

Anyone who has been within striking distance of Hayes this winter will know that we have had the best cross country season for years. The exploits of our lads are comprehensively covered in this issue. We have also had a fair bit of success on the road with a number of individual successes and quite a few team awards.

Relationships with Bromley Council remain excellent and there is now a firm commitment to build a stand and changing facilities at Norman Park.

Despite the winter weather's determination to turn the Club car park into a mangrove swamp, Stan has done a grand job gentrifying the site and come the summer we should have some further nicely grassed areas.

From my own personal point of view the most gratifying news of late was learning that this here chronicle of heathen activity had been judged in the top 3 in the nation by Running Magazine. Bearing in mind that one of their chief criteria for a good club news letter was that it had to be up to date and therefore issued frequently, we really shouldn't have stood a chance but, despite this shortcoming, they obviously liked it very much in other ways and so the Club is now richer to the tune of £50 worth of books.

The results of the competition and the editorial staff's judgements can be found on p.23 of the June issue of Running Magazine.

Fings is deferately looking up darn our street.

And as I write, news is in that in the first British League Division 1 match two Club records went for a burton. Graham Savory's discus flew 60m 92cm for not only a club record by over a metre but also a new League record and the 4 x 400 club record was blown apart by Brad McStravick (49.2), Buster Watson (47.5), Nigel Keogh (48.8) and Domic Emery (48.4) for a total time of 3m 13.74s, a 2 second improvement on the old figures.



NOTICE BOARD

*The Rev. P. H. Francis has moved from "The Moorings" to: Beggars Roost Nursing Home, Old Park Lane, Fishbourne, Nr. Chichester, W. Sussex.
He is well and we understand continues to enjoy the gazette.*

Tony and Christine Weeks-Pearson have moved to:-

**39 Buckhurst Avenue, Sevenoaks, Kent, TN13 1LZ.
Telephone: 452 123**

FIXTURE CHANGES

The following alterations should be made to your Summer 1986 Fixture Cards:-

Opening Run Saturday, 27th September
Club '5' Saturday, 4th October
A.G.M. Saturday, 11th October

Editor urgently requires copies of BH Gazette No. 609 Vol. 86, the one with Johnnie Walker and George Brooks on the front cover. Can you help please?

Are you interested in ensuring that only three runners bear you in six cross-country races during the 1986/87 season?

If so and you are

ADEPT
ANALYTICAL
AWARE
ENUMERATE
IMPARTIAL
INTERESTED IN PSYCHOLOGY
LEGIBLE
SCEPTICAL
STATISTICAL and
THICK-SKINNED

It would also help if you can name/know about 50% of the starters and have access to a computer.

For further details of this EXCITING POSITION, please apply to the HON. WINTER HANDICAPPER.

ADVERT

Paths of Glory

It will not have escaped the vigilant eyes of those who read the complete list of officials supplied at the AGM that in the V.P.'s list are many trail layers — indeed some appear in the PP's list, in the steps of that great Past President K. Wilcockson. (The W.G. of BH).

Their numbers (trail layers, not Presidents) are pretty stastic (as are some of the members), so ambitious (cunning?) 'heathens looking to the future might with advantage join this illustrious band.

It is, however, no simple feat to gain entry to this exclusive sect: a ready wit coupled with the instant ability to laugh at the leader's jokes is a basic requirement, plus the reverence for nostalgic recollections which abound in this circle.

Don't wear yourself out chasing handicap hopes — follow the "flagging footsteps of the Trail" and new horizons will come into view.



BLACKHEATH HARRIERS SWIMMING CHAMPIONSHIP FOR MARYON-WILSON TROPHY HELD AT BECKENHAM SWIMMING BATHS

18th October, 1985

1. M. Laws	39.40
2. B. Fincham	42.23
3. B. Grant	52.46

Handicap Result:

1. W. Clapham	32.76	8. B. Grant	37.46
2. M. Laws	34.40	9. T. Greenwood	38.77
3. T. Tunley	34.46	10. L. Hickey	40.78
4. B. Fincham	35.23	11. J. Walker	47.63
5. S. Parsons	35.41	12. J. Bennett	52.44
6. M. Cronin	36.98	13. J. Parrott	58.16
7. D. Johnson	37.03		

Cover Photo

*Undisputed star over the country this winter -
Bill Foster.*

HON. SECRETARY'S REPORT

19th October, 1985

Mr. President and Gentlemen,

I have the honour to present the 116th Annual Report of the Blackheath Harriers for the year ending 30th September 1985, my fourth as Hon. Secretary. It is a joy and privilege to have again so much achievement and development to report.

At the end of September membership of the Club stood at 994, including 136 Life Members, and at the General Committee meeting there was a net addition of 12 to that number, bringing our "book" total above the 1,000 mark for the first time. During the year 4 deaths were reported, there were 29 resignations and 61 deletions, making a total of 94 losses compared with 160 elections. The members whose names were deleted during the year had all failed to pay their 1983/84 (and in a few cases an earlier year's) subscription; doubtless many of those whose 1984/85 subscriptions are still outstanding will also drop out, so the "book" figure is still somewhat inflated. Nevertheless it seems clear that the true figure is still increasing, a trend which presents both the challenges and the opportunities which I mentioned in last year's report.

Of the members whose 1984/85 subscriptions were outstanding at the time of the Treasurer's recent reminder, over half had joined the Club during the previous year; in other words, quite a large number are liable to drop out after having paid only their initial subscription. The Treasurer is rightly concerned at the weight of not very fruitful administrative work that this imposes on him and other Club officers, but your Committee does not find it easy to see a remedy. Naturally we should make it clear to prospective recruits — if not in so many words — that membership is "not to be enterprised, or taken in hand unadvisedly, lightly or wantonly": but unlike holy matrimony we do not present it as being necessarily a lifelong commitment. Much of the rapid turnover is among the younger athletes, whose potential has to be encouraged and developed while we have the opportunity, whether or not their first fine flush of enthusiasm lasts for more than a season or two. Even those who give up athletics early have often given yeoman service to the Club during their time with us, and at a time of intensifying competition we must do nothing to impede the inflow of new talent.

In contrast all four of our deceased members were Life Members, with periods of membership ranging from 35 to 65 years. Of these the best known to most present members was Norman Dudley, who joined us in 1949 after some years with Coventry Godiva (of which he remained a member), served as our Hon. Secretary from 1959 to 1961, became a Vice-President in the latter year and is described in the Centenary History as "among other things a perpetual plotter of road runs and walks." That "among other things" covers a vast range of activity by a man whose commitment to the Club was pretty exceptional even by Blackheath standards. One particular *tour de force* that I treasure in the memory is Norman's staffwork for the Centenary Commemorative Run, when three packs of different speeds were programmed to run by different routes from Peckham to Blackheath, Ladywell, West Wickham and Hayes, and to arrive here and at each intermediate stop at more or less the same time!

A. T. G. Trumble, who joined the Club in 1919, had been living for many years in the Isle of Wight after service with the Police in Nigeria; we were sorry to hear recently that his brother, also a Life Member, has been incapacitated by a stroke. T. J. G. Haynes, with whom I exchanged letters about three years ago, told me then that he had given up racing in the early thirties but that his novice's pewter (engraved November 1920!) and his 50-year pot both still had prominent places in his living room. Cyril Sanderson, who joined the Club in 1938, primarily as a social member, served

as an air raid warden with P/P Dick Cockburn (who had proposed him for membership), and became a Life Member in the late fifties.

Two other very good friends of the Club have died during the past year. One was Gladys Taylor, widow of Past-President Sydney Taylor, mother of John Taylor and mother-in-law of Barry Willis. She had done much for the Club and retained her zest for life to the end, being present at functions here until quite recently. Harold Lee, FRCS, was another friend who will be sorely missed; and tireless worker for Orion Harriers in many of the offices of that Club and one of the founding fathers of the Road Runners Club, he will be remembered alike for his vocal encouragement during a race and for his verses and anecdotes at supper time. But his interests and sympathies extended well beyond athletics and his profession of orthopaedic surgery, as was witnessed both by the procession of visitors to his hospital bed and by the large congregation at his memorial service.

I turn now to the past year's athletic activities, beginning with the Cross-country season. So far as the mob matches are concerned, the photograph across the outer pages of the last *Gazette* tells it all: Mob Rule! — though I am sure that even our vanquished opponents would admit that it is a much more civilised form of mob rule than some that we have witnessed recently in the wider world. Much of the credit for our clean sweep must go to our new broom, V/P Gary Botley, whose enthusiasm and encouragement persuaded many of our newer members to sample the delights of the country for the first time, to the extent that we had 130 starters against SLH (a record number for this fixture), 85 against Orion and Thames Hare and Hounds and 111 against Ranelagh. The scores tell their own story: BH 6219, SLH 7444; BH 83, Orion 461; BH 226, Thames 632; BH 4414, Ranelagh 6501.

The Club '5' was won by a new member, Bill O'Donnell, with Les Roberts 2nd and Ken Pike 3rd out of 115 finishers. In the Club 7½-mile Championship, run as usual in conjunction with the SLH mob match, Richard Coles was the first Blackheath man home, with Les Roberts 2nd and Ken Daniel 3rd. The Club '10' also had a new winner in Patrick Calnan, with Graham Martin 2nd and Ken Pike 3rd out of 74 finishers; it was encouraging to see such a large turnout for this demanding race, possibly the largest in its history and certainly for a good many years.

In the Kent County Championships, held this year at Mote Park, Maidstone, the Club's results were again disappointing; as in 1984 the Juniors did best, Rob Farish finishing 3rd and the team being placed 4th. Our leading finishers in the Senior race were Richard Cole 15th, Patrick Calnan 27th and Steve Thompson (in his first year as a Senior) 32nd; our 'A' team was placed 7th out of 19. We had no team in the Youths race, but in the Boys race Damon Williams finished 9th and the team had the same position, whilst in the Colts race Liam Bulson finished 4th and the team was placed 5th. In the Kent Veterans Championships at Bexley some weeks previously Chris Woodcock in 3rd place, was the first Blackheath Harriers to finish, and the Club's 'A' team was also placed 3rd.

In the South of Thames Junior Championship at Windsor the Club was placed 14th, Graham Martin being our first man home in 51st position. In the Senior event at Wimbledon we were placed 11th scoring 6 a side and 5th scoring 12 a side, Richard Coles in 23rd place being the first Blackheath finisher. In the Southern Counties Championships at Trent Park the Club was placed 15th in the Senior race — a substantial improvement on last year — and retained the Camden Cup for the first Kent team of 12 to close in, Richard Coles was the first Blackheath finisher in 43rd position. We had no teams in the other age-groups, but Rob Farish finished 25th in the Junior race. Alas, in the ECCU Championships, run at Milton Keynes through particularly glutinous mud, our Senior team had its lowest position ever



Seven Sisters Marathon runners en route at Alfriston – Jim Raine tells all p.27.

(93rd) and we had no teams in the Junior or Youths races; Richard Coles was again the first Blackheath Senior to finish, in 251st position. Our sole consolation was that Rob Farish, running with our agreement for Birmingham University, finished 32nd in the Junior race and helped them to win the team event. Perhaps after this gloom it would be well to recall that Richard, Rob, Damon Williams and Liam Bulson were all selected to represent Kent in the Inter-Counties Championships at Leicester in their respective age-groups, Liam being a member of the winning Kent Colts team.

Thanks largely to the efforts of Ian Dibbens and his helpers, our results in the Kent Colts, Boys and Youths Cross-Country League and the Herne Hill Harriers Young Athletes League were a great deal better than in recent years, even though we are still some way from getting a full team out in every age-group in every fixture. In the Kent competition our Colts were numerous enough to field three teams, and the 'A' team finished 3rd in the League, only one point behind the second club; our Boys and Youths teams each finished 7th. In the Herne Hill League the Blackheath team finished 2nd overall; the Colts again made the major contribution to this result, Liam Bulson finishing 2nd in all four Colts races.

Our Veterans again did well in the Southern and National Veterans Championships — not quite as well as last year, but competition seems to be getting ever keener here as in other parts of the spectrum. In the Southern fixture at Basildon, the Club was placed 2nd in the Over 40 race, both on the basis of 3 to score and of 6 to score, and 4th in the Over 50 race; Barry O'Gorman finished 10th and Ian Wilson 13th in the Over 40 race, and Richard Pitcairn-Knowles 12th, John Kavanagh 15th and Ron Foreman 19th in the Over 50 race. In the National fixture at Newport (Gwent) Barry

O'Gorman finished 29th in the Over 40 race, the Club teams being placed 8th and 12th in that race and 7th in the Over 50 race.

The Club was again involved in the inter-Club races at Roeselare, in incredibly muddy conditions that must have been a good preparation for the National. Les Roberts won the Veterans race against good opposition, with Ian Wilson 9th, Mike Cronin 22nd and Chris Haines 23rd; in the Senior 'A' race Bill O'Donnell finished 33rd and Rob Farish 41st. We were glad to welcome A. V. Roeselare back to our Cross-Country Relay last month, in which they finished 8th, just behind our 'A' team; this is the sixth year that John Hills has organised this event, and we are most grateful to him and his band of helpers for all that they do to make it run smoothly.

In the Southern Counties 12-stage Road Relay at Wimbledon in April, the Club finished 14th out of 44 teams, its highest position for five years.

The rowing race for the Frankeiss Cup was notable for the return of South London Harriers to the competition after an absence of some years. As only two clinker-built boats were available it was necessary to have two races; in the first the Club crew beat SLH by a canvas, but in the second, despite a valiant effort, they were comfortably beaten by Ranelagh.

As usual it is not possible to give more than a selection of the road races in which Club members have competed, and the leading positions at that, but even this will give some idea of the wide range of distances on offer, not to mention the distances travelled to get to a race. On the morrow of last year's AGM Chris Woodcock finished 10th (1st Veteran) and Peter German 12th in the Croydon '10', and Gary Spencer 4th, Richard Coe 6th and Mike Cronin 8th in the Croydon '5'. About the same time Bill O'Donnell finished 4th in the Forbanks '10'. In the Nene Valley '10' in December

Paul Barrington-King was 73rd, Steve Fitz-Costa 83rd and Neil Colvin 99th out of 574, all of them recording PBs. Later in that month Bill O'Donnell finished 28th and Peter German 38th in the Hogs Back '11', in a field of 1399; and in the Centresport 10Km race at Crystal Palace Richard Coles finished 14th, Patrick Calnan 21st and Peter German 31st. In the Forbanks Half-Marathon in March Bill O'Donnell, in 6th place, was the leader of a Blackheath team that was placed 3rd. Later that month Graham Martin finished 9th in the Worthing '20', Neil Colvin 24th in the Kent '10', Richard Coles 13th in the Thamesmead Half-Marathon and Paul Barrington-King 27th in the Worthing '10'. In the Tunbridge Wells Half-Marathon in May Ian Wilson finished 14th; and a week later, over the same distance at Bridgend, the Club team won its first road race since 1980, Les Roberts finishing 2nd, Bill O'Donnell 5th, Paul Barrington-King 16th and Norman Davidson 34th in a field of 800. At the beginning of June John Baldwin finished 12th in the Ranelagh Half-Marathon at Effingham; a fortnight later, in the International Veterans 25Km race at Bruges, a BH team consisting of Les Roberts (3rd), John Baldwin (8th; 2nd Over 45) and Ian Wilson (38th) won the inter-Club event, Les and John also being scorers in the winning Great Britain team. At the end of July the Club team won yet another road race, Les Roberts finishing 2nd, Gary Arthey 6th and John Baldwin 7th in the Heckington '10'.

The Club's commitment to the London Marathon continues to be impressive, alike in the number of man-hours of administrative work put in before the day, the marshalling on the day itself (lots of elderly gentlemen parading at 0700 on a frosty morning) and the sheer number of Blackheath competitors, maintained at well above the 100 mark. It is good to see from the accounts that, despite the very proper caution expressed by the Hon. Treasurer last year, this commitment has been recognised by a substantially increased donation from the promoters of the race. Our congratulations go to Dave White, this year's winner of the Club Marathon Trophy; fortunately his devoted years of service as Membership Secretary do not seem to have interfered overmuch with his training!

Our Ted Pepper Memorial Race this year attracted a record entry of 405, and the number of finishers (301) was also the highest yet, thus helping to make the event a financial as well as an athletic success. Once again our thanks are due to V/P Mike Peel and his team for working so hard and so effectively. Mike has now decided to give up this particular task, but he has found a willing successor in V/P Chris Haines, and is already channelling some of his own energies in another direction, the Open 10-mile cross-country race arranged for Sunday 15th December being his brain-child.

The track and field season was again one of high achievement. Even in an odd-numbered year with no Olympics and no Commonwealth Games there is a good deal of international competition; during the season Graham Savory represented England and Great Britain in the Shot and Discus, Buster Watson in the 100 and 200 metres and Peter Yates in the Javelin, whilst Brad McStravick, in his first season with the Club, represented Scotland in the Decathlon and raised the Club record for that event by some 800 points! In addition to the first three named, Daryl Brand, Phil Davies, Colin Hamlett and Nigel Keogh all represented the Southern Counties. In the U.K. Closed Championships at Antrim Graham Savory was 3rd in the Shot and 2nd in the Discus, and Daryl Brand 6th in the Javelin. In the Southern Counties Senior Championships at Crystal Palace Graham was 1st in the Discus and Daryl 1st in the Javelin. In the Southern Under 20 Championships, also at Crystal Palace, Derek Wilson finished 2nd in the Junior 400 metres and 400 metres Hurdles, Nigel Keogh 4th in the Junior 400 metres Hurdles and Lance Wright 4th in the Junior 2000 metres Steeplechase, Paul Byfield 5th in the Youths 400 metres and

6th in the 400 metres Hurdles, Andrew Hodge 3rd in the Youths High Jump and David Coleman 4th in the Youths Pole Vault. In the AAA Senior Championships Buster Watson was 5th in the 100 metres and 2nd in the 200 metres, Tony Satchwell 4th in the Shot, Graham Savory 4th in the Discus and Daryl Brand 9th in the Javelin. In the AAA Under 20 Championships at Birmingham Andrew Hodge was 6th in the Youths High Jump, David Coleman 8th in the Youths Pole Vault, Mark Clark 8th in the Youths Javelin and Richard Chitty 9th equal in the Youths Long Jump. Whilst recording individual achievements I must mention Daryl Brand's new PB of over 80 metres in the recent London Borough Athletics Final; it is satisfying to add that, although he was throwing for Wandsworth on that occasion, there were enough other Blackheath Harriers around to enable Bromley to win the championships!

With all this talent about one might reasonably expect the Club to do well in League competitions. So it did: but truly "it's tough at the top", and the final happy outcome was not arrived at without a good deal of nailbiting, not to say cliffhanging, on the way. In an enlarged Division 1 of 8 teams in the British Athletics League, the Club suffered a number of disasters and could only finish 8th even though four members of the team recorded PBs. Fortunately things got better after that, with placings of 6th, 4th and 6th in the remaining fixtures, and with a final placing of 6th the Club retained its place in the Division. Without wishing Edinburgh Southern Harriers any harm, it is worth noting that their replacement in the Division by a Southern club should substantially reduce our expenses in 1986!

