonic.

### August

John Sandford, on moving to Glasgow regrettably resigned. He will be happily remembered by his friends. Will ye no' come back again? He could of course organise a Glasgow-London relay.

### September

Congratulations and donation from Archie Peachey for the Gazette – another accolade for the indefatigable editor. The addition of a number to his (Peachey's) house will ensure prompt deliveries in future. He noticed a reference to a woman competitor as "also a member of the South London Harriers!!!! Don't tell me – I'm sure we wouldn't!!!!?" He has been assured and sleeps soundly now. The "Wilcockson Spirit" also rests content.

Cecil Harden from Rochester, stimulated by his recollection of his achievement of fifty years membership, sent a donation and was surprised to learn that when we have his new address a commemoration mug will be delivered. He remembers E. J. J. Reed and Dick Cockburn running on Charlton Park Track. Has a distinct recollection of passing Sydney Wooderson in a Hayes race. (When somebody had trodden on the heel of Sydney's shoe and he had stopped to put it on again!) Cecil has had some health problems but it is hoped that these will be held in check. He writes optimistically, "I can't jog now, though I am quietly hoping to change that". An invitation to join the "B.G.s" will follow!

### October

Clifford Davies of Yeoville South Africa was visited by P.P. Harold Thompson and duly presented with his 50 year mug. (A worldwide service.) He comments – "Oddly enough, before Harold made his presentation to me I was remembering how during the years I was active with the Club I had never had the ability (or good fortune) to win either a spoon or a pewter. What a pleasant surprise it was, only minutes later, to receive the modern equivalent of the latter". He hopes to visit us next year and we look forward to it.

Geoff Grier is now retiring to New Romney after his many years managing the Samuel Montagu's Boys Club, which restricted his visits to Hayes. He has happy memories of the club and values the many friends he made there. "I have always remained a "Blackheathen" at heart and shall remain so." And so say all of us. We look forward to his promised visit before he finally departs. He still jogs each morning and keeps reasonably fit – why not surprise the handicapper sometime, Geoff?

And finally, Arthur Holland is now in a nursing home and his old friends might wish to write or call, c/o Chelwood Corner Nursing Home, Nutley, Uckfield, Sussex TN22 3HJ.

J.W.



Now here's a chap indicating clearly where he is going. But Auntie is equally clearly unimpressed.

### "WE NEVER CLOSED"

Will this memorable sign now grace the "Harrier's Rest"?

Apprehension mounted at the 200 Club Supper on 27th October at the news that Mrs. Daniels was indisposed and possible substitutes were scattered over Europe seeking final sun-tans before the winter set in.

In the event, the Brian and Stan twin cuisiniers astounded the nervous "noshers" and tickled the taste buds with succulent lamb, peas, broccoli and roast potatoes, together with a gratifying jeu-d'esprit of onion sauce. Although one man (or two) in his time plays many parts, the role of Escoffier came as a welcome relief to satisfied diners.

Should these "indomitable" be awarded the Order of the Golden Spoon?

It was soon after this that we sadly learnt of Mrs. Daniels' death. A tribute to her is paid elsewhere in this issue.

J.W.

# OBITUARIES

## EDDIE WINN

Edgar (Eddie) Lewis Winn (born 1914) left the RAF in 1946, and after a spell with Elliotts and Muirheads, he joined a design team of the Royal Armament Research and Design Establishment at Fort Halstead. In 1961 on promotion to Chief Draughtsman, he was transferred to take charge at a large design office at Aquila, Bickley. It was Roy Rudd, one of Eddie's subordinate officers, who got Eddie interested in athletics. Eddie was Roy's attendant on a Ministry of Defence London to Brighton walk. Eddie said afterwards that he would like to have a go, and so he did, completing several Brightons, and was one year a member of the Aquila squad who won the trophy for this event. Eddie's main interest was race walking which was all performed in the veteran category. He first joined Blackheath in 1971 at the instigation of Roy Rudd and Arthur Nye and later became a member of Surrey Walking Club.

Eddie had powerful legs groomed when he was a prominent cyclist of the Fountain C.C. He represented Great Britain at an international event held at the Herne Hill track in 1949. His race was broadcast on the radio. He loved and was devoted to his sport of walking and made the yearly pilgrimage to Nijmegen. He enjoyed the VAC races as well as those of Surrey Walking Club. In the Johnson Bowl races and Westerham Strolls he was always an eager participant. Eddie was always smart and had a service officer appearance, and coupled with a very acute mind he cut an imposing image wherever he went, particularly when on Government business. Just before he retired he represented the U.K. in a Commonwealth and U.S.A. working party on defence matters in Australia.

A devoted Catholic, he enjoyed singing in his church choir at St. Mary's, Chislehurst.

Those of us who knew him intimately were distressed to see him fight against terrible ill health in the last two years of his life.

Truly Eddie can be said to have personified the Heath's "Perfer et Obdura" spirit.

## ELIZABETH DANIELS - "Mrs. D"

It is with much sadness that we record the passing of Mrs. Daniels on 12th December 1984.

Mrs. D. came to the Club some twenty years ago when her son and daughter-in-law were our resident stewards. At that time twenty people sitting down to supper was considered a crowd, but such was Mrs. Daniels' reputation for good, plain cooking, that numbers gradually escalated to the one hundred plus that she cooked for at Christmas Suppers. On many occasions, Mrs. Daniels rallied extra helpers from her sons, daughters and grandchildren, and they learned to enjoy the Blackheath spirit in the same way as Mrs. D.

As becomes a lady of her years, Mrs. Daniels had been resting from her labours for a couple of months. Just as she was recovering her old form, illness struck and she was taken from us.

Mrs. Daniels will always be remembered by members and their families for her interest in the Club, and the fact that she always had time for a chat with anyone. We extend our deepest sympathy, and heartfelt thanks to all the Daniels family.

## TOMMY MOUNTFORD

Tommy Mountford, V.P. since 1968, joined the Club in December 1939 after H.H.H. had closed down for the duration of the war. At 36 years of age, in those days he was considered over the top, but he went on fairly fast jogging for about 40 years, and supported our Members' Nights until a few weeks before his death. Tommy's sixty years membership of H.H.H. must create some sort of record — 105 years total membership of the two clubs. His outstanding running years were 1926—1934. He was a regular member of the Kent team in the inter-counties, H.H.H. then being one of the strongest Kent clubs, having their headquarters at Eltham.

We send our sympathies to his sister and daughter, Beryl.

## E. D. ATKINS

We were sorry to learn recently that E. D. Atkins had died in October 1983, aged 95.

Eric Atkins was elected to the Club way back in August 1910 and in his first cross country season was in the Club's scoring team in both the Southern (6th scoring man) and National (4th). Service overseas subsequently kept him out of regular competition for the Club but in his later years he resumed touch and came to the Club from time to time including an A.G.M. when he was 90. He took pride in keeping fit and celebrated his 85th birthday with a 37 mile cycle ride!

We greatly value the continued interest of older members and we extend our sympathy to his family.

## GUY E. TURNER

The strength of a club depends not only on the deeds of its stars, but on the loyalty of its members who give their support over many years of membership.

Guy Turner, who died recently, joined the Club in December 1927. His first race was the Closing 5 in which he took 3rd handicap place. During the following season he supported all the major Club matches maintaining his mastery of the Handicapper by taking two more 3rd places and proving to be a reliable "Medium B" runner. The Malaysian Civil Service took him abroad but he maintained his interest in the Club and after the traumatic war years and the changes in the Far East he returned to this country. He was pleased to visit the Club again and whilst teaching at Hawes Down School introduced his son to the joys of the Blackheath courses.

On retiring he moved to Budleigh Salterton but still took pleasure in his Club membership which had extended over so many years. Our sympathies go to his wife, son and daughter.

## SOME LIKE IT HOT

One sunny summer Sunday last year my old chum Les Roberts lay peacefully on the grass outside a Kentish pub blissfully unconcerned about the pressures the morrow might bring. We were at one of the Panther Car Club's regular meets and after a skinful were recovering by doing a passable impression of two badly embalmed corpses. Food poisoning from the night before had indeed left me halfway to the undertakers but early the next morning I had recovered enough to drive Les down the Brighton Road to Crawley. Laughing and joking, pre race nerves were non-existent; it was hard to believe that we were on our way to the European Vets track and field championships.

Early in the afternoon it was our lad's turn to perform in the 5000m and as he ambled off to the start line wearing my lucky black shorts I had a feeling something special was going to happen although, as the sun had risen high in the sky, it was apparent that the temperature would preclude any super-fast times. The start line had a stellar quality about it with familiar names of yesteryear in attendance like Alan Rushmer, Tim Johnston, Gunther Mielke (German 2:14 marathon man and hot favourite) and Hubert Jansen of Belgium. Having trained with Les over the previous weeks I knew the mood he was in and informed Chris Woodcock, who was also spectating, that it would be a foolish man who didn't put money on him.

The race was soon underway and with Les doing more than his share at the front, the field was soon whittled down under the merciless sun and laps hovering consistently around the 70s. At the bell Les had only Gunther Mielke left in tow. The German confidently made his move with 300m to go and opened up a sizeable gap down the back straight. At this point everyone in the stadium, except me that is, assumed the race was over but I smiled knowingly as Les gathered himself together to close on Mielke and then pass him in the final 90m. The crowd went berserk; eighty year olds were running around like dervishes waving their sticks and toupees and clattering their teeth as they cheered on our boy. Looking as if somebody had fired a cruise missile into his rear quarters, Les tore across the line a good six or seven metres clear as the new Vets 5000m champion of Europe. On the presentation podium afterwards Les grinned boyishly around and Alan Rushmer, who finished third, shook hands sportingly and also seemed to be enjoying himself. Mielke, however, in contrast, looked as if he had been force fed on Irish wolfhound droppings. While Les was doing a few warm down laps afterwards round the outside of the track someone remarked, "He must be a veteran, they wouldn't have let him run otherwise".

Next on the day's agenda was a bash into Brighton for a celebratory meal and many bottles of wine at Jean Jacques Jordain's famous Laughing Onion Restaurant but not before Les had satisfied an urge to plunge into the sea. He said it would do his legs good for the Wednesday. That was probably the only time talk broached the subject of the 10,000m still to come.

That day soon came and the conditions were better; still very humid but there was a slight drizzle. A fast pace ensued as 5km was passed in well under 15 minutes with Rushmer this time taking control. Les, still on a high, coasted into second spot and stayed there crossing the line comfortably clear for a silver medal to add to his gold in 30m 21s, ten seconds behind Rushmer. This time, Mielke, who held onto 3rd place some 25 seconds adrift, didn't even turn up for the presentation. Gunther Mielke cow perhaps?

The atmosphere over those few days was magic. A momentous period both athletically and socially. I'm hoping that when I get my shorts back they might do the same for me!

## MARYON-WILSON SWIMMING CHAMPIONSHIP 1984

The Championship this year took place on the evening prior to the AGM, a significant factor as you will discover later. This year saw an increase in the number of entrants and provided some surprises.

For the first time since 1977, a period of seven years, a new name will appear on the Cup. This honour goes to Mike Laws who last year was second. Brian Fincham finished a close second giving him three seconds and two thirds over the last five years. In third an upstart - Bruce Grant. Is this the birth of a new era?

In the handicap the first three came from the same heat. The competitive nature of these superb specimens dragged out the best in each of them. In reverse order, third, Jack Parrott, a crafty old stager who improved by thirteen seconds. Second a crafty "young" stager, Lars Hickey, who improved by sixteen seconds. In first place a swimmer with similar characteristics to Duncan Goodhew, your President Johnny Walker! With his presidency ending the next day what a way to bow out.

Returning to the first heat, at a crucial stage of the race, Brian Fincham decided to adjust his goggles - these boys mean business. At the end of the race he sat on the side of the bath, we thought contemplating the point at which the race was lost. You've heard about a needle in a haystack - how about a contact lens in a swimming pool? That's what he was contemplating. *BUT* - there it was stuck on his chest. Whether it was surface tension that kept it there, or his speed through the water we couldn't agree. What was agreed was that an enjoyable evening was had by all.

P.S. At the end of the evening I had entry money for one more swimmer than was in the changing room. This means I owe someone some change, or there is a Heathen on the bottom of Beckenham Place Baths.

### Results

1. Mike Laws 41.87; 2. Brian Fincham 43.96; 3. Bruce Grant 51.36.

### Handicap Results

1. Johnny Walker (President) 20.05; 2. Lars Hickey 21.88; 3. Jack Parrott 22.55; 4. Brian Todd 26.45; 5. Alan Brent 34.04; 6. Bruce Grant 36.36; 7. Mike Laws 36.87; 8. Brian Fincham 37.96; 9. Alan Mothersole 39.50; 10. Mike Cronin 44.49; 11. Bill Clapham 46.45; 12. Peter Rissen 49.49.



# RACE RESULTS

## ISLE OF THANET COASTAL MARATHON

8th April, 1984

1.	C. Ashbee (Hastings AC)	2.30.30
9.	M. Williams (Blackheath H.)	2.45.08
14.	M. Peel (Blackheath H.)	2.57.00
59.	P. Greenwood (Blackheath H.)	3.05.20
248.	R. Smith (Blackheath H.)	3.44.53
464.	P. Critchley (Blackheath H.)	4.34.09

## FLEET AND CROOKHAM HALF MARATHON

Aldershot 8th April, 1984

Oh those hills! They come between ten and twelve miles after an attractively flat course apart from a few undulations early in the race, but then comes that agonising series of little climbs before the final mile down into the Rushmore Arena. The weather was windless and cool, around 45°F. The start is a disaster and must be changed eventually; nearly 3000 runners starting on a 15 feet wide road meant that after a mile, when the course circles back to very near the start, the leaders could see the back of the field still approaching the start line. Otherwise the organisation was excellent. Not a great number of Blackheath vests were visible although we had nine finishers and one mention in the results as yours truly managed 1st over 50.

1.	M. Hurd (R.A.F.)	65.29
100.	D. Cocker	75.54
181.	G. Spencer	78.42
219.	R. Pitcairn-Knowles (1st V50)	79.55
275.	R. Ebbutt	81.14
462.	M. Harley (V40)	85.02
1302.	J. Hill	97.11
1321.	T. Raymer	97.24
1334.	D. Wilcox (V50)	97.37
1663.	L. Dalmon (V40)	102.10

2965 Finished.

Team: 1 Aldershot, Farnham and District 95pts.

24 Blackheath (100, 181, 219, 275) 775 pts.

365 Teams finished.

R.P.K.

## HERNE HILL 10

21st April, 1984

1. A. Catton, Ilford, 51.23; 2. R. Payne, Herne Hill, 52.08; 3. G. Webb, Ilford, 53.08; 6. K. Pike, B.H., 54.53; 10. P. Betts, B.H., 55.57; 33. M. Shielis, (7th Vet), B.H., 61.44; 42. R. Savery (11th Vet), B.H., 64.08; 45. J. Taylor, (14th Vet), B.H., 64.38; 52. S. Ridgewell, B.H., 66.00; 53. R. Chambers, B.H., 66.03; 57. M. Gasson, B.H., 66.34; 67. P. Rissen, B.H., 69.16; 69. D. Hopgood, B.H., 70.06; 84. G. Wilhelmi, B.H., 76.41. — 89 Finished — 118 Started. Very hot 25°C.

## MABAC MASTERS AND MAIDENS 10 MILES

Effingham

15th April, 1984

Going for a personal best, the course proved a little hilly and the gentle breeze just too strong; or was it the lack of training! This pleasant rural frying-pan course, with two laps of the pan, is to be recommended for senior men who have not bettered sixty minutes for ten, and all vets. No prizes, but a well organised, accurately measured, and most enjoyable course for non-elite runners. It was a great feeling to attempt to stay with the leaders for the first couple of miles until we began to string out as usual, and then it was a case of hanging on and trying to peg back a few before the last 600 metres of grass up to the finish. Only four of the club entered. Where were the rest of the Blackheath veterans?

R.P.K.

MASTERS (Vets)	
1. J. Froud (Woking)	56.21 (Overall 1)
10. R. Pitcairn-Knowles (1st V50)	59.21 (Overall 14)
V50	
16. J. Kavanagh	61.18 (Overall 34)
71. R. Savery	67.55 (Overall 151)
MEN	
41. B. Fisher	64.15 (Overall 82)
165 Masters finished. 395 Overall finished.	

## ROCHESTER HALF MARATHON

Sunday, 22nd April, 1984

The good-sized field which lined up outside the Sports Centre, Chatham, for the 3rd Brooks Rochester Half Marathon, to the best of my knowledge, included only two Blackheath Harriers. Weather conditions were warm and windy and the course is quite rough and undulating. Bob Treadwell had a comfortable win. I myself was well pleased with 22nd. position except that I was pipped for 21st, my position last year, on the finish line.

P.C.

1. R. Treadwell, Surrey Beagles, 67.43; 2. A. McGee, 69.01; 3. P. Russell, 69.18; 22. P. W. Catley, B.H., 78.25; 264. J. Braughton, B.H., 98.01. 621 Started. 591 Finished.

## CANVEY ISLAND A.C. HALF MARATHON

22nd April 1984

Watching "Chariots of Fire" on T.V. in the evening compensated a little for a slow hot run at midday. The heat appeals to some but exhausts others and the 60F, a rise of 20 in a few days, was too much for me. At least Blackheath achieved three trophies at the prize giving; they believe in depth of winners at Canvey! We had A. Good 1st V60, R. Pitcairn-Knowles 5th V50, P. Greenwood 5th V40 who was our first man home. It was good to see Peter greeting his son who finished eight and a half minutes behind his father; how long before son catches father? Here's hoping for a cool day in April 1985.

1 K. Mills (Shaftesbury)	1.06.28
22 P. Greenwood (V40)	1.16.01
34 J. Clare (V40)	1.17.34
59 R. Palmer (V40)	1.21.51
71 R. Pitcairn-Knowles (V50)	1.22.59
86 S. Greenwood	1.24.41
218 A. Good (1st V60)	1.37.04
233 J. Martin (V50)	1.38.31
475 finished	

RPK

## TED PEPPER MEMORIAL '7

*Beckenham, Kent*

*7th May, 1984*

Despite the imminence of the London marathon, the Sixth Ted Pepper Memorial '7' once again attracted a high class field to its usual Beckenham venue. Inevitably, Keith Penny was there; he has obviously realised that his presence is now as traditional a feature of the event as the slick organisation and handsome prize list.

