

Blackheath & Bromley Courier

November 2019.

President 2019-20. Julian Golding.

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From 150 Years to Tipping Point?

23rd October 1869. Happy birthday to us!

The Club History quotes "Bells Life In London" of Weds October 27th 1869 on the first run of Peckham Hare & Hounds, "The first meet of this Club took place on Saturday, the 23rd inst., at the King's Arms, Peckham Rye.... The hares... were sent off at four o'clock, and led the "run" through Goose Green, Denmark Hill, Lordship Lane, Dulwich, Sydenham, Forest Hill, and back to the Rye, making a run from nine to ten miles. Time of running, 97 minutes".

Peckham Hare & Hounds became Peckham AC, who became Blackheath Harriers, who became Blackheath Harriers, Bromley, who became Blackheath & Bromley Harriers AC on merging with Bromley AC, who had previously been Bromley Ladies AC, Wigmore Ladies AC and originally Wigmore Harriers. Throw in a number of HQ changes, the Boer War, First World War, Second World War etc etc... it's been a long journey.

Happily the Club birthday fell on a Wednesday Night and those attending our Clubhouse were treated to free beer. We saw some people we had not seen for some time such as Carolyn Haley (nee Jones Baldock) and Mark Colpus, one of the scoring 6 when we won the Senior Mens National Cross Country title for the first time in 1994. John Turner brought greetings from Bill Clapham, who had earlier in the day cycled part of the original course at the age of 89, and from David Johnson who is currently in hospital. Our best wishes to them both and to Past President Mike Martineau who sends his regards to all who know him. Mike is at home now but still in a wheelchair and has no hearing.

There were eleven men who took part in that first run 150 years ago which was one more than those who ran the Mob Match away to Orion on the 19th October 2019.

This led to our 15th successive Mob Match defeat and the subsequent loss at home to SLH just eight days later made it 16. We have now won one of our last 22 mob matches.

We have not won an away Mob Match since 2007

The ten who ran at Orion were all males over 40, no seniors, no women at all.

There were just two supporters at Orion.

If Mob Matches indicate the current health of the Club then we are either in intensive care or arranging a flight ticket to visit a clinic in Switzerland.

Some may say that Mob Matches aren't important, but they bring a diverse range of athletes together and many of the regular runners have gone on to hold important posts in the Club and/or have become officials in both the Winter and Summer seasons. Others might say that the Mob Match decline is a symptom of a general malaise. For example, we have not finished a team in the Senior Womens National Cross Country Championships for seven years; we have struggled to field middle distance runners in the UK Womens League; our Masters teams are not achieving as they have before; and we have nowhere near as many social events as we have in the past.

We do a lot of things very well and, are the envy of many, but if there are problems in areas we operate there will be a knock on at some point elsewhere.

Put another way, a pronation problem can lead to injury, back problems can lead to pulled hamstrings. An athlete cannot perform to full potential if there are imbalances.

We aren't celebrating 150 years by chance. A lot of people have put in a lot of time over a lot of years to be where we are today. We have overcome problems in the past. Let's keep it as our Club History concludes with a quote from P.P. Ian Smith "... alive and healthy, forward looking despite our valuable traditions and well worth our investment of time and money."

It's not complicated we run, jump and throw and we enjoy each others company and it is encapsulated in our MISSION STATEMENT -WE AIM to excel together regardless of age, ability, gender, race, ethnicity or religious belief for the benefit of the sport as a whole. WE PURSUE the highest standards and equity of coaching, organisation and fair play in all our activities. WE RESPECT competition and friendship individuals and teams, winners and all participants, club records and personal bests. In a word : CLUBMANSHIP

Club 150 Celebrations

Club 150 Leaderboard – Full details and latest standing are on the Club website. “A year long running challenge to get all members to run an officially timed mile”.

150 Anniversary Dinner at the House Of Commons, Thursday 7th November 2019. Full details are on the Club website.

Forthcoming Fixtures

November

Sat 2 – National Cross Country Relays, Mansfield

Sat 9 – Kent League, Danson Park, Bexleyheath

Sat 16 – London Cross Country Championships, Parliament Hill

Sat 23 – South of the Thames Junior, TBA

Sat 30 – Kent Masters, Central Park, Dartford.

December

Sat 7 – Intercounties Cross Country and National Masters Cross Country Championships, Horspath, Oxford.

Sat 14 – Kent League, Fooks Cray Meadows.

Sun 15 – Christmas Yacht Handicap, Hayes.

Sat 21 – South Of The Thames Senior Champs. (7.5 miles) Lloyd Park.

Weds 26 – Fancy Dress Paperchase, Hayes.

Social Events

Sunday 15th December. Christmas Lunch, Hayes.

Wednesday 18th December. Wednesday Nighters Christmas Supper.



Results

From Loch Ness to Littlehampton, from Fayetteville to Fooks Cray Meadows, from Sizewell to Squerries Winery, from Catford to Chingford, from Etna to Enfield, from Peckham Rye to Hayes, from Zandvlei to ...

2/10/19

Leeds Varsity Match. 400. 1. Alex Botterill 49.38. 800. 2. James Habbergham 2.00.06.

4/10/19

Joe Piane Invitational, Notre Dame, IN USA. SW."G". 4. Katy Ann McDonald 17.07.

5/10/19

Cambridge Harriers Club 5. 20. Nigel Haffenden 37.15, 26. Sally Haffenden 39.25.

Chile Pepper, Fayetteville. 77. Declan Neary 25.21.

