

HON. SECRETARY'S REPORT



THE PRESIDENT'S MESSAGE

When accepting office at the recent A.G.M., I reminded those present that Blackheath Harriers is "a *members club* for the promotion of *athletics*". These three key words sum up why true Heathens are what they are and who they are.

Whatever our personal particular interest — track and field, cross-country, road or social — be we colts, veterans or somewhere in between, we all have something to put in to offset what we get out. We can all get more out of being a Heathen by putting more in.

Cynics will doubtless claim they have read previous presidential messages with similar themes — the "heard it all before" syndrome. But road runners can run over the country, field events men can attend members and open evenings, track runners can hold office and/or perm any other two out of these combinations. By broadening our interests we widen our experience, and that's the way to get the most out of membership of our Club.

1985-6 was a tremendous year of achievement for the Club — a hard year to follow. I trust you all experience the sweet taste of success in your athletics in 1986-7, and I look forward to enjoying it with you.

Derek L. Gregory,
President

Mr. President and Gentlemen,

I have the honour to present the 117th Annual Report of Blackheath Harriers for the year ending 30th September 1986; a year which has been not only very successful in the athletic arena but has also resulted in our recognition of the need to examine our own future critically so that we might continue and consolidate this success and broaden it to the total spectrum of activity which the Club and its athletes encompass.

Our Membership figure at the end of September 1986 stood at just over 1000 a similar figure to last year. The stable membership number is perhaps indicative that the "boom" which came on the back of the London Marathon is now "bottoming out".

During the year we elected 107 members against which there was a loss of 104 due to resignations and deletions. Sad to relate there were seven deaths recorded and all had been Blackheath Harriers for more than 25 years.

Bertram Carter joined the Club in 1926 and was 90 when he passed away; V/P Charles Clowser who joined in 1923 served as winter captain from 1929 to 1931 and was made a V/P in 1950. Joe Collett had joined in 1950 and was a Life Member. P/P Stanley Field joined in 1932 and was cross country secretary from 1934 to 1938, he was made a V/P in 1948 and was President in 1952/3; Arthur Holland joined in 1940; as well as being a Life Member of Blackheath he was also a Life Member of the ECCU and had been President of South of the Thames CAA and South Counties CCA. V/P Norman Page joined in 1933 and was made a V/P in 1954. He was track captain for 17 seasons from 1950 to 1952 and 1954 to 1969. Bertie Pearce had been a member for 65 years, he joined in 1921.

Turning to the Club's athletic activities I begin with the cross-country season which I am delighted to report gives great pleasure with results that enable the Club to hold its head high once again after the relative mediocrity of recent years.

As many of us know from personal experience the great problem of obtaining success is not encouraging or cajoling the maximum from the team once they are competing but getting them to the starting line at all.

Before crediting our cross country runners a great deal of the success must be credited to the "non-playing" Captain — Gary Botley, ably assisted by his secretary Bruce Grant and Ian Dibbens as Vice-Captain in charge of the young athletes.

The highlight of the winter season was the winning of the Southern Counties Championship for the first time in the Club's history and full credit to that team — Bill Foster 12th, Tim Nash 16th, Jerry Barton 30th, Bill O'Donnell 35th, Richard Coles 40th and Pat Calnan 74th which took us to a victory 23 points clear of runners-up Basildon AC. Almost incidentally we retained the Camden Cup for being the first Club to close in 12 runners.

This improvement in our fortunes was reflected in the National Championships where we finished 20th, an improvement of 73 places on the previous season, again Bill Foster was first man home this time in 36th position.

In the Kent County Championships held at Ashford in January we finished 5th, again an improvement albeit small. Sad to relate we had no junior team although in the Colts race we took the 3rd team medals, with our Boys team finishing 6th the same position as the Youths. The Veterans were runners up in their County Championships held the previous month at Canterbury.

The Club had three competitors in the Inter Counties Championships held at Leicester; Tim Nash representing Yorkshire finished 76th, Jerry Barton representing Wiltshire 83rd and Bill O'Donnell representing Avon 147th. In the younger age groups race at Basingstoke Anthony Algeo had finished 23rd in the Colts race and Robert Whittle 41st in the Boys Race.

In the South of the Thames Championships, the Club finished 18th in the Junior race at Basingstoke and 9th in the Senior race at Croydon.

Our attendance and performance in the Kent League were again disappointing but one continues to hope that this season we may surprise ourselves and make a success of it. On this score the seniors could well learn from the youngsters who in spite of their attendant logistical problems managed to finish 7th, 5th and 2nd in the Youth, Boys and Colts sections respectively of the Kent Young Athletes League and in the HHH YA League, the three age groups combined position was 3rd; in our own domestic Young Athletes Club Championships the winner of the Colts was Anthony Algeo, Boys Liam Bulson, and the Youths Mark Lawton.

At the other end of the age range in the Southern Veterans Championships held at Basildon Barry O'Gorman led home the team in 4th place in the 3 to score and 3rd in the 6 to score events for the over 40 age group; we did not close in a team in the over 50s race. We reversed the situation in the National in failing to close in our over 40 team but succeeding in finishing an over 50 team.

Honours in our own Championships were well spread with Richard Coles taking the 5 from Bill O'Donnell with junior Gary Arthey 3rd. The 7½ mile Championship was held as usual in conjunction with the SLH mob match and Bill Foster beat Richard Coles with Lance Wright in third place. The 10 was retained by Pat Calnan from Bill O'Donnell and veteran Pete Anderson, who also won the Club's Veterans Championships from Mike Cronin and John Taylor.

As I said at the time there are not many Clubs who can attain the distinction of being Southern Champions and yet lose to Orion in the same season — but we managed it. Full credit to Orion for beating us and a warning not to underestimate them in future seasons if we wish to retain our dominance of the mob matches. Against SLH at home we again turned out a record field and convincingly retained the Nicholls Cup and away to Ranelagh we nearly made the 100 but nevertheless were in sufficient strength to retain the Pelling Ratcliffe Cup.

Word of our numerical strength had obviously percolated across South London to Wimbledon and Thames Hare and Hounds beat us with a clever bit of gamesmanship — “do not bring more than 50 our changing accommodation is limited”!

Any reservations we had hitherto harboured about our own accommodation due to the cess pit have hopefully now disappeared thanks to BHHQ and the initiative of P/P Jim Day, the work of P/P Ian Wilson and V/P Jack Braughton under the direction of P/P Laurie Hammill which saw us connected to main drainage this year.

Our continental venture to Roeselare was again both successful and enjoyable — we packed well to achieve our best senior performance to date and in the junior event Gary Arthey finished 14th. In the vets race Les Roberts was the individual winner supported well by Ian Wilson 4th, Barry O'Gorman 10th, Mike Cronin 13th and Keith Arthey 63rd.

The rowers invitation cross country race which we host in alternate years was poorly supported and its future will be reviewed in conjunction with Ranelagh.

Our thanks are expressed to the Trail Layers — an elite body of men that should not be forgotten since our home cross country fixtures depend on them. There is not a season goes by without there being an appeal in the Gazette for more recruits — I am sure that out of our 100 mob match competitors some must get injured at some stage of the season and want to put back a little into the Club that gives them such obvious pleasure.

Our two aquatic ventures saw another win in the Frankeiss Cup for Ranelagh and the Maryon Wilson swimming trophy was retained by Mike Laws.

To round off the Winter season the Johnson Bowl was won by Peter Hannell.

Unfortunately the proposed Open 10 mile cross country race did not make it to the starting line but our other promotions went off very successfully and smoothly.

Held in adverse weather conditions on a course plagued by civil engineering works, the Ted Pepper 7 again attracted a large field and our thanks to Simon Parsons who stepped in at the last minute and undertook the organisation.

The 25 × 1 mile relay this year was also under new management with P/P John Baldwin making it the continued success it has become. Once again on the same day, in Hyde Park, the “BGs” were showing that life begins at 60!

Our success in the Winter on the country moved with us into the Spring. In the Southern Counties 12-stage road relay at Wimbledon we finished in 12th position thus receiving an invitation to the National event at Sutton Coldfield. In the Southern Bill Foster recorded 4th fastest time of the day for a short leg and in the National he recorded 7th fastest, again for a short leg. Overall the Club finished in 25th position which compared well with our National Cross Country position.

John Hills again organised the cross-country relay and our thanks are due to him and his team; this year our A team finished 5th.

When Chris Brasher conceived the London Marathon he declared that one of its objectives was to ‘raise the standard of marathon running in the UK’ and to that end it has been very successful.

As far as we are concerned our own standards have appeared to have gone in the opposite direction but nevertheless we must give full credit to John Baldwin for winning the Club Marathon Championship with veterans Chris Woodcock and Roy Savery in 2nd and 3rd positions.

Our commitment to the London Marathon both in numbers of competitors and hours of administrative work continues and the financial reward for the latter is well acknowledged by the organisers.

With the proliferation of road races concentration of team effort becomes difficult but nevertheless we won the Hempstead Valley half marathon, finished 2nd in Boulogne in a race of dubious distance and 3rd in a City Centre race in Brighton. Individually Lyn Attenbury was 5th in the Dallington 10, Pat Calnan was 8th in the Centresport 10Km at Crystal Palace and Les Roberts was 11th in the Bath half-marathon. On the international scene Les was 3rd veteran in the Boston Milk Run 10Km and a week later finished 38th in the Boston Marathon in 2.24.59 again 3rd veteran.

Our success on the track and in the field continued with improvements in our British League position and for the Young Athletes in the Dunlop National League final.

In a crowded International season with the Commonwealth Games and European Games three Blackheath Harriers were rewarded with international selection. Graham Savory represented England and Great Britain in the shot and discus, Darryl Brand represented England in the javelin and Brad McStravick represented Scotland in the decathlon and pole vault. Subsequently at the Commonwealth Games Graham finished 4th in the shot and 5th in the discus, Darryl finished 4th in the javelin and Brad finished 4th in the decathlon, setting a new Club record in the process and 8th in the pole vault.

In the European Championships Graham did not reach the final.

In the UK Closed Championships, Graham Savory won the discus and was 2nd in the shot, Peter Yates and Darryl Brand finished 3rd and 4th respectively in the javelin and Phil Davies was placed 5th and 6th in the 100 metres and 200 metres respectively.

In the AAA Championships Mike Winch finished 2nd in the shot, Graham Savory 3rd in the shot and 2nd in the discus and Darryl Brand 3rd in the javelin.

In the Southern Championships first places were secured



Graham Savory again, this time uncaged. A fabulous season for the Harriers and Great Britain.

by Graham Savory in the discus and Darryl Brand in the javelin and Phil Davies was runner up in the 100 metres. In the junior events, Lance Wright was second in the 2000 metres steeplechase; Nigel Keogh was second in the 400 metre hurdles.

Vaughan Corless won the Youths 400 metres; Wayne Evans was 3rd in the high jump and Jim Overall was similarly placed in the shot; John Forrest won the Boys 400 metres with Richard Holt 2nd.

Before turning to the Club's fortunes, Phil Davies must be considered unlucky in view of his performances this season not to gain full international recognition.

In the British League we recorded our highest ever position of 4th and if we continue this calibre of performance we should be able to look at the first three places and thoughts of avoiding relegation will be a thing of the past.

Our B and C teams finished 15th in Division 1 and 16th in Division 4 of the Southern League respectively.

The Club reached the GRE Cup Final again this season and we finished 6th, the same place as last year. We won the Sward Trophy for the fourth successive year and also competed in the Kinnaird Trophy.

In the Kent Relays the Seniors won both the 4 x 100 and 4 x 400 the latter in a time of 3m 16.2s, a championship best performance; the Young Athletes rounded off a very successful season with 5 first places, and equalling or bettering the championship best performance with two of those, one also being a UK Club best performance.

This was the picture for the Young Athletes throughout the season as Club records fell with almost monotonous regularity.

In the National Young Athletes League the Club won the Eastern Premier Division for the first time and qualified for the National final held this year at Birmingham; there we achieved our best ever position as runners-up to Birchfield and in the process collected 44 medals, saw 23 pbs recorded and the setting of 5 new Club records. In the Kent Boys and Colts League the Club retained the three Division 1 Championship titles.

Without the work that Andy Frankish puts in along with his Vice Captains and Team Managers our success would not be what it is; the same is true of John Powell and we must hope that the success he has produced comes through the age group to maintain our senior triumphs.

The intermittent appearance of the Courier in the past 12 months has been offset by the quality of Gazette and once again our Editor and his team have gone one better. Their talents were recognised nationally and they collected a prize for the Club as one of the best athletic club magazines in the UK.

The collection and collation of results and reports remains as one of the main chores of the editor and the reluctance on the part of some, perhaps stemming from some sense of false modesty also besets John Powell who has endeavoured to achieve our local Press coverage.

The Social Club's invaluable support was evident with the provision of refreshments at both Hayes and Norman Park, a thematic social evening and a jumble sale and we are grateful for the donation received from these activities as well as the provision of our new curtains in the Clubhouse.

Reports received from the Table Tennis section indicate that they had a good season.

I have dwelt so far upon the more energetic of our endeavours and now must turn to the administrative side of Club life.

The Committee has met as is customary on a regular monthly basis to deal with regular Club business and these meetings were supplemented by two special committee meetings. Additionally various sub-committees have also met to deal with specific tasks.

During the earlier part of the year the Committee recognised the need to look critically at its own future and set up a Development Sub-Committee with P/P C. Brand as its convenor. With the approval of the General Committee it defined its terms of reference and set out the areas upon which it should focus its attention. These were coaching, our relationship to Bromley Ladies AC, the changing of the Club's name, sponsorship, finance and the Committee structure itself.

Having made some initial research into these areas and reported to the General Committee it was decided that since some of these topics were so germane to Club life as we currently know it a Special Committee meeting should be held solely to discuss these topics.

This was held and it resulted in the creation of a coaching scheme which is now in operation and the setting up of a joint Committee with Bromley Ladies to examine specifically common interests at Norman Park. It was agreed that no further action should be taken in respect of changing the Club's name and there was acknowledgement that we should be ever alert to possible sponsorship for the Club.

The Development Sub-Committee is looking at evolution not revolution.

P/P Alan Brent has represented our interests on Bromley Sports Council and with developments such as the new building at Norman Park it is important that we continue to make ourselves aware of the Borough's plans in respect of all athletic and other sporting facilities on offer.

Finally I am grateful to all the officers of the Club for the help they have given me. I have been especially fortunate in having the previous incumbent sitting beside me for the past twelve months and Mr. President, I thank you particularly for your support and guidance in my first year as Secretary of Blackheath Harriers.

TRACK & FIELD 1986



An indication of the sort of company our boys keep these days. Bill Foster battles it out with Billy Dee (7) and Seb Coe (5).

BRITISH LEAGUE — MATCH ONE

Birmingham

10th May, 1986

In blustery conditions the 1986 British League Division One season began at the Perry Barr Stadium, Birmingham, home of Birchfield Harriers, the 1985 League Champions. If Blackheath were to make any impression on the higher positions in the League then it was vital that they got off to a better start than last season, when in the opening fixture, after a series of disasters, they had finished last.

For the past two seasons Graham Savory has proved a regular and high points scorer in the discus, shot and occasionally the hammer, but it was at Perry Barr that Graham really made his mark on British Athletics when he unleashed a fifth round throw with the discus of 60.92m to not only break the fourteen year old club record but also the thirteen year old British League record. The throw also raised Graham to seventh on the U.K. all time list. Just for good measure Graham added a further victory in the shot with a putt of 16.72m.

The other outstanding performance of the day came in the 4x400m from the squad of Brad McStravick, Buster Watson, Nigel Keogh and anchorman Dominic Emery who smashed the club record, recording a time of 3.13.74 over two seconds off the existing mark.

Phil Davies in the sprints and Darryl Brand in the javelin also pushed their claims for international recognition with

strong performances, Phil including olympian Donovan Reed amongst those behind him in the 200m, and Darryl winning the javelin.

A series of solid performances throughout the day resulted in the 'Heath' taking a strong fifth in the match just 5½ points behind fourth placed Sale Harriers. Haringey were the runaway match winners showing they will be a force to be reckoned with during the rest of the season.

A				B			
100m	3. P. Davies	10.79	6. J. Phillips	11.25			
200m	2. P. Davies	21.48	6. J. Phillips	22.76			
400m	6. T. Foulger	49.11	3. D. Emery	48.85			
800m	4. B. Foster	1.54.24	6. G. Clifford	1.55.69			
1500m	5. B. Foster	3.54.56	3. T. Nash	3.57.48			
5000m	7. R. Coles	14.55.14	4. I. Roberts	14.57.09			
3000m s/c	8. P. Betts	9.38.65	3. P. Calnan	9.54.40			
110m h	5. C. Hamplitt	14.99	4. A. Fischer	15.53			
400m h	7. T. Foulger	55.68	4. N. Keogh	56.38			
p.v.	6. B. McStravick	4.00	6. M. Cannon	3.20			
h.j.	7. A. Hodge	1.90	4. B. McStravick	1.90			
l.j.	4. G. Pullen	7.01	8. R. Weaver	4.90			
t.j.	8. C. Ranking	12.29	7. M. Cannon	11.27			
Shot	1. G. Savory	16.72	3. D. Brand	13.62			
Discus	1. G. Savory	60.92	3. C. Ellis	48.40			
Javelin	1. D. Brand	73.72	4. B. McStravick	51.96			
Hammer	6. N. Halfenden	41.70	6. C. Ellis	35.30			
4x100m	8. Weaver, Davies, Phillips, Hamplitt			43.20			
4x400m	3. McStravick, Watson, Keogh, Emery			3.13.74			

Match Result

1. Haringey 376; 2. Birchfield 348; 3. Wolverhampton & Bilston 300; 4. Sale 259; 5. Blackheath 253.5; 6. Newham & Essex 241; 7. Shaftsbury 224; 8. Luton 190.5.

BRITISH LEAGUE — MATCH TWO

Copthall

15th June, 1986

The British League arrived for its second match at a Copthall Stadium basking in the bright sunshine, but the strong winds which seem to have plagued Britain this summer were determined to have their say in the proceedings.