Because of the strength in depth among the 300 starters and a strong hacking wind, it was some 2 miles before a distinct break occurred at the front. Graham Payne (Southend-on-Sea A.C.), Keith Penny, Paul Williams, Peter Gaden (Cambridge Harriers), Gary Ribbons, Paul Magner (Epsom & Ewell), Andy Evans (South London Harriers) and Ian Beauchamp (Ranelagh) pulled 150 yards clear of a second detached group which comprised Colin Turner, Maurice Benn (Woodford Green), Dennis Fairbrass (Kent A.C.), Neil Blayney (Aldershot, Farnham and Dist.) and the two vets, Brian Buonvino (Dartford Harriers) and Les Roberts.

At the front it became very tactical and, at times, resembled a fartlek session. Eventually, however, a distinct pattern emerged resulting from a rocket surge by Gary Ribbons at about 5 miles. Only Penny and Payne could respond and, in fact, ultimately got the better of him. So after 7 miles it was Payne and Penny charging up the finishing lane in a finishing time of 33:37 for Payne, beating Penny by 2 secs., with Ribbons 75 yards adrift. Paul Magner followed 2 secs. behind, just getting the better of Paul Williams.

Les Roberts, who had broken the second group on lap 2, was overhauled by Turner and Benn on the run in but his 12th place, in a time of 35.24, secured the vets prize from Brian Buonvino by 14 secs.

The weather and tactics early on in the race precluded any destruction of Bernie Ford's 33.10 course record, although the pace over the final few miles meant they got pretty close to it. Johnny Baldwin's vets record of 35.04 also remained intact.

Theresa Pike (Southend-on-Sea A.C.) took the ladies prize (80th overall) in 40.43. A record number of 24 ladies finished the race.

The team prize was a closely matched contest between Cambridge Harriers (55 points) and Woodford Green (57 points); Blackheath was the 3rd team, and also supplied the first 'B' team.

For a change, the computer produced all the results only 30 minutes after the last finisher!

Pos	Name	Club	Time
001	G. Payne	Southend-on-Sea	33.37
002	K. Penny	Cambridge Harriers	33.39
003	G. Ribbons	Epsom & Ewell Harr's	34.04
012	L. Roberts V/40	Blackheath Harriers	35.24
027	I. Wilson	"	37.17
028	P. Betts	"	37.30
031	D. White V/40	"	37.54
038	C. Walker	"	38.26
044	K. Daniel	"	38.54
052	I. Young	"	39.27
055	P. Shepheard V/40	"	39.33
057	M. Conway V/40	"	39.37
065	K. Whicheloe	"	39.58
066	F. Johnson	"	40.00

067	R. Minting	"	"	40.09
077	C. Haines	"	"	40.41
085	J. Bailey	"	"	40.57
096	J. Robinson V/40	"	"	42.09
100	M. Harley V/40	"	"	42.21
102	M. Shiels V/40	"	"	42.30
106	A. Calton V/40	"	"	42.37
111	D. Cordell V/40	"	"	42.54
112	A. Calton	"	"	43.00
113	P. Rissen	"	"	3.03
122	J. Kavanagh V/45	"	"	43.19
128	R. Morris	"	"	43.49
130	G. Gibbens V/50	"	"	43.54
131	A. Jones	"	"	43.55
133	B. Saxton	"	"	44.01
139	R. Day V/40	"	"	44.09
141	S. Fagg	"	"	44.52
143	J. Raine V/40	"	"	44.58
149	D. Thomson V/40	"	"	45.33
158	B. Todd V/50	"	"	46.22
161	M. Allen	"	"	46.33
165	B. Cowland	"	"	47.11
166	I. Gold	"	"	47.16
168	J. Anderson V/45	"	"	47.21
170	G. Forbes V/40	"	"	47.32
171	J. Hill V/40	"	"	47.36
173	J. Braughton V/60	"	"	48.07
174	A. Hartley	"	"	48.13

Pos	Name	Club	Time
181	B. Hartley V/40	"	49.35
185	M. Cowling	"	50.35
192	D. Wilcox V/50	"	51.38
194	A. Pickering	"	51.50
205	P. Lester	"	57.18
208	P. Hannell V/40	"	58.25
210	A. Samuels	"	59.46
213	J. Pepper	"	70.56

## TEAM RESULTS

Blackheath Harriers A	12	27	28	31	= 98
Blackheath Harriers B	38	44	52	55	= 189

## SOUTHERN COUNTIES VETERANS TRACK AND FIELD CHAMPIONSHIP

Watford				4th June, 1984
Shot	M40	1st Chris Ellis	Blackheath	13m 58cm
	M50	1st Gordon Hickey	Blackheath	12m 34cm
Discus	M40	1st Chris Ellis	Blackheath	45m 50cm
5000m	M40	5th Chris Woodcock	Blackheath	16m 02s
	M50	3rd Richard Pitcairn-Knowles	Blackheath	18m 11s
		4th Ron Forman	Blackheath	18m 13s
		5th Tony Weeks-Pearson	Blackheath	18m 48s
High Jump	M50	1st Gordon Hickey	Blackheath	1m 65cm
		3rd Jim Day	Blackheath	1m 35cm
Long Jump	M50	1st Gordon Hickey	Blackheath	5m 28cm
Pole Vault	M50	1st Jim Day	Blackheath	3m 00cm
Triple Jump	M50	1st Gordon Hickey	Blackheath	10m 61cm
		3rd Jim Day	Blackheath	9m 21cm

4 Wins in one day. This Hickey lad shows promise.

Nike 25 km Road Race - Twickenham

1. Grenville Tuck, AFD, 1.19.06.
10. Chris Woodcock, B.H., 1.26.05.

## VETERANS INTER-COUNTIES 10K ROAD RACE CHAMPIONSHIPS

Leamington

20th May, 1984

In a race from which Ron Franklin, whose name appeared probably more than any other on the previous results list, was disqualified for cutting across a roundabout, a cheeky challenge by the National Cross Country V50 champion club team to go for the Veterans Inter Counties 10K V50 Road Championship single handed, in spite of two of the team having to treat the race as a warm down from the London Marathon just a week before, almost worked! Blackheath, on behalf of Kent, managed 4th team place. Tony Weeks-Pearson, returning to his rightful place, led the team in, followed by Richard Pitcairn-Knowles and Ron Foreman, both of whom managed personal bests, so the journey to Leamington was worthwhile for all. What might have been without the London Marathon?

### R.P.K.

1. (Overall 1) J. O'Brien (W. Glamorgan)

31.31

V50

1. (Overall 10) A. Hughes (Lancs) 33.09  
14. (Overall 38) A. Weeks-Pearson 36.22  
15. (Overall 40) R. Pitcairn-Knowles 36.30  
19. (Overall 48) R. Foreman 36.45

Teams: V40, Warwickshire

V50, 1 North Eastern 13 pts.

4 Kent (B.H.) 48 pts.

126 Finished. 58 V50 Finished.

## ACTION SPORTS RUN

Beckenham Place Park  
(6½ miles X - C)

28th May

1. R. Maxwell, 36.04; 2. A. Anderson, 36.12; 3. D. Fairbrass, 36.26;

### Blackheath Harriers

4. K. Pike, 37.02; 7. K. Daniel, 37.41; 12. J. McGee, 39.01;  
13. S. Fitz-Costa, 39.13. — (132 finished).

## CLUB MARATHON CHAMPIONSHIP

Blackheath / Westminster

May 1984

As last year, the Mars London Marathon was incorporated into the Blackheath Championship and, as before, Blackheath members only just failed to outnumber the guests. In all we had 114 finishers on the day, and first home for the second successive year was Ricardo Coles (Koelesh) in a time of 2.26.19.

Marathon buffs will note the modesty of this winning time which was due for the most part to a deceptively strong head wind for much of the way. The majority of competitors produced times well down on what they might have expected so all credit must go to those who ran up to their normal standard. A particular mention must be made of one Blackheathian who above all others must be regarded as a true winner on the day, Bill Wheeler. He improved over 1½ hours on his New York time of last year, and only failed to beat 3 hours by a whisker.

BH Pos	Race Pos.	Time
	1	2.09.57 C. Spedding (Guest)
	14	2.15.27 Merv Brameld (Invicta)
	98	2.23.27 Derek McIver (Ex Blackheath)
1	148	2.26.19 Richard Coles
2	239	2.30.04 Ken Pike
3	364	2.34.38 Tony Bounds
4	434	2.36.52 Chris Haines
5	461	2.37.37 Dave White 0/40
6	482	2.38.28 Mike Williams
7	496	2.38.49 Peter Sheppard 0/40
8	553	2.40.06 Steve Robinson
9	626	2.42.02 Jim McGee
	645	2.42.51 Dave Dunn (Ranelagh)
10	659	2.43.04 William Cross
	726	2.44.31 Len Tempian (Invicta) 0/45
11	820	2.46.39 Chris Walker
12	839	2.46.59 Peter German
13	859	2.47.33 Doug Cocker
14	935	2.48.47 Mike Field
15	951	2.49.01 Roy Savery 0/45
16	1011	2.49.58 David Robjohns
17	1085	2.50.59 Norman Davidson
	1089	2.51.02 Richard Pitcairn-Knowles 0/50
19	1264	2.53.19 Mike Cronin 0/40
	1267	2.53.24 Stan Ridgewell
21	1362	2.54.35 Neil Colvin
22	1453	2.55.49 Ian Young
23	1457	2.55.55 Rod Palmer 0/40
24	1480	2.56.13 Bob Minting
25	1496	2.56.21 Martin Athawes
25	1496	2.56.21 Steve Fitz-Costa (20)
27	1743	2.58.54 Jim Bailey
28	1751	2.58.56 Mike Gasson
29	1771	2.59.04 Barry O'Gorman 0/45
30		2.59.59 Ron Foreman (Missing from list of finishers). 0/50
31	1912	3.00.16 Bill Wheeler
32	1980	3.00.58 Pete Greenwood 0/40
33	2004	3.01.11 Pete Daniel
34	2033	3.01.28 Terry Macey
35	2110	3.02.18 Dave Cordell
36	2151	3.02.45 Spike Richards
37	2545	3.06.43 Peter Risen
38	2619	3.07.40 Ron Jones
39	2662	3.08.03 Roger Ebbutt
40	2687	3.08.19 Paul Davies
41	2724	3.08.41 Pete Catley 0/40
42	2797	3.09.20 Ian Cooper
43	2805	3.09.27 John Taylor 0/40
44	2860	3.09.56 Mike Newman 0/45
45	3066	3.11.58 Mike Harley 0/40
46	3113	3.12.20 Peter Barlow
47	3355	3.14.46 Tony Roberts
48	3592	3.16.49 Dave Thomson 0/40
49	3686	3.17.43 Gordon Gibbens 0/50
	3910	3.19.27 Judy Wilson (Bromley Ladies A.C.)
50	3951	3.19.46 Roger Thornton 0/40
51	3994	3.20.04 Brian Cowland
52	4037	3.20.24 Peter Rickell
53	4147	3.21.17 Dave Appleton
54	4189	3.21.19 Trevor Raymer
55	4208	3.21.46 Ray Walsh
56	4267	3.22.07 Gordon Hayward
57	4287	3.22.17 Derek Crowdson
58	4289	3.22.22 Geoff Crowder 0/50
59	4338	3.22.42 Ron Beale 0/45
60	4499	3.24.07 John Routledge
61	4565	3.24.36 Phil Saxon 0/60
62	4776	3.26.05 William Slack
63	4844	3.26.30 Roland Tompkins
64	5353	3.29.35 Michael Manley
65	5438	3.29.48 Michael Treacey
66	5484	3.30.11 Spencer Fagg
	5522	3.30.28 Maureen Farish (Bromley Ladies A.C.)
	5525	3.30.29 Nanette Cross (Bromley Ladies A.C.)
67	5541	3.30.34 Sterling Davis
68	5588	3.30.53 David McLeod
69	5597	3.30.58 Bob Day 0/40
70	5689	3.31.57 Tony Nana
71	5738	3.32.29 Ron Chambers 0/45
72	5973	3.34.20 Craig Daly
73	6270	3.36.06 Peter Reed

L.R.

BH Pos	Race Pos.	Time
74	6326	3.36.32 George Forbes
75	6690	3.39.04 Brian Hartley
76	6706	3.39.14 Michael Brooke
77	6821	3.39.50 Jack Braughton 0/60
78	7295	3.42.57 Arthur Good 0/60
79	7362	3.43.21 David Wilcox
80	7388	3.43.28 John Robinson
81	7414	3.43.35 Brian O'Flynn
82	7563	3.44.31 Harry Martin
83	7663	3.45.17 Alan Mothersole
84	7744	3.45.50 Jim Raine
85	7867	3.46.55 John Drabwell
86	7890	3.47.02 Peter Molyneux
87	8203	3.49.10 Richard Melik
88	8210	3.49.11 Phillip Khan-Panni
89	8213	3.49.12 Derek Brand
90	8396	3.50.40 Paul Ellis
	8419	3.50.51 Annette Carlsen (Bromley Ladies A.C.)
91	8668	3.52.24 Dave Cogan
92	8770	3.53.19 Sonny Nairn
93	8887	3.54.19 Mike Allen
94	8964	3.54.50 Jack King
	9009	3.55.09 Helen James (Bromley Ladies A.C.)
95	9058	3.55.30 Les Percival
96	9122	3.55.47 Bob Manning
97	9529	3.58.10 John Anderson
98	9952	4.00.56 John Nash
99	10027	4.01.27 Lionel Blunden
100	10051	4.01.38 Derek Brickwood
101	10208	4.02.49 Sean McGowan
102	10667	4.06.33 Mark Cowling
103	10685	4.06.43 Terry Dovey
104	10960	4.09.32 Gary Spencer
105	11101	4.11.12 Peter Long
106	11275	4.12.39 Ray Gibson
107	11562	4.15.36 Alan Pickering
108	11567	4.15.39 Mike Peel
11881=	11881=	4.18.44 Vivienne Crowe (Bromley Ladies A.C.)
11881=	11881=	4.18.44 Mary Truelove (Bromley Ladies A.C.)
109	12174	4.21.13 John Axon
	12213	4.21.29 Suzanne Wright (Bromley Ladies A.C.)
110	13411	4.36.23 John Rowney
111	13890	4.44.10 Arthur Kempson (74 years old)
112	13968	4.45.51 Keith Coombs
	14371	4.53.59 Jean Berkeley (Bromley Ladies A.C.)
113	15052	5.15.00 Roger Burgess
	15263	5.29.56 Doreen King (Mother of Paul B-K)
114	15452	5.48.12 John O'Sullivan
	15476	5.53.53 Rita White (Dave's better half)

### THE PICCADILLY RADIO MARATHON 1984

(Is this the best place for a marathon P.B.?)

Manchester

Sunday 1st July, 1984

With the passing of the "London" most Blackheath Harriers seem to swap their Terras for spikes, but not so Alan Mothersole and John Routledge, who lined up at the Platt Fields to wear the Club colours with as much vigour as any of their speedier peers left at home down south would have done. Other names spotted in the programme included Peter Daniel and Henry Martin. Does the second of these names belong to the Mexican bandit with the flowing white hair who is to be seen at every race I've ever been to? If so, he was spotted in person making a valiant finish, combining the race as he was with a 400 mile round trip in a friend's car all in one day.

I'm sure it was worth it. The Piccadilly, with nearly 10,000 entrants, is with good reason a valid claimant for AAA's Marathon Championship in 1985. It had everything that the London did seven weeks earlier, and no tight corners. Passing as it does through the centre of Manchester, it has had the honour of being the biggest operation ever in the history of the Greater Manchester Traffic Police. Lesley Watson and others claim it to be the fastest course in the U.K., although I believe it to have been modified this year from previous years. Certainly, Alan and I

both notched up P.B.s although we were agreed that the last mile had been deliberately and mischievously "stretched" by the organisers.

The only thing missing for us was the partisan support of the Blackheath families and friends we had enjoyed so much in London. Alan made up for this at 19 miles by stopping in Moss Side for five minutes relaxation, breakdancing with the youth to soul imports at 9 million watts.

It was all highly exhilarating, and we think you should come with us next year.

Times: John Routledge 3:15:16  
Alan Mothersole 3:33:47

J.R.

### SRI CHINMOY SUMMER GRAND PRIX

Battersea Park

July 1984

Thirteen members of Blackheath Harriers represented the club on four successive Monday evenings during July.

The event was yet again well organised and thoroughly enjoyable and the standard of competition was higher than ever. This year's stars such as Dave Clarke (Wimbledon) and Kevin Steere (Ilford) plus local favourites Robin Dickson (Croydon) and Jack Heywood (Herne Hill) showed us how it should be done.

Jack Braughton was our most successful athlete, winning one race, placing second in three others and coming second overall in his age group.

Monday 16th July proved to be the Club's most successful evening when Blackheath won two of the six races.

In the M2 category (age 30-39) Blackheath runners led virtually from gun to tape. Shortly after the start Gary Spencer made a bold move and built up a 10 metre lead. It was with only 350 metres to go that his lack of training due to injury caused him to fade, but team-mate Richard Coe moved onto the shoulder of leader Chris Bould and with 200 metres remaining outkicked the rest of the field to win convincingly in 4.23.

Jack Braughton also stamped his authority on the M6 (age 60-70) category with an emphatic 8 seconds margin of victory over Hermann Goffberg (T.V.H.) in 5.28.

In the M3 (40-45) category John Robinson ran a fine personal best of 4.54 finishing 16th.

In the M5 (51-60) category, Ron Foreman (5.14) was 4th, William Clapham (5.21) 7th, and Gordon Gibbens (5.42) 11th.

This series is highly recommended and it would be nice to see an even larger Blackheath contingent taking part next year.

R.C.

