

No. 617 Vol. 91



May 1988 - March 1989

*"Perfer et Obdura"*

# Blackheath Harriers' Gazette



**BLACKHEATH HARRIERS  
CLUB OFFICERS 1988/89**

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**THE PRESIDENT'S MESSAGE**

When I joined the club 48 years ago I remember I was very much in awe of the senior officials, including President Arthur Thwaites. Never in my wildest dreams did I think that I would reach the highest position in the club. I am deeply honoured to serve as your President.

The winter season has been completed with victories in all the mob matches. The success in the County, Southern and National Championships have also given a wonderful start to my year. My heartfelt thanks to all members who have taken part and achieved so much.

As we proceed through the summer I am certain that I can count on all members to remember that they compete, not only for themselves but for the club. My best wishes to all for a successful season. I look forward to meeting and getting to know as many members as possible during the summer and to attending the fixtures.

May I wish all club members success for the remainder of 1989.

**Ken Johnson**  
*President*

**Gazette No. 566 September/December 1966**

Car parking space in the club grounds is restricted and the co-operation of members is essential if maximum benefit is to be gained.

Car owners are therefore requested to make use of the rough ground as much as possible, and, those parking in the front rank, to leave a gap for entry to and exit from the rear.

23 years on and nothing has changed. Reassuring or infuriating?

## WHERE ARE THEY NOW?

## BLACKADDER I

*El Morocco Tea Rooms, Bourne Way*

*March, 1988*

At a time when a number of live music venues are closing down, it is pleasing to report the opening of a new venue in sleepy Hayes. The Heathens Rest is capable of holding 150 people at a squeeze, and a friendly atmosphere is guaranteed. Les Roberts is the man responsible for this new direction in the club's activities and...saw the assembling of large numbers in fancy dress for a Medieval Rock Night with guest band Blackadder.

The band's two sets had a strong folk rock influence with a number of Richard Thompson tracks, some Eagles, and even Michael Jackson. The floorboards have never bounced so much in an evening. The effort put in by everybody was tremendous with everyone, except Pete Barlow (he "doesn't do fancy dress") coming in appropriate attire. Fancy dress first prize and turnip winner was Paul Austridge with his Henry VIII (He didn't bring the wives), and Paul Barrington-King was voted star Codpiece by the band. A special prize for displaying extreme menace was unanimously awarded to Colin St. Aubyn although at the time we weren't sure who it was.

A sign of the evening's success was the almost complete lack of alcohol by the end of the night. No beer was left at the bar and almost no wine, which left Brian Stone with record takings and a very sore head.

## BLACKADDER II

*Heathens Rest*

*July, 1988*

Following the resounding success of the first shindig a second had all the promise of being another sell out. However, probably because it fell slap in the middle of holiday prime time the event looked perilously close to being a disastrous flop with only days to go. But, as is so often the case, cometh the hour cometh the punters and on the night 60 souls all bedecked as characters from comics and cartoons, filed through the door and proceeded to turn the night into another classic. Although things took longer to get going this time the eventual fervour was every bit as intense as before.

As so before prizes were awarded to the best get ups but for the life of me I can't remember who won them. I do remember, however, that, just as before, Dave White and his entourage were the last to leave. It seemed he was intent in drinking the house dry once again.

## MARYON-WILSON SWIMMING RACE

*Crystal Palace National Sports Centre 11th November, 1988*

	Time	H/cap	H/cap	Time	Placing
1. Richard Johnson	29.10	5		24.01	5
2. Rob Farish	30.00	Scratch		30.00	13
3. Mike Laws	30.08	1		29.08	12
4. Mark Arthey	32.75	8		24.75	6
5. Brian Fincham	34.68	9		25.68	8
6. Mark De'ath	35.60	5		30.60	15
7. David Somerset	38.43	8		30.43	14
8. David Johnson	45.00	21		24.00	4
9. John Turner	45.10	12		33.10	17
10. Stephen Povey	45.76	10		35.76	18
11. Alan Mothersole	47.40	15		32.40	16
12. Phillip Saxon	49.70	30		19.70	1
13. Graham Botley	50.10	30		20.10	2
14. Bill Clapham	51.30	25		26.30	9
15. Alan Brent	52.91	30		22.91	3
16. Mike Cronin	56.80	28		28.80	11
17. Jim Bennett	68.28	40		28.28	10
18. Jack Parrott	105.00	80		25.00	7

• Life member Leslie Cornish has been traced to St. Austell, Cornwall; Life Member Ian Wilcockson to Bletchingley, Surrey (as a result of his letter published in the Daily Telegraph — copy on page 16 of Gazette No. 616) and Life Member Charles Mobbs has confirmed that he still resides in New South Wales, Australia (and kindly included a donation for Club funds in his letter).

• Sadly, no information has been forthcoming on Life Members: D. F. R. De Berry, E. C. P. Glaisher, O.B.E., A. H. M. Kirby, G. Owlett, E. M. Saville, W. Van Eccles.

• On two occasions recently, letters were addressed to a life member. As no reply was forthcoming to either of these, a third was duly sent informing the member that if still no acknowledgement was received it would be assumed that he no longer lived at the address shown on the membership list. This elicited the following response:

"We have lived at this address for ten years and Mr. .... did not live here before then. I have written before this but must add I have enjoyed your magazine immensely and as a pensioner/jogger will miss it.

Many thanks.

Kath Cotter"

As Kath's original letter does not appear to have been received by the Club, she has been receiving, not only Gazettes, but fixture lists, notices of A.G.M.'s, etc. for over ten years!

Seriously, it does illustrate the importance of letting us know of changes of address, particularly in the case of life members.

Incidentally, it was decided that Kath could continue to receive the Gazette. If the Club ever becomes mixed then she will be able to become a fully paid-up member and she will be a pretty knowledgeable one at that!

## B.H.H.Q. Ltd.

Members visiting Hayes during the winter months will have noticed scaffolding around the Clubhouse. This was in support of a major maintenance programme concerned with carrying out remedial work at eaves level to the roof and guttering fascia boards. Also the rear wall has been treated to overcome the damp patches on the clubroom wall. All this work has now been completed, lets hope we have no more water problems for a few years now.

During the course of this work however it was discovered that the feet of a high proportion of the rafters were in a very poor condition due to dry rot and woodworm also those on the front of the building had been partly eaten by the squirrels. Many will remember hearing them running around in the roof space before the trees were cut down! Although repairs have been made they are only of a somewhat temporary nature and it will be necessary to overhaul the roof in the next 5-10 years. In view of the major expenditure involved a budgetary estimate is being obtained so that long term financial provision can be made.

The claim for the storm damage to the cottage roof has now been finalised with the Club having to contribute some £2,500 towards the overall cost. It is hoped that work on replacing the roof will be completed very shortly. Now that we have a watertight building consideration is being given as to how the cottage might be modified to best meet the Club's requirements in the future, but more of that anon.

## CENTENNIAL WATERPOLO MATCH

BHH — Ranelagh



*L to R:- Clive Donaldson (ref), Mike Cronin, Richard Johnson, Darrell Edmonds, Mark Arthey, Allan Mothersole, Cedric Edmonds.  
Seated:- David Johnson and John Averns.*

On the 11th November, in the hundredth anniversary year of our previous match against Ranelagh (away), Blackheath held it's return, home fixture at Crystal Palace.

The small area of the diving pool helped the players to conserve energy but the depth of five metres allowed no crafty standing!

The game was hard fought all the way with two goals each in the middle part of the contest. Both sides owed a great deal to their goalies, John Averns mostly guarding our interest like a modern day Horatio (Shilton wasn't in it!) The tension was eased when Blackheath built a three goal lead towards the end reflecting our stamina built up, perhaps, in training for the event. Appreciation is extended to all those who attended training. Mark Arthey managed to attend most despite the distance from his home. Mike Cronin, Brian Fincham and Colin Brand also deserve mention since they loyally trained but were non-playing reserves.

A really enjoyable game was the verdict of the players and the numerous enthusiastic audience who spurred their respective sides to energetic play. The Ranelagh team suggested another game soon. The respective Presidents however thought the present frequency about right!

Away match 2088 AD.

BH Team: M. Arthey, J. Averns (1 goal), M. De'ath, C. Edmonds (4 goals), R. Farish, D. Johnson, R. Johnson, M. Laws, A. Mothersole, Res. M. Cronin, B. Fincham, S. Povey and C. Brand.

Ranelagh: A. Gohar, M. Gohar, G. Beale, M. Boulwood, S. Clark, T. Hunter, D. Rowntree, J. Sperry and C. Summers.

Beckenham Swimming Club gave much help including the provision of the Referee Clive Donaldson (a Kent player). Our thanks to a brother club.

**CAPE TOWN SWIMMING CLUB**

The following letter appeared in Gazette No. 60 (August 1903)

When Mr Godbold's letter could appear, he turned up at the Club one day, explaining he had been called to England for a short visit, and saying the Cape Town Club meeting would have to be postponed until next year; however, the news about Howard Bull, Jack Esson, and Dolly Hoimes was very welcome, though we were all very sorry to hear of Hoimes' accident.

Mr Godbold mentioned he was making a tour upon his return, and was looking up "Toffee" Russell and Jack Beynon at Johannesburg, and E. C. Smethurst at Kimberley. Among the interesting items referred to by him was the fact that the Cape Town Swimming Club had adopted our badge with C.T. in the midst of the entwined squares. Needless to say, we wish them every success.

54, Bree Street,  
Cape Town,  
April 29th, 1903."

Enquiries were made of the Rev. Clifford Davies (who joined the Club on the 1st October, 1934, and now lives in Johannesburg, South Africa) as to whether the Cape Town Swimming Club was still in existence. The following reply was received on 1st March, 1989:

Dear Mr Saxton,  
I see that tomorrow it will be exactly a year since you wrote to me about the use of our club badge (in 1903) by the Cape Town Swimming Club.

I told you when I saw you briefly last September, at the Club Dinner, that my enquiries had had no success because my correspondent in C.T. just never replied.

I have tried since to find out something through two other Cape Town residents. One of these (my colleague, Bishop Moore) managed to establish (A) that there is no entry under its name in the C.T. telephone directory and (B) none of the local libraries could offer any help.

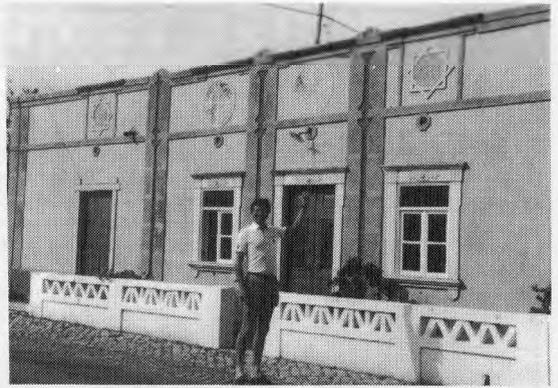
If there is a C.T. Swimming Club it is likely to be an informal or ad hoc gathering which only comes to life when there is a gala or similar event, because a very large number of C.T. residents have their own private swimming pools, and such competitive swimming as there is mainly between schools and colleagues, all of which also have their own pools.

So it seems very unlikely that the "C.T. Swimming Club" as it existed in 1903 has maintained a continuous existence to the present day.

I am sorry not to be more helpful, but it is difficult to gain information from 1,000 miles away — and there probably isn't any information to be gained anyway!

I hope all goes well with B.H. My kindest regards to Godbold and all the others.

Yours sincerely,  
Clifford Davies"



...but the badge has found popularity on the Algarve as Mike Peel discovered.



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<b>1989</b>		
June 23/24	GB v USA v USSR v W. Germany	Birmingham
Aug. 5/6	European Cup	Gateshead
Aug. 11/13	AAA/WAAA Championships and Commonwealth Games Trials	Birmingham
Aug. 24/27	European Junior Championships	Varazdin, Yugoslavia
Sept. 1	IAAF Grand Prix Final	Monte Carlo
Sept. 8/10	IAAF World Cup	Barcelona
Oct. 1	International Marathon	Berlin
<b>1990</b>		
Jan. 24/ Feb. 3	Commonwealth Games	Auckland

# OBITUARIES

## ALEXANDER HOLLOWAY

Alex was principally a Park House man who always enjoyed a pint at the Club after a match. He joined in 1933 as a social member. Soon after joining he became interested in the production of tea. He became a supervisor and inspector of tea in Nyasaland and Malawi (Rhodesia). When Malawi became independent he retired to the Channel Islands. He served in the King's African Rifles during the Second World War, rising to the rank of lieutenant. We extend to his wife and family our deep sympathy in their loss.

## C. A. NOAKS

Charles Noaks, who joined the Club in November 1926 having won a novices race the previous month, was prominent in the Club's cross country fixtures for the next five or six years being among the leading Club runners in mob matches and other major fixtures. Removal to Havant and more recently to Wotton-under-Edge took him out of touch with Club affairs but he greatly enjoyed talking over old times when one of the Club's Past Presidents called recently to present him with his 50 years' membership pot. We extend our sympathy to his widow and family.

## G. B. CARTER

Bertram Carter's sporting interests were mainly in rowing and he was a member of Club crews on several occasions. An architect by profession he joined the Club in September 1926 at the time when work on the present Headquarters was well advanced. It was interesting therefore that his latest visit to the Club, to receive his 50 years' membership pot, took place the weekend the Club was celebrating 50 years at Hayes when the plans for the extension were on display.

## D. P. CRUMP

It is with regret that we have learned of the death of David P. Crump. Recent correspondence sent to his last known address has remained unanswered and it was only as a result of a visit to this address by a member of the Club that news of his death was confirmed; he in fact died in 1978.

David joined the Club on the 7th April, 1930, having been proposed by F. Sparks and seconded by S. H. Claydon. His first racing appearance was at Catford Bridge in a 220 yards invitation scratch race on 14th May, 1930, when he was second.

When the Second World War began, David joined the Royal Navy and served on escort ships with the Russian convoys.

He became a life member in 1938, but little was seen of him after his return to civilian life.

## C. J. REWCASTLE WOODS

Charles, as he became popularly known, joined the Club in 1925 (as a 440 yard runner) when although there were one or two members of more than average ability the track section at that time was very much an infant yet to make its mark and be a useful adjunct to the long established history of the club as a cross country unit.

It wasn't long before Charles established himself as the man of the hour. His own undoubted energy stirred the enthusiasm of all around him so that within a few years with Charles as Track Captain the seeds were sown and eventually blossomed and Blackheath Harriers became recognised as a track team to be respected.

In guiding the fortunes of the section he did not neglect his own training schedules and emerged as a quarter miler of no

mean standard and could if called upon turn in a respectable half mile.

In those days there were no leagues etc., competition was limited to inter-club meetings usually mid-week and at the weekends competing in invitation events held in conjunction with the Business House Championships and Charity Galas. Charles was quick to make use of these meetings to project the name of the club in such an atmosphere.

Fortunately he was at the time the owner of a small car which he frequently stuffed with a one mile medley team and sojourns were made in the early 30's to Sevenoaks, Aldershot, Farnham and the annual visit to the "Ascot" of the season - Cooks (St Pauls) the haberdashery firm on their own grounds at the Green where the invitation events included the Kent County Mile Medley Relay Championship.

As I write I can see Charles (his wife and new son being present) urging everyone to make a great effort to put the club on the map and lift this title for the first time - which was duly accomplished and remained in Blackheath's possession for many years. (Incidentally it was at this meeting in 1932 that the Blackheath 4 x 110 yard team was born - but that is another story).

Over the passing years we have drifted apart but such is the nature of Blackheath Harriers that we can all look back with the fondest memories of friendship which have endured over 50 years and Charles will long be remembered with great affection by all who trod the cinders with him in the 30's.

You were a great asset to the club Charles and undoubtedly helped to lay the foundations of a great Track Section. Blackheath Harriers are indebted to you.

## PAT CHURCHER

The loss of Pat Churcher on Sunday 20th November after a brutal physical assault, outside the 'Eden Park Hotel', will be forever etched in the memory of many fellow Heathens, Patrick will be greatly missed by his close friends and family who remember him as one of the most kind, considerate and helpful persons you would ever meet.

Patrick was born in India on 18th June 1946 and attended Churchfield Primary School in Beckenham, Alexandria Secondary Modern in Penge and Pitmans College, Croydon where he obviously attained his business prowess leading to him becoming, in the eyes of close friends, a major rival to the Duke of Westminster for owning property.

Patrick was buried on 25th January 1989 at Beckenham Crematorium and would have been immensely overwhelmed, as his wife Rosemary was, by the number of Heathens who turned up at St. Georges Parish Church, Beckenham for the service and at the cemetery to pay their respects.

A member of the club since December 1984 he participated in many club activities besides having other sporting and social activities. He was a frequent competitor in Mob matches where, incidentally, he won on one occasion, the 'Lantern Rouge'. He ran in several London Marathons and also the 'Dreamers Mile' competition which he won in 1986. It is because of this that the competition is now to be named after him.

Patrick was a keen member of 'Ravensbourne Round Table' for several years, helping to raise money for charity. A fine skier and windsurfer, always laughing and smiling, he was married in only June of last year to Rosemary herself a regular visitor on 200 nights. A good friend and loyal clubman, he will be sadly missed. Deepest sympathy is extended to Rosemary and all his family.

# TRACK & FIELD 1988

## Report on our British and Southern League Campaigns and the GRE Cup.

### BRITISH LEAGUE MATCH ONE

*Perry Barr, Birmingham*

*21 May, 1988*

The British League Division One Season began as has become customary in recent years at the Alexander Stadium, Perry Barr, the home of Birchfield Harriers, a track which in just over two months would be the scene of one of the most dramatic and controversial meetings in British Athletics history, the Olympic trials. With these trials in mind this league match gave many of Britain's top stars their first chance to register a good performance.

As far as the 'Heath' were concerned after the club's best years for years there were high expectations for some good performance from the middle distance section, and at Birmingham they didn't disappoint. Chris McGeorge carried on from where he left off in 1987 by winning the 'A' string 1500m, while the 5000m produced one of the clubs best ever results with Jerry Barton just holding off Alan Guilder as they recorded a clear one two. For Jerry it was the start of an outstanding season, a season in which he would go on to finish second in the UK Championships, fifth in the Olympic trials and gain his first international vest.

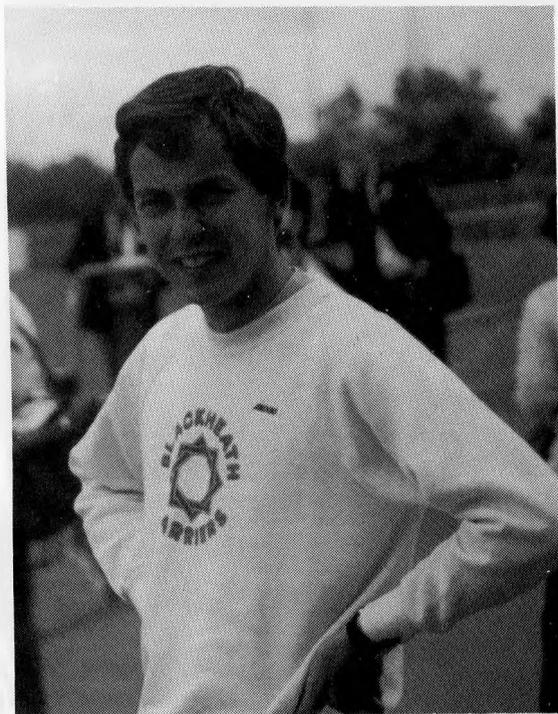
Our only other victory came from established GB international Graham Savory in the shot. There were however a number of promising performances. Former junior international John Andrews finished third in the pole vault on his British League debut showing the sort of form that would in the future put the club record under threat, while Mark Jones, Tony Linford and Keith Bunce all made promising debuts. Tim Foulger returned to his old speciality the high jump with great effect, placing second in the 'B' string.

At the end of the day Haringey proved far too strong for the opposition and ran out clear winners, with the home club Blackfield safe in second. For the Heath it was a slightly disappointing sixth, but with three matches to go there was plenty of time left to rectify the situation.

	A String		B String	
100	7. M. Williams	11.14	7. R. Bates	11.40
200	8. M. Williams	22.31	6. R. Bates	22.95
400	6. D. Galvin	49.18	8. T. Foulger	52.06
800	1. C. McGeorge	1.49.09	5. T. Linford	1.52.44
1500	5. B. Foster	3.49.23	3. D. Heath	3.53.63
5000	1. J. Barton	14.01.52	1.R. Guilder	14.03.43
10000	6. M. Jones	9.10.87	5. T. Nash	9.25.87
15000	- C. Hamplett	D.N.F.	3. K. Bunce	14.96
50000	6. P. Austridge	54.39	3. N. Keogh	53.75
High Jump	5. W. Caswell	2.05	=2. T. Foulger	2.00
Pole Vault	3. J. Andrews	4.40	- D. Coleman	N.H.
Long Jump	7. R. Weaver	6.61	- C. McGrady	N.D.
Triple Jump	7. C. McGrady	13.56	8. D. Coleman	9.61
Shotgun	7. N. Haffenden	50.92	5. A. Paffett	45.66
Javelin	3. P. Yates	66.52	3. J. Kitching	58.32
Discus	8. B. McStravick	41.04	7. P. Yates	38.02
Shot	1. G. Savory	17.26	7. B. McStravick	11.79
4 x 100	7.	43.09		
4 x 400	7.	3.21.44		

#### Match Result

1. Haringey 409; 2. Birchfield 342; 3. Shaftesbury 279; 4. Wolverhampton 259; 5. Edinburgh 235; 6. Blackheath 221; 7. Belgrave 217; 8. Thames Valley 214.



*Tony Linford - holder of the Lindsey Salver, marketing manager for Reebok and generally a jolly good sort.*

### BRITISH LEAGUE MATCH 2

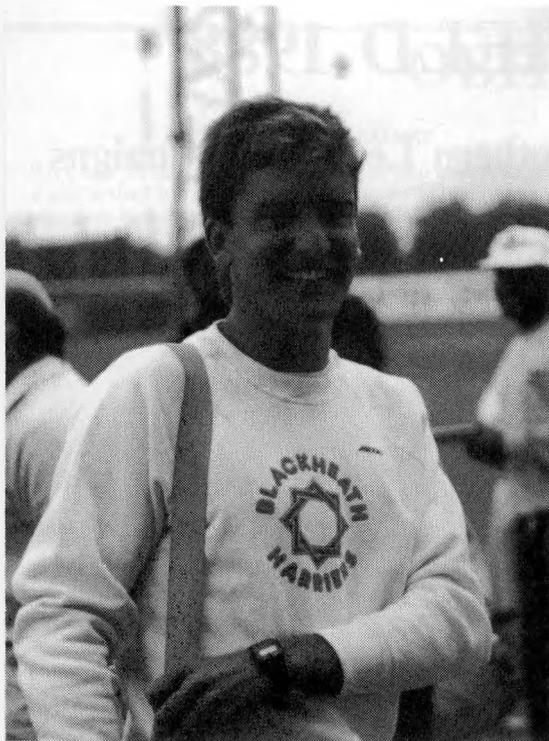
*New River Stadium*

*12th June, 1988*

For Match 2 the British League moved on to the New River Stadium, North London, the home of the league leaders Haringey. There it was greeted by winds approaching gale force. This resulted in slow times in the sprints and tactical races in the middle distances. As far as the 'Heath' were concerned however the day produced an outstanding all round team performance; with only one individual win we clinched an encouraging fourth place.

Not for the first time over the past few years it was Graham Savory who provided the maximum points, making it two wins out of two in the shot. In the javelin Pete Yates and John Kitching scored valuable points both placing third in the 'A' and 'B' strings respectively with the competition being won by Haringey's Mark Robertson in a new league record of 80.92m. The 110m hurdles also proved a good points scorer with Colin Hamplett placing third in the 'A' string behind the European junior champion Tony Jarrett, and Keith Bunce second in the 'B' string.

Fresh from their success in the first match at Birmingham Alan Guilder and Jerry Barton both moved down in distance



*Mark Jones has now returned to his homeland down under. His contribution to the Club was invaluable. We wish him good luck and every success in his endeavours.*

to the 1500m, however not quite with the same level of success. Alan was fourth in the 'A' string, not quite having the finishing pace to deal with Richard McDonnell of Haringey, who a week previously had won the UK title at the same distance. Jerry however went one better placing third in the 'B' string. One who did improve on his Birmingham performance however was Tim Foulger in the high jump, this time clearing 2.10 for third place. Special mention should also be given to Martin Lobb who despite the difficult conditions recorded a new personal best in the 400m hurdles 'B' string on his British league debut. The match also saw the return to British league competition for the first time since 1984 of former Great Britain 800m international Julian Spooner, he was however unable to match the past record finishing sixth in the 'B' string 5000m.

So the final result left the home team Haringey clear winners and clear league leaders from Shaftesbury. Our fourth just one point ahead of fifth placed Shaftesbury kept us in sixth place in the league, level on league points with the fourth and fifth placed clubs.

	A String		B String	
100	5. P. Davies	11.46	3. M. Williams	11.4
200	5. P. Davies	22.85	4. M. Williams	22.54
400	6. N. Thompson	48.85	8. D. Galvin	50.51
800	6. T. Linford	1:54.53	7. B. Foster	1:57.20
1500	4. A. Guilder	4:01.60	3. J. Barton	4:06.56
5000	7. T. Nash	15:04.85	6. J. Spooner	15:25.07
3000 s/c	3. M. Jones	9:16.8	3. P. Calnan	9:43.5
110H	3. C. Hamplett	15.65	2. K. Bunce	15.51
400H	5. N. Keogh	54.13	5. M. Lobb	57.46
Pole Vault	5. J. Andrews	4.20	5. D. Coleman	4.00
High Jump	3. T. Foulger	2.10	2. W. Caswell	2.00
Long Jump	7. G. Holder	6.44	5. R. Chitty	5.87
Triple Jump	8. G. Holder	12.48	7. P. Byfield	12.44
Shot	1. G. Savory	17.04	7. B. McStravick	12.56
Discus	3. G. Savory	53.98	6. C. Ellis	43.22

Javelin	3. P. Yates	67.80	3. J. Kitching	58.46
Hammer	8. N. Haffenden	46.54	4. A. Paffett	45.34
4 x 100	6. Karageorghis, Williams, Crossan, Davies			42.89
4 x 400	8. Galvin, Crossan, Squires, Keogh			3:23.12

Match Result		League Positions	
1. Haringey	426	1. Haringey	16 835
2. Birchfield	345	2. Birchfield	14 687
3. Belgrave	284	3. Shaftesbury	10 525
4. Blackheath	247	4. Belgrave	8 501
5. Shaftesbury	246	5. Wolverhampton	8 494
6. Wolverhampton	237	6. Blackheath	8 468
7. Thames Valley	204	7. Edinburgh	5 437
8. Edinburgh	202	8. Thames Valley	3 420

## BRITISH LEAGUE MATCH 3

Edinburgh

2nd July, 1988

For the third match of the season the British League moved on to its most scenic venue of 1988, the historic City of Edinburgh. However the scene which greeted the athletes upon their arrival at the Meadowbank Stadium was one of gloom and despondency as torrential rain bucketed down. But as if in answer to the prayers of the meeting organisers just as the opening field events were about to start, the rain stopped, leaving the way open for some outstanding competition.

From a Blackheath point of view by far the most outstanding performance on the track came from Alan Guilder in the 5000m, going one better than his Birmingham performance to win the 'A' string. For me one of the most memorable sights of the 1988 British League season was Alan's wave to the crowd to signal his easy victory. Elsewhere Pat Calnan produced his best ever British League performance to date in the 3000m steeplechase, knocking eight seconds off his personal best for third in the 'B' string. The 800m has proved a useful points scorer for the club over the past two years and Edinburgh proved no different, whilst Chris McGeorge placed second in the 'A' string, Tony Linford, now resident in Glasgow, produced a strong performance for second in the 'B' string behind Birchfield's Rob Harrison. The 100m provided the biggest contest of the day, with Steve Green, an established international sprinter for over fifteen years, on his return to the first team, running the 'A' string and Peter Crowe a serious athlete for only two years running the 'B' string. Both showing in their own way what hard work and dedication can do.

In the field there were wins for Tim Foulger in the high jump and Graham Savory in the shot. Whilst in the pole vault John Andrews equalled the club record in which he already had a third share with 4.50m for fourth in the 'A' string.

Overall Haringey continued in the winning ways just edging out a strong Wolverhampton team to go four points clear at the top of the table. While for the 'Heath' another strong team performance gained fourth place to lift us up to fourth in the league, with just one match to go.

	A		B	
100	7. S. Green	10.92	8. P. Crowe	11.66
200	6. R. Bates	22.50	8. P. Crowe	23.46
400	5. N. Thompson	48.76	6. D. Galvin	49.57
800	2. C. McGeorge	1:48.25	2. T. Linford	1:52.09
1500	5. D. Heath	3:50.49	5. J. Barton	3:50.93
5000	1. A. Guilder	14:11.70	5. C. Tulloh	15:10.24
3000 S/C	5. M. Jones	9:20.75	3. P. Calnan	9:32.52
110mH	4. C. Hamplett	14.64	2. K. Bunce	14.54
400H	4. N. Keogh	53.96	5. M. Lobb	58.34
PV	4. J. Andrews	4.50	4. D. Coleman	3.80
HJ	4. W. Caswell	2.05	1. T. Foulger	2.05
LJ	7. N. Moss	5.95	6. P. Brooks	5.94
TJ	7. N. Moss	12.69	6. P. Brooks	12.03
Shot	1. G. Savory	17.26	4. B. McStravick	12.79
Disc	2. G. Savory	53.82	4. C. Ellis	43.86

6. J. Kitching	58.00	5. B. McStravick	51.46
7. N. Haffenden	44.98	4. A. Paffett	44.00
8. Green, Hamplett, Bates, Crowe			43.62
5. Galvin, McGeorge, Keogh, Thompson			3.16.67

#### Match Result

Haringey	367
Wolverhampton	360
Birchfield	334
Blackheath	265
Belgrave	264
Thames Valley	244
Edinburgh	186
Shaftesbury	177

#### League Positions

1. Haringey	24	1202
2. Birchfield	20	1021
3. Wolverhampton	15	854
4. Blackheath	13	733
5. Belgrave	12	765
6. Shaftesbury	11	702
7. Edinburgh	7	623
8. Thames Valley	6	664

### BRITISH LEAGUE MATCH 4

West London Stadium

13th August, 1988

The 1988 British League season culminated at the West London Stadium, the home of Thames Valley Harriers, a track which in the past has had the reputation of being one of the windiest in the country. Therefore it was no surprise to see performances, not for the first time this season, being hampered by a strong headwind in the home straight. This however did not stop some fine club performances, notably on the track where we had three individual wins.