What Birmingham Graham Savory had been the star of the day then at Copthall the day surely belonged to javelin thrower Darryl Brand. Having thrown a new pb of 82.78m to win the Southern Counties the week before Darryl was obviously in good form. This Darryl confirmed in the third round with a new pb of 83.26 but then in the fifth round he threw a massive 86.28 to beat Peter Yates' Blackheath Club record and British League record of 85.92, raising himself to fourth on the U.K. all time list.

Also competing in the wake of a good performance in the Southern Counties was Phil Davies who recorded Blackheath's first track victory of the season in the 'B' string 200m winning in a pb of 21.12, the fastest time of the day. Buster Watson also secured valuable points in the sprints notching up seconds in the 'B' string 100m and 'A' string 200m.

Graham Savory consolidated on his Birmingham performance with a win in the shot and a second place in the discus being strongly supported by Chris Ellis, second in the 'B' string discus. It was also good to see Dominic Emery on the way back to regaining his 1982 form, the year in which he established a junior club 400m record of 47.58. Gary Pullen recorded a season's best, albeit windy in the long jump.

Whether strong all round team performance ensured fifth in the match and moved Blackheath one place up in the league to fourth, a position which if they maintained, would be their highest ever league placing.

A		B	
1. P. Davies	10.82	2. B. Watson	10.74
2. B. Watson	21.24	1. P. Davies	21.12
3. D. Emery	48.34	6. D. Galvin	50.01
4. B. Foster	1.53.90	6. G. Clifford	1.55.96
5. T. Nash	3.56.4	3. J. Barton	3.57.49
6. B. O'Donnell		6. R. Coles	15.26.72
7. P. Betts	9.32.86	7. P. Calnan	9.58.66
8. P. Brooks	17.18	7. T. Foulger	18.46
9. T. Foulger	55.44	3. N. Keogh	55.05
10. J. Cunningham	3.40	5. J. Wakeman	3.20
11. A. Hodge	1.95	6. P. Brooks	1.80
12. G. Pullen	7.28	5. B. Weaver	6.77
13. P. Birchfield	13.14	5. C. Rankin	12.43
14. G. Savory	17.18	5. D. Brand	13.67
15. G. Savory	54.64	2. C. Ellis	48.06
16. D. Brand	86.28	2. J. Kitching	56.42
17. N. Spivey	51.38	6. D. Brand	28.64
18. Green, Davies, Weaver, Pinson			43.20
19. Foulger, Galvin, Keogh, Emery			31.74.00

1. Burchfield 365; 2. Wolverhampton & Bilston 283; 4. Blackheath 260; 6. Luton 236; 7. Newham & Essex 231; 8.

BRITISH LEAGUE — MATCH THREE

5th July, 1986

From the cold deserted town of Wigan which welcomed the Blackheath team coach on the eve of the third B.L. match at a time close to midnight. The coach had been scheduled to leave between 9 and 10, but a misunderstanding by the coach driver and the coach company led to half the team having to travel to Victoria Station from Hayes and a very late departure.

Things did not get much better on the morning of the match. After leaving in plenty of time the long jumpers and hammer throwers saw their warm up slowly eating away as the coach searched frantically for the track and became lost amidst Wigan's one way system. Thankfully the team arrived in time to allow the opening competitors a reasonable warm up.

One could be forgiven for suggesting that all this led to a poor team performance but far from it as Blackheath produced what was probably their best ever B.L. performance to finish in the highest ever position of third, only Haringey and Birchfield beating us on the day.

There were five individual wins during the day. Mike Winch, competing in his first league match of the season in the "A" string shot with Graham Savory completing the double in the "B" string adding to his victory in the discus. Darryl Brand continued a superb season winning the javelin whilst Buster Watson gained the only track victory of the day on the 100m "B" string. In the 1500m Bill Foster showed that he didn't leave all his best running behind on the country as he continued a consistent season with a fourth place behind internationals Tony Morrell and Nick Peach. Indeed Bill's fighting performance was typical of a number throughout the day which combined to produce such a satisfying end result.

The day's third placing consolidated Blackheath's position of fourth in the league and moved us within striking distance of Wolverhampton and Bilston in third place. Meanwhile Haringey notched up their third successive win of the season thus virtually wrapping up the league title.

A		B		
100m	2. P. Davies	10.65	1. B. Watson	10.85
200m	2. P. Davies	21.60	4. D. Emery	
400m	4. D. Emery	49.25	3. B. Watson	48.63
800m	6. L. Wright	1.56.00	6. G. Clifford	1.56.00
1500m	4. B. Foster	3.50.03	3. T. Nash	3.56.00
5000m	5. B. O'Donnell	14.40.1	4. R. Coles	14.54.00
3000m s/c	5. P. Betts	9.34.6	4. P. Calnan	9.40.1
110m h	6. C. Hamplitt	14.63	6. B. McStravick	15.35
400m h	4. N. Keogh	54.68	3. T. Foulger	55.45
h.j.	6. A. Hodge		6. M. Cannon	
l.j.	4. G. Pullen		5. B. Weaver	
t.j.	8. C. Rankin		6. A. Hodge	
p.v.	4. B. McStravick	4.20	4. M. Cannon	
Discus	1. G. Savory	56.34	4. D. Brand	
Shot	1. M. Winch	17.79	1. G. Savory	17.15
Javelin	1. D. Brand	76.48	4. B. McStravick	
Hammer	6. N. Spivey		5. N. Haffenden	
4 x 100	3. Watson, Davies, McStravick, Green			41.64
4 x 400	5. Foulger, Calvin, Keogh, Emery			3.17.06

Match Result

1. Haringey 390; 2. Birchfield 329; 3. Blackheath 287; 4. Newham and Essex; 5. Wolverhampton and Bilston 256; 6. Shaftesbury 248; 7. Sale 222; 8. Luton 184.

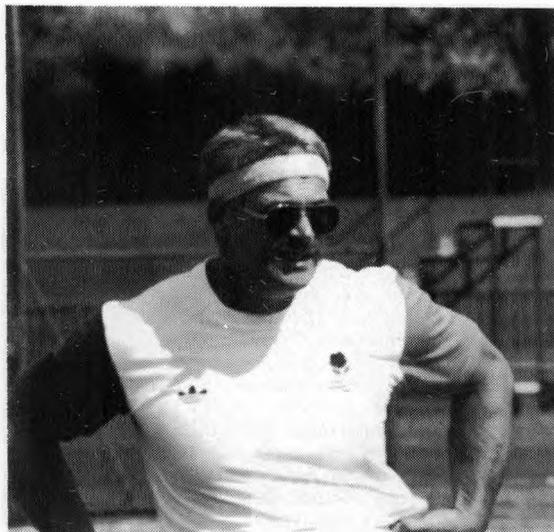
BRITISH LEAGUE — MATCH FOUR

Plaistow

16th August, 1986

The 'Heath' arrived at their final B.L. match at the home of Newham and Essex Beagles in the knowledge that, barring a major disaster, they were virtually certain to finish at least fourth in the final league table. Another outstanding result like the last one in Wigan could have led to them leap-frogging Wolverhampton & Bilston into third place. A number of late withdrawals however suggested that a final position of fourth was the more likely result.

Blackheath's only win of the day came from the ever-consistent Graham Savory who, in a close tussle with Great Britain team mate Paul Mardle (W&B), snatched victory by two centimetres in the last round of the discus with a throw of 58.18m. In the high hurdles Colin Hamplitt again showed



Irrespressible Mike Winch returned to win the Shot at Wigan.

that he *can* complete with the best of them, finishing fourth in a quality-packed race and leaving Scotland's Commonwealth Games representative John Wallace amongst those behind him.

Andy Hodge showed that his talents stretch further than those he has shown in competing in the high jump this season — as a last minute replacement he also scored valuable points in the long and triple jumps. Then, when Dominic Emery sustained an injury whilst competing in the B string 200m, Hodge was once again called upon as a late replacement in the 4 × 400m, running a fine leg as the 'Heath held on for fourth place.

The final result saw Haringey as runaway winners to complete a grand slam of victories and regain the league title from Birchfield. Another fine all-round team performance from Blackheath left them in fourth to finish off their best ever league season, amassing a total of 19 league points in fourth place, just one point behind Wolverhampton & Bilston.

	A		B	
100	2. P. Davies	10.66	B. Watson	
200	2. P. Davies	22.05	D. Emery	
400	3. D. Emery	49.23	C. Galvin	
800	G. Clifford		J. Kemp	
1500	3. W. Foster		T. Nash	
5000	3. W. O'Donnell	14.34.00	P. Calnan	
3000 s/c	P. Betts		T. Soutar	
110 h	4. C. Hamplett	14.63	T. Foulger	
400 h	5. N. Keogh	54.99	T. Foulger	
h.j.	3. A. Hodge	1.95	M. Cannon	
p.v.	M. Cannon		Coleman	
l.j.	3. G. Pullen	7.05	A. Hodge	
t.j.	P. Byfield		A. Hodge	
s.p.	2. G. Savory	16.51	B. Watson	
d.t.	1. G. Savory	58.18	4. M. Winch	48.54
h.t.	5. N. Spivey	51.36	N. Haffenden	
j.t.	3. P. Yates	67.92	J. Kitching	
4 × 100	6. Blackheath	42.82		
4 × 400	4. Blackheath	3.18.61		

Match Result

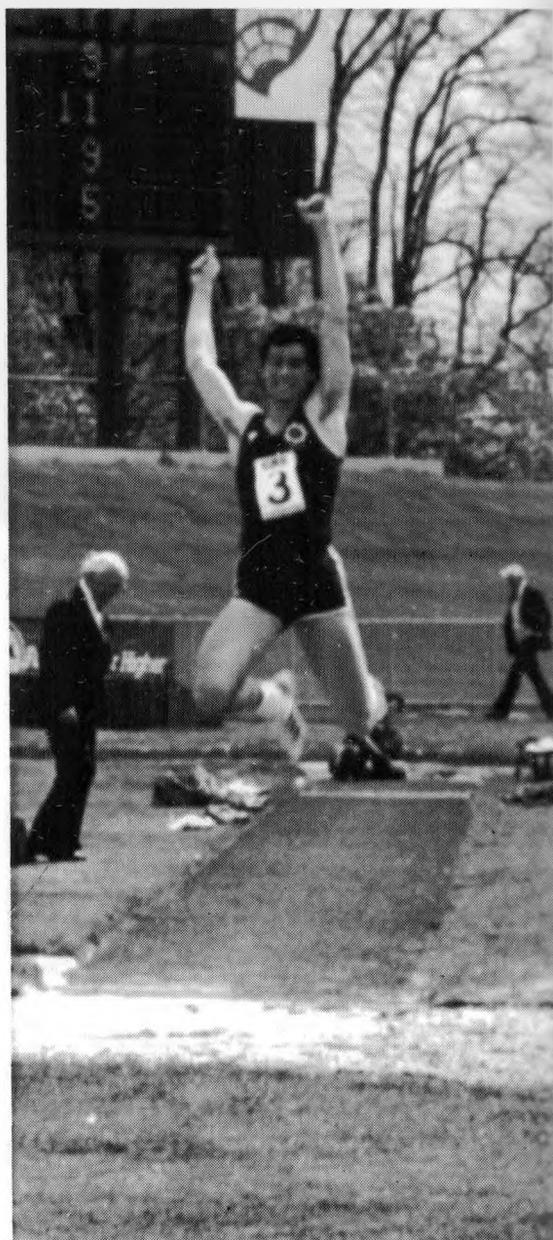
1. Haringey 371; 2. Shaftesbury 327; 3. Newham & Essex 305; 4. Blackheath 272; 5. Wolverhampton & Bilston 268; 6. Sale 246; 7. Birchfield 231; 8. Luton 152.

P.S.

We regret that a full set of detailed results could not be made available to us — Ed.

BRITISH LEAGUE — FINAL LEAGUE POSITIONS 1986

1. Haringey	32 pts
2. Birchfield	23 pts
3. Wolverhampton and Bilston	20 pts
4. Blackheath Harriers	19 pts
5. Shaftesbury	17 pts
6. Newham and Essex Beagles	16 pts
7. Sale	11 pts
8. Luton	6 pts



Gary Pullen clearly has much in common with Heike Drechsler.

3.13.74!



Nigel Keogh, Buster Watson, Brad McStravick, Dominic Emery 4 × 400m club record breakers at Birmingham... and how they did it.



Brad 48.9 hands to Buster.



Buster 47.5 to Nigel.



Nigel 48.5 to Dominic 48.8.



Pat Calnan and Paul Betts the first team steeplechase duo this season.

G.R.E. GOLD CUP — SEMI-FINAL

Haringey

10th August, 1986

Having qualified for the cup final last year Blackheath were given a bye through to this years semi-final. In order to qualify for our third successive final we would have to overcome what on paper looked a very strong semi-final, with the main opposition coming from Haringey, arguably the top team in the country, and Belgrave who currently led Division Two of the British League.

In stark contrast to the semi-final at Luton the year before which was plagued by incessant torrential rain, the sun shone gloriously over North London but, not for the first time this season, performances were impeded by strong gusting winds.

In order to qualify, positions in the top three would have to be the order of the day, and with Peter Yates, Graham Savory, Colin Hamplett and Phil Davies all in winning form together with seven seconds and four thirds in the twenty events this proved to be just the case.

G.B. International Peter Yates proved a more than adequate substitute for the injured Darryl Brand in the javelin winning by a comfortable margin while Colin Hamplett won the 110m hurdles at the expense of Haringey's Anthony Jarrett, disqualified for deliberately pushing over a hurdle.

Dominic Emery continued his steady return to form in the 400m running under 48 seconds for the first time in three years in finishing in second place and the high jump saw the welcome return of international Trevor Llewelyn to the first team. Whilst his performance was not quite up to the heights of his club record it was nevertheless good enough for fourth place.

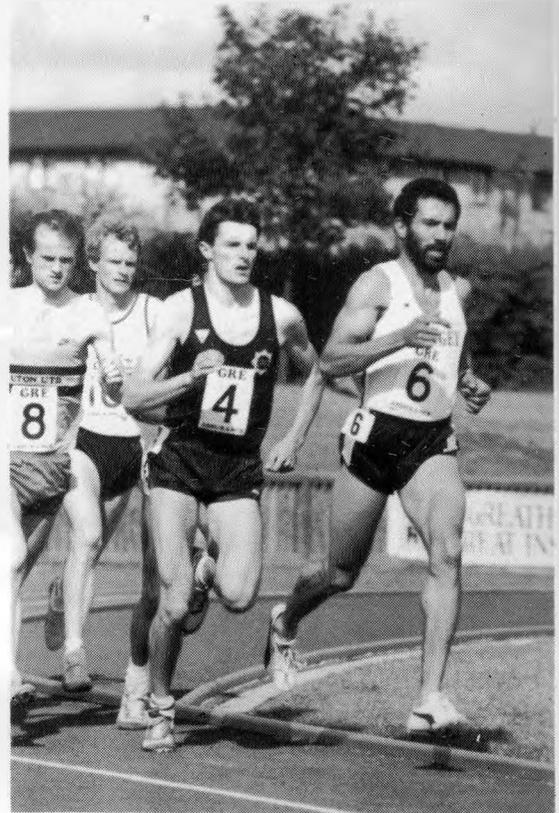
The 4 × 100m relay squad of Brad McStravick, Steve Green, Phil Davies and Buster Watson reaped the benefit of some good changeovers to record their fastest time of the season in second place a position matched by the 4 × 400m squad.

So in the end Blackheath qualified comfortably in second place behind Haringey, going forward to the final at Cwmbran.

100m	1. Phil Davies	10.82
200m	2. Phil Davies	21.88
400m	2. Dominic Emery	47.88
800m	6. Giles Clifford	1.55.47
1500m	2. Bill Foster	3.48.87
5000m	3. Tim Nash	14.51.87
10000m	8. Richard Coles	33.16.88
3000m s/c	4. Paul Betts	9.37.5
110m h	1. Colin Hamplett	15.28
400m h	3. Nigel Keogh	53.97
p.v.	2. Brad McStravick	4.20
h.j.	4. Trevor Llewelyn	1.95
l.j.	3. Gary Pullen	7.12
t.j.	7. Paul Byfield	13.03
Shot	2. Graham Savory	17.00
Discus	1. Graham Savory	56.84
Javelin	1. Peter Yates	71.96
Hammer	3. Nigel Spivey	52.66
4 × 100m	2. McStravick, Davies, Green, Watson	41.74
4 × 400m	2. Foulger, McStravick, Galvin, Emery	3.15.47

Match Result

1. Haringey 135; 2. Blackheath 125; 3. Belgrave 110; 4. Windsor 83; 5. Hillingdon 75; 6. Brighton 75; 7. Croydon 67; 8. Gloucester 63.



Tim Nash added strength at both 1500m and 5000m.

G.R.E. GOLD CUP — FINAL

Cwmbran

3th September, 1986

The first team ended it's travels in front of the T.V. cameras with the Gold Cup Final at Cwmbran. Athletic's equivalent of the F.A. Cup Final, the Gold Cup Final is the highlight of the season for many club athletes and always provides some high quality competition. After finishing fourth in the league the team was confident that they could match this position if not improve on it in the cup.

competition caused by an ankle injury in early May. But the enthusiasm of the crowd, who followed with a genuine interest the whole of the event, plus the excellent camaraderie built up between the competitors, made it very satisfying. More so than the Olympics, where although I performed better the fierce competitiveness and tension removed any enjoyment". Brad's contributions to the 1st team this year have been invaluable, and next season he aims to add an 11th event to his repertoire — the 400m hurdles. Could Ed Moses be toppled at last?