Parkruns. Wimbledon Common. 1 Ross Braden 16.02. **Bromley.** 6 Thomas Sugden 18.41, 17 Carys Firth 19.23 (1st woman), 30 Chris Swinfen 20.03, 57 Luciana Smith 20.52, 60 Tim Ayres 20.58, 68 Steve Pairman 21.08, 74 Ted Marston 21.26, 84 Steve Evenden 21.42, 99 Damian Hayes 22.06, 132 Gareth Griffin 22.48, 170 Iain Swatton 23.47, 188 Madeleine Marston 24.11, 189 Austin Adams 24.13, 275 Jamie Muir 26.05, 336 Bernard Wilson 27.44, 344 Julia Pairman 27.53. **Bexley.** 352 George Collins 36.52. **Harrow.** 9 Adrian Stocks 20.50. **Newcastle.** 29 Bertie Harrington 19.05. **Southampton.** 718 Millie Haffenden 31.15. **Maidstone.** 367 Tom Phillips 52.47. **Beckenham Place park.** 4 Luca Ercolani 18.04, 10 Clayton Aves 18.54, 115 Jason Short 26.10, **South Norwood.** 23 James Unwin 22.33, **Bury St Edmunds.** 41 Rod Harrington 23.14. **Raphael.** 14 Robert Perry 20.59, 145 James Perry 29.27. **Hoblingwell.** 18 Nigel Haffenden 26.27. **Burgess.** 117 James Morris 22.27. **Orpington.** 93. Dave Leal 27.12, 164 Karen Desborough 33.43. **Homewood.** 24 Zoe Wood 25.11. **Rushmoor.** 250 Graham Smith 35.59. **Peckham Rye.** 88 Peter Rogers 24.02. **Penrose.** 4 Nick Perry 19.28, 31 Adrian Perry 22.55. **Westville.** 44 Zoe Kingsmill 41.11, 56 Andrew Kingsmill 44.53. **Catford.** 40 Barry Wetherilt 22.21. **Littlehampton Prom.** 14 Rob Brown 21.12. **Bethlem Royal Hospital.** 6 David Beadle 20.25, 9 Jennie Butler 20.48 (1st woman), 11 Nick Barber 21.24, 15 Mike Simms 22.20. **Squerryes Winery.** 7 Mark Ellison 23.32. **The Leas, Minster.** 31 Mick Keene 27.35. **York.** 95. Graham Rush 22.22. **Park na Wyspie, POL.** 7. Lyn Atterbury 26.05.

5-12/10/19

Australian Masters Games, Adelaide. W65. 60. 1. Helen Godsell 9.04 (2.3). 100. 1. Helen Godsell 14.88 (0.6). 200. 1. Helen Godsell 31.06 (1.3). 400. 1. Helen Godsell 76.15. Mile. 1. Helen Godsell 7.28.

6/10/19

ERRA National Road Relays, Sutton Coldfield. Senior Men. 1. Leeds City including Phil Sesemann 17.02 (=3rd fastest) and Graham Rush 17.18 (7th fastest). **Senior Women - Under 17 Men.** 44. B&B 41.16 (Sam Reardon 13.09 (39), Will Andrews 13.40 (39), Bailey Marks Belaon 14.27 (44)). **Under 17 Women.** 11. B&B 45.31 (Zoe White 15.01 (12), Ellie Osmond 15.24 (15), Isabelle Stoneham 15.06 (11)). Incomplete team. Jessica Neale 15.40 (27). **Under 15 Boys.** 26. B&B 41.50 (Matthew Smith 13.25 (27), Ted Marston 14.20 (28), Alessio Tutt 14.05 (26)). Incomplete team. George Shaw 14.48 (54), Nathan Firla 14.33 (45). **Under 15 Girls.** 30. B&B 48.39 (Isabella Louth 15.43 (36), Cameron Kelly Gordon 16.12 (36), Sophia Plum Maher 16.44 (30)). 46. B&B 50.09 (Olivia Wauters 16.05 (44), Amelie Willars 17.20 (52), Emily Debacker 16.44 (46)). Incomplete team. Olivia Mageebeow 18.54 (67). **Under 13 Boys. - Under 13 Girls.** 15. 48.26 (Emily Deveney 16.12 (26), Tallulah Ndikanwu 16.27 (21), Molly-May Mooney- Clarke 15.47 (15)). Incomplete team. Alyssa Firla 16.00 (22).

Tonbridge Half Marathon. 11. Tony Crowder 85.41 (85.40).

Royal Borough Of Kingston Half Marathon. 455. Nigel Bewsher 1.46.17 (1.45.07)

Hornchurch Half Marathon. 217. George Collins 1.49.09 (1.47.59).

Baxters Loch Ness Marathon, Inverness. 143. William Brindley 3.18.41 (3.18.34)

Bournemouth Marathon. 131. Ben Cockburn 3.20.37.

MBNA Chester Marathon. 282. Len Crowder 3.13.38 (3.13.23)

Titsey 10km, Oxted. 156. Angela Powell 58.39 (58.33)

9/10/19

RunThrough Chase The Moon, Olympic Park 5km. 5. Blair Wilson 18.53 (18.49).