In his first season as senior, twenty year old Mark Williams has made dramatic improvements and this was emphasised by the victory in the 'B' string 200m winning by the narrowest of margins, one hundredth of a second from Belgrave's Dave Armstrong. Colin Hamplett's victory margin in the 'B' string 100m hurdles was much clearer as was Chis McGeorge's in the 'A' string 800m.

A further noteworthy performance on the track came from the 4 x 100m squad of Keith Bunce, Mark Williams, Rob Bates and Phil Davies who recorded a season's best time of 41.45 for third place, just reward for some slick changeovers, and not too far behind a crack Haringey squad.

In the field our best points scorer proved to be the pole vault, where John Andrews again won valuable points placing second in the 'A' string. He was ably supported by David 'quite remarkable' Coleman, who also placed second in the 'B' string. In the jumps Bob Weaver made welcome return to the first team after long term injury, and was joined in the long jump by fifteen year old Jamie Quarry making his British League debut.

At the end of the day Haringey again proved easy winners to complete a clean sweep of victories and regain the league title they lost in 1987 to Birchfield. The 'Heath' finished in a slightly disappointing sixth place a result which dropped us down to sixth place overall in the league table, safe however from the drop to division two. Thames Valley and Edinburgh couldn't quite do enough to save themselves and will be replaced in Division One for 1989 by Sale Harriers and Newham and Essex Beagles.

	A String		B String	
100	5. M. Williams	11.14	3. P. Davies	11.20
200	5. P. Davies	22.05	1. M. Williams	21.85
400	6. N. Thompson	49.08	6. D. Galvin	49.68
800	1. C. McGeorge	1.49.55	3. T. Linford	1.54.23
1500	5. B. Foster	3.57.4	3. A. Guilder	3.58.00
5000	5. T. Nash	15.02.02	4. L. Roberts	15.15.57
3000 s/c	6. D. Heath	9.34.78	6. P. Calnan	9.39.68
110H	4. K. Bunce	15.12	1. C. Hamplett	15.40
400H	5. N. Keogh	53.89	7. P. Brookes	60.2
PV	2. J. Andrews	4.40	2. D. Coleman	4.00



Tony Galvin, Nigel Keogh, Neil Thompson and Pat Crossan - our 4 x 400 team in the GRE Semi.

HJ	=4. W. Caswell	2.00	4. A. Hodge	1.90
LJ	6. R. Weaver	6.67	7. J. Quarry	6.09
TJ	8. J. Quarry	12.61	6. A. Hodge	12.52
Hammer	7. N. Haffenden	47.50	4. A. Paffett	44.38
Shot	2. G. Savory	15.95	6. C. Ellis	11.95
Discus	2. G. Savory	53.04	4. C. Ellis	43.22
Javelin	5. J. Kitching	57.80	5. A. Hodge	39.62
4 x 100	3. Bunce, Williams, Bates, Davies			41.45
4 x 400	7. Galvin, Bates, Keogh, Thompson			3:19.5

Match Result		Final League Positions	
1. Haringey	344	1. Haringey	32
2. Belgrave	316½	2. Birchfield	26
3. Birchfield	310½	3. Belgrave	19
4. Thames Valley	287	4. Wolverhampton	17
5. Shaftsbury	285	5. Blackheath	16
6. Blackheath	271	6. Shaftsbury	15
7. Wolverhampton	232	7. Thames Valley	11
8. Edinburgh	141	8. Edinburgh	8

### G.R.E. CUP SECOND ROUND

Norman Park

29th May, 1988

After narrowly failing to qualify for last year's cup final, the 'Heath' were required to enter the 1988 competition at the second round stage. This they did with a home match at Norman Park, Bromley.

With the team keen to impose their superiority over some local opposition, winning became the order of the day, and with fourteen wins out of a possible twenty this was certainly the case. On the track, Phil Davies, Mark Williams, Neil Thompson, Dave Heath, Mark Jones, Nigel Keogh and both relay teams cruised to victory, whilst in a closely fought 1500m Tony Linford also snatched maximum points. In the throws Graham Savory proved to be in a class of his own in the shot and discus whilst John Kitching was a clear winner in the Javelin. In the hammer Neil Haffenden was also in outstanding form but had to give second best to former Great Britain Junior International Graham Callow of Medway.

An outstanding all round team performance was rounded off by further wins from John Andrews in the pole vault and Nick Terry in the high jump. So together with Kent rivals Medway A.C. the 'Heath' cruised into the semi final to take place at Portsmouth at the end of July where the competition was expected to be much tougher.

100	1. P. Davies	11.1	Pole Vault	1. J. Andrews	4.40
200	1. M. Williams	23.1	HJ	1. N. Terry	2.00
400	1. N. Thompson	49.2	LJ	4. G. Pullen	6.54
800	1. D. Heath	1.56.4	TJ	3. P. Byfield	12.82
1500	1. T. Linford	4.04.0	Hammer	2. N. Haffenden	52.74
5000	3. P. Calnan	15.34.3	Discus	1. G. Savory	51.00
10000	2. L. Roberts	30.57.8	Shot	1. G. Savory	17.31
3000 s/c	1. M. Jones	9.26.5	Javelin	1. J. Kitching	54.88
110H	2. C. Hamplatt	14.9	4 x 100	1.	42.4
400H	1. N. Keogh	55.4	4 x 400	1.	3:20.4

#### Match Result

1. Blackheath 164; 2. Medway 128; 3. Herne Hill 119; 4. Portsmouth 105; 5. Southend 88.

### G.R.E. CUP SEMI-FINAL

Portsmouth

31st July, 1988

With top British League clubs, Shaftsbury, Newham and Essex Beagles, Woodford Green, and the individual stars of the newly formed Solent club amongst the opposition some top class competition was expected on a sunny day at the Mountbatten Stadium, Portsmouth. Past winners Shaftsbury were the favourites to win the match and progress to the final, with ourselves and Newham and Essex Beagles who numbered Daley Thompson amongst their team, expected to fight it out for the remaining final place.

On the track the team got off to a steady but unspectacular start, Tony Linford picking up valuable points in the 800m, whilst Neil Thompson placed third in the 400m behind Solent's Kris Akabusi who was using the race as part of his build up to the Olympic Games. In the 10000m even the infamous sprint finish of Les Roberts was not quite enough to overhaul the long time leader Andy Smith of Swansea leaving Les to settle for a clear second. In the 100m the much improved Mark Williams found himself lining up against Todd Bennett and Daley Thompson and whilst Bennett edged out Thompson on the line Williams scored valuable points in fourth. The closest we came to a victory on the track was in the 110m hurdles where Keith Bunce was given the same time as the winner, Shaftsbury's Jack Magan.

It was therefore left to the field eventers to produce our 2 victories of the day. John Andrews was a clear winner in the pole vault, followed by Warren Caswell in the high jump. Warren receiving a standing ovation from the Blackheath element of the crowd after clearing 2.10m in a tense competition.

This all meant that with just the two relays to come Shaftsbury were clear leaders followed by Newham, with Blackheath just 3 points behind. Newham however were struck by disaster in the 4 x 100m and were disqualified for a faulty changeover. This left the 4 x 400m team of Dave Galvin, Pat Crossan, Nigel Keogh and Neil Thompson the easy task of qualifying us for the final. This they did in style placing second in a season's best time of 3:16.5. This result meant that even if Newham hadn't been disqualified in the 4 x 100m, we still would have qualified for the final. Sweet revenge indeed for 1987.

100m	4. M. Williams	10.8	HJ	1. W. Caswell	2.10
200m	4. P. Davies	21.9	PV	1. J. Andrews	4.40
400m	3. N. Thompson	48.7	LJ	4. G. Pullen	7.10
800m	3. T. Linford	1:54.2	TJ	4. J. Quarry	14.15
1500m	3. D. Heath	3:54.7	SP	5. C. Ellis	12.53
5000m	3. T. Nash	14:57.3	Hammer	4. N. Haffenden	50.44
10000m	2. L. Roberts	31:24.4	DT	3. C. Ellis	43.14
3000 s/c	3. M. Jones	9:19.6	Javelin	5. J. Kitching	57.22
110m H	2. K. Bunce	14.3	4 x 100m	2. (Bunce, Williams, Bates, Davies)	42.1
400m H	4. N. Keogh	54.9	4 x 400m	2. (Galvin, Crossan, Keogh, Thompson)	3:16.5

#### Match Result

1. Shaftsbury 127; 2. Blackheath 120; 3. Newham 114; 4. Woodford Green 91; 5. Swansea 88; 6. Team Solent 82; 7. Southampton 64; 8. Medway 53.



Mark Williams in hot pursuit of Brian Whittle.

## G.R.E. CUP FINAL

20th August, 1988

Strategy

The first team ended their season with their second visit of the year to the New River Stadium, Haringey for the G.R.E. Cup Final. However after the dramatic way in which we qualified for the final the day proved to be somewhat of an anti-climax. Despite three individual winners — only the eventual winners Haringey had more — we finished in a disappointing seventh place.

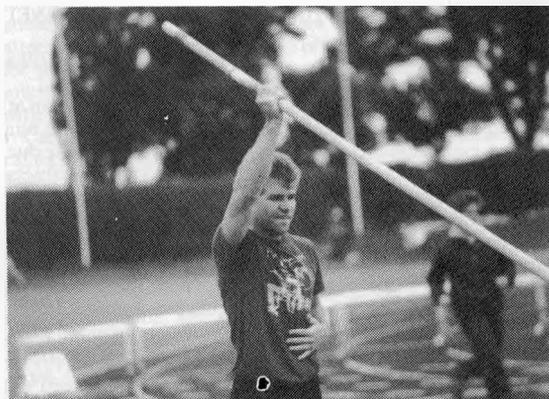
Two of our wins were gained by Graham Savory who was a clear victor in the shot and discus. Our third win however was much closer, Chris McGeorge just snatching victory on the line in the 1500m from Shaftsbury's Nick Smith. The game finish showed that they both recorded the same time. Elsewhere Tony Linford battled well for fourth in the 800m, a race which was due to see the appearance of Seb Coe fresh from his controversial non-selection for the Seoul Olympics. However whilst warming up Coe decided that he was still feeling the effects of the illness that was blamed for his non-qualification for the AAA Final and decided not to compete. Fourth was a position matched by Alan Guilder in the 1000m a race won by Julian Goater who for a number of years now has proved to be a valuable points scorer for his club Shaftesbury Barnet. In the high jump Warren Caswell cleared 2.10m for third, whilst in the 100m Phil Davies, having missed most of the season through injury, returned with an encouraging fifth place.

So although we finished seventh on the day it is encouraging to think that we have now been in British League Division One for five years and been in four of the last five G.R.E. Cup Finals, firmly establishing us as one of the top clubs in the country.

100m	5 P. Davies	10.82	HJ	=3. W. Caswell	2.10
200m	7 M. Williams	21.69	PV	6. G. Pullen	2.00
400m	8 N. Thompson	50.34	LJ	7. G. Pullen	6.89
800m	4 T. Linford	1.52.03	TJ	8. T. Llewelyn	11.52
1500m	1 C. McGeorge	3.55.11	SP	1. G. Savory	17.65
5000m	6 B. Foster	14.30.19	HT	7. N. Spivey	50.74
10000m	4 A. Guilder	30.34.68	DT	1. G. Savory	56.98
5000m v.c.	7 M. Jones	9.34.10	JT	7. J. Kitching	57.60
10000m v.c.	5 K. Bunce	14.46	4 x 100m	6.	42.44
15000m v.c.	8 N. Keogh	55.00	4 x 400m	8.	3.22.93

### Match Result

1. Haringey 124; 2. Shaftsbury 106; 3. Wolverhampton 100; 4. Birchfield 95½;  
5. Thames Valley 86; 6. Belgrave 81; 7. Blackheath 75½; 8. Edinburgh 67.



Club pv champion John Andrews get his eye in at the 'ocky' (above) and hits double top (below).



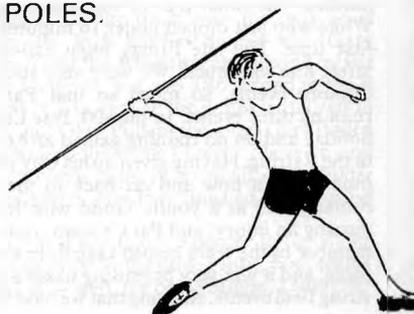
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## SOUTHERN LEAGUE DIVISION ONE (MATCH ONE)

Feltham

7th May, 1988

The 1988 Southern League Division One campaign began at a windy Feltham with a strong team performance and our highest ever points score in the division. This was partly due to our team being strengthened by one of two first teamers who had not competed in the last British League match last season and were thus able to turn out for us in the Southern League. Graham Savory had easy wins in the shot and discus A strings with Gary Pullen taking both B strings. Gary also competed in the high jump, long jump and high hurdles, winning the latter with an equal p.b. John Andrews, a former junior international pole vaulter, returning to the sport after retiring through injury, was a winner on his debut. Other wins came from Garth Holder, Steve Green, Jerry Phillips, Dave Galvin, Pete Crowe and Mark Jones.

The only blot on what would have been a perfect start to the season was our inability to field anyone in the B string 400m hurdles, and A and B string hammer events. Many matches are won or lost by a point (see Match 5 at Oxford) and it is vital that we have individuals covering all events. The standard doesn't matter. You may only throw a hammer a metre but you'll still get that vital point. Today it didn't affect the result but it might have. Still it was a good performance and set the season off on just the right note.

A String		B String	
100	2. J. Phillips 10.9	1. S. Green	10.9
200	1. J. Phillips 21.9	1. P. Crowe	22.4
400	1. D. Galvin 50.4	2. P. Crossan	51.8
800	3. G. Clifford 2:01.8	3. R. Farish	2:04.3
1500	4. M. Laws 4:17.0	5. D. Hassall	4:30.8
5000	3. L. Roberts (V40) 15:24.1	2. D. Hassall	16:09.8
110H	1. G. Pullen 15.3	2. N. Terry	16.0
400H	4. M. Lobb (Jun) 60.2	No Competitor	
3000 S/C	1. M. Jones 9:35.9	3. D. Williams (Jun)	10:36.7
HJ	3. N. Terry 1.80	3. G. Pullen	1.75
LJ	3. G. Pullen 6.90	2. G. Holder	6.21
TJ	4. G. Holder 12.04	2. C. Longley (Jun)	11.56
PV	1. J. Andrews 4.20	1. G. Holder	3.40
SP	1. G. Savory 17.60	1. G. Pullen	12.69
DT	1. G. Savory 51.06	1. G. Pullen	37.12
JT	3. G. Holder 44.88	3. C. Longley (Jun)	44.38
HT	No Competitor	No Competitor	
4 x 100	1. Blackheath 44.3		
4 x 400	2. Blackheath 3:25.8		

1. Havering 136; 2. Blackheath 'B' 127; 3. Bedford 96; 4. Bracknell 92; 5. Hounslow 84.

## SOUTHERN LEAGUE DIVISION ONE (MATCH TWO)

Deangate

21st May, 1988

Another second place gave us a healthy position in the league after two matches. Star of the afternoon was Gary Pullen with two firsts and three second places. These included a personal best in the discus and an equal best in the high hurdles. The other p.b. of the afternoon came from Gary White who just dipped under 16 minutes for 5,000m for the first time. The late Friday night call-up obviously didn't affect him too much. We were very stretched in the middle distance events, so much so that Pat Calnan ended up running three events. In the 800, Pete Lester, just back from holiday and on no training gained an excellent second place in the B string. Having given up his City job he may find more time to train now and get back to the days when he was running 1.55 as a youth. Good wins for Paul Sparks, still nursing an injury, and Pat Crossan, rapidly becoming a key member of the team helped keep us in a comfortable second place, and it was very promising to see a number of wins in B string field events, showing that we have the strength in depth

which will keep everyone on their toes. We beat the two other British League B teams at the meeting and it was surprising to see the drastic drop in standard between Haringey's first and second team. There seems to be a good balance and continuity running through the teams at Blackheath, which can only be of benefit if any of our top stars suffer injury. As the season progressed a number of "second teamers" moved up confidently to the British League to mix it with the big boys.

A String		B String	
100	1. P. Sparks 11.2	2. P. Crossan	11.4
200	3. P. Crowe 22.9	5. B. Pinson	24.5
400	1. P. Crossan 50.3	2. M. Lobb (Jun)	51.3
800	3. G. Clifford 1:57.1	2. P. Lester	1:58.9
1500	5. P. Calnan 4:18.5	5. G. Patterson	4:19.7
5000	3. P. Calnan 15:29.2	3. G. White (p.b.)	15:59.3
110H	1. G. Pullen 15.3	3. I. Holder	16.5
400H	4. M. Lobb (Jun) 58.9	5. D. Farrelly	64.9
3000 S/C	3. P. Calnan 10:04.6	4. D. Williams (Jun)	10:30.9
HJ	2. G. Pullen 1.85	3. I. Holder	1.65
LJ	2. G. Pullen 6.79	5. C. Longley (Jun)	5.19
TJ	5. I. Holder 11.58	3. C. Longley (Jun)	11.43
PV	2. J. Cunningham 3.40	1. G. Holder	3.20
SP	2. G. Pullen 12.08	1. C. Ellis (V40)	11.81
DT	1. C. Ellis (V40) 45.08	1. G. Pullen (pb)	41.74
JT	2. G. Holder 46.66	1. C. Longley (Jun)	46.14
HT	3. C. Ellis (V40) 39.24	2. C. Harvey (Jun)	31.64
4 x 100	3. Blackheath 44.4		
4 x 400	3. Blackheath 3:28.1		

Result: 1. Medway 'A' 136; 2. Blackheath 'B' 119; 3. Shaftsbury 'B' 108; 4. Kingston and Poly 'A' 93; 5. Haringey 'B' 75.

## SOUTHERN LEAGUE DIVISION ONE (MATCH THREE)

Norman Park

4th June, 1988

This was a solid team display with one or two outstanding individual performances. Highlight of the track events was the 5,000m where Les Roberts' run was inspirational. Not satisfied with sitting in the pack, Les dragged a posse of fit lean youngsters round. To the neutral onlooker it might have seemed that, come the bell, the veteran Roberts would be dropped on a frantic last lap, but with 200m to go he was still there. The last straight had more than a touch of the Peter Elliotts about it as Les dug deep and hung on to gain a famous victory and vociferous applause from all present.

Pat Crossan had similarly gutsy runs in the sprints and relays. They were backed up by the ever dependable Chris Ellis and a number of others who doubled, trebled and even quadrupled up to ensure we kept picking up valuable points. The Navy probably had their strongest team of the year and it was no disgrace to lose to them.

A String		B String	
100m	2. P. Sparks 11.4	2. P. Crossan	11.5
200m	2. P. Crowe 23.0	2. F. Meades	23.2
400m	2. P. Crossan 50.5	1. M. Lobb (Jun)	51.4
800m	5. P. Lester 2:12.2	5. G. Patterson	2:05.1
1500m	4. R. Farish 4:04.8	1. M. Colpus	4:06.9
5000m	1. L. Roberts (V40) 15:01.1	3. R. Coles	15:51.4
110H	4. I. Holder 16.5	3. S. Tolson (Jun)	18.3
400H	3. M. Lobb (Jun) 60.3	2. P. Byfield	59.8
3000 S/C	3. P. Calnan 9:51.2	2. P. Betts	10:09.4
HJ	1. S. Tolson (Jun) 1.80	2. I. Holder	1.65
LJ	5. G. Holder 6.00	4. P. Byfield	5.62
TJ	2. P. Byfield 13.17	4. S. Tolson (Jun)	10.96
PV	1. J. Cunningham 3.50	1. G. Holder	3.35
SP	3. C. Ellis (V40) 12.85	3. G. Holder	10.74
DT	1. C. Ellis (V40) 45.30	5. G. Holder	29.22
JT	4. G. Holder 45.40	4. C. Harvey (Jun)	32.92
HT	2. C. Ellis (V40) 35.92	2. C. Harvey (Jun)	33.18
4 x 100	3. Blackheath 44.8		
4 x 400	1. Blackheath 3:25.2		

Result: 1. Royal Navy 'A' 136½; 2. Blackheath 'B' 121; 3. Ilford 'A' 115½; 4. Portsmouth 'A' 106½; 5. Mitcham and Sutton 'A' 56½.

## SOUTHERN LEAGUE DIVISION ONE (MATCH FOUR)

Wakeman Park

2nd July, 1988

This was undoubtedly going to be the toughest fixture of the year. G.E.C. and Bournemouth were both challenging for promotion to the British League, whereas pride was at stake for ourselves and fellow British Leaguers Thames Valley and Newham and Essex Beagles. The 800m saw the return of Julian Spooner to club colours. Having made a return to athletics and to this country for the summer, he is currently being coached by Harry Wilson and starting to recapture some of his old form. Andy Hodge was also returning to the team after his first year at Sheffield Poly and, just in case he might have felt he was suffering from lack of competition, he was given a busy afternoon by manager Brian Stone. As well as showing his ability in the jumps (including a double first in the high jump with Simon Tolson), he showed that his days around the dartboard in the 6th form common room had paid dividends with some excellent javelin throwing. The triple jump was of an exceptionally high standard for the Southern League and this was unfortunate for debut man Paul Blair who would have won any other 'B' string competition in the division during the season. It was a day of debuts and comebacks. John Shaw had his first run in the second team for a few years; John Wakeman returned from injury to win the 'B' string pole vault; and in the shot putt the oil-like Gordon Hickey snatched a third place — not a bad way to spend your lunch break! The other debut man was Andy Thompson a first year Oxford undergraduate who joined the club at the end of last summer from Berry Hill Mansfield. Having done little winter training he ran 4.03.9 to give a glimpse of the form which brought him 8.20 for 3,000m as a junior.

	A String		B String	
100m	5. P. Sparks	12.1	5. C. Karageorghis (Jun)	12.0
200m	4. J. Shaw	23.4	4. C. Karageorghis (Jun)	24.0
400m	3. P. Squires	51.2	2. G. Clifford	51.5
800m	2. J. Spooner	1:53.2	2. G. Clifford	1:56.9
1500m	2. T. Nash	3:57.8	4. A. Thompson	4:03.9
5000m	3. L. Roberts (V40)	15:23.4	3. K. Pike (V40)	15:39.3
10000m	4. I. Holder	17.3	4. S. Tolson (Jun)	19.4
400H	4. P. Lester	59.9	3. P. Byfield	66.6
3000 S/C	4. M. Colpus	10:08.1	3. P. Betts	10:41.8
800	1. A. Hodge	2.00	1. S. Tolson (Jun)	1.80
1500	5. A. Hodge	6.25	3. T. Llewelyn	6.12
2000	4. A. Hodge	13.90	4. P. Blair (Jun)	12.25
3000	2. J. Cunningham	3.50	1. J. Wakeman (V40)	3.40
SP	3. G. Hickey (V50)	11.38	2. C. Harvey (Jun)	9.38
DT	5. C. Longley (Jun)	28.50	5. S. Tolson (Jun)	19.66
JF	4. C. Longley (Jun)	45.46	2. A. Hodge	43.80m
HT	5. C. Harvey (Jun)	34.50	4. S. Parsons	11.64
4 x 100	3. Blackheath	44.5		
4 x 400	3. Blackheath	3:22.3		

Result: 1. GEC Avionics 'A' 135; 2. Bournemouth 'A' 131; 3. Blackheath 'B' 97; 4. Thames Valley Harriers 'B' 91½; 5. Newham and Essex Beagles 'B' 78½.

## SOUTHERN LEAGUE DIVISION ONE (MATCH FIVE)

Oxford

23rd July, 1988

A very empty coach left the club for Oxford. We were always stretched for this fixture and the withdrawal on the day of our competitors who were covering five events meant the prospect for a nail biting and arm twisting afternoon ahead for our captain.

PBs for Chris Harvey and Simon Parsons in the hammer set us off in the right direction. We had eight wins, as well as seven pbs which in itself is an achievement but, what was most impressive was the way in which members of the team would attempt events they had never done before or which they had not done for some time and score vital points. Andy Hodge, in his first 400 hurdles ran one of our fastest times in

the division this year. By the end of the afternoon he'd done another five events. Garry Pullen had a similarly active afternoon rushing from one end of the stadium to the other for his five events. His long jumping has been hindered by injury this year which has allowed him to spend more time with his other events. Today he set a pb in the discus.

Carl Longley had only done the pole vault twice before but called in as a late replacement, and with the coaching of James Cunningham he gained a second place in the B string. He also did javelin, discus and the 110 hurdles. Meanwhile on the track messrs Llewelyn, Byfield, Crossan and Clifford were having a busy afternoon.

Despite these heroic efforts the match was very tight. Exeter had brought a strong team as they attempted to escape relegation and the Met Police were stronger than usual. This meant that with only five events left we were in fourth place. A double relay victory, and a first and second in the triple jump, brought us right back into contention with only the discus left to be completed. Here we gained a second and fourth to snatch a memorable and hard fought victory by a single point. As well as this Dwayne Heard the Exeter long and triple jumper decided he was going to join Blackheath. As he jumped 7.59m and 15.62m respectively for these events he will undoubtedly be a useful addition to the club.

	A String		B String	
100	3. P. Crossan	11.7	4. T. Llewelyn	12.1
200	3. P. Byfield	23.6	1. T. Llewelyn	23.7
400	2. P. Crossan	51.1	3. G. Clifford	52.6
800	4. G. Clifford	1:56.3	5. R. Farish	2:04.5
1500	3. A. Thompson	4:00.4	3. R. Farish	4:02.7
5000	3. L. Roberts (Vet)	15:02.1	3. K. Pike (Vet)	15:26.1
110H	1. G. Pullen	16.9	5. C. Longley (Jun) pb	21.9
400H	4. P. Byfield	62.0	2. A. Hodge pb	58.0
3000 S/C	5. J. Beck pb	9:57.2	4. J. Phelan pb	10.39
HJ	1. A. Hodge	1.95	1. G. Pullen	1.80
LJ	2. G. Pullen	6.79	1. T. Llewelyn	6.49
TJ	2. A. Hodge	13.17	1. T. Llewelyn	13.01
PV	2. J. Cunningham	3.50	2. C. Longley (Jun)	2.55
SP	4. G. Pullen	12.16	4. C. Harvey (Jun)	9.05
DT	2. G. Pullen pb	41.76	4. C. Longley (Jun)	23.26
JT	4. C. Longley (Jun)	45.42	3. A. Hodge	43.36
HT	4. C. Harvey (Jun) pb	35.80	5. S. Parsons pb	12.32
4 x 100	1. Blackheath (P. Byfield, A. Hodge, T. Llewelyn, P. Crossan)	45.4		
4 x 400	1. Blackheath (P. Byfield, A. Hodge, G. Clifford, P. Crossan)	3:24.6		

Result: 1. Blackheath Harriers 114; 2. Exeter Harriers 113; 2. Metropolitan Police 113; 4. Oxford City 108; 5. Aldershot Farnham and District 86.

## SOUTHERN LEAGUE DIVISION ONE MATCH SIX

Cophthall, Barnet

13th August, 1988

Arriving at Barnet for the final match we were looking to consolidate our position as best 'B' team in the league. However when we arrived we realised why the GRE Cup Final the following week had been moved from here. Apart from a condemned stand that was a fire hazard, the tartan on the track was so thin the 5km runners thought they were road running. The other opposition we had to contend with were a strong Highgate team looking for a place in the BAL qualifying match, and Simon Parsons as acting team manager.

The 'Heath struggled on the track with the only good points coming from the high hurdles double win (Gary Pullen and Nick Terry) and the 400m first and second by Pat Crossan and Trevor Llewelyn. Pat was also second in the B string 200m. Our best events were all the jumps with firsts in the high (Nick Terry and Gary Pullen) the long (Gary Pullen and Trevor Llewelyn) and the triple (Trevor Llewelyn and Garth Holder). Two seconds in the pole vault (Garth Holder and James Cunningham) ensured we finished with a good second place.

So while the 'C' team threw Garry Spencer in the water jump after gaining promotion at the same venue, both teams threw Simon Parsons in — well, for being Simon, I suppose.