Darryl Brand had an encouraging start to the season, and but for his boots disintegrating during a throw in the early rounds of the AAA's Championships, leading to a serious foot injury (which subsequently had to be operated on), perhaps the club might have had a European medal winner. Nevertheless a throw of 72.70 gave him 4th place in the Commonwealths, and secured a place on the International Invitation meeting circuit. Apart from the British League matches, his most enjoyable competition this year was an U23 match against Belgium and Australia in Brussels, where he came 2nd with a throw of 71.98m and then joined our colonial cousins for a long session of their number 1 sport! Darryl attributes much of his throwing improvement to an overall development of athleticism. Apart from computer assisted weight training, his coach (and now 'old lady') — Jo Anne Hilliard ensures that he balances this with a diet of sprinting, hurdling, bounding to improve his overall coordination. Now I feel like an athlete rather than a strong blob!". Next season the ex-strong blob, is looking forward to the World Championships, and his coach confidently predicts that he will be capable of throwing the new spear well beyond the 80m mark — officials take note! The only snag from our point of view is that by then he will not be one of us. He will be in New Zealand and heading for citizenship. We wish him and Jo-Anne all our love and best wishes.



Our loss — the Kiwis' gain.



Phil Davies

Another of our home grown superstars, Phil Davies, entered the international arena for the first time this year. He won the 100m in the Welsh Games with a time of 10.34, on his England debut. From this victory he went from strength to strength, consistently beating the likes of Donovan Reid and Clarence Callender in the British League events, and finishing 7th in the AAA's final in 10.47. On these performances he was unfortunate not to achieve selection to the sprint relay squad for the European Championships, and felt that had he been given a couple of top class races could have shown the selectors just what he was really capable of. However, Phil rounded off his season in fine style by finishing 3rd in the McVities Grand Prix meeting, behind Roger Black, but ahead of a handful of classy Americans. Next year Phil hopes to spend more time on his number 1 event, that of Long Jump, and aims to add more than a few centimetres to his PB of 7.42m. But he and his coach still feel there is room for improvement in his 100m and 200m times. So come the World Championships, Carl Lewis will have to be on his mettle.

Graham Savory began his international season indoors against the Superpowers, finishing 4th with a putt of 16.66 against Russia, and 3rd against the USA with an impressive 17.24. From the Indoor season he went from strength to strength, winning the UK Closed discus with 58.10 and coming second in the shot. These performances earned him a slot in the International team to compete against Czechoslovakia behind the iron curtain. Graham finished 6th, throwing the discus 59.80, just outside his personal best of 60.92 (which ranks him 3rd in the Country, and just outside the World top 50). In the Commonwealth Games he finished 4th in the shot and 5th in the discus, which although a little disappointing, was nevertheless a valuable experience for the major Games of the year, namely the European Championships. In this competition the standard of throwing was awesome, Graham threw a creditable 55.96 in

the qualifying rounds, but just failed to clinch a place for the finals, which were eventually won with a distance of 68.08. However, next year Mr. Savory hopes to have another chance to beat the best in Europe, by competing in the World Championships. To get there he will probably have to throw a British Record — 64.34, and perform consistently better than his two closest rivals, Paul Mardle (Wolverhampton) and Richard Slaney (Essex Beagles). Having a coach the quality of our own Mike Winch, must give him the edge.

Apart from throwing, Graham works full time as an aircraft fitter, which gives him limited time to train. He looks rather enviously at the other European throwers, who seem to be supported medically and financially by their Governing Bodies, whereas here the only support the throwers are entitled to is a random drug test! "If you're suffering with a cold, and take 'day-nurse' then you can actually be banned from athletics" — so all you hypocondriacs out there, beware!

It is to the likes of these athletes that the Club owes its success in Division 1 of the British League. Without them we would be struggling to say the least. But to the aspirant athlete, young or not so young, be encouraged; there's nothing special about these 'superstars' except that they are a little more dedicated to their chosen sport than most, and have a more acute, quiet confidence in their own ability than most.

T.F.



SOUTHERN LEAGUE — DIVISION ONE

Review of the 1986 Season

It was with high hopes for the coming season that the track captain and his consorts listed the potential team members in April.

With the approach of the first fixture, those hopes waned considerably, because we were searching to field a complete team for the first match. We lost some athletes who were barred because of last season's British League appearances, we lost some to the first B.L. match, and worst of all, we lost some multi-event athletes through injury. In a club of our size, it is hardly credible that we are unable to field a full 2nd and 3rd team without having to double up athletes in several events — this frequently causes problems because they have to leave field events to run just when they are in a crucial stage of the event or they change disciplines in their field events. One man running from the Pole Vault, to High Jump, to Triple Jump, to High Hurdles is not an acceptable way to achieve satisfying results.

While the season was beset with difficulties I cannot mention any person who did turn out for the team because they give all they could when asked. Our results in various matches fluctuated — we won one match, finished last in another and generally finished far below our potential. Suffice to say, when we came to the last match we were fighting a rearguard battle but the team that day gave its all and, helped by poor performances by other clubs, survived to try again in 1987.

It is difficult to nominate individual performances as noteworthy but I would mention those who demonstrated great team spirit by doubling up on many occasions. Peter Brooks who travels from the Channel Islands on a day return to exhaust himself for the cause, Mike Laws always running a 400 metres relay leg close after a hard 1,500 metres race, Pat Squires who tries whatever you point him at; Steve Green and Richard Lyston, the oldest sprinters in the league, Chris Ellis, John Kitching, John Kemp, Pete Lester (400m Hurdler in the making?), Steve Fitz-Costa, P. B-K and Ken Pike who

fight everyone to do the 'Chase if he feels his 5,000m was below par. To all those people who I may not have mentioned, my thanks for your efforts this year and please be fit for next season. Try to encourage your friends to try track running, they may be surprised at their ability; and they might enjoy the struggle.

I close with a mention of a not exceptional performance, but a vital one. When hearing that we required a high hurdler at Reading just to run for a point, one of our steeple chasers volunteered. The point he ran for might have been vital at the end of the season. He ran the B string race, he fell over the hurdles three times, even to the ground. His time was around 37 seconds but he DID score the vital point. That's what changes a Harrier into a real 'Heathen! Well done Jim — and thanks.

B.S.



Steve Fitz-Costa feeling increasingly at home on the track.

Sutcliffe Park

3rd May, 1986

	A		B	
100m	1. S. Green	11.5	2. R. Lyston	11.9
200m	4. S. Green	24.0	5. R. Lyston	25.0
400m	5. P. Squires	53.3	5. G. Fernandes	55.0
800m	4. L. Wright	1:57.2	4. G. Fernandes	2:00.07
1500m	2. T. Nash	3:56.5	4. Cartney	4:15.7
5000m	3. S. Thompson	15:16.9	No Scorer	
3000 s/c	3. P. Calnan	10:13.4	4. S. Fitz-Costa	10:47.4
110 h	No Scorer		2. Maltby	18.7
400 h	2. P. Austridge	57.0	4. P. Lester	61.4
h.j.	3. M. Cannon	1.80	3. R. Weaver	1.60
l.j.	1. G. Pullen	6.87	1. R. Weaver	6.60
p.v.	2. M. Cannon	3.60	1. D. Coleman	3.10
t.j.	4. M. Cannon	11.48	3. C. Rankin	11.09
Shot	5. G. Pullen	11.78	4. J. Overall	10.38
Discus	5. G. Pullen	37.60	5. J. Overall	28.92
Javelin	2. J. Kitching	54.58	4. M. Cannon	29.82
Hammer	5. A. Paffett	33.72	4. Davies	27.10
4 x 100m	4. Blackheath	45.7		
4 x 400m	4. Blackheath	3:33.3		

Match Result

1. G.E.C. Avionics 129; 2. Cambridge H. 121; 3. Bournemouth 108; 4. Blackheath 'B' 90; 5. Shaftesbury 'B' 85.

A		B		
100m	1. S. Green	11.0	2. R. Lyston	11.7
200m	4. R. Pinson	23.8	3. J. Salmon	24.4
400m	1. Galvin	49.7	1. P. Squires	51.3
800m	3. J. Kemp	1.58.7	2. P. Lester	1.58.9
1500m	4. M. Laws	4.01.7	2. L. Wright	4.03.6
5000m	3. K. Pike	15.46	4. N. Wahla	16.23
3000m s/c	4. K. Pike	10.26.6	2. S. Fitz-Costa	10.52.7
110 h	5. P. Brooks	17.1	2. I. Holder	17.4
400 h	2. L. Wright	61.2	3. P. Byfield	61.1
h.j.	1. T. Llewelyn	1.90	1. P. Brooks	1.75
l.j.	2. T. Llewelyn	6.52	1. P. Brooks	?
p.v.	1. J. Wakeman	3.20	1. M. Allnatt	3.00
t.j.	2. P. Byfield	13.56	2. I. Holder	12.36
Shot	5. G. Hickey	10.0	4. J. Wakeman	9.54
Disc	5. G. Hickey	25.74	4. J. Wakeman	25.72
Jav	2. J. Kitching	56.44	1. N. Moores	50.38
Ham	2. A. Paffett	39.42	3. S. Williams	28.20
4 x 100m	4. Blackheath	49.3		
4 x 400m	2. Blackheath	3.24.7		

Match Result

1. Blackheath 'B' 125; 2. Met. Police 119; 3. Mitcham & Sutton 110; 4. Exeter 96; 5. Portsmouth 80.

Reading

A		B		
100m	4. P. Sparks	12.0	5. P. Squires	12.8
200m	4. P. Sparks	23.8	5. ?	26.8
400m	5. P. Squires	55.2	3. J. Kemp	52.5
800m	4. P. Austridge	1.59.8	3. J. Kemp	1.59.6
1500m	4. M. Laws	4.02.6	4. M. Jackson	4.10.0
5000m	5. K. Pike	16.01.0	2. N. Wahla	16.20.5
3000 s/c	4. S. Fitz-Costa	10.26.6	3. G. Gearby	10.32.6
110 h	5. S. Oxlade	23.3	4. S. Tolson	19.1
400 h	1. M. Perman	59.2	3. S. Fitz-Costa	61.4
h.j.	5. O. Fajamisin	1.75	2. S. Tolson	1.75
l.j.	5. S. Oxlade	5.58	5. J. Cunningham	5.40
p.v.	2. J. Cunningham	3.50	2. J. Wakeman	3.20
t.j.	4. O. Fajamisin	11.68	3. S. Tolson	11.42
Shot	3. C. Ellis	12.80	2. G. Hickey	10.89
Disc	1. C. Ellis	48.56	2. S. Oxlade	31.10
Javelin	4. J. Kitching	53.42	4. S. Oxlade	44.84
Hammer	3. C. Ellis	38.20	3. S. Williams	28.72
4 x 100 m	4. Blackheath	49.0		
4 x 400 m	3. Blackheath	3.28.6		

Match Result

1. Havering 136; 2. Newham 113.5; 3. AFD 112; 4. Blackheath 'B' 88; 5. Norfolk 81.5.



First it was the front cover of "A.W."; now p.14 of the Gazette. Is there no limit to Jerry Phillips' media exposure?

A		B		
100m	5. R. Pinson	12.0	4. P. Squires	12.1
200m	5. R. Pinson	25.3	4. J. Kemp	24.3
400m	2. P. Austridge	50.9	2. P. Squires	50.9
800m	4. J. Kemp	2.03.0	4. P. Lester	2.49.0
1500m	4. M. Laws	4.09.9	3. R. Tompkins	4.17.8
5000m	3. M. Pike	15.57.7	3. N. Wahla	16.40.6
3000 s/c	5. S. Fitz-Costa	10.33.0	4. P. Seaby	10.43.7
110 h	3. P. Brooks	17.3	5. S. Tolson	19.6
400 h	5. I. Holder	68.2	1. P. Lester	58.2
h.j.	3. P. Brooks	1.85	3. S. Tolson	1.75
l.j.	5. P. Brooks	5.97	4. I. Holder	5.92
p.v.	1. D. Coleman	3.60	1. J. Wakeman	3.20
t.j.	4. S. Tolson	11.85	3. I. Holder	11.56
Shot	5. S. Oxlade	10.20	5. J. Kitching	9.81
Disc	4. S. Oxlade	29.88	4. N. Haffenden	27.72
Javelin	3. J. Kitching	53.78	3. S. Oxlade	47.08
Hammer	2. N. Haffenden	43.08	5. J. Kitching	18.34
4 x 100m	5. Blackheath	46.8		
4 x 400m	3. Blackheath	3.28.7		

Match Result:

1. Highgate 134; 2. Peterborough 130; 3. Dartford 111; 4. Blackheath 'B' 87; 5. Hounslow 71.

Norman Park

A		B		
100m	5. R. Lyston	12.0	5. R. Pinson	11.8
200m	3. V. Corless	22.8	4. R. Pinson	23.8
400m	5. P. Squires	50.8	2. T. Llewelyn	49.6
800m	5. P. Lester	2.10.8	4. M. Laws	2.00.2
1500m	5. M. Laws	4.09.6	4. R. Coc	4.10.2
5000m	4. L. Roberts	15.22.9	4. K. Daniel	16.05.9
3000 s/c	5. L. Roberts	10.06.3	3. S. Fitz-Costa	10.43.1
110 h	4. I. Holder	17.5	3. P. Brooks	16.8
400 h	3. L. Wright	58.3	5. P. Brooks	61.6
h.j.	2. N. Terr	2.00	1. T. Llewelyn	1.95
l.j.	2. T. Llewelyn	6.48	3. P. Brooks	5.83
p.v.	2. J. Cunningham	3.20	2. J. Wakeman	3.20
t.j.	5. I. Holder	12.23	No scorer	
Shot	1. D. Brand	13.69	1. C. Ellis	13.13
Disc	1. C. Ellis	48.08	1. C. Brand	40.56
Javelin	1. D. Brand	66.30	1. C. Longley	40.52
Hammer	3. C. Ellis	39.42	2. A. Paffett	38.60
4 x 100m	5. Blackheath	46.3		
4 x 400m	4. Blackheath	3.32.8		

Match Result:

1. London Irish 143; 2. Thames Valley 'B' 113; 3. Blackheath 'B' 100; 4. Bracknell 82; 5. Haringey 'B' 73.

SOUTHERN LEAGUE

Division 1 — Final Table 1986

Hercules Wimbledon	29
London Irish	28½
Cambridge	27
Havering	27
G.E.C. Avionics	26
Highgate	25½
Bournemouh	23
Peterborough	21
Newham & Essex	19
T.V.H.	17
Shaftesbury	17
Portsmouth	17
Dartford	16
Exeter	15
Mitcham & Sutton	15
Blackheath	15
Reading	14
Aldershot F. & D.	14
Met. Police	14
Haringey	14
Ipswich	14
Kingston & Poly	13
Norfolk	12
Bracknell	11
Hounslow	6

SOUTHERN LEAGUE — DIVISION FOUR

Norman Park

3rd May, 1986

Blackheath's 'C' team began their Southern League campaign on home ground at Norman Park determined to improve on last year's league position of seventh and gain promotion to Division Three.

On the track things were looking good with Jerry Phillips, Tim Foulger, Bob Pinson and John Kemp all in winning form. Backed by sterling efforts from Paul Barrington-King, Jim Phelan and the ever reliable Ken Pike in the distance events. However things were not going so well in the field with Jim Day and Mark Alnatt gaining our only victories of the day, and the presence of only one recognised thrower in the team in Colin Brand, costing us valuable points. However coming into the final event, the 4 × 400m, Blackheath were still in contention, but, the Walton team including G.B. International Paul Harmsworth proved too strong winning the race to clinch the match leaving the 'Heath' in a slightly disappointing but close third.

		A			B
100m	1. J. Phillips	11.4	1. B. Pinson		11.8
200m	2. J. Phillips	22.5	1. B. Pinson		23.8
400m	1. T. Foulger	50.3	4. D. Farrelly		55.2
800m	1. J. Kemp	1:59.4	2. P. Davis		2:03.7
1500m	4. M. Jackson	4:20.3	2. J. Phelan		4:24.2
5000m	2. K. Pike	15:36.5	2. P. Barrington-King		16:52.6
3000m s/c	2. K. Pike	10:35.3	2. J. Phelan		11:12.9
110m h	3. S. Tolson	20.5	2. R. Ebbutt		20.0
400m h	4. J. Khan-Panni	63.5	2. R. Ebbutt		65.1
h.j.	3. S. Tolson	1.70	2. N. Tolson		1.55
l.j.	2. R. Chitty	6.12	3. S. Parsons		5.36
p.v.	1. J. Day	3.00	1. M. Alnatt		2.80
t.j.	3. R. Coe	11.92	3. S. Tolson		10.67
Shot	5. C. Brand	8.46	5. R. Ebbutt		7.56
Disc	5. C. Brand	25.66	4. B. Pinson		21.76
Javelin	5. R. Ebbutt	22.24	C. Brand	No throw	
Hammer	5. C. Brand	21.22	3. R. Ebbutt		18.50
4 × 100m	2. Blackheath	44.7			
4 × 400m	2. Blackheath	3:31.8			

Match Result:

1. Walton 120; 2. Tower Hamlets 118; 3. Blackheath 'C' 117; 4. Bracknell 'B' 109; 5. Hastings 62.

Norbiton

24th May, 1986

After having been given a number of different venues the 'C' team's second match eventually took place at Norbiton.

The highlight of the match was undoubtedly the performance of Paul Byfield in the triple jump, more renowned for his performances over 400m, Paul jumped 13.08m to win with the furthest distance recorded by a heathen so far this season. Pete Lester also showed a welcome return to form winning the 'A' string 800m and 'B' string 400m. A lack of adequate facilities led to the hammer and discus being cancelled and the points shared, surely doing the heath a favour as again Colin Brand was the only recognised thrower in the team. In another close match the heath again clinched third place.

