

Blackheath & Bromley Courier

January 2024.

President 2023-24. John Hubbard.

Editor. Pat Calnan



A Good Un

Back in the day, when cassettes were all the rage, no music collection would be complete without a compilation tape or ten. Norman Davidson summoned up his inner “Fluff” Freeman and named one “Not Arf”. Les Roberts had one called “Good uns”. Sadly Les passed away in December just short of his 80th birthday. So, in this Courier a few “good uns”, a by no means comprehensive collection of writings and pictures of his time with the Club. It would be impossible to do full justice to someone who had, not just a talent for running, but, a talent for life.

Biography

According to his mum, Les started running mid term during her pregnancy and didn't stop until he had broken the umbilical , 'tape', so to speak, in a complete lather of muck and bullets. So, not a lot was to change there then.

Les was educated at the Roan Grammar School, Blackheath (coincidence or portent?), a fine institu

LES ROBERTS, President

(continued from page 3)

tion that had already produced a number of quality young athletes, some going on to become 'heathens', like John Baldwin. It was clear from PE lessons and obligatory school runs in Greenwich Park that Les had the potential to follow suit. He had a higher stamina level than most of his peers, and, as a consequence, would inevitably be called upon to represent them in competition but he didn't welcome this recognition and would run only very reluctantly. This lack of enthusiasm was due in part to the simple fact that Les didn't find running an appealing way to move about, moreover, it detracted in terms of both time and energy from the sport that was truly capturing his imagination — cycling.

After leaving school at 18, Les raced on the bike through the 1960s and early 1970s, quickly acquiring a 1st Category Licence, which he maintained throughout his competitive cycling career. At first he dreamed of taking cycling all the way and turning professional, but once he started mixing it with the big guns at national level he soon realised that this would be a desperately hard way to earn a crust and so serious competition was given a progressively lower priority.

There then followed a few 'gap' years: Les had decided it was time to catch up on the social life he had largely forgone in the name of sporting endeavour but, after a while, he found he could take only so much bacchanalia and, once again, he began to look for a pastime with more shape and discipline. He needed to get back into sport.

For reasons long since forgotten the bike had lost its allure but, as chance would have it, Les then found out that the Blackheath Harriers athletic club was in Hayes, just down the road from where he was living. And so, one Wednesday evening, towel, shorts and dodgy pumps in hand and the promise he had shown at school in mind, he ventured, with some confidence, through the hallowed portals of 56 Bourne Way — and was to get one of the biggest hidings of his life. Four miles of unfamiliar trails, courtesy of a group led by those BH speed merchants Brian Stone and Colin Brand, had him grovelling and gasping. He'd clearly underestimated the standard of club-level running.

But, despite that rude awakening and the further pastings he suffered during those early days, Les stuck at it. The spasmodic runs became more regular and focussed and then developed into structured training. Things started to get better.

Driven by a determination and resilience gleaned from his bike racing days ("which had to be seen to be appreciated" — PP Pat Calnan), Les quickly established himself in the Club's senior track squad at 5000m and 10000m and the 3000m s/c during a period that saw the Club rise from the middle of the Southern League to the top division of the British League in four consecutive seasons as Champions and feature prominently in the Cup competitions.

Come the 1984 track season, Les had turned 40 and become a Master, but showed no signs of slowing down. He could be relied upon to run well inside 15 minutes for the 12½ laps and sub-31 for the 25 and so remained very much part of the Harriers' fire power. Given the level of competition to which he was now being regularly exposed, it was perhaps not surprising that he should shine when competing in his own age group. He took the European Masters 5000m track title that year and also the silver medal in the 10k Road Championship. Then, in 1985, in the Olympic Stadium in Rome, a final lap of 60 seconds flat brought him the World Masters 5000m title.

He peaked in 1987, a year in which he rarely failed to either win or post a PB. He retired from active athletics in 1990 after noticing some of his motor-skills were losing their edge. A new opponent was about to emerge ...



Les when he was World 5000m Vets champion, in 1987, with some of his trophies and medals (photo Bill Wheeler)

Four generations of Wooderson!



Sydney's picture is proudly displayed in the new facility. Standing in front of it is his nephew Peter, who was the son of Sydney's elder brother Alfred. With Peter are his daughter Aimee and his grandson ... Sidney.

Olympic Memories – 1948 Peter Wooderson (age 6)

Peter Wooderson is a son of Alfred Wooderson, elder brother of Sydney and Stanley. With the 1948 Olympics in London there was much speculation as to who would carry the Olympic torch into the stadium. For many of the public there was only one choice, Sydney Wooderson, who had set World records for the 880 yards, 800 metres, 1500 metres and mile, and who was the reigning European 5000 metre champion.

As Peter recalls “My father Alfred took my brother Michael and me to the opening ceremony as it was expected that Sydney would have the honour of bringing the Olympic Flame into the Stadium.

Outside the Stadium we met and my father introduced us to Harold Abrahams, then I believe the Athletics Correspondent of the News Of The World. Abrahams asked me whether I would be a runner and, of course, I said “Yes”. Not a promise I was able to keep!” Peter has a great interest in Sport but has been far more involved with ball games.

“We continued on our way and my father said that we had just met a great man.” Abrahams won the gold medal in the 100 metres at the 1924 Olympics.

Given that he was only six, it is not surprising that Peter does not remember details of the ceremony but recalls “the teams marching in under their respective flags, the late King speaking and the National Anthem, a solemn moment when one athlete took the Olympic Oath on behalf of all the competitors and the release of a cloud of pigeons (7000 to be precise). The ceremony went on for several hours and it was a very hot day.” There were over 300 cases of sunstroke.

However, Sydney did not get to carry the torch, the privilege going to John Mark. Neither Sydney, nor the Club made any public comment on the matter.

So this would prove to be Sydney’s second Olympic disappointment, the first being the Games of 1936 when an ankle injury prevented him from performing at his best. That injury is believed to have begun on one of the Woodersons long Sunday walks across country. They would take the train from Camberwell to the countryside and walk back. Sevenoaks was a regular destination. On one of these walks it appears that Sydney put his foot in a rabbit hole and caused some damage, ironic given his mothers partiality to rabbit stew, a signature dish in the Wooderson household.

When Peter’s father died he found amongst Alfred’s possessions an unengraved medal for winning the AAA Mile. “Sydney said he had given this to my father and one to his brother Stanley (he had won this title several times) for supporting him during his athletic career. I returned it to Sydney and suggested he should have it engraved.”

