



PRESIDENT: A. J. Weeks-Pearson
39, Buckhurst Avenue, Sevenoaks, Kent TN13 1LZ
Tel: 0732 452123

SECRETARY: John Baldwin,
43 Donaldson Road, Shooters Hill, London SE18 3JZ
Tel: 081-856 3011

EDITOR: Jim Phelan,
49 Belvoir Road, London SE22 0QY
Tel: 081-299 2342
Fax: 081-693 9006

ASST. EDITOR (TRACK): Nigel Keogh,
12 Clockhouse Road, Beckenham, Kent BR3 4JR
Tel: 081-650 6062

ASST. EDITOR (GENERAL): Norman Davidson,
51 Felstead Road, Orpington, Kent BR6 9AA
Tel: Orpington 22750

ASST. EDITOR (VETS): Bill Clapham,
26, Dunoon Road, London SE23 3TF
Tel: 081-699 5949

TREASURER: J. E. Hill
140 Coombe Lane, Addington Hills, Croydon CR0 5RF
Tel: 081-654 2718

With contributions from: D. Gillate, J. Day, J. Walker, S. Parsons, P. Barlow, K. Pike, D. Hassall, P. Calnan, P. Baigent, P. Khan-Panni, M. Hamlin, B. Saxton and any other unsung contributors to this issue of the Gazette, without whom etc. etc.

Many thanks. Ed.

**BLACKHEATH HARRIERS'
CLUB OFFICERS 1990/91**

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Front cover photograph shows George Brooks, father figure to Blackheath Harriers since Colin Brand was a youngster! Thanks to Richard Coe for this and to Pat Calnan for his many excellent photographs that are dotted throughout this issue.

We are sorry to report the death of C.A. Peachey, one of our oldest members, in January. An appreciation will appear in our next issue.

SUBSCRIPTIONS FOR 1990/91

NEW SIGNING-ON FEE

Subscriptions for the 1990/91 year were due on the first of September 1990. To remind you, the current rates are:

Seniors £25.00
Juniors £12.50

Full-time students over 18 on 1st September only pay £12.50.

As always, any donations will be gratefully received. This year we need money to offset the general day-to-day expenditure on the club house. Those of you who subscribe to the Courier know what a great job Bill Clapham is doing. If you would like to receive it, simply add a small donation and you will be included on the next mailing.

Effective from January 1991, a signing-on fee for all new members will apply:

Seniors £10.00
Juniors £5.00



THE PRESIDENT'S MESSAGE

LEAGUE 1990

It is a privilege at any time: to be President at this unprecedented stage of Blackheath's development – in terms of scale, success, range of our activities – is a heady sensation as well as an honour.

We now have both the prospect of further success and the wide base and resilience to ride out any setbacks. We also seem to have progressive aims in nice balance with the peculiar strength of our roots and tradition. At the same time, we are not complacent as one of the country's foremost athletic clubs: there is an eagerness for progress – for new heights.

Each new President remarks on the volume and quality of the support he receives to help him through the year – from everyone, seemingly. This help comes as a wonderful surprise, however much you are told to expect it. Even in the first weeks as I write this, I am grateful.

Not least, of course, our large framework of Club Offices and numerous helpers makes the President's job possible – easy, even, in many respects. This should encourage future holders of the office to believe they can hold it at the same time as earning a living. And this must be so if we are not to be wholly restricted to retired men.

There is, too, a substantial argument that our body of office-holders is not large enough for the Club's ever-growing needs – that its size is appropriate for a club of 500 members – insufficient for our 1000 and their broad range of needs.

I've always been conscious from my own early days of our good fortune in possessing so many dedicated and gifted officers. I have vivid memories of the welcome I got from President, Summer and Winter Captains and others when I joined Blackheath as a Young Athlete. Despite the difficulties posed by our modern numbers, I hope that everyone will look for every chance to offer such warm approaches to new or young members. For example, we are

perhaps less widely known than they deserve: this list should increase their recognition.

Talking of debts we owe, there are numbers of members and friends of the Club that perform all sorts of services – the parents who transport League Teams, for example: we don't take them for granted, either. Thank you.

I'd like to urge the individual Club Member – especially, but not only, the Seniors – to try one or two experiments – things you wouldn't normally do. For example:

- go to a Young Athletes fixture, Winter or Summer
- run all three Mob Matches with us: our fastest men can still win points, even if they make it a training run
- help with some activity, however occasionally: fund-raising, organising, officiating, recording – don't feel you have to be invited – just turn up and offer your services
- if you are a cross-country, marathon or other road runner, run an intensive quality session of intervals once a week
- run at the Norman Park Track once a month
- next Summer compete in Club Meetings: handicaps, "Dream Miles", Championships (yes, you *can*)
- come to one of the many social occasions on offer.

As for longer term thoughts, integration must accompany the expansion, including the effective transition of our champion Young Athletes into Champion Seniors. Ours is a welcoming, social Club – you won't find a better all-round membership anywhere else. Blackheath is the envy of other clubs.

And, on the same theme of integration, now may be the time for an active policy of enlarging membership to embrace Disabled Sports people, in addition to raising funds for them.

To some, Blackheath "Senior Management" may appear remote – old-fashioned, even: it is not. Much radical and daring thought and planning are done by your representatives. A significant proportion of this is, understandably, concentrated on the fund-raising and sponsorship necessary not just for the immediate future but for the years ahead when the attraction of more first-class athletes into Blackheath must play its part in the next great leap forward.

And all this without losing the qualities and strengths the Club has built up over the past 120 years.

I am grateful for the many approaches and brainwaves I've had already from you. Please use me as a focal point, clearing-house for your ideas and suggestions – especially for ways in which we may bring the various sections of Blackheath more closely together, but also for your most adventurous, terrible notions.

This is the start of a crucial phase for us: the next four or five years represent a challenge for us to form one of the strongest Senior teams in the land – in Track and Field as well as over the country. I am glad to be part of this new stage.

Success and good luck to you all.

T. Weeks-Pearson



John Baldwin does it his way

Photograph Pat Calnan

SECRETARY'S REPORT 1989/90

Mr. President and Gentlemen,

I have the honour and pleasure to present the 121st Annual Report of Blackheath Harriers for the year ending 31st August 1990.

I am unable to report another year of all round athletic successes, but good performances were achieved, again notably in the Young Athletes section. It is a period of changes outside the Club's control which are probably of significance to our future and the Club needs to take heed of them. I refer to the protracted formation of BAF (the British Athletic Federation), compulsory competitive tendering for local sports facilities in 1992 and the implications of financial support, I hesitate to use the word professionalism, at club level.

BAF is still ponderously going through its complex phases of formation, with the latest target for completion in February 1991. The effects on the day-to-day administration at club level is unlikely to be very apparent, but with its constitution still seemingly subject to change, nothing is certain.

The current Government policy that Local Authorities should put out services to competitive tendering is spreading to leisure and sports facilities in 1992, with the likelihood that they will be looking to organisations, such as Blackheath Harriers, to take an active part in the administration of facilities like Norman Park. If this was to come about, the burden on Club Officers would be enormous, but more serious would be the possible need to raise local financing.

The last point to make, which is of immediate consequence, is the filtering down from international levels of professionalism to club levels. This does not only mean the direct financial support of the elite members of the team, but also the more professional and commercial awareness for a modern club to remain at the top.

The thought of this may be quite disturbing to those of us brought up in the amateur days of yesteryear, but as I have said, if we wish to remain at the top of our sport, and I feel sure we all do, then our approach must also become equally

professional. To this end, your Committee have authorised a sub-committee, to prepare a promotional package and the initiative to obtain a major sponsor for the Club. Anyone working for, or having contact with a company which might be worth contacting in this respect, should communicate with Colin Brand, Les Roberts or Bill Wheeler.

I trust you will excuse me for using the Secretary's Report in this way, but I felt it important to stress these points and widen the awareness of members to significant changes in our sport, that is of course assuming that other will read this report when printed.

So, on to the Report proper.

Membership has remained steady at just under 1000 with 142 elections being offset by 160 resignations and deletions. Five deaths were notified during the year, with the most recent being that of Past President Peter Stenning President only two years ago. Peter continued to play an active part in Club activities right up to the moment of his death, as he did with his many other charitable interests, a probable factor in the heart attack which killed him. Other deaths were those of C.D. "Ted" Purves, who many of us will remember as a permanent part of the Field Events team in the 1950's and 60's, George A.V. Stratford only a member for a few years, but long associated with athletics as a founder member of Wigmore (now Bromley) Ladies, and a well known hurdles coach and timekeeper, A.G. Mills, a member since 1939 and B.P. Braund, a member since 1920.

The Cross Country Relay returned to Sparrows Den after the running at Crystal Palace last year due to a gale blocked course at Hayes. The event continued to be well supported and organised with equal efficiency by John Hills and his team.

The Cross Country season opened by the Club 5, with yet another win for the fast becoming evergreen Richard Coles and the Junior title going to Mark Steinle. Richard also went on to win the Club 7½, but was deprived of a seasons hat trick by Tony Baldock winning the Club 10. The Veterans title was won for the first time by Hugh Morten.

The Mob matches were not a success story with the Nicholls Cup being lost to SLH and the Pelling-Ratcliff to Ranelagh. Only Orion were beaten and then by the very narrowest margin of 15 points.

Our successes in the major Championship races were also disappointing after the promise of the previous season. In the Junior and Senior South of the Thames races, positions of 12th and 10th respectively were recorded. High hopes of a long awaited team win in the Kent Championships were dashed by illness and injury, but good runs by Spencer Newport (3rd) and Gary Arthey (5th) enabled the team to finish in fourth place. Mark Steinle had a fine win in the Boys race with the team 3rd, the Youth were 4th and Juniors 6th.

In the Southern Championships, Jerry Barton was unfortunate to suffer an asthma attack whilst defending his title, but finished 10th and well supported by Alan Guilder 12th, to give a 3rd team placing. Another fine run by Mark Steinle placed him 2nd in the Boys race, and it was pleasing to see a Junior team closing in, even if only 7th.

The National saw a good overall team performance, with Bill Foster in 42nd position well supported for an 11th team place. Matt Lawton and Liam Bulson were creditable 30th and 36th positions in the Junior race, and are both names to note for the future.

On the Veterans scene, the Mob Match against Orion, SLH and Ranelagh resulted in a win for BH, and we also won the V40 age group in the Kent Championships.

Jim Phelan again organised a successful Schools Race, although support has diminished in recent years.

Our Water Sport activities were limited to the Maryon Wilson swimming race, this being won by 14 year old Phillip Burch. We were unable to recruit a crew for the Rowing Race, but it is hoped to put this to rights for 1990.

Les Roberts, organising the Ted Pepper 7 for the first time, had secured sponsorship from the Buxted Park (Sussex) Hotel and Fitness Centre. A well organised and successful race was won by Nigel Gates of Brighton and Hove, also Manager at Buxted Park, with Jerry Barton 2nd, supported by Mark Colpus 4th and Dave Hassall 9th for a BH team win. After last year's outstanding win, this year's Southern 12-Stage Relay was an anticlimax, when a depleted team none the less finished a creditable 9th. And so to the track and field season.

This followed a similar pattern to the preceding cross-country season, with only limited successes, but the Young Athletes were again a shining exception to this.

First the bad news! Our existence in the British League Division 1 has been fairly tense for a few years, and with injuries or unavailability of several of our leading athletes, the inevitable relegation resulted. Despite this, team spirit was good, and the youngsters who were thrown in at the deep end, without exception, performed up to or above expectations. The three Southern League teams all performed steadily throughout the season and finished mid-positions in their respective leagues.

There were of course a few outstanding senior athletes, notably Graham Savory (England) and Darrin Morris (Scotland) finishing 7th and 8th respectively in the Commonwealth Games Discus, Warren Caswell 3rd in the National Indoor Championships High Jump with a pb 2.20, Spencer Newport 3rd in the UK Closed Steeplechase and Nigel Keogh's win in the Irish 400m Hurdles Championship.

In the Veterans' National Championships there were wins for Peter Hannell in the V45, 3000m Walk, and Bob Minting in the V40, 800m. Bob was also a member of the GB 4 x 400m Relay squad which won the European Championship.

Now the good news! The Junior sections of the Club swept all before them, winning the Junior Southern League Division 2, Kent Boys and Colt League, Southern Premier Division of the Young Athletes League and topped it all by retaining the National Young Athletes League Final. To mention individuals from such an obvious all round team effort is somewhat invidious, but it would be equally unfair not to single out some outstanding athletes who have achieved honours in other Championships. In the UK Under-20 Championships Juniors, Laurence Rogers was 4th in 400m Hurdles, Jamie Quarry 4th in 110m Hurdles and in the Youths, Jonathan Murray won the 800m. The English Schools saw 2nd places for Rogers and Quarry, and 4th for Jason Mulcahy in the Shot Put Seniors. In the Inters age group, Murray again won the 800m, Michael Narty was 2nd in the 100m and Andrew Brown was 3rd in the Discus. Rogers, Quarry and Narty were later selected to represent Great Britain in a Junior International. To those I have not mentioned, perseverance is an attribute of all good athletes, so it could be your turn next year.

Another event not strictly in the year covered by this report was the European Junior Clubs Championship, in



A clapped-out Clapham

Photograph Bill Graham

It is now time to recognise the officials who make the many activities of the Club function, but again it is not possible to mention all who do so much. Gary Botley and Mike Martineau for Cross Country; Andy Frankish, John Powell and co. for the Track; Jim Phelan, the innovative Gazette Editor and Bill Clapham of Courier fame, to whom I am personally indebted for his source of facts for this report. Also our Treasurer, John Hill, in trying times; Mike Davies who manages to meet most of the demands for Summer Officials and our Coaching Secretary, Simon Parsons, who somehow copes with up to 80 youngsters on Wednesday coaching evenings. To those not mentioned, on behalf of the Club, thank you.

We should also recognise the continued work undertaken by BHSC, who raise amazing sums of money, all to the benefit of the Club.

BHHQ have had a quiet year, but as reported earlier, are conserving slim resources for possible future major outlays. One major commitment for the Club could be the proposals to develop the cottage in line with the report from the Development Sub-Committee to be given later in this meeting.

An external honour awarded to a Member, was the Companion of the Order of the Bath gained by Philip Critchley in the New Year Honours in recognition for his work in the Department of Transport. Also Trevor Llewelyn has been appointed National Junior Event Coach for High Jump.

An athletics event I was not sure where to slot in was the Triathlon. However it should be recorded that Nick Kinsey set a British Record of 9hrs 5mins 20secs in Ironman of Europe event. That was a 2.4 mile swim, 112 miles cycle and a full marathon in 3hrs 5mins.

Writing my first report has been a daunting task, not for what or how, but for the sheer abundance of material to cover, but at this point, Mr. President, I will close.

J. Baldwin

BLACKHEATH – DAY BY DAY

Dear Mr Editor,

I wonder if I may, through your publication, explain and clarify some facts of the organization of the Club which we do not seem to generally publicise to new members and they remain in ignorance for some time, if not for ever!

I write, because being ever present at the Club House on a Wednesday evening, I am aware that many people query the need for our various fund-raising efforts, and are not always aware of how their subscriptions are spent to the benefit of the Club as a whole. I would therefore like to help and advise with a little clarification, commencing with our "spiritual" home:-

BLACKHEATH HARRIERS' CLUBHOUSE – The premises at BOURNE WAY, HAYES is the freehold possession of B.H.H.Q. Ltd., a Company limited by Guarantee, and all members of Blackheath Harriers are ipso facto members of B.H.H.Q. Ltd. The origins of B.H.H.Q. Ltd. go back to 1926 and the purchase and conversion of Club HQ, when the necessary finance was raised by means of a Debenture issue to members. Although these Debentures were paid off by the end of the 1940's it was decided that B.H.H.Q. Ltd. would continue to manage the property thereby enabling the Club committee to concentrate its efforts on athletic matters and not become embroiled in such matters as leaking roofs, blocked loos etc.

The Company is run by a board of Directors who are all members of Blackheath Harriers and are selected at the AGM. The board is responsible for the maintenance of the fabric of the buildings and its surrounds for the benefit and pleasure of all Club members. The Company is the legal entity that had to arrange the finances for the extension to the Club House in the late 1970's. A major proportion of this was raised by a Debenture issue similar to that of 1926, much of which has still to be paid off.

The main problem for the Directors is the lack of sufficient funds to put everything in perfect order and maintain it at that level. The major income received by the Company is by way of rents, paid by Blackheath Harriers to occupy and use the premises and its surrounds. There is also a payment from the profits of the money raising "200 Group" that is paid to B.H.H.Q. Ltd. to help pay off outstanding loans and Debentures arising from the extension. It will be seen from the foregoing that when major building improvements are contemplated it becomes necessary to appeal for donations from members.

BLACKHEATH HARRIERS is "THE CLUB", and we all pay our annual subscriptions to the Club for whatsoever activity we wish to pursue in the Club. Whether it be Track and Field, Cross-Country, Road or Officiating, or just being part of the Club, with its various pleasures, our monies form the "purse" from which the Club will be financed.