		A			B
100m	5. S. Gunnell		5. I. Dibbens		12.7
200m	5. S. Gunnell	25.3	1. J. Khan-Panni		24.0
400m	3. P. Byfield	53.4	1. P. Lester		52.7
800m	1. P. Lester	2:01.6	2. P. Davis		2:05.3
1500m	2. S. Thompson	4:29.8	3. J. Taylor		4:39.8
5000m	3. P. Barrington-King	16:28.0	4. P. Barlow		17:28.1
3000m s/c	4. R. Ebbutt	11:27.2	4. P. Barlow		11:41.5
110m h	2. N. Tolson	17.4	1. I. Holder		17.5
400m h	5. J. Khan-Panni	65.3	5. R. Ebbutt		64.2
h.j.	2. N. Tolson	1.80	2. I. Holder		1.70
l.j.	3. I. Holder	5.98	3. N. Latchem		5.49
p.v.	4. J. Day	3.00	1. M. Alnutt		2.90
t.j.	1. P. Byfield	13.08	2. I. Holder		12.27
Shot	4. C. Brand	8.80	3. N. Latchem		8.36
Discus	No competition	Points shared			
Javelin	5. J. Khan-Panni	20.56	No throw		

Hammer No competition Points shared

4 × 100m 5. Blackheath 48.0

4 × 400m 3. Blackheath 3:43.3

Match Result:

1. Barnet 115.5; 2. Eastbourne 110; 3. Blackheath 106; 4. Mitcham & Sutton 105; 5. Kingston/Poly 97.5.

Haringey

14th June, 1986

Lacking the presence of team captain and multi events man Roger Ebbutt the 'C' team found the going tough in their third match at Haringey with the standard on the track extremely high for a Division Four match. So high in fact that only four heathens managed to make the top three. Things were not much better in the field although the high jump did produce our only two wins of the day from Simon Tolson and Ole Fajamisin on his club senior debut. So in the end Blackheath finished a distant and disappointed fifth and last.

		A			B
100m	5. C. Karageorghis	11.9	5. Gunnell		12.3
200m	4. J. Khan-Panni	24.3	5. C. Karageorghis		25.4
400m	5. M. Allen	54.9	4. D. Farrelly		54.0
800m	5. P. Davis	2:01.9	4. R. Coe		2:03.9
1500m	5. R. Coe	4:27.0	5. J. Phelan		4:46.0
5000m	3. P. Barrington-King	16:19.5	3. N. Colvin		17:48.0
3000 s/c	4. J. Phelan	11:27.2	4. P. Barrington-King		11:34.2
110m h	4. N. Tolson	17.6	2. S. Tolson		18.6
400m h	5. N. Freiter	69.8	3. M. Allen		66.0
h.j.	1. O. Fajamisin	1.80	1. S. Tolson		1.75
l.j.	5. C. Longley	5.48	5. M. Gunnell		5.22
p.v.	4. M. Davies	2.50	No height		
t.j.	4. C. Longley	11.68	4. P. Davis		10.89
Javelin	4. C. Brand	41.48	2. C. Longley		39.64
Discus	5. O. Fajamisin	24.30	4. C. Brand		23.88
Hammer	2. M. Davies	30.18	2. C. Brand		19.42
Shot	5. N. Latchem	8.86	4. C. Brand		8.56
4 × 100m	5. Blackheath	44.9			
4 × 400m	5. Blackheath	3:45.9			

Match Result:

1. N. London 139; 2. Ashford 119; 3. Swindon 117; 4. Harlow 87; 5. Blackheath 73.

Basingstoke

5th July, 1986

A deluge of water greeted us at Basingstoke for this fourth match. The track was awash and the jumping pits covered with water. After much deliberation the match was started on a rescheduled timetable which meant a time trial over the 400m hurdles. On a thoroughly miserable day for the club points were hard to find but excellent wins for Colin Brand in the javelin, Nigel Tolson in the high jump and double wins in the pole vault for David Coleman and Mark Alnatt. We were less successful on the track with wins only for M. Allen in the 'A' 400m and Roger Ebbutt in the 'B' 110m hurdles. Overall I think the ducks won with the weather.

		A			B
100m	5. C. Karageorghis	12.1	5. M. Gunnell		13.0
200m	5. M. Gunnell	26.3	5. C. Karageorghis		25.4
400m	1. M. Allen	52.3	3. D. Farrelly		54.0
800m	3. M. De'ath	2:01.4	4. P. Davis		2:04.8
1500m	4. K. Daniel	4:16.2	3. G. Spencer		4:22.9
5000m	5. J. Phelan	16:51.0	5. S. Parsons		19:19.3
3000 s/c	5. J. Phelan	11:07.2	5. R. Ebbutt		11:28.7
110 h	2. N. Tolson	17.1	1. R. Ebbutt		19.5
400 h	4. R. Ebbutt	64.2	5. D. Farrelly		66.8
h.j.	1. N. Tolson	1.80	No scorer		
l.j.	4. C. Jackson	5.23	3. C. Karageorghis		4.85
t.j.	3. C. Longley	11.23	2. C. Jackson		11.04
p.v.	1. D. Coleman	3.0	1. M. Alnatt		2.70
Shot	3. J. Overall	10.27	3. A. Elgy		8.67
Discus	3. J. Overall	33.16	3. A. Elgy		27.58
Javelin	1. C. Brand	43.04	2. C. Longley		37.04
Hammer	4. S. Gasgoyne	27.44	3. C. Brand		21.40
4 × 100	5. Blackheath	47.5			
4 × 400	3. Blackheath	3:35.8			

Match Result:

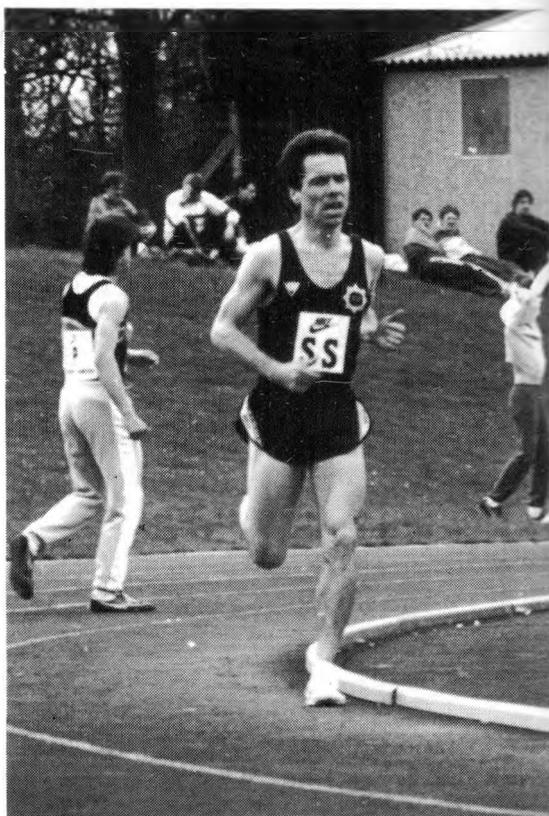
1. Invicta 135; 2. Overton 116; 3. Highgate 'B' 96.5; 4. Blackheath 'C' 95; 5. East Grinstead 94.5.

A small team turned out for our longest journey to Suffolk. Messrs. Spencer, Coe and Daniel outstripped the opposition with wins in the 800m and 1,500m while the 4 x 400 squad strolled away with a convincing win. Youth hammer thrower Chris Harvey enjoyed a fine senior debut finishing second in the 'B' string. Many thanks must go to P.P. I. F. Smith who on arrival found himself senior track judge and also took on the job of scoring the match which ended with the club finishing a close 4th.

A			B		
100m	5. M. Gunnell	12.32	5. C. Longley	?	
200m	5. M. Gunnell	24.94	4. G. Spencer	26.28	
400m	2. M. Allen	54.16	2. D. Farrelly	55.12	
800m	1. G. Spencer	2.04.92	1. R. Coe	2.06.6	
1500m	1. K. Daniel	4.23.30	1. R. Coe	4.23.37	
5000m	5. P. Barrington-King	17.12.8	4. P. Barlow	17.26.1	
3000 s/c	5. P. Barlow	11.44.9	4. R. Ebbutt	12.40.3	
110 h	3. R. Ebbutt	19.8	4. D. Farrelly	23.07	
400 h	2. R. Ebbutt	?	2. M. Allen	62.57	
h.j.	2. O. Fajamisin	1.75	3. R. Ebbutt	1.55	
l.j.	5. O. Fajamisin	5.47	5. M. Allnatt	4.37	
t.j.	3. O. Fajamisin	11.30	1. C. Longley	10.73	
p.v.	2. J. Day	2.90	No scorer		
Shot	5. C. Brand	8.26	5. S. Williams	7.72	
Discus	4. O. Fajamkin	29.40	4. C. Brand	25.96	
Javelin	5. C. Brand	37.36	2. C. Longley	35.68	
Hammer	2. S. Williams	26.20	2. C. Harvey	24.10	
4 x 100	4. Blackheath	48.17			
4 x 400	1. Blackheath	3.41.00			

Match Result:

1. Great Yarmouth 134; 2. West Suffolk 124.5; 3. Croydon 98; 4. Blackheath 96.5; 5. Redhill & Reigate 77.



Club 10,000m champion, Paul Barrington-King. "He hass ways of making you walk."

Holland-on-Sea

16th August, 1986

A hopeful team travelled to Clacton fighting for Division 4 survival. The first track event led by captain Roger Ebbutt was the 'A' string 400m hurdles and after winning this the team never looked back. There were also wins by Jim Day in the pole vault and the Tolson brothers did a high jump/100m hurdles winning double in the 'A' and 'B' strings. Stephen Oxlade had a very busy afternoon winning in the 'B' string 400m hurdles and 'A' string shot, second in the javelin as well as competing in the long jump and discus. Gary Spencer won the 'B' string 800m but it should be said that this was a good overall team performance by the 'C' team where old and new members performed together.

A			B		
100m	4. C. Karageorghis	12.0	4. M. Gunnell	12.4	
200m	4. D. Farrelly	25.2	2. C. Karageorghis	24.3	
400m	3. M. Allen	54.7	1. D. Farrelly	55.7	
800m	3. P. Davis	2.10.7	1. G. Spencer	2.04.2	
1500m	2. N. Colvin	4.21.3	2. G. Spencer	4.23.1	
5000m	4. N. Wahia	16.44.2	3. P. Barrington-King	17.07.4	
3000 s/c	3. P. Barlow	10.32.8	3. P. Barrington-King	10.58.3	
100 h	1. S. Tolson	17.9	1. S. Tolson	19.2	
400 h	1. N. Ebbutt	62.7	1. S. Oxlade	63.7	
h.j.	1. S. Tolson	1.80	1. N. Tolson	1.80	
l.j.	4. S. Oxlade	6.04	5. N. Freiter	4.14	
t.j.	5. N. Latchem	11.42	5. S. Tolson	10.74	
p.v.	1. J. Day	2.80	2. M. Allnatt	2.00	
Shot	1. S. Oxlade	11.02	1. N. Latchem	9.59	
Discus	3. C. Brand	28.62	3. S. Oxlade	27.68	
Javelin	2. S. Oxlade	47.2	2. C. Brand	43.68	
Hammer	3. S. Williams	30.83	2. C. Harvey	25.77	
4 x 100m	1. Blackheath	47.0			
4 x 400m	1. Blackheath	3.40.5			

Match Result:

1. Blackheath 'C' 130; 2. Windsor, Slough & Eton 'B' 128; 3. Colchester 110; 4. Tendring 83; 5. Verlea 83.

Division 4 — Final Table 1986

Windsor S. & E.	28
Great Yarmouth	28
Walton	26½
Swindon	26
Invicta East Kent	25
Ashford	25
Tower Hamlets	22
North London	20
Overton	19
Barnet	19
Croydon	19
Eastbourne	18
East Grinstead	17
Harlow	16
Blackheath	16
Highgate	15½
Redhill & Reigate	15
Verlea	15
Colchester	15
Hastings	15
Bracknell	13
Kingston & Poly	11
West Suffolk	11
Mitcham & Sutton	11
Tendring	7

CLUB TRACK AND FIELD CHAMPIONSHIPS 1986

100 METRES

Colts: 1. M. Pearson 13.9; 2. J. Lugosi 14.0; 3. S. Ord-Hume 14.4; 4. D. Stickle 14.5; 5. M. Chasserot 15.2; 6. J. Jackson 15.9; 7. S. Gasson 16.5.

Boys: 1. A. Bailey 12.4; 2. J. Forrest 12.4; 3. J. Morgan 12.5; 4. K. Chalker 13.4; 5. J. Tullett 14.0.

Youths: 1. V. Corless 11.9; 2. K. Mbanuzi 11.9; 3. C. Karageorghis 12.1; 4. T. Fox 12.4; 5. C. Longley 12.7; 6. N. Freiter 13.5.

Juniors: 1. D. Barlow 12.3; 2. P. Lester 12.5.

Seniors: 1. R. Lyston 11.9; 2. P. Austridge 12.1; 3. S. Oxlade 12.6; 4. S. Davies 13.4; 5. J. Robinson 13.7.

Handicap: 1. D. A. Brooks 11.7; 2. C. Karageorghis 11.8; 3. S. Oxlade 12.6; 4. C. Brand 12.6; 5. D. Stickle 12.8; 6. N. Freiter 13.1; 7. M. Chasserot 14.1.

200 METRES

Colts: 1. M. Pearson 28.7; 2. N. Durhan 29.3; 3. D. Stickle 29.6; 4. M. Rudd 30.6.

Boys: 1. A. Bailey 26.0; 2. I. Reed 33.0; 3. N. Chinnery 33.7.

Youths: 1. V. Corless 23.6; 2. C. Karageorghis 24.6; 3. T. Fox 24.8; 4. M. Gunnell 25.3.

Seniors: 1. P. Austridge 23.7; 2. M. Allen 24.0; 3. J. Kemp 24.3; 4. P. Stack 24.7; 5. S. Parsons 26.1.

Handicap: 1. S. Ord-Hume 23.6; 2. J. Robinson; 3. S. Davis; 4. C. Karageorghis.

400 METRES

Colts: 1. M. Pearson 61.5; 2. N. Durhan 61.5; 3. D. Stickle 61.6; 4. A. Songhurst 69.2; 5. S. Algeo 76.5.

Boys: 1. G. Williams 56.1; 2. S. Field 68.8; 3. I. Reed 70.9.

Youths: 1. C. Karageorghis 55.5; 2. C. Longley 58.2; 3. N. Freiter 65.2; 4. D. Potts 66.8.

Seniors: 'A' Race — 1. P. Davies 49.5; 2. P. Austridge 50.2; 3. P. Squires 50.8; 4. J. Kemp 51.4; 5. P. Lester 52.6; 6. M. Allen 53.2.

'B' Race — 1. P. Stack 55.1; 2. G. Spencer 55.4; 3. S. Oxlade 56.2; 4. K. Daniel 56.7; 5. S. Parsons 57.5; 6. P. Barlow 58.7; 7. S. Davis 59.5.

Handicap: 1. D. Brand 46.4; 2. K. Daniel 48.5; 3. S. Davis 49.1; 4. C. Karageorghis 51.6; 5. T. Fox 52.6; 6. J. Kemp 52.9.

800 METRES

Colts: 1. D. Stickle 2.32.1; 2. K. Andrews 2.46.0; 3. M. Field 2.48.2.

Boys: 'A' Race — 1. J. Forrest 2.11.4; 2. N. Parker 2.19.4; 3. R. Fearman 2.20.9; 4. G. Riggs 2.25.9; 5. A. Algeo 2.26.2; 6. B. Andrews 2.33.2.

'B' Race — 1. A. Rose 2.31.3; 2. S. Field 2.31.5; 3. S. Ingram 2.35.4; 4. M. Shrimpton 2.36.9; 5. N. Hartley 2.38.7; 6. A. McEwan 2.41.6; 7. D. Seal 2.48.8; 8. I. Reed 2.51.6.

Youths: 1. A. Wright 2.11.8; 2. G. Ponte 2.12.6; 3. M. Trevison 2.20.0; 4. D. Potts 2.42.3.

Juniors: 1. P. Squires 2.10.4; 2. P. Byfield 2.14.3.

Seniors: 'A' Race — 1. P. Austridge 1.58.1; 2. J. Kemp 1.58.6; 3. M. Laws 1.59.9; 4. D. Cocker 2.00.8; 5. R. Coe 2.02.3; 6. P. Calnan 2.03.3; 7. S. Thompson 2.03.6; 8. P. Lester 2.13.8.

'B' Race — 1. M. Allen 2.05.1; 2. P. Davis 2.05.3; 3. K. Daniel 2.05.9; 4. S. Fitz-Costa 2.08.1; 5. D. Farrelly 2.11.0; 6. N. Colvin 2.11.9; 7. P. Barlow 2.12.5.

MILE

Colts: 1. D. Stickle 5.38.9; 2. M. Field 6.06.6; 3. S. Algeo 6.14.4.

Boys: 1. R. Nunn 5.00.0; 2. R. Pearman 5.07.7; 3. A. Dahmani 5.08.3; 4. A. Algeo 5.10.8.

Youths: 1. M. Trevison 5.06.4.

Juniors: 1. P. Squires 4.57.4; 2. D. Ellison 5.04.3; 3. G. Yates 5.07.2.

Seniors: 'A' Race — 1. W. O'Donnell 4.23.6; 2. T. Nash 4.23.6; 3. P. Calnan 4.25.5; 4. M. Laws 4.25.5; 5. P. Betts 4.31.6; 6. K. Daniel 4.36.4; 7. R. Coe 4.38.3; 8. R. Coles 4.39.2; 9. K. Pike 4.40.2; 10. J. Phelan 4.41.9; 11. J. Kemp 4.43.9; 12. M. Jackson 4.51.3.

'B' Race — 1. S. Cluney 4.33.9; 2. R. Tompkins 4.34.3; 3. G. Spencer 4.35.7; 4. S. Fitz-Costa 4.38.8; 5. M. Williams 4.50.3; 6. J. Robinson 4.54.1; 7. B. Mellish 5.00.3; 8. M. Allen 5.13.2; 9. R. Pitcairn-Knowles 5.15.3; 10. P. Rissen 5.16.7; 11. W. Clapham 5.17.9; 12. S. Nairn 5.29.0.

