

Blackheath & Bromley Courier

April 2021.

President 2021-22. Nic Corry.

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News

The AGM on Zoom confirmed Nic Corry as President for a second year given that the majority of the Club's activities were wiped out over the last twelve months. So Julian Golding is the Immediate Past President for another year. Nic introduced four new Vice Presidents John Hubbard, Ian Firla, Alice Platt and Holly Platt. Congratulations to them and thank you for all the work they do for the Club.

Congratulations also to Dina Asher Smith who won the International Sports Press Association Column of the Year Award for her Daily Telegraph article entitled "Think racism has affected me? It's there almost every day".

Congratulations to Stephanie Davies who has been selected to represent Great Britain at the marathon at the Olympics. She is coached by Club member Phil Kissi.

It won't be a normal season but there will be some competitions.

Forthcoming Fixtures and events.

11/4/21. B&B Spring Middle Distance Open Meeting, Norman Park. (Entries online at entry4sports.co.uk). Events are 600, 800, 1500, 3000 and pole vault.

25/4/21. B&B Development Day, Norman Park.

2/5/21. B&B/Tonbridge Invitational, Norman Park.

3/5/21. Ted Pepper Memorial 10km, Norman Park.

8-9/5/21. Kent Championships, Ashford.

17/5/21. B&B Open Sprint Meeting, Norman Park. (Entries online at entry4sports.co.uk). Events are 75, 100 and long jump.

22/5/21. B&B London Hurdles and Middle Distance Open Meeting, Norman Park. (Entries online at entry4sports.co.uk). All hurdles distances from 70H to 400H including 200H plus 3000 walk, 800, 1500, 3000, 5000, long jump and pole vault.

22-23/5/21 Surrey Championships, Kingston.

23/5/21. Kent Young Athletes League, Dartford.

23/5/21. Loughborough International, Loughborough*.

26/5/21. Club 3000 and 3000 walk Championships, Norman Park.

29-30/5/21. England Athletics Senior and Under 20 Combined Events Championships, Bedford*.

30/5/21. UK Youth Development League U20 and U17, Dartford.

*If Gov covid restrictions allow.

Results

21/2/21.

Southland Conference Championships, Hammond, LA, USA. 15. Lewis Mills 24.36, 44. Declan Neary* 25.51.

28/2 – 1/3/21

Southland Conference Championships, Birmingham, AL, USA. Mile. 8. Lewis Mills 4.20.45. Ht1. 7. Lewis Mills 4.20.69. 3000. R1. 2. Declan Neary* 8.41.43. R2. Lewis Mills DNF.

4-7/3/21

European Indoor Championships, Torun, Poland. 3000. Ht3. 5. Phil Sesemann* 7.51.70.

6/3/21

Longhorn Invitational, Austin TX, USA. 100. R1. 3. Funminiyi Olajide* 12.03 (2.2). LJ. B. 2. Funminiyi Olajide* 6.30 (4.6).

11-13/3/21

NCAA Championships Division One, Fayetteville, AR, USA. 400. R2. 4. Amber Anning* 51.83. HT2. 2. Amber Anning* 52.03.

12-13/3/21

Myrtle Beach Collegiate Challenge, Myrtle Beach, SC, USA. HT. 1. Tom Parker 62.64.

19/3/21

Bob Davidson Memorial Invitation. HT. 1. Tom Parker 62.08

19-20/3/21

Louisiana Classic, Lafayette, LA, USA. 800. 1. Katy Ann-McDonald 2.08.90.

20/3/21

Willie Williams Classic, Tucson, AR, USA.100. 1. Immanuela Aliu 11.43.(0.0)

UVA Opener, Charlottesville, VA, USA. HJ. 1. Rebecca Hawkins* 1.73.

25-27/3/21

Bobcat Invitational, San Marcos, TX, USA. LJ. 1. Funminiyi Olajide* 5.95.

Texas Relays, Austin, TX, USA. 100. 8. Immanuela Aliu 11.43 (1.8). Ht3. 1. Immanuela Aliu 11.41 (1.5). 200. 7. Immanuela Aliu 23.44 (0.8). Ht2. 1. Immanuela Aliu 23.30 (2.1). 400. 4. Amber Anning* 52.08. Ht6. 1. Amber Anning* 53.41. 800. R1. 1. Katy Ann McDonald 2.06.84.

Raleigh Relays, Raleigh, NC, USA. HJ. B. 4. Rebecca Hawkins* 1.70.