Peter, like the Wooderson brothers, also went to Sutton Valence School, and, although not a runner himself, he does recall being a marshall for the schools annual race against Blackheath Harriers. It was in one of these fixtures in 1931 that Sydney got his first mention in the Club Gazette as he defeated his elder brother Alfred, who was a promising Blackheath runner at the time.

February 23, 1931.

“ B ” TEAM v. SUTTON VALENCE.

A “ B ” team, accompanied by V.-P. R. W. Pattison (who acted as judge), journeyed to Sutton Valence, and after a keen match were defeated over a 5-mile course by the School team by 61 points to 78. Each team fielded 11 men, eight aside scoring. The leading four had an exciting struggle for individual honours. E. V. Adams, of B.H., proved the eventual winner. The surprise of the match was the defeat of A. T. Wooderson, of the club, by his younger brother for third place.

RESULT.

1 E. V. Adams (B.H.)	†12 G. S. Pain (S.V.)
2 P. O. Barnett (S.V.)	13 A. W. Higgins (S.V.)
3 S. C. Wooderson (S.V.)	14 E. A. Spouse (S.V.)
4 A. T. Wooderson (B.H.)	15 P. H. C. Melliar-Smith (B.H.)
5 G. A. Nops (S.V.)	16 J. Morrison (B.H.)
6 G. J. Richmond (B.H.)	17 K. N. Wilcockson (B.H.)
7 B. S. Hewett (S.V.)	18 J. H. Thomson-Smith (S.V.)
8 I. J. Wooderson (S.V.)	19 J. Thomas (B.H.)
9 J. Sewell (B.H.)	20 D. B. Panting (B.H.)
10 C. Pollard (B.H.)	21 S. D. Taylor (B.H.)
†11 R. V. L. Pattison (S.V.)	22 G. W. Pingstone (B.H.)

† Dead Heat.

Peter lives near the finish of the old Club 5 and is a regular visitor to the Trackside Café at the Club's new facility at Norman Park. His grandson Sidney (not Sydney) attends one of the classes. Another grandson, Eren aged 9 is showing some promise as a runner. We shall follow his progress with interest.

There will be more Olympic memories next month as Shaun Lightman recalls his experiences of the 50km walk in Mexico in 1968, plus smuggling an all girl rock band into the British camp and throwing up over Chris Brasher.

Food of champions. Sydney v Les

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

MISH MASH

1 onion, chopped
1 large stick of celery, chopped
2-3 carrots, chopped
2 large mushrooms, chopped
1/2 pepper - green and/or red, chopped
2 tomatoes, chopped
1 medium tin of chopped tomatoes
1/2 lb. strong cheddar cheese, grated
pinch of mixed herbs
several splashes of Worcester sauce
1 splash of Tabasco sauce
salt and pepper to taste

Pour tinned tomatoes into a saucepan on a medium/low heat.
Throw in all the chopped vegetables except the pulpy ones, i.e. peppers
and fresh tomatoes.

Allow to simmer and thoroughly heat through.

After about 8 minutes put in the peppers and fresh tomatoes and the
pinch of herbs. also now slosh in the Worcester sauce and Tabasco.

Continue to stir from time to time for another 5 minutes.

Drop in the cheese and stir until fully blended and melted.

Add salt and freshly ground black pepper.

One last stir and it is ready to serve over pasta or as a vegetable side
dish - like ratatouille.

It looks disgusting or interesting, depending upon how you view these
things, but it is very tasty. It has the advantage of being quick and easy,
with the only "don't" being "don't overcook it", i.e. don't allow it to get
too dry. Since all the ingredients are perfectly edible raw, undercooking
is of no real consequence as long as it is hot!

*The average athlete will scoff this lot by himself, but in traditional recipe
book terms the above quantity might serve 2 people.*

Les Roberts

Les conquers Europe and the World

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!

P. B-K

Vith WORLD VETERANS GAMES

Rome

22-30 June, 1985

The VIth World Veterans Games attracted over 4,000 athletes, including four Blackheath Harriers, from 47 nations to Rome at the end of June for seven days of hectic competition. This surpassed the previous record and with over 20 different age groups covering the full range of track and field events it was perhaps not suprising that the Italian organisation was fully stretched leading to a myriad of technical difficulties. To accommodate the numbers it was necessary to utilise four stadia plus the Capannelle horse race track on the outskirts of Rome for the cross-country and the Villa Borghese for some of the walking events. When faced with the evitable local problems the favourite response appeared to be 'impossible' or from the very rare English speaking official 'not possible'. Poor lap counting in the 5,000 and 10,000 metres, particularly the latter, caused some competitors to run extra laps; inspite of being metricated there appeared to be a mental block about counting accurately beyond 24! Another source of irritation concerned the sprinters who were unable to find out who had qualified for the semi-finals until a very late stage and even suffered lane changes after having set up their blocks. Perhaps the whole situation is best summed up by the report that the eventual marathon winner was knocked down by the lead motorcycle. However, despite all these deficiencies arising from the casual attitude and obvious inexperience of some of the officials, the Games were overall well run and generally enjoyable, particularly the good fellowship and friendships made.

A majority of the events took place in the Olympic Stadium and the adjacent Marmi Stadium, which was used as the warm-up track for the 1960 Olympics. The latter has Fascist origins and it is said that all the numerous figures surrounding the track have Mussolini's head. I thought you should know that! The outstanding performance from the Club's point of view and perhaps one of the highlights of the whole Championships was the performance of Les Roberts in winning the M40 5,000m. Taking charge of the race from the first lap Les towed the field along at a consistent 71 second place and at the bell he led from Ireland's Pat Murphy and Italy's Michele Ieva. With some 350 metres to go Les moved up a gear and sprinted away from the others turning in a last lap of under 61 seconds for a final time of 14:40.03. His winning margin of some 5 seconds over Pat Murphy in second place illustrates the effectiveness of his devastating last lap and the correctness of his decision to forego the 10,000 metres two days earlier to concentrate on the 5,000 metres. This time is his best as a veteran and only just below his all time best. It was regrettable that the medal presentation ceremony was delayed until early the following evening when all the atmosphere and excitement built-up during the race had disappeared. This was one aspect where it was felt the organisers could have gained valuable publicity with improved presentation.