3,000 METRES

Seniors: 'A' Race — 1. P. Calnan 8.50.5; 2. M. Jackson 9.00.2; 3. M. Laws 9.01.0; 4. K. Daniel 9.10.6; 5. D. Searby 9.12.2; 6. N. Wahla 9.13.0; 7. P. Barrington-King 9.15.5; 8. M. Williams 9.16.5; 9. S. Fitz-Costa 9.22.2.

'B' Race — 1. S. Cluney 9.24.0; 2. P. Barlow 9.51.1; 3. J. Bailey 9.52.6; 4. P. Shephard 9.54.6; 5. B. Mellish 9.56.9; 6. J. Robinson 9.58.2; 7. G. Yates (Jnr) 10.07.9; 8. A. Algeo (Boy) 10.09.8; 9. P. Curtis 10.09.8; 10. R. Pitcairn-Knowles 10.10.6; 11. P. Rissen 10.33.5; 12. W. Clapham 10.36.7; 13. B. Andrews (Boy) 10.55.2; 14. S. Nairn 11.02.7; 15. A. McEwan (Boy) 11.06.7; 16. A. Nana 11.23.7; 17. D. A. Brooks 11.43.2.

5,000 METRES

Seniors: 'A' Race — 1. W. O'Donnell 14.50.2; 2. T. Nash 14.52.3; 3. P. Betts 15.05; 4. R. Coles 15.15; 5. P. Calnan N/T; 6. L. Wright 15.36; 7. K. Daniel 15.48; 8. N. Wahla 16.05; 9. P. Barrington-King 16.08; 10. I. Wilson 16.18; 11. I. Young 16.25.

'B' Race — 1. M. Williams 16.21; 2. S. Cluney 16.51; 3. B. Grant 16.55; 4. R. Savory 17.03.9; 5. M. Field 17.06; 6. P. Shephard 17.17; 7. P. Barlow 17.17; 8. J. Bailey 17.30; 9. W. Wheeler 17.35; 10. M. Gasson 17.43; 11. R. Pitcairn-Knowles 17.46; 12. J. Keily 17.48; 13. D. Whiting 18.06; 14. J. Turner 18.08; 15. G. Yates 18.08; 16. W. Clapham; 17. S. Nairn 18.56.

10,000 METRES

Seniors: 1. P. Barrington-King 33.26.8; 2. N. Wahla 33.34.9; 3. I. Wilson 34.09.8; 4. B. O'Gorman 34.38.3; 5. S. Cluney 35.02.1; 6. K. Whichehoe 35.33.1; 7. N. Colvin 35.53.5; 8. P. Shephard 36.34.4; 9. W. Wheeler 36.35.8; 10. P. Rissen 37.10.2; 11. R. Pitcairn-Knowles 38.08.3.

80m HURLES

Colts: 1. M. Chasserot 15.3; 2. A. Songhurst 15.9; 3. M. Pearson 15.9; 4. N. Durhan 16.2; 5. S. Alges 17.9.

Boys: 1. E. Blaby 13.2.

SHOT

Colts: 1. D. Saint 9.15; 2. S. Gasson 6.53; 3. M. Chasserot 6.47; 4. N. Durhan 6.41.

Boys: 1. N. Hartley 7.57; 2. A. Rose 7.47; 3. B. Wichett 7.26.

Youths: 1. A. Elgy 10.97; 2. C. Jackson 10.18; 3. C. Longley 9.51; 4. C. Karageorghis 9.12; 5. N. Freiter 8.95.

Senior: 1. S. Oxlade 10.06; 2. J. Wakeman 9.80; 3. N. Latchem 9.01; 4. C. Brand 8.78; 5. A. Elgy 8.70; 6. J. Day 7.28.

TRIPLE JUMP

Colts: 1. M. Rudd 9.36; 2. S. Ord-Hume 8.78; 3. M. Chasserot 8.70; 4. D. Stickle 8.69; 5. M. Pearson 8.58; 6. M. Field 8.05.

Boys: 1. J. Forrest 11.19; 2. J. Morgan 10.54; 3. A. Rose 8.87.

Youths: 1. O. Fajaminis 11.49; 2. C. Jackson 11.26; 3. C. Longley 11.00; 4. N. Freiter 10.35.

Seniors: 1. C. Longley 11.38; 2. N. Freiter 10.33; 3. J. Day 9.38; 4. C. Brand 9.37; 5. J. Wakeman 8.44.

LONG JUMP

Colts: 1. M. Rudd 4.29; 2. M. Pearson 4.28; 3. N. Durhan 4.04.

Boys: 1. J. Morgan 5.29; 2. N. Hartley 3.44; 3. B. Wichett 3.00.

Youths: 1. T. Fox 5.13; 2. C. Karageorghis 5.12; 3. M. Trevison 5.05; 4. C. Longley 5.04; 5. M. Gunnell 4.72; 6. N. Freiter 4.34.

400m HURDLES

Youths: 1. J. James 57.8; 2. M. Lobb 59.9.

Seniors: 1. N. Keogh 55.2; 2. L. Wright 58.5; 3. P. Lester 60.1; 4. J. Kemp 62.2; 5. D. Farrelly 65.6.

3,000m WALK

Seniors: 1. P. Hannell 13.53.5; 2. R. Michel 15.25.4.

POLE VAULT

Boys: 1. B. Andrews 2.40.

Youths: 1. M. Allnatt 3.00.

Juniors: 1. D. Coleman 3.50.

Seniors: 1. J. Wakeman 3.50; 2. J. Day 3.10; 3. S. Oxlade 3.00.

JAVELIN

Colts: 1. M. Chasserot 21.88.

Boys: 1. A. Rose 29.78; 2. B. Wichett 20.10; 3. N. Hartley 19.42.

Youths: 1. D. Peach 40.22; 2. C. Longley 37.52; 3. N. Freiter 33.84.

HAMMER

Junior: 1. N. Haffenden 47.54; 2. A. Paffett 43.52.

DISCUS

Colts: 1. M. Chasserot 14.20.

Boys: 1. D. Meheux 40.16; 2. N. Hartley 14.96; 3. B. Wichett 11.60.

Youths: 1. A. Elgy 37.42; 2. M. Lewis 26.28; 3. C. Longley 23.08; 4. C. Karageorghis 22.54; 5. N. Freiter 20.38.

Seniors: 1. A. Elgy 29.16; 2. J. Wakeman 26.00; 3. M. Lewis 19.92.



THE DREAMERS MILE

So you have trained
To some degree;
And now before you is the task,
There is no certainty, only a hope;
Alone and waiting,
Moments of hesitation are dispelled by a word.
Suddenly, the world is moving,
The dream becomes a reality.

Mike Cronin.

YOUNG ATHLETES 1986

Prologue

Even after my ninth season of managing our youngsters' teams it is with considerable trepidation that I sit down to try and satisfactorily summarise a season such as 1986. How can anyone properly do justice to the efforts of so many young athletes in a season that saw Blackheath Harriers finish as the number two club in the country? The club's youth programme has finally blossomed into full-blooded success, and let's hope that, with the advent of our new coaching initiative in 1986-7, we can maintain the momentum well into future years.

This was a season that I think few of us are ever likely to forget. We won for the first time in our history the Eastern Area Premier Division Championship, retained all three League of Kent titles, won numerous individual honours right up to national level, and finished the summer in record-breaking form with no less than four British best times in different relay events.

Boys and Colts League of Kent

As presumptuous as it might sound this competition is becoming more of a formality each year. Our margins of victory in each of the four rounds indicated how superior we were to the opposition and the league and club records set in these fixtures demonstrated that standards were also rising.

Round One

Although still a little light on the ground for Colts we were able to overcome the opposition without too much difficulty. The Boys (under-15s) won their match by 31 points despite the disqualification of their sprint relay squad, and the Colts were second behind Tonbridge. The latter would have been a clear victory, but for an almighty mess-up by a certain team manager which resulted in one Colt being disqualified from all four events he competed in (and won!). Nevertheless, overall victory was secured by 61½ points to leave us sitting pretty for the next round.

Round Two

The second match, held on the dust track in Erith a fortnight later, produced the first club records of the season and the advent of a young man joining our ranks who was to change the face of Shot and Discus throwing at this level in the club.

Damon Meheux, recruited from Coopers School during a schools clash at Alleyn's, bounced into the first team and shattered the Boys Shot record with his first throw! It may only have been by two centimetres but was still a remarkable club debut. And he was not finished there by any means, as you'll see.

This competition offers the rare opportunity for Colts to take part in field events and already we had a strong band of under-13s raking in the points for us. Andrew Songhurst was winning anything from the High Jump to the hurdles, while St Olaves schoolboys Dean Saint and James Henderson had set up their own little consortium for consistently winning both A and B string Shot events.

We left Erith firmly top of all three league tables. The colts had won by 55 points having finished first or second in all but one event, and the Boys by 37 points having finished in the first two in every event bar four. Overall we were 94 points ahead of the rest of Division One, with all five other clubs already resigned to battling out the lower placings.

Round Three

A long break before the third round match at Bromley in July enabled us to concentrate more fully on our National League programme, which in turn seasoned our new blood for a higher level of competition than we had met thus far in the local league. Consequently our victory at Bromley was quite enormous — 152½ points overall!

In the Boys events we dropped only one point in the field

all day — an indication of the strength that kept us going in the National League. By now Damon Meheux had switched his talents more towards the Discus circle which left the way open for 13-year-old understudy Jason Mulcahy to set an amazing string of club records in consecutive meetings. This match was no exception, with Jason putting the 4kg weight 13.63 meters. Jason, a remnant of our 1985 Colts team when he won both county championship and league best performance medal, has improved immensely over the past couple of years as a result of extraordinarily dedicated training on the part of an athlete so young, and guidance from one of the event's greatest exponents, Mike Winch.

Jason was not the only record breaker at Norman Park though. Our Boys 4 × 400m team bettered the club record set in the National League a month before by a tenth of a second to 3 minutes 36.2 seconds. This was not only a club and county record, but the second fastest time run by a British team ever in this age-group. This performance by the team made up of Grant Williams, Richard Holt, Laurence Rogers and John Forrest, eventually proved to be the fastest of 1986 in the age group.

In the Colts events we were also in record breaking form, with the 4 × 400m team cracking the league record by some six seconds. This team, who clocked 4 minutes 16.2 seconds, comprised of Mathew Pearson, Joe Staples, Darren Stickles and Nicholas Durham.

Final Round

The final match in the league was held at Hornchurch and in more ways than one presented us with our greatest test yet. Since it clashed with the Southern Counties under-20 Championships at Crystal Palace, we were forced to field what was almost a B-team in the Boys events with most of our stars performing in finals day at the Palace.



Two boys in a class of their own over 400m — John Forrest and Richard Holt.

I have spoken of our great strength in depth in the past, but there is no doubt that 1986 surpasses by far any other year. Not only did our "B-team" win the match, they did so by 73 points! This included a league Javelin record by Gerald Harrison (whose Southern final had been the day before) and a time in the Boys 4 x 400m that would have been a club record three years ago!

This result left us out of sight at the top of the Division One Colts, Boys and Overall League tables brought us 43 out of a possible 58 league best performance medals, three Championship trophies and another individual award which marked probably the most impressive debut by any 12-year-old the club has ever had. Jonathan Murray competed in his club debut running the Colts 800m at Hornchurch, and won in 2 minutes 20.8 seconds. The league organisers had no hesitation in presenting him with the trophy for the most impressive Colts track performance of the season!

It is impossible of course to mention all the youngsters who made all this possible, or your Editor would still be 'editing' this issue next year (*I've been at it 3 hours to this point. Ed.*) but I should particularly highlight a few more.

Bassey Essein (Alleyn's School) and Sergio Chambers (Lilian Bayliss School, Kennington) made an unbeatable partnership in the sprints events for the Colts team, while another quite brilliant prospect in my estimations, Joe Staples, combined with Jonathan Murray to sweep the board in later matches over 800 metres.

In the Boys events Mathew Griffiths and Andrew Bailey didn't miss a match in the sprints events while Richard Holt and John Forrest ripped apart any 400 metres field other clubs could muster against them. While the middle distance events fluctuated a bit, mention has to be given to Russell Nunn and 13-year-old Gavin Riggs, who still has another year in the age group, who provided us on one occasion with first and second across the line in a 3000 metres race — the first such occasion I can ever remember. The example these two lads set in one of the most gruelling track events at this age was an example to everyone, and they deserve all the credit they got for becoming two of the fastest athletes over the distance the club has had since Julian Spooner and Robert Farish.

The Boys field events proved all season that no club in the country had the resources to even come close. Mark Gunning, Guy Murphy and Jamie Quarrie shared high jump honours, various individuals including James Morgan and Craig Wormleighton shared the spoils in various long jump contests, while Jamie Quarrie still a year young in the age group, added a new dimension to triple jumping in the National League. The throws were even stronger. Damon Meheux and Jason Mulcahy shared the Shot and Discus, while Gerald Harrison proved himself to be one of the leading Javelin exponents in the country for his age.

Another tremendous showing in the local competition then — a showing I sincerely hope will continue into future years as this, the Cinderella League in many respects to the National and other competitions, forms the very basis upon which many clubs including ourselves, launch youngsters into a sport that offers so much, but so often swallows up talent before it is fully matured.

Country, Area and National Championships 1986

Our list of major championship honours during 1986 has surpassed any previous year by far; 1986 has seen one major and highly significant breakthrough in this respect: no longer do we settle for places in finals, the clinching of the odd bronze medal here and there, and putting up 'a good all-round showing'. Now we are winning events. It is gold medals we boast of now.

Kent County AAA Championships

The Kent County AAA Championships always provide the first major hurdle for most athletes each season, and we always encounter problems with the young athletes side of things because our best athletes are either recruited after the



Jamie Quarrie

closing date has passed, or they are unavailable to sign forms in time for their entries to be submitted.

Eight junior and youth gold medals were therefore more than a satisfactory result for us, backed up by four silver and six bronze. Perhaps equally of note were the sixteen personal bests set over that weekend, along with two club records.

The records were set by Jim Overall in the Youths Discus, whose second place 41.10 metres took the record above the 40 metre mark for the first time, and Andrew Paffett in the Hammer, who won his Gold medal with a record-breaking throw of 47.70m.

Already the stars of our 1986 youth team were emerging in their own right. Vaughan Corless won the 400 metres final with comparative ease, Wayne Evans won the high jump and Terence Cassano clinched gold in the Javelin. In all we were represented 50 times in Junior and Youth events over the County weekend.

The County Boys and Colts Championships, held a fortnight later at Bromley, further emphasised our problem of not being able to get entries through in time for those members who, by the time the championships arrive, are regular members of our league team. We did, however, manage to win six gold medals, four silver, and four bronze which, on the day, bettered any other club there. These also included three Championship Best Performances.

John Forrest was a class apart in the Boys 400m final winning in 52.9 seconds, four of the six finalists in this event were from Blackheath with Laurence Rogers (still only 13) third in 55.2 seconds, Richard Wallington fifth, 57.2s, and Roderick Morgan sixth in 57.6 — a personal best by over two seconds.

Our second championship best came in the Javelin through Gerald Harrison's 45.36m effort, while Dean Saint inaugurated a best performance in the Colts Shot Putt with a fine 9.31m putt with the new 3.25kg weight. In all, 18 personal best performances were achieved.

County Schools Championships

Progressing to the County Schools Championships in June, this saw our members really begin to excell. For some, of course, this meeting is almost the be all and end all of their season with selections to the English Schools hingeing on their showing.

A brief summary overall showed that from the Surrey, London and Kent County Schools Championships, Blackheath Harriers took 14 first places, 9 seconds and 6 third. Subsequently our largest number ever — 18 — were selected to represent one or other county in the National Schools event in July.

The most notable performance was John Forrest's victory in the Kent junior boys 400m final when he won in 52.8, equalling the championship best and setting a London Schools championship best in the junior boys javelin when he threw 47.57 to win by almost ten metres. Jamie Quarrie continued to impress everyone with another personal best in the Triple Jump of 12.08m, while Jason Mulcahy, finished second in the London Shot final with 13.01. Yet another 13-year-old, Laurence Rogers, managed to win the London 400m title, clocking 56.2s in a windy West London Stadium, which was sufficient to send him to the English Schools a year young.

English Schools Championships

A million school children begin each year attempting to reach the largest Athletics meeting of its kind in the world. Only 2000 every year make it. All these youngsters are filtered through countless elimination competitions at district, county and inter-county level before they arrive at the championships. Just think, then, what an achievement it was for so many Blackheath Harriers to gain selection to compete this year at the Mountbatten Centre Portsmouth.

It is, as many of you will know, a harrowing experience for any youngster to compete in the English Schools; over 300 track events alone, along with the meticulous minute-by-minute timetabling of the meeting, providing the extra mental hurdle for these youngsters to overcome. But our lads passed with flying colours.

Surely few other clubs can boast first and second in a national schools track final? But that's just what happened for us in the junior boys 400m. Richard Holt led most of the way, but John Forrest mounted a furious attack on the home straight. The finish was so tight that both boys were awarded the same time of 52.2s, but Richard Holt caught the judges' eyes for first place.

In the intermediate boys 400m final Vaughan Corless switched into overdrive to take fourth place in a desperately close race, cracking the club record with a super 49.9 and becoming the first ever Blackheath youth under 50 seconds.

On the field the most outstanding performance was from our Javelin expert Gerald Harrison. His enormous 52.18m effort in the junior boys final earned him third place, and saw him become the first ever 'Heathen' of 14 years old to break through the 50 metre barrier.

In the Discus Damon Meheux did himself, his county, and us proud when he launched the 1.25kg discus 41.44 metres to set a new club record, as well as clinch a fine fourth place in the final.

Our only real tragedy befell young Laurence Rogers who had been eagerly anticipating his blooding at this high level in the junior boys 400m. A severe viral infection meant he had to be carted off home just hours before his heats. Never mind. It was his first year in the age group so he will be back in 1987 for sure.