The Club is managed by "the Committee", who have the ultimate responsibility in deciding how and where our funds should be used, and endeavouring through the Hon. Treasurer to see that everything runs to a budget. When costs escalate beyond the ability of the Club to balance the budget, then due consideration has to be given to increase subscriptions. We do of course receive miscellaneous funds for good results in Leagues and Championships by way of prize-money, by helping at the London Marathon, and the fund raising efforts of various members.

From this Club "purse" is paid the rent and rates, costs of the Gazette and Courier, affiliation fees, Championship entry fees, and expenditure on athletics in general.

One ancillary part of the Club Committee is the Wine Committee, appointed from the membership of the general Committee. Within the frame-work of the Club Rules, it is the responsibility of the Wine Committee to provide intoxicating liquor, food and other drinks for the Members

of Blackheath Harriers. The Wine Committee is autonomous in its activities for most of the time, but must render a report and financial statement at every Annual General Meeting.

Whilst this is the simplistic view of what is required of the Wine Committee, over the years there have been gradual changes which have led to the income of the Wine Committee being used to finance the day to day running of the Club House. Thus from the income from meals we pay the staff we employ, we pay the costs of gas and electricity and crockery and laundry – and on the principle that lots of drink will sooner or later be passed, we pay the water rates and cost of maintaining the cess-pit pumping system. In fact the running of the Club House on a day to day basis, with occasional minor costs for refurbishing paintwork or plants for the gardens, is covered by the Wine Committee. There are separate accounts maintained by the Wine Committee Treasurer, and the Wine Committee has been registered for VAT for some years.

The main purpose of my letter is to clarify for people the argument that track members who never use the Club House pay the same subscription as cross-country runners who do, and they have less benefits. Similarly, older members living away from London never visit Hayes, but pay a full subscription – as do overseas members. I would like people to appreciate that we all pay our level of subscription to fund Blackheath Harriers and its activities. The Wine Committee can run the Club House from its income, so long as people use the facilities, buy drinks and support the suppers on Wednesday evenings and Saturdays where appropriate. Whilst support continues then those who use the facilities are paying their way, over and above their subscriptions. The active athletes will find themselves subsidised in their efforts at organised athletics over and above subscription levels, largely by non-active people who pay their subscriptions from sentiment or sheer pleasure at being a part of this great Club. It is only if we fail to make use of our facilities that we will have to re-think our situation.

The Committee is currently reviewing the level of subscriptions, we have no choice; and whatever level we pitch the subscription at, there will not be enough money – there never is. As we approach the year 2000 we need to stay in the fore-front of athletics, and it will cost money. The modern way of achieving that affluence is through "sponsorship", a route avidly pursued by the Committee – but we need help from people who may have contacts in companies with the funds to support our sporting activity in return for publicity.

Until we achieve that goal, we will always need money. So please support our appeals when they occur, make donations if you have cash to spare, and use your Club House to its best advantage so we can keep it going.

I hope this letter will clarify the situation for those people who wonder how the Club is run and financed and prompt everyone to pay subscriptions on time – 1st September each year.

heavenly yours,
Brian G. Stone
Past President, Director B.H.H.Q. Ltd.
Hon. Sec. Wine Committee.

CLUB RECORDS

A complete inventory of all the Club records, trophies and photographs has just been completed. If you have any photographs, medals, handicap pots, back numbers of the Gazette, Club documents, etc. which you feel would be better housed at the Clubroom than in your cellar/loft, please contact Harold Thompson, Ken Johnson, Brian Stone or Brian Saxton.



TONY WEEKS-PEARSON

To those newer members of Blackheath who were not around in the 50's, 60's and 70's when Tony Weeks-Pearson was in his halcyon days as a runner, P.P. Don Gillate has provided us with a brief resumé on what has been an outstanding career for one of our all-time top distance runners. Even now, historians and researchers are combing the back issues of the Athletics Press to dig up further details which will appear in the next Gazette.

Joined April 1949. Quickly distinguished himself as much on track as on country and was knighted into Vice-residency 1967. Pursued an academic career as a teacher and adviser, following Oxford where he was a double Blue for track and cross-country. Was Captain of his University cross-country club and was twice the outright winner against 'the other place'.

Has at various times been:

Army 1-Mile Champion.

Sussex Junior 1-Mile Champion.

Kent Junior Cross-Country Champion.

Silver medallist, 5000m, World Student Games.

Taken part in Kent, Southern 20-Mile and Marathon Championships.

First ever winner of all three BH Cross-Country Championships in same year.

Ranks 4th behind P.H. Francis, Bob Richardson and Sydney Wooderson in the National Cross-Country Championships.

Member of the winning National Vets Over 50's Cross-Country Team appearances on the continent and so it goes on.

But that is not all. We are above all grateful to Tony for all the work that has gone into our two priceless Histories.

Perhaps not so well known is that he is also a novelist. His novel 'DODO' contains a fundamental symbolism inescapable, indicating sincere care for, and championing of, an endangered species. Under his guidance for the next year, Blackheath Harriers will be anything but an endangered species."

placating. This pipe-dream can only be achieved with the participation of all interested parties. If you, the recipients of the Gazette, wish to have current results then it is you, the generators of said results who must get them to the editorial staff as soon as they are available. Summer results are notoriously difficult to collect, the last of them have only just reached me in February, the events having occurred as far back as last June. I therefore take the liberty to make the following proposals.

To track captains: please ensure that at the end of each track meeting the results are collected and forwarded to the editor.

Also: please nominate a member of the team, or anyone present, to provide a brief write-up of the events which have taken place, outlining good performances, personal bests, humorous anecdotes or anything that will indicate to the reader the flavour of what took place on the day in question. These write-ups are best completed *immediately* after the event when details are still fresh in the mind. Results and write-ups can then be posted on the day after the event to the editor enabling results to be collated week by week.

As per usual all letters, race reports, comments and articles will be gratefully received. With almost 1,000 members in Blackheath Harriers, the Gazette should be inundated with copy – at the moment it isn't – well not quite. Please see to it that it is in future – it's your magazine after all.

Yours 'heavenly,
Jim Phelan,
Editor

SPECIAL AWARDS 1990

Lindsay Salver: P. Galloway

Jack Sims Salver: P. Calnan

Ponsford Trophy: R. Chitty

Honnal Trophy: J. Quarry

Browning Trophy: J. Mulcahy & J. Quarry

Lester Award (Y.A. contribution to Senior teams): B. Essein

John Powell I & D, Colt: E. Moore

Boy: B. Martin

Youth: A. Draper

Youth Trophy: R. Lashley

Honour Awards, Senior: G. Arthey, R. Bates, A. Hodge, D. Lee, D. Morris

Junior: B. Eldred, N. Levy, J. Murray, M. Narty

TRACK & FIELD 1990

Reports on the British and Southern League Campaigns and the GRE Cup.



Second and third ranked 100m runners Phil Davies and Mark Williams

Photograph Pat Calnan

BRITISH LEAGUE DIVISION ONE

MATCH ONE

Coptball

12th May, 1990

As in 1989, the opening fixture of the 1990 British League Division One season was dominated by another eligibility row, this time centred around Australian Andy Lloyd, the Commonwealth Games 5000m champion who was competing for Belgrave Harriers. This was however the least of team manager Andy Frankish's worries as surrounded by illness and injuries he struggled to turn out the sort of team needed to compete against the Haringey and Birchfield's of this world.

In the early field events we sadly missed the talents of Long/Triple Jumper Dwayne Heard currently working in the United States, and club Hammer record holder Nigel Spivey exiled in the wilds of North Wales. Their absence did however give two of the Club's young decathlete talents, Andy Hodge and Steve Hamson a chance to exhibit their all round abilities.

On the track we got off to a much more promising start, Nigel Keogh placed third in the 400m Hurdles "A" string whilst in the 800m "B" string Pete Lester clocked his fastest time for 5 years for fourth place. The star of the day was however, undoubtedly sprinter Mark Williams. In a blanket finish to the "A" string 100m he snatched second place

behind Belgrave's Lenny Paul. In the 200m "B" string he then went one better winning in a fine early season time of 21.5. He then finished a highly successful day by teaming up with Phil Davies, Garry Proctor and Rob Bates in the 4 x 100m relay gaining third place.

In the longer track events Bill Foster, now a 2hr 19mins Marathon man, showed that he's still got some speed left in his legs when he placed second in the "A" string 1500m behind the controversial Lloyd. In the 5000m Spencer Newport couldn't quite match his winning feat in the opening fixture of last season when in a high quality field he placed fourth behind Paul Evans, Mark King and John Sherban. Newport was ably supported in the "B" string by Jerry Barton who although beaten by Shaftesbury stalwart Julian Goater held on for second ahead of Haringey's Steve Harris.

Elsewhere there were encouraging British league debuts from Pole Vaulter Alan Hardy and Steeplechaser Nick May, it was also gratifying to see two members of last year's winning young athletes team Jamie Quarry and Jason Mulcahy on first team duty.

All this was however insufficient to save us from a disastrous start to the season, eighth, eleven points behind seventh placed Old Gaytonians. At the top Haringey made the best possible start in their attempt to regain the league title with a comfortable win, whilst defending champions Birchfield could manage only fifth place.

Blackheath A Results

100m	2. M. Williams	10.80
200m	6. P. Davies	21.70
100m	6. R. Bates	19.40
800m	8. P. Galloway	1:55.90
1500m	2. B. Foster	3:52.40
5000m	4. S. Newport	14:12.50
5000S/C	7. P. Calnan	9:49.40
110mH	8. N. Keogh	17.40
400mH	3. N. Keogh	53.90
IJ	8. A. Hodge	6.33
TJ	8. A. Hodge	13.04
HJ	7. A. Hodge	1.90
PV	5. A. Hardy	4.20
Shot	7. D. Morris	13.50
Disc	6. D. Morris	47.20
Jav	7. J. Kitching	54.72
Ham	7. C. Ellis	33.08
4 x 100m	3. G. Proctor, R. Bates, P. Davies, M. Williams	41.90
4 x 400m	5. P. Crossan, P. Byfield, R. Bates, N. Keogh	5:19.40

Blackheath B Results

100m	3. P. Davies	10.80
200m	1. M. Williams	21.50
100m	7. P. Byfield	51.50
800m	4. P. Lester	1:55.60
1500m	7. T. Baldock	4:03.70
5000m	2. J. Barton	14:22.80
5000S/C	4. N. May	9:50.50
110mH	8. I. Holder	17.40
400mH	5. J. Quarry	55.70
IJ	8. S. Harrison	5.70

165	7. P. Crossan	1.65
400	4. D. Coleman	4.00
13.12	4. J. Mulcahy	13.12
41.10	3. C. Ellis	41.10
46.70	3. S. Harrison	46.70
7. A. Hodge		

Match Result

1. Haringey 330; 2. Shaftesbury 309; 2. Belgrave 309; 4. Newham 285; 5. Birchfield 261; 6. Thames Valley 234; 7. Old Gaytonians 233; 8. Blackheath 222.

BRITISH LEAGUE DIVISION ONE

MATCH TWO

Crystal Palace

10th June, 1990

After the disasters of the first match the club was given an ideal opportunity to remedy the situation, a home match at Crystal Palace. This was in fact our first home match since

There were however a number of encouraging performances. Rob Bates showed that his decision to move up to 400m this season has been a good one, first of all by reaching a personal best in one of his former events the 100m and then with a storming run in the 400m producing a personal best of 48.04. In the 400m Hurdles "B" string, Lawrence Rogers was another man in form, clearly benefiting from being put through his paces by club high jump record holder Trevor Llewelyn, Rogers became the second fastest junior in club history with a superb new personal best of 53.73. Another youngster in form was 15 year old Bassey Essien who although he could place only eighth in the "A" string triple jump, showed great promise with a new personal best of 13.85m. A further personal best was recorded by Pete Lester in the "B" string 800m, at last beginning to fulfil the potential he showed as a 16 year old, Lester clocked a fine 1.53.62, in a race which saw Thames Valley's former Great Britain International Peter Browne break the world veteran's record. Elsewhere the team battled hard but with limited success, Spencer Newport in the 1500m "B" string and Andy Hodge in the high jump "B" string being the only 'heathens to break into the top two. The quality of the match being emphasised by the fact that in the "A" string high jump Warren Caswell found a 2.10m only good enough for fourth.

In the chase for the league title Haringey further strengthened their position at the top with another convincing win, Birchfield being their closest rivals, they were however now five points adrift in the current league standings.



Tony Baldock, a useful addition to the middle distance squad

Photograph Pat Calnan

BRITISH LEAGUE DIVISION ONE

MATCH THREE

Birmingham

7th July, 1990

If the British League season had proved to be a bad dream so far, at Birmingham it turned into a fully fledged nightmare. With a spectacular result required to give us any chance of avoiding relegation, we could again only manage last place. This meant that with still one match to go our seven year reign in division one had come to an end, not even a win in the final match being enough to save us.

The day had begun with one of the most extraordinary athletic performances of all time, a Hammer Throw of 1m 54cm, that's right 1m 54cm. With no "B" string Hammer thrower available, Pat Calnan stepped in to throw for a point, and whilst the other throwers held a sweepstake to guess how far he had thrown, Pat retired gracefully to the stand after a job well done.

The tables were turned however in the next of the long throws to take place, the Discus, as Darrin Morris gained our first "A" string victory of the season with a throw of 54.34m, the ever consistent Chris Ellis providing strong back up in the "B" string. There was also the welcome sight of Chris McGeorge back in action in the "B" string 800m, after missing numerous weeks of training due to a virus, McGeorge finished a highly creditable third in his first race of the season. At the other end of the experience scale eighteen year old Liam Bulson made a highly distinguished British League debut in the "B" string 1500m. Only Great Britain Steeplechase international Ken Penny of Haringey finishing in front of Bulson as he narrowly failed to break four minutes.

Blackheath A Results

100m	7.	G. Proctor	10.97
200m	8.	G. Proctor	22.91
400m	4.	R. Bates	48.04
800m	7.	P. Galloway	1.53.49
1500m	6.	B. Foster	3.57.05
5000m	6.	A. Guildler	14.28.90
3000S/C	6.	P. Calnan	9.42.31
110mH	5.	C. Hampllett	14.57
300mH	8.	J. Quarry	55.02
LJ	7.	D. Baker	6.73
TJ	8.	B. Essein	13.85
HJ	4.	W. Caswell	2.10
PV	5.	A. Hardy	4.20
Shot	7.	J. Mulcahy	13.88
Disc	3.	D. Morris	54.52
Jav	6.	J. Kitching	55.06
Ham	8.	N. Haffenden	41.90
4 X 100m DNF			
4 X 400m	7.	P. Byfield, B. Eldred, R. Bates, P. Galloway	3.19.08

Blackheath B Results

5.	R. Bates	10.78
8.	K. Hart	22.93
7.	P. Byfield	50.91
5.	P. Lester	1.53.62
2.	S. Newport	3.51.22
6.	T. Baldock	15.12.14
6.	T. Nash	9.57.11
5.	J. Quarry	14.99
4.	L. Rogers	53.73
7.	T. Llewelyn	6.52
7.	T. Llewelyn	12.90
2.	A. Hodge	1.95
3.	D. Coleman	3.80
3.	D. Morris	13.70
6.	C. Ellis	41.84
4.	S. Leishman	50.32
7.	C. Ellis	36.88

Match Result

1. Haringey 364; 2. Birchfield 333; 3. Belgrave 297; 4. Shaftesbury 279; 5. Thames Valley 270; 6. Newham 252; 7. Old Gaytonians 203; 8. Blackheath 191.

League Table

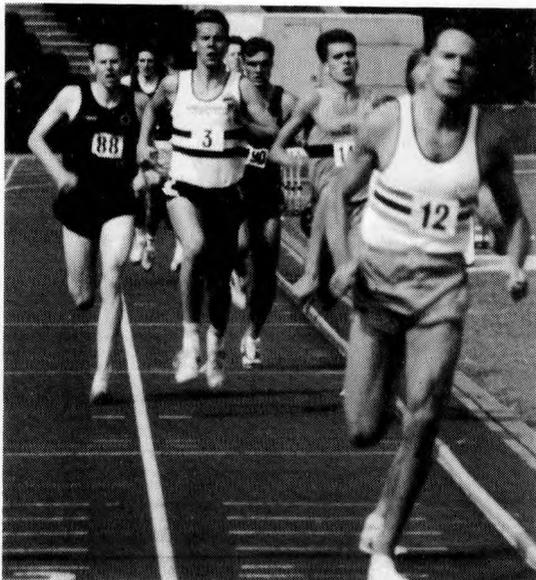
1. Haringey 16; 2. Belgrave 12½; 3. Shaftesbury 11½; 4. Birchfield 11; 5. Newham 8; 6. Thames Valley 7; 7. Old Gaytonians 4; 8. Blackheath 2.

BRITISH LEAGUE DIVISION ONE

MATCH FOUR

Newham

11th August, 1990



Paul Galloway, on the shoulder of Steve Heard!