12/10/19

Kent Cross Country League, Swanley. Senior Men. 14. Joss Barber 33.19, 17. Alex Gibbins 33.22, 33. Gareth Evans 35.01, 54. Luca Ercolani 36.27, 69. Jon Pairman 37.13, 75. Fintan Parkinson 37.24, 78. Roger Beswick 37.37, 85. Paul Sharpe 37.57, 96. Gregory Firth 38.27, 116. Chris Tuck 39.26, 122. Darren Corneille 39.41, 167. Steve Pairman 41.39, 185. Nigel Haffenden 42.04, 189. Jason Meers 42.13, 231. Richard Byford 44.51, 238. Andy Lawes 45.36. Team. 4 to score. 3rd 118. 12 to score. 3rd 926. **Senior Women.** 11. Amy Leach (U20W) 19.23, 46. Sally Haffenden 21.09. **Under 20 Men.** 1. Callum Myatt 15.34, 3. Joseph Georgiadis 16.02, 7. Henry Fisher 17.19. Team 1st 1. **Under 20 women.** 2. Amy Leach 19.23. **Under 17 Men.** 8. Sam Reardon 16.45, 9. Tom Brash 16.48, 10. William Andrews 16.50, 11. Jake Leng 16.55, 16. Frederick Georgiou 17.17, 21. Justin Stover 17.34, 27. Bailey Marks-Belaon 18.42, 28. Callum Horton 19.05, 33. Harvey Blanden 19.46. Team. 2nd 27. **Under 17 Women.** 2. Isabelle Stoneham 18.43, 3. Olivia Berry 19.02, 4. Zoe White 19.04, 8. Daniella Harper 19.49, 9. Ellie Osmond 20.07, 13. Heidi Forsyth 20.29. Team. 1st 9. **Under 15 Boys.** 14. Alessio Tutt 14.14, 18. Arthur Starvis 14.29, 25. Jake Anthony 14.50, 32. Thomas Sugden 15.12, 33. Ted Marston 15.13, 50. Nathaniel Brunner 16.19. Team 3rd 57. **Under 15 Girls.** 3. Carys Firth 15.50, 4. Hannah Clark 16.00, 7. Amarisa Sibley 16.17, 11. Amelia Middleton 16.28, 12. Cameron Kelly Gordon 16.34, 14. Isabella Louth 16.42, 19. Olivia Wauters 16.55, 25. Sofia Plum Maher 17.11, 27. Cara Gould 17.26, 32. Emily de Backer 17.48, 34. Amelie Willars 17.49, 41. Liberty Whyte 18.14, 51. Abigail Smith 19.04. Team 1st 14. **Under 13 Boys.** 2. Alexander Middleton 9.54, 5. Joshua Healey 10.11, 10. Franco Hillier 10.34, 13. Jasper Brooks 10.37, 16. Jed Starvis 10.49, 18. Hendri

Verster 10.52, 20. Harry Fage 10.54. Team. 2nd 17. **Under 13 Girls.** 4. Molly May Mooney Clarke 10.40, 5. Francesca Middleton 10.41, 7. Megan Slattery 10.57, 9. Megan Barlow 11.07, 12. Tallulah Ndikanwu 11.09, 13. Emily Deveney 11.11, 15. Maria Salamanca 11.11, 21. Lydia Witcombe 11.40, 22. Amie Gould 11.42, 29. Amber Cockburn 12.06, 38. Madeleine Marston 12.32, 50. Lolo Bischoff 13.30. Team. 1st 16.

Enfield Race Walking League. 4MW. 1. Peter Hannell 50.32. 5MW. 25. David Hoben 58.22, 26. Shaun Lightman 59.06.

Alton Sports Hampshire League, Bournemouth. Men. 2. Alex Bruce Littlewood 31.23 (2nd claiming for Southampton).

Sport Systems Surrey Ladies League, Priory Park. 107. Jane Bradshaw 29.58 (2nd claiming for Dulwich).

Sport Systems Surrey Mens League Division Two, Priory Park. 156. Ifetobi Salako (2nd claiming for Croydon) 39.14.

Parkruns. Bromley. 26 Stuart Cullum 20.20, 54 Chris Swinfen 21.24, 78 Ella Deighton 22.32, 119 Iain Swatton 23.36, 250 Bernard Wilson 27.46, 258 Sally Smith 27.53, 279 Steve Evenden 28.13, 405 Graham Smith 33.31. **Eastbourne.** 29 James Unwin 22.05. **Forest of Dean.** 86 Adrian Perry 41.09. **Maidstone.** 283 Tom Phillips 35.37. **Beckenham Place park.** 4 Clayton Aves 18.37, 24 David Beadle 21.32, 75 William Slack 25.17. **Norwich.** 185 Graham Coates 26.21. **Lloyd park.** 10 Jennie Butler 21.45 (1st woman), 53 Sarah Belaon 25.49. **Durham.** 127 George Collins 24.33. **Dulwich.** 153 Niamh Milmo 25.12.

Orpington. 7 Oscar Witcombe 21.07, 13 Harry Keene 21.27, 74 Dave Leal 26.45, 114 Mick Keene 30.22. **Chelmsford Central.**

511 James Perry 32.53. **Zandvlei.** 62 Zoe Kingsmell 30.00, 140 Andrew Kingsmell 36.53. **Exmouth.** 164 Bob Minting 30.34.

Catford. 87 Barry Wetherilt 25.38. **Bethlem Royal Hospital.** 21 Mike Simms 25.43, 22 Jason Short 26.02. **Squerrys Winery.**

43 Anne Cilia 29.22.

13/10/19.

Petts Wood 10km. 6. Graeme Lugar 38.24, 7. Luca Ercolani 38.45, 66. Mike Simms 47.14, 96. Rod Harrington 49.08, 124.