26/3/21

British Olympic Marathon Trials, Kew Gardens. Women. 1. Stephanie Davis 2.27.16**

26-27/3/21

Adidas Trojan Classic, Mount Olive, NC, USA. HT. 1. Tom Parker 67.68.

27/3/21

Bryant University v CCSU and URI, Smithfield, RI, USA.PV. 2. Lois Warden 3.50.

Maryland Invitational, College Park, MD, USA. SP. 2. Divine Oladipo 16.96. DT. 1. Divine Oladipo 52.94.

Victor Lopez Classic, Houston, TX, USA. 1500. 6. Declan Neary* 3.56.14. 3000s/ch. 3. Lewis Mills 9.33.45.

100 years ago in March 1921

The inaugural Kent County Cross Country Championships take place with the start at the Ravensbourne Sports ground. The Club provide the individual winner in A. C. Edwards and A. C. Telfer is third. Cambridge Harriers win the team race with Herne Hill second and Blackheath third. "...the course lay from the field adjacent to the Ravensbourne ground, skirting hedges and stream on the right until the playing fields were reached, thence to the Eltham Road corner, over the diagonal path to Mottingham Farm, and across the railway at King John's Lane, via Eltham Green and Well Hall to the Herbert Hospital, returning by Kidbrook Farm and the RAF depot; moderately light going of just under seven miles"

75 years ago in March 1946.

Blackheath finish 5th in the senior mens race at the National Cross Country Championships at Leamington Spar. This is the Club's highest position since they were 5th at Croydon Racecourse in 1886 when there were 58 runners. At Leamington there are 239. First home is Dick Choat in 18th place.

50 years ago in March 1971

At the European Indoor Championships in Sofia, Wigmore Ladies second claim member Margaret Beacham wins the 1500 metres in a new world indoor best of 4.17.2. (This is quicker than the winning time at the 2021 Championships). Blackheath's Graham Gower is fifth in the final of the 60 metre hurdles in 8.0. Britain sent a total of 11 athletes to these championships, nine men and two women. Margaret also wins a cross country race in Belgium later in the month. Blackheath finish 20th in the senior mens race at the National Cross Country Championships at Norwich led home by Bob Richardson in 34th place. In the Junior race Bob Cliff is 145th "after running undeclared and numberless, a victim of postal chaos". There is much comment on the course and organisation and a letter appears in Athletics Weekly from Ian Wilson and all Blackheath Harriers senior National team. "I, along with many others, left Norwich feeling cold, dirty, thirsty bewildered and above all frustrated after competing in this year's championship, which was in many ways the worst event I have run in for some time. I fully appreciate that to organise an event with something like two thousand runners is a major job but it does only occur once a year, which, I would have thought, gave ample time for full planning"

Blackheath host their Winter track meeting at Crystal Palace, “the fast, all weather “TARTAN” surface attracting a large entry.” Woking’s Brian Hooper sets a UK age 17 best of 4.49 in the pole vault with Allan Williams of Cambridge Harriers in third with 3.81.

Blackheath finish 9th in the Southern 12 stage Road Relay Championships at Wimbledon, where Shaftesbury’s David Bedford obliterates the long leg course record.

25 years ago in March 1996.

Blackheath, who had won the title the previous two years, finish 3rd in the National Cross Country Championships at Newark. This is the third time in a row the Club has finished 3rd at Newark, 1988, 1992 and now 1996. (They are destined to come third again at Newark in 1999). Spencer Newport is 13th, Dave Taylor 20th, Bill Foster 24th, Tim Dickinson 26th, Chris Wada 134th and Darrell Smith 144th. This is the first Senior National to be “open”. Previously clubs could enter fifteen names with nine able to run. The others who finish are 170. Steve Dodd, 194. Pat Calnan, 206. Paddy Brice, 244. Giles Clifford, 258. Roy Smith, 1085. Steve Pairman, 1612. Nick Barber, 1682. Steve Freemantle, 1683. John E Turner, 1792. Wilf Orton, 1922. Derek Dhammaloka.

Chris Moss finishes 12th in the under 17 mens race, and with great foresight some of the under 15s who will move up an age group next year are taken to Newark as supporters to gain some experience of what the National is all about. (Blackheath won the under 17 mens title for the first time in 1997)

Sian Brice is first home for the Senior Women in 36th place but the highest placed Club athlete of the day is Gemma Viney who is fourth in the under 13 girls race.

Blackheath win the over 50s team race at the South Of England AA Vets cross country championships at Luton. The scoring four are Mike Cronin 11th, Barry O’Gorman 18th, Dave White 24th and Joe Clare 32nd. They then finish 4th in the National championships at Rugby. Mike, Barry and Dave are the scoring three.