Photograph Pat Calnan

Competing in his speciality event, the Steeplechase, for the first time in the British League, Spencer Newport took the race by the scruff of the neck right from the gun, immediately breaking the field up with only Shaftesbury's Dominic Bannister in close contention. The ambitious early pace however eventually proved too much for Newport as he succumbed to Bannister's sprint finish in the final straight. A much more even pace proving the key to his victory.

Elsewhere there was very little to cheer about, only Colin Hamplatt, who was just starting to hit form in time for the AAA Championships and Warren Caswell making the top three. A no height in the Pole Vault possibly costing us seventh place as we closed the gap between Old Gaytonians and ourselves to a mere four and a half points.

At the top another convincing Haringey Victory meant that the league championship trophy was virtually assured of a return to North London, with reigning champions Birchfield and Belgrave battling it out for the runners up spot.

Blackheath A Results			Blackheath B Results		
100m	8. K. Hart	11.56	7. P. Byfield	11.56	
200m	8. K. Hart	22.94	8. P. Byfield	23.46	
400m	4. S. Singham	49.75	6. P. Crossan	50.34	
800m	6. P. Galloway	1.55.30	3. C. McGeorge	1.52.55	
1500m	5. G. Cufford	4.03.90	2. I. Bulson	4.00.35	
5000m	6. B. Foster	14.47.06	6. T. Baldock	15.16.80	
3000S/C	2. S. Newport	8.52.79	7. P. Calnan	9.56.72	
110mH	3. C. Hamplatt	14.81	7. N. Keogh	17.74	
400mH	7. N. Keogh	54.27	7. P. Calnan	74.94	
LJ	6. P. Davies	6.70	8. P. Byfield	4.78	
TJ	8. P. Byfield	12.12	7. N. Keogh	11.74	
HJ	2. W. Caswell	2.10	8. P. Crossan	1.45	
PV	5. A. Hardy	4.00			
Shot	8. D. Morris	13.38	5. J. Mulcahy	13.13	
Disc	1. D. Morris	54.34	4. C. Ellis	40.40	
Jav	8. J. Kitching	53.30	5. S. Leishman	49.32	
Ham	8. C. Ellis	32.96	8. P. Calnan	1.54	
4 x 100m	5. P. Crossan, K. Hart, P. Davies, M. Williams	42.64			
4 x 400m	6. P. Crossan, P. Byfield, S. Singham, N. Keogh	3.19.88			

Match Result

1. Haringey 383; 2. Birchfield 335; 3. Belgrave 308; 4. Thames Valley 279; 5. Newham 261½; 6. Shaftesbury 226; 7. Old Gaytonians 195½; 8. Blackheath 191.

League Table

1. Haringey 24; 2. Belgrave 18½; 3. Birchfield 18; 4. Shaftesbury 14½; 5. Newham 12; 6. Thames Valley 12; 7. Old Gaytonians 6; 8. Blackheath 3.

The final British League match of the season arrived with very little left to fight for, save the pride of the team. Disappointingly though, the roar with which we had hoped to leave division one was replaced by a whimper, as we scored easily our lowest points total of the year and finished a distant last. On the plus side however thoughts of a quick return to the top flight must be encouraged by the fact that of the thirty-four individual "A" and "B" string events at Newham, twenty-one were covered by athletes under the age of twenty-four. Time is definitely on our side.

Newham did however produce the most outstanding individual performance of the league season. Colin Hamplatt has for a number of years now been a vital member of the first team, but during the months of July and August, he gradually moved towards the verge of international status. This he confirmed at Newham when he broke Graham Gravers nineteen year old club record for the 110m Hurdles, with a time of 14.09 seconds as he gained a convincing victory. But for the glut of top class international high hurdlers this country currently has, an international vest would surely have been forthcoming.

Elsewhere Tony Baldock and Alan Hardy rounded off consistent first seasons in Blackheath colours with typical battling performances in the 5000m and Pole Vault respectively. Baldock being particularly worthy of praise having run the 5000m in three of the four league fixtures. Another to show commendable club loyalty throughout the season has been javelin thrower John Kitching, despite having recently started work as a house doctor, Kitching still found time to compete in all four league fixtures. He will however be sorely missed in 1991, having gone to work in Australia for the next eighteen months. In addition to Baldock, Hardy and Kitching, special mention must also be made of Messrs Byfield, Galloway and Newport who also competed in all four matches, Paul Byfield in fact competed in seven different events. Their's is the spirit on which next years promotion drive must be based.

At the top, this was easily the closest match of the season with throughout the afternoon Haringey, Birchfield and Thames Valley all in contention. With just the 4 x 400m relay to go, the result remained in the balance, however a disaster on the first changeover for Birchfield virtually handed the match to Haringey, giving them four wins out of four and the league title. At the bottom, Old Gaytonians joined us in division two for 1991 together with Cardiff, Edinburgh Southern, Edinburgh AC and Enfield. The general feeling is however that our stay in division two will be a short one and that in 1992 we will be again challenging the might of Haringey and Birchfield for the British League Championship.

Blackheath A Results			Blackheath B Results		
100m	7. M. Williams	10.96	8. N. Thompson	11.50	
200m	5. M. Williams	21.97	6. N. Thompson	22.80	
400m	6. P. Byfield	50.69	4. P. Squires	50.70	
800m	7. P. Galloway	1.55.51	7. M. Lawton	1.59.22	
1500m	5. S. Newport	3.51.34	8. M. Lawton	4.16.50	
5000m	5. A. Guildler	14.52.83	4. T. Baldock	15.08.31	
3000S/C	6. M. Watling	9.45.10	5. N. May	10.09.25	
110mH	1. C. Hamplatt	14.09	6. N. Keogh	17.16	
400mH	6. N. Keogh	53.99	6. M. Lobb	57.32	
LJ	6. B. Weaver	6.82	6. A. Hodge	6.45	
TJ	8. B. Esscin	13.17	7. M. Lobb	10.76	
HJ	4. A. Hodge	2.00	6. Z. Brewster	1.80	
PV	6. A. Hardy	4.20			
Shot	8. R. Samuel	10.59	8. J. Kitching	9.42	
Disc	8. S. Harrison	32.12			
Jav	7. J. Kitching	50.38	6. R. Samuel	45.58	
Ham	8. P. Squires	18.40	7. A. Hodge	15.74	
4 x 100m	5. C. Hamplatt, M. Williams, N. Thompson, P. Byfield	42.77			
4 x 400m	6. P. Byfield, N. Keogh, P. Galloway, P. Squires	3.20.98			

Ellis 12.03m; HT 8. C. Ellis 36.00m; DT (50.78m) 3. C. Ellis 42.86; JT 7. S. Leishman 44.60; 4 × 100m (41.7) 2. BH 41.8; 4 × 400m (3:10.1) 3. BH 3:17.3.

Match Result

1. Woodford G. 133½; 2. Wolv. 128; 3. BH 100; 4. Stoke 96¼; 5. Wind SE. 88; 6. Warr'ton 68; 7. Cannock 64; 8. Morpeth 61.



Rob Bates, No. 1 at 100m & 400m and No. 2 at 200m

Photograph Pat Galnan

SOUTHERN LEAGUE DIVISION ONE

MATCH ONE

Havering

5th May, 1990

After a winter's slumber it always takes at least one fixture to re-activate those summer specialists of track and field. The phone calls seem never-ending catching up on movements, changes of address, jobs and not to mention school exam results!

(including a blistering 400m from Tony Cooper – sheer poetry in motion) – let us hope we do not continue in the same vein.

Blackheath A Results

100m	5. K. Hart	11.70
200m	5. P. Crossan	23.30
400m	2. R. Bates	49.10
800m	5. N. Wise	2.01.20
1500m	5. T. Baldock	4.04.90
5000m	3. M. Colpus	15.23.70
3000S/C	4. N. May	10.00.20
110mH	5. S. Tolson	20.70
400mH	4. I. Redgrave (J)	62.40
LJ	2. R. Chitty	6.00
TJ	5. R. Chitty	11.49
HJ	4. S. Tolson	1.75
PV	4. S. Tolson	3.40
Shot	4. C. Ellis (v/45)	11.83
Disc	2. C. Ellis (v/45)	41.70
Jav	4. C. Longley	45.72
Ham	5. C. Ellis (v/45)	37.76
4 × 100m	4. Blackheath	44.30
4 × 400m	4. Baldock 56.59, Wise 54.89, Crossan 51.25, Bate 50.12	3.32.90

Blackheath B Results

1. R. Bates	11.20
2. K. Hart	23.00
5. T. Cooper	61.00
5. M. Dyson	2.04.00
3. D. Hassall	4.09.80
2. M. Watling	15.41.00
3. P. Barlow	10.32.30
3. L. Redgrave (J)	17.90
4. P. Barlow	70.90
1. I. Redgrave (J)	5.91
4. S. Tolson	1.40
5. R. Chitty	10.49
4. R. Chitty	1.40
5. C. Longley	8.09
5. C. Brand (v/50)	25.74
4. C. Brand (v/50)	40.26
3. C. Brand (v/50)	25.92
44.30	

Match Result

1. Havering 133; 2. Herne Hill Harriers 111; 3. Hounslow 109; 4. Newham and Essex Beagles "B" 99½; 5. Blackheath Harriers "B" 81½.

SOUTHERN LEAGUE DIVISION ONE

MATCH TWO

Bracknell

26th May, 1990

With only two weeks gone since the start of the season, it was another hot and sticky day that saw the Div. 1 team off to Bracknell – for another tough fixture (or is it that the quality of competition is increasing each year?).

A welcome face in our midst was Trevor Llewellyn, that well known all-rounder (including the 400m Hurdles!), who took on six events, and youngsters like Andy Brown and Simon Leishman.

A strange day, the fixture was run in conjunction with a women's Area League – squashing the fixture into the start and finish of the day. We arrived just in time for the Hammer, with Dave Galvin (400m) and Richard Coe (most things) stepping in to our beleaguered slot.

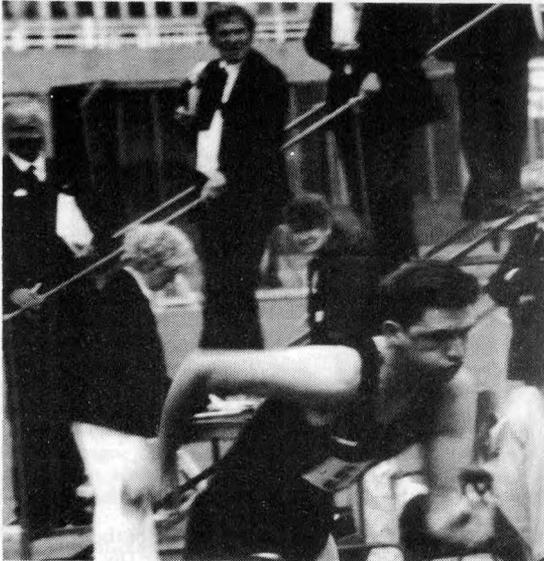
Well, how did we do? It was again a tough day on the track in all the events, with some of the times approaching those of the British League (e.g. 5000m, 14:20ish!) This gave us few placings for many of the track events. The field team were slightly better placed with the presence of Trevor, Garth Holder and James Cunningham (a stalwart of the 110m Hurdles "B" string) and the youngsters competing at senior level with commitment. The highlights of this day saw our newcomer, Shankin Singham, run 50.4 for 400m, Giles Clifford 1:55 in the 800m and a return to the

sub-2 stable for Mark Dyson. Trevor – the results tell it all, and a fine run by Roy Smith in the 5000m (his first Div. 1 track competition). If we could only avoid so many doublings etc. etc., to allow more effort by athletes for their particular event, then our positions would surely improve. Last again.

Blackheath A Results			Blackheath B Results		
100m	4. K. Hart	11.60	5. D. Galvin	15.30	
200m	4. K. Hart	23.10	1. P. Squires	23.30	
400m	3. S. Singham	50.40	3. G. Clifford	51.60	
800m	3. G. Clifford	1:55.00	4. M. Dyson	1:59.10	
1500m	5. D. Hassall	4:06.10	4. M. Dyson	4:15.50	
5000m	5. M. Watling	15:31.00	5. R. Smith	16:06.10	
3000S/C	4. J. Beck	10:02.90	5. R. Coe	10:42.50	
110mH	3. T. Llewelyn	17.00	4. J. Cunningham	20.50	
400mH	5. T. Llewelyn	65.70	4. R. Coe	66.50	
IJ	2. T. Llewelyn	6.69	2. G. Holder	5.96	
TJ	2. T. Llewelyn	13.20	3. G. Holder	11.66	
HJ	1. T. Llewelyn	1.90	5. G. Holder	1.50	
PV	2. J. Cunningham	3.35	4. G. Holder	2.45	
Shot	5. A. Brown (Yth)	10.28	2. G. Holder	9.99	
Disc	5. A. Brown (Yth)	31.84	5. S. Leishman (Jun)	26.86	
Jav	3. S. Leishman (Jun)	49.20	2. G. Holder	46.06	
Ham	5. D. Galvin	15.00	5. R. Coe	14.84	
4 x 100m	4. Hart, Squires, Llewelyn, Leishman			45.90	
4 x 400m	4. Clifford, Llewelyn, Squires, Singham				

Match Result

1. Ilford 132; 2. Bracknell 121½; 3. Chelmsford 105½; 4. Milton Keynes 96; 5. Blackheath Harriers "B" 84.



Pat Crossan, second ranked over the Quarter Mile

Photograph Pat Galnan

SOUTHERN LEAGUE DIVISION ONE

MATCH THREE

Norman Park

23rd June, 1990

A double fixture at home is always a good day. The weather was hot, but deteriorated to almost a swimming competition by the end of the day. If Blackheath's teams were low on morale after the previous two pastings, then here was an opportunity to regain a little confidence. A few faces had again been lost to the British League, but with exams over, other younger members of the Club were now available. Our strength was also increased by the presence of Nigel Keogh, having missed the British League with injury. A return from injury was also the case for Gary Pullen and with Bob Weaver making a comeback, things were looking up!

The track had got its act together, with wins from Pat Crossan, Pat Squires and Nigel Keogh in the sprints. Nigel May in the 400m Hurdles (surprise, surprise) and for Nick Watling (two men to watch in this event). With second places from the evergreen Steve Green (looking a little more portly these days), Liam Bulson (1500m), Gary Pullen, Simon Cole, Gus Singer and Dave Hassall, it was a marked improvement on previous fixtures.

The field events were again assisted by juniors, placing well in many of the events with Sam Bobb winning the Triple Jump, Richard Samuel second in the Javelin and Andy Brown second in the Shot, coupled with Gary Pullen and Bob Weavers Long Jump double act and a versatile Tony Linford allowed the Div. 1 team their first win of the season staying clear of both Medway and Dartford. This only goes to prove that we can produce winning teams when we put our mind to it!

Blackheath A Results			Blackheath B Results		
100m	2. S. Green	11.40	5. G. Singer (Jun)	12.30	
200m	4. D. Emery	23.30	1. N. Keogh	23.20	
400m	1. P. Crossan	49.30	1. P. Squires	50.30	
800m	3. T. Linford	1:57.10	2. S. Cole (Jun)	1:56.30	
1500m	2. L. Bulson (Jun)	4:03.40	2. D. Hassall	4:08.40	
5000m	5. J. Beck	16:08.80	5. N. Kinsey	16:09.80	
3000S/C	2. M. Watling	9:42.60	1. N. May	9:47.80	
110mH	2. G. Pullen	16.50	2. G. Singer (Jun)	17.60	
400mH	1. N. Keogh	53.80	3. D. Grierson (Jun)	59.90	
IJ	2. G. Pullen	6.82	1. B. Weaver	6.81	
TJ	1. S. Bobb (Yth)	13.25	1. N. Keogh	12.50	
HJ	3. G. Pullen	1.80	3. T. Linford	1.70	
PV	4. J. Cunningham	3.20	2. G. Holder	3.05	
Shot	3. G. Pullen	12.10	4. R. Samuel (Jun)	10.50	
Disc	2. G. Pullen	37.66	2. A. Brown (Yth)	33.02	
Jav	2. R. Samuel (Jun)	51.80	2. G. Holder	48.50	
Ham	5. J. Wakeman (v40)	20.34	5. P. Squires	16.70	
4 x 100m	3. Blackheath (Keogh, Squires, Emery, Crossan)			45.70	
4 x 400m	1. Blackheath (Keogh, Squires, Emery, Crossan)			3:21.50	

Match Result

1. Blackheath Harriers "B" 127; 2. Medway 120; 3. Dartford 107; 4. Bedford 91½; 5. Oxford City 88.

SOUTHERN LEAGUE DIVISION ONE

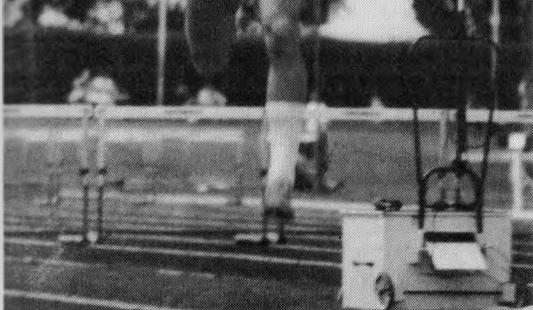
MATCH FOUR

Plymouth

7th July, 1990

July 7th was a day when the Club had to field four teams on one day. It also coincided with Dave Hassall becoming a dad. (Congratulations Dave and Heather). The Division One fixture had by now been moved from Portsmouth to Plymouth. Athletically and administratively the Club was stretched to its limits.