In the sprints Peter Baigent qualified for the semi-finals of both the 100m and 200m in the M55 class returning 13.65 and 28.6 seconds but failed to qualify for the final in either event. In the M40 5km track walk Peter Hannell in his well known impetuous style, blasted a 46.7 second opening 200m; his only response after the race — "was I that slow"! However, at the kilometre he had been caught by the leading group and from then on slipped down the field to finish a very creditable 10th in 25:10.7. Three days later Peter was in action again for the 20km Road walk held on a twisting and undulating 2km circuit around the Villa Borghese a pleasant area of parkland in the centre of Rome. With the M40 and M45 age groups being combined, the standard of walking amongst the leaders was high with Peter doing well to finish 8th with a time of 1:49.01.



Er... is this the least filled water jump ever? Not sure that banner is a good idea either. Perhaps, as it was Sport for all week, the field included a sumo wrestler who made a bit of a splash. A concerned crowd look on, but no problem for our Les though. It's Norman Park before the trees grew with the church across the common clearly visible.

Mr President



Les with David Bedford (photo Mike Peel)

Les at the sharp end.

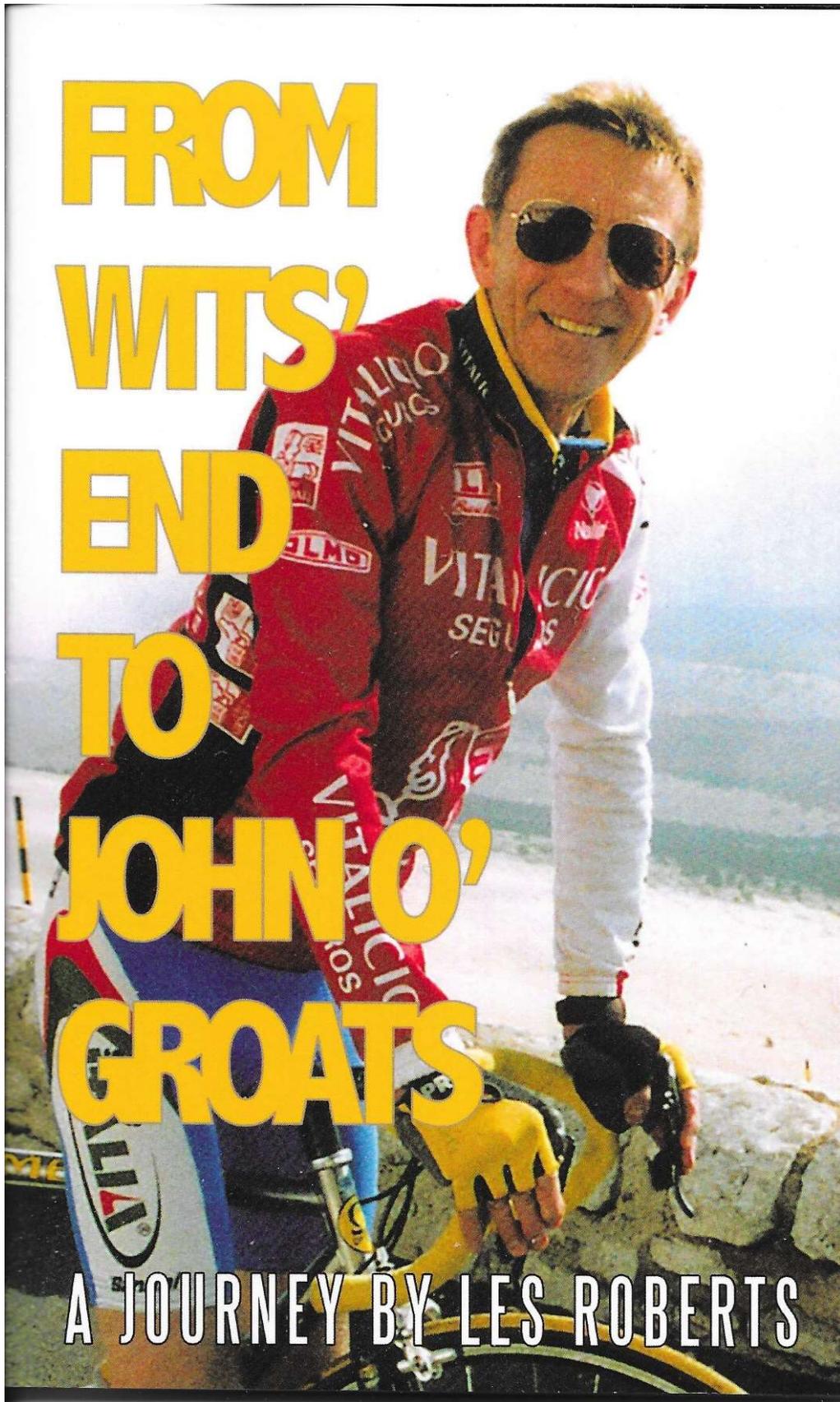


Two classic venues. The Southern and National 12 Stage relays at Wimbledon and Sutton Coldfield.



Four late great Heathens. Les and Paul Betts. Geaff Crowder and Ken Johnson look on in awe. Les in the British League at Birmingham.

If you have lived with Parkinsons Disease for 16 years and reached the age of 64 what do you do? Of course you ride a bike from Lands End to John O' Groats and write a book of your experience.



Results.

No doubt about the highlight of the month. It's Niamh Bridson Hubbard competing for Great Britain at the European Cross Country Championships in Brussels and helping the squad to team gold. At the other end of the age range there is a new Club Record for Zamaia Dixon.

2/12/23

Cardiff Met SIAB Schools International Combined Events. Intermediate Boys Pentathlon. 1. Joshua Dako 3465 (60H – 8.56, LJ – 6.44, 200 – 24.29, SP – 13.10, 800 – 2.10.36).

ESAA English Schools Cup Final, Woodbridge. Senior Girls. 15. Carys Firth 15.42, 96. Isla Spink 18.03. **Intermediate Boys.** 2. Joseph Hill 14.41, 31. Kian Farrell 15.48, 33. James Shaw 15.50, 126. William Spurle 17.41, 148. Sam Barlow 20.33.

Intermediate Girls. 24. Luciana Smith 12.56, 47. Ines Maignan 13.25, 72. Martha Warner 13.59, 94. Caitlin Hough 14.21, 95. Charlotte Bloodworth 14.23, 103. Rowan Pearson 14.30, 130. Mariana Caceres 15.29.