A String			B String		
100m	3. S. Green	11.4	4. P. Crowe		12.0
200m	4. P. Crowe	23.6	2. P. Crossan		23.3
400m	1. P. Crossan	50.1	2. T. Llewelyn		52.0
800m	4. P. Galloway	1.59.3	4. M. Colpus		2.03.3
1500m	4. A. Thompson	4.11.4	3. M. Colpus		4.16.0
5000m	5. J. Phelan	16.06.0	5. D. Hassall		16.12.0
3000 S/C	4. P. Betts	10.26.5	4. R. Ebbutt		12.44.0
110m H	1. G. Pullen (pb)	15.2	1. N. Terry		16.0
400m H	4. M. Lobb	60.0	5. R. Ebbutt		67.3
HJ	1. N. Terry	1.95	1. G. Pullen		1.85
LJ	1. G. Pullen	7.04	1. T. Llewelyn		6.54
TJ	1. T. Llewelyn	13.08	1. G. Holder		12.36
PV	2. G. Holder	3.50	2. J. Cunningham		3.40
Shot	2. G. Pullen	12.83	3. N. Spivey		10.55
Discus	3. G. Pullen (pb)	44.06	5. C. Harvey		24.16
Javelin	4. G. Holder	46.48	2. C. Longley		44.54
Hammer	2. N. Spivey	50.12	3. C. Harvey		31.34
4 x 100	3. Blackheath	45.5			
4 x 400m	3. Blackheath	3.27.1			

1. Highgate 136; 2. Blackheath 116; 3. Guildford & G. 104; 4. Woking 97; 5. London Irish 84.

**SOUTHERN LEAGUE DIVISION ONE —  
FINAL LEAGUE TABLE**

	League Points	Match Points
1. Highgate	29	775½
2. GEC Avionics	28	796
3. Havering	27½	820½
4. Bournemouth	27	785½
5. Medway	26½	740½
6. Blackheath 'B'	24	694
7. Royal Navy	22	693
8. Shaftsbury Barnet 'B'	20	655
9. Bracknell	19½	661
10. Bedford and County	19	626½
11. Metropolitan Police	17½	621½
12. Ilford	17	639
13. Portsmouth	17	611
14. Borough of Hounslow	16	618
15. Newham and Essex Beagles 'B'	16	599½
16. Woking	15½	619
17. London Irish	15	603½
18. Oxford City	14	594
19. Aldershot Farnham and District	14	575½
20. Thames Valley Harriers 'B'	13½	596
21. Exeter Harriers	12½	525
22. Guildford and Godalming	12	585½
23. Haringey 'B'	11½	543
24. Kingston and Polytechnic	8	522½
25. Mitcham and Sutton	8	475

Bottom six relegated.

Entering the division next year! Brighton and Hove (relegated from the British League), Milton Keynes, Peterborough, Dartford, Chelmsford and South London Harriers (all promoted from Division Two).

**Top 20 points\* scores in Southern League Division One 1988**

1. Gary Pullen	85	11.= Martin Lobb	18
2. Garth Holder	46	11.= Simon Tolson	18
3. Pat Crossan	37	11.= Paul Byfield	18
4. Trevor Llewelyn	34	14. Nick Terry	17
5. Carl Longley	32	15. Pete Crowe	16
6. Andy Hodge	28	16. Ian Holder	15
7. Chris Ellis	25	17. Les Roberts	14
8. Chris Harvey	23	18. Mark Colpus	12
9. James Cunningham	21	19.= Graham Savory	10
10. Giles Clifford	19	19.= Paul Sparks	10
		19.= Pat Calnan	10

\*Does not include relay legs.

(54 different people competed in the Southern League Division One for Blackheath.)

**Blackheath's best event in Southern League Division One 1988. (Points out of possible 60.)**

1. Pole Vault 54; 2. High Jump 52; 3. 400m 50; 4. Shot Putt 43; 5. 110 Hurdles 42; 6. 200 metres 40; 7. Triple Jump 39; 8.= 100 metres 38; 8.= Long Jump 38; 8.= Discus Throw 38; 11. Javelin 36; 12. 5,000m 35; 13. 3,000 Steeplechase 32; 14. 800 metres 30; 15. 1500 metres 29; 16. Hammer Throw 28; 17. 400 Hurdles 26.

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SOUTHERN LEAGUE DIVISION 4 MATCH 1

Deangate

7th May, 1988

May 7th dawned warm and sunny as the third team stars and hopefuls gathered outside BHHQ in eager anticipation of the first competitive outing of the year. With muscles, reflexes and spikes finely honed by training which had taken months of planning and several Tuesday evenings of application, nothing could stop our intrepid heroes except, perhaps, a sudden change in the weather or a singularly inept piece of navigation. Whilst the major part of the team arrived at Deangate to find that during their short journey the weather had come to resemble that of the Siberian tundra, those who had opted for the dubious comforts of the Colpus Touring Company found that their originally-conceived route via Tonbridge and Maidstone had very nearly taken them across it.

Nevertheless, a sound team performance across the board got the campaign for promotion off to an encouraging start. Wins for Jeff Salmon (11.8; B string 100m), Thor Fox (52.3; B string 400m), Andy Elgy (34.10; A string discus), a clean sweep in the pole vault for James Cunningham (3.30) and Jim Day (3.00) and both relays were supported by ten second

three of which came from Richard Coe, pursuing the traditional mass participation in the javelin, triple jump and shot. Heartened by a clear second place, the team had but hope for warmer weather at the next fixture in order to help them build upon this foundation.

M.W.

A String		B String	
4. Fred Mead	11.6	1. Jeff Salmon	11.8
2. Fred Mead	23.9	2. Costas Karageorghis	24.0
3. Pat Squires	53.2	1. Thor Fox	52.3
3. Mark Death	2.04.5	3. Keith Wheeler	2.09.0
2. Richard Coe	4.15.0	4. Jim Phelan	4.22.8
4. Peter Hamilton	15.59.4	4. Chris Woodcock	16.40.3
3. Roger Ebbutt	21.7	2. Nick Freiter	21.6
4. Roger Ebbutt	69.4	2. John Kemp	62.2
3. John Beck	10.17.9	4. Jim Phelan	10.55.1
4. Nick Freiter	1.50	4. Roger Ebbutt	1.20
4. Richard Chitty	5.89	3. Steve Smith	4.95
4. Nick Freiter	11.53	2. Richard Coe	11.33
1. James Cunningham	3.30	1. Jim Day	3.00
3. Andrew Elgy	10.19	3. Steve Smith	8.29
1. Andrew Elgy	34.10	2. Colin Brand	25.52
3. Mike Davis	27.60	2. Colin Brand	18.22
2. Colin Brand	42.48	2. Richard Coe	38.22
1. Chitty, Salmon, Costas, Mead			45.3
1. Fox 52.9; Kemp 53.8; Watling 52.8; Squires 51.2			3.30.7
Match Result: 1. East Grinstead 145; 2. Blackheath 123; 3. Hastings 93½;			
4. Cramhall 93; 5. Victoria Park 81½;			

#### DIVISION 4 MATCH 2

Jersey (St. Helier)

21st May, 1988

The second match of the season, hosted by Jersey Spartans, the Blackheath Harriers team take on a continental flavour with a visit to the Channel Islands. For a start the departure was a little unusual in that we were regaled with a champagne and brass-band send off from Southampton's Eastleigh Airport. It turned out to be because it was the airline's inaugural flight but it occurred to many that perhaps the alcoholic ploy was to distract you from the fact that the plane had to stop half way to take on wood! Either way, Mark Watling decided to avoid the flight by taking the slower overnight boat to have a longer rest.

There was extreme disappointment by the rest of the team members when they were not met personally off the plane by Bergerac. Jim Phelan was, however, approached by customs (as a possible Drugs Baron?) but eventually all the team managed to pass the dope test.

Teams had also arrived from Tonbridge H, Overton H and Brighton and Hove, so the Heathens sensibly took to carb-loading with plenty of cream cakes and a game of football in the soft sand. Team Captain, Garry Spencer, did his best, however, to ensure the pre-match evening was as near sober as possible and tuck the team in early-ish for the night.

The weather, although sunny, was to deteriorate through the afternoon as the wind strength slowly increased, but this didn't stop an afternoon of entertaining athletics.

The team had been boosted by the presence of Peter Brookes, a natural islander, much to the annoyance of the Spartans, who would perhaps have benefitted from his natural talents with three 1st in the 110mH, long jump and high jump. Notable performances were also seen from Simon Tolson in the 110mH and high jump, with Roger Ebbutt vaulting to 1st place in the B-string to John Wakeman's 2nd in the A.

In the sprints, Jeff Salmon and Fred Meads held their own, with Fred finally discarding a slinky little number he'd packed in favour of his vest, to drop below 23 secs in the 200m. Jeff on the other hand decided to share his previously digested dinner with the rest of us after his leg of the 100m relays. Sound performances were also given by twinkletoes Squires and Thor Fox. Doubling up in the 800m and chase, Scolpus only narrowly missed out on 1st place over the barriers; if only he hadn't spent the previous evening dismantling Les Roberts' bed!



Thor Fox 3rd team stalwart.

On the field, the events were dominated by the Spartans whose first claim member, also first claim member for the Met Police and Blackheath (a very confused athlete) took 19 out of a possible 20 points. This did not stop Andrew Elgy taking 2nd in both discus and shot.

However, undaunted, Blackheath finished second to a strong Spartans home team having won nine events, with 12 seconds and 13 thirds. There were also PBs for Jim Phelan in the 1500m (perhaps he was on drugs??) and Dave Hassall in the 5000m and two fine wins in the javelin by Colin Brand and Richard Coe.

There only remained the evening entertainment in St Helier sampling the delights of the Jersey hospitality with the quaffing of a few ales. An early return to the hotel was made by Richard Coe to quaff some more and by Scolpus in order to dismantle Les Roberts' bed again and then throw the base onto the top of same!

Finally, the next morning saw an up-with-the-lark Garry Spencer, leading a mind blowing round the headland fartlek race to try and wear out John (I can't stop running) Beck before a hard days sunbathing. It's a hard life being an athlete in the third team these days.

A String		B String		
100m	3. F. Meads	11.5	3. J. Salmon	11.8
200m	3. F. Meads	22.8	2. J. Salmon	23.3
400m	2. P. Squires	50.7	2. T. Fox	51.2
800m	3. M. Colpus	2.01.4	3. R. Coe	2.03.4
1500m	5. K. Daniel	4.15.9	3. J. Phelan	4.16.5
5000m	3. L. Roberts	15.10.4	1. D. Hassall	15.30.5
110mH	1. P. Brookes	16.0	1. S. Tolson	18.4
400mH	3. R. Ebbutt	66.3	2. N. Freiter	62.2
3000m S/C	2. M. Colpus	9.55.3	2. J. Beck	10.10.2
HJ	1. S. Tolson	1.83	1. P. Brookes	1.74
LJ	1. P. Brookes	6.43	3. R. Coe	5.75
TJ	3. S. Tolson	11.63	1. N. Freiter	10.25
PV	2. J. Wakeman	3.20	1. R. Ebbutt	2.70
SP	2. A. Elgy	10.20	2. J. Wakeman	9.01
DT	2. A. Elgy	33.80	3. C. Brand	27.32
HT	4. C. Brand	23.80	3. J. Wakeman	21.50
JT	1. C. Brand	42.48	1. R. Coe	39.18
4 x 100m2	Meads, Fox, Brookes, Salmon			45.2
4 x 400m2	Fox, Freiter, Watling, Squires			3.31.7
Match Result: 1. Jersey Spartan 148; 2. Blackheath H. 135; 3. Tonbridge H. 100; 4. Overton H. 83; 5. Brighton and Hove 59.				

### SOUTHERN LEAGUE DIVISION 4 MATCH 3

Norman Park

4th June, 1988

Bright and breezy would have been an apt description of Saturday 4th June and of the 3rd Team which lined up at Norman Park.

After two keenly contested fixtures in which we had finished 2nd we were looking for a win to bolster our promotion chances.

Apart from a few below par performances everyone gave of their best in a tight and exciting contest. On the track there were 7 victories — Pat Squires in the 400m A string, Andy Hodge, almost nonchalantly in the 400m B string, Ken Pike and Dave Hassall in the 5000m and Peter Brookes in the B string 400m hurdles. Both our relay squads also won.

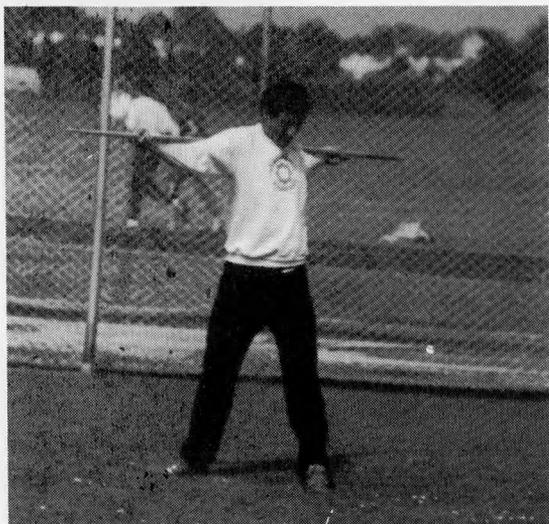
Although the field eventers could only score one victory (Jim Day in the Pole Vault B string), the level of achievement was extremely consistent and two personal bests were achieved; Richard Coe in the javelin and Andrew Elgy with almost the final throw of the discus competition.

Peter Brookes having already won the 400m hurdles, competed in four other events and was again our most successful athlete, amassing 18½ points.

After nearly 6 hours of action the team's optimism and endeavour carried it to a convincing victory over some of its closest rivals.

#### R.P.C.

	A String		B String	
100m	2. C. Karageorghis	11.3	2. J. Salmon	11.7
200m	2. C. Karageorghis	23.3	2. J. Salmon	23.7
400m	1. P. Squires	50.4	1. A. Hodge	53.9
800m	3. M. De'ath	2:00.3	3. G. Spencer	2:02.1
1500m	4. K. Daniel	4:15.0	3. R. Coe	4:21.9
5000m	1. K. Pike	15:32.0	1. D. Hassall	15:54.1
110mH	2. P. Brookes	17.5	2. N. Freiter	22.1
400mH	3. N. Freiter	66.6	1. P. Brookes	58.8
3000m S/C	3. J. Beck	10:04.8	3. P. Barlow	11:04.3
HJ	3. P. Brookes	1.70	3. N. Freiter	1.50
LJ	2. P. Brookes	6.16	2. R. Chitty	5.72
TJ	3. P. Brookes	12.37	2. R. Chitty	11.89
PV	2. J. Wakeman	3.35	1. J. Day	2.90
SP	4. A. Elgy	10.17	4. J. Wakeman	9.00
DT	2. Andrew Elgy	35.14	3. C. Brand	28.08
HT	3. S. Williams	29.52	2. Colin Brand	22.50
JT	3. C. Brand	42.68	2. R. Coe	40.54
4 × 100m	1. Karageorghis, Pinson, Salmon, Shaw		44.9	
4 × 400m	1. Hodge 53.21; De'ath 53.61; Watling 52.79; Squires 51.33.31.0			
Match Result:	1. Blackheath 132½; 2. Croydon 123; 3. Woodford Green 122; 4. Hercules Wimbledon 90½; 5. Aldershot, F. and D. 56.			



Once Richard Coe realised he had to throw it and not wrestle with it he scored some useful points for us.

### SOUTHERN LEAGUE DIVISION 4 — MATCH 4

Feltham

2nd July, 1988

Having won our previous match, and being able to include a number of our young athletes for the first time this season, it was important that we maintained our push for promotion with another win.

This was achieved with greater ease than was expected due to an excellent all round team performance. For example Richard Holt, known more for his track exploits won the A string high jump clearing 1m.75cm and then won the A string 200m in 24.1 and was narrowly beaten into 3rd place in the 100m. In the 800m Mark De'ath ran well to win his race in 2:03.0 and achieved another 1st place in the Triple Jump, with a jump of 11m.68cm.

In the 1500m a double blow was struck, both the A string and the B string were won by Mike Laws in 4:08.9 and Garry Spencer who recorded a personal best time of 4:10.1.

Other wins were recorded in the 400m by Mark Watling in 53.8 and in the shot by Paul Monks with a Putt of 11m.20cm, also in the 200m B string by Jeff Salmon in 24.0 and in the Discus B string where Steve Oxlade recorded a throw of 30m.68cm.

The day was rounded off nicely in the last two events with a 1st and 2nd places in the 3000 chase, Norman Davidson winning the B string in 11.16.0 and Richard Coe placing 2nd in the A string in 10.44.2.

In the 400 metres our lads stormed to a great win in 3:29.9 bringing the meeting to tremendous finish and giving us a second match victory by a margin of 26 pts.

	A String		B String	
100m	2. J. Salmon	12.0	3. R. Holt	12.5
200m	1. R. Holt	24.1	1. J. Salmon	24.0
400m	2. T. Fox	50.9	1. M. Watling	53.8
800m	2. L. Bulson	1:58.9	1. M. De'ath	2:03.0
1500m	1. M. Laws	4:08.9	1. G. Spencer	4:10.1
5000m	3. D. Hassall	15.52	2. R. Coe	16.02
110mH	4. R. Ebbutt	20.3	2. S. Oxlade	17.4
400H	5. R. Ebbutt	66.3	3. S. Oxlade	64.1
3000 S/C	2. R. Coe	10:44.2	1. N. Davidson	11:16.0
HJ	1. R. Holt	1.75	2. R. Chitty	1.60
LJ	2. R. Chitty	6.19	4. J. Salmon	5.29
TJ	3. R. Chitty	11.81	1. M. De'ath	11.68
PV	2. S. Oxlade	3.20	2. B. Andrews	2.80
SP	2. S. Oxlade	11.21	1. P. Monks	11.20
DT	2. A. Elgy	32.78	1. S. Oxlade	30.68
HT	2. T. Walter	35.18	3. S. Williams	27.85
JV	2. S. Oxlade	46.88	2. C. Brand	41.14
4 × 100m	Fox, Chitty, Salmon, Holt			
4 × 400m	Brookes 52.8; Watling 52.5; De'ath 55.0; Fox 52.6		3:32.9	
Match Result:	1. Blackheath H. 143; 2. Old Gaytonians 117; 3. Ashford 105; 4. Tower Hamlets 88; 5. Verlea 84.			

### SOUTHERN LEAGUE DIVISION 4 — MATCH 5

Colchester

23rd July, 1988

9.30 am, Hayes at the Clubhouse gate on a morning of leaden skies and the promise of wet weather.

A motley bunch of individuals forlornly stand next to an empty coach. Enquiring passers-by search these evacuees' outer garments for tags or labels for clues as to their destination — and go on none the wiser.

One of those mornings when things inevitably go wrong. The talk was of the numbers lost overnight — Paul, with the aching belly; Dave, drunk; Rodney, had to take the wife shopping; Russell, washing his hair again;... the list was long.

At 10.30 am, after many list checks, trips along the road to make pleading 'phone calls, the final numbers are counted and we clamber aboard the coach eager for the day's events to unfold.

At West Common Road lights Garry Spencer stared down the length of the coach with a look of blank amazement, "Where's George? Oh! \*\*\*\*! We've left him behind! Sorry driver, we'll have to go back. He's our only goal!"

Disillusionment and despair spread across the driver's face. He had waited over an hour already to ensure that we had everybody on board. "No, don't bother," came a shout from someone else, "he'll be half-way to Oxford by now!" and as the light changed to green the driver swung the steering wheel left and we headed out towards the bypass.

As everyone settled down Garry finalised his team — Simon will do the 110 hurdles, high jump, long jump and triple; Costas the 100, 200, high jump and a leg in both relays; Richard the steeplechase, long jump and javelin; Colin the hammer, javelin and discus; and if everyone else does two events each, or thereabouts, we should have everything covered.

Not the beginnings for promotion contention, at least so one would think!

As the coach turned into the Artillery Barracks car park, early afternoon eventers looked out to the scurrying clouds and the windblown trees... by the time they were changed it was raining.

But remarkably, as the results gradually came in things did not seem as black as first we had thought — firsts in the 100, 200 and 800, two firsts in both the 1500's and the 110 hurdles; even in the field there were some notable successes, with firsts in the high jump, pole vault and javelin. These, supported by some good middle order placings put Blackheath into a very commendable second position, albeit with fewer event points than have been scored this season.

It is reassuring that those who turn out regularly have welded themselves into a team to be contended with and hopefully, if the anticipated result from the 6th match is fulfilled, they can look forward to next year in a more senior division with enthusiasm.

What *did* happen to George?!!

C.B.



Jeff Salmon storms into action as he did so often for us at both 100m and 200m.

	A String	B String
100m	1. C. Karageorghis 11.6	2. T. Fox 12.1
200m	2. C. Karageorghis 24.0	3. M. Watling 25.5
400m	3. T. Fox 53.0	1. P. Squires 51.5
800m	2. L. Bulson 2.00.2	1. M. D'eath 2.00.6
1500m	1. M. Colpus 4.05.8	1. G. Spencer 4.12.4
110mH	1. S. Tolson 19.8	1. R. Ebbutt 20.4
400mH	4. G. Spencer 66.9	3. R. Ebbutt 67.0
3000m S/C	3. R. Coe 10.04.2	3. N. Davidson 10.30.5
5000m	4. G. White 16.04.7	3. D. Hassall 16.17.3
HJ	1. S. Tolson 1.75	3. C. Karageorghis 1.55
LJ	4. R. Coe 5.98	2. S. Tolson 5.59
TJ	2. M. D'eath 12.03	3. S. Tolson 11.08
PV	1. J. Wakeman 3.00	— B. Andrews (no height)
SP	4. A. Elgy 9.54	4. J. Wakeman 8.53
DT	2. A. Elgy 31.08	4. C. Brand 23.88
HT	4. M. Davis 26.52	4. C. Brand 24.77
JV	1. C. Brand 42.85	3. R. Coe 34.74
4 x 100m	2. Karageorghis, Tolson, Watling, Fox 47.41	
4 x 400m	2. Brookes 54.4; Costas 55.7; Watling 53.1; Squires 50.7 3.33.8	
Match Result:	1. Colchester 146; 2. Blackheath 124; 3. Dartford 97; 4. Barnet 88; 5. Bedford and County 83.	

### SOUTHERN LEAGUE DIVISION 4 MATCH 6

Copthall

13th August, 1988

You could feel that it was the last match of the season — everyone seemed a little noisier than usual, perhaps more relaxed even although we were involved in a promotion battle with at least 2 other clubs who were competing elsewhere.

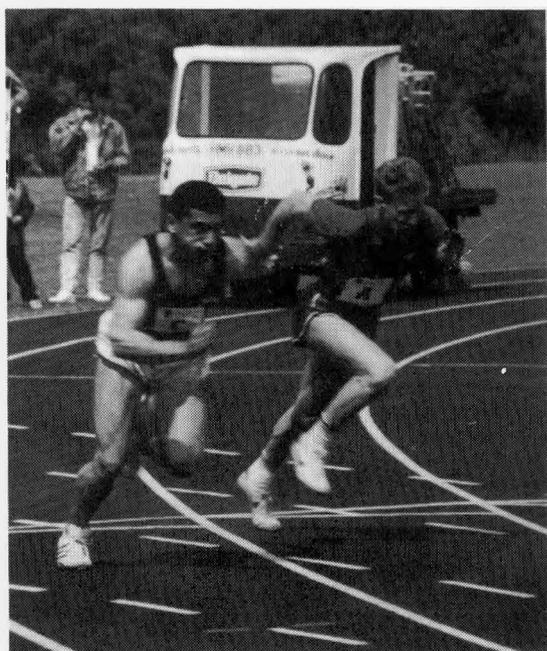
Although this is the home track of Shaftsbury you would not have guessed it. The spectators stand has been closed as it will probably collapse one of these days and the surface was heavily worn and patched everywhere you looked — many runners claimed that their spikes were reaching the surface below the tartan!

I would normally have picked out the first places for special mention but you will see from the results below that this was a special day — 21 first places and 12 second places out of a possible 36 placings — not bad I would say. This gave us a score of 161 points, only 6 short of the league record, and of course we secured promotion to Division 3. Costas Karageorghis and Jeff Salmon scored good points by each achieving sprint doubles and competing in the 4 x 100m relay.

Captain Garry Spencer may not have competed on this occasion but this did not prevent him from being bunged into the water jump by the larger members of the squad — fortunately Garry saw the funny side of this strange ritual which was not a fair reward for the effort and dedication he put into organising the squad during the season. Although I only competed for half the season I could not fail to notice the strong team spirit within this squad and lets hope that this is carried into the forthcoming 1989 season.

N.J.D.

	A String	B String
100m	1. C. Karageorghis 11.7	1. J. Salmon 12.3
200m	1. C. Karageorghis 23.7	1. J. Salmon 24.4
400m	1. P. Squires 52.4	1. P. Byfield 51.6
800m	2. L. Bulson 2.01.4	1. K. Wheeler 2.00.5
1500m	3. M. Lawton 4.11.4	2. K. Daniel 4.18.6
5000m	2. R. Coe 15.50.1	3. M. Athawes 17.29.3
110mH	1. I. Holder 16.7	1. S. Tolson 18.9
400mH	2. P. Byfield 61.6	3. N. Freiter 67.8
3000m S/C	2. N. Davidson 10.36.3	2. P. Barlow 10.36.7
HJ	1. S. Tolson 1.75	1. I. Holder 1.62
LJ	1. R. Chitty 6.11	1. N. Moss 6.27
TJ	1. P. Byfield 13.07	1. R. Chitty 11.86
PV	1. B. Andrews 3.20	1. J. Day 2.90
SP	2. G. Hickey 11.42	2. A. Elgy 9.97
DT	1. A. Elgy 33.16	1. C. Brand 27.12
HT	2. S. Williams 27.82	2. C. Brand 24.12
JV	1. C. Brand 46.60	2. R. Coe 37.16
4 x 100m	2. B. Pinson, N. Moss, J. Salmon, C. Karageorghis 45.9	
4 x 400m	1. P. Byfield 54.0; L. Bulson 54.0; M. Watling 53.3; P. Squires 54.3; 3.35.6	
Match Result:	1. Blackheath 161; 2. Eastbourne 120; 3. Highgate 106; 4. Southampton City 99; 5. Loughton 21.	



Costas Karageorghis - Blackheath's most prolific typing error.

#### PONSFORD TROPHY 1988

	Jav.	PV	TJ	Shot	HJ	Disc.	Ham.	LJ	Points
1. T. Llewelyn	—	—	4	7	2	4	—	1	47
2. N. Terry	—	—	2	—	1	5	—	2	42
3. C. Brand	3	—	—	6	—	2	3	9	41
4. C. Longley	1	—	7	4	—	1	—	—	39
4. R. Chitty	—	—	5	3	5	9	—	4	39
6. S. Oxlade	2	4	8	1	—	—	—	—	37
7. D. Coleman	—	2	9	9	8	10	—	5	35
8. J. Wakeman	—	5	—	5	—	3	5	—	34
9. I. Holder	8	—	—	—	4	6	—	3	31
10. N. Moss	4	—	3	—	—	—	—	—	19

27 people scored in the competition.

Event placings 1st position = 12 points, decreasing thereafter. 27 scorers.

## OTHER TRACK RESULTS

### SWARD AND KINNAIRD TROPHY MEETING

17th April, 1988

Before the British League came into being the main team track and field competitions took the form of Trophy Meetings. These meetings still continue but are now fitted around the British League and Southern League fixtures rather than taking pride of place in the track season. While not containing some of the strength in depth of league meetings there are normally a number of quality performers making an appearance and, with some large and valuable trophies up for grabs, there is always an incentive for team competition.

At the Sward and Kinnaird meeting, team trophies are awarded for the best track and the best field teams, as well as individual cups for the fastest 800m and 400m runners. This year's meeting clashed with the London Marathon and, with a number of athletes in Trinidad, we were short of a full complement.

Steve Green showed some impressive early season form with fourth in a blanket finish in the 100m. Also looking sharp was Mark Williams who blitzed a strong 200m field with some impressive bend running. These two, plus Pete

Crowe and Jerry Phillips, gave us a good relay time. Good times were recorded by both Richard Coles and Liam Bulson in the 3,000m, Liam being only a whisker away from an English Schools qualifying time.

In the field there was a win for David Coleman - though not as remarkable as last year's win over Jeff Guttridge. There were pbs for Andy Paffett (Hammer) and Simon Parsons (Discus) and Paul Byfield showed good early form in the triple.

	A String		B String	
100m	4. S. Green	11.0	4. P. Crowe	11.7
200m	1. M. Williams	22.1	2. P. Crowe	23.2
400m	5. P. Byfield	53.8	4. J. Kemp	52.8
800m	4. R. Coe	2.02.6	3. S. Parsons	2.15.0
1500m	2. P. Calnan	4.15.9		N/S
3000m	2. R. Coles	8.42.3	3. L. Bulson	9.07.6†
110H	N/S			N/S
400H	4. P. Calnan	73.1	4. J. Kemp	65.4
2000 s/c	1. P. Calnan	6.15.4		N/S
4 x 100	2. (Green - Crowe, Williams, Phillips)			
4 x 400	No Team - Too Knackered			

	A String		B String	
High Jump	N/S			N/S
Long Jump	3. P. Byfield	5.76	3. R. Coe	5.69
Triple Jump	2. P. Byfield	12.91	2. R. Coe	11.93
Pole Vault	1. D. Coleman	3.80	S. Parsons No Height	
Shot Putt	6. A. Elgy	9.54*	3. C. Longley	8.37*
Discus	6. A. Elgy	33.08*	5. S. Parsons	20.28
Hammer	3. A. Paffett	45.50*	4. S. Parsons	9.14
Javelin	3. C. Longley	44.46*	4. R. Coe	34.60

\*Junior

†Youth

#### Kinnaird (Track) Final Score

1. Windsor, Slough and Eton 131; 2. Kingston and Polytechnic 124; 3. Hercules Wimbledon 118; 4. Blackheath 100; 5. Thames Valley Harriers 99; 6. Mitcham and Sutton 16.

#### Sward (Field) Final Score

1. Hercules Wimbledon 123; 2. Blackheath 76; 3. Thames Valley Harriers 75; 4. Windsor, Slough and Eton 64; 5. Kingston and Polytechnic 41; 6. Mitcham and Sutton 40.