One factor in our favour was that there was no clash with the Young Athletes' League and so we were able to use some of our talented youngsters. Noel Levy made his debut for the team in the 400m Hurdles going under 60 secs on his first attempt at the 3 foot hurdles. With the team short in numbers, he followed up with runs in the flat 400m and the Relay. Sam Appiah, also a first year youth, made his debut as well. He ran an excellent 11.6 in the 100m but, as he is playing football regularly for Charlton Athletics schoolboy team, it seems that this year will mark the end of his athletics career. Andrew Brown, fast becoming a regular in Senior teams, scored valuable points in the Shot and Discus, while Sam Bobb was unable to build on his spectacular Triple Jump debut in the previous fixture.



'Star' of Division One, Gary Pullen

Photograph Pat Calnan

Blackheath's star of the day, yet again, was Gary Pullen who drove down from Brighton on the day and competed in six events. Most notable was his 13.02m victory in the Shot. He also won the "B" string High Jump and placed highly in the 110m Hurdles, Long Jump, Discus and Javelin. He scored more points in one afternoon than some do in a season. Other good performances came from Pete Lester (800m) and in the 5000m Bill O'Donnell in his only track appearance of the year for the Club.

An injured Mark Colpus also ran in the 5000m, a late call up to the squad. By filling all the events, we got a reasonable third place and continued our upward climb in the league. In the process we beat Shaftesbury's "B" team for the sixth successive season and their poor fifth place began their decline which led to their relegation at the end of the season.

Thanks to all those who turned out and special thanks to all those who covered more than just their normal events.

Blackheath A Results

100m	4.	S. Appiah (Yth)	11.60
200m	1	S. Appiah (Yth)	24.10
400m	4.	N. Levy (Yth)	54.60
800m	2.	P. Lester	1.58.20
1500m	3.	M. Dyson	4.10.10
5000m	2.	B. O'Donnell	15.00.70
3000S/C	2.	M. Watling	10.15.50
110mH	2.	G. Pullen	16.40
400mH	4.	D. Grierson (Jun)	64.40
LJ	2.	G. Pullen	6.58
TJ	5.	S. Bobb (Yth)	12.08
HJ	2.	S. Tolson	1.75
PV	3.	S. Tolson	3.20
Shot	1.	G. Pullen	13.02
Disc	2.	G. Pullen	39.38
Jav	3.	G. Pullen	39.96
Ham	3.	P. Squires	17.16
4 x 100m	5.	Blackheath (Appiah, Chitty, Grierson, Cunningham)	48.20
4 x 400m	2.	Blackheath (Lester, Levy, Grierson, Dyson)	3.34.00

Blackheath B Results

5.	P. Squires	12.80
3.	D. Grierson (Jun)	24.80
3.	M. Dyson	61.50
3.	M. Lawton	2.05.80
4.	M. Lawton	4.16.90
4.	M. Colpus	16.18.90
4.	P. Barlow	10.38.00
3.	S. Tolson	19.70
3.	N. Levy (Yth)	59.20
1.	R. Chitty	5.98
3.	R. Chitty	11.90
1.	G. Pullen	1.70
2.	J. Cunningham	3.20
4.	A. Brown (Yth)	9.56
2.	A. Brown (Yth)	31.86
3.	S. Tolson	33.14
-	R. Chitty	N/T

Match Result

1. Royal Navy 146; 2. Harlow 124; 3. Blackheath Harriers "B" 107; 4. S.L.H. 97; 5. Shaftesbury Barnet "B" 53.

The fixture itself, to our minds, was not too hard - we were to face the top three clubs in the next fixture. Our opponents were Old Gaytonians, Guildford and the hosts Norfolk Olympiads with the Met. Police team already propping up the rest of the division. The track was only a year old and the "records" on the clubhouse wall were being assessed by the keen eyed Pat Calnan (who noticed the javelin record at some 70m+ by a certain Peter Yates); some of these may go today

True enough new records were set by Neil Thompson in the 200m, Dave Lee in the Steeplechase and we were very close in the 4 x 400m. The presence of young Trevor Llewelyn in the field always adds extra clout to the team, proving this once more with 2.70 in the Pole Vault off a three stride run up. Wins for Trevor in the High Jump, Dave Lee and Nick May in the Steeplechase and Neil Thompson in the 200m helped to pressurise the home team and bring us second place comfortably ahead of Old Gaytonians, Guildford and the Met. Police. Covering events has always proved a good policy and thanks will always go to those willing to have a go as was the case with Pat Squires and Neil Thompson in the Hammer, although points were lost

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in the "B" string Shot. Let us hope that with the strength and depth we have over a wide range of ages and talents, we overcome our hopefully short term difficulties of this season so that in years to come the results, although excellent under the circumstances, will not be so much of a struggle to achieve.

Blackheath A Results			Blackheath B Results		
100m	3.	N. Thompson 11.20	3.	D. Emery	11.50
200m	1.	N. Thompson 22.30	2.	T. Llewelyn	23.30
400m	1.	P. Squires 51.20	1.	D. Emery	50.30
800m	3.	M. Dyson 1.57.90	3.	D. Hassall	2.03.30
1500m	3.	T. Nash 3.58.30	3.	D. Heath	4.02.50
5000m	2.	A. Hollens 14.56.70	3.	D. Williams	16.12.90
3000S/C	1.	D. Lee 9.04.20	1.	N. May	9.42.80
110mH	2.	G. Singer 16.30	4.	S. Tolson	20.00
400mH	3.	M. Lobb 59.60	2.	A. Hodge	57.20
IJ	2.	T. Llewelyn 6.63	3.	G. Singer	5.81
TJ	2.	T. Llewelyn 12.96	4.	S. Tolson	10.98
HJ	1.	A. Hodge 1.90	1.	T. Llewelyn	1.85
PV	2.	S. Tolson 3.40	4.	T. Llewelyn	2.70
Shot	4.	A. Brown 10.69			
Disc	5.	C. Longley 30.92	5.	A. Brown	30.48
Jav	4.	A. Hodge 43.70	3.	C. Longley	42.44
Ham	5.	P. Squires 19.70	5.	N. Thompson	15.12
4 x 100m	4.	Blackheath			45.90
4 x 400m	2.	Blackheath			3.27.20

Match Result

1. Norfolk Olympiades 144; 2. Blackheath 112; 3. Old Gaytonians 100; 4. Guildford 96; 5. Met. Police 79.



Trevor Llewelyn hands over to multi-events specialist, Simon Leishman

Photograph Pat Calnan

SOUTHERN LEAGUE DIVISION ONE

MATCH SIX

Norman Park

11th August, 1990

The last league fixture of a truly over-crowded racing season, on a day when the British League again took precedence over the lower teams and all the athletes performed the telephone two-step, dancing from team to team as athletes were lost to holidays, injuries and possibly weddings.

Having saved ourselves from relegation, at least this fixture held no fears for us to steel ourselves against, especially with the top three teams from the Division present and battling for promotion. Perhaps it is therefore not surprising to see us finish 4th under the circumstances.

Upon reflection, this season has been a frustrating one, with so many athletes going astray for one reason or another, leaving the dedicated few to rally round and support the efforts of all those who spend their nights constantly ringing round, a flick through these pages will show you the frequency of names that occur and re-occur. Blackheath has the strength and depth to put out winning teams at all levels throughout all the divisions we span, all that is required is a little planning from our competing members and a team spirit where we all pull together (a spirit that is missing in most other clubs). It is fair to say that we have had more than our fair share of injury and mishap over this season, perhaps these have to take place, to maintain a status quo. If this is the case, I only hope they come around every few hundred years!

Yours frustratedly,

David Hassall,

(Team Captain, Southern League Div. 1, 1990).

Blackheath A Results			Blackheath B Results		
100m	4.	P. Crossan 11.90	3.	K. Hart	11.50
200m	3.	M. Narty 22.70	3.	K. Hart	23.00
400m	2.	P. Crossan 49.80	3.	P. Featherston	51.60
800m	3.	D. Heath 1.58.00	3.	K. Wheeler	1.57.60
1500m	5.	A. Thompson 4.12.40	4.	A. Draper	4.15.80
5000m	4.	P. Calnan 15.45.20	3.	H. Morten	16.04.30
3000S/C	5.	D. Williams 10.12.00	4.	P. Calnan	10.24.40
110mH	1.	A. Sharpe 15.50	2.	T. Llewelyn	16.40
400mH	5.	T. Llewelyn 72.40	4.	D. Grierson	61.70
IJ	3.	A. Sharpe 6.63	2.	T. Llewelyn	6.46
TJ	3.	T. Llewelyn 12.90	3.	E. Clarke	12.43
HJ	2.	T. Llewelyn 1.90	4.	S. Tolson	1.75
PV	4.	S. Tolson 3.20	3.	J. Wakeman	3.00
Shot	5.	G. Hickey 9.90	4.	J. Wakeman	8.89
Disc	5.	A. Elgy 30.62	5.	S. Leishman	26.88
Jav	3.	A. Sharpe 49.98	1.	S. Leishman	48.92
Ham	4.	S. Timmins 34.74	3.	T. Llewelyn	17.38
4 x 100m	3.	Blackheath (Crossan, Sharpe, Hart, Narty)			43.30
4 x 400m	4.	Blackheath (Featherston, P. Lester, Heath, Crossan)			3.28.80

Match Result

1. Highgate 131; 2. Peterborough 128; 3. Bournemouth 120; 4. Blackheath 94; 5. Basingstoke 62.

Final League Table Division 1

Total match points scored shown in brackets.

1. Havering	28	(812½)
2. Peterborough	28	(806)
3. Hounslow	28	(801)
4. Highgate	28	(775½)
5. Bournemouth	25	(737½)
6. Herne Hill	25	(694½)
7. Medway	22	(701)
8. Bracknell	21	(658)
9. Ilford	20	(672)
10. Norfolk Oly.	19	(694)
11. Harlow	19	(662)
12. Basingstoke	18	(616)
13. BLACKHEATH	16	(605½)
14. Newham & EB	15	(623½)
15. Old Gaytonians	15	(610½)
16. Bedford	15	(602½)
17. Royal Navy	15	(547)
18. Guildford	14½	(584½)
19. Chelmsford	14	(585½)
20. Milton Keynes	14	(565½)
21. Shaftesbury Barnet	14	(543½)
22. Dartford	12	(585)
23. South London H	11	(568½)
24. Oxford City	7½	(463½)
25. Met. Police	6	(468)

Bottom five teams relegated to Division 2 subject to result of British League qualifying match.



Anthony Draper dreams of creaming the opposition

Photograph Pat Calnan

SOUTHERN LEAGUE DIVISION THREE

MATCH ONE

Norman Park

5th May, 1990

Our first match of the season began badly with Dacorum hoovering up the early points in the track and field through their star decathlete (no, not him).

However it was evident that they had no middle/long distance back up, thus allowing East Grinstead and Blackheath to get amongst the points. We scored very well in the middle distance with four firsts in the 800/1500 and it was good to see Peter Lester back in the 1m 55s form and young Anthony Draper improving to 4m 15s for 1500 which he was to improve to 4m 11s by the end of the season.

As you will see here, the alarming feature is the four events where Blackheath had no competitor in the "B" string. When you see that 10 points would have given us second place and close to first, this becomes a worrying trend although it should be said that it occurred mainly because athletes were taken up into the first and second teams at late notice – another worrying trend which was to continue throughout the season.

However we comfortably beat TVH's third team to retain our status as the highest third team in the Southern League if not in the country.

Blackheath A Results			Blackheath B Results		
100m	5. R Pinson	12.20	4. S. Pearce	11.80	
200m	2. B. Eldred	23.30	4. S. Pearce	23.70	
400m	3. P. Squires	50.70	1. J. Murray	50.90	
800m	1. P. Lester	1.55.60	1. G. Spencer	2.04.00	
1500m	1. N. Davidson	4.12.20	1. A. Draper	4.15.70	
5000m	4. M. Farrell	16.27.50	2. B. Mellish	16.44.40	
3000S/C	5. C. Huntley	10.27.40			
110mH	3. I. Holder	18.20			
400mH	4. N. Davidson	65.40	3. M. Trevisan	64.00	
LJ	4. S. Harrison	5.70	3. I. Holder	5.54	
TJ	4. P. Lester	10.40			
HJ	4. I. Holder	1.60	4. A. Fairbairn	1.20	
PV	1. D. Colman	3.80	2. J. Day	2.90	
Shot	2. R. Samuel	11.17	2. G. Hickey	10.65	
Disc	3. A. Fairbairn	32.96	2. A. Elgy	30.96	
Jav	1. S. Harrison	48.90	1. R. Samuel	47.64	
Ham	5. P. Squires	14.06			
4 x 100m	3. Blackheath			45.40	
4 x 400m	1. Blackheath			3.26.10	

Match Result

1. East Grinstead 123; 2. Dacorum 120; 3. Blackheath 110½; 4. Thames Valley 97; 5. Great Yarmouth 74½.

we really needed a spark to ignite our confidence. Alas this was not forthcoming but we all knew that on a good day we could have finished at least second in this company.



Carl Longley, regular contributor to the Division Three team

Photograph Pat Calnan

Blackheath A Results			Blackheath B Results		
100m	5. R Hunter	12.40	3. S. Pearce	12.10	
200m	4. S. Pearce	24.00	2. B. Gardner	23.40	
400m	3. B. Minting	52.50	4. D. Grierson	53.90	
800m	3. N. Wise	2.00.10	3. G. Spencer	2.03.90	
1500m	5. N. Davidson	4.14.50	4. D. Williams	4.19.50	
5000m	4. M. Farrell	16.05.00	2. P. Barlow	16.39.90	
3000S/C	4. C. Huntley	10.20.20	3. P. Barlow	10.55.30	
110mH	4. S. Tolson	19.60	4. M. Trevisan	22.60	
400mH	4. M. Trevisan	66.20	4. N. Davidson	65.30	
LJ	3. R. Chitty	6.08	1. S. Tolson	5.66	
TJ	2. R. Chitty	12.15	4. S. Tolson	10.69	
HJ	5. S. Tolson	1.75	3. R. Chitty	1.50	
PV	2. S. Tolson	3.40	3. M. Davies	2.30	
Shot	4. C. Longley	9.73	3. R. Chitty	8.34	
Disc	4. C. Longley	29.24	2. R. Hunter	28.18	
Jav	3. C. Longley	43.70	4. S. Tolson	38.28	
Ham	2. M. Davies	26.30	4. R. Chitty	15.40	
4 x 100m	5. Blackheath			46.20	
4 x 400m	3. Blackheath			3.35.70	

Match Result

1. Jersey Spartan 128; 2. Havant 108½; 3. Woodford Green 105½; 4. Ipswich 96; 5. Blackheath 94.

SOUTHERN LEAGUE DIVISION THREE

MATCH FOUR

Walton

7th July, 1990

The home team Richmond only just managed to hold off the challenge from a hard working Blackheath team.

Due to a lack of athletes again there were many Blackheath men in two or more events but in every case good points were achieved. Neil Wise got two second places in the middle distances and young Anthony Algeo was first and second in the same events. John Beck did extremely well to get first and second in the 5000m and the 3000s/c whilst Martin Lobb, back from Loughborough for the summer, also got a first and second place in the 400 hurdles and the 400 flat. Mention should be made of Nick May who ran under ten minutes in the steeplechase and should go on to a higher level of competition in this toughest of events if he so chooses. (Who would blame him if he did not!)

In the field Ian Holder did four events collecting twelve points for his efforts and Colin Brand and Carl Longley did three events each. We could have won this match with (a) a little bit of luck or (b) one or two more athletes but alas it was not to be. We'll get them next time.



Simon Tolson, multi-events specialist

Photograph Bill Graham

SOUTHERN LEAGUE DIVISION THREE

MATCH THREE

Norman Park

23rd June, 1990

A beautiful afternoon at Norman Park was only interrupted by the usual thunderstorm immediately prior to the 1500.

Whilst we scraped home by 0.5 of a point it is again disconcerting to see wasted points in both hurdles events which at this level is crazy since any decent sprinter/middle distance man can stumble round and score two or more points - there is always another club in these events for a point.

On the track Hugh Morton did very well in the 5000 to get second in 15m 47s and Neil Wise finally broke the two minute barrier this season in 1m 58.9s. Simon Tolson was as valuable as ever winning two field events and picking up seven more points spread across the 110H, long jump and triple jump.

The match was very close between four teams all afternoon and only after the last event did we know that we had edged out Colchester and collected a valuable maximum pointer.