### 1 HOUR RUN

Norman Park

4th July, 1984

1. C. Woodcock, 17k 265; 2. S. Robinson, 17k 190; 3. R. Cliff, 17k 165; 4. F. O'Gorman, 16k 469; 5. D. White, 16k 03; 6. S. Ridgewell, 16k 00; 7. R. Foreman, 15k 690; 8. R. Tomkins, 15k 450; 9. S. Cluney, 14k 733; 10. R. Turney, 14k 310; 11. J. Braughton, 14k 240; 12. K. Price, 14k 125; 13. B. Hartley, 14k 100; 14. R. Day, 14k 30; 15. P. Knight, 13k 585; 16. S. Wilson, 13k 240; 17. D. Brickwood, 13k 150; 18. D. Haines, 13k 00; 19. N. Brown, 12k 800; 20. N. Hartley, 10k 530.

## BLACKHEATH HARRIERS C.C. RELAY

### Sparrows Den

15th September, 1984

1. Invicta A.C. 'A'	65.10
2. Hercules-W. 'A'	65.37
3. Cambridge H. 'A'	66.11
4. Elliott 'A'	67.35
5. SLH 'A'	67.56
6. Invicta A.C. 'B'	68.33
7. Portsmouth 'A'	68.41
8. Blackheath 'A'	70.04
(W. Foster 11.14; M. Jackson 11.32; M. Colpus 11.34; P. Cainan 11.28; C. Bird 12.12; M. Athawes 12.04)	
19. Blackheath 'B'	73.08
(G. Spencer 11.45; S. FitzCosta 12.36; R. Coe 11.47; C. Ware 12.37; P. B-King 12.23; N. Colvin 12.12)	
23. Blackheath 'C'	75.17
(M. Williams 12.08; M. Cronin 12.15; M. Field 12.47; M. Gasson 13.42; C. Haines 12.08; K. Pike 12.17)	
34. Blackheath 'G'	80.31
(G. Fernandez 11.41; D. Searby 12.11; R. Tompkins 12.24; A.N. Other 14.37; A.N. Other 14.07; S. Parsons 15.31)	
35. Blackheath 'F'	80.57
(J. Clare 12.47; J. Robinson 12.20; A. Davies 12.55; B. Hartley 14.04; G. Gibbens 14.41; B. Clapham 14.10)	
36. Blackheath 'E'	81.12
(R. Ebbutt 12.42; J. Taylor 12.47; P. Shephard 13.08; R. Head 13.40; M. Laws 12.01; N. Hartley 16.54)	
38. Blackheath 'D'	83.05
(J. Bailey 12.47; S. Ridgewell 12.49; M. Cowling 13.48; J. Brown 14.53; J. Braughton 15.33; A. Nana 13.15)	
44. Blackheath 'X'	91.50
(K. Coombs 16.54; P. Hannell 13.34; T. Mitchell 13.50; D. Thompson 15.26; C. Brand 18.22; A. Jones 13.45)	
Fastest Legs:	
1. D. Clarke (Hercules-Wimb.)	10.21
2. A. Guilder (Elliots A.C.)	10.31
3. M. Gratton (Invicta A.C.)	10.32

## SUNDAY TIMES FUN RUN

### Hyde Park

30th September, 1984

Some people may remember 1984 as an Olympic Year but for the really dedicated the high point of the athletic year was the Sunday Times Fun Run. Held in Hyde Park the current event was the seventh of the series. With 33,400 entrants, a record in itself, the event is a true participation day. The distance is not long, 4km, and the age and sex groups, most of whom run separately, range from the under 11s to the over 70's.

And that's where Blackheath comes in. Johnnie Walker has organised the "Blackheath Geriatrics" each year so far and it was therefore fitting that, in his presidential year, there should be a special effort towards a maximum turnout. Consequently, as the magic hour of 15.30 approached, there was a "photocall" attended by 18 over 60's and over 70's (in A and B teams no less) all of whom could stand up without assistance. Well, we did let the over 70's kneel for the camera.

Before the start the commentator interviewed Jack Parrott. We could only presume, sourly, that he looked the youngest amongst us. On being asked, blandly, whether he had ever won a race Jack was able to give the laconic reply: "I nearly did once, but on the run I broke my leg!" A

reference, of course, to his unfortunate experience in the "Closing 5" some years ago. Follow that!

At the gun, releasing 231 over 60's and 70's (including ladies) in one race Jack Braughton soon disappeared in a cloud of dust. He was lying 6th for some way but in a down hill section he "crucified" two runners in front of him. (There must be a AAA law about that sort of behaviour surely?) He finished a commendable third conceding 2nd place to Goffberg who was in the 1948 10,000m Olympics when Jack was in the 5,000m.

Phil. Saxon was our second man home in 8th. "I had no sprint left", said he. What an admission from an ex-quarter miler. Frank Dyer ran steadily to finish 26th. I stayed with him for 2,000m but couldn't hold him during the second half of the race. I was heartened, however, by the immense cheering which greeted me at the 3,000m mark. I was even more chastened when I realised that the cheers were for the first 70 plus man who was steadily moving up – and past me!

A similar shattering experience befell Len Blight, running in his first Fun Run, who was "burnt off" by a lady doctor in the 70 plus range. Our President's quote was: "A good time was had by many but not by me." A. Kempton led home our 70 plus contingent with 9th position out of 20 starters. Blackheath dominated this group with five competitors.

There is a complex computer based calculation which places teams in order of placings merit regardless of times. Blackheath "A" team, scoring 77 points came 11th and our "B" team with 405 points came 93rd. This out of 1857 teams? Can't be bad I suppose. Also running in this group as individuals were Barry Willis (43rd) and Fergus Anckhorn (73rd). They may not know it yet but they will probably be "volunteering" for the official Blackheath teams next year. Also Alan Brent was part of a 3 generation team and Arthur Good of a 2 generation. Amongst the "youngsters" could be seen R. Pitcairn-Knowles who finished a very creditable 8th out of 473 in the 50–59 category.

A most enjoyable day out. Good fun for a complete cross section of humanity. The detailed results are as follows. Having written this report so far it then took half an hour before this broken-hearted scribe worked out why – why – when finishing fourth time-wise he didn't even score! It's a rotten life, sometimes, being a Blackheath Harrier.

A.O.

### A Team

Time	Place
15.37 J. Braughton	(60+) 3
16.32 P. Saxon	(60+) 8
17.41 F. Dyer	(60+) 26
18.00 A. Oldfield	(60+) 29
18.33 J. Bennett	(60+) 34
22.32 L. Blight	(60+) 86
23.06 A. Kempton	(70+) 9
25.40 L. Piper	(70+) 12
30.26 J. Parrott	(70+) 19

6 to score: 3, 8, 9, 12, 19, 26 = 77.

### B Team

Time	Place
21.50 D. Gillate	(60+) 81
22.06 W. Lake	(60+) 83
23.55 G. Rhodes	(60+) 96
26.20 R. Kirk	(60+) 107
29.06 M. Walker	(70+) 18
34.17 L. King	(70+) 20

6 to score: 18, 20, 81, 83, 96, 107

= 405.

## Blackheath Harriers v Bank of England & Kent A.C.

Hayes

6th October 1984

Pos	Name	Club	Time		
1 D.	Fairbrass	K	34.57	34 J. Phelan	BH 40.23
2 N.	Fairbrass	K	35.39	35 M. Conway	BH 40.26
3 J.	Beck	BH	36.14	36 K. Baksh	BE 40.40
4 K.	Pike	BH	36.24	37 R. Pitcairn-Knowles	BH 40.44
5 K.	Daniel	BH	36.28	38 B. Parkes	K 40.48
6 M.	Cronin	BH	36.46	39 C. Sawyer	K 40.50
7 R.	Pace	K	36.56	40 W. Clapham	BH 41.00
8 M.	Laws	BH	37.34	41 R. Farish (SN)	BH 41.16
9 P.	Barrington-King	BH	37.39	42 B. Grant	BH 41.36
10 P.	Hamilton	BH	37.45	43 M. Crane	K 41.52
11 P.	Oates	BE	37.46	44 C. Warrington	K 41.57
12 R.	Coe	BH	37.49	45 C. Adams (Guest)	BH 42.58
13 S.	Fitz-Costa	BH	37.59	46 D. Hickman	BH 42.09
14 M.	Morris	K	38.02	47 M. Gasson	BH 42.10
15 P.	Boyd	K	38.16	48 B. Fincham	BH 42.15
16 R.	Tompkins	BH	38.35	49 B. Saxon	BH 42.28
17 N.	Davidson	BH	38.37	50 D. Crowdson	BH 42.47
18 S.	Levy	BE	38.40	51 B. Hartley	BH 42.56
19 B.	Harris	K	38.41	52 B. Sear	K 43.16
20 N.	Camp	BE	38.43	53 C. Daly	BH 43.33
21 D.	Crane	K	38.51	54 D. Crane	K 44.35
22 C.	Jarrett	BE	38.52	55 N. Harris	BE 44.36
23 D.	Croll	BH	38.58	56 R. Hale	K 44.41
24 F.	Parrott	K	39.03	57 D. Hopgood	BH 44.46
25 R.	Minting	BH	39.05	58 E. Carter	K 45.21
26 C.	Haines	BH	39.07	59 P. Carter	K 45.21
27 B.	Mills	BE	39.08	60 P. Farrar	BH 46.12
28 C.	Webb	BE	39.09	61 C. Reynolds	K 46.30
29 J.	Oliver	BH	39.17	62 B. Cowland	BH 47.24
30 A.	Nana	BH	39.28	63 P. Bray	BH 48.44
31 A.	Gauld	BE	39.36	64 P. Towndrow	K 51.18
32 I.	Jobson	BE	39.38	65 J. Gibbins	BE 52.48
33 J.	Robinson	BH	39.46	66 G. Sagar	BE 55.29

## FIRST SUSSEX HALF MARATHON

Sunday, 7th October, 1984

A good turn out; 1,700 starters; well organised and marshalled; plenty of drinks and sponge stations; flat route partly through country lanes, very near the end of the runway at Gatwick Airport as we found out with low flying aircraft; started and finished at Crawley all weather track. 42nd, Jim Bailey, 1.20.53.

J.B.

## BRIEFS

- 14.10.84 Lewes "10" 5. L. Atterbury 60.50 (166 finished: Cross-country - tough course).
- 21.10.84 Cabbage Patch "10" 17. L. Atterbury 52.43 (994 finished).
- 4.11.84 Coulson "10": 8. L. Atterbury 54.26; 20. N. Davidson 57.14; 27. C. Bird 58.11; 94. A. Jones 63.34; 131. I. Cooper 65.15; 202. R. Vercoe 68.31; 340. M. London 73.35; 441. J. Axon 78.32; 482. J. Hill 81.06; 623. R. Burgess 97.15. 659 Finished.
- 11.11.84 Llandudno "10" 16. L. Atterbury 51.51 (P.B.!!!). 956 finished. (Won in 46.59 - accurate course!)

Despite many good performances this year Lyn Atterbury informs me that he will start running seriously when he's a "vet" in two years time. He's just resting at the moment.

## EUROPEAN VETERANS ROAD RACE CHAMPIONSHIPS

Berne, Switzerland

13th October, 1984

With John Baldwin still hors de combat through injury it was left to Les Roberts to fly the black flag at the front of this enormous heap of ageing European flesh which quickly extended itself in a long line through the streets of the Swiss capital. I say black flag, but in fact for the third time out of three in European competition this year, Les quite literally got his knickers and vest in a twist somewhere along the line and ended up having to wear borrowed kit. On this occasion a delightful little number in white, yellow and blue borrowed from Tim Johnston came to the rescue.

The 10km course was bumpy with the first nasty little rise after 3km. It was here that Les and Guy Ogden, the British National Veterans Cross Country champion, surged away from the rest and continued in like vein to the end, where Ogden got the better of our senior anorexic over the last kilometre. Although it is unlikely Les could have made up the 4s deficit, it was a pity we were unable to see how close he could have got with his finishing sprint because the final 150 metres of the course contained two dead corners. Despite the hills it was quite quick, Ogden winning in 30m 40s. After Les, there was a ½ minute gap before Tim Johnston appeared and he was comfortably clear of the next. Les's 30m 44s was a P.B. for 10km on the road.

## CLUB 5

Hayes

20th October, 1984

New boy Bill O'Donnell got his hand in the trophy cabinet at the first attempt. Bill, a teacher from Weston-super-Mare, has come east to teach at Hayes School, and we are lucky enough to have attracted his talents. He will be featuring quite substantially, I fancy, in Blackheath affairs on road and track in the months to come.



Bill O'Donnell and Ken Pike after the "5".

1. W. O'Donnell 28.07; 2. L. Roberts 28.29; 3. K. Pike 29.11; R. Coe 29.30; 5. K. Daniel 29.43; 6. G. Spencer 29.50; 7. M. Laws (J) 29.53; 8. P. Hamilton 30.01; 9. C. Bird 30.11; 10. P. Barrington-King 30.13; 11. P. Betts 30.16; 12. R. Cliff 30.16; 13. M. Athawes 30.22; 14. I. Wilson 30.25; 15. G. Fernandes (J) 30.28; 16. M. Cronin 30.37; 17. J. Eltham 30.40; 18. S. Fitz-Costa 30.48; 19. K. Whicheloe 30.55; 20. C. Haines 31.01; 21. S. Ridgewell 31.04; 22. A. Davis 31.16; 23. I. Young 31.20; 24. J. Taylor 31.28; 25. J. McGee 31.37; 26. S. Robinson 31.37; 27. P. Davis (J) 31.42; 28. J. Robinson 31.45; 29. P. Shepheard 31.48; 30. A. Blacknell (J) 31.55; 31. N. Wahla 32.00; 32. A. Bounds 32.09; 33. A. Nana 32.09; 34. R. Ebbutt 32.14; 35. J. Phelan 32.18; 36. R. Tompkins 32.29; 37. M. Peel 32.30; 38. A. Calton (Jnr) 32.34; 39. P. Austridge 33.00; 40. A. Jones 33.05; 41. B. Swift 33.06; 42. J. Kelly 33.07; 43. R. Pitcairn-Knowles 33.19; 44. R. Farish (Snr) 33.29; 45. W. Wheeler 33.37; 46. M. Gasson 33.39; 47. D. Crowdson 33.43; 48. W. Clapham 33.49; 49. C. Rowe 33.58; 50. P. Horwood 34.00; 51. P. Davies 34.02; 52. N. Keogh (J) 34.06; 53. J. Bailey 34.07; 54. R. Singerton 34.08; 55. J. Nash 34.11; 56. N. Umney 34.13; 57. M. Crisp 34.18; 58. B. Smith 34.27; 59. C. Daly 34.33; 60. A. J. Weeks-Pearson 34.34; 61. G. Plank 34.41; 62. J. Raine 34.45; 63. R. Morris 34.48; 64. I. Loveland 34.50; 65. P. Hannell 34.51; 66. P. Egan 35.27; 67. A. Calton (Snr) 35.34; 68. B. Hartley 35.39; 69. S. Thompson 35.51; 70. S. Arthurrell 35.56; 71. R. Day 36.11; 72. A. Buckle (J) 36.20; 73. T. Dovey 36.23; 74. J. Braughton 36.48; 75. R. Thornton 36.11; 76. M. Treacy 37.14; 77. G. Gibbens 37.15; 78. D. Hopgood 37.17; 79. P. Rickell 37.23; 80. M. Newman 37.28; 81. D. Haines 37.30; 82. F. Dudman 37.47; 83. D. Thomson 37.54; 84. I. Gold 37.59; 85. R. Foreman 38.08; 86. M. London 38.21; 87. A. Musson 38.28; 88. J. Powell 38.51; 89. D. Wilcox 38.56; 90. M. Rich 38.57; 91. J. Brown 39.20; 92. P. Saxon 39.49; 93. G. Geere 40.02; 94. K. Price 40.18; 95. D. Brickwood 40.19; 96. D. Bentley 40.39; 97. R. Stewart 40.43; 98. J. White 40.50; 99. D. White 40.50; 100. A. Chapman 40.52; 101. Toby Sullivan 40.56; 102. I. F. Smith 40.57; 103. G. Wright 41.06; 104. S. Parsons 41.11; 105. S. Conway 41.14; 106. K. Coombs 41.38; 107. D. Farrelly 41.58; 108. P. Khan-Panni 42.01; 109. T. Greenwood 42.28; 110. A. Tompkins 42.35; 111. J. Cross 43.13; 112. D. Tingey 43.23; 113. J. Partington 47.07; 114. Colin Brand 47.12; 115. R. Pinson 49.45.

### **Handicap**

1st. J. Braughton; 2nd. F. Dudman; 3rd. T. Dovey.

### **THE KENT AAA 20 MILE ROAD RACE**

*28th October, 1984*

Late again I thought to myself as I entered the Blackheath changing rooms for my Sunday morning training run.

"They have gone without you" said M.C. as I looked for a place to park my bag.

Oh well I couldn't expect them to wait, it was gone 10am and we arranged to start our run at 9.30am.

"Why not run the Kent 20" says M.C. "We can go round together". Why not indeed so I signed up and took my place on the starting grid. With only another 36 runners there was no jostling for position.

The weather was damp and the wind quite strong on parts of the course.

The course consisted of 2 short laps and 3 longer ones I think, I was feeling quite giddy at the finish.

As planned I ran in tandem with M.C. and we finished the 20 mile course within 10 seconds of each other.

Meanwhile at the front of the field Don Faircloth of Croydon won the race in 1.45.49 with our own editor

finishing 2nd (1st in the Kent Champs yet again) in 1.47.17 which I understand was a P.B. for young Les. Its good to know that you get faster as you get older.

By the way I struggled in as 3rd Heathen home and thanks to Les and M.C. we won 3rd Kent team and 3rd Open team.

So home I went armed with medal, decanter and my own PB. Perhaps I'll turn up late for Sunday training sessions more often.

1. D. Faircloth, Croydon, 1.45.49; 2. L. Roberts, BH, 1.47.17; 3. G. Meredith, Cambridge, 1.49.13; 17. M. Cronin, BH, 2.05.30; 18. S. Ridgewell, BH, 2.05.40; 19. M. Conway, BH, 2.06.23.