The Club reached the GRE Gold Cup Final for the third time in four years and finished 6th, one place lower than last year. It won the Sward trophy for the third successive year, and in the Kinnaid competition was only 4 points behind the winners (TVH). The B and C teams had another good season in the Southern League: the B team finished 10th in Division 1 (the first team only twice finished higher than that during its sojourn there in the seventies), and the C team 8th in Division 4, again narrowly missing promotion. The Club reached the final of the Southern League September Shield for only the second time, and with a somewhat depleted team was placed 6th.

Our young athletes again did extremely well; as in past seasons, some notable performances was achieved by youngsters during their first few weeks with the Club, and we owe much to John Powell for his active recruitment in the schools as well as for his coaching and team management afterwards. In the Boys and Colts League of Kent the Club, as in 1983, won all three titles, the Colts with 23 League points and the Boys and Overall with the maximum 24. BH members won 28 of the season's League medals for best performance (four more than last year), and a number of them were selected for the Kent team that beat Devon and Hampshire, when several of them won their events and set new Club records. In the Dunlop Young Athletes League BH yet again finished 2nd in the Eastern premier Division, and qualified for the third year in succession for the National final; that was held this year in Swansea, entailing an overnight stay for more than 90 athletes, officials and supporters. Here again many new Club records and PBs were set, and the team achieved its best position yet (6th with 319½ points), gaining particular satisfaction from being the first club in the Eastern area to beat the Borough of Enfield team. In the Kent Relays at Norman Park a week later, (in which the Seniors were also engaged and won all their three races) the Club had a total of 6 1st and 2 2nd places; particularly noteworthy was the Youths 4 × 400 metres, in which Vaughan Corless had a split time of 49.37, better than Steve Ovet's at age 15, and the team's time of 3.25.2 was a championship best.

Last year Europe, this year the World! Our warmest congratulations go to Les Roberts on winning the 5000

metres in the World Veterans Championships at Rome in June.

The 25 x 1 Mile Relay was again a successful fixture, though sadly our own first team was incomplete and was therefore disqualified. Our thanks are again due to Mike Field for all his work in organising this event — which, as he discovered last year, can include resolving disputes that may occur in centres distant from the Crystal Palace.

Perhaps not too surprisingly in view of their advancing years, several of the Blackheath Geriatrics dropped out this year between the date of entry and the day of the Hyde Park Fun Run, so that we were left with two teams each one short of the required six. This was unfortunate from the point of view of results, but it did not deter the gallant ten from giving their all on a beautifully sunny day that was really a bit hot for competition.

The Club continues to diversify its activities, and one of the more recent additions to the programme is the annual football match against Chipstead Valley F.C. Last season's match took place on the morning after the Christmas Supper, but despite that the Blackheath team managed to win 4-1. We were glad to have a number of the Chipstead Valley team as guests at the Club Dinner last week. Two fixtures of much more ancient vintage are the Johnson Bowl walking race and the Maryon-Wilson swimming race: the Johnson Bowl was again won this year by Peter Hannell, with Peter Selby again 2nd; and last evening Mike Laws extended his tenure of the Maryon-Wilson Cup for a further year.

There has been only one issue of the *Gazette* since the last AGM, but that issue, of 40 pages, must be the largest yet, and the high standard of quality has been fully maintained — the photographs and their captions are a particular delight. But, however good the Editor is (and Les is very good), he is very much dependent on other Club members for his basic material, and on the printer for the speed or otherwise of producing the final version. Because of difficulties in this latter respect he will be trying another printer next time; and I know he will be grateful if section heads and others can get copy to him promptly without being chased. The same applies of course, even more acutely, to material for the local Press; if they don't get it by Monday midday it is "dead", so the thing to do is to find out from John Powell before a weekend fixture where he can be contacted with the result and other interesting details during that weekend.

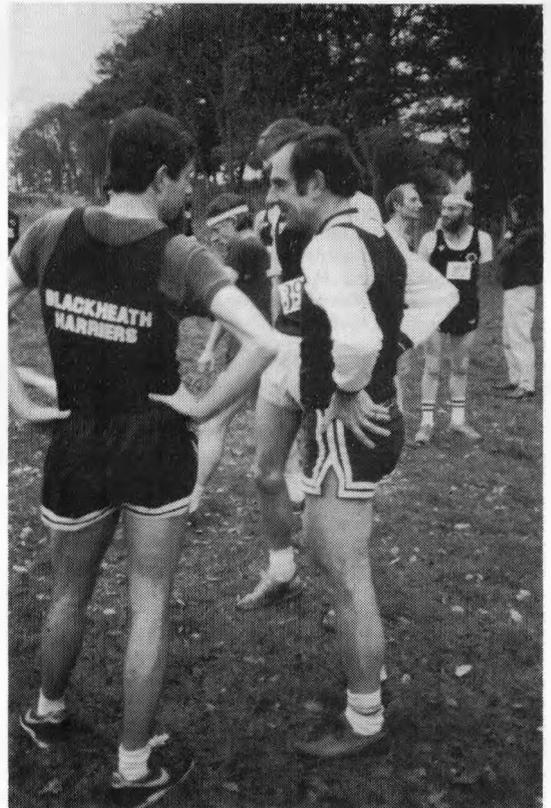
The ladies of the Blackheath Harriers Social Club have continued their fund-raising activities during the past year, and at their own recent AGM reported a sound financial position. Their latest benefaction is to be a table-tennis table for the table-tennis section, of a type that can readily be moved by lady members. Their fertile imaginations produce stimulating themes for our social evenings, and the "Tramps and Tarts" party earlier this year was a great success — next February we are due to be transported to a desert island. As with much of the other work in and around the Club, much of the fund-raising is dependent upon a few stalwarts, and they would specially appreciate more help in the serving of teas at Norman Park, which is one of the more reliable sources of income.

"A few stalwarts" is of course also an apt description of the trail layers, whom many of you will have seen in action this afternoon. I had the privilege of joining them on several occasions last winter, and hope to do so again when I can tear myself away from the desk (which alas! is where I spent this afternoon). But, stalwart though they are, they are few, and their task would be less onerous if there were more to share it, so recruits and temporary help would both be most welcome.

Finally I should like briefly to mention a new development during the past year, the setting up of the Bromley Sports Council. The first moves towards this came from some of the local Rotary Clubs, who realised that Bromley was the only London Borough still without a Sports Council and used their know how to get discussions started. P/P Alan Brent

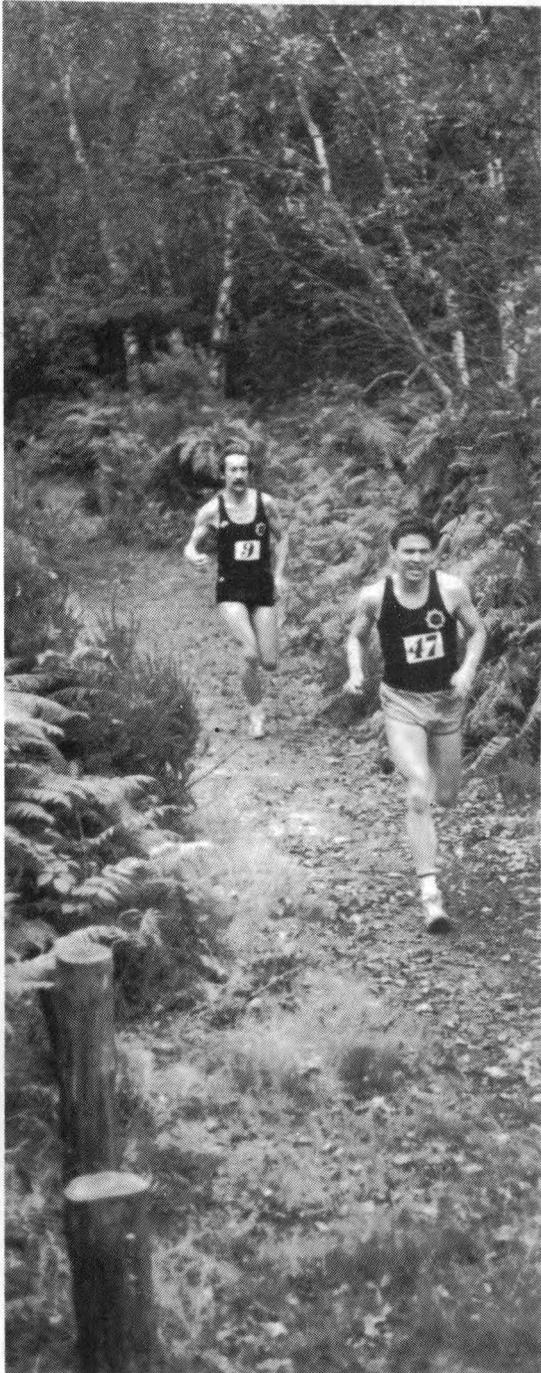
has served from the beginning on the Steering Committee, now an Executive Committee, and I have attended the two larger gatherings of Club representatives that have been called so far. The Club Committee decided that we should be fully involved in these discussions and, besides affiliating to the Council, have offered the facilities of this Clubhouse for Committee meetings and for a larger meeting last Thursday evening. So far 55 clubs representing a wide range of both outdoor and indoor sports have affiliated, but we suspect that this may be no more than 10% of the clubs in the Borough. The Borough Recreation Department are represented on the Bromley Sports Council and have promised their full co-operation. The first tasks must be to increase the membership of the Council so as to make it more fully representative; and to map out the facilities that already exist within the Borough as a preliminary to assessing what other facilities are required, and in what order of priority. If any members present have questions to ask or suggestions to make about this, Alan or I will do our best to deal with them.

W.F.L.



I've heard many people say they would like to see the back of Ian Wilson — so here it is. Bob Richardson's sideburns obscure Pete Hamilton.

OVER THE COUNTRY



Bill O'Donnell tries, but in vain, to hold off Club '5' winner Richard Coles.

REVIEW 1985/86

For a Club whose traditions are so firmly established in winter activities, it is ironic that in recent years its achievements on the country, or lack of them, have contrasted so starkly with those of the track section in their rise to British League Division I and status in the top eight Clubs in the country. It is the Winter Captain's pleasure to record that the cross-country department is now back in business!

The main events are individually reported in this issue. It is the aim of this review to highlight the trends and individuals responsible for the turnaround in fortunes.

Mob Matches

The only fixtures of the season where every club member is both eligible and welcome to complete, these long-established matches have seen record turnouts against both South London and Ranelagh, but an ironic reversal at Orion where the opposition set the record. All of these races include a handicap, and the aggregate trophy for consistent performance was most deservedly won by Adrian Musson, who ran at Chingford with an arm in plaster! Many people have joined the Club to run road races — I hope they will explore the opportunities in next winter's fixture card to enjoy the special experience of a Mob Match. Bill Wheeler will be looking for new recruits in his newly-created honorary position of Mob Match Chief Whip, and if we continue to turn out record numbers we shall have to consider a nationwide challenge to other clubs.

Championships

With several first team members originating from various parts of the country and therefore not eligible for Kent, it was nothing more than satisfactory to finish 5th team in the County race. Dartford showed a strong Invicta team in particular what can be done if all eligible runners can be assembled in the right place on the same day, and won for the first time since 1934!

Weeks later, on a tough 9-mile course near Brighton for the Southern, our strongest six for many years were in the right place to surprise themselves, numerous Club supporters, all other competitors, officials and knowledgeable pressmen alike by lifting the Southern Championship for the first time in the history of the Club! It was of course a very special afternoon, the more so because it was so unexpected and offered so much hope for the future. Bill Foster emerged from several injury-plagued seasons to lead the team with great conviction, while Tim Nash and Jerry Barton contributed stirring performances on their winter debuts for the Club. Bill O'Donnell clearly revelled in his performance and was rewarded threefold — a winners team medal, his best championship placing to date, and for the first time ahead of Richard Coles. In last year's race Richard led the Club team home in 43rd place — he could not have imagined that he would 'trail' home here our 5th man in 40th place, *and* take home a gold medal! Pat Calnan, still not comfortable on the country improved 104 places on last year and was both relieved and delighted to be 6th man home. And the most exciting feature of this new winning team? The average age is only 25!

Just half of this star outfit was available for the 'National', but with the addition of the redoubtable Roberts and a fine

performance by 'novice' Richard Coe, Bill Foster inspired a very solid team result for 20th on the picturesque, wintry Town Moor Newcastle.

Road Relays

These 12-stage events give a much clearer picture of the strength-in-depth of any Club, though team selection can sometimes be as crucial as performances. Having made a substantial advance in the 'Southern' event last year, hopes of a clear top-ten placing were high at the half-way stage of this year's race, particularly due to another excellent contribution from Foster. The second half fell away somewhat, but the final 12th position was enough to secure an invitation to the National 12-stage for the first time since 1980.

Sutton Park, Sutton Coldfield, the home of the event since 1974, saw the top 12 clubs from North, South and Midlands assembled with a daunting collection of past and present internationals from track country and road. At the end of 51 miles racing our squad of no internationals were just 2½ miles adrift of oft-times winners Tipton with their 12 internationals, to finish 7th Southern Club in 25th position, 2 places better than last time out six years ago.

Progress in the Major Championships

Cross-Country	1984/85	1985/86
Kent (7½m)	7th	5th
Southern (9m)	15th	1st
National (9m)	93rd	20th

12-Stage Relays

Southern	14th	12th
National	—	25th

So where to from here?

Next winter should see Bill Foster building on his best-ever track season, Jerry Barton free of his Cambridge University responsibilities and Tim Nash settled in London and consolidating — what a wise move to Blackheath Harriers! Richard Coles has waited a long time for the chance to compete in a classy team, and like O'Donnell and Calnan will rise to new challenges. Steve Thompson has still to regain the form he showed as a junior, new recruit Sean Miller has competed at a high level in the past and Les Roberts still improves (is it possible at that age?) There are young men in the wings who are aiming high — Gary Arthey, Lance Wright and Mike Laws — so there is the rare prospect of 'star' quality, depth and real team commitment next season.

The foundations have been laid — let the building begin!

G.B.

Winter Captain

P.S. Our novice cross-country secretary, who hails from Aberdeen and is left-handed, shares my satisfaction with this season's results. He is also looking forward to more and better. Thank you, Bruce Grant — so far.

RANELAGH HARRIERS

4 × 2.5 MILE CROSS COUNTRY RELAY

Petersham

28th September, 1985

Team Result:

1. Belgrave H; 2. Ranelagh H; 3. Hercules Wimbledon; 4. Blackheath 'A' (P. Calnan, G. Arthey, K. Pike, M. Athawes); 19. Blackheath 'B' (J. Kemp, P. Groves, M. Rich, M. Wolfcarius); 21. Blackheath 'C'. (C. Haines, R. Farish snr, J. Ashton, K. Pike).

BLACKHEATH HARRIERS CROSS COUNTRY RELAY

Hayes

21 September, 1985

Team Results:

1. Hercules Wimbledon; 2. Brighton & Hove; 3. Aldershot Farnham & District; 7. Blackheath 'A' — R. Farish (11.01), G. Arthey (11.14), M. Laws (11.10), R. Coles (11.03), P. Calnan (11.05), G. Spencer (11.40); 21. Blackheath 'B' — K. Daniel (11.30), W. O'Donnell (11.13), M. De'Ath (12.55), M. Athawes (12.15), S. Fitz-Costa (12.28), P. B-King (12.05); 22. Blackheath 'E' — P. Hamilton (11.24), J. Clare (12.37), F. O'Gorman (11.58), M. Cronin (12.26), D. White (12.35), I. Wilson (12.15); 25. Blackheath 'C' — J. Kemp (12.44), M. Hickin (11.15), I. Young (12.11), M. Field (12.49), N. Wahla (12.53), R. Ebbutt (12.59); 34. Blackheath 'G' — A. Jones (13.18), S. Thompson (12.24), D. Brooks (14.31), P. Austridge (13.19), J. Taylor (12.57), S. Freemantle (12.15); 35. Blackheath 'H' — B. Grant (12.32), B. Wheeler (13.20), J. Bailey (12.44), P. Rissen (13.51), R. Farish (13.01), C. Daly (13.18); 41. Blackheath 'D' — P. Barlow (12.50), A. Nana (13.45), D. Crowdon (13.48), A. Weeks-Pearson (14.03), M. Peel (12.49), J. Facer (14.28); 46. Blackheath 'J' — R. Thornton (14.01), W. Clapham (13.38), B. Moffatt (13.49), R. Counter (16.41), D. Croll (13.16), J. Sharp (14.15); 47. Blackheath 'F' — A. Pickering (18.18), B. Hartley (14.50), N. Croll (13.37), M. Allen (15.02), J. Ashton (14.29), A. Musson (14.21).

11 'EME FOULEES HALLUINOISES

Somewhere in N. France

13th October, 1985

Now that he is something big in the ECCU Ian Wilson wangles himself trips from time to time over to Europe in the role of team manager to British cross country squads. This was just one of these.

While there doing whatever team managers do he nevertheless usually finds time to run himself if there is a veterans race. On this occasion there was and he stepped round nicely for 9th place no doubt picking up half an Argos warehouse full of bounty for his trouble.

From the result it looks as though the English team in his care won with Mike Bishop 4th, Gary Nagle 7th, Martin McLoughlin 15th and Steven Parr 24th.

KENT COUNTY A.A.A.

BOYS CROSS COUNTRY LEAGUE

Mote Park

19th October, 1985

1. A. Juby (GEC)	83. P. Webb (BH 'B')
2. R. Kettle (Dartford)	84. P. Collins (BH 'B')
3. N. Renny (Invicta E.K.)	85. S. Field (BH 'B')
22. R. Whittle (BH 'A')	
32. M. Stanfield (BH 'A')	Team Result
34. K. Barnett (BH 'A')	1. GEC
44. J. Forrest (BH 'A')	2. Dartford
48. N. Croll (BH 'A')	3. Ashford
51. A. Dahmani (BH 'A')	8. Blackheath 'A'
66. S. Collins (BH 'B')	17. Blackheath 'B'

KENT COUNTY A.A.A.

YOUTH CROSS COUNTRY LEAGUE

Mote Park

19th October, 1985

1. J. Barton (GEC)	16.45	23. V. Corless (BH)	18.19
2. C. Knight (GEC)	16.45	53. I. Miller (BH)	21.16
3. M. Bell (GEC)	16.53	54. J. Khan-Panni (BH)	21.20
15. M. Lawton (BH)	17.40	55. S. Rogers (BH)	21.23

Teams: 1. GEC 2. Medway 3. Dartford 9. Blackheath

KENT CROSS COUNTRY LEAGUE 1985/6

The first race of the season on a fine, warm early Autumn day in Mote Park saw the largest field, by far, for the League with nineteen of our members included — Chris Haines running as a guest being too late for a proper declaration with Ken Pike just beating him! Having grabbed our attention with his late selection Ken then performed a superb somersault 100 metres after the start to let the field get away. Though we were present in good numbers five teams, including two from Invicta East Kent, closed in before our first man appeared; you may read the details below.

Ken Pike was the only 'heathen' to run in the second race, the rest it seems preferred the mud of Epping Forest and defeat at the hands of Orion. Ken didn't miss the mud by going to Tenterden, and ran almost as far on a very long five.

Repeating exactly the previous season's fixtures, even to the snow, the League concluded at Hayes on the out and back loop course starting and finishing behind the church. A smaller field but again eighteen official club entries, two members who couldn't find the clubhouse running as guests and two more, including that man Pike, only just finding the start in time to join the field, but numberless.