Southern Counties AAA Championships

The Southern Counties Championships, held a week after the English Schools were again dominated by our gruesome twosome. Yes, Holt and Forrest were at it again, but this time there was no doubt about the winner. Sweet revenge for Jim Forrest was achieved in the final when he left Richard trailing in the home straight to win the title in a club record 51.9 seconds, the second fastest time by a fourteen year-old in the United Kingdom in 1986. Richard was second in 52.69s.

Vaughan Corless was not to be outdone either. With the front of the English Schools field missing at the Schools International meeting, he took full advantage and won the final, taking his week-old club record down to 49.69s in the process.



Vaughan Corless, Kent and Southern Counties Youths 400m Champion and Young Athletes Captain.

In the junior men's 400m hurdles Nigel Keogh set a new club mark of 53.64 in taking second place. Three club records in one meeting — not bad eh?! In the junior boys javelin Gerald Harrison improved one place from his third in the English Schools, throwing 49.38m having arrived one minute after the contest began after a five-a-side football match!

We clinched further second places in the Boys Shot — Jason Mulcahy again, and Lance Wright in the junior steeplechase. Our two youth 400m hurdlers did exceptionally well too to reach their finals. Justin James finished sixth with 59.2, and Martin Lobb eighth in 61.81 — both worthy efforts when you consider that neither boy took up the event until May or June the same season.

AAA Under-20 Championships

The AAA under-20 championships each year always provide a golden opportunity for club youngsters who have reached a reasonable standard of competition to compete in a top class meeting against really star opposition. This year was no exception with 14 Youths and Juniors making the journey to Alexander Stadium, Birmingham.

Notable in the Junior events was a personal best equalling performance by David Coleman in the Pole Vault, clearing 3.60m, while Nigel Keogh placed fourth in the 400m hurdles final with 54.00s.

Star of the show in the Youths competitions was Vaughan Corless, who finished second in the 400m final in 50.02s, only a second behind winner Dave McKenzie (Croydon). John Forrest, competing two years out of his age in order to gain valuable experience at this level, went out in the heats with a nevertheless rapid 52.35s — not bad on no training for a couple of weeks due to holidays.

In the 1500m steeplechase George Ponte became the fastest Blackheath Harrier since Julian Spooner when clocking 4 minutes 35.46s in the heat, running a fraction slower in the final finishing 11th.

Most of our lads travelled up a day in advance by 'luxury' minibus. With your friendly neighbourhood team manager acting as chauffeur, this was a journey few will forget. Firstly the vehicle had seen better days and when it filled up with bodies and equipment, personal stereos were turned on full to eliminate the deafening vibrations emanating from its struggle with the M25 and M1 motorways. Still, nothing fell off (or at least, I don't think so), and we did get an offer of a 20% discount off our next (??) contract by way of an apology from the firm.

Dunlop National Young Athletes League 1986

Nobody could have guessed what this season held in store for us at League level. It turned out to be the pinnacle so far since the inception of our current youth programme.

Round 1

The season started off with an exciting clash at Battersea Park when we met Croydon, who we anticipated to be our main problem, but in the end it was the newly formed Mitcham club that provided the late threat. We coped well enough, and finished winners of the match by 61½ points. The team at this stage of the year is always a little make-shift, but with 29 personal bests and 38 outright wins it wasn't a bad performance by any means. The result left us for the first time in our history top of the Eastern Area Premier Division — albeit on alphabetical order!

Round 2

Our second match took us to Havering — another 20 personal bests and this time 43 outright firsts. This was, by no stretch of the imagination, a difficult match — a fact emphasised in our 74-point winning margin. There were, however, two performances which made history for the club here. First, John Forrest's win in the A-string Boys 400m in 54.0s earned him the Dunlop 'Man of the Match' award for the best single performance and second, our Boys 4 × 400m relay team not only won their event by half a lap, but equalled the National League record in the process.

Round 3

The third round match took us to Enfield. Although we didn't actually meet Enfield it was a very interesting insight into our main rivals for the league title which they have always won and which has eluded us by one place for the past four years. We were now top of the table by right, but only by a whisker with the reigning champions hot on our heels. At the end of the day the whole stadium was buzzing. Enfield had won their match by a mile and we ours. The question on everyone's lips "Who would triumph when the big two met in the next round?"

We had emphatically laid down the gauntlet for Enfield — not only had we won our match by 80 points, but we had sliced three seconds off the Boy's 4 × 400m relay League Records with 3m 36.3s. It had certainly been some team performance — three individual club records apart from our relay successes.

In the Youths Hammer Andrew Paffett had improved his own record to 49.38m, while in the Boys Triple Jump Jamie Quarrie had leapt an incredible 12.38m. Last but not least, Damon Meheux threw the Boys Discus further than any Blackheath Harrier ever before — 37.52m (but that was a mark he was to leave way behind by the end of the season).

Round 4

So onto round four at Thurrock and the clash the whole division had been waiting for: Blackheath versus Enfield. It was certainly a classic, but could have been even more so for all those present if the announcer had been able to distinguish which teams were which! It seemed he was capable only of saying one thing after every track race: "Blackheath from Enfield, Blackheath from Enfield!" The only trouble was the fixture was a double-header with another match interwoven with it, so when he referred to the same two clubs in both matches the whole affair became a bit of a farce!

Anyway, we won the fixture and in impeccable style. We took 40 first places and 30 seconds in 77 events, victory in all but two Boys B-string events and only one event lower than second in Youth A-string events — all with a team that was probably no more than 85% strength on the day! Our winning margin — 23 points.

It was a tremendous day for the club. We travelled home clear on league points for the first time ever at the top of the table and almost assured of our first Eastern Area Premier Division title. To forfeit the title now we had to lose to one of

three lower clubs and Enfield had to beat Croydon by a margin of at least 40 match points more than we gained. No smart money would support that.

There were though many other great moments from all corners of the stadium like the joyous laughter of Martin Lobb as he clinched his Gold in the Youths 400 'B' adding to his earlier 400 hurdles Silver. We had five new club records set in addition to the numerous personal bests and total of 44 medals won by Blackheath athletes.

It was quite incredible that Jamie Quarrie should better yet again his Boys Triple Jump club record, but better it he did, and by nearly half a metre. His 12.86m leap also ensured him of outright gold in the event too.

In the Boys Shot one of the most startling club debuts was completed by Ansell Henry who shattered Jason Mulcahy's record with 14.06m, although such was the standard of competition he only finished fourth. In the Discus Damon Meheux switched into overdrive and added two metres to his club record with 43.56m to take silver in the A-string place, while in the relays two more records went.

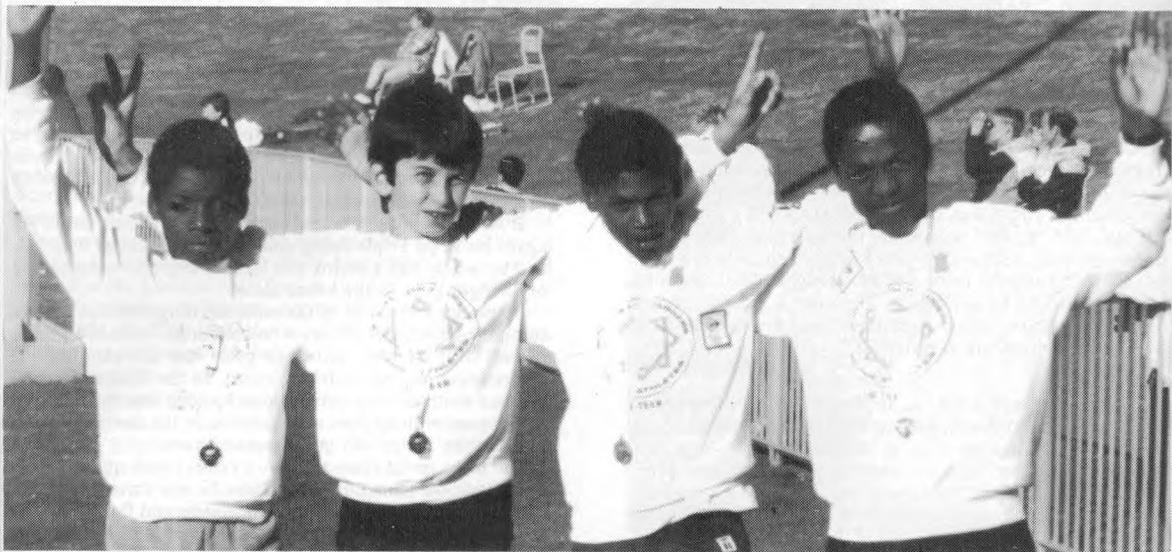
The Boys sprint relay team — a really crack quartet after expert tuition from our own Steve Green throughout the season — made near perfect changeovers and finished third equalling the club record set in the days of Paul Ashen. The team this time: Andrew Bailey, Richard Holt, Mathew Griffiths and Laurence Rogers.

Round 5

The odds proved right. Our final round on the south coast at Worthing was a cruise. The victory — our biggest yet — was by a margin of 97½ points. Damon Meheux became the second Blackheathen to be awarded the Dunlop 'Man of the Match' award, this time for his winning 39.72m throw in the Discus, while team Vice-Captain Justin James was able to savour the proudest moment of all in stepping up to collect the Premier Division Championship shield awarded to us after our title win had been confirmed.



Asst. Team Manager, Gordon Tomkins telling everyone else what to do while he settles down to a quiet beer!



Winning Colts 4x100m Team at Birmingham—2nd fastest British team ever. L-R Bassey Essein, Mathew Pearson, Sergio Chambers, Roger Lashley.

National Young Athletes League Final 1986

Of course in finishing first or second again in the premier division, we were on course for the season's grand finale — the National Final at Birmingham. This comprises of the top two clubs from each of the four premier divisions throughout the country — the cream of club young athletes' teams nationwide.

The event is a cup final in every sense of the expression — a massive crowd of parents, supporters, athletes and officials supporting what is probably the team equivalent of the English Schools. If we are fortunate enough to reach any future finals can I highly recommend that as many members go along as possible — it's a cracking weekend whatever the club result and believe me, the efforts made by our 70-plus squad of youngsters is enough to bring a lump to the throat of any true Blackheathen.

This year we again took a coach of reserves and supporters as well as the main team coach, and stayed the night before the match in super accommodation in Birmingham University. Discipline of the team was without fault and it was one weekend that went, remarkably, without a hitch.

The meeting itself was a very special ending with a result that exceeded everyone's wildest dreams — we finished as runners up to hosts Birchfield Harriers. Behind us we cast some of the greatest clubs in the land — Haringey, Shaftesbury, Liverpool and, yes, we buried Enfield! It is becoming very difficult to find appropriate words to satisfactorily report on this match again. It has been reviewed at our open evening, it's been written about in the annual review, it's been reported in the press, and referred to at goodness knows how many club functions — and yet I make no apologies for trying to capture again some of the excellence, spirit and emotion that made up this special day.

If any event sticks in my mind more than any other it is the Colts 800m A-string when our own Anthony Murray arrived 50 metres from home — assured of an outright win — with his arms aloft and a grin from ear to ear. Seeing this 12-year-old crossing the line with such joy written all over his face made the previous nine years worth of youth programme worth it for me.

The fifth record at Birmingham was by another well-practised quartet as a result of Steve Green's generous efforts, the Colts sprinters. This time they knocked a second off the existing record with a winning time of 51.6 seconds —

the fastest time in the United Kingdom for the age this year, and probably the second fastest ever by a British Colts side! The team: Bassey Essein, Sergio Chambers, Roger Lashley and Mathew Pearson.

At one stage during the afternoon we had only been two points off the lead — an announcement that, as one could imagine, had a certain team manager suffering his umpteenth heart attack combined with his hourly nervous breakdown (*sounds a bit like editing. Ed.*)

Anyone who has been to a young athletes fixture will know — anyone who has not should find out — what an exhilarating experience it is. The team spirit over past years has been tremendous, this year it was exceptional. Over the past couple of seasons our support has really grown and we have gradually taken over every fixture and dominated it both on the track and off it.

Stepping up to the rostrum alongside Captain, Vaughan Corless, was a moment I shall long savour. The presentation of the Terence Knight trophy proudly bearing ribbons in club colours was the least this team deserved for a fine year. A lap of honour by Birchfield and ourselves, had the entire stadium on its feet in constant applause and laughter. The emotion of the moment caught everyone's imagination and I saw at least one proud parent crying her eyes out! What more can be said!

So that everyone has a fair chance of attending at least one of our National League fixtures in 1987, I now list our programme for the coming season in the hope we will see more senior 'Heathens supporting our first teams of tomorrow. They are: May 3, v's Enfield, Cambridge and Southend, at Enfield; May 24, v's Dartford, GEC Avionics and Norfolk, at Southend; June 7, v's Croydon, Woodford and Crawley, at Croydon; June 28, v's Newham, Medway and Brighton, at Newham (Harold McMillan Stm); and July 26, v's Walthamstow, Mitcham and Tonbridge, at Bromley. With luck, we might just reach the final again on September 6, venue to be decided. (*With these youngsters I can't see that luck comes into it. As a top American skier once said "The harder I train, the luckier I get."* Ed.)

National Relay Records into the Bargain!

What was it Yosser Hughes used to say? "Gissa job — I can do that!" Well, five 'jobs' were given to us this year that we proved beyond doubt we could do — and better than anyone else!

In the boys 4 × 400m we remained unbeaten throughout the year, winning the event by margins of up to 300 metres and twice improving the national record. As reported earlier — Richard Wallington, Richard Holt, Laurence Rogers and John Forrest — lopped off three seconds at Enfield with 3 minutes 36.3 seconds and then in the Boys and Colts League of Kent fixture, at Norman Park the team with Richard Wallington replaced by Grant Williams — by way of an experiment rather than a purposeful team change — produced 3 minutes 36.2 seconds.

At the Kent relay championships at Bromley in September, the Colts 4 × 400 metres team proved itself to be the fastest British Colts team ever. The team of Mathew Pearson, Darren Stickles, Nicholas Durham and Joe Staples clocked 4 minutes 13.1 seconds a week later.

A Boys 4 × 200m team of Andrew Bailey, Laurence Rogers, Richard Holt and John Forrest clocked 1 minutes 37.4 seconds to become the fastest British Boys team in that event too.

Finally, later the same day, a Colts medley team and a Boys medley team running 800m, 200m, 200m, 400m, both beat the United Kingdom club best times for their respective age groups. The Boys team of John Forrest, Mathew Griffiths, Andrew Bailey and Richard Holt clocked 3 minutes 48.4 seconds, while the Colts team of Jonathan Murray, Sergio Chambers, Mathew Pearson and Joe Staples clocked 4 minutes 13.7 seconds.

Phew, what a season!

J.P.

DUNLOP NATIONAL YOUTH ATHLETES LEAGUE FINAL 1986

Alexander Stadium, Birmingham

7th September, 1986

A			B		
Youths					
100m	6. A. O'Brien	11.9	6. C. Karageorghis	12.1	
200m	4. V. Corless	23.1	1. K. Mbanuzue	23.00	PB
400m	4. V. Corless	51.4	2. M. Cobb	53.7	
800m	4. A. Wright	2.03.6	7. T. Fox	2.08.0	PB
1500m	5. G. Ponte	4.15.5	6. P. Bridges	4.21.9	PB
3000m	5. M. Lawton	9.29.1	4. T. Cross	9.44.0	PB
1500m S/C	4. G. Ponte	4.35.5	7. M. Lawton	5.19.6	
400m H	3. J. James	59.6	1. M. Lobb	59.6	PB
100m H	7. M. Lobb	15.8	6. W. Evans	15.8	PB
PV	7. M. Allnatt	2.70	5. J. James	2.20	
HJ	2. O. Fajamisin	1.85	1. W. Evans	1.80	
LJ	6. S. Churchman	5.67	7. S. Smith	5.25	
TJ	7. S. Smith	12.32	4. S. Churchman	11.80	
SP	5. P. Monks	12.53	2. J. Overall	12.39	
DT	4. P. Monks	38.68	3. J. Overall	35.46	
JT	5. T. Cassano	44.92	4. C. Longley	40.96	
HT	2. A. Paffett	48.30	3. S. Gascoyne	37.44	
4 × 100m	4. BLACKHEATH	45.8			
4 × 400m	4. BLACKHEATH	3.35.8			
Boys					
100m	6. T. Howard	12.6	3. A. Bailey	12.3	
200m	7. R. Clements	25.1	3. R. Holt	24.4	PB
400m	2. J. Forrest	52.8	1. R. Holt	53.1	
800m	3. J. Forrest	2.09.9	4. M. Wallace	2.12.5	
1500m	7. R. Pearman	4.42.1	7. A. Dahmani	4.45.1	
3000m	3. R. Nunn	9.43	4. G. Riggs	10.25	
80m H	7. J. Quarrie	12.5	3. E. Blabey	12.8	
PV	7. B. Andrews	2.50	8. M. Gunning	2.03	PB
HJ	3. J. Quarrie	1.75	2. G. Murphy	1.60	
LJ	4. T. Howard	5.66	4. C. Wormleighton	5.24	
TJ	1. J. Quarrie	12.86	2. M. Griffiths	11.86	PB
SP	4. A. Henry	14.06	J. Mulcahy	13.74	PB
DT	2. D. Meheux	43.56	1. J. Mulcahy	38.62	PB
JT	1. G. Harrison	49.96	4. J. Meheux	34.12	
HT	5. T. Walter	35.12	5. D. Meheux	27.68	
4 × 100m	3. BLACKHEATH	47.1			
4 × 400m	1. BLACKHEATH	3.40.3			
Colts					
100m	6. B. Essein	13.5	2. S. Chambers	13.13	
200m	7. M. Pearson	28.0	2. S. Chambers	27.6	
800m	1. J. Murray	2.18.9	3. J. Staples	2.27.2	
1500m	8. R. Weatherstone	5.08.6	N. Stocking	DNF	
4 × 100m	1. BLACKHEATH	51.6			
Match Result					
1. Birchfield	438	2. BLACKHEATH	381		
3. Haringey	340	4. Liverpool	336		
5. Borough of Enfield	334	6. Leeds	326		
7. Cannock and Stafford	304½	8. Shaftesbury	291½		