### **Kent Championships**

1. L. Roberts; 2. G. Meredith; 3. B. Buonvino.

### **Kent Team Race**

1. Dartford, 3.4.8 = 15; 2. Cambridge, 2.7.10 = 19; 3. B. H. 1.11.12 = 24.

### **Open Team Race**

1. Dartford, 4.5.14 = 23; 2. Cambridge, 3.10.11 = 24; 3. Blackheath, 2.17.18 = 37.

**S.R.**

### **VETERANS MOB MATCH**

Orion Harriers v Blackheath Harriers v Ranelagh Harriers v South London Harriers

*Epping Forest*

*3rd November, 1984*

Unusually for veterans' fixtures, this course remains the traditional 7½ miles, and Epping Forest was at its most cloying. It was regrettable that we produced 24 starters, the most, but the scoring was only 10 a side. Our team packed well, but unfortunately not near enough to the front. Congratulations in particular to Mike Cronin, Dave Wilcox and Doug Tingey. Mike gave John Geoghegan a good race for most of the way. Dave, returning from Germany, had come straight on from Heathrow. Doug continued his incredible sequence of appearances in mob matches going back to the 1940s, and really should be in the Guinness Book of Records.

### **Scoring 10 a side for the Peter Driver Trophy**

1. Orion Harriers, 142 points; 2. Blackheath Harriers, 194 points; 3. South London Harriers, 239 points; 4. Ranelagh Harriers, 299 points.

### **Individual positions**

1. J. Geoghegan (Orion), 47m 28s; 2. M. Cronin (Blackheath), 48m 00s; 3. W. Reavell (Orion).

### **Other Blackheath positions**

14) P. Shepheard, 50.06; 16) J. Taylor, 50.28; 17) C. Woodcock, 50.44; 18) D. White, 51.10; 19) J. Robinson, 51.16; 21) M. Peel, 51.52; 26) B. Swift, 52.56, 30) C. Adams, 54.00; 31) R. Pitcairn-Knowles, 54.03 (2nd over 50); 32) W. Clapham, 54.05 (3rd over 50); 35) R. Farish, 54.52; 37) B. Saxton, 55.28; 40) B. Hartley, 57.20; 45) R. Day, 58.29; 47) D. Hopgood, 58.47; 50) R. Foreman, 60.30; 53) E. Smith, 61.52; 55) P. Reed, 62.15; 59) D. Wilcox, 63.11; 63) A. Chapman, 65.06; 65) F. Dudman, 66.35; 68) J. Cross, 69.48; 71) D. Tingey, 70.31 (75 started, 73 finished).

### **Handicap (based on age)**

**Over 40** 1) J. Geoghegan (Orion), 41.38; 2. W. Reavell (Orion), 45.31; 3. P. Forshaw (SLH), 47.16.

**Over 50** 1. R. Maslin (Ranelagh), 44.26; 2. M. Firth (SLH), 47.13; 3. D. Martin (Orion), 48.33.

## KENT VETERANS' CROSS COUNTRY CHAMPIONSHIP

Bexley

24th November, 1984

The day was bright and dry, a considerable improvement on recent weather. The Cambridge Harriers 10km course also was a welcome one after the muddy delights of Epping Forest and Farthing Downs. For some, however, the memory remained of the tragedy which immediately preceded the race the last time the county veterans' championship was held in Joyden's Wood.

Home advantage proved decisive. Cambridge had 7 in the first 11 and the referee should really have stopped the fight. Some of our bright stars were missing but those who came ran well and did the club justice, and a new member running without a number would probably have finished in the first 10. Indications are that the over 50s will again be a force nationally as should the over 40s when at full strength. Congratulations to medal winners Chris, John and Richard. It was John's over 50 debut.

### Team Race (3 to score)

1. Cambridge Harriers "A", 12 points; 2. Dartford Harriers "A", 26; 3. Blackheath Harriers "A", 32; 9. Blackheath Harriers "B", 116; 21. Blackheath Harriers "C", 266.

### Individual Race

- 1) B. Watson (Cambridge), 34.09; 2) B. Buonvino (Dartford), 34.42; 3) C. Woodcock (Blackheath), 35.26; 4) J. Geoghegan (Cambridge), 35.41; 12) D. White (Blackheath), 37.33; 17) J. Kavanagh (Blackheath), 38.11 (2nd over 50); 20) J. Robinson (Blackheath), 38.51; 22) M. Peel (Blackheath), 39.00; 23) R. Pitcairn-Knowles (Blackheath), 39.07 (3rd over 50); 27) P. Greenwood (Blackheath), 39.31; 44) W. Clapham (Blackheath), 41.14; 49) R. Foreman (Blackheath), 41.43; 54) B. Hartley (Blackheath), 42.13; 60) A. Weeks-Pearson (Blackheath), 42.33; 64) R. Day (Blackheath), 42.51; 72) D. Hopgood (Blackheath), 43.45; 93) A. Chapman (Blackheath), 46.48; 101) W. Lake (Blackheath), 62.25.

G.B.C.

## NENE VALLEY 10

Peterborough

Sunday 2nd December 1984

Six Heathens and one runner from Kent A.C. set off from the Club on Saturday afternoon, aiming for the small village of Gedney Hill in the Fens, a beautiful spot barely half an hour's drive from the Sunday's race venue in Peterborough. We met three other Heathens who had made their own way up, Derek Crowdson, Roger Thornton and Craig Daly for whom married life must now be improving, as Craig's wife never even used to let him borrow her car to drive to Hayes, let alone Peterborough.

Some 800 or so runners lined up at the start including local rival Keith Penny and that well known athlete Ian Thompson. Myself, Neil Colvin that is, feeling good, set off at a fast pace but after 3 miles realised it had been a little too fast. It was not surprising, therefore, that at 4 miles Paul Barrington-King went sailing past in his new gold, white and red racing shoes specially imported from U.S.A. What a poser. At 7 miles Steve Fitz-Costa did exactly the same, although not in the same shoes. The course produces fast times because it is not only extremely flat but well sheltered as well, although there are a few sharp corners. I think I am correct in saying that P.B.s were recorded by five of the Blackheath contingent, although special mention must be

made of Craig and Derek who both comfortably went under the hour for the first time, and Steve who knocked nearly 4 minutes off his best. On the way home the engine blew up in one of the cars 5 miles north of Cambridge, which then required some hefty shoving to get the car up off the road. The occupants then had to take a taxi to Cambridge and a train to London only reaching the appointed Covent Garden restaurant at 11pm. Other than that the journey was uneventful! Final conclusion all round - a very enjoyable weekend.

### Results

1. D. M. Fromant, Northampton, 48.38; 2. K. Penny, Cambridge H., 48.39; 3. M. Quinn, Sheffield, 48.54.
72. P. Barrington-King, 54.22; 82. S. Fitz-Costa, 55.06;
98. N. Colvin, 55.46; C. Daly, 58.10; D. Crowdson, 59.57; P. Davies, 60.10; R. Thornton, 62.30; P. Barlow, 63.09 (seven days after marathon), P. Carter (Kent A.C.) 68.00.

N.C.

## HOGS BACK ROAD RACE

Guildford

17th December 1984

Milder but damper weather than experienced in recent years pleased the runners as they prepared for the 26th. Hog's Back Race. Approximately two-thirds of the maximum 2000 entrants lined-up for the start outside the Royal Surrey County Hospital. Alan Wells set the field on their way and this included a large contingent of Blackheath Harriers. The race was won by Peter Standing of Windsor S & E AC from Keith Penny and first Blackheath man home was P. Betts in 73rd position overall. Altogether 1440 runners crossed the finishing line.

Local rivals, Cambridge Harriers, won the men's team race with Blackheath in 12th position of 48 teams.

1. P. Standing Windsor S&EAC 53mins 54secs
2. K. Penny Cambridge H. 4mins 31secs
3. N. Sirs Windsor S&EAC 55mins 13secs

### Blackheath Harriers

73	P. Betts	1.01.57
93	G. Spencer	1.03.21
100	J. McGee	1.03.38
111	J. Beck	1.04.03
126	R. Ebbutt	1.04.28
145	S. Robinson	1.05.12
236	J. Nemeth	1.07.48
261	J. Phelan	1.08.20
294	R. Farish	1.08.57
310	M. Gason	1.09.26
423	P. Rissen	1.11.25
454	C. Stormer	1.11.59
479	D. Crowdson	1.12.17
520	P. Davies	1.12.58
546	S. Fagg	1.13.24
571	J. Routledge	1.13.52
628	L. Percival	1.14.16
839	K. Simpson	1.19.00
847	M. Allen	1.19.18
1137	P. Bray	1.25.54
1158	M. Manley	1.26.21
1292	K. Price	1.31.26
1293	A. Ramsden	1.31.26
1335	I. Beaumont	1.34.08

839 finished

VETERAN MEN (aged 40-44 years)  
(overall position shown in brackets)

1. D. Cook Verlea A.C. 56mins 25 secs (9)

**Blackheath Harriers**

15. P. W. Catley	1.05.37	(159)
32. J. Robinson	1.09.23	(307)
48. R. Thornton	1.11.37	(440)
55. R. Day	1.12.16	(474)
106. M. Harley	1.17.48	(781)
127. J. Hill	1.20.09	(885)
138. B. Hartley	1.22.17	(1227)
186. M. Walker	1.41.24	(1403)
<b>190 finished</b>		

VETERAN MEN (aged 45-54 years)  
(overall position shown in brackets)

1. R. Bailey Portsmouth A.C. 1hr 03mins 35sec (98)

**Blackheath Harriers**

7. J. Kavanagh	1.05.34	(157)
18. R. Beale	1.08.07	(249)
19. R. Pitcairn-Knowles	1.08.12	(256)
54. G. Crowder	1.12.16	(474)
75. R. Manning	1.14.12	(601)
99. A. Mothersole	1.17.02	(743)
119. P. Reed	1.19.24	(855)
132. P. Lavelle	1.20.34	(908)
136. D. Wilcox	1.20.52	(918)
195. A. Tompkins	1.28.10	(1221)
<b>233 finished</b>		

VETERAN MEN (aged over 55 years)

24. D. Brickwood Blackheath H. 1.29.36 (1259) (39 fin.)



**"GONE WEST"**

While many of us were at the GRE Cup final at Birmingham on 2 September, PP Ian Wilson was indulging in a little clandestine pot-hunting at the Bideford Regatta Sports Day. No doubt Ian expected that his exploits would be unobserved. The fact that this was not so should serve as a warning to anyone else who might fancy acquiring a bit of silverware on the quiet.

Ian was not easy to track down. A study of local hotel registers revealed nothing as Ian and his support party, his family, were staying under canvas in the heart of the Devon countryside. As he entered on the day, the meeting programme gave no hint of his ambitions. His race came towards the end of a six-hour programme and had our roving reporter not possessed such stamina, PP Wilson's endeavours might have passed unnoticed.

Competitors and local sages alike frantically studied their record books once the entry of I Wilson, Blackheath Harriers was confirmed, to see what honours this particular Heathen had to his credit. He did not disappoint them coming a creditable third in what the agricultural commentator on the public address system confirmed as being a 3,000m race in which the participants were expected to complete approximately 10 laps of the 300m track.

The race was won by Ogden of Warrington in what was a best time for the meeting. The winner, unlike our hero, did not hang around for the presentation – this was a pity as it was given some prominence by the organisers and local dignitaries who wanted to celebrate the fast time.

A.P.

**ENGLISHMEN ABROAD**

*Cherbourg 5 am*

*Summer 1984*

As I hung limply over the ship's railings I was beginning to regret the festivities of the previous night's crossing. A group of holidaying, striking miners from Yorkshire welcomed us into their company and amid much joking and laughter we set new alcoholic-consumption records. When we left them they were busily digging their way out of a rich vein of spent beer cans. The D-Day celebrations had recently taken place in great style in this part of Normandy and as the ferry seemed to be full of bathroom equipment retailers my imagination played with a picture of bidet-landings!

Our Blackheath contingent of four were heading down to the small Normandy town of Bazoches-Guet for the annual international ten mile race. Disaster had nearly struck at the eleventh hour when a fifth member of the group cried off leaving us with barely a day to arrange alternative transport. However, with just hours to go the thumb screws and electrodes to the vitals finally did the trick and Tony Nana generously lent us his "Nanmobile".

Mont St. Michel was the first stop for steaming hot coffee and croissants over which we discussed how Tony's car had showed signs of having a perverse sense of humour. The windscreen wiper ejected itself from the car at eighty miles per hour and narrowly missed spearing an ashen-faced cyclist. Having done our bit to ruin any "entente-cordiale" by re-enacting the Battle of Agincourt we quickly retrieved the battered wiper, now looking like a coat-hanger, and set off on the road again.

After a rapid tour of the ramparts around the Abbey of this famous old city we headed for our first overnight stop at a small, exclusive resort called Carolles. This is a smashing little town on the Cherbourg peninsula that offers miles of sandy beaches, spectacular cliffs and super training areas. The weather was stinking hot (90°F) and two days of sunning ourselves, exploring the local culinary attractions and making friends with the locals had us in the right frame of mind for racing. The cost of accommodation for two nights stay in a good hotel near the beach worked out at a measly two pounds fifty per head inclusive of breakfast.

The day of the race dawned and we set off on the one hundred and fifty mile drive to Bazoches. Happily rolling along through the lush green countryside and fortress towns, typical of that part of France, we all sang along to the tapes that Tony had handily left in the car. Composite tapes of Vera Lynn, Motorhead, Des O'Connor and the Chipmunk's Greatest Hits were welcomed by us with the looks of men about to be executed!

With only forty miles to go all jocularity ceased. In the middle of Alencon the car expired. We pushed it, swore at it, changed the plugs, adjusted the points, prayed to God and finally broke down and cried. Suddenly a Nissen hut on wheels appeared around the corner and in frustration I threw myself in front of it. Three puzzled Portuguese farm workers listened sympathetically as I explained our predicament. I was bundled into the car and driven off up the road at high speed leaving the Blackheath contingent thinking that I'd been kidnapped. Talking to my new friends we soon discovered a mutual passion for athletics and talk of Lopes, Mamede and Mota soon filled the little car. I mentioned our Portuguese based, Heathen exile, Steve Rutherford, but they scratched their weatherbeaten heads and decided I must have been talking about a brand of sherry!

Soon we returned with a mobile-mechanic in tow and upon arriving at a garage we were told the car could be fixed in four hours after the mechanic had finished his lunch. As we only had an hour to the start of the race, Neil

did some quick thinking and persuaded the garage to arrange a hired car for us. As this was a Sunday afternoon in rural France I still cannot believe that all the stories of the French being generally unhelpful can be true. They literally fell over backwards to help the "international athletes" out and soon we were tearing down the road with Neil at the wheel of a protesting Renault 5. We had forty minutes to cover forty miles; took thirty five. A rapid change in the bushes and there we were lined up with several hundred others in the grounds of the beautiful chateau. The weather was now blistering and we set off in 95° heat. Villagers, en route, came out with hoses and cooled us down Tour-de-France style. It was really a case of survival and we reached a mutual decision to run within our limits. At the finish, runners lurched around with heat exhaustion and anxious stretcher bearers had a busy time conveying the casualties to waiting restrooms.

Neil Colvin came in first for us followed by a rapidly improving Steve Fitz-Costa, then myself and the dependable Pete Barlow (Pierre Barloff to his "amis"). Within minutes of finishing the race we clambered back into the car and drove with yet more haste back to Alencon. Picking up the now repaired "Nanmobile" (electronics failure) it was haste again as we tore back to the chateau for the evening's festivities.

All the panic and disruption of the day was finally forgotten as we immersed ourselves in the fireworks, dancing, eating and drinking. Being all of us "Blackheath Bacchanalians" we soon endeared ourselves to the wine-producing locals who rubbed their hands gleefully as we broke all box-office records for wine sales that evening. The night drew to a close for me at three in the morning when I fell soundly asleep with a florid complexion and a silly grin and the sound of accordion music growing ever more distant in my ears. I awoke the next morning to find myself covered in chicken-droppings and along with Steve searched around for our comrades. Knowing that our Neil and Pierre had their sleeping bags with them I asked a young French aristocrat, "Where are the men-in-bags, s'il vous plaît?", to which he replied, "Le men-in-bags are dans le coconut-shy, mon petit ami". Where else? I thought. A walk around the corner and there they were lying like two giant grubs amongst a heap of coconuts and assorted wooden balls.

We said a reluctant goodbye to the chateau and headed back to the coast again. Some bright spark suggested a lunctime run and we duly impressed the French locals by "running" past their houses at well over three miles per hour. Soon we had driven the remaining miles to the coast, and giving up on the quest for a hotel we decided on a sleep in the car as an epilogue to a good meal and liquid sustenance. In a local bar much later that evening strains of "Green, green grass of home" and other Tom Jones hits echoed across the bay as some more miners (Welsh this time) took us to their hearts. We managed to spend nearly fifty pounds on drink that night and waking up the next morning in the back of the car had me believing that somebody had starched my entire body during the night.

Steve and I once again set off in search of the "men-in-bags". Neil "Cousteau" Colvin had spent the night under an upturned boat and Barloff had found a garage to sleep in and cuddled up to a penny-farthing for company.

A passionate night enjoyed by Barloff should ensure the birth of some unicycles early next spring!

As this was the day of departure we treated ourselves to a pucky lunch in a castle (really!) and boarded the ferry back to Blighty. Later that night in the Skimmington Castle pub in Reigate we supped a few pints of Friary Meux pondering on the cost of liver transplants, etc., and all agreeing that it was a trip to remember.

The cost? About one hundred pounds inclusive for five days of good food, neck-oil and memories. An alternative experience perhaps to the Boulogne beano. That started with just 6 of us four years ago, so who knows?

P. B-K



#### THE 1984 BRITISH LEAGUE SEASON

Back in the first division of the British League for the first time since 1969, the track and field team viewed themselves not without a certain amount of pride. A tremendous amount of hard work both on and off the track had finally been justly rewarded.

However, it is widely recognised that the first division of the British League is of an extremely high quality for it is to the teams of the first division that Britain's top athletes quite naturally gravitate. Each team is able to guarantee a number of British Internationals, European and Commonwealth medallists, even Olympic Champions.

There is no doubt then that pride was sprinkled with a fair amount of fear; in a competition where you cannot afford to have a weak event, we looked with concern at the Hammer and Triple Jump and a certain amount of trepidation at some of our middle distance events. Without doubt our strength lay in our sprinters with the likes of Buster Watson, later to be our sole representative in the summer Olympic Games in Los Angeles, Jim Evans, Paul Ashen and the ever improving Phil Davies. Strong too were the throws with Mike Winch, Graham Savory and Pete Yates, but would they be enough to avoid relegation?