Overall another disappointing league season although we were well represented at two fixtures, indeed our fourth place in the Duodec League is due to only four teams completing in that on more than one occasion. In the main league ten clubs, and several 'B' teams, finished ahead of us confirming our County Championship position. However in the league a county qualification is not necessary and anyone who runs can be guaranteed a hard race — or is that the problem?

Hayes

15th February, 1986

Name	Club	Time
1. J. Wigley	Invicta E.K.	31.11
2. M. Gratton	Invicta E.K.	31.50
3. S. Rayner	G.E.C.	32.04
12. R. Coles	Blackheath	32.43
25. S. Milner	Blackheath	33.57
31. M. Laws	Blackheath	34.50
44. P. Barrington-King	Blackheath	35.43
45. N. Wahla	Blackheath	35.49
55. J. Kemp	Blackheath	36.35
67. N. Colvin	Blackheath	37.08
76. J. Bailey	Blackheath	37.39
81. S. Freemantle	Blackheath	38.06
84. R. Francis	Blackheath	38.15
87. M. Field	Blackheath	38.21
96. C. Daly	Blackheath	39.36
107. C. Rowe	Blackheath	41.44
111. P. Groves	Blackheath	42.15
114. A. Musson	Blackheath	42.56
118. S. Farrelly	Blackheath	43.15
125. J. Ashton	Blackheath	45.11
127. B. Todd	Blackheath	46.02

Final League Positions:—

1. Invicta East Kent
2. GEC Avionics
3. Tonbridge
15. Blackheath A
23. Blackheath B
26. Blackheath C
- 41 teams scored.

Tenterden

7th December, 1985

Individual Results:—

1. N. Brawn	Invicta East Kent	37.06
2. M. Gratton	Invicta East Kent	37.46
3. J. Wigley	Invicta East Kent	37.52
30. K. Pike	Blackheath	41.14

Maidstone

12th October, 1985

Individual Results:—

1. N. Brawn	Invicta East Kent	25.11
2. M. Scrutton	Tonbridge	25.29
3. G. Wightman	Dartford	25.29

Blackheath Results:—

33. P. Betts	28.18
45. P. Calnan	28.58
51. K. Daniel	29.05
57. S. Fitz-Costa	29.21
61. N. Colvin	29.54
71. K. Pike	30.23
78. D. White	30.32
82. J. Bailey	30.39
101. J. Kemp	31.29
104. R. Ebbutt	31.36
107. W. Wheeler	31.44
118. P. Groves	32.07
120. M. Richards	32.43
138. P. Barlow	33.10
139. W. Clapham	33.13
189. S. Hill	36.33
192. M. Allen	37.37
198. D. J. Farrelly	37.59

KENT COUNTY A.A.A. COLTS CROSS COUNTRY LEAGUE

Mote Park

19th October, 1985

1. S. Barden (GEC)	15.26
2. A. Lee (Sevenoaks)	15.54
3. A. Riddle (GEC)	16.07
16. A. Algeo (BH 'A')	Times
17. D. Stickels (BH 'A')	Not
26. A. McEwan (BH 'A')	Received
37. M. Pearson (BH 'A')	
40. D. Seal (BH 'A')	
43. K. Reynolds (BH 'A')	
49. I. Reed (BH 'A')	
56. S. Jones (BH 'B')	
58. N. McDonald (BH 'B')	
61. M. Peters (BH 'B')	
66. M. Jones (BH 'B')	
69. A. Wheeler (BH 'C')	
78. M. Field (BH 'C')	
99. S. Algeo (BH 'C')	
100. T. Bates (BH 'C')	
102. K. Smart (BH 'C')	
114. B. Finkin (BH 'C')	

Team Result

1. GEC
2. Medway
3. Dartford
4. Blackheath 'A'
10. Blackheath 'B'
16. Blackheath 'C'

5 MILE CLUB CHAMPIONSHIP

Hayes

19th October, 1985

Posn	Name	Net			
		Time m s	H/cap m s	Time m s	H/cap Posn
1.	R. Coles	27.12	SCR	27.12	23
2.	B. O'Donnell	.15	SCR	.15	26
3.	G. Arthey	.33	0.20	.13	25
4.	L. Wright	28.13	0.50	.23	30
5.	M. Laws	.33	0.30	28.03	56
6.	P. Hamilton	.57	1.00	27.57	51
7.	S. Fitz-Costa	29.30	2.00	27.30	36
8.	P. Calnan	.33	SCR	29.33	91
9.	P. Anderson	.38	2.50	26.48	14
10.	I. Wilson	.42	2.00	27.42	42
11.	G. Spencer	.59	1.20	28.39	75
12.	R. Tompkins	30.17	2.45	27.32	38
13.	J. Cooper	.18	2.00	28.18	68
14.	N. Colvin	.22	3.00	27.22	29

15.	J. Eltham	.27	2.30	27.57	52
16.	C. Haines	.38	2.00	28.38	74
17.	J. Taylor	.48	3.15	27.33	40
18.	S. Thompson	.55	4.00	26.55	16
19.	M. Athawes	.58	2.00	28.58	84
20.	K. Whicheloe	31.01	2.50	28.11	62
21.	J. Phelan	.07	3.50	27.17	27
22.	B. Grant	.16	3.30	27.46	45
23.	G. Patterson	.31	2.00	29.31	90
24.	M. Field	.32	3.30	28.02	55
25.	B. Swift	.33	3.00	28.33	73
26.	N. Wahla	.46	3.30	28.16	64
27.	J. Bailey	.49	4.20	27.29	34
28.	D. Croll	.56	5.00	26.56	18
29.	R. Ebbutt	32.03	4.00	28.03	57
30.	J. Robinson	.04	4.00	28.04	58
31.	P. Groves	.12	5.00	27.12	24
32.	W. Wheeler	.15	4.30	27.45	44
33.	M. Peel	.22	4.50	27.32	39
34.	J. Kemp	.25	5.30	26.55	17
35.	P. Barlow	.31	4.30	28.01	54
36.	M. Richards	.32	4.00	28.32	72
37.	P. Goodey	.34	2.00	30.34	105
38.	P. Austridge	.43	4.50	27.53	48
39.	C. Daly	.46	5.50	26.56	19
40.	M. Crisp	.48	6.00	26.48	15
41.	A. Nana	.49	4.00	28.49	79
42.	R. Farley (Snr)	.49	5.20	27.29	35
43.	D. Crowdsom	.55	5.30	27.25	31
44.	B. Moffat	.56	5.30	27.26	32
45.	J. Nash	.57	3.10	29.47	93
46.	M. Reynolds	33.06	5.00	28.06	60
47.	M. Wolfcarius	.08	6.00	27.08	22
48.	S. Ridgewell	.09	2.50	30.19	100
49.	J. Turner	.10	5.30	27.40	41
50.	W. Clapham	.16	5.20	27.56	50
51.	M. Rich	.24	5.00	28.24	69
52.	R. Thornton	.25	8.30	24.55	3
53.	A. Kilgour	.45	6.45	27.00	21
54.	G. Crowder	.49	8.30	25.19	5
55.	J. Raine	.51	6.00	27.51	47
56.	P. Rissen	.52	5.00	28.52	80
57.	R. Sheehan	34.02	5.00	29.02	86
58.	N. Umney	.05	6.00	28.05	59
59.	R. Purvis	.07	5.00	29.07	87
60.	E. Sullivan	.10	Guest		
61.	C. Shorter	.12	3.00	31.12	111
62.	J. Facer	.16	6.00	28.16	65
63.	A. J. Weeks-Pearson	.32	6.15	28.17	66
64.	R. Morriss	.38	5.00	29.38	92
65.	J. Ashton	.44	8.10	26.34	11
66.	D. Waiting	.47	5.50	28.57	83
67.	P. Davies	.48	5.55	29.53	81
68.	P. Churpher	.49	10.00	24.49	2
69.	D. Amner	.52	5.00	29.52	95
70.	S. Davis	35.07	7.00	28.07	61
71.	S. Nurse	.09	5.00	30.09	98
72.	R. Chambers	.09	6.30	28.39	76
73.	T. Dovex	.11	8.15	26.56	20
74.	A. Musson	.21	9.15	26.06	9
75.	M. Clissold	.22	5.00	30.22	101
76.	N. Churchill	.25	5.00	30.25	102
77.	A. Grace	.32	5.00	30.32	103
78.	K. Arthey	.35	5.00	30.35	106
79.	M. Gasson	.42	5.30	30.12	99
80.	P. Wright	.46	5.00	30.46	109
81.	M. Mahoney	.55	8.00	27.55	49
82.	N. Keogh	36.03	6.00	30.03	97
83.	S. Hill	.14	5.30	30.44	107
84.	K. Brooks	.33	6.00	30.33	104
85.	L. Clissold	.34	5.00	31.34	112
86.	A. Steadman	.38	11.00	25.38	7
87.	R. Graf	.40	8.40	28.00	53
88.	I. Gold	37.01	8.30	28.31	71
89.	B. Todd	.14	10.45	26.29	10
90.	B. Hartley	.20	7.30	29.50	94
91.	S. Bradshaw	.31	Guest		
92.	P. King	.35	8.20	29.15	88
93.	D. Farrelly	.39	13.00	24.39	1
94.	M. Allen	.39	9.50	27.49	46
95.	A. Chapman	.41	12.45	24.56	4
96.	K. Procter	.59	5.00	32.59	114
97.	P. Khan-Panni	38.04	12.20	25.44	8
98.	D. Bentley	.04	12.30	25.34	6
99.	L. Dalmon	.13	11.30	26.43	12
100.	B. O'Flynn	.39	5.40	32.59	115
101.	B. Stone	38.42	10.00	28.42	77

102.	R. Pinder	.45	12.00	26.45	13
103.	M. Adams	.47	5.00	33.47	116
104.	J. Cruickshank	.48	5.00	33.48	117
105.	M. Sheppard	39.15	11.00	28.15	63
106.	D. Wilcox	.28	10.00	29.28	89
107.	D. Brickwood	40.32	12.15	28.17	67
108.	K. Coombs	41.43	12.50	28.53	82
109.	D. Saunders	.48	10.50	33.58	110
110.	G. Wright	42.01	13.00	29.01	85
111.	J. Cross	.07	14.40	27.27	33
112.	P. Long	.21	15.00	27.21	28
113.	J. Bennett	.31	15.00	27.31	37
114.	R. Fuller	.44	5.00	27.44	43
115.	I. Smith	43.00	13.00	30.00	96
116.	D. Tingey	.15	14.30	28.45	78
117.	N. Hartley	.26	15.00	28.26	70
118.	D. Johnson	44.45	14.00	30.45	108
119.	P. Farrar	45.51	7.00	37.51	118
120.	C. Brand	47.16	15.30	31.46	113

BLACKHEATH HARRIERS v BANK OF ENGLAND v THAMES HARE & HOUNDS

Roehampton

26th October, 1985

Course approximately 4½ miles.

Individual Results

1.	A. Thomas (THH)	23.43
2.	K. Pike (BH)	24.32
3.	P. Hamilton (BH)	24.32

Other Blackheath Results

4.	P. Betts	24.36
7.	S. Fitz-Costa	25.24
8.	J. Cooper	25.41
9.	C. Haines	25.50
10.	N. Colvin	25.56
12.	J. Phelan	26.11
14.	M. Williams	26.16
15.	J. Taylor	26.20
16.	D. White	26.26
17.	B. Grant	26.37
23.	J. Kemp	26.59
24.	N. Waller	27.16
26.	P. Groves	27.25
27.	M. Rich	27.28
29.	M. Wheeler	27.34
30.	M. Richards	27.45
31.	M. Athawes	27.47
32.	M. Crisp	27.54
36.	C. Daly	28.19
40.	W. Clapham	29.01
42.	P. Churpher	29.20
43.	M. Duffin	29.21
44.	A. Musson	29.56
47.	M. Allen	30.58
49.	P. Farrelly	32.24
52.	D. Saunders	34.44

Team Results (10 to score)

1.	Blackheath 'A'
2.	Thames Hare & Hounds
3.	Blackheath 'B'
4.	Bank of England

SOUTH OF THAMES CROSS-COUNTRY CHAMPIONSHIPS — JUNIOR RACE

9th November, 1985

1.	I. Lamplough (Boxhill)	28.53	85.	S. Thompson (BH)	31.50
2.	M. Bliss (Basingstoke)	29.04	160.	M. Rich (BH)	34.09
3.	N. Hilder (A.F.D.)	29.16	164.	J. Kemp (BH)	34.18
54.	P. Calnan (BH)	31.01	182.	P. Groves (BH)	34.59

Team Result:

1.	Aldershot F & D
2.	Boxhill
3.	Belgrave
18.	Blackheath

BLACKHEATH HARRIERS v S.L.H.

Hayes

16th November, 1985



"Of course the cheat beat me, he had a 500cc Yamaha, I only had a 5 speed Raleigh."



**THAMES HARE & HOUNDS v
BLACKHEATH HARRIERS**

30th November, 1985

Individual Results:

- 1. A. Thomas (THH) 39.44
- 2. T. Johnston (THH) 40.44
- 3. P. Calnan (BH) 40.50

Other Blackheath Results:

- | | |
|------------------------|-----------------------|
| 6. P. Hamilton 42.32 | 50. M. Crisp 49.42 |
| 10. C. Lord 43.55 | 61. M. Athawes 51.32 |
| 13. K. Daniel 43.59 | 62. P. Metcalf 51.45 |
| 16. M. Jackson 44.47 | 63. M. Musson 52.11 |
| 19. C. Haines 44.58 | 66. P. Churcher 52.49 |
| 26. J. Bailey 46.00 | 67. S. Hill 54.15 |
| 27. S. Ridgewell 46.16 | 70. P. King 55.37 |
| 30. N. Wahla 46.39 | 72. G. Hibbert 56.23 |
| 32. M. Richards 46.52 | 73. I. Gold 57.02 |
| 40. P. Shephard 47.57 | 75. P. Lovell 60.40 |
| 41. R. Ebbutt 48.02 | 77. B. Wade 62.38 |
| 47. A. Kilgour 49.08 | |

Team Result (23-a-side):

- 1. Thames Hare & Hounds 379 pts
- 2. Blackheath Harriers 915 pts

1. B. Attwell (SLH) 42.49	W. Clapham .30
2. W. Foster (BH) .53	R. Morris 45
3. R. Firth (SLH) 43.15	G. Crowder 48
4. R. Coles (BH) .52	R. Thornton .53
L. Wright 45.08	P. Churcher .55
K. Pike .13	A. Musson 55.32
L. Roberts .42	N. Umney .34
P. Betts 46.13	R. Chambers .36
P. Hamilton .14	N. Wheeler .37
K. Daniel .21	P. Davies .39
J. McGee .26	D. Amner 56.03
C. Haines 47.00	P. Metcalf .14
I. Wilson .02	B. Wilson .18
M. Cronin .15	C. Painter .20
J. Cooper .19	J. Sharp .25
S. Fitz-Costa .24	I. Cayzer .39
P. Anderson .47	C. Rowe 41
M. Jackson .53	M. Allen 45
N. Colvin 48.15	P. Wright 57.09
J. Taylor .23	A. Steadman .16
G. Spencer .25	A. Grace .35
F. Johnson .28	M. Dorwood .57
I. Young .30	M. Clissold 58.13
J. Eltham .38	J. Brown .15
P. Davis .49	B. Smith .24
F. O'Gorman .53	L. Clissold .33
J. Bailey 49.00	N. Moores .36
K. Whicheloc .07	J. Ashton 44
B. Swift .08	R. Graf 47
J. Phelan .10	G. Plank 49
S. R. Freemantle .20	C. Hall .52
N. Wahla .38	A. Michell .53
R. Coe 41	A. Nana 59.01
R. Richardson 46	S. Hill .03
M. Field 46	B. Todd .19
M. Williams 50.04	M. Allen .28
M. Richards .16	A. Legg .32
A. Bounds .21	G. Last .34
B. Grant .34	P. King .51
S. Michell .48	R. White .53
S. Ridgewell 51.00	H. Hill 60.29
D. Flagg .01	R. Pinder .36
P. Shephard .03	J. Powell 61.13
P. Barlow .14	L. Dalmon .24
R. Savery .22	M. Sheppard 62.08
J. Facer .25	J. Hill 63.02
W. Wheeler 40	B. O'Flynn .05
G. McAdam 58	D. Larcombe .09
P. Lester 52.03	G. Geere .12
B. Moffatt .07	D. Brickwood .33
P. Greenwood .11	D. Wilcox .57
R. Ebbutt .14	P. Khan-Panni 64.01
D. Croll .17	P. Lovell 42
D. Hickman .19	C. Mayor .51
D. Crowdsen .21	G. Wright 65.02
B. Fisher .30	D. Saunders .36
B. Fincham 52.54	B. Beacham 43
P. Austridge 53.04	D. Johnson .51
J. Robinson .11	R. Fuller 66.10
M. Peel .18	D. Tingey .28
J. Turner .21	K. Coombes 49
J. Kemp .32	L. Dickins 67.53
M. Rich .35	P. Long 68.06
D. Carton 51	J. Bennet .20
A. Jones .56	
D. Dunn 58	
M. Reynolds 54.05	
C. Daly .06	
M. Gasson .08	
J. Hinds .21	
J. Raine .26	

Result Scoring 77 a Side:

- (1) Blackheath H. 5383 pts
- (2) South London H. 7064 pts

ROESELARE "CROSS CUP"

10 MILE CHAMPIONSHIP

Belgium

24th November, 1985

The things that come to mind about this year's trip to the plains of Flanders were the bone aching cold, miserable weather, Bill Foster forgetting his passport (there's always one isn't there!) and having to get the Ostend ferry later instead of driving up from Calais with the rest of us, and Keith Arthey's nervousness evidenced by the number of ciggies he was smoking — it was son Gary's first encounter with the hurly burly of international competition.

The course was the usual flat fast variety typical of that area and this year, thankfully, not too muddy. The standard was very high — in fact world class and as you would expect very well supported, Belgian television included.

In the main senior race over 8000m Geoff Wightman of Dartford and Marc Scrutton of Tonbridge, both representing the ECCU and travelling with us, were 7th and 16th respectively with Bill Foster 30th, Richard Coles 38th, Bill O'Donnell 44th and Pat Calnan 48th. This excellent packing was by far our best senior performance yet in the event. The winner was Vincent Rousseau, the Belgium international from team mate Eddy De Pauw.

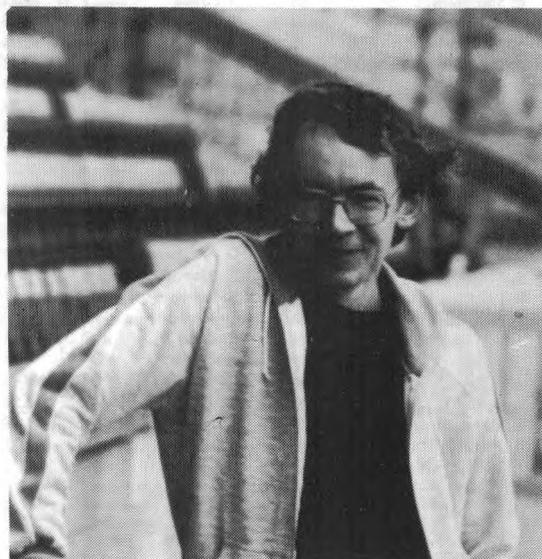
In the juniors Gary Arthey started well and worked his way through to 10th at one point only to drop back to 14th by the finish. The rough and tumble of the level of competition was, however, a great experience for him.