Blackheath A Results			Blackheath B Results		
100m	4. R Hunter	12.30	2. S. Pearce	12.00	
200m	2. P. Featherstone	24.20	2. S. Pearce	23.90	
400m	2. S. Singham	51.00	2. D. Galvin	51.70	
800m	3. M. Dyson	2.03.60	2. N. Wise	1:58.90	
1500m	4. A. Algeo	4:16.40	2. N. Davidson	4:19.90	
5000m	2. H. Morton	15:47.50	1. R. Coe	16:06.10	
3000S/C	2. P. Barlow	10:23.10	2. M. Robertson	10:47.20	
110mH	4. S. Tolson	19.60			
400mH	4. N. Davidson	65.70			
IJ	2. R. Chitty	6.13	3. S. Tolson	5.12	
TJ	4. R. Chitty	11.36	4. S. Tolson	10.63	
HJ	1. S. Tolson	1.75	1. R. Holt	1.75	
PV	1. S. Tolson	3.35	1. J. Day	2.90	
Shot	3. A. Elgy	10.40	2. G. Hickey	10.15	
Disc	2. A. Elgy	30.86	3. R. Hunter	24.48	
Jav	3. C. Longley	45.08	3. C. Brand	40.42	
Ham	5. C. Brand	25.86	4. G. Hickey	21.64	
4 x 100m	2. Blackheath			45.10	
4 x 400m	2. Blackheath			3:30.30	

Match Result

1. Blackheath 118; 2. Colchester 117½; 3. Huntingdon 115; 4. Haslemere 110; 5. Hertford 65½.

Blackheath A Results

100m	3. S. Pearce	12.10	2. R. Holt	12.30
200m	3. S. Pearce	24.20	2. J. Forrest	24.00
400m	1. P. Featherstone	51.70	2. M. Lobb	53.00
800m	2. N. Wise	2:00.90	2. A. Algeo	2:04.30
1500m	2. N. Wise	4:16.90	1. A. Algeo	4:18.00
5000m	2. J. Beck	16:31.20	3. M. Robertson	17:51.10
3000S/C	1. N. May	9:58.40	1. J. Beck	10:23.70
110mH	3. I. Holder	18.00	4. S. Harrison	22.90
400mH	1. M. Lobb	59.00		
IJ	2. S. Timmins	5.81	1. I. Holder	5.74
TJ	1. E. Clarke	12.42	3. I. Holder	10.68
HJ	5. I. Holder	1.70	3. C. Longley	1.60
PV	2. J. Wakeman	3.30	1. J. Day	3.00
Shot	4. C. Longley	9.12	4. C. Brand	8.78
Disc	2. A. Fairbairn	31.91	3. C. Longley	30.28
Jav	2. C. Longley	46.04	2. C. Brand	41.20
Ham	4. S. Timmins	36.38	3. C. Brand	24.68
4 x 100m	2. Blackheath			47.00
4 x 400m	3. Blackheath			3:38.30

Match Result

1. Richmond 132; 2. Blackheath 128; 3. Exeter 113; 4. Diss 103; 5. Tower Hamlets 48.

SOUTHERN LEAGUE DIVISION THREE

MATCH FIVE

Deangate

21st July, 1990

The summer would not be complete without a trip through the Kent countryside to the track at Deangate. It was one of those sweltering days of heat which you will have long since forgotten where the sun blazes down and the main battle was getting under the shade.

Manager Simon Parsons did well on the day to fill every event and the team was unlucky to finish fourth - only eight points behind second placed Hercules Wimbledon. The results show that we had 18 fourth or fifth placings on the day, so wins by Paul Featherstone, Mark Watling, Ian Holder and Bob Weaver were very welcome indeed.

Ali Browne moved up to Division 3 to again show his sprinting ability with a 11.8 second place in the 110m and it was good to see Richard Holt back from a long bout of illness.



Mark Farrell, much improved at 5000m

Photograph Pat Calnan

Blackheath A Results			Blackheath B Results		
100m	2. A. Browne	11.80	4. R. Holt	12.50	
200m	3. R. Holt	25.50	2. P. Featherstone	24.30	
400m	1. P. Featherstone	52.00	2. D. Grierson	54.10	
800m	4. C. Huntley	2.09.70	4. M. Watling	2.04.60	
1500m	1. M. Lawton	4.07.60	4. C. Huntley	4.48.80	
5000m	4. A. Cooper	16.22.50	4. P. Barlow	17.08.00	
3000S/C	1. M. Watling	10.16.70	2. M. Robertson	10.30.00	
110mH	4. A. Browne	18.00	1. I. Holder	17.30	
400mH	4. D. Grierson	61.10	4. N. Davidson	67.10	
LJ	1. R. Weaver	7.05	5. D. Tibbott	4.83	
TJ	5. R. Chitty	12.10	2. G. Murphy	11.56	
HJ	4. G. Murphy	1.75	3. I. Holder	1.65	
PV	3. J. Wakeman	3.20	2. J. Day	3.00	
Shot	5. A. Browne	8.84	3. J. Wakeman	8.55	
Disc	5. J. Wakeman	26.04	4. D. Tibbott	17.00	
Jav	4. R. Chitty	31.56	4. R. Holt	31.24	
Ham	5. A. Browne	18.86	4. S. Parsons	5.40	
4 x 100m	3. Blackheath			46.70	
4 x 400m	2. Blackheath			3.33.20	

Match Result

1. Worthing 149; 2. Hercules Wimbledon 108; 3. Bexley 102; 4. Blackheath 100; 5. Swindon 75.

...the last fixture but then so do the other clubs unless they are fighting for promotion or against relegation. I seem to remember battling hopelessly against Gary Marlow and Andy Bristow at the end of last season for these reasons. (They won.)

On the track there were some excellent results from young Barry Gardner getting two seconds in the sprints, Ali Browne winning the 400m in an impressive 51.5 (is there anything this guy cannot do?) and Neil Wise again winning the 800m in under 2 minutes. The 5000 proved to be a good banker with Mark Steinle and Mark Farrell winning both "A" and "B" strings respectively. Lee Redgrave did two track events and two jumps to produce eleven points and Colin Brand did four field events including the triple jump.

Although the team on the day came fourth, our league position was safely above half-way and with a better year in 1991 we could be close to the top six.

Blackheath A Results			Blackheath B Results		
100m	2. B. Gardner	11.50	2. S. Pearce	11.80	
200m	2. B. Gardner	23.50	2. N. Gardner	24.00	
400m	1. A. Browne	51.50	4. R. Hunter	55.70	
800m	1. N. Wise	1.59.40	3. C. Anderson	2.08.70	
1500m	3. A. Algeo	4.15.40	4. M. Farrell	4.36.50	
5000m	1. M. Steinle	15.58.80	1. M. Farrell	16.13.00	
3000S/C	2. J. Beck	10.09.30			
110mH	3. L. Redgrave	18.10			
400mH	3. L. Redgrave	61.70	3. M. Trevison	66.50	
LJ	3. L. Redgrave	6.27	4. A. Browne	5.12	
TJ	5. C. Brand	8.67	5. R. Hunter	8.56	
HJ	4. L. Redgrave	1.65			
PV					
Shot	4. A. Fairbairn	8.64	4. A. Browne	7.74	
Disc	5. A. Fairbairn	32.50	4. C. Brand	26.40	
Jav	4. C. Brand	42.02	3. M. Trevison	36.90	
Ham	5. C. Brand	25.14	4. A. Fairbairn	26.68	
4 x 100m	5. Blackheath			50.00	
4 x 400m	4. Blackheath			3.45.60	

Match Result

1. Cambridge & Coleridge 153½; 2. Newbury 120; 3. Walton 92½; 4. Blackheath 86½; 5. Croydon 78.

Final Positions Division Three

Total match points scored shown in brackets.

1. Jersey	29 (852)	14. Huntingdon	17 (621)
2. Worthing	29 (823)	15. Colchester	17 (610)
3. Cambridge & Col. 27	(843)	16. Bexley	16 (636)
4. Havant	26 (751)	17. Thames Valley	16 (627)
5. East Grinstead	25½ (748)	18. Haslemere	15 (607)
6. Dacorum	25 (771)	19. Walton	12 (535)
7. Richmond	22½ (699)	20. Hertford & Ware	12 (508)
8. Newbury	22 (706)	21. Diss	11 (589)
9. Woodford Green	21 (699)	22. Croydon	10 (510)
10. Herc. Wimbledon	20 (646)	23. Gt. Yarmouth	10 (425)
11. Exeter	18½ (647)	24. Swindon	7½ (448)
12. Blackheath	17 (637)	25. Tower Hamlets	7 (292)
13. Ipswich	17 (622)		



Anthony Algeo, regular competitor in Junior and Senior fixtures

Photograph Pat Calnan

SOUTHERN LEAGUE DIVISION SEVEN MATCH ONE

Norman Park

5th May, 1990

Time was that you could turn up at a Southern League match safe in the knowledge that each stream of each event would have an athlete versed in that discipline who would perform when requested to and who could then spend the remainder of the proceedings relaxing, warming down and cheering on the rest of the team. There was always the odd multi-event specialist, the Colin Brands and Roger Ebbutts who would be available for two, three or even four events, but these were the exceptions, one event per person was the norm.

Not so now! Despite the Club having almost 1,000 members, getting people to perform in the lower regions of the Southern League is a task of Herculean proportions. But those who do turn out, those who "give it a go" are guaranteed an afternoon of such varied athletic delights, that it will be many a year before their performances in cross-discipline events will fade from their memories (or their limbs!).

Take this, the first match of the Southern League Division 7, for instance. A baking hot day at Norman Park and competition from six other teams (Chesham failed to show). Half the fourth team drafted into the third team at the last minute, including vaulters, chasers and sprinters, and several "athletes" turning up on the off chance of doing a non-scoring event. By the end of the afternoon we had witnessed several performances of heroic proportions from the thirteen athletes in the squad and few could have predicted their degree of involvement that would be displayed over the course of the afternoon's events.

Take Paul Betts for instance – on the road to recovery after a bout of pneumonia – he tentatively ventured along to do a 110m Hurdles. For a warm up he did the 400m Hurdles and as a warm down – the 3000 Steeplechase, he also managed to squeeze in the 200m "B" as a speed session.

Steve Freemantle, a last minute recruit turned up and offered to do "anything", this turned out to be both Long and Triple Jumps, combined with Shot and a gruelling

5000m race. Simon Parsons was another of the six who each undertook four events covering the Long Jump, 100m, 200m and a leg of the 4 × 100m relay. Team manager, Jim Phelan, sidelined from his usual middle-distance performances by a mid-week calf injury, also managed to get in four events – Shot, Discus and Hammer as well as the oddest High Jump event ever witnessed at Norman Park, or perhaps anywhere else for that matter, where 11 of the 13 competitors all cleared the same height, 1.20, and fractions had to be introduced into the scoring as a result of all "B" competitors clearing the same height. Mike Allen and David Grierson were the two other four-eventers; Mike taking in the 400m flat and Hurdles as well as the 100 and 400m relays, while David produced the only victory of the day by winning the "B" 400m as well as running the 100m and both relay events.

Old stager Ken Daniel somehow got away with just three events – the 800m, 1500m and Javelin, whilst Anthony Algeo performed well in both his outings. A third place in the 800m and a superb leg of the 4 × 400m relay that saw him claw back a big differential in the second leg of what turned out to be an exciting finale.

Yet another who turned up to "have a go" was John Ashdown – a veteran cross-country runner who gained valuable points for us on his debut in the Shot and High Jump. Most welcome return to the track, though, must go to the appearance of Steve Green who, after six months of chemotherapy returned to Norman Park to help out and took third place in the "A" stream Javelin as well as running a leg of the 100m relay.

Of those who got away with a single performance, mention must go to veteran Hugh Morten, who on making his return to Southern League athletics after a gap of twenty years, produced an excellent 1500m to take third spot in the "A" race with 4:18.5. Adrian Musson interrupted an afternoon of building work to come and throw the Discus and Martin Athawes, a seasoned performer in all divisions of the Southern League, ran yet another useful 5000 metres.

"Last minute recruit of the day" award must go to Richard Morten, who was listening to the football results in the car park when an unforeseen gap appeared in the Steeplechase ranks. He changed in an instant but unfortunately both divisions were run together and he missed the start. Undaunted, he remained in kit and ran the opening leg of the 4 × 400m relay, setting up a thrilling race in which the 'heath came through the field from 6th to 3rd.

His and the rest of the team's attitudes typify the spirit that makes the fourth team a viable concern. We came fourth out of the seven clubs involved, the only "D" team in the Southern League, and everyone who wanted to perform did so. Long may the spirit of "have a go" continue.

J.P.

Blackheath A Results				Blackheath B Results			
100m	3.	D. Grierson	12.30	3.	S. Parsons	13.10	
200m	4.	S. Parsons	27.00	5.	P. Betts	28.90	
400m	3.	M. Allen	58.00	1.	D. Grierson	54.40	
800m	3.	A. Algeo	2:02.40	4.	K. Daniel	2:07.00	
1500m	3.	H. Morten	4:18.50	2.	K. Daniel	4:22.90	
5000m	4.	S. Freemantle	16:59.00	3.	M. Athawes	17:24.30	
3000S/C	3.	P. Betts	10:27.00				
110mH	2.	P. Betts	21.50				
400mH	5.	M. Allen	70.90	2.	P. Betts	68.70	
LJ	4.	S. Parsons	5.03	4.	S. Freemantle	4.80	
TJ	3.	S. Freemantle	10.58				
HJ	3=.	J. Phelan	1.20	6.	J. Ashdown	1.20	
PV							
Shot	5.	S. Freemantle	7.75	4.	J. Phelan	6.76	
Disc	3.	A. Musson	24.14	3.	J. Phelan	17.54	
Jav	3.	S. Green	34.70	5.	K. Daniel	23.88	
Ham	4.	J. Phelan	18.00	6.	J. Ashdown	11.06	
4 × 100m	3.	Blackheath (Grierson, Green, Parsons, Allen)	50.30				
4 × 400m	3.	Blackheath (Morten, Grierson, Allen, Algeo)	3:50.70				

Match Result

1. Newquay 125½; 2. Hercules Wimbledon 118½; 3. London Irish 106½; 4. Blackheath 77½; 5. Invicta E.K. 61¾; 6. Kent A.C. 39½; 7. Chesham 0.

out the 'B' stream Pote vault on this trip to Andover. As in our visit the previous Summer, the temperature was phenomenally high and dehydration coupled with sunburn were both hazards to be avoided.

On arrival at the stadium we still had twenty of the forty-one slots in the programme to fill but the team spirit was such that by the end of the day we managed to occupy second spot out of six.

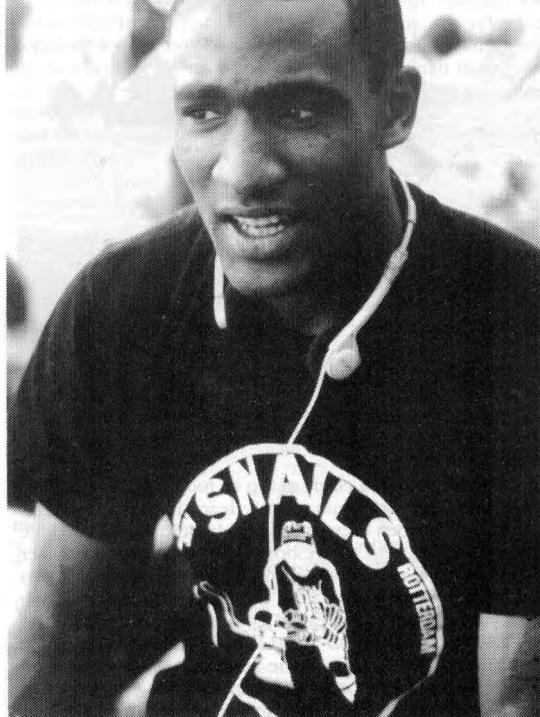
Our two novices turned out to be heroes; Ally Brown, a recent signing to BH, came along to do the "B" 100m, this he won impressively in 11.9, he then had a go at the Shot, where he came third "A" with 10.05. Flushed with success he was then persuaded to try his luck at the "B" 110m Hurdles - he won by a mile in 18.9. This success was followed up by two superb legs in the 100m and 400m relays - in the 100m he handed over the baton first to enable us to clinch second spot and in the 400m, a distance he claimed never to have run in his life, he clawed back three places with a superbly judged 52.85 to hand over in the lead. To conclude - he attempted the Discus where he finished 4th "A" with 26.14.

Accompanying him in his throwing exploits was another newcomer, this time a complete novice, in the shape of Phil Lonergan. Phil got a taste for the throws after a "chance" conversation with the team manager whilst out running. This was followed by one coaching session in all throwing events and then onto the real thing. Fourth in the "A" Hammer with 21.52 was quickly followed up by fourth in the "B" Shot 8.22 and fifth in the "B" Javelin 27.38. To round off the day he threw the Discus 21.18 for fourth place in the "B" making for an excellent debut as a throw specialist. Other notable performances came from juniors Neil Gardener and Matthew Pearson who cleaned up maximum points in the 200m. Neil also came first in the 100m, ran a leg of the 4 x 100m as well as taking second spot in the Long Jump, while Matthew contested both Relays.