U.K. CHAMPIONSHIPS

Cwmbran

25th - 26th May, 1986

100m	5.	Phil Davies	10.76
200m	7.	Phil Davies	22.28
1500m	4.	Bill Foster (Heat 3)	3.48.76
110m h	6.	Colin Hamplatt (Heat 1)	15.39
Shot	2.	Graham Savory	17.68
Discus	1.	Graham Savory	58.10
	17.	Chris Ellis	44.68
Javelin	3.	Peter Yates	72.14
	4.	Darryl Brand	71.88

A.A.A. CHAMPIONSHIPS

Crystal Palace

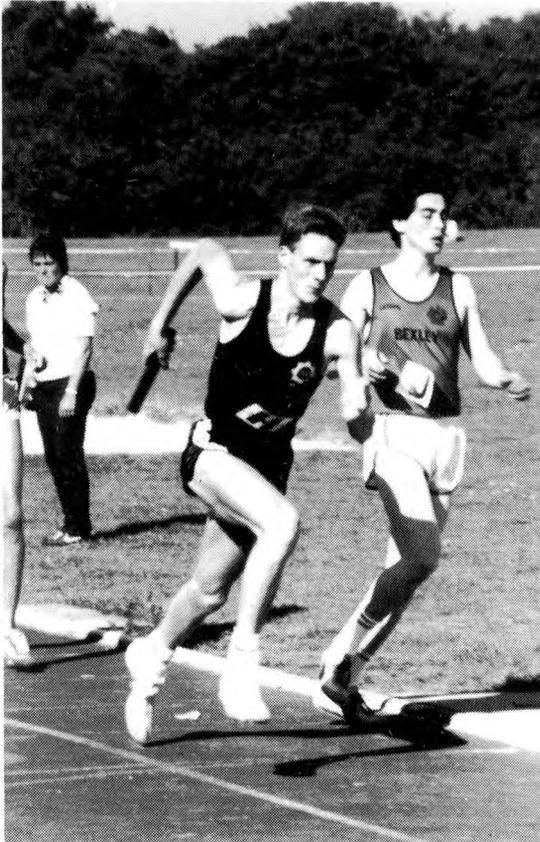
20th - 21st June, 1986

Senior			
100m	7.	Phil Davies	10.47
Shot	2.	Mike Winch	18.10
	3.	Graham Savory	17.28
Discus	2.	Graham Savory	58.52
Javelin	3.	Darryl Brand	74.54
	7.	Peter Yates	68.42

Birmingham

9th - 10th August, 1986

Junior			
400m h	4.	Nigel Keogh	54.00
Youth			
400m	2.	Vaughan Corless	50.02
1500m s/c	11.	George Ponte	4.39.63



High Jumper/Sprinter Andrew Hodge.

SOUTHERN CHAMPIONSHIPS

Crystal Palace

6th - 7th June, 1986

Senior			
100m	2.	P. Davies	10.65
5000m	4.	W. Foster	14.14.98
Discus	1.	G. Savory	57.62
Jav (old)	1.	D. Brand	82.78

Crystal Palace

19th - 20th July, 1986

Junior			
2000m s/c	2.	L. Wright	5.55.58
400m h	2.	N. Keogh	53.64
h.j.	4.	A. Hodge	2.00

Youths

400m	1.	V. Corless	49.61
h.j.	3.	W. Evans	1.85
s.p.	3.	J. Overall	12.57
h.t.	5.	A. Paffett	49.76

Boys

400m	1.	J. Forrest	51.90
	2.	R. Holt	52.69
s.p.	2.	J. Mulcahy	13.24
Discus	3.	D. Meheux	39.24
Javelin	2.	G. Harrison	49.38

BARNET GALA VETERANS MEETING

Barnet

7th June 1986

Long Jump	—	M50	2. D. Gale	5.37
High Jump	—	M50	1. D. Gale	1.55
Pole Vault	—	M50	1. J. Day	3.10
400 metres	—	M40	6. J. Robinson	61.4
	—	M55	3. W. Clapham	70.5
1500m	—	M40	2. J. Robinson	4.37.9
	—	M55	2. W. Clapham	5.03.8
3000m Walk	—	M40	1. P. Hannell	14.03.6

SOUTHERN COUNTIES VETERANS 1986 TRACK CHAMPIONSHIP

Haringey

5th July, 1986

100m	—	M50	2. D. Gale	12.6
200m	—	M40	7. S. C. Davis	26.7
400m	—	M40	5. S. C. Davis	60.2
800m	—	M40	5. V. J. Robinson	2.19.0
	—	M55	2. W. F. Clapham	2.27.2
1500m	—	M40	5. V. J. Robinson	4.41.3
	—	M55	2. W. F. Clapham	4.59.1
3000m walk	—	M40	1. P. C. Hannell	13.56.1
Pole Vault	—	M50	1. J. E. Day	3.00
Long Jump	—	M50	2. D. Gale	5.10
High Jump	—	M50	1. D. Gale	1.45
Javelin	—	M40	2. S. Davis	36.16
Discus	—	M40	1. C. Ellis	46.68
Shot	—	M40	1. C. Ellis	12.88

ITALIAN MASTERS OPEN CHAMPIONSHIPS

Verona

13th/14th/15th June, 1986

Pole Vault	—	M50	1. J. Day	3.10
110m Hurdles	—	M50	2. J. Day	21.62
400m Hurdles	—	M50	2. J. Day	82.60

RESULTS OF PONSFORD TROPHY 1986

	T.J. Hammer	L.J. Discus	Shot	P. Vault	Javelin	H.J.	Points		
1. J. Wakeman	3	4	1	2	2	1	65		
2. J. Day	1	5	3	—	6	2	7	5	62
3. C. Brand	2	3	2	—	4	—	3	4	60
4. S. Oxlade	—	—	—	—	1	3	2	—	33
5. A. Elgy	—	—	—	1	5	—	—	—	20
6. N. Haffenden	—	1	—	—	—	—	—	—	12
6. J. Kitching	—	—	—	—	—	—	1	—	12
7. A. Paffett	—	2	—	—	—	—	—	—	11

For the first time in many years, no-one competed in all eight events.

LETTERS TO THE EDITOR

Dear Editor,

There are some 300 veteran Heathens. In spite of this, a glance at Geoff Crowder's report (Gazette 612) shows that Blackheath Harriers had no team in the S.C. Vets (V50) nor in the Nat. Vets (V40) cross-country championships.

In track and field the picture was similar. Only a handful of us represented Blackheath Harriers at the Nat. Vets (Indoor) at Rosford, the S.C. Vets at Haringey or the Nat. Vets at Wigan.

A major reason for this was the reluctance of members to meet, individually, the controversial S.C.V.A.C. registration requirement.

It is not the purpose of this letter to rake over old arguments about the S.C.V.A.C., which are not confined to our own club and may be resolved by the proposal to have a single governing body for athletics after 1988 (A.W. 11.10.86). Rather, I point veteran members to the end result as set out above. I respect the views of those who feel that they cannot join S.C.V.A.C., but I hope that enough members will be persuaded that Blackheath Harriers deserves better representation in 1987 than it got in 1986.

Yours 'heathenly,

Bill Clapham

Dear Editor,

It is nearly 2 years since I wrote to you about two possible developments which I regard as fundamental for the club. Some of the responses in your edition number 612 and elsewhere have been frivolous and hysterical. It would indeed be good if the membership at large were to accept your invitation to "let us know what you think on this issue". In the meantime I would welcome the opportunity to set out my own thinking in more detail.

It was pleasing that at the A.G.M. this year our new President stressed that the purpose of the club is the promotion of *athletics* (rule 1). We are bound to take note of the state of our sport in 1986. The point is eloquently made on page 200 of our Centenary History. Appropriately enough this comes at the end of a work which celebrates our glorious traditions.

Until comparatively recently women in sport were very much a minority and their level of performance mainly poor. In athletics they only participated in a small number of events. The current situation shows a dramatic change in numbers competing, range of activities and standards achieved. The majority of running clubs throughout the country have recognised this and now have male and female sections.

In the past decade, due to the hard work of many, our club has regained an eminence in line with its famous past. If we are going to maintain this we must be aware of trends. We must seek to anticipate events rather than be controlled by them. Junior recruitment is the key to continuing success. It is likely that increasingly parents with sons and daughters of athletic potential will look for a club which makes provision for both. Those without this facility will suffer.

It is intriguing that, on the basis of tradition, there should be resistance to modifying our name. Our ancestors had so much inhibitions. Blackheath Harriers as a title did not appear until well after 1869, presumably when the club moved to Blackheath. There are exceptions to every rule, but broadly speaking names of institutions do show a connection with the place where their activities are carried on. It does help to attract members.

Do we wish to be considered as *the* Bromley club? May we wish to obtain support from the Borough? If so, there are ramifications, as Past President Alan Brent has indicated. Two of these are the club name and the absence of lady members. Hopefully the promised discussions with Bromley



"Only a couple of feet deep? Are you sure, Pal?"

BLACKHEATH HARRIERS 25 X 1 MILE RELAY

Crystal Palace

28th September, 1986

Team Result:

1. Aldershot, Farnham & District	1.55.59
2. Belgrave Harriers	1.56.40
3. Blackheath Harriers 'A'	1.57.09

Individual Blackheath times:

1. P. Calton 4.23 (fastest B.H.); 2. R. Coe 4.39; 3. M. Laws 4.32; 4. N. Colvin 4.35; 5. J. Kemp 4.45; 6. P. Lester 4.49; 7. P. Davis 4.46; 8. G. Patterson 4.44; 9. S. Fitz-Costa 4.56; 10. G. Spencer 4.32; 11. N. Keogh 4.41; 12. A. Tilley 4.43; 13. J. Puckan 4.43; 14. J. Taylor 4.56; 15. R. Coles 4.31; 16. S. Cluney 4.47; 17. T. Nash 4.24; 18. N. Wahla 4.42; 19. D. Seaby 4.48; 20. R. Tompkins 4.37; 21. P. Hiers 4.40; 22. P. Barlow 4.46; 23. S. Ridgwell 4.56; 24. M. Athawes 4.48; 25. T. Fomiger 4.28

Ladies Athletics Club, who have recently changed their name, about the joint use of Norman Park will also address these important issues.

I do hope that there will not be too much screaming and kicking as we are dragged into the twentieth century.

Geoff Crowder



200 GROUP

Notice

A couple of issues ago an article was printed in the Gazette pointing out the virtues and potential benefits of joining the 200 Group. The nil response provoked me into reviewing the article, thinking that maybe I had not expressed myself clearly enough and I must admit that on second reading some of the terminology used was rather technical and biased to the understanding of our computer expert minority. As is well known, they more readily understand the pressing of keys and the operation of complex programmes, not the simplicity of the hand in bag and pull out a number principle.

So, what would be the best way to get the message across to the majority?

Nothing better I thought than to express it in terms of reliability prediction, apportionment and calculation. Maybe a bit unfair on the Greek philosophers in the Group anyway!

However this time I will not make the same mistake again and leave some of you in doubt, so I have therefore prepared the following glossary of terms:

1. Without limitation negligence: The organiser accepts no liability.
2. Failure rate data bases: The number of draws taking place without your number coming out.
3. Stages of project evolution: The time taken to get a full 200 members.
4. Life cycle costings: The total subscriptions paid before you snuff it.
5. Imposing a systematic discipline: The self-control required not to get too excited at 200 Group Suppers.
6. Other independent variables: Whether or not the President dropped your number on the floor at the last draw.
7. Exposure to environmental stresses: Having to sit downwind of Brian Stone's cigar.
8. Convenient mathematical function: Two times table.
9. Event based probabilities: A winner will result only after a number is drawn.
10. Redundancy configurations: Conservative Party policies.
11. Applying comparative techniques: The analysis of recent results to determine whether anyone has won more often than Doug Cocker.
12. Suitable probabilistic distributions: That Mike Peel should have a win (eventually).
13. Reliability prediction methods: How to determine when it might be.

I am sure that without going into any further detail, you will all now understand that what I am trying to say is that there are vacancies in the 200 Group.

Please make enquiries for details from the new promoter Mike Gasson, at the Clubhouse.

1985/6 Winners

	£50	£25
September	R. Turney	Ms. V. Cliff, M. Poole
October	J. Baldwin	Ms. G. Piper, A. Davis
November	R. Pitcairn-Knowles	G. Monshall, J. Wakeman

December	£436 D. Bentley
January	J. Braughton
February	B. Swift
March	J. Powell
April	£436 C. Haines
May	J. Hills
June	D. Amner
July	L. Piper
August	£428 P. Catley

D. Cocker, I. Wilson
B.H.S.C., D. Cocker
D. Cordell, D. Cocker
M. Manley, B. Stone
M. Davies, D. Gregory
G. Last, Ms. P. Moss



CASH FOR COACHING

The Club having formalised a structured coaching scheme made application to the British Amateur Athletic Board for a grant from the fund sponsored by Minolta Copiers. Depending on the content of the scheme an award of up to £1,000 could be given — the Club received this maximum.

The scheme was launched at the end of September and the first two months have proved most successful, with about 50 young athletes attending each session.



Pete Barlow. Heavy drinking layabout to heavy drinking athlete in a very short space of time.

ROAD RUNNING

THE NORTH DOWNS RUN

29th June, 1986

MARSEILLES — CASSIS HALF MARATHON

27th October, 1985

Late result — first 10k climbs from sea level to 1,000 ft.
29. L. Atterbury 1:16:10; 95. P. Barrington-King 1:21:00;
100. K. Whicheloe 1:21:30; 156. G. Spencer 1:23:30; 471. P.
Barlow 1:29:30.

6,672 runners started.

International Teams: 1. Italy
2. Algeria
3. England — Blackheath Harriers

FELTHAM HALF MARATHON

25th May, 1986

On a fine cool morning at Feltham four hundred plus runners assembled for the 13.1 miles. Many of the throng were later in the day to join the thousands in Hyde Park for the Sport Aid fund raising spectacular.

The starter's pistol blasted a five minute warning to race start time, this in effect caused mild panic and some of the runners were called back.

Although the two lap course around the recently completed Feltham Young Offenders Complex was mainly flat, strong gusting winds slowed the majority of the field.

The course ran close to Heathrow Airport and was ideal for aircraft spotters, these however did not include Grenville Tuck of Aldershot Farnham and District who led from gun to tape and finished in a time of 67 minutes 41 seconds. Mike Cronin was 21st in 77 minutes 44 seconds which won him the 2nd Vet award.

CATERHAM HALF MARATHON

8th June, 1986

1. R. Treadwell	Surrey Beagles	69.37
2. P. Timblich	SLH	72.29
3. D. Morris	Boxhill Racers	73.09
4. I. Cousins	Boxhill Racers	73.25
5. J. O'Brien	Boxhill Racers	73.56
6. S. Morris (V)	Phillips CS	74.29
7. S. Ryan	Phoenix	75.06
8. C. Parrack	Boxhill Racers	75.23
9. A. Martins	SLH	76.39
10. J. A. Cooper	Blackheath Harriers	76.41
11. C. Woodcock (V)	Blackheath Harriers	77.12

COMMONWEALTH VETERANS GATHERING

Edinburgh 25 km 29th July, 1986

1. B. Scobie	SCO	1:24:47
2. D. Lawson	ENG	1:25:28
3. D. Littlewood	ENG	1:26:23
4. A. Adams	SCO	1:27:08
5. C. Rutland	ENG	1:27:28
6. D. Fairweather	SCO	1:29:19
7. K. Summersgill	ENG	1:30:23
8. C. Woodcock	ENG	1:30:36
9. B. Stoddart	SCO	1:30:46
10. G. Lester	ENG	1:30:48

Sunday, 29th June, 1986 was for millions World Cup Soccer Final Day, but for six hundred or so runners it was the 30 kilometres run over the North Downs.

Mexican type weather greeted the starters; would the thin air of the North Downs effect the Blackheath contingent? David Cordell's high altitude training at Shirley Heights was about to be tested.

With the assistance of the Kent County Constabulary traffic was controlled to allow competitors to cross the busy A227 Wrotham Road and to proceed on private roads and public footpaths to Chobhambury Woods and then on to Cobham, Hollyhill, Lower Luddesdown and the finish at Istead Rise.

With the temperature in the eighties the shaded parts of the course were most welcome and the adequate Feeding/Sponge Stations helped to keep the competitors going.

Tony Rose of Verlea A.C. held off Nick Brawn and Douglas Cowie to win in a remarkable time of 1 hour, 49 minutes and 59 seconds.

First Blackheath man was Jim Bailey who continued his recent good form to finish in 33rd place in a time of 2:09.28.

Other placings were:

Position	Time
35. Mike Cronin — 6th Vet	2:10.45
49. Frances Guy — 1st Lady	2:13.40
66. Brian Fincham — 15th Vet	2:16.53
94. David Cordell — 23rd Vet	2:20.52
103. Andrew Grace — 25th Vet	2:21.41
134. Simon Michell	2:24.47
161. David Appleton	2:28.31
209. Colin Rowe — 58th Vet	2:33.54
245. Anthony Michell — 72nd Vet	2:37.38
282. David Crane	2:42.05
307. Robin Graf	2:44.54
383. Ian Gold	2:53.53
440. Maurice Sizer — 142nd Vet	3:02.43

BARCELONNETTE — PRA LOUP MOUNTAIN RACE

12th July, 1986

Saturday, July 5th saw the start of summer holiday time for we four adventurers Paul Barrington-King, Neil Colvin, Tony Nana and myself, Pete Barlow.

Departing early morning for Dover and the cross channel ferry, our heads still sore from the previous night's partying with various members of Bromley Ladies, we waved a tearful farewell to young Steve Fitz-Costa, unfortunately unable to accompany us on this trip comprising a fortnight of touring, training and perhaps a race or two across the briny in France.