Luigi Arcuri 50.32, 126. John Leeson 50.38, 202. Austn Adams 53.37, 331. Isobel Harrington 59.21.

Victoria Park 10km. 1. Danny Brewer 34.05 (34.04)

Simplyhealth Great Birmingham Run. 90. Joshua Dowling 68.56 (68.48) (Supposed to be a half marathon but course shortened to avoid a suspicious vehicle).

19/10/19

Mob Match v Orion Harriers, Chingford. 4. Gareth Evans 51.06, 7. Luca Ercolani 51.54, 32. Dave Beadle 61.09, 43. Ian Taylor 65.51, 49. James Unwin 68.10, 53. Andy Lawes 69.49, 58. Mark Ellison 73.21, 61. Jason Short 76.05, 62. Barry Wetherilt 76.12, 65. John Leeson 76.47. Match (10 to score). 1. Orion Harriers 67, 2. Blackheath & Bromley 434. Masters (10 to score). 1. Orion Harriers 75, 2. Blackheath & Bromley 256. Bennett Cup Handicap. 1 Luca Ercolani, 2 Gareth Evans, 3 David Beadle. Bennett Cup Leading Positions after 3 events. 1. John Leeson 77, 2 David Beadle 62, 3 Adrian Stocks 55, 4 Andy Lawes 48, 5 Joseph Georgiadis 44, 6 Ian Taylor 43, 7 James Unwin 36, 8 Mark Ellison 33, 9 Luca Ercolani 31, 10= Gareth Evans, Rod Harrington, Callum Myatt 30.

SEAA Cross Country Relays, Wormwood Scrubs. Senior Men. 15. B&B 1.02.13. James Habbergham 13.48 (2), Alex Gibbins 14.29 (6), Dan Kennedy 17.51 (14), Ian Firla 16.05 (15). **Senior Women.** -. **Under 20 Men.** 2. B&B 31.42. Lewis Mills 10.38 (4), Ben Gardiner 10.52 (3), Callum Myatt 10.12 (2). **Under 20 Women.** -. **Under 17 Men.** -. **Under 17 Women.** 6. B&B A 26.41. Ava White 9.01 (9), Anwen Thomas 8.49 (6), Zakia Mossi 8.51 (6). 7. B&B B 27.06. Jessica Neal 9.19 (15), Olivia Berry 9.02 (7), Naomi Toft 8.45 (7). Incomplete team. Tola Pearse 8.43 (6), Sabrina Mannes 9.58 (14). **Under 15 Boys.** -. **Under 15 Girls.** 5. B&B 23.23. Carys Firth 8.03 (23), Amarisa Sibley 7.37 (5), Lara Mannes 7.43 (5). 11. B&B B 24.15. Kate Price 7.40 (7), Amelia Middleton 8.24 (13), Gabriella Martin 8.11 (11). B&B non scoring 24.43. Imogen Hadley 7.52 (14), Parris French 8.29 (18), Cara Gould 8.22. Under 13 Boys. -. Under 13 Girls

Northern Cross Country Relays, Sheffield. 7. City Of York including Alex Botterill 11.07.

Arturo Barrios Invitational, College Station, TX, USA. Women. 7. Katy Ann McDonald 20.38

Bronco Invitational, Sunnyvale, CA, USA. Men. 73. Declan Neary 25.16

Parkruns. Bromley. 16 Daniella Harper 20.44, 17 Luciana Smith 20.48, 34 Paul Kerekgyarto 21.27, 170 Andy Tucker 26.04, 172 Sally Smith 26.11, 230 Bernard Wilson 28.25, 356 Luke Brett 34.32, 377 Graham Smith 35.32. **Bexley.** 366 George Collins 42.39. **Ashton Court.** 39 Adrian Stocks 21.49. Southampton. 85 Nigel Haffenden 20.49, 117 Sally Haffenden 21.49.

Beckenham Place park. 3. Clayton Aves 18.54, 20 Rod Harrington 22.09. **Ashford.** 12 Harry Keene 19.49, 137 Mick Keene 28.29. **Lloyd park.** 20 Ellie Osmond 21.29 (1st woman). **Orpington.** 65 Dave Leal 27.24, 157 Karen Desborough 34.50.

Homewood. 26 Zoe Wood 25.14. **Peckham Rye.** 83 Peter Rogers 24.25, 231 Maz Turner 33.58. **Holkham.** 72 Niamh Milmo 25.57. **Leicester Victoria.** 9 Lewis Warren 18.38. **Tooting Common.** 20 Eloise O Shaughnessy 24.57. **Etna.** 39 Adrian Perry 37.00. **Exmouth.** 99 Bob Minting 25.09. **Catford.** 99 Barry Wetherilt 26.51. **Higginson, Marlow.** 61 Zoe Kingsmell 27.56, 95

Andrew Kingsmell 32.35. **Littlehampton Prom.** 13 Rob Brown 21.30. **Bethlem Royal Hospital.** 1 Will Andrews 18.07, 3 Richard Webb 19.52, 4 Ted Marston 20.01, 37 Madeleine Marston 25.57. **Squerrys Winery.** 63 Anne Cilia 29.32.