For the first year only one team was to be relegated because in 1983 eight teams were to make up British League division one, to make the competition a more open one. In the past and indeed in 1984 the League has tended to be more than a bit lopsided. We felt confident that we would not be relegated, but could we manage a position which would have ensured a continuing place in division one in any other year? Read on.

T.L.

Wolverhampton

12th May, 1985

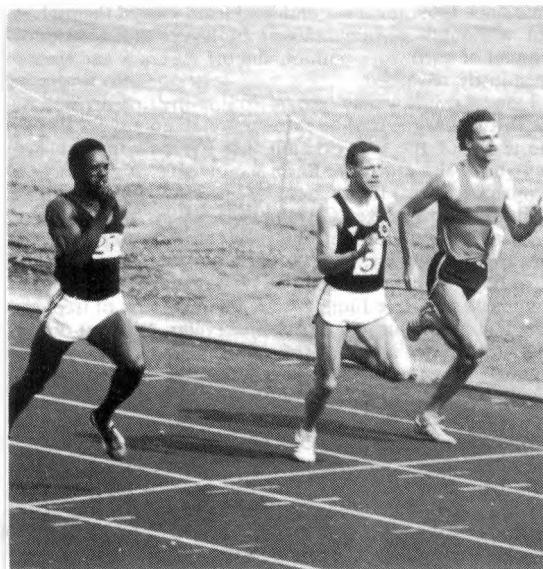
"On a day when there was one British record, three League records, five Club records and eleven personal bests, we came 4th . . ." so team captain Andy Frankish reported our fortunes in Blackheath's first appearance in division one of the British League for fifteen years, to the Club's committee.

Pride of place must go to our javelin throwers, Pete Yates and Daryl Brand. What a way to start the season for Pete, no less than a new British record of 89.92m, ten metres further than the next man. A superb performance indeed at this level, Daryl not to be outdone began his season with a new pb of 66.60m to win the B string.

With the UK Championships only a week away many of Britains top athletes were on display in order to sharpen up and "test the water" after a winter's hard work. A winter which has obviously paid dividends for Paul Austridge. Having been put through the mill for six months by Steve Cluney, Paul ran superbly from the gun and his 53.2 was

not only a pb, but also took nearly 1s off his own Club record which he set in the final league fixture of last year.

The 100m was a cracking race with Buster Watson taking on Donovan Reid. The result, victory for Buster in a superb 10.2s, and another personal best, but more than that, a new League and Club record. Not content with this performance, Buster ran away from Phil Brown and Mike McFarlane in the 200m, winning by 0.7 of a second and that's a long way over 200m. Again his winning time of 20.5 was a pb League and Club record. To round off what for Buster must have been an excellent start to his preparations to gain Olympic selection he ran the second leg of the 4x100m relay with Phil Davies, Paul Ashen and Jim Evans who stormed to victory in a new Club record of 41.1s.



*Ever improving Phil Davies.*

While Steve Harris of Shaftesbury was winning the 5000m John Wigley hung on bravely for second in 14:10.4. What was perhaps more impressive was Les Roberts' performance in the B string, when he first discovered his now famous sprint finish over the last 100m which proved there is life in the old dog yet (please don't call me old. Ed) He passed four runners in the home straight and won by a nose in 14:41.6 (and that's a long way Ed). Our last pb on the track came from young Lance Wright whose 9:31.0 steeplechase was not only a best for him but also a junior Club record.

There were more personal bests in the field, with Phil Davies showing some of his potential in the Long Jump with a leap of 7.18m, and Bob Weaver also long overdue for a big jump took third in the B string with again a new pb of 7.12m. These two with Garry Pullen mean that we have at the moment an extremely promising squad of jumpers.

Meanwhile in the throws Mike Winch and Graham Savory were piling up the points, but the unavailability of either of our top high jumpers and the Club's complete lack of any triple jumpers (meaning that Phil Davies and Bob Weaver had to be press ganged into jumping just for the points) dragged us down considerably.

In the end our 4th place was as much as we could hope for, with the big three Wolves, Haringey and Birchfield out

on their own. This first match really set the pattern for the rest of the League fixtures with effectively two competitions taking place within the League, that amongst the top three for who would be champion and that between the bottom three for who would be relegated. It was evident from the start that Newham and Essex Beagles really didn't have the heart for the fight, but could Blackheath maintain their 4th position throughout the summer?

#### *Results – 1st League fixture*

1. Wolverhampton and Bilston	241 (6 league points)
2. Birchfield Harriers	235 (5 league points)
3. Haringey	235 (4 league points)
4. Blackheath Harriers	204 (3 league points)
5. Shaftesbury Harriers	195 (2 league points)
6. Newham and Essex Beagles	151 (1 league point)

#### *Crystal Palace*

*17th June*

It was a gloriously hot sunny day, just as Summer should be, with the sun beating down, and a clear blue sky. Indeed perfect weather for our home fixture at Crystal Palace until . . . the skies opened and it poured and poured and poured. The first thunderstorm of the summer made rather an untimely appearance only minutes before the start of the afternoon's proceedings. During his warm up for the 400m Hurdles Paul Austridge took the first flight bathed in sunlight, by the second he had taken a shower.

Rain stopped play for some fifteen minutes, and if it took the edge off Paul's performance, it certainly didn't show. His fourth place and 53.3 (only 1/10th of a second off his recently set p.b. of 53.2) shows admirable consistency.

Dom Emery felt more than a little nervous before the start of the 400m, faced with a field which included Gary Cook, Ainsley Bennett and Roy Dickens. Yet he can feel well pleased with his 48.22s, his fastest for a couple of years. Slowly getting back on his feet again is John Shaw, who also ran well with a 48.66 for 3rd in the B string. In the 800m Mark De'ath continued to improve his p.b., this time to 1.52.1, good enough for 4th. Although Rob Farish has run faster than his 5.35.2 in the 1500, he must have been encouraged by it after a series of injuries. Good too, to see Richard Coles back in the side in the Steeplechase. While Derek Wilson was having an indifferent season thus far, Colin Hamplett ran extremely well in the 110H and his 15.23 clocking wasn't far off his best.

Although Mike Winch, Graham Savory, Pete Yates and Daryl Brand performed with their usual excellence in the throws and our 4x400m relay squad set a new Club record with 3.16.20s we really could not afford to have 2 triple jumpers who could only just make the pit! That and the weakness of many of our B string, meant that we ended the day no higher than 5th place.

Haringey 257½ (6 League Points); Birchfield 233 (5); Shaftesbury 209 (4); Wolverhampton & B 202½ (3); Blackheath 182 (2); Newham & EB 175 (1).

Positions after two matches: Haringey 10½; Birchfield 9½; Wolverhampton & B 9; Shaftesbury 6; Blackheath 5; Newham & EB 2.

#### *Birmingham*

*7th July*

Those who chose to take up the Club's offer of accommodation in Birmingham on the Friday night to allow them to be properly rested for the following day, came to regret their decision. The customary hold up on the M1 on a

Friday evening turned into a traffic jam of nightmarish proportions when accidents and road works held up some Heathens for up to 5 hours. In order to help pass the time Paul Austridge decided to demonstrate that his singing was not in the same league as his hurdling. He said he only did it to cheer up his companions, but rumour has it that Phil Davies got out and started to walk.

Nevertheless, the next day there was obviously no tiredness in Paul's legs, as he stormed round the ten flights of the 400mH in an electrically timed personal best of 53.29s, and a well deserved third place. Phil Davies deliberately avoided the long jump to concentrate on the sprints and without doubt his decision was the right one. A 10.87 100m was well up to his usual standard but his win in the 200m in 21.73s was both a surprise and a delight.

The 400m saw the return of Tim Foulger to British League competition taking second place in the B string, with Dom Emery 4th in the A string. This was one of our best scoring events on the track.

Mark De'Ath ran to a new personal best in the 800m with 1:53.8 while Jon Wigley and Les Roberts gained us valuable points in the 5000m with second places in both the A and B strings.

In the high jump Trevor Llewelyn took second place with 2.05m returning after injury (or so he thought), while Gary Pullen's excellent 7.37m in the long jump was only good enough for 4th place. Mike Winch took his customary 1st place in the shot while we gained further valuable points in the field from Pete Yates and Daryl Brand with victory in both the A and B string javelin.

A Club record of 3:15.76 was still only good enough for 5th in the 4x400m, and although we ... or rather I ... dropped the baton in the 4x100m, Brian Stone could feel well pleased at the end of the day with his management and with the team's 4th place in front of Shaftesbury and Newham and Essex Beagles.

#### (Positions after 3 matches)

1. Haringey 15½, 2. Birchfield 15½, 3. Wolverhampton and Bilston 15, 4. Shaftesbury 8, 5. Blackheath 8, 6. Newham and Essex Beagles 3.

(in the match)

1. Wolverhampton & B 266, 2. Haringey 248, 3. Birchfield 232, 4. Blackheath 186, 5. Shaftesbury 174, 6. Newham & Essex 151.

#### Haringey

19th August

The Olympics had come and gone, and as a result the First Division of the British League could boast 2 newly recrowned Olympic Champions. Decathlon Champion Daley Thompson (Newham and Essex Beagles) and Haringey's newly acquired Sebastian Coe, Olympic Champion at 1500m. While Daley did not compete for an already relegated Newham, Seb did turn out for Haringey who were pulling out all the stops to become League Champions for the first time. Not only did Seb turn out, but so did some 3000 people; probably the largest ever turn out at a British League fixture.

As far as Blackheath were concerned, our only hope was to beat Shaftesbury Harriers and prove that we would not have been relegated in a normal year (remember only one club was being relegated). We believed (hoped) that Shaftesbury would probably send a weakened team for this last fixture. Unfortunately they didn't and with what was far from our strongest team we started the fixture.

Phil Davies had been improving all through the season and with Buster Watson having left the planet after the Olympics and Jim Evans injured Phil took on the mantle of our top sprinter and showed that he is not afraid to take on anybody. Unfortunately he really can't get his little legs going in the 100m (!) and this was reflected by his 10.8 seconds in 5th place. The 200m though saw Phil run brilliantly taking Olympic 100m finalist Mike Macfarlane on the line in a stunning 21.2 seconds.

The 400m is always fast in the First Division and with Olympic relay hero Phil Brown in the field Dom Emery ran extremely gamely to record 48.7 in 5th place. John Shaw at last showed some of the form he gave us glimpses of last year, before he left our shores to study something obscure at an American University, with a 48.1 second run to win the B string.

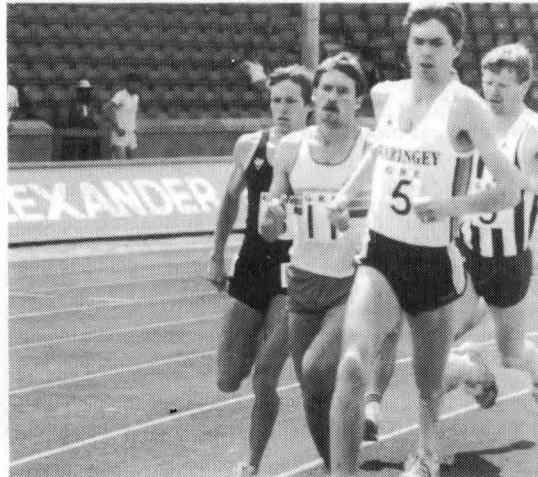
That Seb Coe won the 1500m is probably not news, and after all not really that interesting from Blackheath's point of view. What is both interesting and encouraging though is Rob Farish's 3.49.9s in third place. After months of injuries throughout the Winter, Rob spent the whole summer "coming back" and although perhaps too late for the season his time must have given him not only a great deal of satisfaction but also encouragement for the future. Perhaps the future of Blackheath's middle distance running is not so gloomy.

Deputising for the absent Pete Yates, Daryl Brand threw a magnificent 69.50m for 5th place. Apart from that not much else went our way, even Mike Winch lost the Shot to Andy Vince of Wolverhampton.

At the end of the day we were 5th and that too was our final League position. Fair enough but slightly disappointing. Well we weren't relegated in our first season back in Division One as we were back in 1969. Next year the balance of the League should be better with the extra 2 teams. So just keep watching this space.

Final scores: Haringey 284 (6 League Points); Wolverhampton & B 227 (5); Birchfield 221 (4); Shaftesbury 217 (3); Blackheath 177 (2); Newham & EB 121 (1).

Final League positions: Haringey 21½; Wolverhampton & B 20; Birchfield 19½; Shaftesbury 11; Blackheath 10; Newham & EB 4.



Mark De'ath finds himself in select company. No.11 Gary Cook No.5 Steve Martin

## GRE CUP

2nd Round, Bromley

29th May

The great British Bank Holiday ground on, the rain had been falling for 4 days, it was cold, wet and windy, yet Blackheath's B team with 16 first team members unavailable, went safely through to the semi finals of the GRE Gold Cup.

There was no doubt that we started the day as favourites to win but with 11 top men in Wales for the UK Closed Championships and 5 or more away injured we were forced to select a team almost entirely of second choice athletes.

The afternoon started well with Martin Carroll taking the 400mH in 55.7s in a very close finish. Of all the events the sprints were particularly hit yet Jerry Phillips deputised splendidly taking 3rd in the 100m, and going one better in the 200m with a time of 22.5s.

Dom Emery stormed away from the 400m field in the first 300m but as his legs got heavier and heavier in the home straight the rest of the field closed in on him. Yet the new president - no not of Blackheath but of Cambridge University AC - hung on for victory in 49.4s.

Jon Wigley ran away from the 5000m field. Leading from gun to tape he left the rest to fight it out for the minor places. Les Roberts may have sauntered up to the line in the 10,000m and walked the first 5m but once he made his move there was no stopping him and by the end of the 25 laps the question was not whether he would win, or by how much, but whether he could lap the entire field. In the end only 1 runner, from Poly, prevented him from doing so. Yet he still won by over 300m in a very respectable 30:45.0.

In the field events Chris Ellis had both a busy and successful day winning both the shot (12.94m) and discuss (44.84) as well as taking 5th in the Hammer. Equally busy was Trevor Llewelyn second in the high and triple jump and third in the long jump.

By the 4x400m it was clear Blackheath were going to qualify easily. It did not, however, stop us going out in fine style by winning it. The team of Nigel Keogh, Jeff Salmon, Dom Emery and Mark De'Ath were timed 3:23.4, taking the team yet further ahead of second placed Crawley.

The semi final at Luton on July 29th was to match the Club against the likes of Wolverhampton and Bilston, Luton and Nottingham. Although Wolves were clearly favourites to win through to the final at Birmingham on September 2nd, it was hoped we would avoid a repeat of the previous year's ignominious failure to qualify.

### Final scores

1. Blackheath 138, 2. Crawley 122½, 3. Polytechnic Harriers 112.

## Semi Final, Luton

29th July

Having fallen at this hurdle last year at Brighton the club was determined not to make the same mistake this year.

On the track there was no doubt that our Star was Phil Davies winning both the 100m and 200m in 10.9 and 21.3. Dom Emery hung on well for 3rd in the 400m in 48.8 seconds, and after a couple of somewhat indifferent seasons is returning to something like his old form. Rob Farish, another athlete on his way back, was only just pipped for 3rd in the 1500m in 3.52.8s. Merv Brameld took second in the 10,000 in 30.22.6s, while over the high sticks Colin Hamplett again ran close to his best with 15.1 seconds.

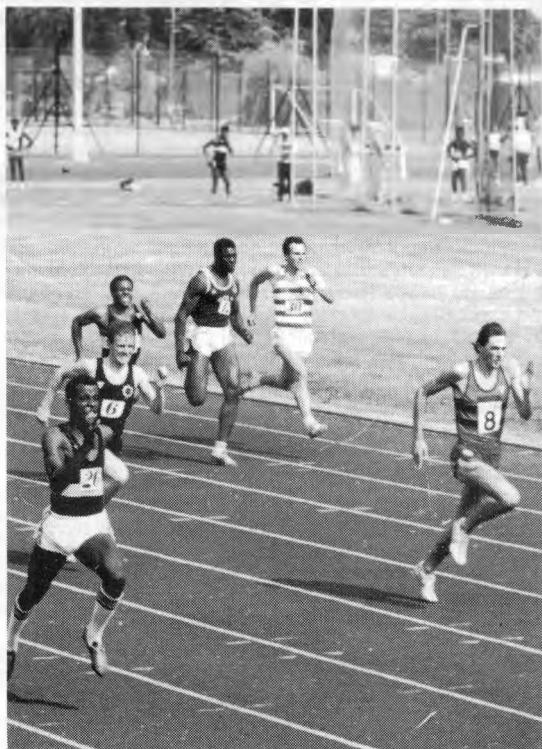
Tim Foulger, back to league athletics having taken time off to grow a moustache, is obviously a frustrated jumper. The 400m on the flat is no challenge; he obviously feels he has to jump over something! The answer then is the 400m Hurdles, an event which he has taken to during this season. At Luton he took 4th place in 55.5 seconds before returning to his old event to take 3rd in the High Jump with 2.00m.

In a somewhat low key Long Jump Bob Weaver took second with 6.80m and later he was bribed with the promise of fame and fortune to do the Triple Jump. Obviously inspired by such an offer Bob leapt to his best of the year and it was also the best by a heathen this year.

With Mike Winch sunning himself in Los Angeles, Graham Savory took second in both the Shot and Discus, while Pete Yates again showed that he too should have been in California with a magnificent 84.40m, 2.5 metres in front of the next man! Mind you, he wasn't missing anything weatherwise for it was possibly as hot at Luton that day as in L.A.

Despite finishing the day off with second in the 4x400m, the final result was closer than we had expected, Luton pushing us hard all the way. Nevertheless by five points we joined Wolverhampton in the final at Birmingham.

Wolverhampton & B 142; Blackheath 111; Luton 106; Notts 102; Crawley 79; Epsom & E 77; Sheffield 60; Charnwood 60.



Paul Austridge chalking up more valuable points.

## Final, Birmingham

2nd September

Just like most of our League and cup fixtures during the year the cup final was another hot, sunny day. Great for the television and spectators, and not too bad for most of the athletes but it meant yet another trial by furnace for the 5000 and 10,000m representatives.