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## BLACKHEATH & BROMLEY OPEN VETS. MEETING

Norman Park

25th May, 1988

**WOMEN: 80mH** 1. P. McNab 13.2; 2. P. Oakes 14.1; 3. V. Thompson 14.1; 4. N. Cross 14.9. **3000m** 1. C. Oxten 10.21.6; 2. G. Lea 11.43.0. **100m** 1. V. Thompson 13.7; 2. P. McNab 14.1; 3. J. Hulls 14.8; 4. P. Oakes 14.8; 5. N. Cross 15.4; 6. A. Cross 15.5. **200m** 1. P. McNab 30.3; 2. N. Cross 31.8; 3. J. Burns 33.1; 4. A. Cross 33.2; 5. M. Keeble 35.5. **400m** 1. M. Farish 72.0; 2. M. Keeble 83.8. **Hammer** 1. P. McNab 26.06; 2. B. Terry 24.68; 3. D. Samuels 19.10; 4. S. Lodge 17.56. **Shot** 1. B. Terry 10.99; 2. V. Thompson 10.77; 3. D. Samuels 7.34; 4. J. Hulls 6.96. **Long Jump** 1. V. Thompson 4.69; 2. N. Cross 3.87. **High Jump** 1. V. Thompson 1.35; 2. J. Burns 1.05. **MEN 3000m** 1. R. Friend 9.24.4; 2. B. Mellish 9.26.9; 3. B. O'Gorman 9.27.3; 4. C. Woodcock 9.28.7; 5. J. McGilvray 9.49.6; 6. D. White 9.55.3; 7. J. Taylor 10.00.3; 8. Ludwig 10.06.0; 9. D. Coward 10.09.7; 10. D. Pettet 10.18.5; 11. M. Field 10.34.1; 12. B. Clapham 10.44.9; 13. V. Withers 10.49.3; 14. J. Godbeer 11.24.8. **100m** 1. B. Gray 12.3; 2. J. Treadwell 12.3; 3. G. Pepe 12.4; 4. B. Ferguson 12.6; 5. D. Hayward 12.8; 6. J. Hurley 13.0; 7. F. Wiseman 14.9; 8. H. Goodman 15.8. **200m** 1. G. Pepe 25.2; 2. B. Ferguson 26.2; 3. M. Williams 29.3; 4. F. Wiseman 30.6; 5. M. Cronin 31.7; 6. H. Goodman 34.2. **400m** 1. D. Hayward 57.8; 2. M. Sharp 61.3; 3. R. Hillyard 61.9; 4. J. Hemming 67.4. **800m** 1. V. Smith 2.06.1; 2. P. Hamilton 2.06.6; 3. D. White 2.16.6; 4. R. Turney 2.17.2; 5. R. Hillyard 2.17.2; 6. B. O'Gorman 2.17.3; 7. J. Taylor 2.30.6; 8. J. Godbeer 2.41.7. **Shot** 1. G. Mickey 12.70. **High Jump** 1. B. Ferguson 1.50; 2. G. Hickey 1.50; 3. J. Treadwell 1.40. **Long Jump** 1. H. Goodman 3.27. **Pole Vault** 1. K. Turnbull 3.30.

## VANCOUVER TROPHY MEETING

Woodford

17th July, 1988

A select group of 15 competed in this annual fixture and gave a good account of themselves. A p.b. was set by Carl Longley in the javelin, while Nick Terry equalled his best in the 110 hurdles. There were individual wins for Chris Ellis and John Kitching in the discus and the javelin respectively. The majority of teams present were in the British League and competition was of top quality in some events. Our 5,000m runners found themselves lining up against top international steeplechaser Colin Reitz who lapped most of the field on his way to a 14.02 clocking. Given that we did not have a complete team joint fourth was a solid performance. The club also provided the winner of the Woodford Invitation 800m race as Michael Trinca, a young Australian engineer, newly joined and in the country for a year, ran impressively from the front in 1.53 — he would soon become a very valued member of the British League team.

Results: 100m (heats) C. Karageorghis 11.6; P. Byfield 12.1; 200m 6. C. Karageorghis 23.2; 400m 6. P. Byfield 52.5; 800m 7. M. Colpus 2.02.2; 1500m 1. M. Trinca (guest); 7. P. Calnan 4.08.9; G. Spencer 4.13.1; 5,000m 5. M. Colpus 15.30.1; 9. G. White 16.10.2; 100h N. Terry 15.6; (heat) S. Tolson 20.4; 3,000 s/c P. Calnan 9.45.4; HJ 2. N. Terry 2.00; PV 2= D. Coleman 4.00; LJ 7. G. Holder 5.56; TJ 6. P. Byfield 12.23; SP 2. C. Ellis 12.52; 6. G. Holder 9.68; HT 4. A Paffett 45.18; DT 1. C. Ellis 45.42; JT 1. J. Kitching 57.16; 4. C. Longley 47.82; 4 × 100 5. Blackheath 48.8.

Match Result: 1. Woodford Green 73; 2. T.V.H. 55; 3. Old Gaytonians 54; 4= Blackheath, Ilford and Newham and Essex Beagles 50.

## READING GAZETTE TROPHY MEETING

The August Bank Holiday Monday saw a small group of Harriers sampling the new facilities at the Reading track. With help from the local Council they now have a spacious stand, changing rooms, weights room and other amenities. Enjoying our plush surroundings and without the pressure of British or Southern League competition, a number of quality throws, runs and jumps were recorded. We had a string of wins and second places and duly romped to victory. Carl Longley produced a personal best throw in the javelin, a just reward for his season's efforts. Andy Hodge also recorded a PB in the 400 hurdles. Season bests were recorded by Chris Ellis (discus), Gary Pullen (javelin) and Pat Calnan (1500m). The only disappointment of the afternoon was Southampton and Eastleigh's failure to return the trophy from the previous year!

Apologies for the incomplete results — parts of the meeting have however been lovingly recorded by Peter Barlow on video and are available at £9.99 per copy with 10% discount for cash — no Barclaycards or Access accepted.

100m	4. C. Karageorghis (J)	11.7*	3. P. Byfield	11.9
800m	2. P. Lester	2.00.2	1. K. Wheeler (J)	2.03.0
400h	2. M. Lobb (J)	57.9	1. A. Hodge	57.9*
3000 s/c	2. P. Calnan	9.50.0	1. M. Colpus	?
TJ	1. A. Hodge	13.86	1. P. Byfield	13.54
DT	1. C. Ellis (V40)	47.86	1. G. Pullen	43.54
JT	2. C. Longley (J)	48.52*	2. G. Pullen	46.0

\* = PB

Results not available for 200m, 400m, HJ and 4 × 100m.

P.C.

## CLUB CHAMPIONSHIPS 1988

Norman Park

15th June, 1988

### 800m Colts and Boys

**Race 1:** 1. A. Gibbins 2.50.7 Colt (Guest); 2. J. Morgan 2.58.6 Colt; 3. R. Grimwood 3.07.5 Colt (Guest); 4. W. O'Connor 3.09.5 Colt; 5. P. Curtis 3.11.8 Colt; 6. L. O'Sullivan 3.29.2 Colt (Guest).

**Race 2:** 1. B. Cleaver 2.52.7 Colt; 2. C. Hall 3.02.1 Colt; J. Reed 3.09.7 Colt; 4. C. Adlington 3.13.9 Colt (Guest); 5. M. Wood 3.19.3 Colt; 6. K. Hasseley 3.23.6 Colt (Guest).

**Race 3:** 1. I. Reed 2.34.2 Boy; 2. K. Reynolds 2.36.6 Boy; 3. I. Lewis 2.38.8 Colt (3rd Colt); 4. C. Foakes 2.41.5 Boy; 5. D. Pipe 2.45.0 Colt; 6. D. Maughan 2.48.8 Colt.

**Race 4:** 1. A. Draper 2.12.3 Boy (1st Boy); 2. M. Slack 2.16.1 Boy (2nd Boy); 3. S. Agnew 2.17.7 Boy (3rd Boy); 4. R. Sedgewick 2.20.6 Boy; 5. N. Morgan 2.24.2 Colt (1st Colt); 6. D. Stickels 2.27.2 Boy; 7. I. Saunders 2.37.2 Colt (2nd Colt); 8. J. Jackson 2.51.7 Colt.

### 800m Youth/Junior/Senior Men

**Race 1:** P. Barlow 2.11.5; 2. D. White 2.12.7; 3. M. Cronin 2.15.8; 4. R. Turney 2.16.7; 5. S. Cluney 2.19.2; 6. J. Robinson 2.21.4; 7. B. Clapham 2.32.4.

**Race 2:** 1. M. Lobb 2.03.5 Junior; 2. G. White 2.03.8; 3. K. Daniels 2.05.1; 4. G. Patterson 2.05.4; 5. N. Davidson 2.05.7; 6. D. Hassall 2.05.8; 7. A. Algeo 2.09.1 Youth.

**Race 3:** 1. P. Galloway 1.56.1; 2. R. Farish 1.59.6; 3. P. Lester 2.00.2; 4. M. Laws 2.00.5; 5. M. Colpus 2.01.6; 6. G. Spencer 2.02.4; 7. R. Coles 2.03.5; 8. M. Watling 2.03.9.

### 10,000m Senior Men

1. M. Colpus 33.16.5; 2. R. Coe 33.18.3; 3. T. Cooper 33.21.0; 4. B. O'Gorman 33.30.1; 5. B. Mellish 33.56.9; 6. C. Woodcock 34.12.0; 7. R. Smith 35.13.0; 8. M. Athawas 36.24.0; 9. T. Bounds 36.51.0; 10. D. Ellison 37.03; 11. D. Flagg 37.06; 12. J. E. Turner 37.13; 13. P. Shephard 37.35; 14. S. Ridgewell 37.48; 15. D. Bryant 39.34; 16. J. Braughton 40.47; 17. B. Hartley 40.56; 18. M. O'Connor 40.58; 19. C. Poole 41.47; 20. T. Dovey 42.29; 21. M. Martineau 42.42; 22. P. Lovell 42.42.2; 23. R. Gibson 46.52; 24. D. Brickwood 46.52.

### High Jump — Colts

1. J. Jackson 1.33; 2. D. Griffiths 1.20; 3. A. Gibbins (Guest) 1.05.

### High Jump — Boys

1. S. Olney 1.45; 2. K. Griffiths 1.35; 3. R. Grimwood (Guest) 1.35; 4. S. Buggy 1.35.

### High Jump — Youths

1. P. Blair 1.65.

### Long Jump — Juniors

1. S. Tolson 5.51.

### Long Jump — Senior Men

1. T. Llewelyn 6.48; 2. N. Terry 6.21 (2nd Handicap); 3. I. Holder 6.12 (1st Handicap); 4. R. Chitty 5.82; 5. D. Coleman 5.22; 6. M. Watling 5.04; 7. S. Green (The Younger) 4.74; 8. R. Coles 4.58; 9. C. Brand 4.40 (3rd Handicap).

### Hammer — Boys

1. Steven Timmins 30.04.

### Hammer — Youths

1. T. Walter 43.72.

### Hammer — Juniors

1. A. Paffett 48.40.

### Hammer — Senior Men

1. N. Haffenden 48.72; 2. A. Paffett 45.60 (1st Handicap); 3. N. Townsend 41.24; 4. Colin Brand 23.10; 5. J. Wakeman 20.42.



*Passion killers are all the rage these days. Pete Crowe demonstrates 'la mode'.*

Norman Park

22nd June, 1988

### 400m Hurdles

1. N. Keogh 54.9; 2. P. Lester 59.5.

### 200m — Colts Final

1. N. Morgan 28.0; 2. J. Jackson 29.5; 3. I. Lewis 30.1; 4. D. Maughan 31.4; 5. G. Messer 32.0; 6. N. Welsh 33.3.

### 200m — Boys/Youths

1. A. Algeo 25.9 Youth; 2. M. Slack 27.7 Boy; 3. Steven Algeo 31.7 Boy; 4. N. Louth 32.0 Boy.

### 200m — Seniors Final

1. P. Squires 22.8; 2. P. Crossan 22.9; 3. J. Shaw 22.9; 4. P. Byfield 23.0; 5. C. Karageorghis 23.2; 6. F. Meades 23.9.

Norman Park,

6th July, 1988

### 400m — Colts Final

1. I. Lewis 64.9; 2. M. Hawkins 70.8; 3. D. Pipe 72.1; 4. L. Cleaver 73.9; 5. A. Gibbins 74.1; 6. I. Saunders 75.9.

### 400m — Boys Final

1. S. Olney 62.7; 2. N. Louth 68.0; 3. R. Merrill 68.8; 4. R. Grimwood 82.2.

### 400m — Youths/Juniors

1. M. Lobb 52.0 Junior; 2. C. Karageorghis 52.7 Junior; 3. A. Algeo 56.5 Youth 1st; 4. N. Moss 32.0 Junior.

### 400m — Seniors Final

1. D. Galvin 49.2; 2. R. Bates 50.2; 3. P. Squires 50.4; 4. P. Byfield 52.3; 5. J. Shaw 53.5.

### 80m Hurdles — Colts

1. J. Jackson 15.7; 2. L. Cleaver 16.7; 3. M. Hawkins 17.4; 4. A. Gibbins 20.9.

### 80m Hurdles — Boys

1. M. Chaserot 12.9; 2. R. Dollman 15.6; 3. R. Merrell 18.0; 4. N. Louth 18.1; 5. R. Grimwood 19.3.

### 3000m Race 1

1. S. Cluney 10.02.0; 2. S. Ridgewell 10.19.3; 3. J. Brown 10.21.3; 4. M. Green 10.31.3 (1st Youth); 5. S. Parsons 10.50.1; 6. B. Clapham 10.56.4; 7. I. Saunders 11.04.0 (1st Colt); 8. J. Braughton 11.10.3; 9. J. Darby 11.16.7 Bromley Ladies; 10. J. Keeble 11.36.4 Bromley Ladies; 11. R. Olusante 12.41.6 Bromley Ladies.

### 3000m Race 2 — Club Championship

1. R. Farish 8.43.0; 2. P. Calnan 8.50.1; 3. R. Coe 8.58.2; 4. P. Hamilton 9.03.4; 5. G. White 9.03.6; 6. G. Patterson 9.13.1; 7. P. Barlow 9.32.7; 8. B. Mellish 9.38.7; 9. J. Taylor 9.58.2; 10. T. Bounds 10.06.3; 11. J. E. Turner 10.18.0; 12. P. Rissen 10.33.7.

### Triple Jump — Junior

1. N. Moss 11.80; 2. C. Longley 11.34; 3. S. Tolson 11.05.

### Triple Jump — Senior

1. P. Byfield 13.08; 2. N. Terry 12.98 (2nd Handicap); 3. N. Moss 12.39; 4. T. Llewelyn 12.29; 5. R. Chitty 11.85 (3rd Handicap); 6. S. Tolson 11.28; 7. C. Longley 11.17; 8. S. Oxlade 11.11; 9. David Coleman 10.45 (1st Handicap).

### Discus — Colts

1. J. Jackson 15.32; 2. D. Griffiths 13.10; 3. C. Hall 12.78.

### Discus — Boys

1. S. Olney 24.08.

### Discus — Junior

1. C. Longley 29.36; 2. S. Tolson 20.58.

### Discus — Senior

1. C. Longley 26.22; 2. C. Brand 26.18; 3. J. Wakeman 25.74; 4. T. Llewelyn 25.68; 5. N. Terry 23.20; 6. I. Holder 22.10; 7. S. Tolson 22.00; 8. S. Green 20.28; 9. R. Chitty 19.70; 10. D. Coleman 19.38.

### Discus Handicap

1. C. Longley; 2. T. Llewelyn; 3. C. Brand.

### Long Jump — Colts

1. N. Morgan 4.59; 2. J. Jackson 4.38; 3. R. Merrell 3.96; 4. G. Messer 3.79; 5. I. Lewis 3.68; 6. D. Maughan 3.65; 7. D. Griffiths 3.55; 8. J. Reed 3.35; 9. S. Pratsides 3.25; 10. J. Morgan 3.24; 11. B. Reynolds 3.22; 12. A. Kingshott 3.22; 13. C. Adlington 3.21; 14. K. Hasselby 3.21; 15. J. Fiske 2.94; 16. C. Hall 2.90; 17. A. Gibbins 2.90; 18. A. Newbon 2.85; 19. W. O'Connor 2.82.

### Long Jump — Boys

1. M. Rudd 5.35; 2. S. Olney 4.68; 3. S. Timmins 4.40; 4. E. Clarke 4.35; 5. L. Anderson 4.26; 6. S. Buggy 4.11; 7. I. Reed 4.09; 8. K. Griffiths 3.61; 9. R. Grimwood 3.49; 10. S. Algeo 3.43.

### Long Jump — Youths

1. A. Algeo 4.90.

### Shot Putt Colts

1. J. King 7.05; 2. C. Hall 6.08; 3. J. Jackson 5.99; 4. D. Griffiths 5.59.

**NB.** There were no Boy or Youth entrants.

### Shot Putt — Junior

1. A. Elgy 11.05; 2. C. Longley 9.77; 3. S. Tolson 7.25.

### Shot Putt — Senior

1. S. Oxlade 10.52; 2. A. Elgy 10.07 2nd Handicap; 3. R. Chitty 8.79; 4. C. Longley 8.69 1st Handicap; 5. J. Wakeman 8.50; 6. C. Brand 8.29; 7. T. Llewelyn 8.02; 8. S. Tolson 7.05 3rd Handicap; 9. D. Coleman 6.64.



100m Champ — Pat Crossan.

### 5000m Senior 'A' Race

1. L. Roberts 15.18.8; 2. R. Coe 15.33.9; 3. M. Colpus 15.35.9; 4. D. Hassall 15.36.9; 5. P. Ward (Guest) 15.41.1; 6. Reilly (Guest) 15.43.9; 7. T. Cooper 15.44.2; 8. G. White 15.45.7; 9. B. O'Gorman 16.11.8; 10. B. Mellish 16.18.2; 11. M. Athawes 17.09.2; 12. T. Bounds 17.26.0.

### 5000m Senior 'B' Race

1. P. Barlow 16.44.4; 2. D. Ellison 17.14.8; 3. J. Taylor 17.20.2; 4. S. Cluney 17.20.3; 5. B. Wilson 17.31.0; 6. R. Francis 17.35.0; 7. R. Turney 17.40.0; 8. J. E. Turner 17.45.7; 9. T. Cox (Guest) 17.53.0; 10. S. Ridgewell 18.04.0; 11. M. Martineau 18.40.0; 12. B. Clapham 18.41.0; 13. J. Brown 18.43.0; 14. M. O'Connor 19.11.0; 15. S. Parsons 19.13.0; 16. J. Braughton 19.24.0; 17. G. Canfield 19.32.0; 18. D. Bryant 19.38.0; 19. T. Dovey 19.49.0; 20. C. Daley 20.40.0.

### High Jump — Junior

1. S. Tolson 1.85.

### High Jump — Senior

1. N. Terry 1.90; 2. T. Llewelyn 1.85; 3. S. Tolson 1.85; 4. I. Holder 1.60; 5. R. Chitty 1.60; 6. C. Karageorghis 1.60; 7. S. Green 1.45; 8. D. Coleman 1.30.

Norman Park

13th July, 1988

### 100m — Senior Final

1. P. Crossan 11.2; 2. D. Galvin 11.3; 3. P. Byfield 11.4; 4. P. Crowe 11.6; 5. P. Squires 11.7; 6. I. Holder 11.8; R. Pinson 11.9; 8. S. Pearse 12.1.

### 100m — Youth Final

1. C. Karageorghis (J) 11.5; 2. M. Lobb (J) 11.7; 3. R. Holt 11.9; 4. N. Moss (J) 12.3; 5. D. Barlow (J) 12.4; 6. C. Longley (J) 12.6; 7. I. Reed 13.8.

### 100m — Boys Final

1. S. Olney 13.0; 2. M. Slack 13.4; 3. J. Boswell 13.8; 4. D. Sticles 14.1; 5. R. Dollman 14.7; 6. K. Griffiths 15.1; 7. R. Grimwood (Guest) 17.4.

### 100m — Colts Final

1. J. Jackson 14.4; 2. I. Lewis 14.7; 3. J. Willingham 15.0; 4. D. Griffiths 15.4; 5. A. Kingsmott 15.7; J. Reed 15.9.

### Mile — Senior A Race

1. M. Trinca 4.15.6; 2. R. Farrish 4.20.4; 3. M. Jones 4.23.3; 4. M. Laws 4.26.1; 5. P. Calnan 4.27.0; 6. G. Spencer 4.32.3; 7. D. Hassall 4.34.6; 8. K. Daniel 4.39.0; 9. P. Barlow 4.39.6.

### Mile — Senior B Race

1. N. J. Davidson 4.35.0; 2. G. White 4.35.6; 3. M. Watling 4.36.3; 4. J. Phelan 4.38.9; 5. G. Patterson 4.40.1; 6. A. Draper 4.44.3 (Boy); 7. A. Cooper 4.47.3; 8. B. Saddler 4.54.4; 9. S. Cluney 5.02.2.

### Mile — C Race

1. A. Bounds 4.58.9; 2. J. Brown 4.59.0; 3. P. Rissen 5.14.4; 4. J. E. Turner 5.15.5; 5. B. McGowan 5.25.8; 6. W. Clapham 5.29.9; S. Parsons DNF again.

### Mile — Boys/Youths

1. A. Algeo (Y) 4.56.5; 2. M. Slack (B) 5.03.0; 3. R. Weatherstone (B) 5.06.1; 4. C. Huntley (Y) 5.11.6; 5. M. Grelen (Y) 5.21.2; 6. N. Louth (B) 5.33.8; 7. P. Butler (Guest) 5.41.3; 8. L. Gardiner (B) 5.46.8; 9. R. Merrell (B) 5.52.4; 10. R. Grimwood (Guest) 6.51.5.



Graham "Scouser" Patterson (don't mention Arsenal!)

### Mile — Colts

1. I. Saunders 5.31.3; 2. J. Albert 5.40.5; 3. J. Newitte (B) 5.44.9; 4. D. Crooke 5.55.2; 5. S. Pranson (B) 6.02.2; 6. D. Maughan 6.06.1; 7. W. O'Connor 7.05.5; 8. C. Addington (Guest) 7.14.6; 9. K. Hasselby (Guest) 7.17.2; 10. A. Newbon (Guest) 7.27.8.

### 3,000m Walk

1. P. Hannell 13.55.2

### 2,000m Steeplechase

1. M. Jones 6.13.2; 2. P. Calnan 6.26.6; 3. G. Spencer 6.58.6; 4. P. Barlow 6.59.1.

### Javelin — Colts

1. J. Jackson 24.30; 2. S. Russell 19.70.

### Javelin — Boys

1. S. Timmins 31.54; 2. M. Slack 28.04; 3. G. Samuels 27.52; 4. J. Boswell 22.82.

### Javelin — Youths

1. S. Leishman 37.92.

### Javelin — Junior

1. C. Longley 46.84; 2. N. Moss 32.16; 3. M. Lobb 30.20.

### Javelin — Senior

1. C. Longley 47.02; 2. S. Oxlade 46.24; 3. C. Brand 43.50; 4. N. Moss 34.46; 5. M. Lobb 29.52; 6. S. Tolson 29.42; 7. S. Green 26.44; 8. I. Holder 26.42; 9. G. Patterson 25.74; 10. K. Daniels 23.14.

### Pole Vault — Senior

1. J. Andrews 4.40; 2. D. Coleman 4.00; 3. J. Cunningham 3.20; 4. S. Oxlade 3.20; 5. J. Wakeman 3.20; 6. J. Day 2.90; 7. S. Tolson (Junior) 2.50.

## NATIONAL 25X1 MILE INTER CLUB RELAY

*11th September, 1988*

I knew it wasn't going to be my day when I forgot the batons. The runners were at the start line, the recorders and timekeepers were in position, and I was giving an impression of a headless chicken flapping after the groundsman trying to obtain what some might consider necessary implements; and then it started to rain.

It was one hundred years ago when John Baldwin and Colin Brand asked me if I would get involved in the National 25X1 Mile Relay and against my better judgement I succumbed. Adverts were placed in National Sporting magazines, entry forms were posted. The result of these labours were an underwhelming three replies. Discussions at committee reached the conclusion that we should carry on with the event regardless, if only to show McVities how it should be done after the debacle of the previous year.

Hurried phone calls managed to swell the entries a little but mainly supplied reasons for why there was so little interest; these included entry forms not reaching their destination due to change of address, other events on race day and one club didn't even see the quarter page advert in Athletics Weekly.

At this point I would like to say thank you to the Union of Communication Workers who greatly added to my chances of forming an ulcer by going on strike. I do not regard this as a conflict with post office management over casual labour deployment but as a personal affront and I will bear a severe hatred for all postmen for many years to come.

As the big day came nearer things started to fall into place, the numbers arrived at their various destinations, the insurance for the National Sports Centre was taken care of and a phone call from Ken Pike clarified the Kent A.C. position. "Is it too late for them to enter a team? No, good, they're not sure if they can muster a team but if they can they will, but don't expect them because they might not turn up if they can't". They didn't.

The race itself was a bit of an anticlimax, I had nothing left to do and everybody ignored me. The first team won the event at Crystal Palace but were beaten into second place nationally by Sale Harriers; I went home and drank large quantities of falling over water.

PR

## NATIONAL BIATHLON CHAMPIONSHIPS

*Dunfermline*

*October, 1988*

My trail to the National Biathlon Championships started on a cold Sunday in October — I came second in the Southern Area Championships — I had won the swimming and came second in the running. Daniel Redmond, who runs for Surrey, won the running and came second in the swimming. The final result saw Redmond winning with 1226 points to my 1225 points — painful.

Determined to avenge my defeat I left school at midday on Friday 25 November and rushed home for a quick lunch. At 2 o'clock my mum and I packed our bags in the car and drove to the station. From here I was lumbered with all the heavy bags, my mum declaring that this would help to build up my muscles!! At Kings Cross I met up with some of the other competitors who had qualified at the Southern Counties and we boarded the train for Edinburgh, finally arriving in Dunfermline at 10.30pm.

Nerves started to grow the next morning at all the official RAC signs for the Biathlon. To calm down I went for a walk with Daniel but returned feeling worse. At last we left for the swimming pool — it was nice and I had a good feeling about it. As I got out of the warm-up my goggles broke; my spare pair were broken; nerves turned into panic and only minutes before my race I was a trembling wreck. I was due on the blocks when I managed to temporarily repair the goggles. Still shaking, I got onto the blocks — my start was slow but by half way I had settled down and was more determined than ever. I beat Daniel comfortably and swam a personal best by a second. At the end of the first day I was lying eighth out of 56 competitors.

We reported in at 9 o'clock the next day and I decided to take a look at the course — it was murderous. After warming up and waiting around I eventually had to run. I had decided to go out fast as it was only 1,000 metres — my first mistake. The start was at the top of a nice slope leading into a park — the finish was at the top of a steep hill. I think I could have walked faster up the hill than I ran it. At the top I felt extremely flat footed and the sight of the finish did not inspire me, it was more of a relief. Although I felt so bad I had in fact clocked up the second fastest run in 3 minutes 08 seconds.

At the end of the day my old rival Daniel had won overall with a superb run of 3 minutes 01 seconds bringing him from 11th to 1st place. My run put me in 6th place, one point behind the 5th place competitor. Obviously I must learn to run faster — over to you Andy!

Wait for my next report in 2 years time.

Phillip Burch

*(Ed - great effort, great report).*

## SEOUL — SEARCHING

### 12 Laps To Run

The warm up has been completed — the one concrete security, identical to countless warm ups before, in an afternoon of uncertainty — and the training is behind me. All that remains between me and a ticket to Seoul is thirteen and a half minutes of running, the most simple of activities.

I noticed Steve Ovett sitting beside his car a long way from the tamped-up arena; I too had left it until just this morning to arrive in Birmingham, driven by my brother to prevent motorway tension diminishing my performance. Why ruin five months' training by mismanaging the last 24 hours? (A question Coe might ask of himself...)

And now the time had come.

It is difficult to explain the feelings of these moments, standing in a line to be marched onto the track, myself wearing a t-shirt as a head-dress to shade against the glaring sun on the hottest weekend of the year. (Oh, it looked stupid, no doubt... but some would say running round in circles was questionable behaviour!)

On the back straight last adjustments to laces are made and numbers are checked. Then a couple more stride-outs and I'm ready... just like any other race really... except that this is the AAA's 5000m Championship, the Olympic Trial.

### 13 Laps To Run

The gun releases us and I gain a good position on the shoulder of about the fourth runner on the inside. Steady 66 seconds for the first lap — perfect for the race I want. I need a steady pace to have any hope in the later stages, since I have no experience of a very fast 5000m to date.

400 metres run and the pack is still very tight due to the slowish pace. Someone suddenly trips and falls in front of me. I do an instant hurdle with agility that surprises me, as I notice Moorcroft forced to step inside the track to avoid a crash. My confidence surges as I realise I have coped with a potential disaster without mishap and I settle into a sustained rhythm, now on the inside kerb (saving precious metres as each bend passes).

### 14 Laps To Run

The race is sorting itself out. I feel good, sure that my training and recent clutch of tactically sound races are going to pay appropriate dividends. In the hours, days, weeks, months of training geared to these 13 to 14 minutes I have weighed up my chances. With my coach Bruce Tulloh, former European 5000m Champion and British record holder, we have added up the opposition and named half-a-dozen who I could not be expected to beat, though I could still hope.

I am now alongside them, even in front of them, shoulder to shoulder, elbow to elbow, fighting for good positioning as the last mile approaches. I am there! And I believe in myself; for when you run in front of a packed stadium you have to believe in yourself. As Bruce once put it, "Out there you make a statement to the world."

### 15 Laps To Run

The pace has 'hotted up', international Craig Mochrie has taken the pace on and a group of six pull away from the rest of the field. I am still there. One of the six trying to be one of the two...

You hear a lot about top level sport being in the mind rather than the body. I think that there's a lot of truth in that, but I would say it also goes deeper... to the soul.