Bill Foster finishes 3rd in the Adidas Fleet Half Marathon in 63.50. Dave Taylor wins the Staines 10km in 29.28. Roy Smith wins the Forbanks Half Marathon in 70.50.

The Club complete the transition of AGMs from October to March, after Steve Cluney and Dave White serve 15 month terms of office. Being Olympic Year there is a Club photo in the afternoon which is taken at Coney Hall rec, the cost of scaffolding in the Club car park having gone through the roof. Then 86 runners finish the Closing 5 mile handicap.



Dave's successor is Mike Martineau and he soon has something to celebrate as the following weekend the Club wins silverware at Area and National level. The senior mens team of Chris Wada, Giles Clifford, Spencer Newport, Mark Watling, Dave Taylor, Roy Smith, Simon Baines, Alan Guilder, Pat Calnan, Bill Foster and Dave Heath win the Southern 12 Stage Road Relay at Thurrock. At the McDonalds Young Athletes Relays at Sutton Park the Blackheath under 13 boys team of Stuart Simmons, Will Bolton, Chris Gay and Matt Hill win gold. The under 15 boys team of John Baker, Kieran Farrelly, David Baker and Steve Holmes are second.

Under 15 Abdi Madar has to miss the relays because he is representing England at the Home Countries Schools International at Irvine. He finishes 6th in the Junior Boys race.

Abdi is selected for his International by finishing third in the Junior Boys race at the English Schools Cross Country Championships at Weymouth Abdi and with Matthew Hill 34th, Will Bolton 63rd and Imran Hamblin 88th Kent win team gold.

Tim Dickinson represents Great Britain at the World University Cross Country Championships in Portugal.

20 years ago in March 2001.

Foot and Mouth disease devastates the racing programme. The English Schools Cross Country Championships; the Reading Half Marathon (incorporating the AAAs of England and South Of England Championships; and the Closing 5 Yacht Handicap are just some of those affected. Dave Ellison wins the Bennett Cup by a single point from Brendan McShane with the series reduced to six races because of foot and mouth.

At the AGM, outgoing President Mike Davies introduces Mike Peel as his successor.



Past President Richard Coles congratulates Mike Peel

Brenda Brent and Paul Byfield are the two new Vice Presidents. The meeting confirms the Club name as Blackheath Harriers, Bromley with the comma inserted at the suggestion of the South Of England Athletic Association.

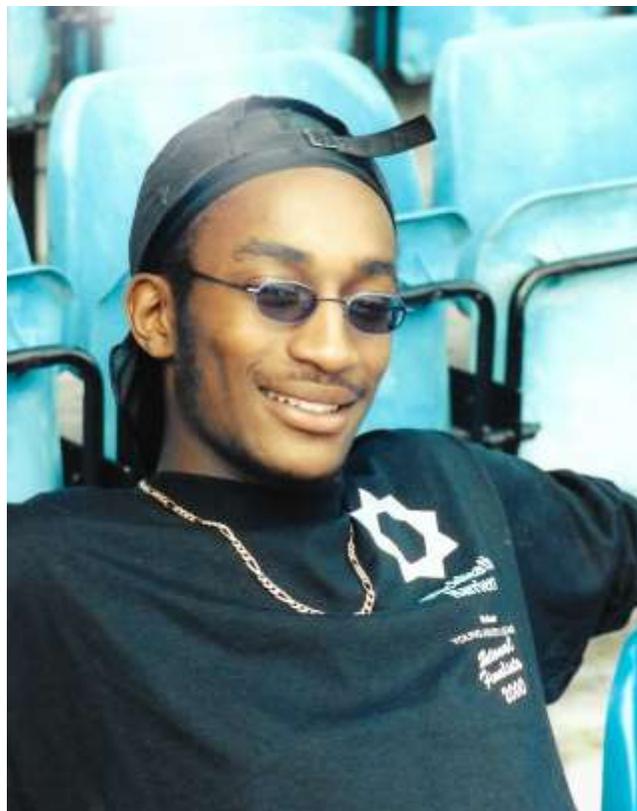
Mark Steinle wins the Mercia Half Marathon in Portugal in 64.29.

At the Great Britain v France Under 23 International at Cardiff, David Moulton is 3rd in the 800, Michael Skinner 4th in the 1500 and Alloy Wilson is part of a 4x400 team who breaks the Welsh all comers record.

In the GB V France v Germany v Italy Under 20 International at Vittel in France. Dwayne Grant wins the 60 metres and Samantha Singer is part of the 4x400 team who finish runners up.