Kent Masters Championships, Dartford. M40. 5. Micah Evans 26.03, 21. Sam Aldridge 28.13, 22. Leo De Bruyn 28.15, 24. Sebastian Jones 28.20, 37. Gareth Evans 29.49, 45. Philip Bunn 30.47, 48. Ian Scott 31.04, 49. Darren Corneille 31.06. **Teams.** 4. B&B 72. **M50.** 8. Luca Ercolani 29.11, 22. Steve Hough 30.50, 39. Jason Meers 32.47, 42. Matt Bullen 33.13, 44. Chris Martin 33.23, 48. Barry Slattery 33.48, 53. George Kleanthous 34.19. **Teams.** 4. B&B 111. **M60.** 27. Steve Pairman 22.39, 29. Andy Lawes 22.42, 31. Luigi Arcuri 22.50, 36. Mark Ellison 23.33, 38. James Unwin 23.50. **Teams.** 7. B&B 87. **M70.** 7. John Turner 26.08. **W35.** 5. Trang Nguyen 20.23. **W45.** 1. Carole Coulon 19.01, 3. Ashley Pearson 20.16, 14. Katy Sugden 21.50. **Teams.** 1. B&B 18.

ERWL Fixture 11, Enfield. 2000 walk. U15G. 1. Florence Watson 14.36.0. 3000. U15B. 1. Trejan Checheku Boamah 18.10.5. 5000. B. 3. David Hoben* 39.11.6.

Oxford V Cambridge Varsity Match, Wimbledon Common. 3 Naomi Kingston 24.44.

Start Fitness Metropolitan League, Uxbridge. 49. Kevin Fini 28.49.

Parkruns. Bromley. 1. Daniel Horgan 16.52, 3. Luca Moloney Pedro 17.10, 4. David Adams 17.39, 10. Benjamin O'Grady 18.16, 23. Kelsi Cornish 19.21 (1st woman), 29. Paul Kerekgyarto 19.38, 32. Harry Schmidt 19.48, 40. Steve Evenden 20.12, 45. Matthew Maddocks 20.27, 54. Matthew Tootell 21.19, 59. Damian Hayes 21.25, 61. Dylan Reeves-Fellows 21.30, 63. Sophie Tran 21.39, 64. Tuan Tran 21.40, 108. Ryan Tran 23.10, 125. Ariana Jenner-Heard 23.41, 127. Austin Adams 23.44, 137. Robert Whyte 23.50, 187. Jamie White 25.06, 208. Gareth Griffin 25.39, 253. Paul Murphy 26.54, 486. Richard Griffin 36.30, 487. David Appleton 36.31. **Bexley.** 72. George Collins 26.17. **St Albans.** 179. John Wilkinson 26.44. **Beckenham Place park.** 190. Anthony Pontifex 37.51. **Lloyd park.** 1. Arthur Starvis 17.37. **Westmill.** 30. John Isaacs 33.02, 50. Bob Thomas 45.45. **Lymington Woodside.** 9. James Cunningham 24.14. **Hoblingwell.** 6. Cameron Hutton-Squire 24.16. **Dulwich.** 56. Gabriella Martin 18.57. **Orpington.** 1. Gregory Bull 18.00, 8. Gregory Firth 21.44, 19. Graeme Lugar 23.16, 110. Karen Desborough 34.24. **Tonbridge.** 241. Mick Keene 30.34. **Dartford.** 47. John Turner 26.41. **Exmouth.** 73. Bob Minting 25.02. **Bethlem Royal Hospital.** 24. Ian Montgomery 24.27, 59. Jackie Montgomery 29.40. **Sutcliffe.** 191. Zoe Kingsmill 51.27. **Quakers Walk.** 132. Adrian Perry 37.16.

3/12/23

Mob Match v Ranelagh Harriers, Norman Park. Match. Scoring 19 a side, 1 Ranelagh 348, 2. B&B 393. 1. Micah Evans 44.18, 6. David Adams 47.20, 9. Luca Ercolani 48.30, 12. Gareth Evans 51.45, 13. Paul Kerekgyarto 52.23, 14. Ted Marston 52.50, 17. Steve Evenden 53.20, 18. Matthew Bullen 53.28, 19. Matthew Maddocks 53.33, 20. Ashley Pearson 53.49, 23. Ian Montgomery 55.25, 25. Dave Beadle 57.03, 26. Kervin Adjei 58.23, 27. Damian Hayes 59.00, 28. Luigi Arcuri 59.08, 29. Katie Sugden 59.59, 33. Adrian Stocks 62.23, 36. Mark Ellison 64.09, 37. Ozzie Adams 65.33, 41. David Leal 69.49, 42. John Turner 69.57, 43. Jim Phelan 75.19. **Handicap.** 1. Luigi Arcuri 38.58, 2. Ian Montgomery 39.27, 3. Matthew Bullen 42.24. **Bennett Cup after four events.** 1. Matt Bullen 132, 2. Luca Ercolani 124, 3. Luigi Arcuri 119, 4. Micah Evans 104, 5. Mark Ellison 83. **Valencia Marathon.** 1058. Sam Douglass 2.37.44 (2.37.22), 1114. Fintan Parkinson 2.38.03 (2.37.48), 1196. Ryan Weston 2.38.52 (2.38.17), 4026. 2.56.46 (2.56.45).

Lee Valley December Open 2023. Men. 600. R2. 3. Gerard McGrady 1.29.86. **Women.** 300. R2. 5. Kara Bryan 44.13.

Junior Parkruns. Bromley. 1. Oliver Ward 7.12, 5. Eva John 9.06 (1st girl). **Hoblingwell.** 1. James Bunn 7.54. **Forster Memorial Park.** 1. Joe Scanes 6.20

6/12/23

Cardiff Met University Dual Meet. 200. R1. 2. Zoe Austridge 25.69.

9/12/23

Northern Athletics December Open 2023, Sheffield. 600. R7. 4. Cameron Kelly Gordon 1.35.10.