At the end of proceedings the results showed the teams had run to par. No giant killing on this occasion although the big 3, Birchfield, Haringey and Wolves were at each other's throats right up till the end. For us, Mike Winch and Peter Yates were our only outright winners, but fine performances were again put up by Graham Savory who was second in the discus with 51.24, Phil Davies, 4th to Lincoln Asquith in the 100m in 10.79 and 3rd to Mike McFarlane in the 200m in 22.15, and Rob Farish who was 3rd in the 1500m in 3.51.3. Dom Emery also ran us into first place on leg 2 of the 4 x 400m but then the big guns started firing and despite brave efforts by Derek Wilson and John Shaw we were forced back into 7th place.

Final scores: Birchfield 119½; Haringey 115; Wolverhampton and Bilston 103; Shaftesbury 97½; Blackheath 84½; Liverpool 80; North London 72½; Brighton and Hove 66.



Daryl Brand. On the threshold of international status.

## SWARD & KINNAIRD TROPHY MEETING

*West London Stadium*

*21st July, 1984*

As usual, a small but select band of Heathens gathered at West London on Saturday 21st July for the Sward & Kinnaird Trophy Meeting. Last year we won the Sward Trophy for field events and narrowly missed taking the Kinnaird Trophy on the track. This year we were hoping to go one better but unfortunately it was not to be, and as last year we took third in the Kinnaird behind T.V.H. and Brighton. In the field though, we retained the Sward Trophy in fine style, beating the home team T.V.H. by 20 points.

On a hot day with the wind swirling unpredictably Pete Yates and Daryl Brand had problems flighting their javelins. Yet Pete, in the A string, justifiably frustrated at being left out of the British Olympic team, threw nearly 20m further than the second man, with 78.28m. In the B string Daryl Brand, fresh from his magnificent 69.00 metre personal best the previous weekend, won the B string with an excellent 65.04m.

In a tense long jump competition Phil Davies waited until the last round to produce his best, and the winning jump at 7.08m. Trevor Llewelyn won the B string with a season's best leap of 6.79m before taking second in the high jump with 2.05m. Chris Ellis had a busy day in the throws with 5th in the hammer (38.34m) second in the shot (13.55m) and then rounded it all off with a fine win in the discus with 46.20m.

On the track, despite being short of many of its regulars, the Heath found itself leading the Kinnaird Trophy for much of the afternoon. There was some spirited running from Rob Farish in the 1500m and his time of 3:53.8s in second place was only just outside his best for the season. In the B event, third team captain Gary Spencer ran extremely well for first place with 4:11.8s.

Fresh from his long jump victory, Phil Davies ran strongly in the 200m only to be pipped on the line. Paul Austridge took time out from his hurdling exploits to get in some speed work, running a new personal best 22.9s to take 3rd in the B 200m. In fact 3rd place was the order of the day for Blackheath on the track with Mark De'Ath and Merv Brameld in the 800m and 3,000m as well as both relay teams finishing in that spot.

### Match Results

#### Kinnaird Trophy Meeting

1. Brighton 202 points; 2. T.V.H. 190; 3. Blackheath 185;
4. Poly 147; 5. Woodford 114; 6. Newham & EB 104; 7. Windsor 100; 8. Shaftesbury 78.

#### Sward Trophy

1. Blackheath 171 points; 2. T.V.H. 152; 3. Brighton 140;
4. Poly 122; 5. Woodford 106; 6. Windsor 66; 7. Newham & EB 30; 8. Shaftesbury 22.

## PONSFORD TROPHY RESULTS

	HJ	JAV.	DIS.	LJ	HAM.	TJ	SHOT	PV	TOTAL
1. S. Gibson	4.9	4.9	9.4	2.11	6.7	2.11	6.7	8.5	59
2. C. Brand	8.5	3.10	12.1	3.10	5.8	4.9	6.7	8.5	58
3. S. Oxlade	—	2.11	2.11	4.9	4.9	—	3.10	5.8	58
4. D. Brand	6.7	1.12	3.10	7.6	—	—	1.12	7.6	53
5. R. Ebbutt	3.10	—	8.5	10.3	5.8	4.9	7.6	4.9	50
6. J. Wakeman	—	6.7	6.7	—	2.11	—	2.11	1.12	48
7. J. Day	7.6	7.6	12.2	13.1	7.6	6.7	8.3	2.11	41
8. N. Latcham	—	—	7.6	5.8	—	—	5.8	2.11	33
9. P. Davies	1.12	—	—	1.12	—	—	—	—	24
10. G. Holder	2.11	—	5.8	—	—	—	—	—	19
11. N. Haffenden	—	—	—	—	1.12	—	—	—	12
12. N. Carpenter	—	—	—	—	—	1.12	—	—	12
13. A. Fairbairn	—	—	1.12	—	—	—	—	—	12
14. N. Terry	—	—	—	3.10	—	—	—	—	10

23 members scored in competition.

**SOUTHERN LEAGUE DIVISION TWO 1984**  
**Welwyn** 5th May

The second team's 1984 track season opened with a coach journey to Welwyn in Herts under the new regime of Brian Stone, team manager and myself, J. W. as team captain.

Having stagnated in Division 2 for several seasons it was with reserved anticipation that we began our challenge for promotion. Our doubts, however, were unfounded as what seemed to be a patchy team emerged winners in a close and exciting match.

Amongst the highlights of the day were personal bests by promising youngsters Nigel Keogh 57.8, in the 400 hurdles, and Steve Gascoyne 3.80 in the pole vault and the first appearances for the club by Paul Betts 3000 steeple chase and Graham Savory with shot, discus, and hammer. The star of the show however, had to be Mark De'ath. Expecting to run only the 800m, which he won impressively, he then went on to win the 400m, run a leg in the 4 x 100m relay and run anchor leg in the 4 x 400m where he closed a 25 metre gap to win and clinch the match. Mark's split time was 49.8 a PB in his fourth race of the day!

Event	Name 'A'	Time/Dist	Name 'B'	Time/Dist
PV	S. Gascoyne (3rd)	3.80	J. Wakeman (1st)	3.40
HT	G. Savory (2nd)	41.46	A. Fairbairn (2nd)	27.38
LJ	N. Latchem (5th)	5.55	P. Mycroft (4th)	5.53
HJ	M. Allen (5th)	1.30	N. Latchem (5th)	1.30
400H	N. Keogh (1st)	57.8	D. Farrelly (3rd)	64.2
JV	C. Morris (2nd)	51.53	M. Clark (2nd)	47.76
ST	G. Savory (1st)	15.33	A. Fairbairn (1st)	7.74
100	S. Green (1st)	10.9	J. Phillips (1st)	11.0
800	M. De'ath (1st)	1.56.2	P. Lester (2nd)	2.02.9
5000	K. Pike (4th)	15.37.8	R. Cliff (3rd)	16.02.8
400	M. Allen (3rd)	53.4	M. De'ath (1st)	51.6
TJ	N. Carpenter (4th)	12.33	P. Mycroft (4th)	11.49
110H	N. Latchem (5th)	26.1	D. Farrelly (4th)	22.7
DT	G. Savory (1st)	52.36	A. Fairbairn (1st)	33.72
200	P. Mycroft (3rd)	25.3	J. Salmon (1st)	23.2
1500	M. Jackson (2nd)	4.01.4	K. Daniel (3rd)	4.20.7
4x100	1 Carpenter 2 Keogh		3 Salmon (4th) 4 M. De'ath	47.6
3000 S/C	P. Betts (2nd)	9.42.9	M. Laws (3rd)	10.54.5
4x400	1 Allen 2 Keogh		3 Salmon (1st) 4 M. De'ath	3.29.3
				TOTAL 125
POINTS				
1.Blackheath 125	2.Bournemouth 122	3.Verlea		
4.Cornwall	5.Camb & Col			

**Croydon** 26th May  
On a very wet day when many fixtures were cancelled our thrust for promotion continued, and continued to great effect.

With possibly Blackheath's strongest second team line up ever, we recorded nineteen individual wins, and ran out clear winners on the day.

Outstanding performances were hard come by in the atrocious conditions, but mention must be made of Peter Brooks who won the high jump and 110 hurdles B. race, and also scored good points in the triple and long jumps.

Congratulations also to Chris Ellis, who won shot and discus, and to Derek McIver, returning to Blackheath from the USA for a short while, for winning the 5000m.

Event	Name 'A'	Time/Dist	Name 'B'	Time/Dist
PV	J. Cunningham (1st)	3.20	J. Day (1st)	2.80
HT	C. Ellis (4th)	37.40	A. Fairbairn (4th)	19.86
LJ	P. Brooks (3rd)	6.14	J. Abengowe (1st)	6.13
HJ	P. Brooks (1st)	1.80	A. Hodge (1st)	1.70
400H	M. Carroll (1st)	59.1	S. Munday (1st)	58.1
JV	M. Clark (3rd)	45.68	C. Brand (2nd)	41.48
ST	C. Ellis (3rd)	13.33	G. Hickey (1st)	10.68
100	J. Phillips (2nd)	11.2	R. Pinson (2nd)	11.7
800	P. Lester (3rd)	2.02.8	J. Shaw (2nd)	2.05.4

5000	D. McIver (1st)	15.31.0	K. Pike (1st)	15.42.9
400	D. Emery (1st)	50.7	T. Llewellyn (2nd)	54.1
TJ	P. Brooks (3rd)	12.03		
110H	M. Carroll (1st)	17.1	P. Brooks (1st)	17.4
DT	C. Ellis (1st)	44.14	A. Fairbairn (1st)	35.26
200	J. Phillips (1st)	22.6	J. Salmon (1st)	22.8
1500	M. Laws (4th)	4.11.5	K. Daniel (4th)	4.19.7
4x100	I. R. Pinson		3 J. Salmon (1st)	45.1
	2 J. Abengowe		4 J. Phillips	
3000S/C	C. Haines (4th)	10.54.7	A. Blacknell (3rd)	10.56.3
4x400	J. Abengowe		3 D. Emery (2nd)	3.29.2
	2 T. Llewellyn		4 J. Shaw	
				TOTAL 144

POINTS				
1.Blackheath 144	2.Sutton 131			
4.Hastings 66	5.Exeter 62			3.Milton Keynes 121

**Sutcliffe Park**

**16 June**

The cinder surface of Sutcliffe Park track did not prevent some excellent performances particularly from our sprinters. Jeff Salmon recorded his season's best, winning the 100m in 10.9 and the 200m in 22.1. Young Julian Abengowe was also outstanding winning the 100m B race in 11.3 taking second place in the long, jump, and running strong legs in both relays. At the age of 17 the future is bright indeed for Julian, and watching his talent develop is of the greatest interest.

The fine results on the track were again very strongly supported in the field much to the delight of team manager Brian Stone. Brian was, as ever, an inspiration to everyone with his bubbling enthusiasm, and his bubbling lagers.

An overall victory of 20 points was recorded, and so the team remained unbeaten.

Event	Name 'A'	Time/Dist	Name 'B'	Time/Dist
PV	J. Wakeman (2nd)	3.00	J. Day (1)	2.90
HT	C. Ellis (2nd)	38.26	A. Fairbairn (1st)	27.74
LJ	J. Abengowe (2nd)	6.35	L. Bobb	
HJ	P. Brooks (1st)	1.88	J. Pyman (2nd)	1.70
400H	D. Farrelly (4th)	63.2	P. Brooks (2nd)	62.0
JV	S. Oxlade (3rd)	43.96	C. Ellis (2nd)	43.60
ST	C. Ellis (1st)	13.21	J. Pyman (2nd)	9.78
100	J. Salmon (1st)	10.9	J. Abengowe (1st)	11.3
300	R. Coe (3rd)	2.02.0	D. Cocker (2nd)	2.00.8
5000	K. Pike (5th)	16.03.0	D. White (4th)	16.50
400	M. Allen (3rd)	52.7	N. Brooks (4th)	52.5
TJ	P. Brooks (4th)	12.54	L. Bobb (1st)	12.51
110H	J. Pyman (2nd)	16.6	P. Brooks (2nd)	17.5
DT	C. Ellis (1st)	45.58	A. Fairbairn (1st)	36.8
200	J. Phillips (1st)	22.3	J. Salmon (1st)	22.1
1500	J. Adams (5th)	4.11.0	M. Laws (3rd)	4.12
4x100	J. Phillips		3 J. Salmon (1st)	44.6
	2 J. Abengowe		4 R. Liston	
3000S/C	R. Cliff (3rd)	10.35	K. Pike (3rd)	10.46
4x400	J. M. Allen		3 J. Abengowe (2nd)	4.12.0
	2 D. Farrelly		4 N. Brooks	
				TOTAL 132

POINTS				
1.Blackheath 132	2.Dartford 112			
4.R.N.A.C. (S) 95	5.Medway 74			3.Ealing & S'thall 112

**Enfield**

**30 June**

Without doubt the match of the season. With Blackheath and Elliotts both unbeaten in the league at this point, and with the powerful Enfield team also competing, the standard of competition would have done justice to the British League.

Personal bests were recorded by brilliant young javelin thrower Mark Clarke, Mike Laws in the 800m, and Paul Betts in the 3000sc. For me though the most determined performance of the season was Ken Pike's 5000m. Here, against formidable opposition he took second place and trimmed 12 seconds off his PB in the process.

Clive Morris produced his best throw for several seasons to secure second place in the javelin while Chris Ellis again

won shot and discus to remain unbeaten in all matches.

Despite these tremendous efforts and a good team effort all round Elliotts squeezed home by 4½ points, but although defeated, promotion for us was now a very real possibility.

### Enfield

30th June 1984

Event	Name 'A'	Time/Dist	Name 'B'	Time/Dist
PV	J. Cunningham (4th)	3.60	J. Wakeman (1st)	3.50
HT	C. Ellis (4th)	37.92	A. Fairbairn (4th)	20.02
LJ	R. Weaver (1st)	6.99	J. Abengowe (1st)	6.22
HJ	A. Hodge (3rd)	1.75	G. Holder (2nd)	1.85
400H	S. Munday (1st)	56.4	N. Keogh (2nd)	57.6
JV	C. Morris (2nd)	inj 54.36	M. Clark (PB) (1st)	50.38
ST	C. Ellis (1st)	13.00	G. Hickey (5th)	9.62
100	J. Salmon (1st)	11.2	R. Pinson (2nd)	11.6
800	M. Laws (PB) (4th)	(PB) 2.00.9	S. Thompson (3rd)	1.59.1
5000	K. Pike (2nd)	15.25.9	M. Athawes (3rd)	15.49.0
400	T. Foulger (2nd)	49.0	N. Brooks (2nd)	52.0
TJ	G. Holder (3rd)	12.71	A. Hodge (2nd)	12.32
110H	G. Holder (3rd)	17.5	S. Munday (2nd)	17.3
DT	C. Ellis (1st)	46.56	A. Fairbairn (1st)	35.92
200	J. Salmon (3rd)	22.3	R. Pinson (2nd)	22.6
1500	L. Wright (3rd)	4.04.1	S. Thompson (3rd)	4.10.6
4x100	I R. Pinson		3 J. Abengowe (2nd)	44.1
	2 R. Weaver		4 J. Salmon	
3000S/C	P. Betts (2nd)	9.42.3	R. Cliff (2nd)	9.52.4
4x400	I T. Foulger		3 N. Brooks (2nd)	3.23.8
	2 N. Keogh		4 S. Munday	
TOTAL				
POINTS				134
1. Elliott 138	2. Blackheath 134	3. Enfield B 106		
4. Stevenage 89	5. Victoria Pk 69.5			

### High Wycombe

7th July

Coming only 7 days after our tremendous match at Enfield, there was a feeling of anti-climax to this fixture, with the danger of over-relaxing. However if inspiration was needed it came immediately thanks to Nigel Keogh with technically his best ever 400m hurdles run, and a new P.B. of 56.3. The constant improvement of Mike Allen was maintained when he recorded a gutsy run of 50.5 in the 400m.

With the track surrounded by Blackheath supporters, Mike and Nigel teamed up with Bob Pinson and Nick Brooks to run their hearts out in a gripping 4 x 400m relay to win and tie the match with London Irish.

London Irish were subsequently disqualified for fielding an illegal athlete leaving Blackheath undisputed match winners.

### High Wycombe

7th July 1984

Event	Name 'A'	Time/Dist	Name 'B'	Time/Dist
PV	J. Wakeman (2nd)	3.40	N. Latchem (2nd)	2.80
HT	C. Ellis (2nd)	39.36	A. Fairbairn (3rd)	25.82
LJ	P. Brooks (3rd)	5.95	L. Bobb (4th)	5.35
HJ	P. Brooks (1st)	1.80	J. Pyman (2nd)	1.70
400H	S. Munday (1st)	56.8	N. Keogh (1st)	56.3
JV	C. Morris (2nd)	52.22	M. Clark (1st)	49.54
ST	C. Ellis (1st)	12.93	J. Pyman (3rd)	4.86
100	J. Salmon (3rd)	11.7	P. Simpson (1st)	11.5
800	M. Laws (3rd)	2.04.3	G. Spencer (3rd)	2.05.0
5000	K. Pike (5th)	15.47.2	I. Wilson (4th)	16.01.4
400	M. Allen (2nd)	50.5	N. Brooks (1st)	50.9
TJ	L. Bobb (2nd)	12.96	P. Brooks (2nd)	12.03
110H	J. Pyman (2nd)	16.0	P. Brooks (2nd)	16.9
DT	C. Ellis (1st)	44.78	A. Fairbairn (1st)	35.04
200	R. Pinson (3rd)	23.2	J. Salmon (1st)	22.6
1500	K. Daniel (3rd)	4.16.7	M. Laws (3rd)	4.20.5
4x100	I R. Pinson		3 P. Simpson (3rd)	44.8
	2 N. Keogh		4 J. Salmon (3rd)	
3000S/C	R. Cliff (3rd)	10.00.7	D. Searby (4th)	10.58.4
4x400	I R. Pinson		3 N. Keogh (1st)	3.23.5
	2 M. Allen		4 N. Brooks	
TOTAL				
POINTS				135
1. Blackheath 135	2. London Irish 135	3. Wycombe 102		
4. Havering 92	5. Yeovil 72			

### Norman Park Bromley

4th August

A fitting climax to a great season, with a home fixture at Norman Park.