Jim Day and John Robinson were the judges with extra duties; Jim winning the Vault with 3.00m with John gaining valuable points in the Triple Jump.

Peter Hamilton interrupted his holiday to gain second spot in both the "B" stream 800 and 1500 events with Hugh Morten trying his hand at 5000m. Hugh was extremely unlucky to meet such a high quality field on this very hot day, his 16.10 which would have won him this event on many other occasions only gained him fourth place in a race which was won in 15.37. Steve Green also met very good competition in the Javelin where his 31.18 only gained him sixth spot.

Paul Betts and Jim Phelan paired off for some unusual doubles, both jumping 1.20 in the High Jump, finishing fifth and fourth in the 400mH before taking maximum points in the Steeplechase. Paul also ran the "A" 110m Hurdles and took third spot in the 1500m whilst Jim chose the 5000m and Hammer to make up his quota for the afternoon.



Ali Brown, Street Hockey and multi-events specialist

Photograph Pat Calnan

	Blackheath A Results		Blackheath B Results	
100m	1. N. Gardener	12.10	1. A. Brown	11.90
200m	1. N. Gardener	23.90	2. M. Pearson	24.50
400m	1. B. Pinson	53.50	4. S. Parsons	58.90
800m	5. S. Parsons	2.12.50	2. P. Hamilton	2.05.60
1500m	3. P. Betts	4.21.00	2. P. Hamilton	4.23.60
5000m	4. H. Morten	16.10.10	3. J. Phelan	16.58.10
3000S/C	1. P. Betts	10.13.80	1. J. Phelan	10.59.30
110mH	4. P. Betts	22.00	1. A. Brown	18.90
400mH	5. P. Betts	68.80	4. J. Phelan	76.40
LJ	2. N. Gardener	5.67	4. S. Parsons	4.91
TJ	6. S. Parsons	10.08	5. J. Robinson	7.47
HJ	4. J. Phelan	1.20	6. P. Betts	1.20
PV	1. J. Day	3.00		
Shot	3. A. Brown	10.05	4. P. Lonergan	8.22
Disc	4. A. Brown	26.14	4. P. Lonergan	21.18
Jav	6. S. Green	31.18	5. P. Lonergan	27.38
Ham	4. P. Lonergan	21.52	5. J. Phelan	17.60
4 x 100m	2. Blackheath (Brown, Pearson, Parsons, Gardener)			47.30
4 x 400m	2. Blackheath (Pinson, Parsons, Brown, Pearson)			3.39.90

Match Result

1. Salisbury 125; 2. Blackheath 102; 3. Bournemouth 92; 4. Weymouth 85; 5. Maidenhead 84; 6. Braintree 58.

SOUTHERN LEAGUE DIVISION SEVEN

MATCH THREE

Haringey

23rd June, 1990

It had to happen sometime: 40 phone calls with only 10 positive results, we arrived at Haringey with *not one* field event! However, a quick consensus was taken and the decision was that all events would be contested by whosoever desired.



Master of the middle distance, Steven Hough

Photograph Pat Calnan

John Robinson had come along to judge, so he made up our twelfth man and immediately leapt into the fray with Paul Betts. Between them they quickly despatched the Pole Vault and High Jump where both discovered that it's easier to traverse the bar without the pole by recording jumps of a greater altitude at High, than at Vault! John went on to achieve the remarkable feat of competing in six events in total whilst continuing to act as field judge in the Long and Triple Jump (both of which he also took part in for good measure). Paul went on to pick up valuable points in the High Hurdles and 1500m before taking up his usual spot at the front of the Steeplechase field.

New recruits never get off lightly in Division 7, just as Ally Brown and Phil Lonergan had both been busy in the last meeting – so too was new signing Greg Stephens in this. He came along to do a "B" 100m and by the end of the afternoon had contested six events. Along with the "A" stream 100 and 200 and as well as both Relays, he was also introduced to the Shot and Javelin where again he took the "A" spot.

Our two juniors fared slightly better, but at least they had the advantage of doing their own events. Chris Huntley picked up valuable points at 800 and 1500 with two second places and also filled in with the obligatory two Relays and a 400 Hurdles. Steve Hough unfortunately had a pressing engagement and was only able to get a point in the Long Jump after an excellent second place in the 800 "A" before he had to leave. I hope she was worth it!!

Mike Allen and Bob Minting were our other two stalwarts picking up valuable points in the shorter distances; both running the Relay double and almost taking maximum points in the 400m with a 1st and 2nd. Bob also got a third spot in the "B" 200, whilst Mike got stuck into the 400 Hurdles and Shot.

With only twelve men, injuries could have spelt disaster especially when Jim Phelan was already crocked and had to restrict himself to Hammer, Discus and Javelin, but when Mike Mahoney felt a recurrence of a leg injury after only one event the sprinters closed ranks and coped admirably by covering all of Mike's other commitments. Barry Mellish and Martin Athawes somehow escaped with only one event each, the very windy 5000m where the field was led by a Division 2 athlete behind whom struggled Hugh Jones. Martin and Barry were a little further back but picked up seven out of the ten available points.

The athlete living closest to the stadium, Chris Lord, was of course last to arrive having got lost on route. He quickly made up for this tardiness by doing a quick hop, step and jump before gaining maximum points as "B" chaser, an event which ironically is becoming our "blue riband" as we seem to be able to take maximum points with a variety of competitors.

All in all, it wasn't the disaster it could have been, but only because seven athletes were prepared to contest 34 events between them. In the end only the "B" 110m Hurdles was left unfulfilled and on reflection 4th place out of 7 was a pretty good performance.

J.P.

Blackheath A Results			Blackheath B Results		
100m	4. G. Stephens	11.08	4. M. Mahoney	12.50	
200m	4. G. Stephens	24.30	3. R. Minting	23.80	
400m	1. R. Minting	53.10	2. M. Allen	54.20	
800m	2. S. Hough	2.06.70	2. C. Huntley	2.11.90	
1500m	3. P. Betts	4.24.80	2. C. Huntley	4.36.70	
5000m	3. B. Mellish	17.03.90	2. M. Athawes	17.29.50	
3000S/C	1. P. Betts	10.16.90	1. C. Lord	10.31.80	
110mH	6. P. Betts	22.00			
400mH	5. C. Huntley	66.50	5. M. Allen	73.10	
IJ	6. S. Hough	4.80	5. J. Robinson	4.11	
TJ	6. C. Lord	9.04	6. J. Robinson	7.49	
HJ	5= P. Betts	1.10	3= J. Robinson	1.10	
PV	5. P. Betts	1.03	2. J. Robinson	1.03	
Shot	5. G. Stephens	8.26	4. M. Allen	7.34	
Disc	5. J. Robinson	19.02	3. J. Phelan	16.94	
Jav	6. G. Stephens	21.86	5. J. Phelan	21.44	
Ham	4. J. Phelan	17.88	5. J. Robinson	13.84	
4 x 100m	3. Blackheath (Stephens, Allen, Huntley, Minting)				47.80
4 x 400m	3. Blackheath (Minting, Stephens, Allen, Huntley)				3.37.46

Match Result

1. Bognor 132; 2. Trowbridge 119; 3. Southend 98; 4. Blackheath 84; 5. Muswell Hill 69; 6. Borcham Wood 48; 7. Langton DNS.

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*John Robinson admires Paul Betts' technique
(Note the coat hangers)*

Photograph Jim Phelan

SOUTHERN LEAGUE DIVISION SEVEN

MATCH FOUR

Oxford (Ifley Road) 7th July, 1990

The support was tremendous, our travelling fans and officials outnumbered the athletes by two to one, the President even found a spot high up in the stands which afforded views of the neighbouring cricket match as well as the close fought battle in the athletics stadium.

With eight first and eleven second places from only twelve athletes, this was probably our finest performance to date. Richard Coe returned to the fray after a period of injury and probably picked up one or two more as he took maximum points in the 1500 with a finely judged 4:17.8. He gained another 5 in the "B" Javelin with a forty metre throw and took 3rd in both Long and Triple Jumps, he also picked up valuable points in the Hammer and 4 × 400 relay.

Also making a welcome return and thoroughly enjoying himself in non-specialist events was Paul Austridge who gained seven points in the sprints before taking top spot in the 110m Hurdles with a time of 19.00. He also got a third in the Triple as well as doing sterling work in both relays.

It was definitely a day for full employment as no event was left uncovered. Richard and Paul both did six events while Paul Betts, Jim Phelan and Greg Stephens all did five. Bettsy tasted victory in the 1500 "B" followed by second spot in the "B" 400 Hurdles, two thirds at 110 Hurdles and High Jump and an equal fourth in the "A" Pole Vault. Making his debut in this event and coming equal first was Jim Phelan who also took maximum points in the 'chase combined with a second place at 5000m, a third in the "B" Shot and fifth spot in the "A" Hammer. Greg, meanwhile was usefully employed in both sprints and the 100m Relay as well as gaining valuable points in the Shot and Discus where he threw a very respectable 19.50 on his debut.

Mike Allen was only called to perform four times; in both relays, in his unchosen, non-favourite event the 400 Hurdles and his specialist event, the 400 flat where he gained an excellent second spot with 54.2.

Paul Comber came along to do a non-scoring 800m and was roped into doing three events. He gained points at 400 and 800 and then ran an excellent leg in the 4 × 400 relay, he could well be taking a more active part next year. Steve

For much of the match the result was not the outcome we decided. We gained second spot with 118 points which was an excellent performance considering the small number of athletes present and the unusual combinations of events that were tackled by the non-specialists. It can only auger well for the future when more of our talented juniors filter up into the senior teams.

J.P.

Blackheath A Results

100m	5.	G. Stephens	12.60	3.	P. Austridge	12.70
200m	2.	G. Stephens	24.60	2.	P. Austridge	25.30
400m	2.	M. Allen	54.20	4.	P. Comber	59.30
800m	2.	P. Hamilton	2.05.80	5.	P. Comber	2.34.00
1500m	1.	R. Coe	4:17.80	1.	P. Betts	4:19.60
5000m	2.	T. Cooper	16:12.60	2.	J. Phelan	16:44.80
3000S/C	1.	C. Lord	10:23.40	1.	J. Phelan	11:01.10
110mH	1.	P. Austridge	19.00	3.	P. Betts	22.50
400mH	3.	M. Allen	66.40	2.	P. Betts	73.20
IJ	3.	R. Coe	5.73	2.	S. Green	5.21
TJ	3.	R. Coe	11.44	3.	P. Austridge	10.54
HJ	5.	R. Drury	1.50	3=.	P. Betts	1.00
PV	4=.	P. Betts	1.00	1=.	J. Phelan	1.00
Shot	4.	G. Stephens	8.21	3.	J. Phelan	6.68
Disc	4.	S. Green	19.82	2.	G. Stephens	19.50
Jav	1.	R. Drury	42.78	1.	R. Coe	40.24
Ham	5.	J. Phelan	17.61	5.	R. Coe	14.06
4 × 100m	2.	Blackheath (Stephens, Green, Austridge, Allen)				47.90
4 × 400m	2.	Blackheath (Austridge, Comber, Coe, Allen)				3.45.00

Match Result

1. Oxford 122; 2. Blackheath 118½; 3. Queen's Park 117½; 4. Swindon 77; 5. Haywards Heath 61½; 6. Boreham Wood 60.

SOUTHERN LEAGUE DIVISION SEVEN

MATCH FIVE

Walthamstow

21st July, 1990

Walthamstow on one of the hottest and most humid days of an already steamy summer was not the most pleasant of experiences. A fog of exhaust gases hung heavily in the air and breathing was a painful and difficult exercise. We started badly 6th and 5th in the Hammer and a no height recorded in the Pole Vault (they started at 1.50!) resulted in two points from a possible 20. When the 400 Hurdlers lined up – there were no 'heathens entered – the unthinkable was averted when Garry Spencer and John Robinson leapt in at the last moment and gained us valuable points. In the 100m the run of bad luck continued when James Lancaster failed to show in time (he got lost). Mike Allen stepped up into the "A" and Steve Green took over the "B" spot, again at the very last minute. After half a dozen events we were stone bonkers last! Behind Langton even. But then in an amazing about turn we were able to go through the card on all the track events from 400m to the 'chase, picking up 48 out of the available 50 points on the way.



Chris Lord picks off a previously unbeaten "Trotter"

Photograph Jim Phelan

Keith Wheeler and new Vet Ken Daniel both front ran their respective 800 races to win by comfortable margins. Just for good measure, Keith went on to win the "B" 400 and also to record excellent legs in the Relays. Paul Betts and Jim Phelan had a clean sweep in the 1500 as did Chris Lord and Paul Betts again in the Steeplechase, beating a previously unvanquished Trotter from Trent Park. Nick Kinsey did his "Mark Colpus" act, turning up with minutes to spare before proceeding to dominate the 5000. Martin Athawes celebrated his elevation to the Vets' ranks by taking second spot in the "B" 5000 in what was an extremely unpleasant experience in the prevailing weather conditions.

It was an afternoon for joining in. Garry Spencer offered to help out where he could and ended up doing both Hurdles and a leg of the 400 Relay. Steve Green did likewise and showed how much of a recovery he has made through the Summer by participating in six events. Long and Triple Jumps, Shot and Discus, as well as both 100 metre races. Paul Betts did his usual stalwart job and, as well as the events already mentioned, gained an equal second spot in the "B" High Jump and fourth in the 110 Hurdles. Likewise with John Robinson, who had a relatively easy afternoon with just four events to occupy himself with in between judging. Mike Allen was busy too, gaining maximum points in the "B" 200, second spot in the "A" 400 as well as being a member of both successful Relay squads. Richard Drury had an excellent afternoon, as well as high jumping 1.55 and gaining a point in the Discus, he threw the javelin an amazing 47.16 metres to gain maximum points and a P.B. James Lancaster eventually arrived to help out at 200 and in the 100 Relay, and also helping us gain the point that pushed us up into third spot was Derek Dhammolaka who took part in the Long Jump at a moments notice.

The highlight of the afternoon was undoubtedly the 400 Relay where we demolished the opposition with a makeshift squad and in so doing pipped Yeovil who had joined us in an afternoon of good natured banter. Keith Wheeler opened up with a 55.07 to be followed by Ken Daniel 56.62, Garry Spencer 57.18 and Mike Allen 56.76 (times courtesy of G. Brooks). In so doing we entered the last leg of the Southern League programme with all three teams poised in thirteenth spot in their respective divisions but with the agreed intention of finishing higher than the other two in the last meeting.

J.P.

Blackheath A Results			Blackheath B Results			
100m	3.	M. Allen	12.50	5.	S. Green	13.0
200m	4.	J. Lancaster	25.60	1.	M. Allen	25.9
400m	2.	M. Allen	53.90	1.	K. Wheeler	55.1
800m	1.	K. Wheeler	2.04.20	1.	K. Daniel	2.07.7
1500m	1.	P. Betts	4.21.10	1.	J. Phelan	4.26.8
5000m	1.	N. Kinsey	16.36.10	2.	M. Athawes	17.45.1
3000S/C	1.	C. Lord	10.29.40	1.	P. Betts	10.42.0
110mH	4.	P. Betts	21.90	3.	G. Spencer	22.4
400mH	3.	G. Spencer	67.60	4.	J. Robinson	81.7
IJ	5.	S. Green	4.65	6.	D. Dhammolaka	2.8
TJ	5.	C. Lord	8.98	5.	J. Robinson	7.7
HJ	3.	R. Drury	1.55	2=.	P. Betts	1.10
PV	4.	J. Robinson	1.50	-	P. Betts	N.B
Shot	5.	S. Green	6.98	5.	J. Phelan	6.9
Disc	6.	R. Drury	21.30	6.	S. Green	19.4
Jav	1.	R. Drury	47.16	2.	S. Green	32.2
Ham	6.	J. Phelan	17.46	5.	J. Robinson	11.6
4 x 100m	2.	Blackheath (Allen, Green, Lancaster, Wheeler)	49.4			
4 x 400m	1.	Blackheath (Wheeler, Daniel, Spencer, Allen)	3.45.7			

Match Result

1. Trent Park 117½; 2. Swale 109; 3. Blackheath 104½; 4. Yeovil 104
5. Team Solent 52; 6. Langton 27.

SOUTHERN LEAGUE DIVISION SEVEN

MATCH SIX

Norman Park

11th August, 1990

Three months after our opening match and we're back at Norman Park. Again the weather was glorious – hot, but not stifling like Walthamstow, thanks to the usual Norman Park breeze. Fifteen athletes, the highest total this season, and one or two competitors doing their specialist events ensured that this was our best performance to date and had we picked up a point from anywhere early on we would have gained our first victory of the year.

Busiest athlete of the day was again team manager Jim Phelan who filled in all the gaps gaining second spots in the "B" Hammer and Discus, equal third in the "B" High Jump before finishing with an interesting sequence of 1500m (2nd "B" behind Ken Daniel's 4:17.6), a quick hop step and jump for a P.B. of 7.83 on the way over to the Steeplechase where again he took 2nd place in the "B" behind Nick Kinsey's 10.09 for first spot.