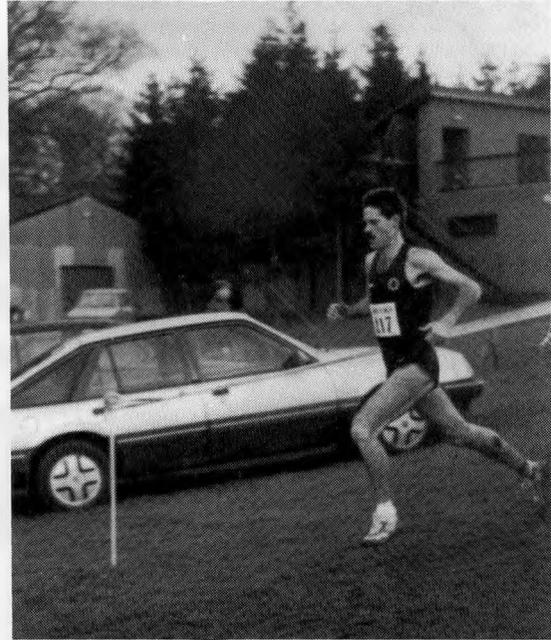
The concentration I prayed for in the changing rooms half an hour ago overwhelms the self-doubt and lack of belief which I would otherwise have felt overtaking Moorcroft and Mochrie. I don't need to hold back! I belong here! As I hold onto fifth place, amid a vivid ensemble of pain, people and pleasure, I know that I am performing to my utmost (today...).

### When You Collapse!

When it's over, you reflect. You thank God for giving you speed and concentration, thank Bruce for his advice and expertise, thank your fellow competitors and you thank all

those who did believe in you. Even from 1979 when you finished 109th in the National Schools Cross-Country right up to 1988. The sort of people like the fifth-formers at Cranleigh and countless Heathens without whose support and encouragement you won't pull through that second session of the coldest day in December, on the road to Barcelona...

Jerry Barton



Jerry showing the sort of form that is taking him to the top on track country and road.

The cover photo shows Jerry tucked in at the back of the key break in the 1989 "National". Winner Dave Lewis 3090 flanks Eamon Martin 150, Steve Tunstall 2945 and Mark Dalloway.

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# ROAD RACING

## 6th EUROPEAN VETERANS CHAMPIONSHIPS:

10 Km and 25 Km

*Bruges, Belgium*

*18th & 19th June 1988*

Competitors from twelve European countries met in Bruges to take part in the 6th European Veteran Championships. Over one hundred clubs were represented.

The great Czechoslovakian runner Emil Zatopek started the races.

On Saturday in the 10 Km, fine performances by Ken Pike, Peter Hamilton and Ian Wilson gave Blackheath third team place.

Unfortunately, in the 10 Km Race Les Roberts whilst racing with the leaders managed to get his foot into a hole and was forced out of the race with a painful injury.

### 10 Km

1. Ernie Cunningham	31.06
2. Omer van Noten	31.28
3. Brian O'Neill	31.47
10. Ken Pike	32.45
16. Peter Hamilton	33.21
39. Ian Wilson	35.03
51. Mike Cronin	35.59
56. Dave White	36.10
285. Roger Counter	45.14

487 ran.

After the 10 Km, Peter and Ken insisted on further training and swimming for the Blackheath team. Roger Counter easily took the honours in the swimming races — his prize was buying us all a beer.

Sunday's 25 Km Race was very much a team effort as the Black formation majestically swept through Bruges.

### 25 Km

1. Francois Blommaerts	1-17-30
2. Sheldon Cowles	1-17-41
3. Herman Parmentier	1-18-11
205. Ian Wilson	1-40-36
208. Mike Cronin	1-40-45
231. Peter Hamilton	1-41-44
232. Dave White	1-41-44

731 ran.

Peter Hamilton was on the International trail again within one week of the above race... taking part in an International 10 Km race in Verona.

## KIRKHAM 10K

*Kirkham, Lancs.*

*3rd September, 1988*

On Friday 2 September it poured all day. But then I was in Manchester. That evening I decided to take advantage of my northerly position to visit an old friend in the North West and, as I drove up the A6, the weather broke and I was blessed with a glorious evening as I nosed my car up the lower reaches of Cumbria's cleavage.

Friend was pleased to see me but informed me he would be out all day on the Saturday playing cricket. So what was I to do? I had all my running kit with me, naturally, so I decided to find a race. And this I did in a little village called Kirkham, just outside Preston. Quite a long way away is Preston from my friends place but with the aid of the M6 and a leaden right foot it took "nobbut a jiffy".

The sun still smiled down but the wind was howling around trying to make up for it. "Very helpful" I thought when I realised that the course was more than a little hilly and somewhat exposed. The 10k had only been done in under 30

minutes once and that was by Hugh Jones. Never mind, it would be better than watching cricket.

Sure enough, no sooner had we left the town than up we went. After a mile or so 8 runners broke clear and then as the race turned into the teeth of the wind the group gradually dwindled until 2 were left at the front with the remaining six spread out at varying intervals; the main field were by now some way back. In this line I was sitting seventh just behind fifth and sixth. As we hit town we were closing down on third and fourth but although I got the better of my close companions the finish came up too soon round a bend to allow any further progress through the field. Still, the vets prize was well safe and it was a new vets record for the course by over a minute.

I would recommend the event if you are up that way next year. In 1988, at least, it coincided with the turning on of the Blackpool illuminations just down the road so that could brighten up your weekend even if the race doesn't.

Result: 1. G. Swanston (Cockermouth) 30.49:2; R. Brewster (Clayton-le-Moors) 30.54; 3. L. Postlethwaite (Copeland) 31.32; 4. T. Piegrove (Warrington) 31.34; 5. L. Roberts (V40-Blackheath) 31.35; 6. P. Hankinson (Blackpool and Fylde) 31.39.

L.R.

## MANOR MARQUEES MAIDSTONE 1/2 MARATHON

*11th September, 1988*

New tougher course but the same top flight organisation and this year the weather held up long enough to give runners and spectators alike the chance to enjoy the facilities and the day generally. Mick Gratton showed signs of getting back into top form. Les Roberts was up there having a good day for Blackheath.

1. M. Gratton, Invicta East Kent AC 65.28; 2. K. Penny, Cambridge Harriers 68.04; 3. M. Brameld, Invicta East Kent 68.20; 4. L. Roberts, Blackheath Harriers 68.50; 5. A. Barden, Basildon AC 70.42; 6. A. McGee, GEC Avionics 70.47; Other Blackheath — 31. R. Smith 77.22; 116. A. Jones 85.08; 173. I. Cayzer 88.03; 241. J. Hines 91.32; 243. C. Canty 91.37; 279. J. Tateson 93.30; 304. N. Brooks 94.40; 366. T. McGowan 96.44; 437. K. Arthey 99.59; 590. H. Hill 106.28. 1st Vet L. Roberts.

## SUNDAY TIMES FUN RUN

*Hyde Park*

*25th September, 1988*

The earlier apprehension as to the possibility of some B-G's being summoned to Seoul proved unfounded, and so of the 12 entered, 11 actually ran. Welcome reappearances were made by Phil Saxon and Les Blight, but the one withdrawal was due to shingles — a complaint incurred through over-training on Brighton Beach.

The nominated charity this year was Water Aid (a thought repugnant to all B-Gs), but it transpired that we were not required to drink it. One BG, who had been actively involved with the project had the decency to be engaged elsewhere on the day.

Our President, anxious to fulfil his duties to the end, added his presence to the team and avowed that he enjoyed the experience — two days after the Annual Dinner!

Our base this year was enlivened by being adjacent to a wasps nest (suitably taped off), and this may have been responsible for the sparkling times recorded, although an increased field, boosted by younger 'first timers', made place gains the more difficult. Nevertheless, Jack Braughton,

running impeccably finished third — two places up on last year. Teamwise we finished 45th from 1542 teams.

So, with the now visible sun brightening the day, and all runners accounted for, the loyal lady supporters having allayed earlier doubts, now solaced the weary athletes with food and drink and another happy day was enjoyed in company with some 27,000 other runners.

Results: A Team — J. Braughton (60+) 15.35, 3; D. Brickwood (60+) 17.25, 25; P. Longon (60+) 19.00, 55; P. Saxon (60+) 19.15, 60; J. Bennett (60+) 19.30, 64; A. Brent (60+) 21.00, 87; P. Stenning (60+) 27.00, 142; R. Kirk (70+) 32.40, 23; J. Parrott (70+) 36.00, 25. B. Team — K. Johnson (60+) 25.35, 132; L. Blight (70+) 31.00, 22.

## FIFTH LYDD CLUB DAY HALF MARATHON

### Taking the Lid Off of Lydd

23rd October, 1988

One could be forgiven, if one only did this particular race for the garage party at Big Jim Pearce's cottage afterwards. The truth is however that this gathering in the afternoon is but one of the delights of the day. The race began five years ago with a very low entry (35 I think). This has mushroomed with 567 finishers this year. The course is attractive and extremely flat and fast except if a gale is blowing — luckily not in '87 and '88. The organisation is good and there are sideshows and a beer tent to keep children and non-runners happy.

Decent medals (on the day) and time certificates (later with results) are given. The race will be on 22nd October in 1989.

After the exertion comes the relaxation. Heathens plus supporters were invited back to the Pearces for goodies. A small donation to the race charity gave us chilli con carne, jacket potatoes, cheeses, bread, fruit, beer, wine, etc., etc. This made a lovely day out for all concerned. Even my wife went home happy after she got her life long (well about six months) ambition — a ride in Mike Peel's red dinky car.

Results: Winner 70.11; 81st J. E. Turner 82.20; 166 A. Musson 88.57; 169 C. Poole 89.26; 224 G. Pearce 93.28; 273 B. Dinsley 97.05; 380 D. Harvey 106.07.

J.E.T.

## THE GREAT SOUTH NOTTS 10

(or rather, perhaps, "how F.S. got there" — Ed)

Burton Joyce, Notts

November, 1988

Into driving snow and the early Sunday morning gloom, our intrepid hero sped. Still feeling the "wobbly" effects of the après mob match dinner at Coulsdon, he pushed in a cassette and wound down the window. The freezing air poured in; the previous night's "London Pride" air got out and walked. The cassette was "Simple Minds" and the "Bhundu Boys". He would soon be in his Kenyan mood if the Bhundus had anything to do with it. They didn't. He was reduced to a 'Simpleton'.

The weather worsened. He had to think, and think fast. He flicked a 'Tic Tac' and let out a yelp as it hit him straight in the eyeball. Tears, streamed down his cheek, dripping off of his chin, onto his coconut fairy cakes. He peered through a misty windscreen with his one good eye, and took the exit for Nottingham. Time was short; so was our hero. The race was due to start at 10.30am. It was already 10.00. Now to find the village named Burton Joyce. He stopped to ask directions from a man wearing brown corduroy flares, a grey crombie and a red and white bobble hat.

"S'cuse me mate, d'you know Burton Joyce?"

"Burton Joyce?" The startled man mused. He had waited twenty years for someone to ask him that! "What's the surname?" He doubled over with laughter. Our hero admired his wit. Later an ambulance man admired the size 7, mud encrusted spike embedded in the chap's forehead.

Up ahead two policemen were stopping traffic. Our hero hoped they weren't checking tax discs, or, as it was in his case, Guinness labels! Panic set in. He took a sharp right and decided to change in the car.

People making their way to the start were highly amused at the half naked, one shoed athlete hopping about in the slush. He would have to be tactful about the removal of his boxer shorts. As the cold got the better of tact, he dived onto the back seat and performed the surgical removal and transplant. "Streaker don't look Ethel" a passer-by was heard to say. As they fled in the direction of the policemen to report the unsightly goings on, our hero hurtled up the hill like a man possessed unfortunately, leaving his lights on. At the venue, he entered the now deserted building and shot into the toilets for the essential pre-race four-by-two. The man with the starting pistol was fortunately playing Russian roulette. Scampering from the building, his socks full of adrenalin, our hero saw runners pouring through the gate ahead of him. He pinned his fingers to the number and fled in wild pursuit down the hill. The race was on he supposed.

Ten miles later running in ninth position in 57m. He was given two pieces of card at the finish. The pink card read "If only you had won, you could have had two cups of tea!" The blue card read "Congrats, you have won a pair of socks and shorts." The runner in eighth, our hero had convinced himself, was Henry Rono, running under an assumed name.

The fact that he was white and two feet taller our hero considered incidental. He had chased him for 10 miles for an autograph and in the process been drawn to an unexpectedly good performance. An interesting approach don't you think?

Finbarr Saddler

## DUBLIN "MILLENNIUM" MARATHON

31st November, 1988

Diary Entry May 9th 1982 London Marathon 2:58 Horrible — V. Hot. First 10K O.K. But died — will never run another!!! So what am I doing here in Stephen's Green, Dublin lining up for the 1988 Marathon? I seem to recall a conversation back in '82 in which I replied "I may possibly do another one — but certainly not until I'm 40" — so there's one reason. 1988 is also the year of the Dublin Millennium, the 1000th Anniversary of the founding of the City by Viking Settlers — so the 'crack' was guaranteed and I've plenty of relatives to visit — so there's another reason. And the third — oh yes I remember now — the post London Marathon imbification in the hole in the wall. After several pints of G.B.H. half a dozen of us with Irish roots pledged to do the Dublin come November — so where are they? Michael, Barry, Dave, John! at least there are a couple of other Heathens to keep me company Roy Smith and Colin Poole both survived the administration to make it to the start. Entry cock-ups apart (I received confirmation of entry just 5 days before the off) the organisation was superb, if you discount most of the hotels, including Roy's which was double booked.

The race course was fairly flat, if you ignored the bridges, and the weather was fine and sunny although temperatures were around zero. Close to 8,000 runners faced the starter and at the front no heroics were performed until the 20 mile mark was passed when John Griffin and Terry Green began an epic duel which saw the lead change several times before Griffin finally came good in 2.16.02 with Green 27 seconds behind. Ian Hagan took the third spot in 2.17.41.

Further down the field I was playing it by the book. I'd done the training, 50 weeks of 50, four weeks of 60 and 5 weeks of 70. My target was 2.45 so my 5 mile spurts of 30.50, 31.33 and 30.47 were spot on. At 15 miles (1.32.10) Roy shot past me announcing that he felt great and would see me at the finish (he went through 20 inside the two hour mark) he was followed by several other Brits. Rivals from S.L.H., Banelagh and Altrincham all acknowledged the Blackheath pace and padded on up the road. The crowds were grand and the humour typically Irish "come on the auld hippy" became a regular cry. I reached 20 miles in 2.04 and, feet apart, I was still feeling quite good (air marials are not designed for heavy weight runners or the streets of Dublin). As we came down from Raheny, on the dual carriageway a light breeze from behind and hazy sunshine before us made it all seem worthwhile especially as I passed the blokes from S.L.H. and Altrincham both struggling at a slower pace. Where was the wall? Where was the pain? Those mind numbing mental gymnastics to blot out the agony weren't required this time. With 25 miles reached in 2.36 I was still running at sub 6.30 pace and overtaking all the way. There was the bloke from Banelagh and Roy was a sad and sorry sight struggling along in the gutter with still a couple of miles to go. I continued to catch runners all the way to the finish and was pleased to have knocked 14 minutes off my P.B. to finish 180th in 2:44.18. Roy came home in 271st spot in 2:48.56 with Colin Peole 1768 in 3:22.22. 7738 runners finished — 97% of those who started.

It was only when I'd stopped running that my muscles relaxed. With the prolonged effort and the low temperature my upper body was paralysed, the rest a mass of uncontrollable jelly. As I staggered back to the reunion area, my right arm ended in a plastic up, spraying hot tea over all and sundry as involuntary spasms set in. And the cries of the spectators waiting for their loved ones to return of "aaah look at this poor auld sod" belied the fact that inside I felt really elated. After a couple of pints of the dark stuff I was faced the inevitable "when's the next one?" Perhaps when the 30 or when the next millennium comes around, we'll see!

Jim Phelan

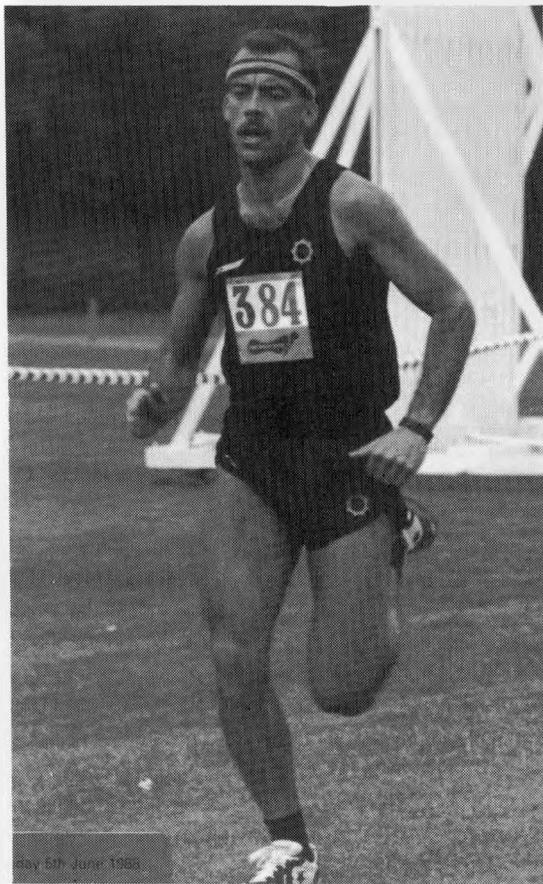
## BROOKS SOUTHEND 'CLASSIC' 10km

Southend

13th November, 1988

Due to an unfortunate clash with the Rochester 'Five' there was no 'Heathen team present this year, which is a pity because it is one of the best 10km races in the south. With kind weather (bright sunshine on a cool day with only a slight breeze) and an almost totally flat course it was a day for fast times, with the first five breaking thirty minutes and thirty under thirty-two minutes. Your correspondent (suffering somewhat from the effects of the night before) found it an invigorating, if rather lonely affair, and has no qualms about thoroughly recommending it for next year — let's spread the name of Blackheath Harriers about a bit.

Result: 1. P. Evans (Lowestoft) 29.13; 2. P. Larkins (Wolverhampton and Bilston) 29.27; 3. R. Denmark (Gateshead) 29.32; 36. M. Watling (Blackheath) 32.19.



Mark Watling who went on to feature prominently in the Heath's winter affairs.

## THE MANN'S MANTRA — HOG'S BACK ROAD RACE

Beckenham

11th December, 1988

This is a story about the Chinese Garage mafia, but first a few words about the race.

1632 men and women finished, the first Blackheath man was N. May, placed 34th in 52.03 and perhaps the best Blackheath performance was Barry O'Gorman's 52.50 which put him 2nd in V50. 1st man overall and race winner was G. Payne of Basildon AC in 45.36. The distance was either a long 9 or a short 10 depending on how keen you are — you can run 10 in under the hour! 176 teams took part and Blackheath senior men finished 8th out of 89 with the club finishing 6th out of 62. Nearly 50 Harriers turned up and there seemed to be more of us than any other club and talking of turning up, back to the Chinese Garage mafia.

The Chinese Garage mafia met at that well known Beckenham area of superior kitchens Elwill Way/Wickham Way and set off in convoy with Robin "We'll easily make Beckenham in 45 minutes" Graf leading in his new, go faster Mercedes. 'Drew "What do you mean they have changed the car park location/start point/race route" Grace was warning for Graf. They were followed by Alan "You wouldn't believe Graf's a bloody solicitor" Mann in his Mazda 2 car, the Mazda, with Bob "20/20 vision" Hilton making sure the Merc. stayed in sight.

We left Beckenham at 9.20 am for a 10.30 start. At 10.15 we stopped for the first of 3 times on the hard shoulder of the A3. Drew Grace could be seen consulting a map/race

instructions for the first time that day. Mann was getting unsettled and making comments like, "I normally like at least 30 minutes to get myself composed before a race" and "What a bloody shambles" and "I thought they knew where they were going". By the time of the 3rd stop about a mile further down the road, having been the subject of several blasts from the horns of irate motorists because of the suddenness of our braking, Mann was on a different mental plane and was chanting his mantra, "Bloody shambles, bloody shambles..."

# J. A. WAKEMAN

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At this point the Merc. suddenly accelerated and in the style of a French Connection car chase did a U-turn in the middle of the A3. The intensity of the Mann Mantra had increased and was interrupted with that immortal line, "I don't believe that, it's impossible, you wouldn't believe Graf's a bloody solicitor!" A couple of minutes later we turned off the A3 at the point of our first stop! Mann was quietly chanting his Mantra again.

We finally arrived at the designated car park at 10.20 am. The necessary lightening change into kit and pinning on of numbers was not ideal and resulted in Grace piercing both nipples (something he was thinking of having done anyway). 10.23 am and we are jogging to the start. Race instructions say it's a mile away but the marshal we ask reckons its longer. Mann is running faster and faster in an effort to get his hands around the throat of anyone who was in the Merc. and who we can see just ahead of us. Then Mann and Hilton get their first break of the day, a lift to the start in the organisers minibus. We all arrive at the start at 10.29 am.

The start was a bit narrow and a lot of people had arrived late. By the time we get going, 6 minutes late, Mann is relatively calm, chanting his mantra at a normal 40 times a minute.

It was almost a perfect day for a road race, cool, no wind or rain and after about 2 minutes the field thinned out comfortably. The geography of the race is easy to describe, 2 miles flat, 2 miles uphill, 3 miles flat, 2 miles downhill and a flat sprint to the finish, hence the name, the Hogs Back.

As always some people ran well and others not so well. Mike Lodwig running in Tony Pontifex's number did his usual and led in the Wednesday night vets. Eric "Toe nails" Sullivan had a good run, including a start to finish contest with Bob Hilton, which saw them overtake each other 6 times and, poetically, finishing 6 seconds apart.

The Chinese Garage mafia/Wednesday night vets had a good day out and the club did quite well. Next year we've sworn we'll start off at 9.00 am and at least one person will read the race instructions, provided he has got his mantra under control by then.

B.H.

### FOLLOWING THE RISING SUN

#### Ekiden World Challenge Relay

*Chiba, Japan*

*18th December, 1988*

**Tuesday** Haying touched down from Paris yesterday, done the washing and sent the odd Christmas card, I got to Heathrow for the 1900 flight to Japan. The team consisted of Andy Bristow, Kevin McCluskey, Mark Flint, Paul Taylor and myself, under the experienced eye of Dave Cannon.

**Wednesday** Arrive in Tokyo at 1700 and have a one-and-a-half hour coach trip to Nihon Aerobics Centre, Chiba — that spectacular sports centre used by the GB and US Olympic Teams prior to Seoul. The facilities are excellent, although specific distance provision extends just to a mile-long wood-chip running circuit. In front of the giant centre is a six lane tartan track and to get over the stiffness of travelling we jogged around this before dinner, listening to carols on the tannoy system as we ran!

**Thursday** Day out to Tokyo — great! Except for the two hour coach journey (each way) and the fact that Tokyo has little by way of sightseeing and much by way of traffic. Lasting impressions of this — not my favourite capital — were of packed streets and golf practising nets towering above the fly-overs. Easy running morning and evening, followed by massage and soak in bath — purrfect! A whizzo disco and innumerable rounds of whist concluded the day.  
**Friday** Stay at the centre. Press conference (a fairly meaningless and totally tedious affair). Enjoy the benefits of a superb facility — hot baths, sauna, massage machines etc. Back to the 'cottage' for whist 'til midnight. So this is what international athletics is like!

**Saturday** Morning spent going to Chiba for Opening Ceremony. This consists of parading onto a stage and receiving the applause of officials, press and other competitors. The speeches I'm sure were interesting, but since a fluency in Japanese would be required to confirm this, I cannot say for certain. A dramatic laser-lit ballet concluded this part of the day and we were then taken in coaches to view our respective sections of this marathon-length relay course.

Once back at base, I did some jogging, stretching and stride-outs, leaving the wood-chip trail to the Ethiopians who left clouds of dust to settle as they passed; I have yet to meet an African who rests up for a race. Indeed, the Kenyan women's squad of 9 had yet to be selected down to 6 at yesterday's press conference — one wonders what sort of time trial they'll have to earn a place!

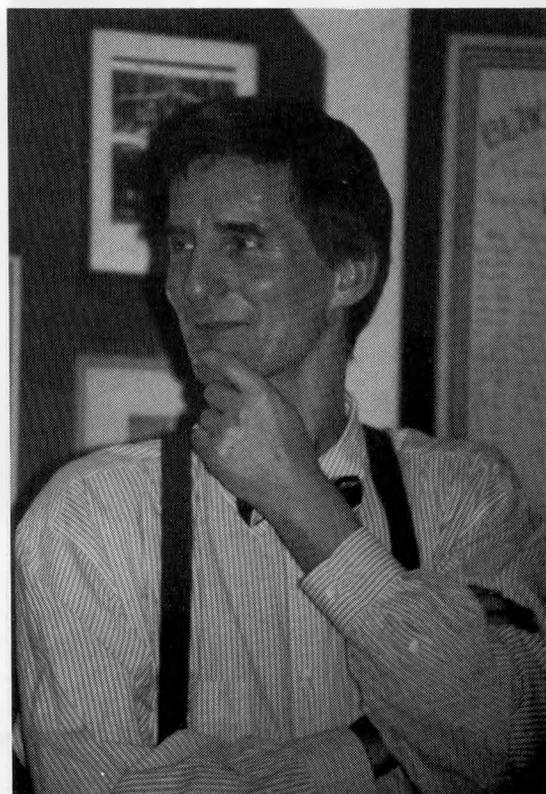
The major success of the day must be in the improvement in Argentinian/British relations seen here in Chiba — could it have anything to do with the fact that the former only have a women's team and the latter only a men's...?

**Sunday Race Day** A fair amount of hanging around between checking out and waiting for separate coaches to take the separate stages to their hand-over points.

At the hand-over, a crowd of high-school, yellow — sweat-shirted kids greet us with beaming smiles and then stick to us, individually until the actual race, to ensure we were on time etc. This extends to them joining us in every preparation, from warm-up to toilets!

Twenty minutes before I set off on the last leg, Kevin McCluskey passes the change-over on the other side of the dual-carriageway; in fifth place. The excitement builds up inside and the last few strides and shoe-lace-tying are done.

# And so to the Cross Country Season 1988-89.



*The man that makes it happen, Cross Country Guru  
Graham Botley.*

## AAA NATIONAL VETERANS ROAD RELAY CHAMPIONSHIPS

Tring

V.40

22nd May, 1988

After much planning by Peter Hamilton for this inaugural championship Blackheath were determined to "make a show" in the veterans scene as a team for once. The weather was warm in this rural setting, run along country lanes closed to traffic although a strong wind was against the runners on the back of the course.

Our lead man, Barry Mellish, tore off with 81 other runners, hanging in with the second group before getting a move on (he had to be back at Hayes by 3.00pm for a christening) and came home in the mid 20's, less than 200 yards off the lead. Dave White then got stuck in well, gaining a few places before losing them as he battled well against his lack of fitness to hand over to Chris Woodcock who paced himself well to gain 5 places to hand over in 19th place.

So far so good as most of our faster runners were still to come and those less fit had used the company to full effect. Peter Hamilton was now set up well with 12 runners less than 1 minute in front and despite claiming to be off colour he charged through to put us into 7th place, overtaking local rivals Croydon and Cambridge Harriers as well as Bill

...the lead cars come into view and pass, taking with them  
...Ethiopian leader, followed by the Australians and  
...crosses. Then Seko leaves, swiftly taking the sash in his  
...run' for Japan. Paul Taylor comes in and hands  
...the white sash with arms outstretched (a tradition from  
...days of the "Ekiden" or messengers in the 17th century). I  
...it and slip it over my head and shoulder as I move off.  
...the race is on, and yet I can see no-one ahead. I am being  
...paced, but how effectively? I daren't look back. The crowds  
...are incredible. With the waving of flags, cleared streets and  
...racing faces, I find it difficult to concentrate; to not look at  
...the crowd; to not smile back! I recognise the tarmac from  
...yesterday's course inspection and anticipate the hills — well,  
...the location, not their gradient! It's lonely, but  
...inspiring, and I feel good. At 7km, though, a runner  
...comes to my shoulder; it's a Mexican. He pushes up a hill. I  
...respond. We battle together, in body and mind. Despite  
...using all the tricks in the book (slip-streaming, increasing  
...cadence, fixing my gaze on his neck) the Mexican pulls away  
...from me and by the 10km mark he is clear. It is hard to regain  
...pace but the never-exhausting crowd helps you along.

The last crossroads. Left. The stadium is in sight. Then the  
...swirl of feet and the shadow of a runner. I thought I was  
...there in 6th. He charges past smoothly and I can't go with  
...him. A Tanzanian; I might have guessed! Into the stadium.  
...And cheering, loud, colourful and exhilarating. In spite of  
...the deadening rubber tartan and the disappointing loss of  
...the places, I muster a bit of form down the back straight, and  
...the welcome finish.

The End! Not quite. A reception and restless night at the  
...Marston Hotel, Tokyo Bay and then a 13 hour flight in the  
...company of card-playing — far from quiet — Spaniards!

Memories? The Japanese willingness to please and serve  
...their guests, each meeting punctuated with a tidy bow. "Ade  
..."

J.B.

## "RON HILL — WHO'S HE?"

You may be aware that Ron Hill completed his 100th  
...marathon two years ago. However Ron's personal and  
...business lives are tied up in running and have been so for  
...many years. It came as quite a surprise therefore when we  
...discovered that a Blackheath Harrier has recently  
...accomplished the same achievement whilst maintaining a job  
...and a family. The man's name is Harry Martin, an ex  
...1000m runner, and highlights of Harry's marathons are  
...given below.

In September 1980 I ran my first marathon in the Masters  
...and Maidens at Guildford finishing in 4 hrs 27m 30s.

On May 29 1988 I completed my 100th marathon at  
...Plymouth with a time of 3hrs 37mins 26secs.

I have actually competed in 104 marathons but dropped  
...out of 4 — Polytechnic/Milton Keynes/Bristol/North Kent.

Unfortunately there is no longer a Milton Keynes or North  
...Kent but I did manage to complete the Poly and Bristol  
...marathons when I ran them a second time. My P.B. is 3hrs  
...25mins 56secs in the 1985 London Marathon.