In the 5000m vets race Les Roberts let the brain damaged sort themselves out over the first 400m then cruised through them and off the front never to be seen again winning by ½ minute in 16m.05s. Ian Wilson ran superbly for 4th with Barry O'Gorman 10th, Mike Cronin 13th and Keith Arthey 63rd.

After the race some of the team were treated to the pleasure of a heated swimming pool into which they could plunge, mud and all.

Such is the power of Les Roberts' swimming that he failed hopelessly to make any impression on Mike Cronin over a length despite the latter having Bill O'Donnell hanging onto his feet. They don't call Les Nautilus for nothing.

Not much else happened except that the warm hospitality of our hosts led to Dave White and his car load missing the ferry home, but such things are now regarded as par for the course on this trip.



Runaway winner of the Club '10' Pat "Duckworth" Calnan.

Hayas

11th January, 1986

1. P. Calnan	57.34	30. P. Metcalfe	74.15
2. W. O'Donnell	61.35	31. D. Cordell	72.23
3. P. Anderson	.45	32. A. J. Weeks-Pearson	76.31
4. S. Fitz-Costa	62.30	33. A. Musson	77.23
5. M. Cronin	63.09	34. D. H. Hoggood	78.34
6. P. Barrington-King	.24	35. J. Ashton	79.07
7. S. Freemantle	.43	36. P. Churcher	.27
8. J. Taylor	.51	37. R. Varcoe	.37
9. J. Phelan	.52	38. M. Martineau	82.04
10. M. Williams	64.57	39. G. Patterson	83.12
11. B. O'Gorman	66.53	40. B. Todd	.25
12. N. Wahla	67.00	41. I. Gold	.34
13. P. Shepherd	.29	42. R. Pinder	.42
14. S. Michell	.47	43. D. Wilcox	85.48
15. A. Kilgour	.59	44. J. Braughton	86.52
16. R. Ebbutt	68.23	45. D. Larcombe	87.28
17. M. Crisp	.46	46. J. Coward	.52
18. J. Facer	69.09	47. A. Nana	89.38
19. P. Greenwood	.40	48. B. Smith	91.01
20. M. Gasson	70.00	49. D. J. Tingey	.04
21. D. Croll	.34	50. P. Lovell	.19
22. P. Rissen	.48	D. Hickman	D.N.F.
23. A. Jones	71.21	M. Peel	D.N.F.
24. W. Wheeler	.33		
25. J. Nash	72.00	Guests	
26. C. Daly	.11	C. Fairbrass	66.01
27. J. Raine	.11	B. Pearce	70.23
28. B. Wilton	.29	T. Crisp	78.11
29. M. Rawlins	73.36		

BLACKHEATH HARRIERS v ORION HARRIERS

Chingford

7th December, 1985

Individual Results:

1. S. Surrige (OH)	46.12	3. S. Thompson (BH)	46.41
2. D. Barlow (OH)	46.29		

Other Blackheath Results:

5. G. Spencer	48.06	55. C. Rowe	56.56
7. S. Fitz-Costa	48.22	56. P. Metcalf	57.01
8. R. Coe	48.24	58. B. Wilson	57.13
11. C. Lord	48.40	59. A. Jones	57.15
12. K. Daniel	48.52	61. S. Hill	58.11
13. J. Phelan	49.06	63. G. Plank	58.30
14. C. Haines	49.24	68. P. Daniel	59.05
15. I. Wilson	49.30	71. J. Ashton	59.18
23. K. Whicheloe	50.56	75. A. Michell	59.59
25. S. Michell	51.24	78. A. Musson	60.45
31. R. Ebbutt	52.44	81. B. Todd	61.14
32. M. Peel	52.55	83. D. Hoggood	61.50
34. R. Cliff	54.17	85. E. Smith	62.05
35. W. Wheeler	54.20	86. G. Hibbert	62.12
36. B. Fisher	54.25	87. P. Barlow	62.13
37. D. Croll	54.36	89. I. Gold	63.28
38. M. Reynolds	54.53	90. G. Botley	64.09
39. P. Austridge	54.58	93. B. O'Flynn	65.10
42. M. Crisp	55.19	95. D. Wilcox	66.19
44. W. Clapham	55.31	96. G. Wright	68.30
46. N. Umney	55.48	97. P. Lovell	68.58
50. M. Gasson	56.18	98. M. McInerney	69.19
		99. D. Tingey	84.42

Team Results (45-a-side):

1. Orion H	1865 pts	2. Blackheath Harriers	2273 pts
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KENT A.C. v BLACKHEATH HARRIERS

Beckenham Place Park

14th December, 1985

Distance: 7½ miles. Going: soft.

1. D. Fairbrass (K)	42.06	8. J. Phelan (BH)	45.36
2. K. Pike (BH)	42.13	9. S. Fitz-Costa (BH)	46.06
3. R. Maxwell (Guest)	42.19	10. N. Colvin (BH)	46.20
4. N. Fairbrass (K)	42.33	17. S. Ridgewell (BH)	48.16
5. K. Harle (K)	42.46	21. B. Wheeler (BH)	49.19
6. B. Buonvino (V) (Guest)	42.49	29. C. Hibbert (BH)	55.06
7. B. Lee (K)	45.34		

(37 Finished)

Teams (6 to score)

Blackheath H. 67	Kent A.C. 32
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KENT COUNTY CROSS COUNTRY CHAMPIONSHIP

Ashford

4th January, 1986

Colts

1. S. Barden (GEC)	15.52
2. P. Deevoy (Medway)	16.01
3. A. Morris (GEC)	16.02
14. R. Wallington (BH)	17.06
17. A. Algeo (BH)	17.28
23. D. Stickles (BH)	17.51
26. R. Pearman (BH)	17.58
30. A. McEwan (BH)	18.05
41. J. Gregg (BH)	18.39
50. M. Pearson (BH)	18.56
56. K. Reynolds (BH)	19.11
57. D. Seal (BH)	19.11
77. S. Jones (BH)	20.24

Team Result

1. GEC Avionics
2. Tonbridge 'A'
3. Blackheath Harriers
4. Medway
5. Dartford
6. Tonbridge 'B'

Youths

1. M. Stickles (GEC)	16.29
2. L. Smith (Tonbridge)	16.50
3. C. Knight (GEC)	17.12
12. M. Lawton (BH)	18.18
19. G. Ponte (BH)	18.44
23. D. Williams (BH)	18.55
52. S. Rogers (BH)	22.58

Team Result

1. GEC Avionics 'A'
2. GEC Avionics 'B'
3. Medway
4. Tonbridge
5. Dartford
6. Blackheath

Juniors

1. D. Smith (Tonbridge)	27.05
2. S. Newport (Tonbridge)	27.33
3. M. Witmond (Dartford)	27.48
14. L. Wright (BH)	29.49

Team Result

1. Tonbridge 'A'
2. GEC
3. Dartford
4. Cambridge
5. Invicta E.K.
6. Tonbridge 'B'

Boys

1. D. Smith (Tonbridge)	14.03
2. A. Juby (GEC)	14.12
3. L. Beadle (Ashford)	15.07
13. L. Bulson (BH)	15.36
14. R. Whittle (BH)	15.45
33. M. Sanford (BH)	16.40
42. K. Barnett (BH)	17.02
48. J. Forrest (BH)	17.19
49. S. Field (BH)	17.20
80. A. Rose (BH)	18.58
94. N. Hartley (BH)	21.59

Team Result

1. GEC Avionics
2. Dartford
3. Tonbridge
4. Invicta
5. Ashford
6. Blackheath



Garry Spencer leads Mark Colpus through the gunge at Ashford.

Seniors

1. M. Scrutton (Tonbridge)	41.25
2. G. Wightman (Dartford)	42.31
3. K. Steere (Dartford)	42.54
4. M. Gratton (Invicta E.K.)	43.03
5. J. Wigley (Invicta E.K.)	43.06
6. M. Bannister (Tonbridge)	43.23
17. R. Coles (BH)	44.57
23. P. Calnan (BH)	45.27
37. S. Thompson (BH)	46.58
38. K. Pike (BH)	47.07
48. G. Spencer (BH)	48.02
50. C. Lord (BH)	48.07
52. M. Colpus (BH)	48.16
61. K. Daniel (BH)	49.20
62. S. Fitz-Costa (BH)	49.23
67. N. Colvin (BH)	49.43
74. J. Phelan (BH)	49.57
75. I Young (BH)	50.09
78. R. Coe (BH)	50.34
81. S. Freemantle (BH)	50.49
83. P. Barrington-King (BH)	51.01
88. P. Shepheard (BH)	51.16
101. N. Wahla (BH)	52.05
104. J. Kemp (BH)	52.20
108. M. Williams (BH)	52.31
109. M. Field (BH)	52.31
121. A. Kilgour (BH)	53.34
134. S. Rutherford (BH)	54.24
135. M. Peel (BH)	54.32
151. R. Ebbutt (BH)	56.10
164. M. Gasson (BH)	57.16
185. D. Hopgood (BH)	60.52
195. I. Gold (BH)	63.49
203. M. Allen (BH)	68.42

Team Result

1. Dartford
2. Tonbridge
3. GEC Avionics
4. Invicta E.K.
5. Blackheath 'A'
6. Medway
9. Blackheath 'B'
18. Blackheath 'C'

BLACKHEATH HARRIERS v RANELAGH HARRIERS

Petersham

18th January, 1986

1. H. Jones (RH)	38.52
2. J. Beauchamp (RH)	39.46
3. R. Verney (RH)	40.09
4. P. Calnan (BH)	41.06
L. Roberts (BH)	.28
R. Coles (BH)	.53
P. Betts (BH)	43.08
K. Pike (BH)	.15
S. Thompson (BH)	.42
K. Daniel (BH)	.58
P. Barrington-King (BH)	44.13
G. Spencer (BH)	.20
M. Jackson (BH)	.23
J. Phelan (BH)	45.03
F. O'Gorman (BH)	.10
I. Young (BH)	.23
J. Baldwin (BH)	.23
I. Wilson (BH)	.25
M. Cronin (BH)	.31
S. Fitz-Costa (BH)	46.00
J. Clare (BH)	.11
P. Sheppard (BH)	.24
N. Wahla (BH)	.41
G. Ponte (BH)	.45
S. Ridgewell (BH)	47.13
J. Kemp (RH)	.19
B. Grant (RH)	.29
M. Richards (BH)	.35
C. Lord (BH)	.41
M. Athawes (BH)	.45
S. Freemantle (BH)	.47
P. Austridge (BH)	48.08
G. Patterson (BH)	.10
R. Savery (BH)	.11
D. Croll (BH)	.12
M. Peel (BH)	.14
K. Whicheloe (BH)	.16
B. Fisher (BH)	.22
J. Bailey (BH)	.27
A. Kilgour (BH)	.42
S. Michell (BH)	49.02
P. Rissen (BH)	.09
R. Ebbutt (BH)	.20
P. Goodey (BH)	.22
A. Jones (BH)	.25
P. Barlow (BH)	.27
M. Ellison (BH)	.28
M. Crisp (BH)	.30
J. McGee (BH)	.33
D. Barton (BH)	.36
W. Wheeler (BH)	.38
J. Sullivan (BH)	.51
J. Facer (BH)	.52
N. Umney (BH)	.56
D. Steeds (BH)	50.08
M. Gasson (BH)	.16
P. Lester (BH)	.24
S. Dick (BH)	.31
A. Nana (BH)	.53
B. Swift (BH)	.58
W. Clapham (BH)	51.01
B. Wilson (BH)	.07
M. Reynolds (BH)	.08
J. Raine (BH)	.19
G. Crowder (BH)	.21
C. Daly (BH)	.28
D. Whiting (BH)	.54
D. Hickman (BH)	52.03
N. Wheeler (BH)	.13
M. Rawlins (BH)	.23
R. Thornton (BH)	.46
C. Rowe (BH)	53.12
P. Metcalfe (BH)	.20
J. Sharp (BH)	.29
M. B. Allen (BH)	.39
D. Haines (BH)	.41
S. Parsons (BH)	.54
B. Saxton (BH)	54.02
M. H. Allen (BH)	.20
A. Musson (BH)	.39
S. Bibby (BH)	.41
J. Ashton (BH)	.41

A. Michell (BH)	.52
D. Brookes (BH)	.54
D. Hopgood (BH)	.59
P. Churcher (BH)	55.08
J. Braughton (BH)	.22
E. Smith (BH)	.41
D. Farrelly (BH)	.46
B. Todd (BH)	56.39
L. Dalmon (BH)	57.14
P. Rickell (BH)	.25
I. Gold (BH)	.58
P. Hunter (BH)	58.50
D. Wilcox (BH)	59.28
P. Lovell (BH)	.49
D. Brickwood (BH)	60.26
M. Sizer (BH)	61.32
D. Tingey (BH)	63.47
J. Bennett (BH)	65.47

Result:

1. Blackheath Harriers	6717 pts
2. Ranelagh Harriers	7901 pts

A WINTER'S TALE by Hon. Ass. Sec. C.C.

Although the Inter Club fixture at Lloyd Park, Croydon clashed with the Club 10, I put forward the excuse that it would give our South of the Thames Squad a foretaste of the course they would have the pleasure in encountering in a fortnight's time and also a bit of a breather from a tough schedule during January. At the same time it suited the rest of us who are permanently 'coming back' from injury etc. etc. — let 'out to grass' over a lesser distance as it were. Did I hear someone say 'no bottle for the Club 10' — 'Nay, Nay' I retort suitably offended.

The truth is that we were all shaking in our spikes at the Godfather — not only is his name Don but most of us tend to disappear without trace after being handicapped, not only buried in concrete boots but made to run in them. Personally, being an Aberdonian (we have a reputation in Caledonia for being canny with our bawbees) my biggest handicap is parting with the 50p.

Anyway I was amazed by the response — 15 souls or 30 souls depending how you look at it.

Before the race I was informed by some of the lads that, quote 'I am only going to jog round'; 'I am only going to treat this as a training run'; 'I am taking it easy today'. Where have I heard this before? Answers on a postcard — the first prize is one of Bill Wheeler's Univite Bars, guaranteed I am told to improve your all round performance.

However these words must have gone out of the window during the heat of battle — did I use the word heat? it was bloody purgatory for the first lap — blowing an ice cold gale and very wet. The 2 lap course was heavy and to coin a quaint phrase 'undulating' (say no more). The sun took off its hat for the second lap and I almost felt like singing those immortal words 'The hills are alive etc.' but my lungs were like sandpaper (coarse). By the time I had finished the 'elite' and I choose that word carefully (the one that can run faster than me) were discussing the theory of relativity — 'wheres that son of a ——— who got us here'.

As the South of the Thames was going to be a 3 lap event, and in my role as Winter Secretary I decided to wield the power invested in me and instructed the Squad to run another lap so that they could experience the full distance over the complete course. Strangely, I failed to understand all the Anglo-Saxon phrases they used (although I hail from the Highlands I do possess 'A' level English — the Scottish version), however I got their drift and drifted off as well. Just for the club record (it may be important for the agents running my trust fund) I was not born out of wedlock and a jockstrap is an item of apparel.

Meanwhile back at the ranch it was all sweetness and light when the results were published — just in the nick of time I

may add as I was about to be trussed up in Ranelagh ties and S.L.H. scarves and left outside Stan's door with a note around my neck reading 'he's all yours do what you will but can he have the key of the clubhouse first' — we were victorious in both team events viz.

Scoring 6 a side:

1. Blackheath	85
2. Croydon	104
3. Belgrave	118
4. Hercules W.	167
5. Ranelagh	184
6. Epsom & E.	190
7. Surrey Bea.	217
8. Met. Police	278

Scoring 12 a side:

1. Blackheath	345
2. Epsom & E.	621
3. Met. Police	688

Individual Results:

1. R. Treadwell	Surrey B.	28.50
2. K. Penney	Croydon	29.32
3. M. Stock	Croydon	29.34
10. L. Wright	B'heath	30.55
12. K. Pike	B'heath	31.12
14. R. Coe	B'heath	31.20
15. K. Daniel	B'heath	31.24
16. G. Spencer	B'heath	31.26
18. P. Betts	B'heath	31.47
28. J. Kemp	B'heath	33.24
35. B. Grant	B'heath	33.38
39. M. Richards	B'heath	33.47
43. J. Bailey	B'heath	34.21
56. B. Fisher	B'heath	35.55
59. B. Clapham	B'heath	36.14
66. M. Allen	B'heath	37.16
67. R. Chambers	B'heath	37.18
82. D. Farrelly	B'heath	40.54

P.S. Nobody tell the other competing clubs that we were taking it easy; treating it as a training run and just jogging round.

**BLACKHEATH HARRIERS v KENT A.C. v
CROYDON HARRIERS v DARTFORD HARRIERS v
BANK OF ENGLAND**

Hayes

1st February, 1986

1. N. Fairbrass (Kent)	36.23	56. W. Clapham (BH 'B')	44.06
2. M. Laws (BH 'A')	37.41	57. P. Austridge (BH 'A')	44.11
3. P. Hills (Dartford)	37.49	59. P. Metcalfe (BH 'B')	44.20
7. K. Daniel (BH 'A')	38.15	62. C. Daly (BH 'A')	44.31
9. S. Millar (BH 'A')	38.28	67. A. Edwards (BH 'B')	45.19
11. J. Phelan (BH 'A')	38.35	68. A. Nana (BH 'B')	45.21
12. P. Barrington-King (BH 'A')	38.44	70. R. Chambers (BH 'B')	45.33
19. S. Michell (BH 'B')	39.46	71. R. Farish Snr. (BH 'B')	45.40
21. J. Kemp (BH 'A')	39.54	73. B. Saxton (BH 'B')	46.04
25. R. Cliff (BH 'A')	40.35	74. A. Musson (BH 'B')	46.33
28. P. Calnan (BH 'A')	40.49	76. S. Hill (BH 'B')	47.34
31. S. Freemantle (BH 'A')	40.59	79. D. Haines (BH 'B')	48.21
32. R. Savery (BH 'B')	41.00	81. D. Brooks (BH 'B')	49.05
33. N. Wahla (BH 'B')	41.10	87. R. Pinder (BH 'B')	50.45
35. G. Spencer (BH 'A')	41.29	90. D. Larcombe (BH 'B')	52.53
37. J. Bailey (BH 'B')	41.38	91. P. Lovell (BH 'B')	52.56
38. N. Colvin (BH 'A')	41.40		
39. B. Grant (BH 'A')	41.41	92 finished.	
42. R. Ebbutt (BH 'A')	42.13		
43. J. Robinson (BH 'A')	42.18		
44. M. Crisp (BH 'B')	42.20		
46. M. Peel (BH 'B')	42.40		
47. C. Bird (BH 'A')	42.44		
49. P. Shephard (BH 'A')	42.54		
50. M. Gasson (BH 'A')	42.58		
53. W. Wheeler (BH 'B')	43.06		

Team Result:

1. Blackheath Harriers 'A'	115 pts
2. Kent A.C.	173 pts
3. Bank of England	180 pts
4. Dartford Harriers	213 pts
5. Blackheath Harriers 'B'	320 pts
6. Croydon Harriers	323 pts

**INTER-COUNTIES
CROSS COUNTRY CHAMPIONSHIPS**

Leicester

18th January, 1986

1. J. Richards (Cornwall)	37.01
2. A. Wilton (Staffs)	37.12
3. K. Harrison (Lancs)	37.16
76. T. Nash (Yorks)	39.05
83. J. Barton (Wilts)	39.11
147. W. O'Donnell (Avon)	39.57

**SOUTH OF THAMES CROSS COUNTRY
CHAMPIONSHIPS**

Lloyd Park, Croydon

25th January, 1986

1. M. Page (Woking)	40.17	95. G. Spencer (BH)	44.44
2. G. Russell (Boxhill)	40.36	99. P. Betts (BH)	44.49
3. B. Attwell (SLH)	41.01	117. R. Coe (BH)	45.18
36. R. Coles (BH)	43.02	120. M. Colpus (BH)	45.20
40. P. Calnan (BH)	43.08	177. I. Wilson (BH)	46.44
75. K. Pike (BH)	44.12	179. S. Fitz-Costa (BH)	46.50
87. L. Wright (BH)	44.29		

Team Result:

1. South London Harriers
2. Boxhill Racers
3. Portsmouth
9. Blackheath Harriers



Adrian Musson continued to compete despite his obvious handicap and deservedly took the 'Bennett'.