20/10/19

Simplyhealth Great South Run, Portsmouth. 7. Scott Overall 48.26 (48.26), 140. Henry Fisher 60.55 (60.45), 3380. George Collins 94.13 (83.57)

Chiswick Half Marathon. 9. Oliver Robinson 81.41 (81.34)

26/10/19

Kent League, Somerhill School, Tonbridge. Senior Men. 3. Josh Schofield 33.44, 24. Alex Gibbins 36.53, 27. Ross Braden 37.15, 37. Dan Kennedy 37.57, 51. Luca Ercolani 38.53, 85. Roger Beswick 41.27, 87. Ian Firla 41.29, 91. Fintan Parkinson 41.35, 93. Jon Vintner 41.37, 103. Gregory Firth 42.05, 107. Paul Sharpe 42.13, 119. Chris Tuck 42.52, 160. Darren Corneille 44.34, 190. Richard Hall 46.48, 227. Tim Ayres 50.30, 234. Richard Byford (No time). Team 4 to score. 3rd. Overall 3rd. Team 12 to score. 3rd. Overall 3rd. **Senior Women.** 1. Niamh Bridson Hubbard 18.00, 17. Amy Leach 20.55, 19. Millie Smith 21.09, 53. Jenny Leng 23.30. Team. 2nd. Overall 18th. **Under 20 Men.** 1. Callum Myatt 16.47, 6. Joseph Georgiadis 18.10. No team. Overall 2nd. **Under 20 Women.** 2. Amy Leach 20.55, 3. Millie Smith 21.09. No team. **Under 17 Men.** 8. Tom Brash 17.51, 14. William Andrews 18.19, 19. Sam Reardon 18.29, 26. Frederick Georgiou 19.44, 28. Justin Strover 20.05, Callum Horton 20.14. Team 3rd. Overall 2nd. **Under 17 Women.** 2. Anwen Thomas 20.24, 3. Ailbhe Barnes 20.32, 4. Isabelle Stoneham 20.46, 7. Olivia Berry 21.03, 14. Heidi Forsyth 23.12. Team 1st. Overall 1st. **Under 15 Boys.** 11. Matthew Smith 14.30, 22. Alessio Tutt 15.04, 23. Ted Marston 15.07, 27. Arthur Starvis 15.30, 43. Nathaniel Brunner 17.08. Team 3rd. Overall 3rd. **Under 15 Girls.** 2. Lara Mannes 15.59, 3. Hannah Clarke 16.12, 6. Carys Firth 16.34, 8. Cara Gould 16.55, 14. Olivia Wauters 17.17, 17. Isabella Louth 17.36, 32. Sofia Plum Maher 18.58, 39. Abigail Smith 19.35. Team 1st. Overall 1st. **Under 13 Boys.** 6. Franco Hillier 10.58, 13. Jasper Brooks 11.21, 15. Jed Starvis 11.24. Team 4th. Overall 3rd. **Under 13 Girls.** 3. Molly-May Mooney Clarke 11.31, 4. Megan Slattery 11.32, 7. Amie Gould 11.47, 8. Tallulah Ndikanwu 11.54, 12. Maria Salamanca 12.09, 18. Luciana Smith 12.26, 21. Lydia Witcombe 12.37, 24. Alyssa Firla 12.51, 35. Erin Simpson 13.24, 49. Madeleine Marston 14.26. Team 1st. Overall 1st.

Beach Head Marathon. 697. Glen Read 5.13.19.

Steyning 10km walk. 11. David Hoben 73.50.

Parkruns. Bromley. 6 William Foxhall 19.21, 19 Nick Barber 20.42, 74 Austin Adams 23.24, 85 Adrian Perry 23.45, 93 Ian Montgomery 24.17, 148 James Unwin 26.21, 175 Tom Leeson 27.49, 254 John Leeson 30.12, 329 Graham Smith 34.27.

Maidstone. 320 Tom Phillips 62.48. **Beckenham Place park.** 14 Cornelius Griffin 21.02. **Canterbury.** 69 Mick Keene 30.28.

Royal Tunbridge Wells. 19 Daniella Harper 24.13 (1st woman). Bournemouth. 92 Peter Hamilton 26.24. **Eden Project.** 36

Rod Harrington 22.36. **Winchester.** 47 Nigel Haffenden 22.38, 49 Sally Haffenden 22.41. **Dulwich.** 34 Paul Ross-Davies 20.37.

Clermont Waterfront. 7 Gabriella Martin 20.53. **Tonbridge.** 84 Mark Ellison 24.40. **Bognor Regis.** 20 Robert P Brown 22.11.

Peckham Rye. 73 Peter Rogers 25.02. **Kesgrave.** 2 Steve Cooper 18.02. **Leicester Victoria.** 2 Lewis Warren 18.35. **Ellenbrook**

Fields. 148 James Perry 31.06. **Exmouth.** 58 Bob Minting 26.08. **Catford.** 59 Barry Wetherilt 25.50. **Foots Cray Meadows.** 15

John Turner 26.39, 28 Zoe Kingsmill 30.54, 46 Maz Turner 35.03. **Sizewell.** 16 James Morris 24.03. **Squerryes Winery.** 25

Mike Simms 27.02.