The most scenic marathons were: 1. New Forest; 2.  
...Galloway (Scotland); 3. Snowdonia.

The easiest were: 1. London; 2. Wolverhampton; 3.  
...Convey Island.

The toughest were: 1. Snowdonia; 2. Isle of Wight; 3.  
...Bournemouth/Plymouth.

The most peculiar was Scilly Isles — 3 large laps, 3 small  
...laps.

I think its about time I ran an Ultra."

Harry's favourite marathon was West Berlin and apart  
...from competing at 60/70 different venues, he has run in New  
...York (twice), Berlin (twice), Dublin, Moscow, Amsterdam  
...and Rotterdam.

Adcocks amongst others. Next man Mike Cronin pushed on well in spite of bringing up his breakfast before he set off, losing 2 places then pulling one back later on to come home 8th, but there were 7 clubs less than a minute behind.

Many clubs seemed to have kept their best runners for the next leg (as Blackheath had guessed correctly) and so it was for Ken Pike had well and truly been "stitched up" as first Alun Roper and then Alan Rushmer set off at 20 second intervals in front of him. Swearing at his fellow Heathens who were strategically placed at the foot of the first hill he overtook Salford to hand over in 7th place but more importantly he had made over a minute cushion on the 7 clubs behind. Barry O'Gorman placed himself well to maintain the cushion even finding time to grin as he handed over to last leg Ian Wilson, having run the 4th fastest leg of the day in the over 50 age group. (AW made it even more impressive by deducting a minute from his time and thoughtfully adding it onto Ian Wilson's time — a present that Ian gratefully accepted as he would not want to look too good at this time of the season).

Our Past President was in no mood to squander this advantage and cruised round in a good time for a later leg on his own (faster than Jim Alder) looking every bit the part to place 7th overall, well within our hoped for top ten placing; a real team effort for once in a superbly organised event with a very good atmosphere.

Hopefully we can get out 2 teams next year for with new Vets Jim Phelan and Ian Young to come in, a greater effort by us all to be fully fit in time (or in Ken's case free of hangover) and if all our better Vets commit themselves to the event rather than us all go our different ways the Blackheath could be amongst the medals in an event that is certain to become the top vets event in the calendar.

Results: Over 40 — 7th place — 82 teams closed in. B. Mellish 24th 15.02; D. White 24th 15.51; C. Woodcock 19th 15.20; P. Hamilton 7th 14.44; M. Cronin 8th 15.38; K. Pike 7th 14.49; B. O'Gorman 7th 15.25; I. Wilson 7th 15.28.

#### V.50

John Kavanagh arrived calm and relaxed — he hadn't travelled in Roy Savery's car. The rest of us were suffering from phantom-footbrake syndrome of the right leg, except for Gary Plank, who was fortunate in being too small to see out of the window.

We got our own back by making Roy run first and saw him set off with 36 other V50s plus sundry V60s and women. Conditions were good except for a strong headwind on the early part of the course.

There were some sharp openers but Roy ran what proved to be our second fastest leg to hand over in 24th place.

Some of our team were being asked to run well below their best distance in order that the Club should have a team in this milestone event. One such was Don Hoppood who hung on

for 26th place, Geoff Crowder, Gary and Bill Clapham all gained steadily so that John took over in 18th place. Many clubs had saved their best 'til last and we were no exception, John being our fastest man and gaining three more places to put us 15th of 32 teams finishing and in time to cheer on our V40s.

This was an excellent event, well organised and well supported. Our special thanks go to Peter Hamilton for arranging the entries. Hopefully there will be a next time when we shall have a V60 team as well.

Results: V50+ (6 × 2.86m), 32 teams (1:40.44). 15. BH 1:47.32 (R. Savery 17.36; D. Hoppood 19.05; G. Plank 17.54; G. Crowder 18.10; W. Clapham 17.38; J. Kavanagh 17.09).

### SOUTH DOWNS WAY 80 MILE EUROPEAN CHALLENGE TRAIL RACE

The 7th running of this popular Summer ultra trail race on the South Downs Way was held as usual on the weekend closest to the longest day.

For those lucky enough to have a support crew the transfer of baggage from the start to the halfway point, then on to the finish would not be necessary. All the luxuries such as changes of clothes, special food and drink could be provided at frequent intervals by long suffering friends and relations. I would have to rely on what I could carry for the first 41.5 miles and what I had packed thereafter.

The start was at the Queen Elizabeth Country Park in Petersfield at 9 am on Saturday morning and the object was to run, walk, stagger, limp or crawl to the Eastbourne Rugby Club, following a series of shorthand instructions, within the 27 hour time limit over the rockhard uneven and steep chalk footpaths littered with ankle turning flints.

Entry, which costs £15, is limited to 500 (which still makes it the largest trail run of its type) and represents very good value for money as it includes two meals and numerous snacks on the route.

The first half of the race went quite quickly, though the weather was hot and humid and it was a real pleasure to frequently be alone on the downs. Auto-pilot had to be disconnected at Truleigh Hill (41.5 miles), however, where it was necessary to grab a meal, decide what the night equipment to carry and then to stir legs into action once more.

By checkpoint ten the light was fading fast and it was time to dress up and team up. It can get very cold and lonely after 12 hours on the hills and it is very easy to get lost. (Record detour claimed by one of the other competitors was 14 miles!). Three of us 'ran' the last 15 miles together and in the friendly spirit of the race finished joint 103 in a time of 16 hours 10 minutes (6 hours behind the winner!).

# M J Cronin

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I joined all the other C3PO look-alikes, with their stiff legs, in the rugby club bar for the end of run meal and waited for my morning lift. All the remarks such as "never again" were greeted with wry smiles and "see you next year".

Apart from a sprained ankle, raw back from my pack and leg muscles which refused to work for the next two days it was a great way to spend a weekend.

Keith Dryland



This season's plundering Aussie, Michael Trinca kicked off with a win in the '5'.



In between Darth Vader impressions Pete Barlow found time to run regularly in Club events and put his video camera to good use.

## Hayes

## 5-MILE CHAMPIONSHIP

15th October, 1988

Pos'n	Name	Time		H/cap		Net Time			Name			Name					
		m	s	m	s	m	s								m	s	
1.	M. Trinca	25.48	2.00	23.48				37.	D. Flagg	58	2.00	27.58	73.	J. Hobbs	28	3.30	29.58
2.	P. Hamilton	25.55	47	25.08				38.	B. Wheeler	30.02	3.45	26.17	74.	J. Braughton	45	8.18	25.27
3.	D. Smith (J)	26.06	SCR	26.06				39.	R. Turney	04	2.00	28.04	75.	J. Nash	34.02	4.27	29.35
4.	G. White	10	1.20	24.50				40.	M. Reynolds	06	4.36	25.30	76.	T. Weeks-Pearson	14	3.00	31.14
5.	G. Fernandes	11	Guest	—				41.	P. Lester	07	6.00	24.07	77.	P. Rickell	17	6.53	27.24
6.	R. Coles	12	SCR	26.12				42.	P. Metcalf	09	7.54	22.15	78.	P. Lovell (Y)	19	14.44	19.35
7.	P. Barlow	21	1.00	25.21				43.	B. Hilton	16	9.45	20.31	79.	G. Botley	23	8.20	26.23
8.	J. Phelan	27	2.00	24.27				44.	D. Marsden	18	1.45	28.33	80.	D. Brookes	23	11.37	22.46
9.	Mark Steinle (B)	41	1.10	25.31				45.	C. Kelly	22	4.37	25.45	81.	J. Tateson	26	6.32	27.54
10.	R. Smith	58	2.00	24.58				46.	I. Wilson	28	5.44	24.44	82.	R. Green	33	—	—
11.	M. Cronin	59	2.07	24.52				47.	N. Keogh	30	5.36	24.54	83.	S. Walker	36	Guest	—
12.	M. Laws	27.05	— 03	27.02				48.	P. Shepherd	34	3.18	27.16	84.	C. Daly	50	3.00	31.50
13.	G. Patterson	08	— 30	26.38				49.	P. Austridge	40	4.13	26.27	85.	D. Hopgood	53	8.47	26.06
14.	N. Wise	19	Guest	—				50.	R. Savery	41	2.30	28.11	86.	I. Gold	56	8.31	26.25
15.	K. Daniel	22	— 44	26.38				51.	J. Brown	41	10.50	19.51	87.	P. Churcher	58	6.19	28.39
16.	N. Newport	28	1.00	26.28				52.	M. Hamlin	42	2.50	27.52	88.	A. Musson	35.26	8.51	26.35
17.	J. Baldwin	34	— 55	26.39				53.	R. Wood	44	2.00	28.44	89.	B. Graham	28	2.00	33.28
18.	D. Marsden (B)	41	1.20	26.21				54.	A. Grace (J)	46	7.02	23.44	90.	L. Chester	31	5.00	30.31
19.	C. Lord	43	— 53	26.50				55.	B. Fincham	49	8.10	22.39	91.	R. Counter	35	7.00	28.35
20.	H. Morten	28.11	Guest	—				56.	M. Martineau	55	7.20	23.35	92.	D. White	37	2.30	33.07
21.	J. Clare	17	2.00	26.17				57.	B. Swift	31.00	3.03	27.57	93.	B. Todd	43	8.44	26.59
22.	T. Bounds	23	3.39	24.44				58.	S. Parsons	16	6.30	24.46	94.	D. Larcombe	56	13.37	22.19
23.	I. Young	43	2.50	25.53				59.	C. Rowe	20	5.28	25.52	95.	J. Copley	59	2.00	33.59
24.	M. Jackson	46	— 30	28.16				60.	S. Freemantle	30	4.54	26.36	96.	D. Wilcox	36.23	10.26	25.57
25.	A. Davies	53	2.46	26.07				61.	E. Sullivan	40	8.18	23.22	97.	D. Michell	37.48	Guest	—
26.	M. Ludwig	29.05	5.36	23.29				62.	M. Russell	44	4.04	27.40	98.	R. Michell	48	2.00	35.48
27.	J. Kelly	08	4.37	24.31				63.	R. Chambers	46	6.39	25.07	99.	A. Ball	38.12	2.00	36.12
28.	C. Huntley (Y)	16	2.00	27.16				64.	P. Hannell	47	6.21	25.26	100.	G. Clark	18	8.56	—
29.	J. Bailey	19	3.19	26.00				65.	P. Rissen	50	3.22	28.28	101.	G. Geere	22	11.32	26.50
30.	R. Coe	25	— 30	28.55				66.	R. Ebbutt	32.04	3.44	28.20	102.	D. Johnson (J)	23	12.52	25.31
31.	S. Povey	25	1.10	28.15				67.	I. Cayzer	23	2.45	29.38	103.	M. Allen	31	9.09	29.22
32.	J. Taylor	31	3.48	25.43				68.	G. Canfield (B)	27	3.00	29.27	104.	J. Bennett	39.16	2.00	37.16
33.	I. Wilson	38	1.12	28.26				69.	J. Raine	47	5.21	27.26	105.	P. Long	43	13.51	25.52
34.	S. Capey	45	6.14	23.31				70.	T. Michell	53	11.51	21.02	106.	D. Tingey	40.21	15.23	24.58
35.	S. Michell	51	4.12	25.39				71.	T. Pontifex	33.04	11.32	21.32	107.	I. Smith	52	12.27	28.25
36.	A. Kilgour	56	5.15	24.41				72.	P. Davies	08	5.32	27.36	108.	C. Brand (B)	42.27	16.14	26.13

J = Junior B = Boy Y = Youth

**BLACKHEATH HARRIERS v BANK OF ENGLAND v  
KENT AC (5 Miles)**

Hayes

22nd October, 1988

Pos'n	No.	Name	Club	Time
1.	30	K. Pike	Kent	29.04
2.	28	G. White	Kent	29.21
3.	21	D. Fairbrass	Kent	29.37
4.	22	N. Luxford	Kent	29.42
5.	24	A. Sellars	Kent	29.48
6.	29	P. Betts	Kent	29.52
7.	224	P. Barlow	BH	29.55
8.	214	M. Cronin	BH	30.08
9.	70	N. Wise	Guest	30.20
10.	25	A. Savage	Kent	30.42
11.	23	B. Lee	Kent	30.59
12.	209	G. Spencer	BH	31.12
13.	347	P. Oates	BoE	31.24
14.	215	B. Saddler	BH	31.43
15.	345	S. Levy	BoE	32.31
16.	204	J. Bailey	BH	32.34
17.	221	J. Turner	BH	32.38
18.	216	J. Kelly	BH	32.40
19.	348	S. Long	BoE	32.43
20.	26	N. Dickens	Kent	32.59
21.	223	R. Turney	BH	33.08
22.	207	M. Athawes	BH	33.11
23.	225	S. Michell	BH	33.42
24.	220	P. Shepheard	BH	33.47
25.	343	A. Gould	BoE	34.10
26.	210	N. Keogh	BH	34.12
27.	212	S. Parsons	BH	34.16
28.	211	P. Crossan	BH	34.20
29.	219	P. Rissen	BH	34.30
30.	205	D. Crowdsdon	BH	34.33
31.	206	M. Russell	BH	34.46
32.	218	R. Savery	BH	34.57
33.	344	N. Marsland	BoE	35.35
34.	208	R. Chambers	BH	35.41
35.	346	N. Harris	BoE	39.09
36.	342	J. Gibbens	BoE	39.23
37.	341	A. Roodhouse	BoE	39.28
38.	27	A. Sweeny	BoE	39.49
39.	213	D. Larcombe	BH	40.18
40.	69	G. Ashdown	Guest	40.21
41.	222	D. Wilcox	BH	40.28
42.	203	B. Todd	BH	40.56
43.	217	M. Allen	BH	43.33

1. Kent AC 42; 2. BH 'A' 114; 3. Bank of England 213; 4. BH 'B' 232.

**VETS' MOB MATCH (Peter Driver Cup) 7½m**

Chingford

5th November, 1988

A cold day found a good field of 77 for this annual event. The downhill track forming the start was dry and hard as a Chingford Skin'ead suggesting a 'road' run. The Epping Forest locals knew better, for the mud proved to be almost as thick as ever and there were, as usual on this course, a few navigational problems.

Peter Hamilton took ¾ min off his time of last season over this course, producing another outstanding win and it seems an anomaly that there is no award for this feat. Our stalwarts — Joe Clarke, Mike Cronin (after losing a shoe) and John Taylor supported him well, while Mike Ludwig and Jim Bailey were almost asked to show their birth certificates as they made their debuts as Vets and added some much-needed youthful talent. Rod Turney had been getting back to business on track and road over the last year and this showed dividends over the country (and led to the Scotting Salver a fortnight later). He was our last scorer.

There was a disappointing tally from SLH and Ranelagh so that a number of our solid middle-order placings gave personal satisfaction rather than team points. With only seven scoring we were placed second to hosts Orion. These positions might have been reversed had Chris Woodcock not been nursing an injury — at least he got round OK. Further

down the field our 'Old Soldiers' do not fade away — they just keep going and we were pleased to welcome some comparative newcomers in an excellent turn-out of 28 Heathens. From the complicated age handicap it emerged that Joe Clare and Jack Braughton were the respective winners of the V40 and V50 awards.

We extend our thanks to Orion for their hospitality.

Results			
1. P. Hamilton	48.38	41. C. Woodcock	57.26
6. J. Clare	50.52(1st V40 H'c)	45. C. Rowe	58.40
7. M. Cronin	50.53	48. G. Crowder	60.13
13. M. Ludwig	52.25	51. B. Dinsley	60.47
14. J. Bailey	52.35	54. J. Braughton	62.41 (1st V50 H'c)
18. J. Taylor	52.57	58. D. Hopgood	63.27
19. R. Turney	53.05	65. S. Walker	65.52
26. M. Reynolds	54.39	66. K. Porter	66.35
27. P. Shepheard	54.54	68. W. Graham	67.47
28. P. Metcalf	55.10	72. D. Brickwood	70.32
32. R. Savery	56.05	73. J. Bennett	72.03
33. A. Grace	56.15	74. P. Long	72.25
39. J. Robinson	57.03	75. D. Tingey	72.27
40. W. Clapham	57.18	77. J. Cross	74.36

Teams (scoring 7): Orion 62; BH 78; SLH 179; Ranelagh 313.

BC

**SOUTH OF THAMES CROSS-COUNTRY  
ASSOCIATION — JUNIOR RACE**

Prospect Park, Reading

12th November, 1988

1. S. Newport	Blackheath	24.08
2. T. Booth	Woking	24.32
3. A. Rowe	Brighton	24.37
12. C. Tulloh	Blackheath	25.05
<i>Further Blackheath</i>		
27. D. Smith		25.36
39. M. Lawton		26.02
41. M. Trinca		26.05
63. G. White		26.38
83. R. Smith		27.06
103. P. Barlow		27.32
110. N. Wise		27.45
111. G. Spencer		27.48
128. B. Saddler		28.14
165. M. Athawes		29.47
171. J. Kelly		30.09
200	Finished	

**Team Result**

1. Aldershot, F & Dist 'A'	4, 8, 16, 28	56 points
4. Blackheath H 'A'	1, 12, 27, 39	79 points
19. Blackheath H 'B'	63, 83, 103, 110	359 points

**VETS AC INVITATION CC**

Wimbledon Common (5m)

12th November 1988

Peter Hamilton was just two seconds outside his own record for the two-circuit course as he recorded another fine win. Main support again came from Mike Cronin and Joe Clare but, teamwise, with only 11 in a field of 84, we were outgunned by Vets AC and Ranelagh, who thus gained a bit of revenge for the previous evening's Water Polo.

Another newish vet, Alan Jones, arrived on the scene with a promising run and it was good to see Mike Peel on the way back from injury.

Vets AC are always good hosts and ensured an enjoyable outing for all on a dry, pleasant afternoon.

Results: 1. P. Hamilton 25.50; 9. M. Cronin 27.25; 13. J. Clare 27.40; 26. J. Bailey 29.27; 29. A. Jones 30.02; 30. M. Reynolds 30.05; 35. W. Clapham 30.40; 55. M. Peel 32.53; 64. G. Crowder 34.04; 68. A. Michell 35.00; 69. D. Hopgood 35.07. 84 finished.

Teams (scoring 11): Vets AC 101; Ranelagh 278; BH 399.

B.C.



Danny Whitcombe, London Schools Cross Country Champion and London Mini-Marathon winner 1989 seen here in the National.

**SLH MOB MATCH**

Coulsdon

19th November, 1988

Pos'n	Name	Club	Time m s	H/cap m s	Net Time m s	H/cap Pos'n
1.	Marriott	S	43.01			
2.	Marsh	S	43.15			
3.	Evans	S	44.27			
4.	Coles	BH	44.36	SCR	44.36	10
5.	Colpus	BH	44.45	SCR	44.45	13
6.	Belcher	S	45.08			
7.	Upcott	S	45.13			
8.	Calnan	BH	45.22	— 30	44.52	17
9.	Pike	BH	45.36	— 45	44.51	16
10.	Gevers	S	45.46			
11.	Timblick	S	45.52			
12.	Byrne	S	46.00			
13.	Edgington	S	46.02			
14.	Major	S	46.22			
15.	Mongan	S	46.50			
16.	White	BH	47.11	1.45	45.26	23
17.	Smith	BH	47.22	3.00	44.22	8
18.	Barlow	BH	47.33	3.00	44.33	9
19.	Williams	S	47.41			
20.	Lord	BH	47.49	3.00	44.49	15
21.	Baldwin	BH	47.55	3.00	44.55	18
22.	Preston	S	48.04			
23.	Kent	S	48.07			
24.	Phelan	BH	48.15	3.00	45.15	21
25.	Cronin	BH	48.17	3.00	45.17	22
26.	Twomey	S	48.21			
27.	Long	S	48.24			
28.	Saddler	BH	48.33	5.00	43.33	2
29.	Ward	S	48.40			
30.	Cooper	BH	48.42	5.00	43.42	3
31.	Hughes	S	48.45			
32.	Patterson	BH	48.52	3.00	45.52	41
33.	O'Gorman	BH	49.01	3.00	46.01	37
34.	Skwara	S	49.14			
35.	Spencer	BH	49.20	3.30	45.50	30
36.	Nelson	S	49.24			
37.	Cliff	BH	49.27	3.30	45.57	34
38.	Morten	BH	49.29	3.30	45.59	35
39.	Corr	S	49.31			
40.	O'Mahoney	S	49.32			
41.	Daniel	BH	49.37	3.30	46.07	39
42.	Bounds	BH	49.47	3.30	46.17	42
43.	Coe	BH	49.51	2.00	47.51	66
44.	Ogden	S	49.57			
45.	Ellison	BH	50.05	3.30	46.35	51
46.	Griffiths	S	50.06			
47.	Young	BH	50.26	4.00	46.26	45
48.	Everett	S	50.31			
49.	Watling	BH	50.32	1.30	49.02	87
50.	Lymath	S	50.34			
51.	Hassall	BH	50.36	1.30	49.06	89
52.	Turner	BH	50.39	4.30	46.09	40
53.	Trott	S	50.51			
54.	Leeson	S	50.55			
55.	Roberts	S	50.59			
56.	Richardson	BH	51.01	3.00	48.01	70

57.	Firth	S	51.18			
58.	Farrell	BH	51.29	5.00	46.29	48
59.	Davis	BH	51.31	5.00	46.31	49
60.	Gardner	S	51.34			
61.	Kelly	BH	51.37	6.00	45.37	26
62.	Bailey	BH	51.41	5.00	46.41	53
63.	Lodwig	BH	51.44	7.00	44.41	12
64.	Walsh	S	51.46			
65.	Athawes	BH	51.47	5.30	46.17	43
66.	Morriss	BH	51.56	5.00	46.56	55
67.	Turner	BH	52.01	6.30	45.31	24
68.	Owen	S	52.05			
69.	Baker	S	52.09			
70.	Keogh	BH	52.17	8.00	44.17	7
71.	Wood	S	52.20			
72.	Capey	BH	52.32	7.00	45.32	25
73.	Grant	S	52.47			
74.	Matts	S	52.56			
75.	Wilson	BH	53.03	8.00	45.03	19
76.	Turney	BH	53.05	10.00	43.05	1
77.	Perry	S	53.07			
78.	Shepherd	BH	53.09	5.30	47.39	61
79.	Quinn	S	53.11			
80.	Reynolds	BH	53.16	6.45	46.31	50
81.	Cluney	BH	53.26	5.30	47.56	69
82.	De'ath	BH	53.32	5.00	48.32	75
83.	Freemantle	BH	53.33	4.30	49.03	88
84.	Harrison	S	53.35			
85.	Hilton	BH	53.36	9.00	44.36	11
86.	Flagg	BH	53.41	6.00	47.41	62
87.	Kilgour	BH	53.45	8.00	45.45	28
88.	Povey	BH	53.47	8.00	45.47	29
89.	Austridge	BH	53.52	8.00	45.52	32
90.	Savery	BH	53.54	8.00	45.54	33
91.	Jones	BH	53.57	10.00	43.57	4
92.	Wheatland	BH	53.58	10.00	43.58	5
93.	Wood	BH	54.04	8.00	46.04	38
94.	Lester	BH	54.07	9.00	45.04	20
95.	Woodcock	BH	54.09	3.00	51.09	99
96.	Jones	S	54.13			
97.	Clapham	BH	54.28	8.00	46.28	47
98.	Newland	S	54.40			
99.	Parsons	BH	54.44	9.00	45.44	27
100.	Metcalf	BH	54.46	7.30	47.16	59
101.	Robinson	BH	54.48	7.00	47.48	65
102.	Wilde	S	54.53			
103.	Radley	S	55.09			
104.	O'Donoghue	S	55.13			
105.	Jarrett	S	55.14			
106.	Forshaw	S	55.17			
107.	Brown	S	55.20			
108.	Emery	S	55.21			
109.	Adams	S	55.23			
110.	Rowe	BH	55.30	6.30	49.00	84
111.	Carton	BH	55.41	8.00	47.41	64
112.	Grace	BH	55.41	8.30	47.11	58
113.	Bodley	S	55.53			
114.	Kersey	S	55.55			
115.	Hines	BH	55.57	9.00	46.57	56
116.	Brown	BH	56.00	10.00	46.00	36
117.	Sullivan	BH	56.02	9.00	47.02	57
118.	Darke	S	56.06			
109.	Canfield	BH	56.10	10.00	46.10	41
120.	Pontifex	BH	56.18	11.30	44.48	14
121.	Henesy	BH	56.21	10.00	46.21	44
122.	Chambers	BH	56.26	10.00	46.26	46
123.	Williams	S	56.28			
124.	Cayzer	BH	56.31	8.00	48.31	74
125.	Weatherill	BH	56.35	10.00	46.35	52
126.	Ebbutt	BH	56.39	8.00	48.39	80
127.	Carter	S	56.42			
128.	Rawlings	BH	56.46	8.00	48.46	81
129.	Bryant	BH	56.50	10.00	46.50	54
130.	Ward	S	56.52			
131.	Simpson	S	56.57			
132.	Davies	BH	56.59	8.00	48.59	83
133.	Hutchings	S	57.01			
134.	Alston	S	57.37			
135.	Martineau	BH	57.41	10.00	47.41	63
136.	Glinska	S	57.55			
137.	Saunders	S	58.16			
138.	Somersset	BH	58.17	10.00	48.17	71
139.	Peel	BH	58.30	6.00	52.30	108
140.	Amer	S	58.33			
141.	Poole	BH	58.35	10.00	48.35	78
142.	Fever	S	58.40			
143.	Shorter	BH	59.00	10.00	49.00	85



*In contrast to the agony of the race Ian Smith displays the ecstasy of having sampled another fine Brian and Diane meal.*

144.	Michell	BH	59.04	6.00	53.04	110
145.	Craig	S	59.16			
146.	Broughton	BH	59.22	11.30	47.52	67
147.	Daly	BH	59.44	10.00	49.44	91
148.	Radley	S	59.52			
149.	McMahon	BH	60.00	10.00	50.00	95
150.	Plank	BH	60.06	10.00	50.06	96
151.	Dinsley	BH	60.10	10.00	50.10	97
152.	Brookes	BH	60.12	16.00	44.12	6
153.	Thorne	S	60.14			
154.	Laker	S	60.20			
155.	Musson	BH	60.26	12.30	47.56	68
156.	Aitken	S	60.30			
157.	Michell	BH	60.34	12.00	48.34	76
158.	Crowder	BH	60.37	12.00	48.37	79
159.	Wright	S	60.43			
160.	Botley	BH	60.52	12.00	48.52	82
161.	Durham	S	61.08			
162.	Lovell	BH	61.16	14.00	47.16	60
163.	Hopgood	BH	61.21	13.00	48.21	72
164.	Pearce	BH	61.33	12.00	49.35	90
165.	Holdway	S	61.40			
166.	Churchman	S	61.44			
167.	Burbridge	S	61.54			
168.	Evans	S	61.57			
169.	Ashdown	BH	62.08	10.00	52.08	103
170.	Chapman	S	62.11			
171.	Mullett	BH	62.16	10.00	52.16	105
172.	Chapman	S	62.17			
173.	Walker	BH	62.19	10.00	52.19	106
174.	Crake	BH	62.19	10.00	52.19	107
175.	Stewart	BH	62.59	10.00	52.59	109
176.	Watkins	S	63.03			
177.	Pryor	S	63.07			
178.	Brown	S	63.12			
179.	Wilcox	BH	63.34	15.00	48.34	77
180.	Oliver	BH	63.51	10.00	53.51	111
181.	Neville	S	64.22			
182.	Larcombe	BH	64.30	16.00	48.30	73
183.	Nairn	BH	64.51	15.00	49.51	93
184.	Graham	BH	64.59	14.00	50.59	98
185.	Todd	BH	65.20	14.00	51.20	101
186.	Fuller	BH	65.28	10.00	55.28	112

187.	King	BH	65.44	10.00	55.44	113
188.	Gold	BH	66.01	14.00	52.01	102
189.	Johnson	BH	66.03	10.00	56.03	114
190.	Roden	S	66.15			
191.	Roden T.	S	66.25			
192.	Buttinger	BH	67.01	10.00	57.01	115
193.	O'Flynn	BH	67.01	18.00	49.01	86
194.	Hall	S	67.37			
195.	Hanson	S	67.51			
196.	Mann	BH	67.52	10.00	57.52	116
197.	Gasson	BH	68.15	10.00	58.15	117
198.	Goddard	BH	68.21	10.00	58.21	118
199.	O'Hara	S	68.39			
200.	Smith	BH	68.53	19.00	49.53	94
201.	Goss	BH	70.24	10.00	60.24	119
202.	Johnson	BH	70.42	18.30	52.12	104
203.	Long	BH	70.51	21.00	49.51	92
204.	Rolls	S	71.52			
205.	Tingey	BH	73.16	22.00	51.16	100
206.	Yeo	BH	74.10	10.00	64.10	120

Match Score (85 a-side). 1. Blackheath 6770; 2. S.L.H. 8027.