Making a welcome return to competitive athletics (and he will indeed be very welcome should he wish to compete for the 4th team at any point in the future) was Steve Gascoigne who picked up a total of 21 points from his five events. Having won the "B" Pole Vault, he then picked up maximum points in the Hammer, went on to throw 44.96 for 2nd spot in the Javelin and 10.50 for the same place in the Shot before completing the afternoon with an enthralling battle in the Discus in which every throw of his and the Bournemouth competitor gained a metre over the previous one. Had the Bournemouth man not dredged up a P.B. for his last effort we would have taken the match.

The Vets again made valuable contributions, as well as Jim Phelan and Ken Daniel, Jim Day cleared 3 metres for 2nd place in the "A" pole vault and Bob Minting gained vital points with a superb 52.5 to take the "A" 400 and a 2:04.00 800 for second spot. He also contributed to both winning relays in what has proved to be a very successful debut season as a Vet.

Greg Stephens was again usefully employed taking 9 points out of 10 in the "A" 100 and 200 as well as three in the "B" Shot and the opening leg of the 4 x 100. Also contributing in both 100m events was Paul Stack who

the "B". It was welcome back too to Norman Davidson who completed the double for victory in the "B" 400 Hurdles as well as taking part in the 400 Relay and gaining second spot in the "B" 400.

All in all it was a very successful season for our fourth team, finishing higher in their division than any other senior Blackheath team (Vets excluded). Of the six meetings with a total of 252 events to fill, only eight were pointless due to a missing competitor. Forty four athletes competed for the team throughout the season with a hard core of 9 appearing in at least three meetings. Mike Allen turned out in four, Steve Green in five and both Paul Betts and manager Jim Phelan turned in a 100% record.

Many thanks to all those who contributed so valuably throughout the season. With so very few field eventers we did remarkable well to finish in the top half of the league. With only one or two additions we could well gain promotion to Division Six next season. Please don't wait to be asked, all contributions are most welcome. See you on the 4th May for our first meeting of 1991.

J.P.



Derek Dhammolaka, ever present in Club Championships and now a Long Jumper!

Photograph Bill Graham

Blackheath A Results			Blackheath B Results		
100m	2.	G. Stephens 12.20	1.	P. Stack 12.40	
200m	1.	G. Stephens 24.30	2.	P. Austridge 24.80	
400m	1.	B. Minting 52.50	2.	N. Davidson 54.90	
800m	2.	B. Minting 2.04.10	4.	C. Huntley 2.08.00	
1500m	3.	K. Daniel 4.17.60	2.	J. Phelan 4.20.10	
5000m	2.	P. Betts 16.26.40	1.	P. Barlow 17.27.70	
3000S/C	1.	N. Kinsey 10.09.30	2.	J. Phelan 11.05.60	
110mH	1.	P. Austridge 17.70			
400mH	1.	R. Holt 57.70	1.	N. Davidson 65.30	
LJ	5.	S. Green 4.91	2.	P. Barlow 4.57	
TJ	5.	P. Barlow 9.41	5.	J. Phelan 7.83	
HJ	3=.	C. Huntley 1.10	3=.	J. Phelan 1.10	
PV	2.	J. Day 3.00	1.	S. Gascoigne 2.45	
Shot	2.	S. Gascoigne 10.50	3.	G. Stephens 8.08	
Disc	3.	S. Gascoigne 28.64	2.	J. Phelan 19.62	
Jav	2.	S. Gascoigne 44.96	3.	R. Holt 35.02	
Ham	1.	S. Gascoigne 23.16	2.	J. Phelan 18.16	
4 x 100m	1.	Blackheath (Stephens, Green, Minting, Stack) 46.70			
4 x 400m	1.	Blackheath (Davidson, Huntley, Minting, Holt) 3.34.80			

Match Result

1. Bournemouth 134½; 2. Blackheath 133½; 3. Harlow 104½; 4. Serpentine 94; 5. Old Gaytonians 46½; 6. Langton DNS.

Top 10 Eventers for Season 1990

Name	Meetings	Events
Jim Phelan	6	26
Paul Betts	6	25
Mike Allen	4	18
Greg Stephens	3	15
Steve Green	5	14
John Robinson	3	11
Simon Parsons	2	10
Paul Austridge	2	8
Chris Huntley	2	8
Bob Minting	2	8

Final League Table Division 7

Total match points scored shown in brackets.

1. Bognor	29	(817½)
2. Salisbury	28	(767½)
3. Verlea	25	(759½)
4. Queen's Park	24	(722¼)
5. Newquay	23	(721)
6. Bournemouth	23	(721)
7. Trowbridge	22	(688½)
8. Southend	22	(670¼)
9. Harlow	21	(654)
10. Weymouth	19	(649½)
11. BLACKHEATH	19	(618)
12. Trent Park	19	(616)
13. Oxford	18	(597½)
14. Maidenhead	17	(641½)
15. Muswell Hill	16	(614)
16. Swale	16	(582¾)
17. Swindon	15½	(551½)
18. London Irish	15	(593½)
19. Team Solent	14½	(513)
20. Hercules Wimbledon	13	(562½)
21. Serpentine	12	(531)
22. Yeovil	11	(417)
23. Old Gaytonians	8	(430¼)
24. Haywards Heath	8	(331½)
25. Braintree	7	(315½)
26. Invicta	6	(261¾)
27. Kent A.C.	6	(175½)
28. Chesham	4	(224½)
29. Borchamwood	4	(198½)
30. Langton	2	(73½)



Andrew Brown, 1990 Youths Team Captain and Steven Timmins, 1991 Y.A. Team Captain

Photograph Pat Calnan

JUNIOR'S SUMMARY 1990

The jigsaw is now complete! Well, not quite perhaps. We need some more coaches, a major sponsor, more officials, real ale at the club house, more cross country runners for the Kent League etc. etc. ...but, as far as the track is concerned a member can join the club as a colt, move through the Young Athletes' ranks and now find the perfect bridge to the senior ranks. The 1990 season was the Club's first year of having a junior team.

The transition from young athlete to senior has been a minefield for some time. Saturday working; the problems of having to adapt to the use of much heavier senior implements; and the shock for 16 or 17 year olds of suddenly being thrown into competition against athletes twice their age, have all conspired to dampen the enthusiasm and motivation of our younger members. Faced with the consequent high drop-out rate of youngsters a National Junior League was set up by Old Gaytonians.

Sixteen teams took part in the first Junior League season in 1989 with Old Gaytonians finishing champions. Fixtures took place on Sundays and Bank Holidays and junior implements were used. By 1990 around forty clubs had applied to join the league which meant a restructuring of the competition. A National Division One was established containing six clubs and two regional second divisions were set up, one covering the South and one the Midlands and North. Blackheath in their first year in the league were placed in Division Two South along with our great rivals in National Young Athletes' League fixtures, Shaftesbury and Enfield. It promised to be an interesting season.

Having a junior team is undoubtedly going to strengthen our senior side. Already Messrs Quarry, Mulcahy, Rogers, Samuel, Harrison, Eldred, Bulson, Baker and Leishman have all competed for the British League team along with youths Brewster and Essein. Every one of them competed with distinction. During the course of the year from September to September the number of Blackheath Harriers eligible to compete in track and field fixtures as juniors increased from 47 to 62, an increase of over 30%. It is hoped that numbers and standards will continue to improve. A large proportion of the teams in 1990 were first year juniors or younger so there is much more to come next year. Next season we will be challenging for the National Junior title. Come and give the team your support.

JUNIOR LEAGUE

MATCH ONE

Barnet Cophall Stadium

7th May, 1990

We could hardly have asked for better conditions than those at Cophall for our first appearance in the Junior League. The sun was beating down and there was barely a breath of wind. Nor could we have asked for a better start than Laurence Roger's new league record of 55.9 in the opening track event, the 400m Hurdles. He was soon followed into the record books by Jonathan Murray, who took the 800m "B" race by the scruff of the neck and lead from gun to tape to record, what was then, the fastest time in the country by a youth of 1.55.8. Needless to say, it was our second League record in half an hour.

In the 400m, Ben Eldred took full advantage of the warm, still conditions to finish off his preparations for the forthcoming Kent AAA. He ran smoothly and easily to win in 51.2 and, given the speed with which he recovered, it was obvious that there was a lot left still to come.



Laurence Rogers, Junior League record holder for 400m Hurdles (55.9)

Photograph Pat Calnan

Looking for some speed work, Jamie Quarry opted for the 100m and 200m and although beaten by the specialists into 3rd and 4th place respectively, his times of 11.3 and 23.2 were encouraging for his move to the high hurdles, an event which requires both strength and speed. His 2.50 metre pole vault though, was perhaps more telling. A natural in every respect, Jamie is now beginning to smooth the edges of his techniques in the disciplines that go to make up the Decathlon. Surely it is here that his vast potential will eventually be realised.

In the field we were scoring in both the jumps and the throws. Jason Mulcahy (14.66m) and Richard Samuel (12.33m) picked up maximum points in the Shot while Gary Murphy (1.80m) and Len Redgrave (1.65m) were first and second in their strings of the High Jump. In the Hammer, Steve Timmins, still only a youth, threw the 6.25kg implement 38.24m for third. Steven is improving technically all the time under the guidance of Mike Davies and will surely be a force to be reckoned with after a few more winters' hard work.

The conditions may have been perfect for the sprinters and field eventers but were perhaps slightly too humid for the middle distance boys, where the times were down all round. However, both Liam Bulson and Jonathan Murray ran well-judged races to get second in their 1500m races, while the two Steves (Hough and Povey) took second and third in the 3000m, while Anthony Algeo and Steve Hough (again) both managed second in the 2000m Steeplechase.

100m	1.	B. Eldred	51.20	2.	S. Cole	52.00
100m	2.	L. Bulson	2.01.00	1.	J. Murray	1.55.80
1500m	2.	L. Bulson	4.08.10	2.	J. Murray	4.24.00
3000m	2.	S. Povey	9.20.00	1.	S. Hough	9.41.00
2000S.C	2.	A. Algeo	6.34.60	2.	S. Hough	6.54.60
110mH	4.	I. Redgrave	16.40	3.	S. Harrison	16.00
400mH	1.	L. Rogers	55.90	2.	J. Forrest	62.80
1/2	2.	S. Harrison	6.03	4.	L. Redgrave	5.64
1/2	2.	G. Murphy	11.89	2.	S. Harrison	11.66
HJ	1.	G. Murphy	1.80	2.	L. Redgrave	1.65
PV	3.	J. Quarry	2.50	-	J. Forrest	NH
Shot	1.	J. Mulcahy	14.66	1.	R. Samuel	12.33
Disc	3.	J. Mulcahy	40.24	2.	P. Ryan	34.86
Jav	2.	R. Samuel	52.12	3.	P. Ryan	40.82
Ham	3.	S. Timmins	38.24	3.	P. Ryan	23.94
4 x 100m	4.	Redgrave, Forrest, Quarry, Rogers				45.90
4 x 400m	1.	Cole, Eldred, Forrest, Rogers				3.26.30

Match Result

1. Blackheath 218; 2. Enfield 206; 3. Shaftesbury 205; 4. Luton 146; 5. Bexley 126; 6. Dartford 0.

JUNIOR LEAGUE

MATCH TWO

Luton

Sunday, 17th June, 1990

While exams, illness and injury almost certainly contributed to our weakened team for the second fixture, it was the non-appearance on the day of a number of athletes which was most disappointing. It is a pity that a small minority show such a lack of respect for their fellow athletes and the team management that they, without warning, fail to turn up to compete. One 'phone call is all it takes.

When a team is weakened it is invariably the technical events which suffer first and so it was the case with us here and it is all credit to the likes of David Grierson, Anthony Algeo (both scoring points in the Pole Vault, a little more than thirty minutes after having picked up a pole for the first time ever) and Simon Leishman and Paul Ryan who gained points for us in the Triple Jump, despite primarily being throwers (they both came second in the "B" strings of the Javelin and Discus respectively.)

Luckily the Pole Vault and Triple Jump were our only really weak events and the rest of the field eventers did us proud. Wins for Jamie Quarry and Gus Singer in the Long Jump and nothing lower than third for our throws squad of Jason Mulcahy, Richard Samuel, Simon Leishman and Paul Ryan was most encouraging.

On the track it was first time over the ten sticks of the 400m Hurdles for David Grierson (4th in the "A" string with 62.2 secs) and Chris Huntley (4th in the "B" string with 65.3 secs). David returned later to scale hurdles three inches higher in the 110m event to fill in for Jamie Quarry, who had pulled a muscle during the Long Jump.



Jason Mulcahy, unbeaten in Junior League Shot Put throughout 1990

Photograph Pat Calnan

The sprints in particular were of a high standard and first year youth, Michael Narty, had rather too much ground to make up after an indifferent start in the 100m and his 11.4 secs was not a true reflection of his ability, as we were to be shown later in the year in the English Schools. In the "B" string, Jon Tullet ran a gutsy 11.6 secs for fourth place before spending the rest of the afternoon curled up in his car revising for two A-level exams the following day. The 200m again saw Narty away slowly but a good bend and strong running down the straight brought him home third in 22.7. A new personal best of 22.9 was something of a pleasant surprise for Laurence Rogers in the "B" string. He certainly didn't look as though he had it in him as he walked rather unsteadily over to the start some twenty minutes after his 50.5 personal best in the "B" 400m. There is nothing in the rules that says you have to look smooth and in control to run your fastest, Laurence certainly wasn't, and rugged determination brought him home in his fastest time ever in third place.

Just before the 200m, Ben Eldred oozed confidence in his 400m, after his first 50 second clocking in the recent Kent Junior Championships, winning as he pleased in 50.8 secs. Our only other individual track win came from Simon Cole in the 800m, who kicked with great effect from 150m out to win in 1.59.0. Behind him, Anthony Algeo ran very strongly to pick up second in the "B" string with 2.03.2.

Throughout the afternoon events where we were coming second and third in the first fixture saw us coming fourth and fifth. Not surprisingly then, Enfield did not need to be asked twice and took every opportunity to pile up the points and by the final event were uncatchable. However undaunted the 4 x 400m squad did their stuff and Simon Cole (52.5), Nick Woodworth (53.6), Laurence Rogers (52.0) and Ben Eldred (49.9) put on a formidable display coming home in 3.26.0, only half a second outside the League record.

The final result meant that after two matches we were level at the top of Division Two with Enfield on eleven points and, with only one team to be promoted, we had to beat Enfield in the final match if we were to make it into Division One for next year.

Blackheath A Results

100m	2=	M. Narty	11.40
200m	3.	M. Narty	22.70
400m	1.	B. Eldred	50.80
800m	1.	S. Cole	1.59.00
1500m	2.	N. Woodworth	4.14.90
3000m	4.	C. Huntley	9.43.40
2000S/C	3.	A. Algeo	6.44.30
1100mH	3.	G. Singer	16.90
400mH	4.	D. Grierson	62.20
LJ	1.	J. Quarry	6.54
TJ	4.	P. Ryan	11.01
HJ	2.	J. Quarry	1.80
PV	5.	D. Grierson	1.50
Shot	1.	J. Mulcahy	14.50
Disc	2.	J. Mulcahy	38.26
Jav	3.	R. Samuel	48.48
Ham	3.	P. Ryan	24.52
4 x 100m	3.	Rogers, Singer, Eldred, Narty	45.00
4 x 400m	1.	Cole, Woodworth, Rogers, Eldred	3.26.00

Blackheath B Results

4.	J. Tullett	11.60
3.	L. Rogers	22.90
1.	L. Rogers	50.50
2.	A. Algeo	2.03.20
2.	S. Hough	4.29.70
2.	S. Hough	10.01.20
2.	C. Huntley	6.56.80
3.	D. Grierson	20.90
4.	C. Huntley	65.30
1.	G. Singer	6.19
5.	S. Leishman	10.30
2.	G. Singer	1.65
2.	A. Algeo	1.50
2.	R. Samuel	11.95
1.	P. Ryan	33.70
1.	S. Leishman	47.80
3.	R. Samuel	10.08
		45.00
		3.26.00

Match Result

1. Enfield 229; 2. Blackheath 215; 3. Shaftesbury 152; 4. Bexley 147; 5. Luton 146; 6. Dartford 0.

JUNIOR LEAGUE**MATCH THREE**

Croydon

Sunday, 26th August, 1990

Blackheath used to hold its Club Championships at Croydon arena on a circular track that, more often than not, was the consistency of sand when dry and porridge when wet. All that has changed and the new eight-lane tartan track is splendid indeed. An appropriate setting then for the last fixture of the season and one in which Blackheath had to beat Enfield in order to gain promotion to Division One.

The first track event of the day saw the welcome return to racing for Richard Holt who had been sidelined for several months with glandular fever. His victory in the 400m Hurdles in 56.9 secs must have been very satisfying indeed, after many frustrating months when he could do little more than jog. In the "B" string event all credit must go to Stephen Povey, who was drafted into the event quite literally at the last minute when Noel Levy pulled a muscle while warming up.