27/10/19

Mob Match v South London Harriers inc Club 7.5 Mile Championship. 2. Luca Ercolani 50.17, 5. Chris Tuck 56.04, 7. Jennie

Butler 57.36 (1st woman), 8. Nigel Haffenden 57.41, 10. Amy Leach 58.26, 14. Dave Beadle 59.36, 15. Darren Corneille

60.12, 17. Adrian Stocks 60.14, 18. Nick Barber 60.45, 22. Sally Haffenden 63.54, 23. Mark Ellison 64.31, 24. Steve Pairman

64.56, 26. Luigi Arcuri 65.42, 28. George Collins 65.56, 29. John Leeson 66.10, 30. Richard Byford 66.21, 31. Andy Lawes

66.44, 33. Andy Tucker 68.12, 34. Barry Wetherilt 69.22, 37. John Turner 72.44, 38. Iain Swatton 72.06, 40. Jim Phelan

73.26. 42. Tim Ayres DNF. Scoring 17 a side. 1. SLH 290, 2. B&B 309. **Club 7.5 Mile Championship.** 1. Luca Ercolani, 2. Chris

Tuck, 3. Jennie Butler. **Womens 7.5 Mile Championship.** 1. Jennie Butler, 2. Amy Leach, 3. Sally Haffenden. 1st Veteran

(Ponsford Pewter) Luca Ercolani. **Handicap** 1. Mark Ellison, 2. John Leeson, 3. Luca Ercolani. **Bennett Cup Leaders after 4**

events. 1. John Leeson 106, 2. Adrian Stocks 81, 3. Dave Beadle 80, 4 =. Mark Ellison and Andy Lawes 65, 6. Luca Ercolani 59,

7. Barry Wetherilt 45, 8. Joseph Georgiadis 44, 9. Ian Taylor 43, 10. James Unwin 36.

Age UK Leeds Abbey Dash 10km. 13. Graham Rush (2nd claim) 29.26.

Croydon 10km. 33. Ifetobi Salako 41.10

Valencia Half Marathon. 103. Scott Overall 69.34.

100 years ago in 1919

The 51st Annual General Meeting of the Club takes place... "Such a magnificent attendance, we believe the best in the history of the Club...the splendid rally of old and young members there – many safely back from the dangers and terrors of war, looking splendid, and with the happiness of victory bursting from them. There certainly were individual pangs in every heart caused by the absence of gallant fellow members who had made the great sacrifice, but we ourselves believe that

they, too, although unseen, were participating in this great reunion... Notwithstanding our severe losses in the war, we now have a membership of 442, as compared with 469 of 1913. "

Earlier the Club Five Miles Challenge Cup and Sealed Handicap takes place with 27 starters. Other events in the month include the Opening Run, the Five Miles Novices Invitation Race, The Novices Mile Pewter and various trail runs as they build up to the "Nicholls" Challenge Cup race against South London Harriers.



A letter is received highlighting it is the coming of age of the Gazette. "I have all the volumes bound in my possession and would not part with them for untold gold."

"Subscriptions for 1919-20 are now due from all members not of the "life" list. Everything is up barring the BH sub which is still 10/6. Our expenses during the Winter will be exceptionally heavy, so please do weigh in at once without waiting for a personal application"

75 years ago in 1944.

The Club Five Mile Handicap takes place at Hayes "At a first glance 13 entries for this race seems very small, even allowing for the war, when compared with our normal entry of 70-80 runners in peace-time, but the fact is we are horribly thin at the present time"

The Club are 12th in the SCCA Five Mile Race at Wimbledon.

News of Vice President Maurice Banderville in a letter to Syd Taylor from Paris "Thank God my wife and self are still in good health although we had several narrow squeaks. I did not make myself popular with the Germans, who arrested me on the 12th August, and finally had my flat looted, losing quite a lot of money and all my wife's jewels, but I am yet able to treasure my VPs badge concealed in a cellar box! You cannot imagine how great our joy, after many days of street fighting, when we saw the relief forces coming to our rescue"

John Hancock sends greetings from Italy "and asks if anyone has an old pair of any sort of running shoes (size 8 small) they could spare him. His were chewed up by somebody's pet, and he has tried Stores and Welfare people everywhere without success"

50 years ago in 1969

The inaugural National Six Stage Road Relay takes place at Crystal Palace. The Blackheath team of Peter Horwood, Chris Woodcock, Bob Richardson, Ian Wilson, Alan Davis and Chris Haines finishes fifth in a race won by the City Of Stoke.

The Centenary Thanksgiving Service takes place at West Wickham Parish Church.

Bob Richardson wins the Club Five Mile Championship with 101 members starting the race. At the AGM in the evening "although the accounts presented a somewhat gloomy image of the Club finances, there being a deficit on the Balance Sheet of £55, Alan Ball, the Treasurer, said in his report that he was sure that there were better times ahead" At the Great Britain v Finland match at Crystal Palace Tony Wadhams wins the triple jump with Graham Hamlyn fourth. Bob Richardson is second in the 10,000 metres and Peter Hudson fourth in the long jump. Mike Willis runs 2 hrs 24 mins 0 seconds to finish 8th in the Harlow Marathon. This is the fastest time ever by a BH member. Alan Brent is elected President of the Southern Counties Cross Country Association and Vice President of the E.C.C.U. Bill Western is elected life Vice President of the A.A.A.

25 years ago in 1994.

The Blackheath team of Phil Hogston, Dave Taylor, Steve Dodd, Mark Steinle, James Harrison and Spencer Newport finishes second in the National 6 Stage Road Relay narrowly failing to retain the title they won the previous year. Blackheath win the team race at the Julie Rose 10km with Phil Hogston second in 30.05, Mark Steinle 4th in 30.27 with Tim Dickinson and Daren Neale completing the scoring in 6th and 8th. At the Southern Womens road relay, Blackheath win the under 13 girls race with a team of Katie Lucht, Zoe Morrell and Gemma Viney. Gemma's time is the fastest of the day. The under 15 boys team of David Baker, Steve Holmes, John Baker and Michael Skinner finishes in third place. Mark Watling wins the Club 5. There are 68 finishers and 2 go off course. Simon Baines wins the Belgrave 10km. James Harrison is 9th and Jerry Barton 16th in the Great South Run. Blackheath Harriers issue a press release

Release Date: 14/10/94

CLUB ON BRINK OF FINANCIAL DISASTER

Blackheath Harriers, one of the oldest Athletics Clubs in the country, and one of the most successful all-round teams of recent times, is on the edge of being in Financial trouble, it was revealed this week.