### ORION HARRIERS MOB MATCH

Hayes

3rd December, 1988

Pos'n	Name	Club	Time		H/cap	Net Time		H/cap	Pos'n
			m	s		m	s		
1.	L. Roberts	B	47.36		SCR	47.36			5
2.	M. Trinca	B	49.00		SCR	49.00			25
3.	N. Kinsey	B	49.38	1.00		48.38			20
4.	N. May	B	49.55	2.00		47.55			10
5.	Barlow	O	50.16						
6.	Broadbent	O	50.17						
7.	R. Smith	B	50.51	2.00		48.51			21
8.	C. Lord	B	50.57	2.30		48.27			16
9.	J. Phelan	B	50.58	3.00		47.58			11
10.	P. Barlow	B	51.05	2.00		49.05			27
11.	G. Spencer	B	51.09	3.30		47.39			7
12.	Britton	O	51.23						
13.	Warner	O	52.08						
14.	M. Watling	B	52.23	1.30		50.53			56
15.	D. Hassall	B	52.23	1.30		50.53			55
16.	R. Coe	B	52.43	2.00		50.43			52
17.	D. Ellison	B	52.45	5.30		47.15			3
18.	K. Daniel	B	52.51	4.00		48.51			22
19.	B. Cliff	B	52.52	4.00		52.23			
20.	T. Bounds	B	52.58	4.30		48.28			17
21.	Nicholson	—	53.00						
22.	Finney	O	53.08						
23.	P. Betts	B	53.15	1.00		52.15			66
24.	R. Morris	B	53.23	7.00		46.23			2
25.	J. R. Turner	B	53.24	5.00		48.24			14
26.	Geoghegan	O	53.27						
27.	Selby	O	53.34						
28.	C. Huntley	B	53.40	4.00		49.40			34
29.	H. Morten	B	53.59	4.00		49.59			37
30.	J. Clare	B	54.05	4.00		50.05			41
31.	M. Ellison	B	54.11	4.00		50.11			44
32.	Connolly	O	54.16						
33.	Pender	O	54.52						
34.	D. Flagg	B	54.55	9.00		45.55			1
35.	J. Bailey	B	54.59	7.00		47.59			12
36.	Phillips	O	55.07						
37.	A. Kilgour	B	55.22	8.00		47.22			4
38.	Read	O	55.32						
39.	B. O'Gorman	B	55.51	3.30		51.51			63
40.	A. Davis	B	56.15	7.00		49.15			29
41.	N. Keogh	B	56.30	7.00		49.30			31
42.	Leahy	O	56.30						
43.	Algeo	B	56.35	5.00		51.35			60
44.	Mills	O	56.35						
45.	S. Povey	B	56.37	8.00		48.37			19
46.	R. Turney	B	56.45	9.00		47.45			8
47.	S. Parsons	B	56.59	9.00		47.59			13
48.	S. Freemantle	B	57.16	7.30		49.46			36
49.	Rhys	O	57.23						
50.	Wright	O	57.29						
51.	S. Capey	B	57.50	7.00		50.50			54
52.	Burgess	O	57.58						
53.	R. Savery	B	58.02	8.30		49.32			32
54.	B. Hilton	B	58.04	8.30		49.34			33
55.	P. Shephard	B	58.08	8.00		50.08			42
56.	M. Reynolds	B	58.10	8.45		49.25			30



Hunky Simon Parsons giving us one of his withering looks before launching his umbrella.

57.	R. Wheatland	B	58.13	9.00	49.13	28
58.	White	O	58.19			
59.	Rosbrook	O	58.21			
60.	P. Metcalf	B	58.25	10.00	48.25	15
61.	C. Rowe	B	58.31	10.00	48.31	18
62.	P. Rissen	B	58.32	6.00	52.32	69
63.	Milton	O	58.33			
64.	S. Cluney	B	58.48	8.00	50.48	53
65.	Leddy	O	58.54			
66.	B. Clapham	B	58.55	10.00	48.55	24
67.	B. Wheeler	B	58.57	7.00	51.57	64
68.	D. White	B	59.02	5.00	54.02	78
69.	R. Wood	B	59.03	8.30	50.33	50
70.	M. Wade	B	59.24	7.00	52.24	68
71.	G. Sullivan	B	59.25	11.30	47.55	9
72.	R. Chambers	B	59.37	12.00	47.37	6
73.	Jones	O	59.43			
74.	Chapman	O	59.55			
75.	J. Robinson	B	59.58	9.30	50.28	49
76.	G. Lloyd	B	60.00	4.00	56.00	85
77.	M. Williams	B	60.04	6.00	54.04	80
78.	N. Wheeler	B	60.20	8.30	51.50	62
79.	Manning	O	60.23			
80.	J. Brown	B	60.30	10.30	50.00	38
81.	Lewis	O	60.31			
82.	J. Hines	B	60.44	11.00	49.44	35
83.	Dicken	O	60.45			
84.	Sidebottom	—	61.27	SCR	61.27	92
85.	T. Pontifex	B	61.28	11.00	50.28	48
86.	I. Cayzer	B	61.32	12.30	49.02	26
87.	Fitzpatrick	O	61.42			
88.	M. Russell	B	62.29	8.00	54.29	81
89.	M. Martineau	B	62.41	12.30	50.11	43
90.	M. Peel	B	63.04	8.00	55.04	82
91.	J. Tateson	B	63.06	7.30	55.36	83
92.	McCanliffe	O	64.01			
93.	P. McMahon	B	64.01	14.00	50.01	39

95.	Ford	O	64.31			
96.	D. Carton	B	64.32	10.30	54.02	79
97.	Grant	O	65.03			
98.	Mitchener	B	65.31	4.00	61.31	93
99.	A. Musson	B	65.59	14.30	51.29	59
100.	C. Daly	B	66.13	13.00	53.13	75
101.	J. Mullett	B	66.14	16.00	50.14	46
102.	Ferrett	O	66.32			
103.	Cracknell	O	66.39			
104.	D. Hopgood	B	66.42	15.00	51.42	61
105.	G. Plank	B	66.44	14.00	52.44	71
106.	M. Allen	B	67.04	8.00	59.04	87
107.	R. Griffin	B	67.08	4.00	63.08	94
108.	P. Lovell	B	67.12	16.00	51.12	58
109.	R. Green	B	67.27	8.00	59.27	89
110.	J. McGowen	B	67.43	4.00	63.43	95
111.	D. Brookes	B	68.04	15.00	53.04	73
112.	G. Ashdown	B	68.14	15.00	53.14	76
113.	D. Crane	B	68.16	16.00	52.16	67
114.	B. Graham	B	68.20	18.00	50.20	47
115.	J. Wilkinson	B	68.36	3.00	65.36	97
116.	Lutman	O	68.48			
117.	D. Wilcox	B	69.10	18.00	51.10	57
118.	R. Counter	B	69.27	10.00	59.27	88
119.	D. Larcombe	B	70.00	18.00	52.00	65
120.	I. Gold	B	70.04	20.00	50.04	40
121.	J. Braughton	B	70.11	14.00	56.11	86
122.	Parish	—	71.34	SCR	71.34	99
123.	B. Todd	B	72.26	20.00	52.26	70
124.	E. Smith	B	73.13	23.00	50.13	45
125.	B. O'Flynn	B	74.12	21.00	53.12	74
126.	P. Long	B	74.39	24.00	50.39	51
127.	Hughes	O	75.03			
128.	J. Cross	B	76.57	17.00	59.57	90
129.	Henderson	B	76.58	10.00	66.58	98
130.	D. Tingey	B	78.28	25.00	53.28	77
131.	J. Bennett	B	78.32	18.00	60.32	91
132.	D. Johnson	B	78.56	23.00	55.56	84
133.	Abbott	O	79.04			
134.	Brittain	B	83.00	10.00	73.00	100
135.	M. H. Allen	B	N.T.T.	20.00	—	—

### ROUND-THE-WALLS RACE

Chester

Boxing Day

"Round and Round the Roodee the Ragged Runners Ran"

John was a long-time mate from schooldays. Every Christmas we used to meet up for a pint and a nostalgic chat on my annual visit to Stockport. In 1979 I took up running. So too and totally independently did John. For my 1981 visit I suggested a trip to Chester on Boxing Day for the Round-the-Walls Race. The gauntlet once thrown was readily accepted and eight short hours after the last glass of port and mince pies had been downed I was up again for the forty mile drive to Chester.

We made it through the snow drifts and arrived to find the walls pronounced too dangerous to run on so John's introduction to racing was 4½ laps of Chester Race Course run in a howling blizzard. Single file along a trench a foot in width, the snow being so deep as to make overtaking impossible, followed by the ordeal of the jockey's changing rooms, sinks and toilets frozen solid by the arctic conditions. In recompense however, we discovered the old custom house; a superb pub with a roaring fire serving real ale. Return visits were guaranteed from that moment.

That first year I finished well in front of John and went on to make it 2-0 in 1982 finishing 141 and 157 with 18 seconds separating us. But with the advent of serious marathon training the next three years all went John's way with victories in '83 61/129, '84 54/79 and '85 55/63. Having been subjected to his devastating surges late in the race three years on the trot I was ready for him come 1986.

The course is a tough one with two distinct elements, cross country with a hard centre. I lead John all round the Roodee (Chester Race Course), up the huge bank of steps leading to the walls and along the walls themselves — dangerous to walk on and perilous to be sprinting over with rises and falls



Wall runner, Jim Phelan.

of up to a dozen flights of steps in places: at the widest sections — non more than six feet narrowing to three in others making overtaking nigh on impossible. I relaxed along the walls waiting for John's inevitable charge and when it came, on the last downward flight of steps, I went with him — caught him as we reached the racecourse, and beat him by two seconds in a sprint finish. In doing so we had improved to 33rd and 34th positions respectively and the series now stood at 3-3.

In 1987 I celebrated Christmas in London for the first time ever and by my return north in '88 I discovered that the race was now renamed the "Not-Round-The Walls" Race, as the city fathers in their wisdom had decided that a couple of hundred runners charging over the ramparts would do untold damage to their venerated ruins — so we were to run a couple of laps of the Roodee sandwiched around a lap of the town inside the walls. John was pleading injury and lack of training. I was in good form and eager to take the initiative. After a lap of the racecourse I was well in front of him and improved a further ten places through the town despite the 90 degree turn alongside the muddy canal bank. A cynical attempt to reduce the field no doubt! On hitting the track for the final mile I was content to hold my position and was working hard at about 5.20 pace. 400 metres to go and I suddenly became aware of serious breathing coming up on my left shoulder. Before I had a chance to react, Sweeney was 10 metres ahead and sprinting towards the finish. I dug deep into my reserves and gradually pulled him back, catching him with 200 to go. Now it was my turn. I sprinted flat out for the line catching a couple of startled runners on the way — 20 metres to go and I eased off; and back came the Sweeney going like an express train — we both lunged for the line and deadheaded.

Thus, after seven races in eight years, in which we've improved from the back of an ever increasing field to the top 30, the score now stands at 4-4. So when you're lying in your bed on Boxing Day next and your head's throbbing, your tongue's grown a fur coat and your stomach's bloated with turkey and pudding and you're just about to roll over for a couple of hours more kip — spare a thought for me and John doing battle round the walls of ancient Chester and I promise we'll spare a thought for you when we get in that pub afterwards.

J.P.

#### SOUTHERN COUNTIES VETS CC CHAMPS

Leigh Park, Havant (10Km)

29th January, 1989

Havant-an-idea-how-to-get-there more accurately describes our trip and the vaguaries of motorway signposting.

The course, when we found it, proved to be three-and-a-bit circuits made tricky by an active mole population and tree roots concealed by mud.

The fixture was not very well supported and we were no exception. More credit then to those who flew the flag for Blackheath.

In the V40-49 we just managed to close in at 3-to-score through new Vet Barry Fisher with John Robinson and Colin Rowe. There was better news from the V50+ race where Barry O'Gorman, after leading for three-quarters of the way, was eventually runner-up to Tom Ryan, Jack Braughton retained the V65 title and Geoff Crowder and Bill Clapham, though nursing injuries, managed to survive.

The event was well organised by SCVAC and hosted by Portsmouth A.C.

**Results: V40-49** (35.33) 37. B. Fisher 41.23; 49. J. Robinson 44.19; 50. C. Rowe 44.30; 56. Fin. Teams (Scoring 3) 8 BH. **V50+** (37.13) 2. B. O'Gorman 37.28; 26. W. Clapham 44.39; 31. J. Braughton 46.30 (1st V65); 33. G. Crowder 46.47; 43. Fin. Teams (Scoring 3) 4 BH.

BC

#### HERNE HILL HARRIERS CENTENARY RACES

Brockwell Park

Saturday, 7th January 1989

Ten clubs were invited to the first of Herne Hill Harriers Centenary events at Brockwell Park on an unseasonably sunny January afternoon. Some of these teams had travelled a good distance to compete and most of them were almost as old as the promoting club, with two teams, Elswick and Dundee Hawkhill, also enjoying their Centenary in 1989.

We had a strong team out, especially considering the Southern the following week, but Herne Hill were determined to set their Centenary year off in the best possible way. The leading group of ten included none from the oldest club in the race and only a couple from the promoters, but it was further down the field that the team honours were to be decided as there were ten to score on this special occasion. As Paton (Bels) and Boyle (H.H.H.) battled out the first half of the race it was Mark Colpus, Rob Farish and Tim Nash that led our challenge in the top twenty. A host of unfamiliar vests came and went before the rest of our charge was led by Pat Calnan, Richard Coles and Nick May.

The race, over five miles, proceeded in much the same fashion but for an uncomfortable middle portion for Rob Farish and Richard Coles working his way past Calnan to be our fourth home. Up front a guest, M. Ferguson from Aberdeen, burst past the two leaders to surprisingly win but had no place in the team proceedings. These were taken by the hosts with Hercules Wimbledon edging us for the second spot.

**Seniors:** 1. M. Ferguson, Edinburgh AC 25.51(G); 2. S. Paton, Belgrave H; **Blackheath Harriers** 10. M. Colpus 26.36; 13. T. Nash 26.48; 16. R. Farish 27.03; 32. R. Coles 27.44; 33. N. May 27.46; 40. P. Calnan 28.00; 49. G. Spencer 28.15; 50. N. Kinsey 28.16; 59. D. Hassall 28.35; 90. P. Barlow 30.05.

**Team Result:** 1. Herne Hill Harriers 242; 2. Hercules Wimbledon 307; 3. Blackheath Harriers 324.

**Young Athletes:** 1. M. Steinkle; **Blackheath Harriers** 15.34; 2. R. Bonsor, Massey Ferguson 15.53; 3. D. Marsden, **Blackheath Harriers** 16.30. **Other Blackheath** 7. A. Algeo 17.01; 9. S. Povey 17.12; 10. David Marsden 18.02.

**Team Result:** 1. Blackheath Harriers 20.



L to R: Tim Nash, Garry Spencer, Richard Coles, Nick May, Nick Kinsey, Dave Hassall, Rob Farish, Pat Calnan, Matt Lawton, Mark Colpus and Pete Barlow.

## SOUTHERN CROSS-COUNTRY CHAMPIONSHIPS

Basingstoke

14th January, 1989

The ever-increasing support for our Championship teams in the winter — at Country area and National level — could be simply explained: more and more members realise that they might miss a Blackheath medal-winning performance! And this was another of those days, when Jerry Barton first played with, and then demolished, some very useful opposition with a marvellous display of powerful, confident, front-running. It was his first major championship win, and soon after the race he remarked, modestly enough, "I couldn't believe how easy it was". Only Sidney Wooderson (once in 1948) has ever won this Championship before for the Club, and it was in the same race at Brighton three years earlier that Jerry made his Blackheath cross-country debut as part of the winning team.

This was a new course over a mixture of playing fields and parkland, good for spectators and testing for runners as it churned into almost continuous mud. As early as 4 miles Jerry was testing the leading group by easing away, then slipping back. Finding no response, he put in an effort at about half-distance and gradually extended his lead to nearly half a minute at the finish, with last year's winner Robison placed 4th.

The senior team race was keenly contested, with third-placed individual Andy Bristow leading Brighton & Hove's successful challenge. For the Club, Alan Guilder started at a very leisurely pace then did his confidence some good by storming through the field. From 62nd after 1 lap and 38th after 2, he finished a remarkable 13th. Good support from Bill O'Donnell, Mark Colpus, and Tim Nash was sufficient for a solid 4th team position. Just two other performances for comment. Firstly, Mark Watling improved from 12th man last year to 6th this year; and secondly, when Neal Newport's fitness matches his aspiration; we should see him as near to the front at the end of races as he appeared at the beginning of this one!

In the Boys race over 3 miles, the established trio of Murray, Draper and Weatherstone looked set for a clear team win, but 4th scorer Luke Anderson was forced out of the race with an injury which let Phillip Burch, in 84th place, in for a bronze medal.

### Results

**Seniors:** 1. J. Barton (Blackheath H) 44.58; 2. N. Trainer (N. London) 45.25; 3. A. Bristow (Brighton & Hove) 45.26; 13. A. Guilder 46.30; 39. W. O'Donnell 47.32; 62. M. Colpus 48.04; 88. T. Nash 48.48; 89. M. Watling 48.50; 123. M. Trinca 49.42; 140. R. Coles 50.07; 178. N. Newport 50.52.

**Teams:** 1. Brighton & Hove 211 pts; 2. Invicta East Kent 254; 3. Bournemouth 274; 4. Blackheath 292.

**Boys:** 1. T. Champion (Portsmouth) 15.43; 5. J. Murray 16.09; 6. A. Draper 16.11; 24. R. Weatherstone 16.40; 84. P. Burch 17.31.

**Teams:** 1. Shaftesbury Barnet 97; 2. Swindon 112; 3. Blackheath 119.

## KENT VETS CC CHAMP

Beckenham Place Park (10Km)

7th January, 1989

The venue was the same as last year but changing was at 'Footzie's' which has a certain suggestion of being under the table ready for Punch Bowl Night. One of the mildest January days that one might recall brought out both runners and supporters, the two-circuit course having a crossover point on the rail bridge convenient for giving and receiving advice.

Talented new Vets are around this year and the leaders were soon well spread with Peter Hamilton having to be content with third. Real excitement came just behind as debutant Jim Phelan gained two places to fifth in the home straight after getting a good earful from Pikey, Barry Mellish completed our V40 scorers to put our team in the Runner-Up position. There were many good supporting runs and, in this connection, one might mention Hugh Morten, Mike Williams and Tony Pontifex.



The Blackheath Brat Pack in action. Jonathon Murray (66) leads Mark Steinle (65) and Anthony Draper (69).

Injuries left us short of V50 starters, Roy Savery, Ron Chambers and Gary Plank at first held the scoring spots but, when Roy was forced to retire, Geoff Crowder was left in no doubt as to his responsibilities.

It was a pleasure to see such a good turn-out with 31 Blackheath finishers; unfortunately Adrian Musson and Mike Peel had also been forced to retire.

Our thanks go to Kent A.C. for again hosting this event.

**Results:** 1. P. Jones (Camb H) 34.11; 2. D. Fairbrass (Kt) 35.00; 3. P. Hamilton 35.36; 5. J. Phelan 36.53; 11. B. Mellish 38.02; 17. C. Woodcock 38.30; 19. I. Wilson 38.41; 21. H. Morten 39.11; 30. M. Ludwig 40.06; 36. J. Bailey 40.22; 37. R. Turney 40.28; 38. P. Shepherd 40.31; 43. M. Williams 40.54; 50. D. White 41.49; 54. B. Wilson 42.14; 65. P. Metcalf 42.56; 67. N. Wheeler 43.04; 69. R. Chambers 43.09; 70. J. Robinson 43.13; 73. E. Sullivan 43.20; 74. C. Rowe 43.20; 76. A. Pontifex 43.32; 89. G. Plank 44.35; 101. P. Lovell 46.25; 102. J. Tateson 46.28; 109. S. Walker 47.25; 110. G. Crowder 47.34; 112. D. Hopgood 47.57; 115. I. Gold 48.23; 117. D. LArcombe 48.33; 123. W. Graham 49.45; 129. J. Cross 54.02; 130. M. Goddard 54.52; 132 Fin.

**Teams (Scoring 3) V40** 2. BH 'A'; 6. BH 'B' (1st 'B' Team); 13. BH 'C'; 16. BH 'D'; V50 4. BH.

BC

## EUROPEAN COMMUNITY CROSS CUP

Tourcoing

29th January, 1989

1. David Lewis 27.06; 2. Roger Hackney 27.09; 7. Jerry Barton; 26. Alan Guilder 28.21; 33. Chris McGeorge 28.48; 52. Clive Tulloh 30.10.

## SOUTH OF THE THAMES SENIOR CHAMPIONSHIP

Aldershot

4th February, 1989

1. M. Harris, Portsmouth 41.25; 2. J. Watson, Thames H & H 42.11; 3. D. Glassborow, Herne Hill Harriers 42.15; 4. M. Riley, Ranelagh 42.21; Blackheath Harriers 16. D. Taylor 43.21; 29. M. Trinca 44.06; 37. M. Lawton 44.37; 43. M. Watling 45.04; 55. N. Newport 45.36; 60. N. Kinsey 45.45; 80. N. May 46.40; 85. D. Hassall 46.49; 91. R. Smith 46.55; 102. J. Phelan 47.14; 110. K. Pike 47.42; 132. P. Barlow 49.03.

**Team Result:** (6 to score) 1. Herne Hill Harriers 51; 2. Thames H & H 168; 3. Ranelagh 174; 6. Blackheath 240. (12 to score) 1. Herne Hill Harriers 361; 2. Ranelagh 666; 3. Thames H & H 702; 4. Blackheath 840.

## BLACKHEATH HARRIERS v RANELAGH HARRIERS MOB MATCH

Hayes

11th February 1989

Pos'n	Name	Club	Time m s	H/cap m s	Net Time m s	H/cap Pos'n
1.	M. Riley	R	45.46			
2.	T. Nash	B	45.55	SCR	45.55	4
3.	R. Coles	B	46.15	SCR	46.15	6
4.	J. Smith	R	46.44			
5.	M. Watling	B	46.56	1.30	45.26	3
6.	P. Timblick	R	47.41			
7.	P. Calnan	B	47.50	— 30	47.20	15
8.	M. Critchlow	R	48.38			
9.	R. Smith	B	49.24	2.00	47.24	16
10.	R. Hartford	R	49.50			
11.	P. Crayton	R	49.51			
12.	D. Hassall	B	49.54	1.30	48.24	33
13.	S. Rowland	R	50.10			
14.	C. Lord	B	50.11	2.30	47.41	24
15.	J. Phelan	B	50.40	3.00	47.40	23
16.	Harvey W.	R	50.51			
17.	D. Wright	R	50.56			
18.	J. Barnard	R	51.26			
19.	J. Sperry	R	51.28			
20.	M. Cronin	B	51.30	3.00	48.30	36
21.	H. Morten	B	51.36	4.00	47.36	19
22.	K. McArthur	R	51.43			
23.	G. Whitson	R	51.44			
24.	K. Harrison	R	51.47			
25.	P. Barlow	B	51.49	2.00	49.49	
26.	M. Peace	R	51.56			
27.	J. Baldwin	B	51.59	3.00	48.59	39
28.	T. Cooper	B	52.03	5.00	47.03	11
29.	S. Bird	R	52.12			
30.	N. Wise	B	52.18	4.00	48.18	30
31.	P. Wright	R	52.25			
32.	J. R. Turner	B	52.38	5.00	47.38	22
33.	T. Bounds	B	52.49	4.30	48.19	31
34.	B. Cliff	B	52.59	4.00	48.59	40
35.	M. Ellison	B	53.06	4.00	49.06	41
36.	M. Farrell	B	53.11	5.00	48.11	29
37.	A. Kilgour	B	53.20	8.00	45.20	1
38.	R. Morriss	B	53.22	7.00	46.22	8
39.	B. Saddler	B	54.06	3.00	51.06	
40.	M. Lodwig	B	54.13	7.00	47.13	14
41.	D. Flagg	B	54.22	9.00	45.22	2
42.	D. White	B	54.26	5.00	49.26	
43.	S. Freemantle	B	54.31	7.30	47.01	10
44.	N. Walford	R	54.41			
45.	N. Sullivan	R	54.46			
46.	J. Bailey	B	55.03	7.00	48.03	26
47.	E. Hill	R	55.06			
48.	S. Povey	B	55.34	8.00	47.34	18
49.	R. Coe	B	55.35	2.00	53.35	
50.	M. Williams	B	55.40	6.00	49.40	
51.	B. Swift	B	55.54	6.00	49.54	
52.	L. Ingold	R	55.56			
53.	A. Taylor	R	56.07			
54.	S. Lang	B	56.22	8.00	48.22	32
55.	A. Jones	B	56.30	10.00	46.30	9
56.	P. Shephard	B	56.35	8.00	48.53	38
57.	J. E. Turner	B	56.36	6.30	50.06	
58.	P. Holman	R	56.41			
59.	M. Athawes	B	56.48	5.30	51.18	
60.	R. Turney	B	57.11	9.00	48.11	
61.	C. Kelly	B	57.15	8.00	49.15	

63.	S. Parsons	B	57.28	9.00	48.28	55
64.	B. Wilson	B	57.38	8.00	49.38	
65.	B. Hilton	B	57.40	8.30	49.10	
66.	R. Savery	B	58.16	8.30	49.46	
67.	J. Hines	B	58.37	11.00	47.37	
68.	S. Cruney	B	58.44	8.20	50.44	
69.	M. Martineau	B	58.48	12.30	46.18	7
70.	R. Wood	B	58.58	8.30	50.28	
71.	N. Wheeler	B	59.02	8.30	50.32	
72.	M. Westbrook	R	59.04			
73.	E. Sullivan	B	59.07	11.30	47.37	
74.	D. Kew	R	59.13			
75.	W. Itstein	R	59.16			
76.	B. Wheeler	B	59.17	7.00	52.17	
77.	R. Cunliffe	R	59.29			
78.	R. Chambers	B	59.32	12.00	47.32	
79.	M. Hamlin	B	59.32	5.20	54.32	
80.	T. Pontifex	B	59.34	11.00	48.34	37
81.	D. Jenkins	R	59.40			
82.	R. Sidebottom	B	59.41	5.00	54.41	
83.	D. Carton	B	60.03	10.30	49.33	
84.	S. Michell	B	60.03	6.00	54.03	
85.	C. Rowe	B	60.14	10.00	50.14	
86.	S. Colver	R	60.15			
87.	G. Hensy	B	60.37	10.00	50.37	
88.	C. McDonald	R	60.51			
89.	G. Sheffield	R	60.53			
90.	J. Forrest	R	60.54			
91.	I. Milne	R	60.55			
92.	J. Routledge	B	60.56	8.00	52.56	
93.	S. Mitchener	B	60.58	4.00	56.58	
94.	J. Hanscomb	R	60.59			
95.	P. McMahon	B	61.03	14.00	47.03	
96.	G. Morgan	B	61.10	6.00	55.10	
97.	A. Grace	B	61.16	8.30	52.46	
98.	K. Powley	R	61.25			
99.	B. Clapham	B	61.31	10.00	51.31	
100.	M. Peel	B	62.07	8.00	54.07	
101.	R. Hills	R	62.15			
102.	E. Hudson	R	62.21			
103.	M. Smith	R	62.28			
104.	S. Rowland (L)	R	62.28			
105.	M. Boulwood	R	62.35			
106.	C. Daly	B	62.41	13.00	49.41	
107.	G. Hayward	B	62.44	8.00	54.44	
108.	C. Naish	R	62.48			
109.	D. Rowntree	R	62.52			
110.	I. Hayward	R	62.59			
111.	R. Dare	R	63.03			
112.	J. Mullett	B	63.05	16.00	47.05	
113.	G. Plank	B	63.12	14.00	49.12	
114.	J. Robinson	B	63.45	9.30	54.15	
115.	J. Tateson	B	63.52	7.30	56.22	
116.	S. Walker	B	64.20	10.00	54.20	
117.	R. Green	B	64.25	8.00	56.25	
118.	A. Da Silva	R	64.30			
119.	R. Counter	B	64.31	10.00	54.31	
120.	J. McGowan	B	64.39	4.00	60.39	
121.	T. Michell	B	64.45	12.00	52.45	
122.	M. Rowland	R	64.56			
123.	C. Summers	R	65.05			
124.	B. Saxton	B	65.16	14.00	51.16	
125.	A. Musson	B	65.44	14.30	51.14	
126.	J. Pearse	B	65.51	10.00	55.51	
127.	I. Gold	B	66.05	20.00	46.05	5
128.	D. Larcombe	B	66.05	18.00	48.05	
129.	M. B. Allen	B	66.07	8.00	58.07	
130.	P. Lovell	B	66.10	16.00	50.10	
131.	P. Austridge	B	66.14	8.00	58.14	
132.	D. Hoppood	B	66.14	15.00	51.14	
133.	J. Braughton	B	66.15	14.00	52.15	
134.	D. Church	R	67.06			
135.	B. Dinsley	B	67.20	10.00	57.20	
136.	B. Hartley	B	67.58	20.00	47.58	
137.	B. Graham	B	68.18	18.00	50.18	
138.	C. St. Aubyn	B	69.08	14.00	55.08	
139.	D. Dhammaloka	B	69.44	10.00	59.44	
140.	J. Langley	R	69.51			
141.	D. Crake	B	70.06	16.00	54.06	
142.	N. Stead	R	70.25			
143.	W. Buttinger	B	71.46	10.00	61.46	
144.	D. Willcox	B	73.06	18.00	55.06	
145.	D. Tingey	B	74.08	22.00	52.08	
146.	J. Bennett	B	74.24	18.00	56.24	
147.	M. H. Allen	B	79.03	20.00	59.03	
148.	G. Beale	R	79.51			
149.	M. Fei-Chan (L)	R	84.59			

Result: 1. Blackheath 2052; 2. Ranelagh 3182.



*Matt Lawton really enjoyed his "National". You can tell can't you! Report on page 41.*

### CLUB VETS' CC CHAMP + VETS' INTER-CLUB AND SELF-H'CAP

Hayes

18th February, 1989

This fixture produced a very good turn-out of both Heathens and visitors, perhaps in preference to 24 hours round Milton Keynes shopping centre.

We were able to return to (more-or-less) the old course this year. This made the Self-Handicap a fairer contest, although, in the week since the Ranelagh Mob Match, there had been rain and a change of start to the farm with the elimination of three stiles. All this produced the usual furrowed brows.

As last year, Mike Cronin lead out of the first field but, by the end, Peter Hamilton comfortably retained the Championship. New Vet Jim Phelan was unchallenged for second while J Denyer (Sev'O) separated him from Mike, the remaining Blackheath medallist. Good runs also from Hugh Morten and Roger Morriss, followed by Joe Clare and Mike Williams, who continued to regain form after long injury. Bill Wheeler made his veteran debut after I promised him faithfully not to print any jokes about little old ladies with moustaches.