**BENNETT CUP
CROSS-COUNTRY HANDICAP 1985/1986 SEASON**

Final Placings

1. A. Musson	117 pts
2. J. Phelan	114 pts
3. B. Fisher	95 pts
4. B. Wilson	91 pts
5. P. Metcalfe	
A. Steadman	85 pts

192 members took part in at least 1 handicap race. The following turned out in all six handicap races: D. Croll, R. Ebbutt, A. Musson, J. Phelan, D. Tingey, B. Todd, W. Wheeler, D. Wilcox.



The victorious sextet l-r Jerry Barton, Tim Nash, Bill Foster, Bill O'Donnell, Pat Calnan, Richard Coles.

An expectant coachful of runners and supporters left Hayes on a bright but very cold winter's day for the 'Southern'. Expectant? Well in the running sense only, as we had our best team for many a year and 'third team place was a possibility' said the Captain. An early arrival meant that we had the pick of the changing rooms (above the boiler room of a local school).

The snowbound course was firm underfoot and the course was a 'real' one with 3 climbs on each of the 3 laps.

The team looked resplendent in new vests (even Ken Pike had been parted from his 'greyheath' colours) although the sight of Jerry Barton in black tights gave rise to more than one ribald remark. Blackheath were well to the fore on the charge from the start up the first hill, with snow now falling and with our own supporters packed around the course. 'Come on the Heath' could be heard everywhere, as well as '3 in 25', '6 in 70' from the track captain. After one lap Tim Nash was 'giving it a go' in 9th place and Jerry Barton and Bill Foster were in the early twenties. As the race developed it became obvious that gold medals rather than bronze were now at stake, as Bill O'Donnell, Richard Coles and Pat Calnan were all inside seventy and Ken Pike was just outside 100. Bill Foster then picked his way through the field to 15th only to lose a shoe at 6 miles and 30-40 seconds into the bargain. (A product of the 2 inch spikes he had in?), but he charged off to finish 12th (only 35 secs down on the 5th man). Tim Nash gritted his teeth and hung on well to 16th spot and Jerry Barton overcame a mild asthma attack to still come in 30th. Bill O'Donnell had his best ever run to place 35th and Richard Coles used all his experience to come in 40th. Five men home, all with good runs, what of the last scorer? Pat Calnan hung on well, despite two bad patches to place 74th and now the wait was on!

Ken Pike had to fight hard, on one of those 'off' days that strike us all, to hold off the fast closing Gary Spencer and Richard Coe who were having their best ever runs over the country finishing either side of 200.

Steady runs by Chris Lord, Mark Colpus and Paul Betts all on the way back from 'rest' periods in training ensured that all 12 men were in the top half of the field.

At long last, all the favourite teams had handed in their envelopes and no one had beaten our total and for the first time ever in the club's history, (after 92 attempts) the Frank Wynne trophy!

The only sour note at the prize-giving was that Bournemouth had not returned the trophy, but our team received their gold medals to loud applause, none louder than for Richard Coles who has 'run his heart out' for the club in major championships in leaner years. Ken Pike then collected the 'Perseverance Cup' (a trophy for the 7th man home in the winning team, who misses out on a medal). 'Aptly named' said the President 'as alongside Richard Coles he has been an ever present for the last 5 years in the Southern and National'. Even more was to come, as Paul Betts collected the Camden Cup as we were the first team to close in all 12 runners — a measure of the 'true grit' shown by all on the day.

The significance of the win only began to sink in to the team at the Southern Supper at Hayes that evening, especially when two members of the team of 1948 that came second, namely Jack Braughton (14th) and Alan Brent (27th) toasted the team of '86. What a tonic for George Brooks, who unfortunately missed his first Southern in nearly 40 years, but who greeted the win with the enthusiasm of a 20 year old and above all as P-P Laurie Hammill, wrote in a congratulatory letter 'an historic day for the club'. K.P.

1. R. Treadwell (Surrey Beagles)	48.41
12. W. Foster	50.38
16. T. Nash	50.47
30. J. Barton	51.25
35. W. O'Donnell	51.44
40. R. Coles	52.01
74. P. Calnan	52.59
194. K. Pike	
197. G. Spencer	
204. R. Coe	
237. C. Lord	
255. M. Colpus	
276. P. Betts	

Team Result

1. B.H.	207
2. Basildon	230
3. Brighton	268

(583 Finished)

THE NATIONAL CROSS COUNTRY CHAMPIONSHIP

Town Moor, Newcastle

1st March, 1986

Enthusied by the Club's success at the 'Southern' and glad to be leaving the extreme cold of the South-East, 8 'Heathens' climbed aboard a '125' on the first part of a Gary Botley package holiday to the sunnier (and hopefully warmer) climes of the North-East to take part in the "National". Injury, colds (and being in America) had cost the team the services of Chris Lord, Pat Calnan, Tim Nash and Jerry Barton, but the Hon. Editor was coming out of a rest period to redress the balance. Past exploits were exchanged on a convivial journey north and the runners did their most to ingratiate themselves to an England selector, namely Ian Wilson. Upon arrival we were met by 'El Supremo' and escorted off to a pasta house for our carbo loading.

Next morning, in bright sunshine, the team reconnoitred the course, only to find 4 inches of snow and ice on a windswept open moor with 2 steep hills which the locals were skiing down — in all a scene more reminiscent of Captain Oates' last 'walkabout'. Still 'El Supremo's' superior arrangements meant that we could change and warm up in the Hotel as it was so close to the start.

The results bear testimony to the tough nature of the course, stringing out the field early on, as the 3 previous races had turned the snow into icy mud in parts. Bill Foster started cautiously, being about 150th after one lap, but then turned on the style to end up 36th, in front of a galaxy of running stars — perhaps only wearing only 1" spikes as against 2" crampons in the Southern had something to do with it. Richard Coles used his wealth of experience to steadily make his way through the field to come 145th for the best run of the season as did Les Roberts who was 30 seconds behind in 182nd place beating many runners who regularly win open road races, such is the quality of this race. Bill O'Donnell struggled to find his fine form of the Southern and came in 299th, but both he and Ken Pike, our last scoring man in 568th place, worked hard on the day and our team closed in before one-third of the field had finished. Gary Spencer's doubtful Achilles Tendon forced him to drop out, but what of our 5th man? Well Richard Coe had a great run, only improving his last national position by 780 places in finishing 408th!

Still it was a good day for the Club as they finished 20th out of nearly 200 teams (last year we were 93rd) and it means the Club now qualify for the National Cross Country Relays next year.

The National still remains a marvellous spectacle and a high quality event with each club only allowed 9 runners, so even the back half of the field has good club runners.

Thanks to another 'Heathen, Alan Brent, the 'mastermind' of the whole event in his role as Hon. Gen.

Secretary to the Organising Committee, and to our supporters on the day all the way from young Gary Arthey to our President! (Also, we mustn't forget 'El Supremo' who made us the most cosseted team of the day.)

Yet two quotes stick in my mind, both on the journey home, one from Bill Foster upon being asked whether he was pleased with his run replied "Well it at least means I'm getting fit for the track season' and the quote of the season from a young American lady who befriended the team and quizzed us about our exploits "Are all you guys just out of school?" You ought to have seen the Hon. Editor's face!

K.P.

Senior (9 miles)

1. T. Hutchings	47.25
36. W. Foster	50.31
145. R. Coles	53.05
182. L. Roberts	53.37
299. W. O'Donnell	54.55
408. R. Coe	55.57
568. K. Pike	57.10

d.n.f. G. Spencer

(1706 Finished)

Teams

1. Tipton	208
20. B.H.	1638

(188 Teams Closed In)

INTER-CLUB CROSS COUNTRY FIXTURE

Hayes

22nd February, 1986

Blackheath Harriers provided 22 of the 78 runners, who competed over a frozen but short 5 mile course at Sparrow's Den, Hayes.

The cross country fixture was hosted by the Metropolitan Police A.C. and involved a total of 8 clubs. With the first six home from each club to score, Blackheath took the honours as follows:—

1. Blackheath Harriers 91 points; 2. Metropolitan Police A.C. 99 points; 3. Dartford Harriers 102 points; 4. Milocarians (ex servicemen from Aldershot and Sandhurst) 136 points; 5. Walthamstow A.C. 170 points; 6. Forbanks A.C. 220 points. Both Cambridge and Croydon Harriers failed to close in.

First three places went to E. Thomas of Metropolitan Police A.C. 24.15; A. Edwards of Dartford Harriers 24.22; J. Lennon of Milocarians 24.32.

Blackheath Harriers scorers: 8. Ken Daniel 25.16; 9. Steve Fitz-Costa 25.38; 11. Neil Colvin 25.49; 18. Graham Patterson 26.28; 22. Dave Croll 26.49; 23. Jim Bailey 26.50.

ORION HARRIERS 15 MILE CROSS COUNTRY RACE

22 March, 1986

1. S. Kerr (Enfield)	1.27.19	89. B. R. Fisher (BH)	1.49.58
2. G. J. Webb (Ilford)	1.30.59	125. B. Saxton (BH) (V)	1.55.09
3. J. D. Mackenzie (Ilford)	1.31.51	182. N. D. Umney (BH)	2.03.33
41. J. Phelan (BH)	1.43.02	218. I. C. Gold (BH)	2.14.11
58. R. Savery (BH) (V)	1.45.43	220. D. Hopgood (BH) (V)	2.14.30
78. M. Peel (BH) (V)	1.48.04		

Team Result

1. Ilford
2. Enfield
3. Haringey
13. Blackheath

Vets Team Result

1. Cambridge H.
2. Vauxhall
3. Orion
4. Blackheath

CLOSING FIVE MILES

Hayes

8th March, 1986

1. M. Martineau	22.10	26. M. Cronin	27.42
2. N. Swatton	23.08	27. D. Brookes	27.46
3. C. Brand	24.33	28. D. Farrelly	27.53
4. M. H. Allen	25.25	29. D. Croll	27.57
5. S. Parsons	25.27	30. A. Legg	28.06
6. J. Kemp	25.27	31. K. Daniel	28.13
7. R. Chambers	25.54	32. D. Wilcox	28.14
8. S. Hill	26.02	33. M. Rawlins	28.21
9. N. Wahla	26.03	34. D. Brickwood	28.25
10. B. Fisher	26.04	35. R. Savery	28.28
11. T. Nash	26.06	36. R. Ebbutt	28.40
12. R. Procter	26.22	37. B. Todd	28.43
13. B. Saxton	26.30	38. M. Peel	28.58
14. J. Phelan	26.46	39. W. Wheeler	29.02
15. A. Rose	26.52	40. M. Laws	29.09
16. J. Bailey	26.55	41. D. Saunders	29.18
17. I. Wilson	27.02	42. L. Dalmon	29.29
18. A. Musson	27.09	43. S. Michell	29.38
19. D. Johnson	27.14	44. P. Hunter	29.57
20. A. Steadman	27.22	45. P. Rickell	31.02
21. D. Tingey	27.26	46. D. White	31.16
22. G. Patterson	27.28	47. G. Clark	33.26
23. J. Bennett	27.30		
24. P. Metcalfe	27.38		
25. B. Wilson	27.38		

Fastest: T. Nash, I. Wilson, K. Daniel



VETS RESULTS

KENT COUNTY A.A.A. CROSS COUNTRY CHAMPIONSHIPS

1st December, 1985

This race was held at the University of Kent, Canterbury, on what turned out to be a beautifully mild day following the recent unseasonal cold. The 10 kilometre course comprised one short lap and three long laps of playing fields and undulating woodland. A stream had to be forded three times, which cost Brian Fincham a shoe, and nearly did the same for Geoff Crowder. Despite the rain of the past few days the going was mainly good, but the end of each long lap was uphill into a stiff wind. The showers were superb!



Tradition was observed in the team race with Cambridge Harriers winning comfortably and supplying five of the 20 teams which closed in, as well as four of the six individual medal winners. It is easy to make excuses based on non-availability of best runners, but the fact remains that on this occasion at least seven of our potential A team runners were absent due to qualification for another county, injury or other reasons as frivolous as watching a rowing race. Second place in the circumstances was an excellent performance.

Peter Anderson led our challenge, appropriately wearing number 1 for purely alphabetical reasons. Ted Tunley confounded predictions about the order of merit of our runners, but fortunately this did not affect our position. Following a prolonged lay-off due to injury on his last appearance here, it was good to see Ted back to his best. With four representatives in a 90 second spread the over fifties got in some good practice for later in the season.

It was good also to see Blackheath well represented among the officials, and the encouragement round the course of a number of supporters, as always much appreciated, added the final touch to a very pleasant occasion.

G.B.C.

1. V. Smith (Medway)	32.25	29. R. Savery (BH)	37.18
2. S. Birkin (Cambridge)	32.57	35. B. Fincham (BH)	37.45
3. B. Buonvino (Dartford)	33.22	40. J. Kavanagh (BH)	38.08
5. P. Anderson (BH)	33.44	52. R. Foreman (BH)	38.58
11. C. Woodcock (BH)	35.43	53. W. Clapham (BH)	39.02
16. E. Tunley (BH)	36.12	56. G. Crowder (BH)	39.38
18. P. Greenwood (BH)	36.25	74. A. Weeks-Pearson (BH)	40.47
22. M. Peel (BH)	36.42	88. D. Hoppood (BH)	42.36
25. J. Robinson (BH)	37.00	95. D. Bentley (BH)	43.44

Team Result

1. Cambridge
2. Blackheath
3. Invicta East Kent
10. Blackheath 'B'
16. Blackheath 'C'

INTER-CLUB MATCH BLACKHEATH HARRIERS v ORION H v SLH v RANELAGH H

Hayes

22nd November, 1985

1. P. Anderson (BH)	45.09	52. J. Sharp (BH)	54.59
2. W. Reavell (Orion)	45.13	54. N. Dorward (BH)	55.08
3. M. Cronin (BH)	46.19	56. M. Newman (BH)	55.30
5. D. White (BH)	46.45	59. B. Todd (BH)	57.19
9. J. Taylor (BH)	47.34	62. T. Roberts (BH)	57.59
12. B. Swift (BH)	47.48	63. D. Hoppood (BH)	58.01
15. C. Woodcock (BH)	48.14	64. P. King (BH)	58.12
21. B. O'Gorman (BH)	49.01	65. A. Chapman (BH)	58.15
22. R. Savery (BH)	49.03	67. G. Forbes (BH)	59.24
24. M. Richards (BH)	49.21	76. D. Johnson (BH)	63.09
25. J. Robinson (BH)	49.35	77. P. Khan-Panni (BH)	63.14
26. E. Tunley (BH)	49.52	78. D. Wilcox (BH)	63.16
29. P. Shephard (BH)	50.16	80. D. Tingey (BH)	64.43
30. M. Peel (BH)	50.26	81. D. Saunders (BH)	64.48
33. J. Facer (BH)	50.44	83. P. Lovell (BH)	65.10
34. M. Reynolds (BH)	50.52	84. J. Cross (BH)	65.32
35. J. Nash (BH)	50.53	86. J. Bennett (BH)	66.56
36. R. Farish (BH)	50.56	87. C. Brand (BH)	77.15
38. P. Greenwood (BH)	51.10		
40. G. Crowder (BH)	51.46		
43. R. Thornton (BH)	52.38		
45. R. Chambers (BH)	53.11		
47. D. Amner (BH)	53.18		
48. R. Foreman (BH)	53.37		

Team Result (9-a-side)

- BH 112
- OH 159
- SLH 163
- RH 445

Barry O'Gorman can still turn it on and make a good number of younger eyes water.

**CLUB VETERANS' CROSS COUNTRY
CHAMPIONSHIPS PLUS INTER-CLUB RACE
PLUS SELF-HANDICAP 10km**

Hayes

14th December, 1985

This fixture was favoured with remarkably mild weather, and attracted a field of 61 gentlemen and 1 lady, 29 of the former being 'Heathens. The first 3 to finish were the first 3 in the club championship, and with the first 6 all inside 40 minutes our strength in depth was clearly shown again. It is just 1 year since Peter Anderson joined the club and promptly won this event, and since then he has maintained a consistently high standard. Mike Cronin has been similarly consistent, his challenge on this occasion being hampered by a heavy fall. It was good to see John Taylor running so well after last year's injury problems.

Seven clubs were represented, and 4 of these took part in a six-a-side match, in which they obligingly sorted themselves into a neat order and stayed there. Doug Tingey was 30 minutes faster than last week at Chingford, partly because he knew the way. Two South London Harriers were so confused that one who finished seventeenth gave himself a time which would have placed him fifty seventh; the other finished fifty ninth instead of twentieth.

Competitors were stunned at the start of the race by the order to remove their watches. Standards of self-knowledge or deception were nevertheless high, as six people estimated their time correctly to within 10 seconds, and none of them was seen loitering with intent on Hayes Common. In accordance with tradition Blackheath were denied the right to claim the outright winner, or more than one in the first three. Two other prizes went to the only lady competitor, possibly the youngest, and our old friend Eric Abbott who once again made the long journey from Buckinghamshire, although his clubmates were fulfilling another fixture.

For many years now Frank Dyter has been the inspirer, organiser and provider of prizes for this occasion. Now the retiring Frank has retired to live in the North of England, but before leaving he did not forget to provide five bottles of cheer for this year's event. We miss him!

G.B.C.

1. P. Anderson (BH)	36.51
2. M. Cronin (BH)	37.26
3. J. Taylor (BH)	38.10

Other Blackheath Results:

5. M. Richards	39.07	34. P. King	46.48
6. R. Savery	39.39	38. E. Smith	47.32
9. J. Robinson	39.55	40. D. Hoggood	47.36
18. A. Jones	42.07	41. G. Forbes	47.37
20. J. Raine	43.29	42. M. Martineau	48.01
21. C. Haines	43.44	43. B. O'Flynn	48.05
23. I. Cayzer	44.02	48. D. Johnson	49.52
24. R. Chambers	44.04	49. J. Braughton	49.59
25. D. Beamiss	44.36	54. G. Wright	51.52
26. M. Allen	44.51	56. D. Tingey	52.09
27. M. Newman	45.02	58. I. Smith	54.20
28. B. Saxon	45.07	62. C. Brand	63.05
30. G. Plank	45.24		

Inter-Club Team Result (6-a-side)

1. Blackheath 26
2. Cambridge 54
3. Woodford Green 107
4. Veterans A.C. 260

**SOUTHERN VETERANS' CROSS COUNTRY
CHAMPIONSHIPS**

Basildon

16th February, 1986

A major disappointment for this event was the number of top runners within the club who did not enter, and the fact that, of those who did, less than half turned up on the day. In

the over 50 race we did not field the minimum of three to qualify for the team race. We also got the cold water, not Ian Wilson's fault for once.