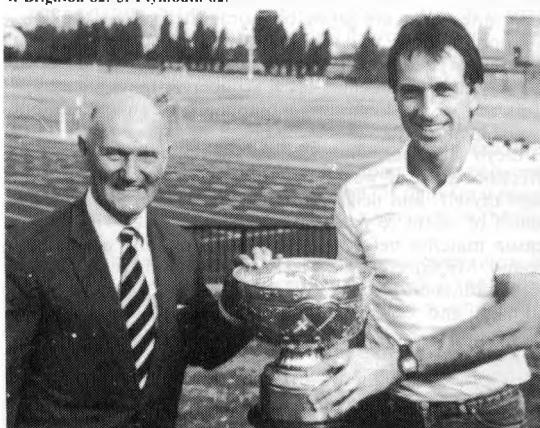
Promotion was now a formality, but final league placings were still vital as second place would win the club £200 pounds worth of goods from 'Nike'. We therefore made sure a strong team was assembled on the day.

The response from the team was tremendous with wins coming from all parts of the track. An incredible 20 individual wins were achieved. With decathlete Garth Holder recording four. Garth's wins came in pole vault, long jump, high jump and shot. He also took second place in the javelin. He did not need rocking to sleep that night. Three wins also for our Falkland Island Task Force sailor Trevor Walhen, in the hammer, shot, and discus. Then there was James Cunningham who achieved a PB in the pole vault with 3.75m.

Our runaway 28 point victory secured a place in the Southern League division one for next season. Not bad going when you think that it was only a short time ago that Blackheath's first team were in this very division.

Congratulations to all concerned and apologies to anyone not mentioned. Also special thanks to team manager Brian Stone for his shrewd team adjustments and witty enthusiasm throughout the year.

Event	Name 'A'	Time/Dist	Name 'B'	Time/Dist
PV	J. Cunningham (1st)	3.75	G. Holder 1st	3.20
HT	T. Walhen 2nd	41.74	N. Haffenden 1st	35.50
LJ	G. Gover 1st	6.67	P. Brooks 1st	6.14
HJ	P. Brooks 2nd	1.80	G. Holder 1st	1.75
400H	N. Keogh 1st	57.0	S. Munday 2nd	56.7
JT	G. Holder 2nd	47.78	M. Clarke 1st	46.30
SP	T. Walhen 1st	13.11	G. Holder 1st	10.59
100	J. Salmon 2nd	12.1	R. Pinson 1st	11.8
300	R. Coe 4th	2.01.2	P. Lester 2nd	1.58.2
5000	C. Woodcock 3rd	15.45.2	K. Pike 4th	16.41.2
400	J. Shaw 1st	49.4	N. Brooks 1st	51.4
TJ	I. Holder 3rd	12.57	R. Coe 1st	12.32
110H	P. Brooks 3rd	17.8	I. Holder 2nd	18.3
DT	C. Ellis 1st	44.24	T. Walhen 1st	43.54
200	J. Swallow 2nd	23.6	R. Pinson 1st	23.7
1500	M. Brameld 4th	4.01.3	B. Foster 3rd	4.08.1
4x100	Blackheath 4th	45.0		
4x400	Blackheath 1st	3.25.3		
POINTS				
1. Blackheath 148	2. Chelmsford 120	3. Basildon 100		
4. Brighton 82	5. Plymouth 82			



Johnnie Walker and John Wakeman with the Sward Trophy.

## YOUNG ATHLETES 1984

For the second year in succession, 1984 saw Blackheath Harriers compete in the Final of the Dunlop Young Athletes National League, proving ourselves again as one of the top eight clubs in the U.K.

Also for the second successive year, Blackheath lifted the combined Colts and Boys League of Kent Championship, scooping umpteen league medals into the bargain.

Certainly the results of our youngsters continue to improve, and a number are now emerging in both Southern and British League matches. Progress? Yes – indeed, but will it last?

I spent a little time out at the beginning of 1984 visiting a number of other clubs around the country, some mightier than ourselves at youth level, some not, and it was fascinating to see the way that, almost without exception, senior athletes were involved in the training and encouragement of youngsters; they were to be seen actively coaching groups of young athletes on training nights, and any number of parents had their own small squads grinding round the track in smart little bunches.

I take Birchfield as the best example: one wet and blustery Tuesday evening took me to the Alexandra Stadium for a brief training session (yes, even team managers run sometimes!), and I was met by a stadium literally packed with athletes of all ages and abilities with coaches, parents and officials all over the place. Phil Brown, England's star 400m man stood exercising with his group, pausing occasionally to shout words of encouragement to a youngster evidently struggling under the effects of gallons of lactic rushing to his legs on the home straight, while the club's Youth relay team practised takeovers further up, supervised by a certain Vaughan Esprit.

For me, that night, Blackheath were almost cast into the shadows, and yet I was looking at a club at work who didn't even make the young athletes final in September!

Could we help our lads in the same way?

If you are an athlete, present or past, coach, present or past, or just someone who knows a little bit about our sport, could you spare one evening a week, or even a fortnight?

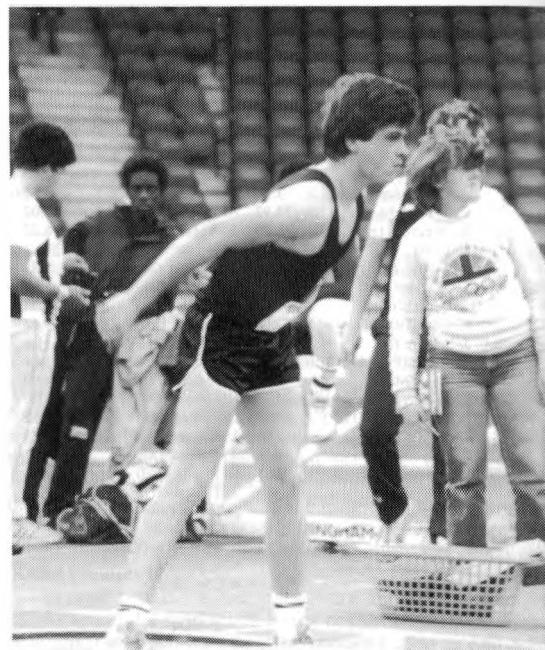
After the National Final in September it is rare to see more than a handful of our field competitors again until the following April – if then! The odd training session properly supervised would make all the difference, and the maintenance of a link with these youngsters would halve the work required preseason each year.

The field events suffer most, but track athletes are lost too, and in a club of one thousand-plus members, I can't help thinking we are losing out somewhere along the line.

Schools liaison was an integral part of the past year's success story, and it began back in March. My thanks must go to a large number of local schools without whose co-operation we most certainly would not have succeeded, but I must mention two especially.

Alleyn's School, Dulwich, for whom I hold a special affection, since it was here that I spent seven years as a pupil myself, and neighbours Dulwich College provided a wealth of talent to pad out our teams for the vital early-season matches before schools athletics really got off the ground. My sincere thanks to Hugh Bain and Paul Sherlock for their unending hospitality and assistance throughout the summer, and especially Paul, who took a number of athletes under his wing during the season, hence lessening the load on me.

Schools, being our bread and butter, represent another way in which senior members of the club can help. If you have an inside link with a school anywhere near our catchment area, exercising it could make all the difference next year.



*Jim Overall. Excelled in the Boys throwing events.*

Anyway, back to our story. Armed with our newly recruited happy band of warriors from Alleyn's and Dulwich, we marched proudly into our first National League match at Croydon, which proved to be quite a tough one.

Mitcham were the dark horses of the match while an expectedly strong challenge from Tonbridge faded fast, soon followed by Essex. A victory by 25 points was a relief all round, and set us up for Crawley a week later.

Our second clash proved not only an epic for the spectators but a quite incredible ordeal for the team manager. With two relays and the discus remaining, we found ourselves one point behind!

Thanks to some fine efforts in the three events by our lads, we ran out five-point winners, but certainly this was closest match of this league we have had in many years.

Subsequent trips to Harlow and just up the road to Norman Park, brought us two more victories, but by far wider margins, leaving us only needing to turn up at the last match, in Enfield, to be sure of a place in the 1984 National Final.

Looking at things slightly differently though, a win at Enfield would have given us our first ever Premier Division title, and judging by their results thus far, this was far from impossible.

On the day, it was a fine match, although it ended in defeat for us, and we could return home contented in the knowledge that we had reduced Enfield's winning margin from over 100 points in 1983, to just 26 on this occasion – and on their home ground.

Space in this Gazette prevents me from mentioning all the fine individual performances in each of these matches, but I must mention one from the Enfield clash that shone above all others.

Ian D'Souza not only won the Boys A-string 400 metres, but set a personal best 52.8 seconds, equal to our club record, and the fourth fastest time in the UK by someone of

his age this year. This exhibition of quarter miling any 'Heathen' would have been proud to watch, especially as a second Blackheath vest followed close behind. Vaughan Corless was second in 54.3 seconds, and had a gap of over a second behind him before the next athlete crossed the line.

By now, of course, we had established quite a reputation of 400 metre running, and this was further borne out by our win in the Boys 4 x 400 metres relay, when our quartet of Ian D'Souza, Alan Kenison, Ravi Dasan and Vaughan Corless set the fastest time by a Boys team in Britain this year of 4 minutes 43.9 seconds.

Our strong second place in front of Kent rivals Elliotts and a rather weak Woodford team, secured second place in the division again, and a place in Birmingham's final.

Meanwhile, our campaign in the Boys and Colts League of Kent had been going almost as well. We had remained unbeaten in every match, and scored a whitewash victory in the combined league contest for the second successive year. We also ended up top of the Boys individual league, but were forced to surrender the Colts title won last year, to a very strong Elliotts side, but nevertheless finished a very worthy second.

We again figured prominently in the league medals awarded in this competition to the Colts and Boys whose performances in each event, A string and B string, is the best of the season. Twenty-four medals found their way back to Hayes!

Details of how our youngsters fared in the various championships of the year are contained in the souvenir booklet published in the autumn, but to summarise, I cannot say the results were all they could have been.

Perhaps our Editor will allow me to appeal through his pages to those youngsters reading these paragraphs, that they do take part in the various championships relating to their age group. The county championships especially were very poorly supported this year.

We did have some entries in the 'Kents' at Crystal Palace in May though, and congratulations to Kevin Mulligan on rounding off our hat trick in the 400m hurdles. He won the youths title, while fellow 'Heathens' Nigel Keogh and Paul Austridge won the junior and senior finals respectively. Congratulations also to John Knapp, who won the Youths shot – as only a first year in the age group – and likewise to Mark Clark, another first year Youth, who won the Javelin championship, setting a new Club record into the bargain.

Peter Lester clinched a hard-earned second in the Youths 800m, while Andrew Crawford was second in the Youths long jump, Neil Haffenden second in the Youth hammer, and Andrew Hodge second in the Youths high jump and third in the triple jump.

In the Boys and Colts Championships held separately, at Deangate, only Ian D'Souza could fly the flag for Blackheath with an outright win in the 400 metres – and even then only with Police assistance! An emergency call for help received by a certain officer at Greenwich was treated with sympathy around noon on the day of the race, and he was granted last-minute time-off in order to whisk his young protégé down the A2 at something in excess of the legal limit, and only then arriving just in time for his heat!

Star of the Colts performances (of which there were pitifully few) was Liam Bulson, who took third in the 1500 metres final.

The Southern Counties AAA Championships this year belonged to just one athlete: Vaughan Corless is unlikely to forget this particular July weekend for some time.

His supporters were quite ecstatic as he hit the home straight still in the lead in the heats of his Boys 400 metres.



Victorious Boys 4 x 400m team. L-R Alan Kenison, Ravi Dasan, Ian D'Souza, Vaughan Corless with John Powell centre.

Vaughan's hurricane start had everyone cringing, having seen so many die in the final stages of a quarter-mile after badly-judged starts, but young Vaughan held on and clocked what was then the sixth fastest time in the country for 1984, 53.92 seconds.

The final, 24 hours later, was equally exciting, but this time Vaughan had to be content with fifth – a nevertheless fine result – but with a yet faster 53.33 seconds, around two and a half seconds faster than his personal best before that weekend!

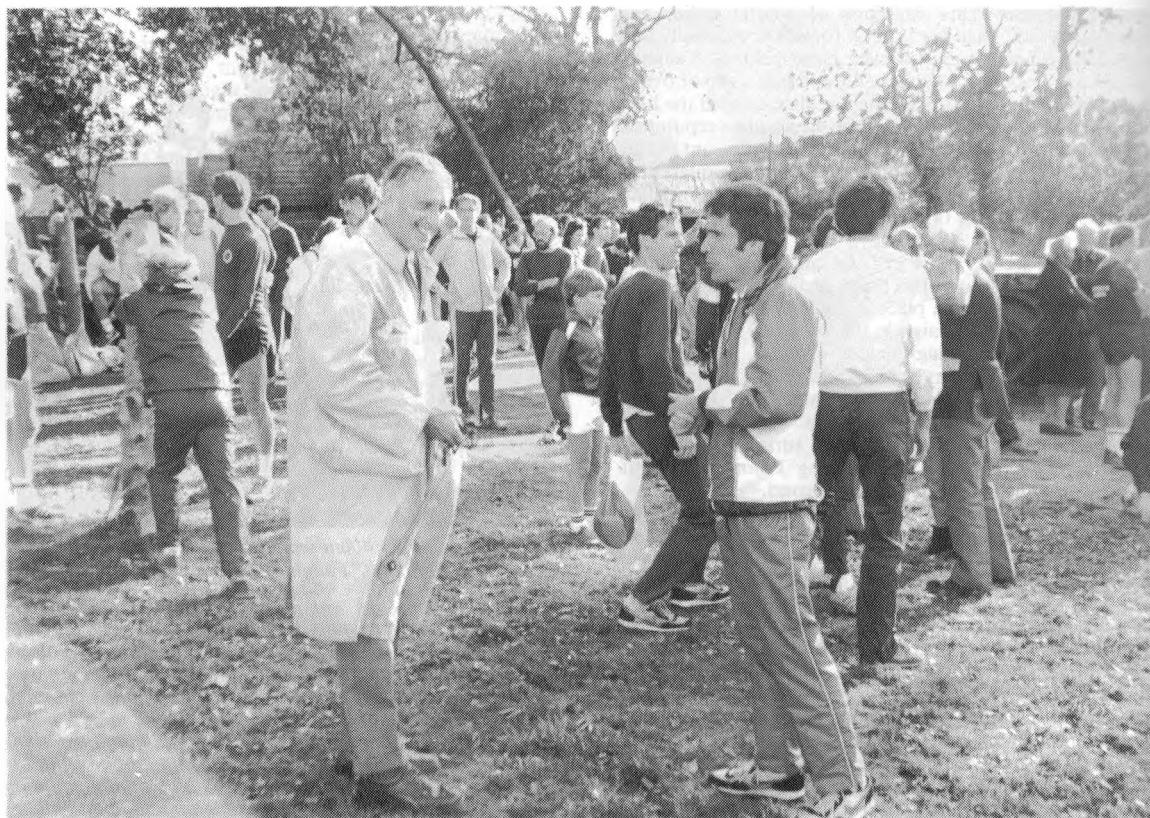
It was a favourite position for us that weekend: Peter Lester took fifth in the youth 800 metres, Nigel Keogh fifth in the junior 400 metres hurdles, and John Knapp fifth in the youth shot.

The AAA Championships for under-20s this year were largely disappointing, but the experience gained by the five Youths and four Juniors who did travel the distance to Birmingham was undoubtedly worth their trouble. Of those who reached the entry standard this year, Paul Byfield and Mark Clark will remain in the same age group for 1985, when perhaps they will progress beyond the heats to something a little more special.

The English Schools Championships, held this year almost on our own front door in Thurrock, Essex, were also rather less successful from a Blackheath point of view than in the past, although it wasn't for the want of trying.

Nobody will know where Ian D'Souza could have finished had he not been carrying an injury which saw him eliminated in the semi-finals of the junior boys 400m, nor will anyone present on the day other than those personal friends of Nigel Keogh, realise how fine his semi-final place in the senior boys 400m hurdles was as a first year in the age group.

There were several other Blackheath representatives at the championships, but sadly only one figured in the major finals. Somerset's Derek Wilson took a fine second in the senior boys high hurdles behind Jon Ridgeon, providing us with our only finalist of the weekend. Mind you, he certainly made the most of it, and yet again attracted the attention of the Channel Four TV cameras for a quick interview afterwards! Don't forget to plug Blackheath next time, though, Derek!



"You can play with my yo-yo if you like, John, while you're waiting. I'm going to speak to this chappy behind me before he pushes any more trees over."

And so to the climax of the season, and a visit to Perry Barr, Birmingham once more, for the Dunlop National Young Athletes League Final.

The weather could not have been worse, nor could the day have got off to a worse start. Both coaches were half an hour late, which almost knocked the last nail in the coffin of a panic stricken team manager obviously much in need of yet more tranquillisers after another hectic year of administration.

Turn up they did though and a prompt arrival at the stadium set us up perfectly with the strongest team fielded by Blackheath in years.

Seventh overall place at the end of the day was far from indicative of some quite brilliant performances by our youngsters who scooped 24 medals. It was one better than last year too, and although we had no individual wins, the victory in the Boys 4x400 relay more than compensated.

For those who were there, I doubt if they will ever forget the ecstatic scenes afterwards as Vaughan Corless crossed the line first, nor will they ever live through a longer 13 seconds-odd as Vaughan so desperately held off the three challengers sitting on his shoulder all the way up the home straight.

It was a fitting end to a fine season for our quartet, who didn't lose a race all year. Not one could have been accused of giving anything but his all in that race, and never were four gold medals more richly deserved. The four were made up of Vaughan Corless, Ian D'Souza, Ravi Dasan and Alan Kenison. However, it is with great regret that I now have to report that we will not see Alan in action in a Blackheath

vest again. He has decided to concentrate his time in other directions in the future.

It would be wrong to end this account without at least mentioning some of the other youngsters who worked so hard during '84. In the Colts, few will forget Gerald Skipper's herculean efforts in the sprints, ably supported by Robert Eatwell, Mike Alcindor, Jason Hoyte, Robert Harding and Roderick Morgan.