The Self-Handicap produced a remarkable result, with D. Simpson (Sev'O) predicting exactly his time of 48.18, Roy Savery (7 secs) and Peter Shephard (11 secs) were almost as close, while ex-Heathen Nigel Pratten took the remaining liquid assets back to The Wirral, President Ken Johnson made the presentations and expressed our thanks to Frank Dyter for again providing the Self-Handicap prizes.

In all, visitors came from nine clubs, with five of them in sufficient strength to make an inter-club adding further interest to the afternoon.

**Results:** 1. P. Hamilton 38.13 (Browning Tankard); 2. J. Phelan 38.58; 3. J. Denyer (Sev'O) 39.24; 4. M. Cronin 39.34. Other Blackheath Results: 8. H. Morton 40.16; 13. R. Morriss 41.11; 14. J. Clare 41.22; 15. D. White 41.35; 17. D. Coward 41.59; 20. M. Williams 42.30; 23. R. Turney 43.39; 28. B. Wilson 43.59; 29. J. Bailey 44.10; 30. P. Metcalf 44.30; 31. M. Peel 44.36; 32. P. Shephard 44.39; 33. R. Savery 44.44; 35. W. Wheeler 44.52; 39. A. Jones 45.39; 45. G. Plank 46.35; 48. C. Rowe 47.02; 55. J. Tateson 48.16; 57. P. Lovell 48.22; 62. J. Mullett 49.14; 66. D. Hoppood 49.53; 67. C. Poole 50.16; 69. B. Hartley 50.40; 70. A. Mitchell 50.44; 72. I. Gold 51.18; 73. D. Larcombe 51.41; 77. B Todd 53.08; 80. J.

Broughton 56.25; 81. P. Long 57.12; 83. J. Cross 58.09; 86. I. Smith 58.58; 88. D. Tingey 60.53; 89. C. Brand 62.21; 90 Fin.

**Inter-Club (Varsity Scoring):** Scoring 4:— 1. BH 15; 2. Wdfd 40; 3. Vets AC 48; 4. Medw 55; 5. Sev'O 55; 6. Kent 87. Scoring 8: 1. BH 63; 2. Vets AC 151; 3. Wdfd 151; 4. Medw 163. Scoring 16: 1. BH 167; 2. Vets 361.

BC

### KENT LEAGUE

This series of 4 races each season, spread around the County and staged on a healthy variety of courses, still fails to interest enough of our members for the Club to register even a half-decent set of results. As the League Secretary, our very own Ian Smith, is a senior member of the teaching profession, we would expect him to endorse this end-of-term report: "the Club persistently performs well short of its potential — must try harder!"

### "SECOND PLACE GAINED IN NATIONAL CC RELAY"

12th March, 1989

For the first time in three attempts the E.C.C.U. managed to promote a National Cross Country Relay that assembled a field more in keeping with the title of the race. A twisting course at Berry Hill Park in Mansfield was an appropriate setting with each of the four runners in the main event completing two laps to accumulate 4 × 5000m. Great for spectators and apparently runners alike, perhaps the E.C.C.U. will adopt this venue as a permanent home, and why not?

With four per team prognosticators would have plumped for about six or seven teams being in with a shout, the Heath included. Whether or not they would have overlooked the eventual winners is a matter for conjecture.

**Lap 1:** A steady start from Alan Guilder (described after the race as a bad start and not by design) saw him work his way steadily through the field to be in 11th place at halfway round his leg. It proved the better way to run in fact due to the wind at the finish and throughout the second half of his leg he moved through to eventually place fifth in 15.26. Leaders were Shaftesbury (15.16), Aldershot (15.18) and Tipton (15.20). Eventual winners were only five seconds behind us, but we were not to know.

**Lap 2:** To the observer Bill Foster adopted similar tactics and made a steady start. Shaftesbury went off quickly, perhaps the occasion getting the better of Bannister, who was to suffer later in the leg. National Champions Tipton were in evidence on this lap as Woolridge brought them into the lead and their many fans raised voice for a while. Bill ran a steady leg that kept us in amongst the challengers while the cast began to shuffle themselves around. Border, fourth on lap one, began to slip back to an eventual 21st. At the close Bill brought us in sixth after recording 15.36. Leading were Tipton (30.42), Highgate (30.40), Shaftesbury (30.52) with us on 31.02. Stourport were just seven seconds down on us in 8th.

**Lap 3:** Going off in sixth place, it took Jerry Barton only the first lap of 2500m to get to the front. His task was helped somewhat by Tipton having to rely on the services of Andy Holden and this certainly gave help to our cause. Throughout the second half of the course Jerry set about building up as much as he could for our final runner. Meanwhile Stourport were moving through to third, courtesy of Jackson (8th at Cheam) and with the Heath in front for the first time it was Stretford just ahead of Stourport chasing us. Jerry ran 14.51 which at the end of the day was equal fastest with Dalloway (Stourport) and Dee (Luton). The situation with a lap to go was Blackheath 45.53. Stretford 46.12, Stourport 46.13, Highgate 46.17.

**Lap 4:** 'Certainly fitter than at Cheam but with still some way to go' was Spencer Newport's assessment of his capabilities. This proved to be true but he probably didn't relish the thought of going off in front with the chasing cast including Dalloway, Mugglestone and 1985 European Junior Champ O'Brien. Spencer ran solidly throughout the first half of the leg while Dalloway wasted no time in showing the assembled crowd what he had in mind. O'Brien certainly knew as the Stretford runner was left immediately and had no option but to let Dalloway get on with it. By the end of the first lap Spencer was caught and trying hard to stay in contact. It was not to be however and Stourport completed their first National title. Eleven seconds down Spencer brought us home comfortably ahead of the rest of England, having run his leg in 15.22.

1. Stourport H. 61.04; 2. Blackheath H. 61.15; 3. Stretford A.C. 61.36; 4. Highgate H. 61.42; 5. Tipton H. 61.45; 6. Wolverhampton & B. 62.07; 7. Birchfield H. 62.12; 8. Luton United A.C. 62.24; 9. Coventry Godiva H. 62.27; 10. Westbury H. 62.37. 33 teams finished.

Make no mistake, this was a representative National Championship and though it does not compare to the National CC Championship...yet...these are the first set of silver E.C.C.U. medals won by Blackheath Harriers. Take a look at the teams above in the top ten finishers, they are most of the best teams currently operating in CC circles. As Mike Channon once said, 'The boys done good.'

M.H.

### THE NATIONAL

Nonsuch Park Cheam

25th February, 1989



*A centurion for a day. Bob Taylor, a source of inspiration and warm clothing on an appalling day.*

## Some personal impressions by Reg Kirk

After weeks and weeks when rate had played the straight man with the weather it suddenly decided to turn malevolent and pour a whole winter into one day — our day. While this was of potential discomfort to the runners, at least while they were performing, it was an afternoon of sodden, chilling numbness to all who officiated or merely looked on.

The youths started things going and it was good to see us fielding a full team. Not an earth shattering performance overall as they ran in 48th out of 63 teams but it was a good blooding to the four made up of Whitcombe 145th, Huntley 220th, Wilmot 309th, Povey 326th and Devaux 407th.

The juniors too saw a full Harriers team in their midst. Again not a great result being 36th out of 38 but everyone of them ran their hearts out. Matt Lawton in 171st was our first man home but was bitterly disappointed with his performance. A temporary blip I suggest; he will do a lot better before too long. Behind him Damon Williams ran in 203rd followed by Woodworth 237th and Wheeler 282nd.

With all due respect to our younger representatives it was clearly in the senior ranks that our expectations ran highest. With a team which on paper looked even better than that which took the bronze medals in 1988. We were almost beginning to believe that the ultimate prize might be possible. And this was reinforced when we witnessed 6 of our runners in the top 50 and all the 9 in the top 100 on the first lap. Unfortunately we were not able to sustain this as the laps progressed but nevertheless it was tremendous to see Jerry Barton battling it out with the likes of Lewis and Tunstall for a good half of the race, Bill Foster holding strong around the 30s and Tim Nash and Spencer Newport well inside 100. Alan Guilder meanwhile played his well practiced role of late charger as he got closer and closer to the front as time went on. A little further back Michael Trinca, Mark Watling, Bill O'Donnell and Richard Coles continued to battle on.

By the line, although we did not manage a medal position, it is fair to say everyone had run every bit as well as the year before. Indeed our excellent pacing was demonstrated by the fact that we were the only team to put all 9 runners into the top 200. Pity there was no prize or official accolade for that. A truly great team effort which was duly recognised down the Clubhouse in the evening.

Result: 1. D. Lewis, Rossendale 44.26; 2. S. Tunstall, Preston Harriers 44.47; 3. D. McNeilly, Bristol 44.51. Blackheath placings: 17. J. Barton 46.03; 32. B. Foster 46.38; 78. T. Nash 47.30; 86. A. Guilder 47.38; 110. S. Newport 48.06; 160. M. Trinca 48.43; 187. M. Watling 49.05; 193. B. O'Donnell 49.09; 197. R. Coles 49.11.



Keith Wheeler braving the arctic chill of Nonsuch Park.

On Friday, the day before, I parked in Nonsuch Park, just off the Ewell Road. Locals were arriving in cars, disgorging their dogs, putting on their wellies, deerstalkers, caps or woollen hats, and putting up their large, striped umbrellas. It was 9.50 and it was raining!

I made my way to the Mansion House where other Heathens, who were to help with the preparation of the course, had arranged to meet. I was welcomed, first, by Tony Oldfield who directed me to a keeper's room at the rear of the house, access to which lay through a pleasant, walled, old English garden. There I found Ken Johnson and Peter Stenning who were expecting Alan Brent also. Soon we set off for what was to be the start and the finish of the next day's events.

As we walked and chatted along the road, through an avenue of tall, stately trees, the wide expanse of the park looked most attractive. It looked like open country, dotted with clumps of trees and tall bushes, and with rough grassland stretching away and gently rising in the distance. There were people strolling with their dogs and one or two joggers about.

At the far end of the avenue, work had already started. Alan was there, as well as Phil Saxon and Bob Soutar. Wooden fencing for the finishing funnel was being erected. Coils of rope, metal posts, tall 'Start' stakes with numbers at the top, and numerous rolls of orange-coloured tape, carrying the insignia 'Provincial Insurance PLC', were there waiting to be set out. Other helpers from the SCCCA and local clubs were sorting things out. Work soon started in earnest! The finishing ropes and lanes were quickly in place. The 'Start' stakes, numbered in tens, were laid out, running from 1 on the right to 320 on the left. This had to be reversed — after that we took things more steadily! Despite the heavy showers, the blustery wind and the cold, there was a good deal of fun and laughter meantime.

After a short break for lunch we proceeded to stretch out the 'Provincial' tape between the stakes which had been set up around the course. This was my first opportunity to be out, along the course. It looked 'interesting'. The grass was rough, with collections of mole-hills. There were ditches, slopes, of which some were long and gradual, and others, very short, steep, and slippery; some sharp bends, and some decidedly rough ground over the last 200 yards to the finish. In contrast, on the farthest stretch of the course, the going was quite smooth, lending itself to a bit of really fast work. The two lots of trail-layers, one from each end, met up, surveyed the scene, decided it looked good, and returned to base. Nothing more needed to be done that day.

As I walked back through the avenues I found myself thinking about the following day's events. How would our runners fare? Would we have a winner? How would our teams get on? Would they enjoy the course? What would the weather be like! If it was no worse than today's, which was bad enough, the going would be reasonable, though tough, but, to my mind, as near to a true cross-country course as could be used for events like these.

On Saturday morning, repeating my walk along the avenue towards the start, the course marking tape was clearly visible. Here and there somebody was tightening or re-joining it, and checking over the course. There were one or two joggers and some dogs and their owners in the tranquil scene. At the end of the avenue the mood changed. There were vans and cars, ambulances, marquees, and plenty of people moving about. I found the reception/changing area at N.E. Surrey College of Technology, near Ewell East station. To me, it seemed quite a distance away and I was reminded of the long trek from our own H.Q. to the start at Wickham Church. With little going on, at least outside the building, I returned straightaway to the Park and began to walk round the course.

By now the runners were about, exploring the course, some jogging some walking. I smilingly asked one 'senior' if he was sorting out the flat bits. He passed without replying, looking straight ahead. 'A deadly serious one there', I thought. At a high point on the course I met a local, middle-aged man, who greeted me most cheerfully and went on to say how lucky the local people were in having this very natural park which was once part of Henry VIII's hunting grounds stretching from there right across to Richmond Park. It was certainly a very pleasant vista. A little further on four 'youths' came jogging towards me. They appeared quite happy, 'till suddenly one stopped, clutched a knee and sat down. He rubbed his knee apprehensively as his mates came back. With their encouragement he was on his feet and away! 'What was all that about' I wondered. Shortly I came to a large, rectangular, ornamental pond from which flowed a narrow stream at each corner across the course. There were a couple of slippery slopes as well, and for about eighty yards the whole area was a bit mucky, needing to be negotiated with care. 'Could be interesting up here' I thought. The ground rose again after this. Four 'Juniors' from the north passed me, chatting away. "Coo, London has a hill", said one. "No, it's flat as a pancake", said another. Now, more or less at the farthest part of the course, a tall, young 'Senior', very athletic-looking, but quite relaxed, came trippingly towards me, clearly enjoying his warm-up. "Like the course?" I ventured. "Yeah, it's great," he said, obviously looking forward to his race. "Have a good run," I called after him. Half turning, and with a big smile, he called back "Thanks, have a good afternoon."

Now bending back towards the start, I could hear music from the loud-speakers. Then announcements: 'Will the person who has the keys to the toilets please come and unlock them!' 'And will the marshalls now make their way to their posts.' Things were hotting up. Not that the weather was, for, by now it was raining heavily, the sky was dark and a cold wind was blowing. It didn't look as if it would ease up for the rest of the afternoon. It didn't! Here I joined Hilary Johnson and Vi Stenning sharing Hilary's lunch, Vi's being up the course in Peter's pocket!

Behind their starting pen the BH lads were getting ready to go. Mike Peel was proudly holding aloft the Club ensign. George Brooks was ready with his plastic bags to look after their clothes. Tony Weekes-Pearson was there, Colin Brand and others I couldn't discern through my rain-coated specs. A warning sounded that the Youth's race was about to begin. Track suits were bundled into George's bags and last adjustments made. The lads lined up, a pistol cracked and they were away, chasing across a broad stretch of soggy grass, dotted with molehills. Soon they were out of sight.

The BH Ensign moved up-field, followed by a small band of Heathens — just some of many spread round the park. At a loop in the course we switched from side to side, shouting encouragement to BH runners. As to their prowess, well, I leave it to others, more knowledgeable and discerning, to discuss and give judgment. To me, as I'm sure to all others, it was a great joy to see all those lads striving, in difficult conditions, to give of their best.

Before the Juniors I moved farther up course, coming across the 'Three Musketeers', Ken, Peter and Tony who, together, were making adjustments to the marking tape and stakes. Peter had no time to return Vi's lunch so he and Ken did the next best thing and washed it down with a 'noggin' (to keep the cockles warm)!

The Juniors were approaching and there was a scuttling back to posts. More bunched than the Youths, and coming round twice. The course had become more muddy and slippery, and many runners, naturally, were running close to the firmer edges, at times brushing the tape and metal rods. Some danger lay here, as was seen by those marshalls who shouted to runners "mind the posts" and put a hand over the top of them. It struck me that these rods, about half an inch

in diameter and standing some 2-3 feet out of the ground, might be better capped with rubber or plastic.

I was now at a point where I could see most of the course so I decided to stay there until after the second lap of the Senior race, when I would move back towards the finish. 'Here they come' went up the shout as they came over the brow of a fairly long slope up from the comparatively flat ground which extended for quite a distance from the start. I am always thrilled by scenes like this — a great mass of runners surging forward, muscles stretched, with graceful rhythmical strides, controlled breathing, and a determined yet relaxed look which cannot fail to stir those who enjoy this sport, not discounting those, of course, who do not display such attributes, but, nonetheless — to cull from the Olympics — 'take part'. I caught a glimpse of Jerry Barton, well to the fore with Richard Coles and others of the BH team not far behind. At the second lap the running 'snake' stretched well round the course — a fascinating sight as it bent and wound its way. I moved off towards the finish, passing Ken Pike, notebook and pencil in hand, noting BH positions. "You're just within 200," he was calling out, "Step it up a bit — up the Heath!"

Reaching the last few yards to the finish, I watched the antics of the Funnel Control Stewards. I always find these entertaining! They proceed so smoothly, although accompanied by much shouting and waving of arms to urge the runners to "keep moving, keep moving forward..." Their deft footwork as they move across the funnel, opening and closing lanes as the runners come storming in, is like a 'palais glide'.

Most of the field were now in and I moved towards the end of the funnel, where a group of Heathens had gathered. There was Dick Choat, who had come up from Gloucester and others already mentioned. My mind went back to the 50s and 60s when Dick was hareing across Hayes Common, over the 'Pylon field' and 'up Fox'. I learned that he and several others of his era, including Sydney Wooderson, who had come up from the West Country, were to attend the 'National' supper at Hayes that evening.

On the break-up of this gathering I made my way back to the car park beyond the Mansion House. There were big puddles in the road, the grass verges were muddy and it was cold. Across the park most of the equipment had been taken away, the course had been cleared, and, apart from the mud, it all looked very much as before. The locals had taken over again. It was 4.30 when, wet and cold, I reached my car. I discarded the outer layer of clothes, changed footwear, got into the car, turned on the engine and heat, ate my ham sandwiches and drank my coffee (still hot) — I had carried them around in my knapsack all day — and then, with a farewell glance across the park, and a symbolic nod of thanks to Henry VIII, I drove off through the gates of Nonsuch Park, feeling very happy that I had, at long last, attended a 'National' — and in the company of so many Heathens.

## NATIONAL SUPPER 1989

*Hayes*

*25th February, 1989*

The National Supper was more of an upmarket event this year. We still enjoyed the traditional post race fare of steak and kidney pie, but to celebrate the close proximity of the National to Hayes and Alan Brent's term as President of the ECCU, a most distinguished number of guests were in attendance.

The room was filled with a who's who of post war Blackheath cross country runners. From the squad of 1948 were Messrs Choat, Brent, Wooderson, Braughton and Clark. From the 60s and 70s there were Richardson, Baldwin, Wilson, Gregory, Weeks-Pearson, Stone, Morley, Hamlin, Frankish and Botley, whilst from the 80s the whole

rior team that ran in the afternoon plus Roberts, Calnan, Taylor, Daniel and Spencer. Members from the ECCU included the Chairman David Denton, Vice Chairman K. Rickhoss, Hon. Secretary M. Frazer and Junior Team Manager and top coach Bud Baldaro. Also in attendance was Daphne Reed from Bromley Ladies AC and Bromley Sports Council plus a representative from Tiphook, a locally based container company.

During the course of the evening a number of people were rewarded for their services to the club and to the sport in general. To acknowledge his hard work for Bromley Sports Council, PP Alan Brent was presented an award on behalf of the Council by Daphne Reed. One of the aspects of the club which makes Blackheath special is the bond that exists between the club and its members no matter where their careers take them in the world and no matter whether they are still competing or not. Half way through the evening we received a call from Australia from Gordon Monshall, last corner of the 1948 team, sending his regards to all who knew him. It was such loyalty which was rewarded to Dick Choat, the captain of the 1948 team who was presented with his 50 year pot to commemorate his half century of membership with the club.

It was a unique evening, with the speeches giving a taste of the history of the club over the last 45 years. As can be imagined the post meal chat and reminiscences went on long into the night.

P.C.

### SCVAC CC LEAGUE

Lloyd Park (5m)

25th March, 1989

A Spring day was on-hand to complete our Vets' CC Season. This was the third such league race but, with a crowded fixture list, only John Robinson had previously turned out for us. This time things were different — in fact we provided a third of the smallish field.

Though the two-lap course has no steep hills it is demanding, with a lot of undulation, long grass, sharp turns and some thick mud patches.

The uphill start near the golf course soon spread the field but Hugh Morten continued the good form he has shown since returning to the Club this season and he was ably supported by stalwart Joe Clare. They were our V40 scorers. A V50 was needed to close the team — Bill Clapham obliged.

Mike Williams had starting-orders from You-Know-Who not to take it easy'. He didn't, and was our third man home; appropriately he seems to have left behind his back injury.

It was good to have Richard Varcoe with us on his home patch together with an array of BH Vets old and new.

Back to the John Ruskin School where we empathised with the windmill (it's being restored). "Ah well then, that's that," we said. "No more of this for me next season" — but nobody's putting money on it!

Results: (29.00) 5. H. Morten 30.43; 8. J. Clare 31.13; 11. M. Williams 32.19; 14. J. Bailey 33.04; 16. M. Reynolds 33.14; 19. W. Clapham 34.08; 20. C. Rowe 34.50; 21. J. Robinson 34.52; 23. G. Crowder 35.39; 26. J. Braughton 37.43; 27. R. Varcoe 37.45; 32. J. Cross 44.45; 33. J. Bennett 45.56; Teams (Scoring 2V40s + 1V50) 1 BH 32.

B.C.

### FORGOTTEN STEINLE WINS ENGLISH TITLE

It's always nice when you read the forecast for a major championship and there is no mention of yourself as one of the contenders, particularly since you were hoping to figure in the race to some extent. This is what happened to Mark Steinle as the Athletics Weekly, in its infinite wisdom, didn't



even rate him worth a mention in its preview of the Junior Championship held at Balls Park, Hertford on March 4th.

For the first half of the race Steinle was content to run with a group of five others that included some of the A.W.'s favoured contenders. But with half of the muddy course still to run the Blackheath runner adopted the attitude of Greta Garbo and decided that he would rather be alone.

If you are in front then no-one kicks the mud up at you, so in no time he opened up a sizeable gap to eventually come home eleven seconds clear and earn himself a second appearance in the Schools International race. (Last season in Scotland he placed 8th in the International event.)

Luke Anderson was to have run but after being uncomfortable during the week and while warming up he decided to let the reserve take his place but there are many years to come. Philip Burch, in his first English Schools, placed 123rd.

In the Intermediate race Anthony Draper showed that he was on the way back after his broken thumb with a fine 46th place, working his way through the mud after a poor start.

M.H.

### CROSS CUP

Roeselare, Belgium

5th March, 1989

West Flanders can be recommended. For a start they seem to have a nice relaxed attitude to life. Time passes without being accelerated and there is always plenty of time to relax and enjoy a glass of beer. That is just as well because the town of Roeselare makes one of the classic brews at its Rodenbach Brewery. The standard Rodenbach is a delight and readily available at the Meeting, but also give the Alexander and the GrandCru a try. You won't be disappointed.

Not many clubs are capable of putting out a coach full of people for such an excursion but whether the Rodenbach attracted many of them can only be suspected. The transport left early on Saturday morning for the Sunday races and picked up a few on the way at Ramsgate, including a Liverpool Pembroke runner without a passport who

travelled straight back to Liverpool. The journey was uneventful for those lucky enough to ignore the choice of available videos and many chose to load up in the morgasbord on the ferry. On arrival at Roeselare there was the brew waiting for us in the tent on arrival. There followed general disbelief as the number of laps to be run was compared to the total distance of the races. How on earth do two small laps and three big laps total a mere 2690 metres? Nine of our number would find out the next day.

The Heathens were farmed out and the younger element stayed in the local school. We said farewell to the New Zealanders that shared our travelling and throughout the next ten hours everybody hit the sack in their own sweet time.

The following days business began with the sight of the race for 8 year olds running behind a restraining ribbon until it was lifted for them to hammer out the final 250 metres. First of our numbers in action were the large numbers in the Boys race (actually those born in years 1974-1975). Starting by running diagonally across the grass inside the cinder track and then turning to the right round the track made the start of the 2690m race a very hectic affair. A flat out start is sure to see the larger runners up at the front early on but it is almost as certain that soon after most of them will fade as more prudent runners move through. Whether 2690m gives many more time to move through remained to be seen. Mark Steinle, one week after winning the National Schools title on a very muddy course more than twice this length, found this the other end of the country spectrum. Left at the start he took the two small laps and the first big one to join Jonathon Murray at the start of the line-up. No sooner had he done this than it was time to go. He gradually stretched away from the rest as Jon lost ground on the pursuing Belgian. Behind them Anthony Draper was moving through and at the finish was up to eighth. Mark and Jonathon were on the rostrum after this race in a heartening sight which led to us taking the Unic Roeselare Trophy for the Kadetten (for that's what they are.)

We also had a winner in the next age group but we did not realise this immediately. Danny Whitcombe placed sixth in the race but when the results of Scholerin (b.1972-73) were split into year results it became clear that Danny had won the 1973 group. Prizes were dished out with the usual Continental generosity making me wonder if we can match this when the Cross Cup makes its debut in Kent next season?

Our other large representation was in the Veterans race (Golden Oldies) over 6920m. This was also run over five separate laps and took in a fair amount of running guaranteed to make elderly ankles ache the following day. It also included a wooden hill that had been covered for the occasion with a coconut matting. None of us could match the running of Euan Robertson, the N.Z. team manager here and once a fourth placer in the National as well as a regular steeplechase finalist in major Games a few years ago. (Personally I don't remember him but John Baldwin does; in fact only just remember John Baldwin!) What am I saying? John Baldwin was also here and close to the front with Pete Hamilton. At least that's what I am reliably told as I could not quite make them out ahead of me. They both found the course to their liking and we all seemed quite pleased with the results of this race except for Mike Williams, who only just got his shoes on in time but won a clock for his 42nd place, which seemed strangely suitable.

The big event was the final in the Cross Cup series and it included Hackney, Tunstall, Dalloway, Bristow and European stars such as Levant (France) and Maes (Holland). A total of 8110m was distributed over two small laps and five large laps. This certainly gave the spectators the chance to follow the race without the inconvenience of having to jog across the course like the poor souls have to do in Britain. The Heath fielded Jerry Barton and Rob Farish in amongst the stars and it was Rob who became the first, and possibly only casualty as he fell on the first lap. Meanwhile Jerry was up the front with the names as Hackney went about securing

himself the 'Series Prix' for the overall winner. Only Tunstall really stayed near him and as Hackney celebrated his pay day he almost eased up enough for Tunstall to play Tracey to his Ovet (if your memory goes back that far. If it does you can probably also remember Euan Robertson). Over the second half of the race Jerry got away from the attentions of Maes and Bristow for an excellent sixth place and one of his best runs of a very good winter. The hunt around the course for his missing moustache was finally called off when news filtered through that it had actually been shaved off in aid of Comic Relief the previous day.

In the Mens Open race that closed the proceedings there were good runs from Mark Watling (5th) and Tony Linford (6th). Tony in particular was surprising as many regarded 11km as being a touch far for him. But then we learned that he had designs on a long leg in the 12 stage Road Relays coming up.

After the prizegiving and the last chance to quaff the Rodenbach it was a mercifully short walk to the coach and we settled in for the return journey. Almost before we even started back John Baldwin produced the champagne and the afternoon's events were celebrated with some of the victorious Kadettes team sinking their share of the falling down juice. Champagne on the coach eh? Some of these guys on the trip certainly have that certain class. On the return ferry the hungrier masses headed for the smorgasbord and settled in for the entire duration of the journey home. Course followed course and for some it was 'bloat city' by the time we docked at Ramsgate. We seemed to miss the turbulence by not too much and the final 1½ hours seemed 1-0-n-g.

But what a weekend. It was certainly a memorable trip and enough to have me looking forward to returning to Roeselare.

M.H.

#### BENNETT CUP 1988/9

Name	OP.5	SLH	RAN	ORIO	10	C5	Total
Kilgour, Andy	22	13	40	37	29	26	167
Lord, Chris	1	26	17	25	37	39	145
Cooper, James	0	38	30	0	30	38	136
Sullivan, Eric	31	1	21	32	23	23	131
Hilton, Bob	38	30	1	8	28	25	130
Parsons, Simon	19	14	6	28	24	32	123
Turney, Rod	1	40	13	33	13	22	122
Martineau, Mike	28	1	34	1	36	15	115
Flagg, Duncan	1	1	39	40	31	0	112
Smith, Roy	15	33	25	20	14	0	107
Metcalfe, Phillip	35	1	0	26	12	27	101
Lovell, Peter	40	1	1	1	38	19	100
Turner, John R.	0	1	19	27	22	30	100
Phelan, Jim	24	20	18	30	0	0	92
Morris, Roger	0	1	33	39	19	0	92
Pontifex, Tony	36	27	4	1	21	0	89
Coles, Richard	1	31	35	0	20	0	87
Lodwig, Mike	30	29	27	0	0	0	86
Chambers, Ron	13	1	24	35	7	0	80
Cronin, Mike	17	19	5	0	0	37	78
Wilson, Bernard	20	22	1	0	0	34	77
Gold, Ian	1	1	36	1	35	0	74
Spencer, Garry	0	11	0	34	0	29	74
Coe, Richard	1	1	1	1	34	35	73
Jones, Allan	0	37	32	0	0	0	69
Brookes, David	32	35	0	1	0	0	68
Calnan, Pat	0	24	26	0	15	0	65
Morten, Hugh	1	6	22	4	0	31	64
Grace, Andrew	27	1	1	0	11	21	61
Keogh, Nigel	16	34	0	10	0	0	60
Barlow, Peter	11	32	1	14	0	0	58
Povey, Steven	1	12	23	22	0	0	58
Bounds, Tony	21	1	10	24	0	0	57
Colpus, Mark	0	28	0	0	0	28	56
Wheatland, Robert	0	36	7	13	0	0	56
Freemantle, Steve	1	1	31	5	17	0	55
Larcombe, Derek	34	1	14	1	0	0	50
Mullett, Jim	0	1	28	1	2	17	49
Brown, Jonathan	39	5	0	3	1	0	48
Reynolds, Mike	8	1	0	11	3	24	47
Bailey, Jim	1	1	15	29	0	0	46
Capey, Simon	29	16	0	1	0	0	46