The weather was cold and bleak, and the 3 lap 10 km course was the same as last year, mostly rock hard but slippery in places. Mike Cronin maintained his recent record by crashing in the first lap in the notorious sharp downhill section, and did very well to finish highly placed.

In the circumstances the club did very well to place as well as it did in the 40-49 race, just missing medals in the 3 to score, gaining them comfortably in the 6. Barry O'Gorman, a model of consistency, was the 3rd individual over 45, adding to his impressive tally.

G.B.C.

Results			
(+40)		(+50)	
1. T. Davies (AFD)	32.00	12. B. O'Gorman (BH)	34.31
2. M. Duff (Windsor)	32.42	26. C. Woodcock (BH)	35.55
3. B. O'Neill (AFD)	32.53	33. M. Cronin (BH)	36.13
		37. J. Clare (BH)	36.24
		54. R. Savery (BH)	37.15
		57. B. Swift (BH)	37.20
		61. J. Robinson (BH)	37.37
		74. M. Peel (BH)	38.22

Team Results (3 to score)

1. A. F. & D.
2. Cambridge H.
3. Barnet
4. Blackheath

Team Results (6 to score)

1. A. F. & D.
2. Cambridge
3. Blackheath

Results (+50)

1. R. Gomez (V. of A.)	34.34
27. W. Clapham (BH)	39.57
39. G. Crowder (BH)	41.34

**VETERANS' NATIONAL CROSS-COUNTRY
CHAMPIONSHIPS**

Sheffield

9th March, 1986

After the recent bitter weather it was a relief to find that the snow had vanished, and to be able to run in nothing more than an intermittent drizzle, though it was a shame that mist deprived us of a view of the Derbyshire moors. As always in Sheffield the race organisation was superb.

The distance and the controversy over the new requirement to join the Southern Veterans Athletics Club individually cut the Blackheath 40-49 representation to two, and it was rumoured that they had only come to keep the company of Bromley Ladies who finished 5th. We could have done with the services of Bill Wade, 63rd and running for Holmfirth.

On this occasion the over 50's, did just manage to finish a team, Bill Clapham produced an excellent performance, and continues to be a model of consistency and reliability. Jack Braughton happily yielded to some judicious arm-twisting and added one more to his prodigious collection of trophies. With retirement pending he should go even faster. He in fact became so excited that he was almost tactless enough to finish in front of his captain. All this before the arrival of our valiant President, much appreciated by all.

We were happy to avoid a long drive by accepting a lift on the Southern Veterans coach, except the driver and your correspondent got lost in Sheffield. We were a cheerful mixed bunch, and we were made to believe that we had "seen the future and it works".

G.B.C.

Results			
(40-49)		(Over 50's)	
1. A. Rushmer (Tipton)	31.56	1. D. Lawson (Bingley)	33.35
2. J. Norman (Altringham)	32.14	2. D. Cooper (Worcester)	34.17
3. B. Scobie (Northern)	32.20	3. R. Gomez (V of A)	34.23
63. W. Wade (Holmfirth)	36.17	43. W. Clapham (BH)	39.31
99. J. Robinson (BH)	37.52	86. G. Crowder (BH)	42.21
152. R. Farish (BH)	40.12	98. J. Braughton (BH)	42.55

ROAD RELAYS

G.E.C. AVIONICS A.C.
— SENIORS

21st December, 1985

- | | |
|----------------------|--------------------|
| 1. Tonbridge | 7. Blackheath 'B' |
| 2. Invicta East Kent | 15. Blackheath 'C' |
| 3. Cambridge | 25. Blackheath 'D' |
| 5. Blackheath 'A' | 33. Blackheath 'E' |

Fastest leg: M. Scrutton, Tonbridge 11.25.
Each leg approx. 2.25 miles.

Fastest Blackheath:

B. Foster	11.46	(5th fastest of the day)
R. Coles	11.59	
B. O'Donnell	12.07	
P. Calnan	12.09	
R. Coe	12.16	
L. Wright	12.21	
L. Roberts	12.26	
N. Davidson	12.43	
S. Thompson	12.44	
P. Betts	13.14	
K. Daniel	13.19	
N. Colvin	13.23	
S. Fitz-Costa	13.40	
S. Freemantle	13.54	
M. Field	14.11	
P. Rissen	14.27	
A. Kilgour	14.30	
P. Barlow	14.33	
C. Daly	14.48	
B. Fisher	15.09	

Colts

1. J. Mills	Harlow	13.25
2. R. Gray	G.E.C.	13.26
3. R. Beanington	G.E.C.	13.47
24. D. Stickels	Blackheath Harriers	15.24
33. A. McEwan	Blackheath Harriers	15.59
36. N. McDonald	Blackheath Harriers	16.03
38. M. Field	Blackheath Harriers	16.07
47. I. Reed	Blackheath Harriers	16.53
52. M. Peters	Blackheath Harriers	17.33
54. G. Stubbs	Blackheath Harriers	17.51
55. K. Holt	Blackheath Harriers	17.56

First team: G.E.C. Avionics

Boys

1. L. Smith	Tonbridge	12.35
2. R. Leonard	G.E.C.	12.36
3. A. Juby	G.E.C.	12.36
23. L. Bulson	Blackheath Harriers	14.37
30. A. Rose	Blackheath Harriers	15.04
31. R. Holt	Blackheath Harriers	15.06
33. N. Croll	Blackheath Harriers	15.34
36. P. Webb	Blackheath Harriers	16.34
40. M. Burlwell	Blackheath Harriers	18.39
41. N. Hartley	Blackheath Harriers	18.40

First team: G.E.C. Avionics

THAMES VALLEY HARRIERS ROAD RELAY RACES (5 × 3.5 Miles)

29th March, 1986

- Invicta East Kent A.C.
 - Haringey A.C.
 - London Irish A.C.
 - Blackheath 'A' (L. Wright 17.36, J. Beck 17.56, N. Colvin 18.39, K. Pike 17.55, R. Tompkins 18.48).
 - Blackheath 'B' (N. Wahla 19.14, G. Patterson 18.57, G. White 18.57, M. Athawes 18.58, J. Phelan 18.52).
 - Blackheath 'C' (P. Barlow 19.45, J. Kemp 19.15, S. Parsons 21.11, P. Rissen 20.02, S. Hill 21.40).
- 61 teams completed.

LLOYDS BANK ROAD RELAY

Beckenham

9th April, 1986

Results

- Herne Hill 55.13
 - South London 56.02
 - Nat West 56.31
 - Blackheath 'A' 56.41
- (P. Calnan 18.52, R. Coe 9.36, R. Coles 18.56, P. Betts 9.17)
- Blackheath 'B'
 - Fitz-Costa 20.11, K. Daniel 9.47, J. Beck 19.52, C. Lord 10.14
 - Blackheath 'C'
 - Wahla 20.17, J. Phelan 9.43, P. Barrington-King 20.45, M. Athawes 10.14
 - Blackheath 'D'
 - Richards 21.43, G. Patterson 9.51, A. Kilgour 22.06, P. Barlow 10.16
 - Blackheath 'E'
 - Daly 22.34, S. Ridgwell 10.32, W. Wheeler 22.33, B. Fisher 10.56
 - Blackheath 'F'
 - Rissen 22.30, M. Gasson 10.44, K. Johnson 27.02, J. Brown 11.16
- 42 teams ran.

SOUTHERN COUNTIES 12 STAGE ROAD RELAY

Wimbledon

6th April, 1986

Team Result

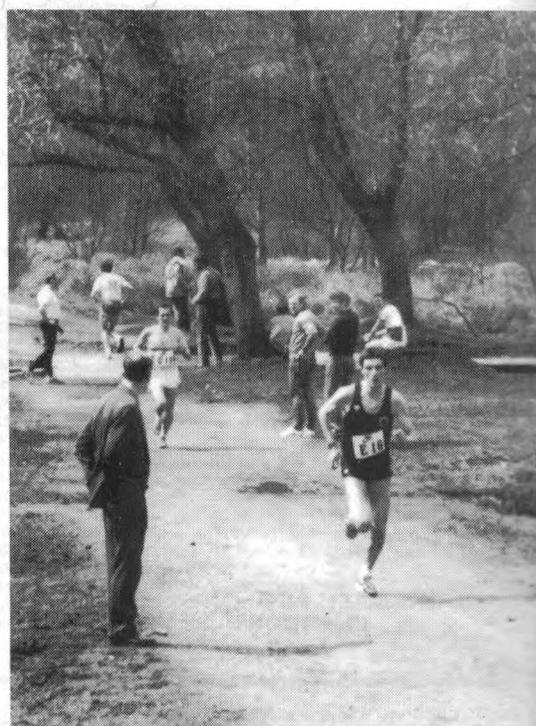
1. Shaftesbury	4.04.45
2. Luton	4.09.02
3. Aldershot F & D	4.12.19
12. Blackheath	4.17.38

Individual Blackheath Performances

Long Legs

1. P. Calnan	25.50 (21st)	2. P. Betts	16.37 (19th)
3. W. O'Donnell	25.47 (18th)	4. W. Foster	15.29 (6th)
5. L. Roberts	25.40 (5th)	6. G. Arthey	16.13 (4th)
7. T. Nash	25.35 (4th)	8. M. Laws	17.58 (8th)
9. R. Coles	26.10 (9th)	10. J. Beck	17.33 (9th)
11. K. Pike	27.05 (11th)	12. C. Lord	17.41 (12th)

Short Legs



Tim Nash showing Tony Simmonds the way round Sutton Park.

A.A.A. NATIONAL 12-STAGE ROAD RELAY

Sutton Park

26th April, 1986

The club's reward for its efforts in the Southern 12-stage was a visit to Sutton Coldfield for the National. This was Blackheath's first National since 1980 and the team is a blend of new talent together with several names which are well known throughout the club.

Sutton Park is an excellent site for this kind of event and with perfect weather conditions, the journeys by the spectators were well worthwhile. The relay is composed of alternate long legs (5 miles 706 yards) and short legs (3 miles 7 yards) and many elite runners turned out for their clubs e.g. David Moorcroft, Tony Milovsorov, John Graham, Bernie Ford, Steve Kenyon and Julian Goater.

Although the club was not at full strength, neither was anybody else, so we did reasonably well to finish 25th out of 34 clubs. Each member of the team gave a good performance although Tim Nash did very well to hold off Tony Simmonds of Luton and Bill Foster took us up to 19th position after running the 7th fastest short leg of the day — perhaps Bill should have been mentioned above with the elite names.

At the front of the race Tipton and Birchfield shared the lead for most of the day until Milovsorov blasted a 24.58 long leg during stage 11 taking Tipton from second position into the lead by one minute and eleven seconds! With Andy Wilton running the anchor leg, Tipton won comfortably in the end.

Team Result

1. Tipton
2. Birchfield
3. Gateshead
25. Blackheath

Individual Results

Long Leg		Short Leg	
1. P. Calnan	27.28 (27th)	2. T. Nash	14.35 (26th)
3. W. O'Donnell	27.31 (29th)	4. W. Foster	14.13 (19th)
5. R. Coles	27.22 (20th)	6. G. Arthey	14.41 (19th)
7. L. Roberts	27.23 (19th)	8. R. Coe	15.29 (19th)
9. P. Betts	27.56 (19th)	10. S. Thompson	16.04 (23rd)
11. K. Pike	28.47 (23rd)	12. K. Daniel	15.53 (25th)



Bill Foster — now among the elite.

DO YOU MEAN TO SAY YOU DON'T KNOW OLD WHAT'S HIS NAME?

Two more souls laid bare for
your scrutiny.



ANDY FRANKISH

As with so many, Andy's first bleeding in athletics was the dreaded school cross country. But, like our other profilee (could it even be profilee?), he didn't mind it at all, in fact he became a regular member of the Oakham School cross country team in Rutland, which in 1965 was his home county. This led on to involvement on the track in the Summer where he peaked with a second place in the Rutland Schools Junior Mile Championship (Under 15). He was also made reserve that year for the Rutland team in the English Schools Championships and at the last minute got called up. However, he turned down the opportunity of county honours in favour of his school's cross country championship which he had geared himself up for in the meantime and, indeed, which he won.

His last race on the track at that school was a mile in which he broke five minutes as a 15 year old (4.57). He then moved to Cranbrook in Kent where in his new school's cross country championship he was third in the intermediate group and 200th later in the year in the English Schools where he was badly spiked. In his final year at school in 1969 he finished fourth in the Kent Senior Schools 800m with 2m.7s and that proved to be the end of his athletics for three years. Now having to work for a living he found all his time taken up commuting and computing.

In 1972 he moved to Bromley when his parents moved down to Bath and by April he had started running again for Lloyds Bank. It was all very recreational but nevertheless he got down to 2m.9s for 800m. It was meeting up with Peter Shephard that brought Andy to Blackheath in August 1972.

He concentrated on cross country initially training three times a week for a total of 15-20 miles but by the Summer of '73 he was back on the track and had got his 800m time down to 2.00.03.

His debut for the Harriers was at Portsmouth that year in the 3000m 'chase where he ran second in the 'B' string in 10m.20s. Like others before and since, he saw the 'chase as the easiest way into the team.

Although only a member for a little over a year, he took over as track secretary in 1974. This didn't hinder his running, however, for he then ran a 1m58.5 800m which meant he was then more often than not in the first team. Indeed, from 1974-79 he attended all but one match competing variously at 400, 800, 1500, 3000 s/c, 5000, 400 H and 4 x 400m. Quite a record. He achieved his 800m PB in 1976 at Windsor with 1m56.4 and was, that day, the Heath's only outright winner.

The Winter prior to that was his first really successful season on the country where he came through from being just a maker-up of the numbers to a fully fledged first team member. He upped his mileage to 50-55 a week and ran every day, which no doubt had something to do with it.

That year the Harriers won the South of the Thames Senior and Andy was seventh scorer in 37th place. The next year he was 12th in the Kents and went on to represent them in the Inter Counties where he was 208th. This placing disappointed him but to be fair he was called up late after he had committed himself to, and won, the Club '10' the week before. That was his only club championship victory but three times he was second in the '5' and was second and third in the '7½'.

Back on the track he was now concentrating on the 'chase and three times in four years he was second in the Kent Championships.

His all time PB was set in 1980 in the Kents with 9m.29.8s. He also represented Kent at 1500, 3000 and the 3000 s/c. Not surprisingly he received a merit award for his consistency.

In the Summer of 1979 he went on a coaching course at Lilleshall and qualified as a BAAB Club Coach (Middle Distance) and from there started his coaching group of younger heathens in tandem with his own running.

With the opening of Norman Park track in September 1981 his group expanded to include girls from Bromley Ladies — initially sisters of the younger boys in the group.

1982 was the last year he competed. His coaching was developing and he found he couldn't do full justice to both. Coaching was by then more rewarding to him.

So far his most outstanding individual success has been Susan Burtonwood who at 14 was Kent Junior Champion at 400m and 800m and at 15 on England and G.B. junior international. The same year, 1984, she was Home Counties Schools Champion at 800m and the Womans AAA junior indoor 1500 champion and more besides.

Teamwise, his girls hold the UK club record for the 3 x 800m intermediates of 6m45.6 and the same team won the 1984 and 1985 Kent Intermediate Cross Country Championships. 10 of his troupe in all have won county vests

from 400 — 3000m, 400H and cross country.

Already this year another in his care has broken through to great things. Nigel Keogh's running in the British League is referred to elsewhere and will no doubt be reported more fully in the next issue (after all he will be writing the track report!)

Mike Laws, Pete Lester and James Adams have also all shown the sort of potential that should see them filling regular first team places in the not too distant future.

As impressive as all the coaching success is, most Heathens know Andy best for the sterling work he has done since 1979 as Track Captain. How can we forget those five glorious years of successive promotion out of the Southern League to the First Division of the British League and as Champions each year to boot?

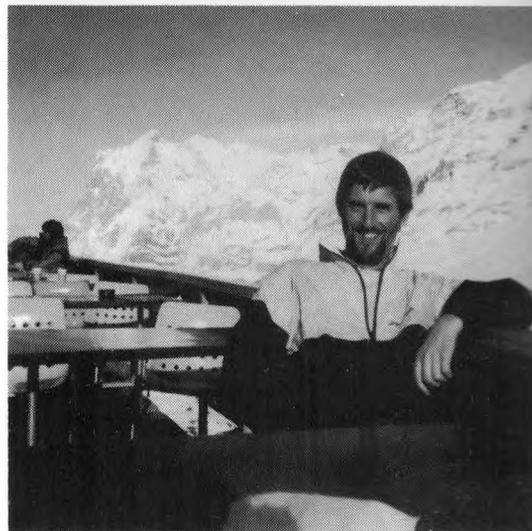
It was always his ambition to get into the top echelon but he never dreamed we would do it with such style.

This is not to say, however, that his ambitions are now fulfilled. His ultimate goal is to see us in the really big league, that is to say, in the top three alongside Birchfield and Haringey. To do this he feels the Club needs to develop a comprehensive coaching structure to bring our super youngsters through into the big time. He feels we should make more use of Norman Park and hopes we shall do so as the facilities there improve.

His biggest criticisms are the lack of people coming forward as administrators and helpers especially as the Club seems to have so many active members.

In view of all the time he commits to athletics generally and Blackheath in particular its not surprising to learn that Andy doesn't have time for much else. He does, however, enjoy home computing but even then he employs it largely to record and analyse athletics statistics.

Like water, main drainage, electricity and gas the Andy Frankishes of this world are so easily taken for granted. But as we know with these services, if they ever cease to function we get sent into all sorts of turmoil and confusion. So it would be if, heaven forbid, we ever lost Andy's immense contribution to the Harriers. You may not realise how much he does but you sure would if he stopped.



GRAHAM BOTLEY

This is no tall story but a true one about Blackheath's own long running saga.

Graham Botley was a gangling kid through primary school and three grammar schools around the country (it wasn't that he didn't like them or they he, just simply the result of his father pursuing a successful civil service career). During those school days young Graham was not particularly obsessive about sport but he found he didn't dislike the obligatory cross country as much as most of his contemporaries. He also played most of the other games on the curriculum although never excelling — a good team man you might say.

However, he gradually began to show through with his running and represented his Bromley school on the track and then went to run for the district on both track and the country. He became aware of the Harriers when he took over the mantle of athletics secretary at the school and entered teams into the schools races organised by the Club. Just for the crack he also entered himself into a novices race organised by Surrey Walking Club which he won. As a result, his talent was spotted by Dicky Green and he joined the Club for a while. There he met up with Norman Dudley who encouraged him to continue his running and introduced him to Blackheath.

By now it was 1962. Whether it was because he fancied his chances of making the 1966 world cup squad we don't know, but Graham forsook athletics and went off to play soccer for Old Bromleians. Come 1967 however, having met up socially with the likes of Ian Wilson, Bob Richardson and Richard Coles through the Presbyterian Youth Club in Bromley, he returned to athletics and rejoined the Club. He was in poor shape, though, at that time and found he couldn't even run 5 miles without stopping and the likes of Alan Brent who were then twice his age could see him off easily (probably could now, too. Ed).