John Forrest added a new dimension to quarter-miling in this age group too, remaining unbeaten in all but one match during the year. Liam Bulson and Scott North also featured prominently in our distance team.

In the Boys our sprints team was led by Alastair O'Brien and Kingsley Mbanuzue, two valuable recruits from Dulwich College. They were also ably supported by Terence Cassano, Ravi Dasan and Darren Pope.

Moving up the distances, I have already mentioned our quarter miling conquests, but nothing of some incredible efforts by young Justin James. As only a first year in the age (13 years old) Justin took his 800m time down from 2 minutes 21 seconds to 2m 08s this year, holding for most of the season the A-string slot in every match.

All eyes will be on him in 1985.

Distance men Jason Shields, George Ponte (another lad whose times were drastically reduced by the end of the season), and Chris Atack, combined with an almost unbeatable field team led by Jim Overall. Jim did a fine job competing in a minimum of three events in every match, but was well supported by Teslim Laguda, David Parker,

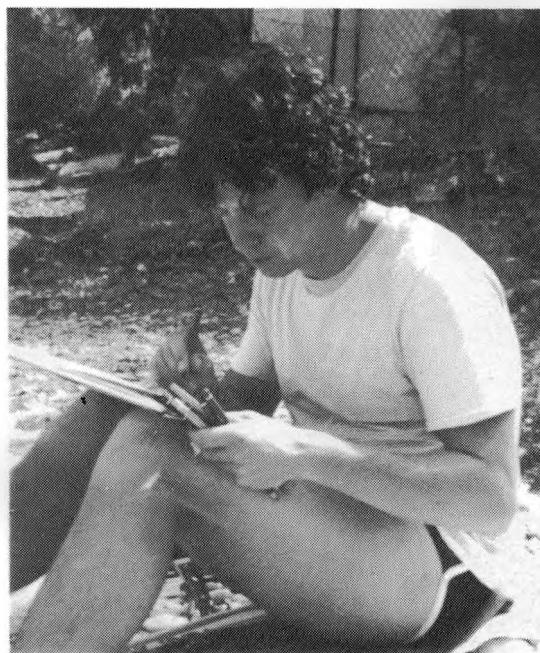
Ronnie Beacon, Pedro Avery, Richard Gibbins, Andrew Pearse, and any number of others. I would also mention Ian Chase and Jason Daniel, both from Alleyn's, who did a great job in the hurdles events.

Moving up to the Youths, the list could last for ever but I'll mention Paul Simpson and Adrian Powell in the sprints, Paul Byfield, Chris Wetz over 400 metres and Peter Lester, Patrick Kenyon, Michael Wolcarius, Trevor Thomas in the distance events. Kevin Mulligan's appearances over 400m hurdles, later backed up by Bijan White, added further strength to the squad, while Richard Wall, Andrew Crawford, Andrew Hodge, John Knapp, Neil Haffenden and Mark Clark all combined to form one of the strongest field teams in the league.

I would end this account of last season with a note about next. Our National League programme, which must take absolute preference over other fixtures (excluding British Senior League, of course), begins on May 12th and June 2nd. On these dates, we meet, among others, Enfield, Cambridge, Mitcham, Crawley and Essex, so we need to build up our teams early.

By the time this Gazette hits the streets, recruiting for '85 will have begun, so if any members have friends, relations, or know anyone they think can help us during next summer, contact team manager John Powell now. With everyone's help, this year we can beat our seventh place in the 1984 final and thus achieve three finals in a row. Come on you Heathens - young and old - pull together, and let's make our British League team of tomorrow even stronger today!

JVP



*Steve Green the artist.*

## CLUB CHAMPIONSHIPS 1984

### 100m. - SENIOR

1. P. Daves	11.1
2. J. Salmon	11.6
3. R. Pinson	11.7
4. R. Weaver	12.2
5. R. Coe	12.7

### 100m. - JUNIOR

1. G. Churchill	12.3
2. P. Stack	12.3
3. J. Oxlade	12.6

### 100m. - YOUTHS

1. P. Byfield	12.1
2. R. Chitty	12.5
3. A. Crawford	12.7

### 100m. - BOYS

1. S. Sherwood	14.1
2. J. White	14.6

### 100m. - COLTS

<i>Heat 1</i>	
1. S. Field	15.7
2. J. Vetterlein	16.0
3. I. Reed	16.37
4. J. Sowden	17.3

### Heat 2

1. R. Eatwell	14.7
2. D. Stickels	15.2
3. W. Clark	16.06
4. D. Cowland	16.27

### Final

1. R. Eatwell	14.6
2. D. Stickels	15.1
3. S. Field	15.5
4. W. Clark	16.2
5. D. Cowland	16.2
6. J. Vetterlein	16.3

### 200m - SENIOR

<i>Heat 1</i>	
1. P. Davies	23.3
2. P. Austridge	23.8
3. R. Coe	24.9
4. G. Spencer	25.8

### Heat 2

1. J. Salmon	23.9
2. M. De'ath	25.2
3. D. Brand	25.9
4. J. Robinson	27.8

### Final

1. P. Davies	21.9
2. P. Austridge	22.6
3. J. Salmon	23.0
4. R. Coe	24.9
5. M. De'ath	25.0
6. G. Spencer	25.7

### 200m JUNIOR

1. N. Keogh	23.6
2. P. Stack	24.3
3. S. Oxlade	24.6
4. P. Groves	24.7
5. G. Churchill	25.0

**200m YOUTHS**

1. P. Byfield	24.3
2. R. Chitty	25.4
3. P. Squires	25.6
4. M. Clark	26.5

**200m BOYS**

1. N. Kenison	25.8
2. A. Brett	26.5
3. S. Powell	27.5
4. J. White	29.7

**200m COLTS**

1. L. Hickey	30.9
2. S. North	31.7
3. D. Cowland	34.9

**JAVELIN**

1. D. Brand	61.26
2. S. Oxlaide	44.44
3. C. Brand	44.34
4. S. Gibson	39.38
5. R. Coe	35.38
6. J. Wakeman	31.96
7. J. Day	24.96

**LONG JUMP**

1. P. Davies	7.06
2. S. Gibson	6.02
3. N. Terry	5.89
4. S. Oxlaide	5.88
5. N. Latchem	5.73
6. P. Austridge	5.60
7. D. Brand	5.51
8. D. Farrelly	5.38
9. P. Stack	5.26
10. R. Ebbutt	5.07
11. S. Davis	5.00
12. C. Brand	4.80
13. J. Day	4.45

**DISCUS**

1. A. Fairbairn	38.54
2. S. Oxlaide	31.54
3. D. Brand	29.62
4. C. Brand	28.36
5. G. Holder	27.84
6. J. Wakeman	27.18
7. N. Latchem	23.64
8. R. Ebbutt	22.12
9. S. Gibson	21.98
10. S. Davis	20.62
11. J. Day	17.70

**TRIPLE JUMP - SENIOR**

1. N. Carpenter	12.36
2. S. Gibson	12.03
2. R. Coe	11.57
4. R. Ebbutt	10.49
5. C. Brand	9.60
6. J. Day	9.46

**TRIPLE JUMP - JUNIOR**

1. N. Keogh	11.89
2. N. Terry	11.89
3. B. Oxlaide	11.46

**HAMMER - SENIOR**

1. N. Haffenden	35.70
2. J. Wakeman	24.80
3. C. Brand	23.18
4. S. Oxlaide	20.84
5. R. Ebbutt	18.76
6. S. Gibson	16.02
7. J. Day	15.16

**HAMMER - JUNIOR**

1. N. Haffenden	(New record)	39.98
2. S. Oxlaide		22.82

**HAMMER - YOUTH**

1. N. Haffenden	46.46
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**HAMMER - BOYS**

1. J. Overall	35.62
2. A. Pearse	29.78

**SHOT - SENIOR (10 entries)**

1. D. Brand	11.06
2. J. Wakeman	9.81
3. S. Oxlaide	10.02
4. C. Brand	10.00
5. N. Latchem	10.98
6. S. Gibson	9.93
7. R. Ebbutt	7.60
8. J. Day	6.96
9. K. Daniel	6.52
10. A. Pickering	4.72

**SHOT - YOUTH**

1. R. Chitty	10.13
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**SHOT - COLTS**

1. R. Eatwell	9.16
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**SHOT - BOYS**

1. J. Overall	11.97
2. A. Pearse	9.00

**POLE VAULT - SENIOR, JUNIOR, YOUTH**

1. J. Wakeman	3.40
2. J. Day	2.80
N. Latchem	2.80
4. R. Ebbutt	2.80
5. S. Oxlaide (Jnr.)	2.80
6. C. Brand	2.20
7. D. Brand	2.10
8. S. Gibson	2.00
R. Chitty (Youth)	
M. Clark (Youth) No. Ht.	

**HIGH JUMP - SENIOR**

1. P. Davies	1.80
2. G. Holder	1.80
3 R. Ebbutt	1.60
4. S. Gibson	1.60
5. M. De'ath	1.55
6. D. Brand	1.50
7. J. Day	1.35
8. C. Brand	1.25

**HIGH JUMP - JUNIOR**

1. N. Terry	1.85
2. A. Hodge (Y)	1.80
3 A. Crawford (Y)	1.75
4. S. Oxlaide	1.60
5. M. Laws	1.50
6. A. Samuels (Y)	1.45
7. P. Davis	1.30
8. L. Hickey (C)	1.25
9. A. Rose (C)	1.20

**5000m**

1. L. Roberts	14.52.9
2. P. Betts	15.15.6
3. C. Woodcock	15.31.4
4. I. Wilson	15.40.3
5. P. Calnan	15.44.3
6. K. Daniel	15.46.5
7. R. Cliff	15.51.4
8. D. White	16.04.0
9. S. Robinson	16.42.9
10. M. Cronin	16.42.9
11. A. Bounds	17.10.7
12. M. Field	17.34.7

*1 MILE - SENIOR*

1. J. Wigley	4.17.6
2. W. Foster	4.22.0
3. M. Brameld	4.24.0
4. R. Coles	4.25.6
5. P. Calnan	4.27.9
6. P. Betts	4.30.8
7. L. Roberts	4.33.2
8. C. Bird	4.44.8

*1 MILE - JUNIOR*

1. M. Laws	4.40.6
2. D. Searby	4.49.9

*1 MILE - YOUTHS*

1. S. Dick	4.54.1
2. P. Squires	4.56.1
3. T. Dick	5.12.7

*1 MILE - BOYS*

1. T. Partington	5.00.0
2. J. James	5.00.0
3. W. Jones	5.34.3
4. C. Rudd	5.36.8
5. N. Croll	5.40.4

*1 MILE - COLTS*

1. T. Forest	5.30.8
2. F. Smith	5.36.0
3. S. North	5.45.5
4. C. Hext	5.49.3
5. A. McEwan	6.02.4

*3000m WALK*

1. P. Hannell	13.21.4
2. A. Pickering	16.43.0

*400m HANDICAP*

1. S. Davies	49.2
2. P. Austridge	50.0
3. J. Robinson	52.6
4. R. Pitcairn-Knowles	54.3

*110 HURDLES - SENIOR*

1. N. Terry	16.9
2. R. Ebbutt	19.7
3. S. Oxlade	20.0
4. N. Latchem	22.4

*400m HURDLES —*

*JUNIOR*

1. N. Keogh	57.3
2. N. Terry	61.8

*400m HURDLES —*

*YOUTHS*

1. P. Lester	60.1
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*10,000m*

1. J. McGee	33.22
2. R. Cliff	33.59
3. M. Athawes	34.06

*KENT 10,000m*

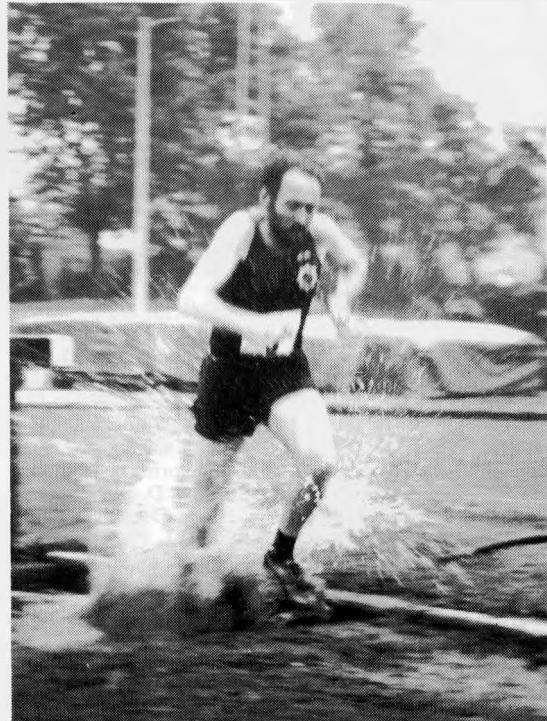
*Championship*

1. M. Gratton Invicta	29.40
2. L. Roberts B.H.	30.57
3. N. Brawn Invicta	30.58

★ ★ ★ ★ ★



*Jack Clear relaxing after his regular Wednesday night run.*



*Still capable of showing 'em how it goes — Chris Haines.*

**78th MOB MATCH V. SOUTH LONDON HARRIERS**  
*Coulson*

*17th November, 1984*

This day saw the emergence of a new enthusiasm in cross country running in Blackheath Harriers. Not only did all the established faces turn out but also a very high percentage of the new blood attached to the Club over the last year or so. I hope they enjoyed it and that the momentum will be sustained. A new club record of 130 Heathens started the race which we won by dint of the sheer weight of numbers although some of the sprint finishes all through the field were enough to make Alberto Cova wince and must have played their part in our victory.

Keep it up lads, this is what its all about.

1. R. Marriott SLH 44.08; 2. W.F. Upcott SLH 44.36; 3. A.J. Evans SLH 45.08; *Blackheath placings* - 5. R. Coles 45.34; 8. P. Brenchley 46.54; 9. L. Roberts 47.29; 10. K. Daniel 47.29; 11. M. Colpus 47.38; 12. I. Wilson 47.41; 14. M. Cronin 47.55; 15. J. McGee 47.56; 16. R. Coe 47.57; 17.

91. M. Gasson 53.46; 94. W. Foster 54.18; 95. P. Davies 54.25; 96. W. Clapham 54.29; 97. J. Loveland 54.33; 99. R. Farish (Sr) 54.43; 105. M. Crisp 55.14; 108. A. Nana 55.26; 109. R. Calton (Jr) 55.49 112. W. Wheeler 55.56; 113. N. Pattinson 56.12; 114. M. Ellison 56.15; 115 M. Nepstad 56.18; 116. P. Egan 56.19; 117. G. Jarman 56.21; 119. J. Kemp 56.23; 121. B. Moffat 56.29; 123. A. Michell 56.29; 124. R. Chambers 56.33; 126. B. Hartley 56.50; 127. C. Rowe 56.54; 129. R. Day 57.07; 131. S. Roberts 57.18; 132. A. Weeks-Pearson 57.21; 134. P. Rissen 57.23; 136. P. Hannell 57.42; 140. D. Brookes 58.02; 141. A. Butcher 58.07; 144. A. Calton (Sr) 58.26; 145. M. Newman 58.40; 146. P. Horwood 58.44; 148. J. Braughton 58.50; 149. M. Allen 58.57; 152. D. Hopgood 59.11; 153. P. Metcalf 59.25; 154. R. Morris 59.29; 155. B. Hunter 59.30; 157. F. Dudman 59.48; 159. D. Haynes 60.01; 163. M. London 60.30; 164. L. Blunden 60.34; 167. P. King 61.25; 168. B. Todd 61.40; 170. T. Tovey 62.01; 173. D. Dunkley 62.32; 174. J. Brown 62.40; 175. L. Dalmon 63.14; 176. P. Rickell



C. Woodcock 48.05; 19. S. Fitz Costa 48.11; 23. M. Laws 48.34; 25. R. Cliff 49.41; 26. P. Betts 49.49; 27. G. Spencer 49.51; 28. N. Davidson 49.52; 30. J. Eltham 49.58; 35. M. Athawes 49.23; 36. S. Michell 49.23; 37. P. Barrington-King 49.35; 38. C. Haines 49.42; 39. S. Ridgewell 49.54; 40. B. Davis 50.04; 41. I. Young 50.24; 42. D. White 50.24; 43. N. Colvin 50.24; 46. S. Robinson 50.41; 48. K. Wicheleoe 50.52; 49. M. Williams 51.02; 50. F. O'Gorman 51.04; 51. J. Robinson 51.18; 58. J. Taylor 51.35; 60. D. Dunn 51.41; 61. J. Kelly 51.46; 62. R. Ebbutt 51.49; 65. R. Pitcairn-Knowles 51.59; 66. N. Wahla 52.05; 69. J. Phelan 52.11; 73. J. Bailey 52.20; 76. C. Daly 52.48; 77. R. Tompkins 52.48; 78. P. Farrar 52.48; 79. M. Field 52.51; 80. M. Peel 52.51; 82. J. Nash 52.57; 83. P. Greenwood 53.02; 86. D. Crowdson 53.18; 88. B. Swift 53.23; 90. P. Daniel 53.26;

63.16; 177. M. Cowling 63.21; 178. S. Ferrar 63.22; 180. R. Stewart 63.36; 181. I. Gold 63.37; 183. D. Wilcox 63.43; 184. R. White 63.54; 185. D. McLeod 64.47; 187. B. Smith 64.59; 188. D. Brickwood 65.05; 189. H. Martin 65.05; 190. A. Chapman 65.19; 191. A. Musson 66.06; 193. P. Saxon 66.40; 194. D. Saunders 66.40; 195. S. Parsons 67.12; 196. K. Coombes 67.15; 198. P. Khan-Panni 68.21; 199. A. Good 68.22; 210. B. Underhill 69.32; 202. A. Tompkins 70.07; 203. S. Long 70.48; 204. P. Lovell 71.13; 205. D. Bentley 72.41; 206. J. Bennett 72.42; 207. K. Price 73.06; 208. T.S. Conway 73.18; 209. J. Brady 74.35. Handicap 1. P. King; 2. C. Daly; 3. J. Bailey.

L.R.