Ray Hall Memorial Winter Track League No3 Lewes AC Open Track Walks. 1500. U13. 3. Luke Eperon 10.37.2. 5000. 8. Matthew Ellerton 31.34.2

Parkruns. Bromley. 2. Daniel Horgan 16.53, 3. Graeme Lugar 16.59, 4. Luca Moloney Pedro 17.00, 10. Gregory Bull 18.39, 15. Benjamin O'Grady 18.52, 19. Steve Evenden 19.25, 38. Harry Schmidt 19.57, 40. Tuan Tran 20.01, 50. Tim Ayres 20.59, 56. Damian Hayes 21.23, 66. Katy Sugden 22.04, 154. Jamie White 25.42, 165. Gareth Griffin 26.13, 333. John Isaacs 33.23, 334. David Appleton 33.25, 359. Adrian Perry 35.28, 375. Richard Griffin 36.52. **Brockwell park, Herne Hill.** 104. Peter Brooks 25.04. **Beckenham Place park.** 3. Luca Ecolani 19.38, 12. Clayton Aves 21.32, 36. William Brindley 24.35, 41. Rod Harrington 24.59, 44. Adrian Stocks 25.12, 125. Anne Cilia 36.14, 137. Anthony Pontifex 38.25. **Highbury Fields.** 244. Bob Thomas 35.45. **Crystal Palace.** 12. Ted Marston 20.10, 38. Lydia Marston 22.55, 106. John Turner 27.43, 245. Maz Turner 54.34. **Orpington.** 55. Karen Desborough 34.53. **Walthamstow.** 30. George Collins 28.54. **Queen Elizabeth park.** 16. Ian Montgomery 26.26, 42. Jackie Montgomery 34.07. **Exmouth.** 61. Bob Minting 25.33. **Clapham Common.** 69. James Cunningham 24.06. **Bethlem Royal Hospital.** 13. Luigi Arcuri 24.11, 15. James Unwin 24.40, 21. Iain Swatton 26.23, 22. David Beadle 26.24, 45. Zoe Kingsmell 46.52. **Lordship Recreation Ground.** 4. David Taylor 18.11.

9 – 10/12/23

Loughborough Indoor Open. SP. 2. Dillon Claydon 15.49.

10/12/23

Spar European Cross Country Championships, Brussels. Senior Women. 19. Niamh Bridson Hubbard 36.27.

Telford 10km. 303. Dan Kennedy 33.34 (33.29).

BFTTA Open Meet, Lee Valley. Men. 60. A4. 1. Piers Spencer Simms (U15B) 7.35, 5. Oscar Sadowski (U15B) 7.97. B4. 4. Oscar Sadowski 7.98. B8. 5. Piers Spencer Simms 7.41. 200. R4. 1. Piers Spencer Simms 24.55. 300. R1. 1. Oscar Sadowski 41.46. **Women.** A6. 1. Isabella Campbell Andou (U15G) 8.15. B8. 2. Isabella Campbell Andou 8.10.

Up And Running South Yorkshire League, Graves Park. Men. 24. Jake Leng 38.57.

Junior Parkruns. Bromley. 1. Emery Aldridge 7.14, 2. James Bunn 7.38.

16/12/23

South Of The Thames 7.5 mile Championships, Lloyd Park. Men. 21. Micah Evans 43.55, 45. Graeme Lugar 46.30, 60. Gregory Bull 47.37, 143. Matthew Maddocks 57.01, 164. Kervin Adjei 60.09, 176. Marco Arcuri 62.16, 185. William Brindley 64.49. **Teams.** 15. B&B 609.

Track Academy Indoor Competition, Lee Valley. 60. A6. 2. Ella Brooker (U15G) 8.25, 3. Zamaia Dixon (U13G) 8.29 (**CLUB U13G RECORD**). B6. 2. Ella Brooker 8.15, 7. Zamaia Dixon 8.31. 200. R4. 2. Joseph Merry 24.78. R5. 2. Leon McBean 23.86. **Parkruns. Bromley.** 3. David Adams 17.14, 5. Alexander Martin 17.26, 9. Hannah Clark 17.37 (1st woman), 14. Thomas Sugden 18.05, 21. Philip Bunn 18.47, 24. William Spurle 19.00, 28. James Bunn 19.09, 29. Steve Evenden 19.29, 38. Harry Schmidt 19.57, 41. Tuan Tran 20.01, 101. Leel Bhadeshia 22.29, 1 73. Tim Ayres 24.01, 185. Austin Adams 24.16, 192. Ian Montgomery 24.27, 214. Jamie White 25.00, 250. Adrian Perry 26.04, 261. James Unwin 26.21, 312. Paul Murphy 27.25 339. Jackie Montgomery 28.22, 358. Bernard Wilson 28.55, 414. David Appleton 31.06, 415. John Isaacs 31.07, 521. Richard Griffin 37.09. **Crystal Palace.** 266. Bob Thomas 35.50. **Fælledparken.** 13. Millie Smith 20.42 (1st woman). **South Norwood.** 100. Zoe Kingsmell 34.03. **Dulwich.** 179. Rod Harrington 22.11. **Orpington.** 8. Cameron Kelly-Gordon 20.47 (1st woman), 111. Karen Desborough 34.37. **Hillsborough.** 2. Jake Leng 16.02. **St Anne's.** 1. Daniel Horgan 17.10. **Tonbridge.** 273. Mick Keene 30.20. **Northallerton.** 21. Cameron Swatton 24.16. **Willoughby.** 44. Megan Slattery 21.59. **Exmouth.** 79. Bob Minting 24.37. **Clapham Common.** 198. James Cunningham 24.43. **Catford.** 4. Peter Brooks 19.36. **Foots Cray Meadows.** 23. John Turner 26.45. **Bethlem Royal Hospital.** 20. David Beadle 23.08, 22. Lydia Marston 23.24, 24. Adrian Stocks 23.40, 42. Iain Swatton 26.47, 50. Mike Simms 29.43. **Sutcliffe.** 30. Andrew Lawes 21.43, 61. Robert Whyte 23.37, 145. Julia Pairman 28.55. **Mote Park.** 121. Tom Phillips 35.21. **Dover Waterfront.** 65. George Collins 26.15.

17/12/23

World Race Walking Tour – Bronze/ Irish Race Walking Championships, Dublin. U20M. 8. Jonathan Ellerton 55.56. M40. 8. Matthew Ellerton 63.38.

Sutcliffe Indoor 60s. Men. 60. A5. 4. Alexander Morrell (U17M) 7.52. A6. 6. Tristan Thomas (U17M) 7.98. B5. 4. Alexander Morrell 7.53. B8. 6. Tristan Thomas 8.02. **Women.** A2. 1. Chanelle Cole 7.98. A4. 4. Emilia Adese (U15G) 8.42. A5. 2. Zamaia Dixon (U13G) 8.40. B1. 6. Chanelle Cole 7.99. B4. 2. Emilia Adese 8.32, 6. Zamaia Dixon 8.43.