In 1968 he went off to Physical Education College and by 1970 he had shown sufficient ability at everything from 800m to 10 miles to be included in Blackheath Harriers teams. He continued to improve and after 2 more years he had run 9.29 for the chase finishing second in the Kent Championships to John Baldwin (9.06). His 10 mile road time was by now down to 54 minutes and he ran 2.00.06 for 800m in the British League Division 1 in its inaugural year.

During the winter he became a regular feature in the Club's cross country team and national road relay squad with his best performance being 19th in the Kent Championship when Blackheath were 2nd team.

He never specialised or trained hard, limiting his mileage to barely 40 per week although mostly at 5.30 to 6.00 pace.

He regards his greatest achievement in all to be in 1973 when he was part of the team which attempted to beat the world record for the 24 hour 1 mile relay for 10 man teams. The endeavour failed by 10 minutes but Graham, last to be selected into the team, achieved the 4th fastest overall average time but after having run more than his quota of legs as some of the others fell by the wayside. He ran 29 legs at an average of 4.55. He says a lot was owed to the psychology employed by the team manager at the time — Bob Taylor. As some others of us have since found out, Bob is one man for whom you find yourself prepared to run to the death.

Like the writer you may well wonder why our Graham did not take up and excel at the high jump seeing as how he is halfway there already. The simple fact is that he is springless; unsprung; those long levers have no twang; he is rooted.

Between 1974 and 78 Graham applied himself administratively in the Club to the care of the Young Athletes where he brought up the numbers from a mere handful to a substantial figure. He also edited the Gazette for a few years. It all got a bit much though, especially as he was beginning the establishment of his firm Centresport. He therefore backed out of active club life for a while.

When he decided to involve himself again, which was just 2 years ago, he did so with some effect.

Our cross country fortunes were flagging and he felt the

job of cross country captain was a too onerous one for a competing athlete. He therefore offered himself for the job and proceeded to inject a vitality into our winter affairs which culminated this season in levels of success we have not dared to even dream of for many years. We have won 5 mob matches out of six, set new turn-out records, won a major team award, namely, the Southern, and ran fairly well in the major relays. It has been exhilarating to see the transformation. Obviously the arrival at the Club of new and emerging talent has been largely responsible for the changing fortunes in the major events but full credit must still go to Graham for his guidance and unwavering encouragement in the other cross country matches and across the winter calendar generally.

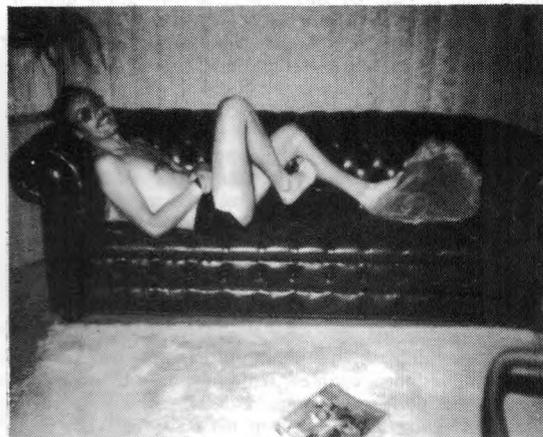
Graham's chief aim is to see the cross country section rise to the same status as the track and young athletics i.e. to be in the top six or so in the nation. That means that some of the individuals will have to be looking towards international selection. Graham feels that we have in Bill Foster, Jerry Barton and Tim Nash, three runners who quite reasonably might achieve just that. Looking further ahead there is Gary Arthey and Lance Wright.

But just in case you are getting carried away by this description of a solid, unflappable, reliable, fully integrated individual let me reassure you he is just as capable of untold foolishness as you or me. On the night of this interview the writer was left to quaff more than he intended in a Kentish pub as a result of our Graham pulling the master stroke of filling up his brand new car with diesel. The pump was a different colour, the smell was different and it must have seemed remarkably cheap but that wasn't enough to deter our boy from injecting an X factor into the evening.

As a result of his travel business interests, he has been to Commonwealth and European games, World Champs, World X Country Champs and the big marathons. He gets a thrill out of watching top class athletics. Nevertheless he says he gets as much out of being on the ground at Regional and National Championships where our lads are in evidence.

One of the big marathons he attended was the New York in 1983, where his attendance extended to actually running it. On 4 weeks running amounting in total to 150 miles he ran 3hr 37m. When he reached 20 miles in 2hr 31m it was the furthest he had ever run in one go.

In Graham Botley we have someone who we can look up to, indeed most of us have to.



Page 23 starlet Toni Nana. Likes to travel and meeting people.

ON THE ROAD



SUNDAY TIMES FUN RUN

Hyde Park

29th September, 1985

"The B.G.'s Run Into Difficulties"

With the passing of time the dreaded "anno domini" syndrome was to be expected and indeed in one case was quoted as a reason for non-performance. Other injuries intervened to reduce still further the strength of our entry, in anticipation of full support fifteen entries were made, divided into two teams (six to score in each), but lo and behold on the day there were but ten able-bodied men, and as luck would have it, reducing each team to five. Skilfully concealing the dreaded news the team manager continued his many quips up to the happy group photograph and the "off".

On a day hotter than before the gallant ten pressed on valiantly over a slightly varied course naturally regarded as longer than last year and it is pleasing to record that all finished.

Welcomed back was Alan Brent from his last year's commitment to a three generations team but Arthur Good continued with his "couples" team finishing 6th in a field of 161. A fine performance was maintained by R. Pitcairn-Knowles, again finishing 8th in the 50-59 category in an increased field of 514 from 473 of last year. Many other 'Heathens were involved judging from the rousing

encouragement received "on course" but we might leave the ultimate comment with the B.G. who remarked "coming down the final straight I saw a vulture on a tree looking knowingly at me — I can take a hint."

The matter is now urgent — the Blackheath geriatrics want you! Come back Eric Reed — all is forgiven.

A Team	Time	Place
P. Saxon	(60+) 17+	22
L. Blight	(60+) 22+	83
A. Kempton	(70+) 23+	10
L. Piper	(70+) 25+	20
R. Kirk	(70+) 28+	22
B Team		
A. Brent	(60+) 19+	52
W. Lake	(60+) 22+	78
D. Gillate	(60+) 22+	85
M. Walker	(70+) 30+	24
J. Parrott	(70+) 30+	25

Charlwood "10"

29th September, 1985

6. L. Atterbury	54.21
21. J. Bailey	58.30
30. R. Thornton	59.42
36. W. Wheeler	60.47
1st Team: Blackheath Harriers	

ROAD RACING RESULTS

Dallington "10"

Northampton 13th October, 1985

5. L. Atterbury 54.25

Bishop's Stortford "10"

24th November, 1985

44. L. Atterbury 56.41 513 finished

Nene Valley "10"

1st December, 1985

40. L. Atterbury	53.27	
46. J. Baldwin	53.40	1st Vet o/45
74. S. Fitz-Costa	55.11	
99. N. Colvin	56.31	
115. J. Phelan	57.24	
151. G. Patterson	59.00	
163. R. Thornton	59.20	
205. T. Nana	60.40	
226. P. Barlow	61.12	
235. K. Wicheloe	61.38	
247. G. Spencer	62.00	
287. D. Hickman	63.23	
499. C. St. Aubyn	77.16	
560 finished		

5th BOXHILL RACE

9th November, 1985

A small band of Heathens lined up alongside such illustrious teams as the Beakens Bog Runners and Dark Peak Fell Runners at the start of this race on a very wet and windy Saturday.

The Boxhill Race, organised by Cambridge University Fell Running Club, is over 7½ miles and involves 1800ft of climb. Having staggered to the top of Boxhill the runners were then treated to the scenic delights of Headley Heath, Mickleham Downs and Juniper Hill.

The course marking and marshalling was generally very good except at one vital point which consigned the elite brethren to a quicker descent than they anticipated. Your correspondent at this stage was going so slowly that he spotted the trap!

So if you are looking for a race that will ensure a personal worst in the SLH Mob Match — this is the one.

Finally spare a thought for the runners from Cambridge. Having left at 7.30 a.m. to mark the course, they competed in the race and were then asked to go out and collect the course in!

J.E.H.

Race Results:

1. D. Hardstaff	North London A.C.	54.58
2. J. Forster	C.U.F.R.C.	55.17
3. G. Taylor	Ches & Bookham	55.40(V)
28. K. Daniel	Blackheath Harriers	61.46
45. R. Savery	Blackheath Harriers	63.44(V)
52. M. Peel	Blackheath Harriers	64.20(V)
82. M. Gasson	Blackheath Harriers	68.15
116. J. Hill	Blackheath Harriers	80.13(V)

Team Results:

1. Ches & Bookham
2. Hillingdon A.C.
3. London O.K.
7. Blackheath

CENTRESPORT 10K ROAD RACE

Crystal Palace

29th December, 1985

The Centresport 10K was won, for the second year running, by Jack Buckner. Times this year, on an accurately measured course were slow, but with arctic weather conditions and the Crystal Palace hills this was to be expected.

Buckner was always in control of the race, led early on by Nick Sirs, and went clear during the second circuit before being hauled back by Bob Treadwell at the start of the last lap. Over the final two miles Buckner moved clear and came home an easy winner in 29.57 from Treadwell 30.06 and Sirs who ran the last 4½ miles isolated in third place, 30.33. Our own Pat Calnan ran well to finish 8th in 31.36.

Individual Results:

1. J. Buckner	Charnwood	29.57
2. R. Treadwell	Surrey Beagles	30.06
3. N. Sirs	Windsor, Slough & Eton	30.33

Blackheath Results:

8. P. Calnan	31.36	156. E. Sullivan	38.53
17. R. Coles	32.52	171. R. Foreman (V)	39.15
21. R. Tompkins	33.27	201. N. Wheeler	40.01
76. M. Richards (V)	36.19	215. R. Chambers (V)	40.20
77. S. Freemantle	36.19	232. M. Allen (V)	40.35
82. B. Grant	36.30	235. P. Metcalf	40.38
92. A. Nana	36.48	249. P. Wright	41.01
111. R. Ebbutt	37.26	289. M. Proctor	41.55
114. S. Wright	37.29	338. R. Stewart (V)	42.42
115. M. Crisp	37.35	345. A. Nairn	42.52
123. S. Robinson	37.54	347. R. Pinder	42.55
127. B. Wilson	37.59	393. A. Legg (V)	43.49
129. J. Turner	38.04	433. A. Good (V)	45.01
142. R. Farish (V)	38.34	455. G. Plank (V)	45.50
144. D. Carton	38.34	460. D. Larcombe	46.00
145. J. Herring (V)	38.35	464. M. McDonald	46.12
147. A. Jones (V)	38.41	507. J. Cross (V)	47.33
150. W. Samuel	38.44	566. J. Bennett (V)	50.05

BARF ARF

Bath

16th March, 1986

The first of the Adidas/Mars half marathon series was again the Bath race. The event had become famous over the years as one of, if not the, fastest half marathon on the calendar and now with the sponsorship of the two big firms it was clearly the big road event of that murky March day. It was a very festive occasion in the City and large chunks of the centre were closed off early. Large crowds turned out all round the slightly undulating and protected course and the start and finish had all the trappings of a major Tour de France stage.

Soon after the initial sort out a group of about 20 established themselves at the head of affairs and this group stayed intact till just after the 5 mile marker, reached in 24.03. Les Roberts was in the group but when it split he settled in a trio alongside Eric Williams of Sale and Andy Girling, Invicta just behind the leading 10. At the very front Steve Anders of St. Helens had taken command by the 10 mile marker passed in just outside 48 minutes. Les's trio went through in 49.24 and Bill and Paul in 51.20 and 52.08 respectively. Paul was still going well just outside 56 minutes.

As they entered the last 1½ miles Les eased away from Girling and caught Williams, who had crept away a mile or so earlier, with another of his searing sprints down the final straight to record a p.b. 65.00 for 11th place.

Bill O'Donnell ran in 24th in 67.13, Pat Calnan 54th in 69.33 and Paul Barrington-King 167th in 75.12. These placings were enough to give us fourth team in a very strong field.

For his efforts Les won a rechargeable torch and a 'Workmate' so he should be all set now to do some light work.

1. S. Anders, St. Helens	62.36
2. J. Wheway, Tipton	62.52
3. C. Woodhouse, Derby	63.19
11. L. Roberts, Blackheath	65.00
24. B. O'Donnell, Blackheath	67.13
54. P. Calnan, Blackheath	69.33
167. P. Barrington-King, Blackheath	75.12

Teams

1. Westbury	37 pts
2. Swindon	141 pts
3. Exeter	214 pts
4. Blackheath	256 pts

PRESTEIGNE HALF MARATHON

30th March, 1986

Easter fell in the middle of January this year or so it felt, so it is difficult to understand why Good Friday saw Les Roberts and Paul Barrington-King heading north-westwards up through the Cotswolds and the Vale of Evesham and on to Herefordshire in holiday mood. It was simply a case of "the lads go slightly potty over Easter". Prior to setting off they had looked for a race to give the week-end a point of focus and had come up with the highly prestigious and internationally famed Presteigne Half Marathon. A further point of interest in the area was that Peter Anderson had recently moved up there and was in the process of building his new castle barely 3 miles from the race venue. So there was a golden opportunity to check on his progress and have a few wines to boot. Furthermore he would probably be running and so we would also be able to feature a team. Just prior to setting off a note from Peter acknowledging our impending intrusion into his privacy, suggested that the race was based on 4 man teams. It took but a few seconds pondering before the perfect mug came to mind.

A few moments of irritation crept in as the phone rang but eventually it was answered. "Hello, Norman Davidson here". Norman possesses that perfect blend of enthusiasm, gameness for anything at the drop of a hat and a very understanding missus (either that or there's a guy in Orpington somewhere who regularly walks around with a

hell of a smile on). Anyway, he was all set to drive up to meet us on the Sunday morning.

We awoke on race day morning to a covering of snow outside and more descending from the heavens, the only consolation being that the wind had dropped. The flakes were taking a sedate vertical route rather than the horizontal favoured by the rain and sleet of the previous day.

By the time the race was due to start several things had happened. Norman had turned up after a harrowing drive through 220 miles of pouring rain, Paul had gone down with a stomach bug and, amazingly, the weather improved markedly with the temperature rising a good few degrees.

About 150 runners lined up just outside the small Radnorshire town including last year's winner and course record holder Dai Davies of Newport, but as the whistle blew one runner above all else was eager to get it all over with as quickly as possible. At the 5 yard marker our Les was already 3 yards clear and proceeded in that vein till the end, crossing the line in 67.02, 2m58s clear of the next runner and setting a new course record.

With Norman in 10th, in 75.13, Peter 12th in 76.09 and Paul battling with his infirmity, oozing his way in, in 87.53 for 65th, the team prize was well sewn up for the 'Heath. Les was surprised to discover at the reception that he had picked up as his prize a long week-end in Paris to run the Paris to Versailles in October.

The Presteigne Pacers are to be congratulated on promoting such an excellent race. The earlier mocking of their event was of course tongue in cheek. They certainly deserve a lot of support in the future.

Peter Anderson and Linda, who both put us up and put up with us magnificently over the week-end, are well and building an idyllic little abode a couple of miles down the road from isolation and not too far from nowhere at all. They seem to have got away from even those who have got away from it all.

WALTHAMSTOW AC 4.75 MILE ROAD RACE

Woodford Green

12th April, 1986

Blackheath was very strongly represented in this race with 13 finishers, 10 of these in the first 35. The course was undulating with traffic problems in places. The weather was unreservedly cold but at least the runners hit a dry spell.

Newcomers often find it a bit of a shock when they first run against a field of veterans but Ken Pike experienced no such problems and dominated the field from gun to tape except that there was no gun or tape and he finished 9 seconds clear of the evergreen Mike Barrett.

It was a pleasure to welcome Peter Anderson all the way from deepest Herefordshire none the slower for the experience and to see Dave White free from injury again. Mike Cronin did not fall down on this occasion.

1. K. Pike	23.01	30. B. Swift	25.10
8. P. Anderson	23.55	32. J. Clare	25.19
15. M. Cronin	24.21	35. M. Richards	25.48
17. J. Phelan	24.33	60. C. Rowe	27.09
18. J. Taylor	24.34	65. W. Clapham	27.30
20. D. White	24.35	89. D. Hopgood	30.17
26. R. Savery	24.59	107 runners finished.	



Hosts Pete Anderson and Linda. Guest with two dinners Paul B-K.

MEDICAL MYSTERY

The main factor in runners feeling badly after their run, said Dr Berhill, was their alcohol intake in the previous 24 hours — Alas it was ever thus!

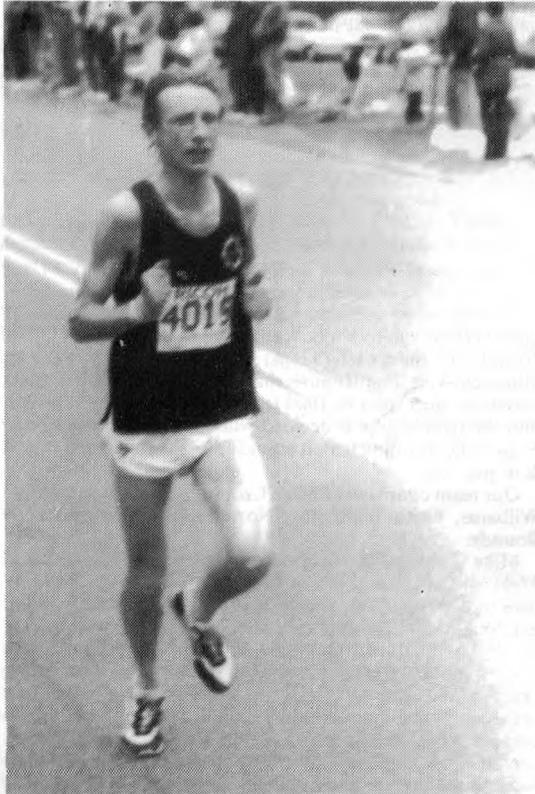
BOSTON MILK RUN 10K

Boston, Mass.

13th April, 1986

3,000 runners with a world class line-up at the sharp end. The event was a classic in every sense. Huge knowledgeable crowds lined the streets through the very heart of the City; music played loudly from spectacular sound systems; the sun shone warmly totally confusing the European contingent.

Ed Eyestone of Utah State won the event in 28.20 from Marc Scrutton of Tonbridge 28.24. Les Roberts was 30th in 30.21 which was a road p.b. and worth \$100. This placed him 3rd master behind Mike Hurd of England 29.47 (\$500) and Antonio Villanueva of Mexico 30.02 (\$200).



Les heading for downtown Boston.

BOSTON MARATHON

Hopkinton - Boylson St, Boston

21st April, 1986

Clammy, overcast with blustery side/head wind over the early, predominately downhill miles. Later turning chilly in the drizzle with the wind turning more to head. Very hilly between 15 and 20 miles. 4,500 qualified entrants, 3,900 finishers. De Castella's winning time of 2.7.51 must rank this as the greatest marathon ever run to date bearing in mind the course and the conditions. There was no one within 3½ minutes of him. Ingrid Kristiansen was going for sub 2.20 in the ladies race but had to settle for 2.24.55. Les Roberts was also looking for 2.20 but found himself outprinted by the Norwegian damsel. He finished in 2.24.59 for 38th place and 3rd master.