At the European Veteran Indoor Championships at Bourdeaux, Bob Minting wins the over 50s 800 metres, is second in the 400, and wins bronze in the 4x200. His sister Helen Godsell of Bromley AC is 1st in the W45 60 metres in a European record of 8.25, and is second in the 200. She also picks up gold in the relay. Another Bromley athlete, Abi Onatade is part of the GB 4x200 team who win bronze.

Darren Watson takes the stage with the Prince Of Wales as Charles demonstrates his talent as a DJ at a centre for young homeless people. The event at Centrepont's homeless shelter in Kennington celebrates the 25th Anniversary of the Princes Trust Charity.



15 years ago in March 2006

At the World Masters Indoor Championships at Linz in Austria, Dave Taylor is runner up in the M40 3000 metres and Allan Williams is 2nd in the over 50s pole vault with a clearance of 4.10. Helen Godsell is 3rd in the W50 60 and 200 and wins silver in the 4x200. Jim Day is equal 2nd in the M70 pole vault. Peter Hamilton wins a team silver in the over 55s cross country as does Tom Phillips in the M50s 4x200.

The first Will Bolton Fundraising Dinner raises £8000 to support developing athletes. Will died in a car crash two years previously.



Olympians Mike Winch, Judy Oakes, Jack Braughton and Diana Mantoura rub shoulders with President Anne Cilia

Blackheath & Bromley are named top Junior Club of the Year in the London Region. John Blackie is runner up in the Development Coach Of The Year. At the AAAs Under 20, 17 and 15 Championships in Birmingham, Serita Solomon sets a UK age 16 best as she finishes 2nd in the 60 metre hurdles. Chelsea O Rawe Hobbs is 2nd in the U20 3000 walk. Dan Putnam

wins the 15 Boys 400 metres and is 2nd in the 200. Steve Cavey is 2nd in the 800. Jessica Matthews is 3rd in the long jump and 3rd equal in the high jump. Amy Godsell is 3rd in the 60 metres.
At the British Masters Indoor Championships there are golds for Allan Williams (M50 pole vault), Helen Godsell (W50 60 and 200), Bob Minting (M55 400 and 1500), and Jim Day (M70 pole vault)
At the final Kent Womens and Young Athletes League races of the season the Club win 5 overall team titles, Finish 2nd in 2, and are 3rd in the other. Individual wins on the day come from Bryony Proctor (U20W), Amy Smith (U15G) and Michelle Fewster (U13G).
Wilf Orton wins the Bennett Cup.



Wilf with his "precious"

Courier editor Wilf speculates as to who will succeed the "divine" Anne Cilia as President....Ken Daniel takes over the reins...



10 years ago in March 2011

Michael Skinner is runner up in the Inter Counties to secure selection for the World Cross Country Championships. However, he turns this down as he is about to train in Kenya for a month.

Winner of the Closing Five handicap is Annie McDonough and fastest individual of the day is 18 year old Phil Sesemann. Mark Compton wins the Bennett Cup by two points from Steve Hollingdale.



At the AGM in the evening President Richard Coe introduces Denis Lawrie as his successor.

At the European Masters in Ghent, Allan Williams wins silver in the M55 pole vault. Peter Hamilton wins bronze in the Cross Country team race.

The Club lose the 100th Mob Match against South London Harriers, although Alex Gibbins is the individual winner.



Shaunagh Brown sets a Championship Best Performance in winning the shot at the Kent Indoor Championships. Amara Lalemi Jacobs equals the under 20s 200 metre championship best with 25.93 as does Dina Asher Smith in the under 17s age group with 25.17.

Blackheath & Bromley's senior women win the Kent Cross Country League title.

The Christmas Yacht Handicap takes place in March, the December event having been postponed due to poor weather. Mel Kane is the winner.



So the 2020-21 cross country season is over. How to succeed next Winter. Below are some tips from former National champion Walter George writing in the Club Gazette in 1933 on his 1882 triumph.

HINTS ON CROSS-COUNTRY TRAINING.

By W. G. GEORGE.

Don't think from reading what follows that I want to blow my own trumpet, but necessity almost compels me to quote myself in order to give expression and emphasis to what I want to tell most about; that, then, must be my excuse for so doing.

Fifty years ago, viz., in 1882, I was first home by some 400 to 500 yards, in both the Midland and National Cross-Country Championships, the former at Birmingham (distance about 10 miles) and the latter over the Thames H. and H. long-distance course (now mostly built on) starting from "The Wind Mill," and away over the Common and country and back to the finish at "The Well House," Wimbledon Common—a really glorious run of 11½ miles.