As the Bromley based Club celebrates the most successful season in its history, and prepares for the forthcoming season, the end of the financial year in August shows The Club at virtual crisis point due to a lack of funds. Club officers readily admit this is simply due to Blackheath's spiralling success story of recent years.

The Harriers took virtually all before them during the cross-country season, securing 3 National Cross-Country and Road Titles last winter. Last summer saw the Club gain promotion to the Guardian British League Division 1, and reach the Final of the Guardian Cup Final. The Junior Team secured its Fourth successive British League Division 1 Championship, while the Young Athletes won an unprecedented Sixth National Young Athletes League Title in a row, with the Ladies winning a Division of the Southern League in their inaugural season.

Yet, as they celebrate 125 years of existence, along with the eightieth birthday of their most famous member, and folk hero, former World Record holder for the mile, Sydney Wooderson, they remain one of the few top British Clubs who have no major sponsor.

Describing the Club's plight, Finance Co-ordinator Derek Gregory explained " We have started the last few Financial Years with a budgeted overspend of several thousand pounds, but somehow we have been able to make ends meet, However, this year we begin with a substantial deficit brought forward from last season. The situation looks rather bleak, we are paying for last season's success from this year's subscriptions." The Club has no permanent source of income other than members subscriptions and donations, and fund raising initiatives are at full stretch. You can only stretch people's pockets, and goodwill so far."

Club President, Stephen Chaney said, " The situation is very worrying. We will survive for a while yet, but we have become victims of our own success. Developing

youngsters at grass roots level and maintaining a successful senior team is an expensive process for a purely amateur body. Our annual trip to Europe as Britain's representatives in the European Junior Clubs Cup costs thousand of pounds, and it isn't possible to ask Young Athletes to pay for themselves, or we would end up with half a team. Yet we still wish to provide tomorrow stars with International experience now."

Competition from other clubs is fierce, and a big club, with a sponsor always looks attractive to an athlete and coaches ambitious for success at the highest levels.

"Having developed the most successful Under 20 athletics team in British Athletics, and thus the potential for one of the strongest senior teams for the future, we may find ourselves with such a shortage of funds that we may not be able to follow this through to its conclusion."

The Club's costs are heavily biased towards the Summer Competition, running 10 teams in various Leagues last summer at a cost in the region of £31,000, whilst the Winter teams cost around £2,000. Most of The Club's income is spent on active athletics, but such numbers are also costly in the terms of administration costs and internal communications. Subscriptions only cover about 2/3 rd's of the total costs, whilst many expenses are still borne out of Club officials pockets, and never attributed to The Club.

"We would appeal especially to local business to seriously consider sponsoring The Club - we believe an athletics club such as ours has many attractions for a potential sponsor. Past sponsors of our sport such as Lucozade, Woolworth's, Girobank, TSB, Panasonic, Gaardian, and many others, have gained excellent exposure through athletics. Now the grass roots level is making a plea for help. We wish to secure the future of The Club and the opportunity for its youth to continue developing."

"As we approach another season, and a fresh financial year looms large for The Club, we will needless to say, carefully scrutinise our expenditure, as we always do, but to keep such a large institution afloat, and continue its present rate of success we will need help, or a slice of national sporting history may slip into obscurity."

20 years ago in 1999.

Mark Steinle finishes third in the Great North Run in 62.23. The race was won by Kenya's John Mutai with South African Gert Thys in second but behind him are Olympic Marathon champion Josiah Thugwane; Antonio Pinto, the European record holder at the distance and twice London Marathon winner; and Martin Fiz, former World Championship Marathon winner.

He also beats top Britons Rob Denmark and Richard Nerurkar. He then has to take his fifth drug test of the year which takes him twice as long as the race. Gemma Viney is fourth in the junior womens race.

At the World Half Marathon Championships in Palermo Mark Steinle finishes in 38th place in 64.11 with Dave Taylor 62nd in 66.12.

Dave Taylor also wins the Surrey Mens Cross Country League and the Croydon 10km on the same weekend.

Roy Smith wins the Club 5 which was first contested in 1880. Russell Bentley with hair dyed purple is second. There are 50 finishers.

Dave Heath runs the third fastest time of the day at the National 6 stage road relays as the Club finishes 11th.

Siobhan Budd wins the senior race at the Kent Womens League at Swanley.

UPDATE ON MERGER TALKS WITH BROMLEY A.C .

You will recall that last month we informed you about initial talks with Bromley A.C. to explore the possibility of a merger and published the letter from the BH Committee in response to seven requirements given by them at a meeting in July. Following this letter being presented to their July committee, we received a reply saying our letter had been fully discussed and their committee decision was for no further talks to take place in the immediate future. The reply was then reported to our committee in August and, such was the strength of feeling by the meeting that a merger was in the best interests of the athletes and other aspects related to active athletics, that we should not allow the subject to drop. As a result a further letter was sent expressing these views, with an offer to have another meeting, either on a formal or informal basis. The offer to meet on an informal basis was accepted and the two parties met on the 20th October. No new points arose, and very little, if any, progress was made. The only thing to come out of the meeting was the agreement for Blackheath Harriers to write a further letter to clarify our previous letter, and put forward reasons to support the logic and benefits to both clubs of a merger. The letter will be put to their committee on the 27th October in an attempt to re—open negotiations. We now await the outcome.