Deek's run was worth about \$250,000, Ingrid's about \$140,000. Les's haul was just \$500 so he will not be retiring from work and buying himself a second home in Boulder, Colorado just yet.

TED PEPPER MEMORIAL 7

5th May, 1986

The laying of a main drain through most of the last 600 yards of each lap brought new features to this, the 8th running of the event. There were additional tight corners, plenty of rubble and 200 yards of cross country to contend with plus some slippery mud once the rain decided to get in on the act. However this didn't deter from its being another highly competitive race.

After only a mile the main contenders were to the fore. The ever familiar face of Keith Penny (Cambridge Harriers) led through with Gary Ribbons and Ian Lamplough of Boxhill Racers, Ernie Barratt of Omega, Don Cox and P. Chase of Woodford Green, Simon Collingridge of Ranelagh and Paul Williams, also of Cambridge. Paul Betts of Blackheath Harriers led the hosts' challenge in the next group.

By 5 miles the group had split with Ribbons and Lamplough shielding Penny, Collingridge and Williams 10 seconds behind, Chase a further 7 seconds adrift and Cox and Barratt a further 7 seconds behind him.

At the finish it was Penny who led the sprint into the final 200 yards and seemed to have his 3rd win in 4 years all sewn up. Ian Lamplough, however, had other ideas and maintained a fierce challenge right up to the line where he pipped Penny by just 0.5 of a second in a time of 34.19. Ribbons was right behind in 34.21.

Boxhill Racers, who only formed in November 1984 took the team prize easily with 39 points, thus demonstrating what a force they are going to be in future. Cambridge were second and Woodford Green third. Paul Betts was first Blackheath man home in 15th place in 35.55, thereby winning the new Univite Micro Meal Trophy donated by Univite Ltd who also assisted the event by supplying the numbers. Blackheath won the first B team award.

In the ladies race Glynis Penny was never headed. Her 38.39 was 2.48 too good for second placed Margaret Lockley of Crowborough AC. Ann Roden of SLH was third in 41.37. Crowborough took the first ladies team award.

L.R.

SEVEN SISTERS MARATHON

South Downs

2nd February, 1986

This is an event I most certainly recommend. I would however advise that my schedule is followed if maximum benefit is to be gained from what is more of an experience than a race.

Deciding against a simple car journey to the start at Eastbourne I opted for a five hour ordeal on British Rail. Having done my homework, Sunday, February 22nd dawned to see me embark on the 4.30 am to Victoria, only to arrive to see the Eastbourne train disappear from view. Not to worry, ample time, plenty of trains. The next train was obviously very popular, even at this early hour, as I squeezed past the meth drinkers and dossers, comfortably settled on every seat. The first class was particularly popular and I was further impressed by the vagrants respect and observation of the British Rail rule not to use the w.c. whilst the train was in the station.

Seeking more sanitary accommodation I found a small group of legitimate fare paying passengers confined to one compartment. Most of the tramps departed at the off, but reminders of their presence still lingered. The whole scene gave the impression of the Indian Railways, this was further heightened by the erratic progress of the train. Having

developed a fault all connections were inevitably missed.

The start of the race at Eastbourne was very impressive. It was impressive to see several thousand walkers and runners disappearing over the hill to the strains of a brass band, as my taxi raced up the esplanade.

A late start of twenty minutes does enable a wider view to be taken and allows for the exchange of merry banter with fellow stragglers as one moves up through the field.

Patches of snow became more evident further onto the downs, and beyond Jevington it became quite deep in places. A slalom technique with plenty of "Bend zee kneez" paid off on the steeper descents.

Further on a deep rut, worn in the snow by the single file of runners ahead, wound across the hills, skirting the combe of Deep Dene to cross Windover Hill, with its archaeological sites and "The Long Man" of Wilmington. However, our goal on this occasion was the first check point. This was also the cut off point, which was quite comfortable for runners but a number of walkers failed to make this stage in time.

A steep descent to the banks of the Cuckmere River and into Alfriston was followed by a long steep climb out of the valley to Bostel Hill. Across the downs a further check point and drink station marked the turning point. A long arc brought the route onto an eastwards bearing back to the valley and to Cuckmere, at sixteen miles, where a band was playing to welcome us to the main refreshment area. I grabbed a drink but was tempted to stop for the chicken soup and sandwiches. It was at this moment I was struck by a more philosophical mood and decided that lost time was of little consequence and coffee and jam butties would round off lunch nicely. Suitably refreshed I followed the route which wound through the Seven Sisters Country Park from Exceat Farm, ascending a steep stairway through the forest before dropping to sea level and our first sight of the cliff path.

The weather at this point brightened to give us a clear view of the route ahead and the Seven Sisters. The cliffs curved into the distance and switchbacked alarmingly. It was evident that the "Seven Sisters" had not been celibate but had bred several offspring. The prospect would have been improved if masked in a thick fog. Fortunately there was very little breeze and the ground was firm as a result of the frost. Progress at this point was at "Scouts Pace". With a quick run down each hill, and considerable help from gravity, enough speed was generated to carry one partially up the next rise followed by a stagger on the crest. This performance was continued over each hill.

I understand that the cliffs are eroding at the rate of only 35cms each year, so will be a feature of the race for many years to come.

The organisers of the race gave quite clear instructions to stay well away from the cliff edge as it was extremely dangerous, but of course there is always the idiot who knows better. There he was, with large rucksack in situ, charging along the very cliff edge and at the same time peering down into the depths. One had to admire his steady head. It was suggested that he'd had enough of the race and wanted to end it all. The prospect at this point did have a certain fleeting attraction but the finishing line and medal drew us on.

Over the last of the Sisters a welcome drop down to Birling Gap. Time was pressing and any thoughts of p.b.'s were long since gone, all thought was now of the cut off time. However the offer of slabs of fruit cake and tea were just too much to resist and gaggles of runners were to be seen fortifying themselves ready for the final assault to Beachy Head.

A long climb through an area of scrub led past the old Belle Tout lighthouse back to the cliff tops. Just three miles to go and the proximity of the finish revived the flagging morale and the pace quickened to something approaching running for a final mad dash down the steep slope to the finish. Full circle brought us back to the reception at a school where medals were awarded. Further hospitality awaited with coffee, hot dogs and best of all cold rice with fruit salad,

served in the refectory overlooking the sea. The final act was a long swim in the school's heated pool before wandering to the station for an enjoyable journey home with new found friends, recounting athletic glories.

Despite the extreme cold the weather remained dry and it was certainly a day to enjoy. Compared to the current high level of entry fees for some races, the organisers, the L.D.W.A. gives very good value for £2.50.

Next year I will slightly alter my race plan by less intake of sandwiches at sixteen miles, thus allowing more capacity for the uptake of extra fruit cake at 22 miles.

If this personalised account seems more like an Egom Ronay guide to coarse runners I do apologise, particularly when I learned that Sarah Rowell had won the race outright in the amazing time of 2 hours 49 minutes. Still I bet at that pace she couldn't eat jam butties without spilling her tea.

J.R.

FENLAND ROAD RELAYS

15th September, 1985

The inaugural Fenland Relays were organised by March A.C. who have competed in similar events in France.

Teams consist of 5 runners, and the first leg of 7 miles (2 laps) *must* be run by a Vet, Lady or Junior. The next 4 legs of 10 and-a-bit miles each (3 laps) are inevitably run by Seniors, although Vets and Juniors may run. Finally, all 5 team members must run one final lap of approximately 3½ miles, and the team's time is decided when the last team member crosses the finishing line. It sounds more complicated than it is in practice.

Our team consisted of Mike Cronin (V), followed by Mike Williams, Keith Whicheloe, Norman Davidson and Tony Bounds.

Mike C got us off to a good start by running his 7 miles in 37-41 and at the end of the first leg we were 12th. Mike W then took us up to 9th, completing his 10+ miles in 59-26 and handing over to Keith who held us in 11th position, running his leg in 60-13. Both Mike W and Keith gave gutsy performances, bearing in mind their recent lack of racing practice. I ran the 4th leg in 58.19 which included a rather unfortunate last lap where a stitch eventually forced me to stop running for a short while, but the team was still 10th overall. Tony Bounds ran the final leg although his time remains the centre of controversy as far as I am concerned.

However, it is important to bear in mind that the final man is actually running a half marathon and the rest of the team, who are in a severe state of 'rigor mortis', have just remembered that they must run another 3½ mile lap. We decided to run together and finished the race in an overall time of 4 hours 55 mins, giving us 12th place from 74 teams. The relay was won by J. D. Sports, Harlow, in 4 hours 35 mins, followed by Stilton Striders and Omega.

We hope to return next year to improve our time and placing and we would strongly recommend this as a good day out, if not a weekend. The course is flat, and March is an easy journey on the M25 and M11. There are prizes for the first 9 teams and the organisers promise a bigger and better event in 1986 — 'A.W.' printed a report including the first 12 teams. so the club got a rare mention on the road running scene.

N.J.D.



LETTERS TO THE EDITOR

October 1985

Dear Les,

Blackheath Harriers 200 Group

I am writing to thank all our long term members for their continuing support and welcome those who have recently joined, wishing you slightly more luck than experienced by a few of our older members.

The current membership stands at about 170, giving a £2000 boost to the Clubs income, without which our athletic activities would be seriously restricted.

Listed below are the 1984/5 winners and I wish all others equal good fortune in the year to come.

I would also remind those members paying by cheque that 1985/6 subscriptions (£24) are now due.

1984/85 Winners

September	J. E. Hill	£50	£25	R. A. Morley, D. G. Hopgood
October	D. Millgate			Mrs. V. Cliff, E. Tunley
November	Mrs. M. Lorford			M. J. Davies, L. A. Wilson
December	£410 Mrs. S. Mallott			
January	S. Glynn			J. Oliver, L. Roberts
February	L. Roberts			R. Green, R. Savery
March	S. Glynn			J. Facer, M. Jackson
April	£400 G. Butlin			
May	Mrs. I. Parsons			B. Shapcott, R. Green
June	Mrs. I. Parsons			Mrs. J. Oldfield, G. Last
July	I. Wilson			K. Tonkin, K. McSweeney
August	£403 W. Tonkin			

Yours sincerely,

John Baldwin

January 1986

Dear Les,

I recently received the latest issue of the Gazette and was most impressed with its high quality production. Presentation, layout and content superb — you and your team are to be congratulated.

However, I can't believe that Geoff Crowder really wrote that letter! Is this the Geoff we know and love speaking? Or was he the worse for drink? I love the ladies as much as the next man and agree that a Veronique Marot or a Shirley Strong would tempt any hot-blooded male within a fifty mile radius to join the Club but change our name? Never! The day Blackheath Harriers changes its title is the day I join Colchester A.C. Sorry Geoffrey, you've made a bungle!

Yours 'heavenly,

Pete Catley

Looks like an argument is brewing! — Ed.)

March 1986

Dear Editor,

Please refer to your correspondent's suggestion that we institute a ladies' section and then change the name of the Club in its newly rejuvenated state to Blackheath and Bromley A.C.

I agree. The name of Blackheath Harriers is hopelessly out-of-date. It fails to record that we gave up gaslighting soon after the Second World War and have since been firmly

and loyally locked into Seeboard's local A.C. grid.

It is clear, too, that a visiting team arriving at Bromley North Station at 2.30 p.m. on a Saturday under the impression that we were a few hundred yards from it would have a better chance of making a 3 p.m. race — even if they waited for a bus — than they would if they made the same boner at B.R. Blackheath.

Nevertheless, ours is not the only national name among sports clubs of repute that needs to update its image. To re-name but a few I give you, gentlemen, the Woolwich, Enfield and Highbury F.C., to mark the final renunciation by Arsenal of any pretence at the manufacture of ordnance or munitions. By similar token, Sheffield Sunday-to-Saturday should now give up for all time their claim to be a team of early-closing shop-lads. I am, however, a little worried by Crystal Palace and Charlton Athletic and can only hope that the public will quickly accustom themselves to such score-lines as "Crystal Palace and Selhurst 3, Selhurst and Charlton Nil". There is, of course, even room for improvement in the Noblest Game, where the M. and St. J's W.C.C. would better reflect the geographical situation of their HQ at Noble Persons Cricket Ground.

Ladies should certainly now claim their full due share of the club's goodies and we must move much nearer to the notion of a centre of fun-for-all-the-family rather than that of the stuffy old Harriers Club that we set up in our ignorance 117 years ago. If there are still a few crabby fathers among you who would prefer not to have your young daughters exposed to the overcrowded confusion and strong language of a Wednesday evening, so be it. You are probably the kind of bourgeois, reactionary who could never appreciate the subtleties of the Unisex movement if they were spelled out in single syllables. Nor would it ever occur to you that by doubling that Wednesday attendance we might even bring back the therapeutic benefits of ankle-deep sewage now so sorely missed.

I believe there is even a chance that if we make these changes we may earn a subsidy from a smiling Borough Council. This is excellent news. It is well known that local politicians have in general a tender ignorance and open mind towards most things sporting but a sound conviction that if you put public money into an enterprise you cannot rely upon survival at the next election unless that same public gets its moneys worth or at least a seat on the spending committee. This should allow us to progress in popularity from the relatively strong position as a mere agency for mass entry to the London Marathon to the even stronger position of a mixed public baths handily placed for access from Hayes station and main bus routes. Be that as it may, we can rely entirely upon local politicians eventually to convince us all that that what is for the public good could never fail to be for ours.

As for the ladies themselves, I am wondering whether they are represented by those few who have, for the past two years or so, moved into the Club and nannied and chivvied us into a state of comfortable but numb incredulity from every vantage point in the Club, not excluding behind the bar. Not since Moses was found in the bulrushes can any males have been so securely cradled. How we came to believe in 1869 that we could survive 117 years without such coddling is beyond comprehension.

Finally, let us at all costs be chronistic. Anachronism brings in its train the miseries of monarchy as opposed to presidential government, to judges in full-bottomed wigs, to Beefeaters, English eccentrics, Club Cries and similarly dangerous originalities of thought. I put it to you, therefore, that if other Clubs have made these changes, whether they had the facilities for them or not, it would be taking a grossly unfair advantage if we failed to do the same.

Yours 'heavenly,

Don Gillate

INJURY EPIDEMIC!

As an ex-International High Jumper, and with a BSc in Sports Science from Loughborough University, I have had some experience in injuries associated with athletics. I have not only suffered them — from stress fractures to knee operations — but have also studied them, and discussed the problem with some of the best research scientists in the country. However, I am no authority on the subject, I simply wish to express a few personal ideas which may hopefully help you through an injury period.



What is an injury?

An athletics injury in almost every case means a 'chronic' condition, something that has built up slowly until eventually you feel pain and can't really explain what caused it. Occasionally you can injure yourself by attempting to go further, faster, or higher e.g. a hamstring pull, or a groin strain etc. — I would argue that these are still chronic problems, and are caused by tension built up overtime, usually created by a lack of adequate preparation.

There is another type of injury loosely termed 'impact injury' and such misfortunes as running into fences, or falling over coke cans come into this category. Usually with this type of problem, since the cause can easily be identified, the treatment can be more specific than for a mysterious chronic injury. So for the rest of the discussion I will limit myself to this chronic subject.

Most chronic injuries in medical terms are absolutely trivial. After a knee injury when I could hardly walk down the stairs let alone run, a physio declared me fitter than 90% of the population, and he was probably right! So these problems may be trivial to medical science but to the athlete — whatever their level — they can seem like the end of the world. Consequently we must learn to help ourselves.



Prevention

Training to approach your maximum is like walking on a knife edge. If you do too much you're in trouble, if you do too little you might not be performing at your absolute peak, but at least you're still in one piece. It is up to you and your coach to decide on the correct intensity, but here is the first lesson to be learnt in injury prevention — if in doubt, err on the side of too little training, better to be safe than sorry. The longer you can consistently train AND compete injury free, the greater the probability of improvement. If you decide to train two or more times a day, apart from building up gradually, be very careful to work different muscle groups/types in adjacent sessions — or else beware!

Be sensible. You've probably read about the 3 S's — shoes, surfaces and stretching with regard to training — but do you practice it? Shoes are the athletes most important piece of equipment whether your event is throwing the javelin, or running a marathon, so take time to consider the job that you want your shoes to perform. If you have an inexplicable injury then look to your boots. For example, for virtually the whole of one season I suffered from minor, but debilitating knee pain. Eventually I traced it to a particular pair of shoes! And even now if I simply walk in them the knee pain returns. There are scientific explanations as to why shoes are so important to chronic injury problems, but in practice we don't need to know why only how, and this is simple: buy the

shoes which suit you, this you can only do through an expensive period of trial and error.

If you want a dose of shin soreness then begin your speed sessions on the track in spikes. If you don't, then take time before changing footwear and surfaces. Build up your speed initially on surfaces you are used to, and then come onto the track in training flats, then racing flats and then spikes, this principle again applies to ALL athletes.

Stretching we all know is important but we either go over the top or we do none at all. Researchers are increasingly aware that in athletics, static gymnastic type stretching exercises may do more harm than good! Without going into too much detail, if the exercise is opening the joint to well beyond the operation range for your event e.g. quadriceps stretching by squatting back on your heels, or if stress is being placed on a joint in an extreme position e.g. prolonged hamstring stretching in the touch toes position, then there is a potential for damage. Other stretching is undoubtedly beneficial if done in moderation and at the appropriate time. Most of our stretching is done as the warmup phase to training. This is the WRONG time to do it; far better at the end of a session when the muscles have blood flowing freely through them. Actually there is a lot of myth surrounding warmup. Unquestionably there should be elements of personal preference derived from experience, however the general scientific guide lines at the moment for a training warmup (competition warmup requires a slightly different approach as it is important to prepare psychologically as well as physiologically, and the two are inseparable) seem to suggest the following; loosening of muscles and joints by gentle shaking, limbering, swinging and very gentle stretching; and increasing the specific blood flow in the working muscles by performing the exact movements in a slower and more controlled way.



Cure

What do I do if I get injured? The answer to this is simple — self treatment as soon as possible, and the best treatment for any athletic type injury is the application of SOFT ice e.g. Sportaid packs (frozen water is hard and can actually cause more soft tissue damage and bruising by its application) for 3 or 4 minutes, and then if the injury is bad, continue the treatment every hour for about 5 hours. Give yourself time to rest — how much is dependent on you, but for an injury serious enough to make you pull out of a competition, 3 days is probably a minimum. Take time to re-attain the previous training level — after every session use soft ice on the injury as soon as possible. Be patient (I wasn't!). If necessary change to a different event which causes less stress for a while, maybe even play a totally different sport. On top of this treatment seek expert advice and treatment from a medic associated with athletics — it might not do any good, but at least it will help put your mind at rest!

Finally, if you are continually suffering from injury after injury, take a step back from the sport, and ask yourself the following questions:

1. Am I relaxed when I go training?
2. Am I relaxed when I come back from training?
3. Am I looking after my health?
4. Am I enjoying this sport?
5. Am I competing at the level I am capable of?

If the answer to these is no then perhaps it's time to have a break from athletics for a while, or it could be worth radically changing your training and competition structure. On the other hand if the answer to these questions is yes, then I look forward to hearing of your successes in 1986!

T.F.