How vastly different are the conditions obtaining to-day from that of my time.

Our fields rarely numbered more than a hundred, compared with two, three, or more times that number to-day, which enormous fields incidentally scare farmers from giving permission to run over their lands, hence the present day park or racecourse venues for most of our championship events. The altered methods of training for them, too, must be attributed to much the same reason. As to the wisdom or necessity for such changes it is difficult to express an opinion; and harder still to suggest a remedy. It is, however, satisfactory that we still have this finest of all healthful pastimes with us, and to know that there are far more people of both sexes taking part in its pleasures than ever before.

Now I am going to tell you all about my own preparation for my wins of 50 years ago. I was then 24 and had just come up to London from the country to reside with Harry Shaw (L.A.C. and B.H.) at Shepherd's Bush. Shaw, like myself, loved the country and walking, while we were both useful on the track; he as a second-class sprinter and hurdler and I as a distance performer. I had already won four A.A.A. Championships, but wanted a National C.C. title, and with this end in view we decided on a course of preparation as follows: Starting six weeks prior to the Midland event, we (Shaw and myself) walked twice a week from Shepherd's Bush to the King's Head, Roehampton, via Hammersmith, Barnes Common and Roehampton Lane; once there, we stripped, hand-rubbed ourselves, got into running kit, consisting of light vest with long-sleeved sweater on top, gloves when cold, football knickers, short spiked (including heel spike) shoes, with ankle straps and socks. Then away we trotted, or jogged along together; running as loosely, evenly, slowly and nicely as we could—harmony of action and keeping on the go being our aim, rather than speed—over the complete journey, all the way round the actual National C.C. Championship's original course—the Thames H. and H. long-distance one already mentioned. On getting back to the Common, however, I would break away from Shaw, and run at a faster and ever-increasing speed, but never fast enough to exhaust myself, right home to the King's Head, while my companion toddled home behind, in much the same way, only at a slower pace.

Then came a nice sponge down, in a tub of warmish water, another self-hand-rub (all over) before dressing slowly; and more often than not, sipping a wee drop of warm spiced port, and nibbling a biscuit the while; and soon after, sitting down and doing justice to a nice lean chop or steak, with greens, potatoes, bread and a tankard of good old beer—or a crust of bread, cheese and butter, with green stuff and beer—and a little later away we walked once again all the way home, making in all a distance of something like 25 miles.

Many of my readers will think that such strenuous journeys as these would be too much for themselves, but you can take it from me that there are very few who would not be greatly benefited by a regular course of such treatment, provided always that their general health be good, and that they stick to an even, slow pace all the way until anything under a mile from the finish, when they should end up with a burst as described.

In addition to these outings twice weekly, we rarely missed taking a walk of from 5 to 12 miles on a Sunday, besides doing our regular everyday "work for a living." The obstacle barring the way for many of my readers from following "my method" will naturally be want of time, but "where there's a will, there's a way," or a substitute such as one such journey each

week, say on the Saturday or Sunday, together with two evenings' longish slow road runs (on fine nights only), but *always well clothed*.

Do not fail to devote two minutes, before retiring to bed and also before breakfast, to a self-hand-rub down (all over if possible) in addition to from 10 to 20 movements of my "100 up" exercise. If you are not familiar with this you can find out all about it from Albert Hill, who is one of the most useful athletic coaches the world over.

The hand-rub which I recommend must be thought of and used as a most valuable and easy means of exercising, gently and very perfectly, every limb, muscle and vital organ of the whole body. By its constant use and my "100 up" exercise alone I myself have won championships and have made many records, but I always made a point of doing the full "100 up" at least once daily, besides bouts of anything up to 20 several times each day as opportunities occurred. Remember that this latter *must* be done in proper form, as it is really very strenuous and must therefore be undertaken with care and discretion.

Maybe you are now wondering why I have written so little about what you should do to fit yourselves for your own forthcoming championship, or other special races, whilst telling so much about my own doings of so long ago. My reason for so doing is that, although during the past 55 years I have been making a special study of, and endless experiments in, almost every known method of training for athletics in general, and cross-country work in particular, I am to-day absolutely convinced that my own way, as set forth in this article, is the safest and most certain of all ways to bring about the best possible results.

In conclusion, whilst not suggesting that my methods of preparation should necessarily be followed to the letter by all, I do want all would-be champions to read and study very carefully what I have written, and then to apply the principles advocated to meet individual requirements. If you will do so you will attain to, and never fail to be in, tip-top condition for anything you wish to do best in the athletic world.