Junior Parkruns. Hilly Fields. 1. Joe Scanes 6.01

23/12/23

Parkruns. Bromley. 6. Joseph Hill 16.53, 7. Graeme Lugar 16.58, 11. Luca Ercolani 17.48, 12. Joe Scanes 17.51, 26. Millie Smith 18.31, 45. Steve Evenden 19.27, 48. Clayton Aves 19.44, 52. Paul Kerekgyarto 20.10, 56. Tuan Tran 20.15, 62. Thomas Sugden 20.40, 65. Jason Meers 20.48, 67. Chris Martin 20.52, 72. Harry Schmidt 20.59, 74. Chris Fishlock 21.02, 81. Micah Evans 21.08, 85. Matthew Maddocks 21.12, 99. Katy Sugden 21.32, 102. David Beadle 21.36, 111. Damian Hayes 21.49, 125. Adrian Stocks 22.14, 147. Sophie Tran 22.50, 217. Ryan Tran 24.17, 223. Ian Montgomery 24.29, 241. Austin Adams 24.50, 245. Jamie White 24.55, 306. Leel Bhadeshia 26.06, 339. Tim Ayres 26.41, 397. Adrian Perry 27.47, 427. Jackie Montgomery 28.14, 443. Bernard Wilson 28.39, 466. James Unwin 29.05, 470. John Isaacs 29.10, 509. Andy Tucker 30.13, 520. David Appleton 30.40, 746. Richard Griffin 59.34, 747. Gareth Griffin 60.05. **Bexley.** 150. George Collins 28.16. **Beckenham Place park.** 13. Ted Marston 22.02, 22. Isla Spink 22.44, 35. Jane Bradshaw 23.43, 47. William Brindley 24.36, 102. Nigel Wood 26.56, 244. Zoe Kingsmill 41.01. **Crystal Palace.** 21. Ellie Osmond 20.43 (1st woman), 51. Rod Harrington 23.05. **Hilly Fields.** 40. Andrew Lawes 22.43. **Orpington.** 7. Cameron Kelly-Gordon 21.03 (1st woman), 21. Ashley Pearson 23.08, 140. Karen Desborough 35.01. **Tonbridge.** 17. Jessica Keene 19.35 (1st woman), 427. Mick Keene 32.33. **Pomphrey Hill.** 11. Philip Bunn 19.53, 12. James Bunn 19.56. **Dartford.** 77. John Turner 26.26, 192. Maz Turner 36.50. **Northallerton.** 33. Cameron Swatton 24.53. **Evesham.** 3. David Adams 18.59. **Cabinteely.** 19. Sophie Fleming 21.58. **Exmouth.** 173. Bob Minting 26.43. **Clapham Common.** 113. James Cunningham 24.45. **Haldon Forest.** 47. Charlie Hay 24.32. **Bethlem Royal Hospital.** 4. Jennie Butler 21.07, 36. Mike Simms 28.56. **Sutcliffe.** 113. Julia Pairman 28.57. **Swanley.** 5. Peter Brooks 21.58. **University Parks.** 234. Paul Murphy 28.39.

24/12/23

Junior Parkrun. Page Park. 2. James Bunn 7.32. Brockwell park. 1. Joe Scanes 5.48. Bromley. 2. Benjamin Evans 8.21.

25/12/23

Parkruns. Bromley. 1. Henry Fisher 15.39, 2. Jake Leng 15.43, 3. Micah Evans 16.05, 4. Alexander Middleton 16.08, 5. Graeme Lugar 16.11, 8. Fintan Parkinson 16.44, 9. Harry Fage 16.51, 10. Sam Aldridge 17.02, 11. Daniel Horgan 17.03, 12. Luca Moloney Pedro 17.18, 13. Luca Ercolani 17.22, 16. Thomas Desborough 17.34, 22. Roger Beswick 17.56, 27. Tony Crowder 18.02, 31. Kervin Adjei 18.21, 34. Ryan Alford-Smith 18.24, 40. Clayton Aves 18.42, 44. Richard Webb 18.46, 48. Carys Firth 18.56, 49. William Spurle 19.00, 50. Gregory Firth 19.04, 52. Nick Perry 19.14, 57. Ashley Pearson 19.25, 72. Jessica Keene 20.10, 80. Jason Meers 20.25, 90. Harry Schmidt 20.37, 97. Thomas Sugden 20.55, 100. Jon Pairman 21.07, 103. Megan Barlow 21.10, 106. Benjamin Evans 21.18, 122. Katy Sugden 21.47, 127. Colin Pearson 21.57, 134. Damian Hayes 22.10, 161. Ethan Kitteridge 22.47, 165. Imogen Meers 22.52, 168. Islay Pearson 22.55, 252. Freya Pearson 24.03, 259. Rowan Pearson 24.10, 277. Adrian Perry 24.25, 310. Tammy Falshaw 24.48, 341. Austin Adams 25.11, 343. Iain Swatton 25.15, 420. Holly Kibblewhite 26.18, 493. Paul Murphy 27.09, 501. Gareth Griffin 27.19, 502. Lisa Meers 27.20, 506. Harrison Parker 27.23, 549. Mick Keene 27.55, 627. Julia Pairman 28.58, 673. Christian Clement 29.50, 720. Karen Desborough 31.35, 748. John Isaacs 32.30, 790. Bob Thomas 34.13, 860. Zoe Kingsmill 38.14. **Bexley.** 374. George Collins 38.59. **Eastbourne.** 8. David Adams 17.49. **St Albans.** 192. John Wilkinson 26.24. **Beckenham Place park.** 1. Angus Harrington 19.06, 11. Bertie Harrington 21.28, 40. Rod Harrington 23.58. **Gunnorsbury.** 74. Adrian Stocks 22.52. **South Norwood.** 33. Gareth Evans 25.52, 55. Angela Powell 27.48. **Hoblingwell.** 45. Gracie Horton 28.39. **Dulwich.** 203. James Cunningham 24.10. **Wallace, Lisburn.** 69. Ailbhe Barnes 22.48. **Scunthorpe.** 69. Ian Montgomery 23.17, 169. Jackie Montgomery 28.03. **Northala Fields.** 13. Carole Coulon 18.23. **Peckham Rye.** 92. John Turner 26.08, 227. Maz Turner 36.40. **Chichester.** 13. Ross Braden* 19.53. **Malling.** 27. Steve Hough 21.02. **Sutcliffe park.** 51. Barry Wetherilt 25.14.

29/12/23

Run, Jumps, Throws and Masters Grand Prix, Sheffield. 300. MX2. 2. Drew Burridge (U23M) 37.20.