The article in the last Courier did, I know cause concern to some Members, but I can assure you the representatives of the Club, the President, Chairman and Secretary, are as you also know, 100% committed Heathens, and the interests of our long term Members will be protected in any negotiations. Any developments will be published in the January Courier.

John Baldwin

Hon. Secretary

15 years ago in 2004

Michael Skinner wins the opening race of the Reebok Cross Challenge in Falkirk



Frank Dick is the Clubs guest speaker at the Club Dinner.

The Club receives a message from Sir Roger Bannister thanking the Club's athletes who raised money for the Parkinsons Appeal at the London Marathon.

Nike renew their sponsorship of the Club until the end of 2007.

A team of Spencer Newport, Andy Rayner, Michael Skinner, Dave Taylor, Barry Stephenson and Tim Dickinson finish 7th in the National 6 stage road relay.

Former footballer Jon Thorpe wins the Club 5 with Jennie Butler first home in the womens race. There are 57 finishers.

Dave Taylor, an over 40, is 14th in the Great South Run in 49.14.

John Turner completes his 16th London to Brighton.

10 years ago in 2009

At the World Masters in Sydney Helen Godsell wins gold in the 100 and 200 in the over 55s category. Allan Williams takes silver in the pole vault in the same age group; and there is gold for Daryl Brand in the javelin in the over 45s.

Sydney Wooderson is inducted into England Athletics Hall Of Fame.

Scott Overall is 4th in the Great South Run in a time of 48.00. Mike Skinner is 18th in 49.55

The Men are 14th and the women 26th in the National 6 stage and 4 stage relays at Sutton Park.

Alex Bruce Littlewood and Jen Hamer both win the Senior and Junior titles at the Club 5 Mile Championships. There are 55 finishers.

The Senior Men finish second in the National Cross Country Relays at Mansfield. Michael Skinner and Scott Overall run the two fastest legs of the day. Alex Gibbins and Andy Rayner complete the scoring quartet.



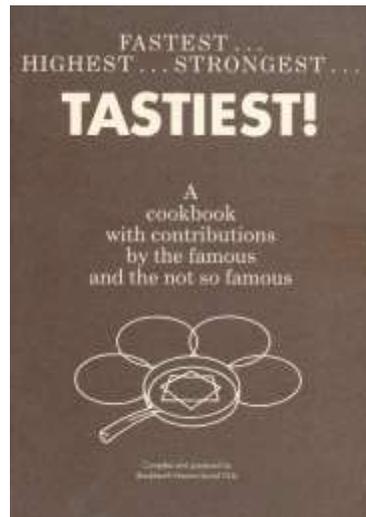
Phil Sesemann runs the 8th fastest time of the day in the under 17 mens as the team finishes 18th. In the picture above, he holds off the challenge of Leeds City's Gordon Benson. (National Cross Country Championships Leeds 2019, 25th Phil Sesemann 38.10, 26th Gordon Benson 38.13).



Richard Webb, Will Fuller and Tom Desborough. Under 13s in the Kent League in 2009, British League squad in 2019

Flashback

October 1959. Wigmore Harriers (who had become Bromley AC by the time they merged with Blackheath in 2003) finish 5th in the Southern Womens Road Relays at Tooting Common. The B team is 7th.



We ought to do another one of these! Club members and the famous supply some of their finest recipes. Contributors included Daley Thompson's aunt Doreen, Alan Wells, Seb Coe's mum, Brendan Foster, Charlie Spedding, Mrs Budd, plus the two former World record holders below.

PAN HAGGETY

4 medium potatoes, peeled and thinly sliced
1 medium onion, chopped
6 bacon rashers
1 tomato, sliced
salt & pepper
Cheddar cheese, grated, for topping

Heat some fat in a frying pan.
Cover bottom of pan with potato slices and spread with the chopped onion.
Then add bacon rashers, cut into small pieces, and sliced tomato and spread evenly.
Season with salt and pepper.
Cover with the rest of the potato slices.
Place lid on pan and cook over a slow heat for 20-30 minutes.
Then remove pan from heat and uncover, sprinkle with grated cheese and pop under hot grill until sizzling.
Remove and serve immediately.

I find this recipe really delicious!

Sydney Wooderson

PAVLOVA

A beautiful pudding from New Zealand - not recommended for anyone on a diet!

3 egg whites
1 tsp. vanilla essence
1 tsp. vinegar
6 tbsp. castor sugar
1 tbsp. cornflower
4 tbsp. boiling water

Place all the above ingredients into a large mixing bowl and beat until thick. Then gradually add the boiling water and beat until the mixture is stiff.
Grease a baking tray and line with grease proof paper that has been previously run under a cold tap.
Pile meringue mixture into a nest shape on the tray and cook in a preheated oven at Gas mark 3, electric 375F, 190C, for 5 minutes, then turn down very low for a further 5 minutes.
Turn off the heat and allow the meringue to cool in the oven.
Pile plenty of whipped cream and fruit in the middle of the meringue - raspberries are best - and serve immediately.

David Moorcroft