After an uneventful crossing we set out in the direction of Beaune, a town in mid-France approximately 160 miles south of Paris, and that night encountered the heaviest rain storm since the Ark. As the rain progressively got worse the tent gradually dipped lower and lower. I awoke to find myself amongst the wreckage which, by now resembled a giant cowpat. Tony, at this stage, was running about like a naked dervish trying to attempt to scale a rather slippery wall en route to the safety and comfort of his car. Several times the naked Nana tried this escape route only to be failed by the foul conditions. Frustrated, our Tony decided it might be better to run starkers via the main road. Much muffled giggling came from Neil and Paul's tent as they sat, we learnt later, warm and dry with our tent pegs in their hands. The holiday had begun.

Another storm and 200 or so miles further south we stopped at St. Enimie, a medieval village on the Gorges Du Tarn. Some of our best training was done here and during a 10k run we were amazed to be "hooted" by a bronzed John Kavanagh and wife returning from Spain on tour (who was it that said "wherever you go you will find a 'Heathen?")

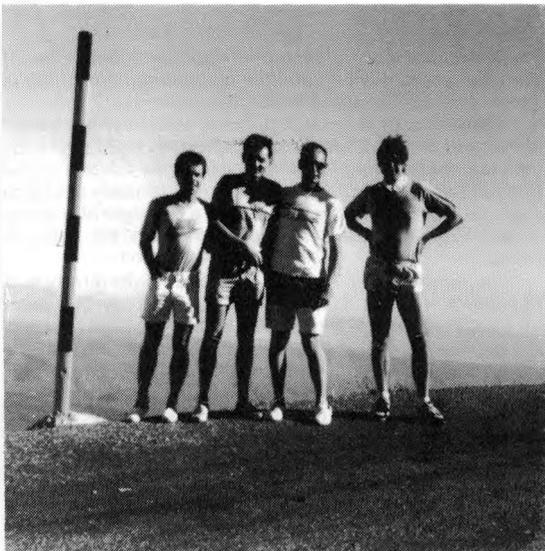
Our next stop was Barcelonnette and our first (and as it turned out, last) race. The Barcelonnette — Pra Loup Mountain race rises over 3,000 feet into the French/Italian Alps inside a distance of 11.6 kms (7.2 miles).

As 6 pm and the start of the race drew near, tactics were discussed. Paul felt good and was confident of a top ten placing. Neil was determined to "do or die" and try to hang on to Paul for as long as possible. An only half-fit Tony Nana found the prospect daunting and needed much coaxing to start the race. Yours truly decided to just give it a go and see what would happen, as usual.

Almost as the starter's pistol fired, drops of rain could be felt, and by mile two a full electric storm was in progress. The nature and altitude of the course meant "eye-balls out" all the way with the awful weather adding to the severity of the run, we arrived exhausted and wet, but happy to be finished at the Alpine ski-resort of Pra-Loup.

On meeting in the changing area we discussed the race. Paul had an excellent run succeeding in his top ten prediction. Neil had ran his heart out but inevitably tired in the latter stages as I had found to my amazement when finishing mere seconds behind after a surprisingly strong run. A few minutes later Tony appeared in the changing area looking remarkably fresh and describing his race as a "training run" (those of you that have trained with "our Tone" will probably think "whats the difference?"). A tremendous run considering his level of fitness.

Many minutes and refreshments later the results had been processed. After the individual and spot prizes had been awarded we came to the team prizes. With three to score, the prize for the first local team went to the army because they were bigger than everyone else and had guns. Next, Premiere Equipe Etrangere Pra-Loup '86. This, basically translated, means first team of strangers and as they don't come much stranger than us we appropriately and gratefully accepted a trophy shaped not unlike a wooden door wedge amidst much cheering from the large crowd gathered (due mainly to much crawling on our behalf, praising France's recent World Cup performance and cries of "Vive La France"). As a bonus



The four lads on top of the world. Note: PBK never goes anywhere these days without his barber's pole.

Paul also received an award (and bottles of wine) as first foreigner home.

After celebrating into the early hours of the next day, we retired to our tents to dream of future successes.

The Mediterranean beckoned and we duly set our sights south. More camping and training followed at Cap St. Jean Ferrat under cloudless skies and beside the shimmering blue sea. Highlights included seeing Steve Cram run at the Nice track, meeting and bumping into Andrew Lloyd-Webber who truly is the only person who, in real life, looks uglier than his "Spitting Image" puppet!

Our holiday over, we returned to jolly old England, stronger, fitter and full of enthusiasm for the months of training and racing to come.

Result	
1. Aime Arnaud	45.42
2. J. Marc Sicard	47.39
3. Marcel Pillot	48.38
7. Paul Barrington-King	50.02
21. Neil Colvin	52.14
24. Pete Barlow	52.45
51. Antoine Nana	56.41

206 runners finished.

1st overall team, Blackheath Harriers.

P.J.B.

FENLAND RELAYS

March

14th September, 1986

For the second year running we decided to enter a team in this novel relay. David White replaced Mike Williams this year to make up the 5 man team with Mike Cronin, Keith Whicheloe, Tony Bounds and Norman Davidson.

The event requires a Veteran, lady or a junior to run the first 7 mile leg, followed by 4 other runners in succession who each run a 10 mile leg. Finally, the whole team must run a final leg of 3.5 miles together, as the team's time is determined when the last member crosses the line.

We arrived at the start with a generous 10 minutes to spare and of course the only person not already changed was David White, our first runner. The team immediately burst into action in the changing rooms (in the nicest possible way) and David was on the starting line with at least 18 seconds to spare. This clearly upset Darren Mead who fell flat on his face when the gun was fired, allowing the other runners their first and last opportunity of walking all over him. Darren romped home over 2 minutes ahead at the end of the first leg and whilst David was 19th. I should stress that the first leg is always the one not to be in.

The successive legs saw Norman Davidson, Keith Whicheloe, Mike Cronin and finally Tony Bounds move the team from 19th to 12th, 11th 10th and 13th where we eventually finished in 4 hours 51 minutes, nearly 4 minutes faster than last year. 72 teams competed and the overall winners were a strong Stilton Striders team who completed the course in 4 hours 28 minutes which equates to an average pace of 5 minutes 20 seconds per mile in case you are interested. Our average pace was approximately 5 minutes 50 seconds per mile.

I shall long remember the sight of Mike Cronin making his way back to the car park with an ironing board under his arm which he purchased at the charity fete for £2 after endless negotiations and consultations with his financial adviser, David White and the bemused lady on the stall.

Like most relays this is not an event where you will run a P.B. even though the course is very flat. However it is a good day out, within easy reach of London, and I suspect we shall be returning in 1987.



L-R Mike Cronin, Dave White, Keith Whicheloe, Norman Davidson and Tony Bounds.

ELMBRIDGE 10k

20th July, 1986

L. B. Snelgrove (Thames Hare & Hounds); 20. S. Cluney (B.H.) 34.20; 74. D. Crowder (B.H.) 37.21; 117. R. Thornton (B.H.-V) 38.54.

On a warm and windy day 421 runners finished.

EPSOM 10k

Hook Road

24th August, 1986

A warm sunny day was to ensure a good attendance for this race over an undulating Surrey course, considered slightly over distance by measurement buffs.

Who could believe that Hurricane Charlie and a Bank Holiday wash-out were twenty four hours away.

Shrieks of encouragement greeted competitors as they whizzed past Chessington Zoo.

The "know your finish" doctrine expounded by running guru Geoff Crowder enabled your correspondent to pick up a place on a competitor who had gone slightly astray on the spaghetti junction run in. The race was won in 31.52. Mike Cronin and Tony Bounds were our only representatives finishing 14th in 35.27 and 26th in 35.58 respectively.

M.C.

BRIGHTON 'CITY CENTRE' RACE

Brighton Pavilion

14th September, 1986

"How do you fancy a race in..." so the voice on the other end of the phone began, and thoughts of here we go again, I've heard it all before came to mind. But as Pat Calnan expounded "We've been invited to send a team...big time...possible TV coverage" I realised this would be no easy job. Six laps around the Royal Pavilion (William IV in fact) six to enter and four to score and I was obviously number six. So why not?

Then as the days went past doubt struck home. The leaders will be at least 2 minutes quicker which on a circuit just less than 800m means the awful prospects of being lapped and pulled out. What would my Gran say?

Still ever optimistic I boarded the train at East Croydon to meet the rest of the squad, except Richard Coles who was driving direct. But where were they? Only Pat and Bill there. Injury had nobbled one, and Tim Nash had been dragged screaming into work by his hard nosed employer on a Sunday!

Steady drizzle greeted us at Brighton, but the haze lifted by the time we found the excellent changing facilities — the local swimming baths. A welcomed re-union with Richard Coles meant we had a team, and we filled in each other's past achievements which were required on the declaration form — not a lot to write in some cases!

Still, plenty of spectators to enjoy the day's activities, which included club cycle races, celebrity cycle races and various fun/serious road races before the 'elite' event.

All 60 elite starters were first 'presented' to the crowd at the race finish line — the Theatre Royal. Then it was off to the start of this 6¼ lap race of just over 5000m. The gun heralded a mad charge — I was going flat out yet was 50th after ¼ mile. But after ½ lap I could see Bill and Pat up in the 20s, with Richard alongside me. At the end of lap one, much abuse was hurled our way by a fellow Heathen when it was announced that the fastest man in the field (Richard Coles) p.b. of 14m 15s was passing — languishing somewhere in the 40's. Still, we were overtaking others steadily, and in no time we were on the last lap. Only now did the usual 5000m tiredness descend although I was able to pass 3 more before the treadmill stopped.

Pat had pushed on well, but lost a few places on the last lap. He came home 12th — a good run especially when you consider he ran the 10,000m for the Club at Cwmbran in the GRE Cup Final the day before. Pride of place must, however, go to Bill O'Donnell who got stuck in and lived up to his great promise by coming 5th with a host of well known names behind him. He'd only run the 5000m at Cwmbran! Richard seemed pleased with his early season form and I was glad to hang on to his shirtails all the way.

The Coles family were our only supporters and they managed and provided for the team in a most professional manner. The atmosphere amongst the runners was also good with so many acquaintances being re-affirmed.

Still the best news was to come; we were third team home — an excellent result in such exalted company. We had beaten many more fancied teams by good team running — all running to the limit on the day. A £60 cheque for the Club was ours and to top it all the pubs were still open and had been all day — prospective spectators for next year take note. The excellent organisation of the races only tripped up once when the 'victory' ride around the course for the first 3 teams was thwarted; as Pat pointed out "You'll never get 12 on the back seat of an open top Ford."

Results:

1. M. Rowland (Phoenix)	14.38	12. P. Calnan (B.H.)	15.11
2. P. O'Brien (O. Gaytonians)	14.41	22. R. Coles (B.H.)	15.37
5. W. O'Donnell (B.H.)	14.54	23. K. Pike (B.H.)	15.39

(60 finished)

Teams:

1. Old Gaytonians	26
2. Brighton	42
3. Blackheath Harriers	62
4. T.V.H.	74

K.P.

SUNDAY TIMES FUN RUN

Hyde Park

28th September, 1986

"The B.G.'s Run Clear"

A pallid sun broke through from the morning grey sky so that its benevolent beams could accompany the intrepid band of brothers-in-arms (or should it be legs?)

DEMI-MARATHON

d'Abjat - Bandiat, France

15th August, 1985

(23.5 km) 1st C. Woodcock 1.23.15 — and first vet by over 20 mins!

BLACKHEATH CROSS COUNTRY RELAYS

Sparrows Den

20th September, 1986

In stark contrast to the previous weeks G.R.E. Cup Final, conditions were perfect for the club's annual cross country relays. The race has come to incorporate a trip to England from our friends of A.V. Roeselare in Belgium and they toed the line with a host of Southern clubs to provide some strong competition for our athletes.

Leg one proved to be the usual scramble and as the leaders reached the woods a group of around a dozen jockeyed for position. On emerging six minutes later the field had stretched out and it was Barry Attwell running for Hercules Wimbledon 'B' who led home in 11.04 with Mark Harris of Portsmouth close behind in 11.05; Pat Calnan 3rd in 11.17; and Invicta 4th. Neil Colvin ran 12.03 to bring the 'B' team in 15th.

Although having a well deserved rest period, Bill Foster, (3.44 for 1500m this summer), still managed to hold off Invicta's formidable Nick Brawn on leg two, and actually increased the gap — Bill 11.12 — Nick 11.18. Portsmouth led.

Former Blackheath track man, Merv Brameld moved Invicta into the lead on leg three while Richard Coles ran a solid 11.33 to keep us 2nd with Brighton's Richard Carter 3rd (11.18) and Keith Penny closing for Cambridge with 11.02. By the end of leg four Bill O'Donnell had opened a sizeable gap between second place and the chasing teams by producing Blackheath's fastest individual time of 11.09. Invicta still led.

Spectators gathered to watch the bearded Mike Gratton take his team into the woods but when the beard appeared it was our Ken Pike who was underneath it. Gratton and Wigley had both thought they were running the 6th leg, and, had a sporting Ken Daniel not pointed this out, the time lost might have been greater. Our Ken's lead did not last long but at the changeover we lay second 48 seconds clear of Brighton with Invicta back in front.

The final leg proved the most dramatic as Dartford's Geoff Wightman produced a stunning run recording the days fastest time of 10.29 moving up to 2nd, rewarding his club mates' solid running on earlier legs. With New Zealand marathon champion John Campbell joining their ranks and Kevin Steere back as first claim they should be a force to be reckoned with this season. Our own Paul Betts found three weeks holiday too much of a handicap and slipped to fifth. Some may say this was a tactical move as our team won hand towels, as opposed to the Brighton team who received a book on how to run a marathon as a reward for their fourth place.

With the 'A' team result promising there were also good runs by Gary Spencer, Dave Searby, Ken Daniel and Jim Phelan in the 'B' team which finished 14th while our Vets team finished a mid-placed 23rd. To field seven teams must be encouraging for this winter's Mob Matches. Even John Powell ran, though he probably moved faster on the dance floor in the evening after his half of shandy.

Team Result:

1. Invicta; 2. Dartford Harriers; 3. Cambridge Harriers; 4. Brighton & Hove; 5. Blackheath 'A'; 14. Blackheath 'B'; 20. Blackheath 'E'; 23. Blackheath 'C'; 29. Blackheath 'F'; 33. Blackheath 'D'; 39. Blackheath 'G'.

Challenging the fate of last year, two teams were again entered and with the advent of two young (comparatively) recruits hopes ran high. These were in part sustained by the A team achieving a position of 33rd, no mean feat in view of the increased entry each year. It is also pleasing to record the fact that one member, precluded from appearing due to an inadvertent holiday booking, nevertheless promised to run the required 4k at the appointed time on the day. Although this was duly performed the time was unfortunately unacceptable to the organisers, but this gesture is indicative of the loyalty engendered by this event in the club.

Feminine charm, encouragement and sympathy were rendered by Mesdames Bennett, Braughton, Brickwood, Gillate, Lake and Walker.

Although other 'heathens were involved on the day in other categories, Bill Clapham finishing 33rd in his "field" of 513 set a fine example in his first year as Vets Captain. Impaired eyesight failed to detect other 'heathens in the crowded lists.

A Team	Time (minutes)	Place
J. Braughton (60+)	15+	5
D. Brickwood (60+)	17+	19
J. Bennett (60+)	19+	55
A. Brent (60+)	20+	67
A. Kempton (70+)	24+	15
J. Parrott (70+)	28+	21

B Team	Time (minutes)	Place
L. Blight (60+)	23+	91
W. Lake (60+)	23+	94
D. Gillate (60+)	23+	97
K. Johnson (60+)	23+	101

A Team with 182 points — 33 teams from 1772 teams.

DOWNLAND RUN

Lewes, Sussex

5th October, 1986

Not your normal ten miler, the course is similar to the Club 10...if only I had known.

However this event is ideal for those who enjoy an hour or so running up and down hills in thick fog.

Position	Name	Club	Time
1.	A. McGee	GEC Avionics	54.25 course record
2.	M. Howard	Worthing Harriers	55.26
3.	P. Cousin	Stade Dieppois	56.09
9.	G. Ashdown	Brighton & Hove	58.30 1st Vet
20.	M. Cronin	Blackheath Harriers	61.34 2nd Vet

Perhaps we can get a Blackheath Team out in 1987?

M.C.

VETS A.C. 5.5 MILE ROAD RACE CHAMPIONSHIPS

16th July, 1986

1st C. Woodcock 27.31.

Chris Woodcock retained his 5000m and 10,000m Vets A.C. track championships in 1986 and was 2nd in their 10 mile road race championship. Not a bad year, eh?

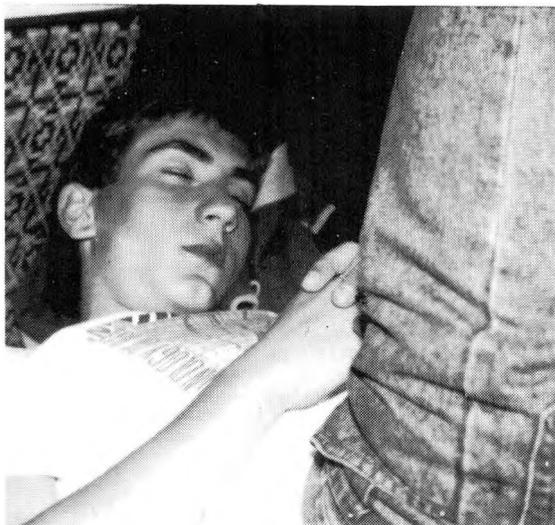
RESULTS IN BRIEF

WORLD VETS 10 km ROAD CHAMPIONSHIPS

Blackpool

8th June, 1985

48th C. Woodcock 33.27



Russell Nunn's p.b. in the boy's 3000m at the National Final was all just a little too much for him.



The wrist may look limp but Mike Laws' track performances are far from it.



"C'mon big boy, don't be shy, drug test time."



Boys javelin star Gerald Harrison (left) with the Youth Athletes Vice Captain Justin James