Last Friday Of The Month 5km, Hyde Park. 10. Sam Douglass 16.19, 33. Carole Coulon 17.44, 248. David Hoben 33.32.

30/12/23

Parkruns. Bromley. 1. Joseph Hill 15.37, 5. Daniel Kennedy 16.42, 9. Benjamin O'Grady 17.28, 11. Alexander Martin 17.33, 13. Daniel Horgan 17.44, 16. Graeme Lugar 18.10, 52. Steve Evenden 19.45, 54. William Spurle 19.54, 75. Chris Martin 20.22, 92. Benjamin Evans 21.02, 94. Micah Evans 21.03, 97. Harry Schmidt 21.07, 103. Katy Sugden 21.15, 118. Matthew Maddocks 21.38, 195. Ryan Tran 23.55, 207. Austin Adams 24.05, 221. Tracey Ashenden 24.21, 334. Paul Murphy 26.51, 377. Jackie Montgomery 27.23, 441. Bernard Wilson 28.43, 505. John Isaacs 30.25, 506. David Appleton 30.27, 676. Gareth Griffin 37.26, 677. Richard Griffin 37.28. **Bexley.** 123. Chris Pike 28.15. **Hackney Marshes.** 11. Ryan Alford-Smith 19.55. **Beckenham Place park.** 18. Marco Arcuri 21.54, 22. Trang Nguyen 22.07 (1st woman), 37. Jane Bradshaw 23.47, 48. Damian

Hayes 24.39, 50. Adrian Stocks 24.45, 58. Luigi Arcuri 25.11, 89. Nigel Wood 26.43, 104. Ian Montgomery 27.48, 112. David Beadle 28.01, 170. Iain Swatton 31.05, 193. Zoe Kingsmill 33.44, 201. George Collins 34.16, 232. Bob Thomas 38:29, 237. Anthony Pontifex 39.38, 250. Andrew Kingsmill 49.05. **Lloyd park, Croydon.** 18. Jennie Butler 22.11. **Bracknell.** 2. Kian Farrell 19.20. **South Norwood.** 25. Rod Harrington 23.55. **Normanby Hall.** 4. James Bunn 19.20, 8. Philip Bunn 19.46. **Hoblingwell.** 7. Imogen Meers 22.46 (1st woman), 9. Jason Meers 23.05. **Orpington.** 12. Gregory Firth 22.06, 25. Carys Firth 23.59, 46. Rowan Pearson 26.23, 47. Ashley Pearson 26.24, 115. Karen Desborough 34.44. **Brockenhurst.** 74. James Cunningham 24.17. **Tonbridge.** 297. Mick Keene 30.48. **Woking.** 16. Bertie Harrington 20.56. **Northallerton.** 24. Cameron Swatton 24.32. **Penrose.** 82. Adrian Perry 24.35. **Foots Cray Meadows.** 25. John Turner 26.44, 54. Maz Turner 37.41. **Bethlem Royal Hospital.** 17. James Unwin 24.59, 26. Mike Simms 26.27. **Holyrood.** 299. Steven Pairman 30.03, 382. Julia Pairman 32.48.

31/12/23

Junior Parkrun. Bromley. 1. Joe Scanes 6.35, 5. Benjamin Evans 8.11, 9. Freya Pearson 8.39 (1st girl).

150 years ago in December 1873

A run with SLH. "Although the runs are not to be considered as contests between the two clubs, but simply friendly amalgamations, the members of each pack appeared somewhat anxious that the first places should fall to the lot of some of their own men, and there is little doubt that had not a false trail thrown three fourths of the pack out of the race, the result would have been well contested: as it was, however, only six men out of the pack of 22 managed to follow the trail to the Club.

125 years ago in December 1898.

An inter club run with Lea Harriers, Thames Hare and Hounds, and United Hospitals Hare and Hounds. "it is safe to say this was one of the most enjoyable functions ever held by the Club... About 50 sat down to tea at headquarters, after which a very successful smoking concert was held in the large hall...A special feature of the evening's entertainment was the capital exhibition given by our members T Jaap, J. H. Williams, W. J. Anderson and F. A. Anderson on the parallel bars." Blackheath defeat SLH to win the Nicholls Cup in the third Mob Match with ten runners in the first 13. "The Cup which was presented by our energetic Hon sec three years ago, is held by the winners of an annual inter team race over neutral country, each Club being allowed to run any number of men, though only the first ten on each side score...After the usual "tub," "high tea" was provided by host Hopton at the Swan Hotel in his usual attentive manner... conviviality was the order of the evening; the SLH taking it out of us at "skittles" previous to the Smoking Concert which went with a swing...Many songs charmed those present, but special mention must be made of messrs Montague and Robson in their banjo duets....In the course of the evening many telegrams were received congratulating the winners, and were much appreciated, especially that from our Hon Sec Nicholls, who, considering it was to the interest of cross country sport to attend the Annual Meeting of the National Cross County Association at Northampton, did so, though much regretting his absence from our midst... The proceedings finishing at 9.45...in time to catch the last train to town" New Years Eve sees some members go for an 8 mile run. "The Punch Bowl and "Go-as-you-please" Smoker was a huge success, about forty members being present.... The first toast at Head Quarters for the new year was "THE CLUB" proposed by W Rowland at 12.05am"

100 years ago in December 1923.

The Kent Championships take place at Horton Kirby. "Owing to the heavy thaw the country was in a very heavy condition, and the course was one of the stiffest our men have ever been called upon to tackle" Only 90 of the 150 starters complete the course, "but as usual all members finished the distance." R D Bell is second but Blackheath are just pipped to the team title by the Royal Irish Fusiliers with Herne Hill third.

The Annual Town Dance takes place at the Stadium Club with 150 people in attendance. "The hall, the floor, the catering were all top hole, and there was indeed everything that could be desired to add to the comfort and enjoyment of the dancers, while quite a number of our non-dancing members found billiard tables and card parties in abundance"

The 7 and a half mile Davis Cup is won by D J Mobbs. "As was fitting, the chair was take at the evening meal by the donor of the cup, that genial and staunch supporter of the Club, Past President W W Davis.

There is a Boxing Day Paper chase and on the 29th an ordinary run and punch bowl Night.

75 years ago in December 1948.

"Members will no doubt have followed with interest the news of the brilliant running of our member J H Scott Wilson during the current season. "The Observer" of December 12 contained a very good account of his magnificent win in the University Race which Oxford won by 36 points to the Light Blues 42. Scott Wilson finished 200 yards ahead of Bannister and Pollard after having led the field almost throughout"

There is a Bohemian Concert at the Bridge House Hotel. "It was a great pleasure to find all generations of the Club so well represented and to see that in many cases they had brought along their wives and their friends"

Blackheath win the mob match against Ranelagh scoring 211 to 1193. First home is Sydney Wooderson with Jack Braughton second.

50 years ago in December 1973

Mob Match v Orion at Chingford..."There was only one way that this race could ever become news – if Blackheath lost. This race was news" Result is Orion 295 Blackheath 300. "If anyone had suggested that this would be the result he would immediately have been certified as not sound of mind." Some small consolation is Mick Hamlin wins the race for the second year. It is the first time Blackheath have lost for 40 years. "To some members it will be seen as a disgrace that not enough of the Club's impressive talent thinks it seemly to honour this fixture...This result will be remembered much longer than any third place medals in the Southern, or indeed winning the Whitbread 5 Mile Road Race, or anything that missing members may have seen on the television that afternoon"

Blackheath win the Whitbread 5 at Portsmouth with Ian Wilson 6th in 25.33, Chris Haines 10th 25.39, and Peter Horwood 11th 25.40.

Andy Frankish wins the Special Christmas 200 Club Draw of £75.

25 years ago in December 1998

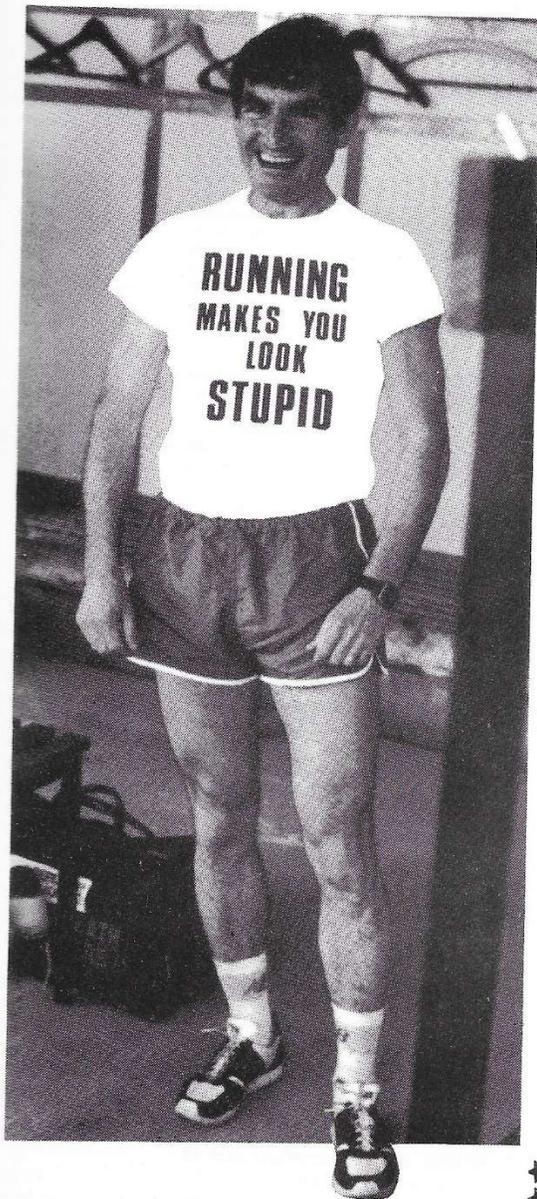
Darrell Smith has a busy month. He is 6th in the Portsmouth 5 in 23.35; wins the Hogs Back 9; and is 52nd in the International cross country race in Brussels. Mark Steinle is 46th. Gemma Viney is 26th in the Under 20 Womens race.

Roy Smith wins the Open 10km and Vets Championships with Mark Watling second and Richard Daniels third. Mark is the first veteran with Cliff Keen second and Pete Barlow third. Jim Phelan is first over 50, Bill Clapham first over 60 and Douglas Tingey first over 70. First woman is Anne Cilia.

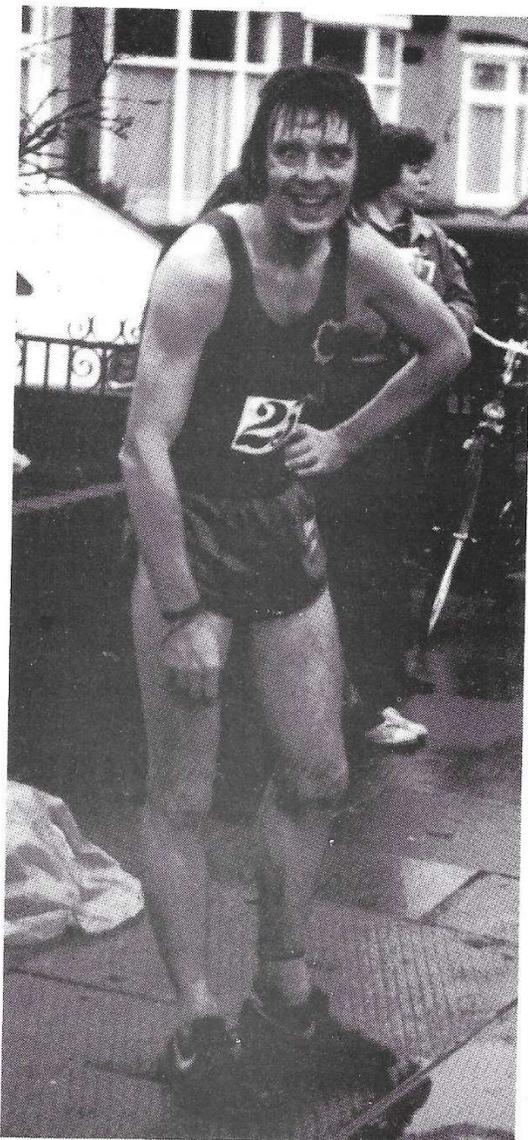


One last hurrah. A National Young Athletes League winning President on a victory lap with the athletes (photo Mick Jones)

Old Gazette Gag revamped



*Nobody's going to argue with that!
Jim Phelan confirms.*



STILL TOOTING AFTER ALL THESE YEARS

As one who had taken part in the first fixture held at the original Tooting Bec Track (Imperial College AC v SLH on 28 April 1937) PP Harold Thompson received an invitation



Chris McGeorge, Ken and Pedro agree.



A former Gazette editor has the last say on the matter.

P'tang yang kipperbang