In the 800m Liam Bulson and Simon Cole picked up valuable points and although Liam was out-kicked down the home straight there was much to suggest that he is well on the way back to full fitness. Simon Cole took the "B" string by the scruff of the neck and, although the Enfield runner was closing fast at the line, Simon's strength carried him through.

After his success over 800m throughout the season, Jonathan Murray stepped up a distance to the Metric Mile but, perhaps after a summer's heavy racing programme, could not hold the stronger Enfield over the last lap. He looked much more at home later in the 4 x 400m where he contributed in no small way to the League record equalling performance.

The report of the track events cannot end without mentioning Anthony Draper and Roger Lashley for their wins in the "A" string 3000m and "B" string 400m, both are youths and eligible for the Junior team for two or three years yet.

In the field, no member of the team finished lower than third in either string and it was this consistency that helped enormously throughout the afternoon to swell our points score. Jason Mulcahy again scored heavily, winning the "A" string Shot and "B" string Discus, while Barry Essein piled up the points in the Pole Vault (2nd "B" string), High Jump



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*Jonathon Murray, Kent, Southern, AAA's,
English Schools Champion*

Photograph Pat Calnan

(2nd "B" string) and Triple Jump (1st "B" string). Perhaps one of the most impressive performances of the afternoon came from Jamie Quarry in the Pole Vault. His 3.50m personal best was excellent and at last he is beginning to look comfortable in the event. 4.00m and more cannot be far away.

Our 4 × 100m performance lacked, as it has done all season, sparkle, although the 45.1 we ran was the quickest of the season. By then, however, we were virtually home and dry, but it was terrific to see the 4 × 400m quartet go for the League record with real commitment. However, Roger Lashley (51.6), Jonathan Murray (51.5), Ben Eldred (51.3) and Richard Holt (51.2) were desperately unlucky not to run 0.1 seconds faster. If they had, the record would be theirs alone, as it was the 3.25.6 equalled the existing record. Next year we will get it.

As winners of Division 2 South we automatically gain promotion to the First Division next year, where we will meet the likes of Haringey, Middlesborough and Old Gaytonians. Very few of the team leave the Junior ranks next year and with the Youths who leave the victorious Young Athletes' team, the prospects look very good indeed. Watch this space.

Blackheath A Results			Blackheath B Results		
100m	4.	R. Lansiquot 11.50	3.	B. Gardener 11.80	
200m	3.	B. Gardener 23.60	1.	N. Gardener 24.20	
400m	2.	B. Eldred 50.80	1.	R. Lashley 51.80	
800m	2.	L. Bulson 2.01.70	1.	S. Cole 2.01.10	
1500m	2.	J. Murray 4.12.40	2.	S. Hough 4.37.60	
3000m	1.	A. Draper 9.21.10	2.	S. Povey 9.54.00	
2000S/C	2.	A. Algeo 6.38.80	2.	S. Povey (pb) 7.19.70	
110mH	2.	J. Quarry 15.00	3.	S. Harrison 16.60	
400mH	1.	R. Holt (pb) 56.90	3.	S. Povey (pb) 66.40	
IJ	2.	J. Quarry 6.77	3.	S. Bobb 5.72	
TJ	3.	E. Clarke 12.95	1.	B. Essein 12.68	
HJ	3.	G. Murphy 1.85	2.	B. Essein 1.75	
PV	2.	J. Quarry (pb) 3.40	2.	B. Essein 2.40	
Shot	1.	J. Mulcahy 14.58	2.	S. Harrison 10.21	
Disc	3.	S. Harrison 39.62	1.	J. Mulcahy 32.24	
Jav	3.	R. Drury 42.44	2.	S. Timmins 36.12	
Ham	3.	T. Walter 38.54	2.	S. Timmins 38.18	
4 × 100m	4.	Lansiquot, Eldred, N. Gardener, B. Gardener 45.10			
4 × 400m	1.	Lashley, Murray, Eldred, Holt 3.25.60			

Match Result

1. Blackheath 228; 2. Enfield 205½; 3. Shaftesbury 162; 4. Luton 159; 5. Bexley 153½; 6. Dartford 0.



Richard Samuel, throws specialist

Photograph Pat Calnan

SOUTHERN UNDER-20 CHAMPIONSHIPS

Copthall

27/28th May, 1990

Only eight Blackheath Harriers entered these championships and injury prevented some of them from turning out on the days in question. The best performance of the two days came from Dulwich College schoolboy Laurence Rogers who finished with a 54.3 personal best in third place in a very competitive 400 metre Hurdles. This was just reward for a hard winter's training under coach Trevor Llewelyn, and meant a double celebration for father Dennis, who also managed to pick up his 1990 copy of British Athletics earlier in the afternoon.

In the 800 metres Simon Coles recorded a time of 1:57.9 and in very tight qualifying conditions was just squeezed out of a place in the final. The final, incidently, was won by Andrew Lill in 1:48.7, so Simon might have found it a bit tough. Still, he has two years left in the junior age group, so time is on his side. Javelin man, Steve Harrison, suffering with a shoulder injury, was unable to give of his best, throwing well below fifty metres.

ENGLISH SCHOOLS MULTI EVENTS CHAMPIONSHIPS

SENIOR BOYS

Birmingham

14th/15th September, 1990

Jamie Quarry gave up an international vest to take part in this end of season decathlon. The sacrifice proved worthwhile as not only did he win but he also set a number of personal bests, broke the championship record, and led to victory the Kent team which was made up entirely of Blackheath Harriers.

The personal bests came in the 400m, Discus and Pole Vault. The Vault was probably the greatest improvement, his best before the competition being 3.40. Now having concentrated on some serious Vault training in recent weeks he cleared 3.70 and shows all the signs of clearing 4 metres in the near future. Other events to note were another 7.00m Long Jump, a 1.95 High Jump and a 14.8 over the Hurdles. His total point score was a 217 improvement on the previous championship best, and that best was the top Decathlon of last year for juniors using junior

implements. It was an excellent all round performance which promises great things for himself, his club and his country in the coming years.

Second in the event was another Blackheath Harrier. The name Alexis Sharpe may not be familiar to that many people but take a look at the club's record board and at the 80m Hurdles record, you will see one A. Sharpe 12.9. Having dropped out of the club for a few years he is now back in the fold and should be making a vital contribution to the club in league fixtures. His best event at Birmingham was probably the Javelin where he became the fourth Blackheath junior this year to break the 50 metre barrier. Other events were all of a high quality with only perhaps the Pole Vault and possibly the High Jump being a little below par.

Blackheath and Kent's third competitor was Steve Harrison who never actually finished the event because by the time the Javelin ended he could hardly move as a shoulder injury was giving him such pain. By this time, however, the championship was already assured for Kent and he could afford the luxury of sitting out the 1500m. Had he been able to compete in the last event he would probably have finished fourth overall. His best events were the Javelin, Discus and Sprint Hurdles.

Most clubs would be happy to have just one class Decathlete. To have three is a huge resource for a club. Like the buses, you spend ages waiting for one to come along and then three arrive at once.

In the intermediate boys Octathlon Noel Levy competing for London Schools finished sixteen with 4238 points.



Jamie Quarry, English Schools Senior Boys
Decathlon Champion

Photograph Pat Calnan

EUROPEAN JUNIOR CLUBS' CUP

Copthall

Sat. 29th September, 1990

The club has had many sorties into Europe in recent years in cross country, road and track and field fixtures but the most prestigious competition in which we have taken part undoubtedly came on an overcast and muggy day in North London. As a result of winning the 1989 National Youth Athletics Final, Blackheath Harriers Junior Team were nominated by the BAAB to be Great Britain's representatives at the 1990 European Junior Clubs' Cup. The only slight disappointment was that after all our youngsters' endeavours they should be rewarded with a meeting at Copthall rather than the more exotic venues of the South of France or Greece. Competition for places in the team was tough with it only being one string per event. The team was weakened by the absence, on holiday, of Jason Mulcahy and Derek Baker and then by the loss of Liam Bulson, with wisdom tooth problems, and Bassey Essein with a broken arm. Had we had the services of such athletes we would have undoubtedly done even better than we did. Fifteen teams took part in the fixture with the races being split into A and B events where necessary and the times then combined to give a final position.

Toby Walter has spent most of the summer doing A levels and recovering from strained ligaments in his hand, an injury which occurred five minutes from the end of his last ever school's rugby match. Now he has had a year off before going to university and will have plenty of time to get in some proper training with the likes of Steve Timmins, Peter Kane and Neil Haffenden. At Copthall, competition in the Hammer was of top quality with Neumann of West

Senior Boys Decathlon Results

Name	J. Quarry	A. Sharpe	S. Harrison
Position	1.	2.	12.
Points	6789	6352	5151
100m	11.40	11.40	12.00
LJ	7.00	6.57	6.14
SP	11.61	12.73	-
HJ	1.95	1.80	1.74
400m	50.70	51.30	55.10
110mH	14.80	15.00	15.90
Disc	35.10	34.56	37.80
PV	3.70	2.70	3.10
1av	45.52	51.34	50+
1500m	4.42.30	4.49.90	withdrew

Intermediate Boys Octathlon Results

Name	N. Levy
Position	16.
Points	4238



Ben Eldred wins the Kent Junior 400m in a P.B. of 49.6

Photograph Pat Calnan

In some of the other field events we were also "up against it". Looking at the programme, the Pole Vault featured two 5.20 vaulters, two 4.90, one 4.80 and a further four over 4 metres. Our hopes lay with first year youth Steven Foster, who missed most of the season through injury. It was therefore one of the surprises of the afternoon for Steven to achieve seventh place with 3.20 as no fewer than six athletes no heighted. No doubt with a full season next year Steven will also be around the four metre mark. Shot Putter Richard Samuel, replacing the holidaying Jason Mulcahy, was also going to find it difficult gaining points and without fellow competitors no throwing he finished twelfth with 10.27. Spare a thought also for Guy Murphy in the high jump. His personal best is 1.93m set two years ago (best this year of 1.85). He was up against Dragutin Topic the world junior record holder and European champion whose personal best is a mere 44cm higher than Guy's. Guy went out at 1.80 and perhaps this will convince him of the need to do some training. The gap between him and Topic was however, reduced to only 40cm as the Yugoslav was also competing and winning in the triple jump at the same time.

Our man in the triple jump was Ezra Clarke who came close to his best with 13.22m in ninth place. Ezra is still a youth next year and no doubt Jamie Quarry's club record of 14.27 will be under threat from both him and Sam Bobb next season. Mr Quarry, himself, as always on the big occasion was thriving on the top competition. On best performances his 7.09 only ranked him sixth in the Long

the winner. Michael's 11.57 was into a headwind, and although he was disappointed with fourth it should be remembered that he is still only a first year youth and he had only just recovered from a broken bone in the foot which he ran with in the National Young Athletes final. In the 200m he was put in the B race but his time was fast enough to gain him sixth overall position.

Steve Harrison has seemingly been carrying injuries all season but that hasn't stopped him competing. It was a surprise to some that he made this fixture at all after being unable to complete the 1500m in the English Schools Decathlon. He showed no ill effects however and gained a useful sixth place in the Javelin with his 55.12 being close to his personal best. On paper he was tenth ranked. He did, however, achieve a personal best in the Discus with 34.46 in eighth.

Another athlete to gain a personal best was Anthony Algeo, who took eight seconds off his previous best time in the 2000m Steeplechase to finish ninth, a just reward for some dedicated training over the Winter and Summer months. Training partners Jonathon Murray and Anthony Draper were, however, a little below par at the end of a hard season. Jonathon was with the pace in the 800m up until 200 metres to go but was then unable to kick with the leaders. This was the first and only time he was beaten over 800m this year. Again it was a case of youth against juniors and he can pride himself in being the fastest youth in the country this year and unbeaten against other youths. Draper in the 1500m stayed with the pace for the first two laps but then faded to finish some way off his best of 4.08. Looking at him being dwarfed by some of the other runners it is hard to believe he has now left school and is in gainful employment. Our other middle distance athlete was Mark Steidle who came in for Liam Bulson. He responded by coming within four seconds of his personal best in the 3000m in what were not ideal conditions and at a time when he was having a break prior to commencing winter training. He finished in an excellent sixth place.

Blackheath has a fine tradition of 400m running and flying the flag for the club at Copthall was Ben Eldred, the current Kent Junior Champion who has had an excellent season. 50.86 was not his best time but he "went for it" and suffered over the 80 metres. If he'd run a second faster he'd still have come sixth. He also ran the fastest split for the club in the 4 x 400 which was the closest we came to winning an event all day. We led until 5 metres from the line to be pipped by .05 secs by the West German team. Still, the team of Eldred, Rogers, Murray and Richard Holt (absent for most of the year with glandular fever) recorded a fine time of 3.21.74 which is almost certainly the fastest time of the year in the country by a junior club team, but still half a second slower than the club junior record. In the 4 x 100m an all youths team of Narty, Richard Lansiquot and Barry and Neil Gardner came a surprisingly high fourth, a fraction slower than the club record they set at the Kent Relay Championships.



National Young Athletes final team

Photograph Pat Calnan

All these performances contributed to a fine sixth place, notable for the fact that Richard Holt was the only member of the team not eligible to compete as a junior next year. Having gained promotion to Division One of the National Junior League and retained the National Young Athlete's title we are strongly fancied to be Britain's representatives in this competition next season and with the squad we have there is no reason why we should not win it.

On an afternoon of such great athletic achievement by members of the club there was one great disappointment. The number of athletes in our squad on the day probably equalled, if not outnumbered the number of supporters. The fixture was entered on both Summer and Winter fixture cards and publicised at the Club House well in advance. The Club House was even closed specifically on this day to encourage our members to support their club team. Apart from a small number of loyal clubmen, the turn out was dire. Obviously there was a clash with the Southern relays for seniors and veterans (in fact we never fielded a senior team) but this was no excuse for the majority of members to ignore this unique moment in the club's history. For those who did not attend, our lads did the club proud.

Results

100m	4. Michael Narty	11.37
200m	6. Michael Narty	23.40
400m	6. Ben Eldred	50.86
800m	7. Johnathan Murray	1.59.86
1500m	10. Anthony Draper	4.21.38
3000m	6. Mark Steinle	9.04.40
2000S/C	9. Anthony Algeo	6.24.50 (PB)
110mH	3. Jamie Quarry	15.38
400mH	3. Lawrence Rogers	54.52
LJ	3. Jamie Quarry	6.96
TJ	9. Ezra Clarke	13.22
HJ	13. Guy Murphy	1.75
PV	7. Steven Foster	3.20
Shot	12. Richard Samuel	10.27
Disc	8. Stephen Harrison	34.46 (PB)
Jav	6. Stephen Harrison	55.12
Ham	11. Toby Walter	36.22 (PB)
4 x 100m	4. M. Narty, R. Lansiquot N. Gardner, B. Gardner	43.57
4 x 400m	2. L. Rogers, R. Holt J. Murray, B. Eldred	3.21.74

Match Result

1. Crvena Zvezola, Yugoslavia 261;
2. Panhellenios Sportif, Greece 201;
3. Shafesbury Barnet, Guest Team 200;
4. Stade Clermontois, France 187 1/2;
5. F. C. Bayer, West Germany 184;
6. BLACKHEATH HARRIERS, GREAT BRITAIN 175;
7. Amsterdam, Holland 173;
8. Bagsvaerd, Denmark 162;
9. P. S. V. Eindhoven, Holland 160 1/2;
10. L. C. Bruhl, Switzerland 137 1/2;
11. Luxembourg, National Team 118;
12. Iceland, National Team 116;
13. Houtland, Belgium 82;
14. R. F. C. Liege, Belgium 78.

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*Ken Pike leads a string of Vets in the warm-up 3000m
- Peter Barlow had already gone!*

Photograph Bill Graham

SENIOR TRACK & FIELD WARM-UP

Norman Park

28th April, 1990

100m K. Hart 11.6; P. Byfield 11.7; P. Squires 11.9; S. Pearse 12.2; J. Tullett 12.2; J. Field 12.3; S. MacGill 13.3; A. Morrell 14.0; **200m** M. R. Williams 22.2; P. Byfield 23.0; K. Hart 23.1; P. Squires 23.1; N. Keogh 23.2; S. Pearse 24.4; D. Grierson 25.8; A. Morrell 27.5; **400m** P. Davies 49.8; P. Crossan 49.9; D. Galvin 50.5; B. Eldred 50.5; M. Lobb 53.2; L. Bulson 54.2; M. H. Allen 55.7; V. Hamlin 63.1; Dv. Marsden 63.5; **800m** P. Galloway 1:56.9; P. Lester 1:57.1; A. Baldock 2:00.0; G. Spencer 2:02.7; J. Weir 2:04.9; S. Hough 2:05.4; D. Hunt 2:09.4; S. Moore-Fay 2:09.6; S. Parsons 2:12.2; Dv. Marsden 2:19.2; V. Hamlin 2:23.0; **1500m** Lee (G) 4:21.1; H. Morten 4:27.6; D. Williams 4:29.4; **3000m** P. Barlow 9:07.9; K. Pike 9:11.5; H. Morten 9:13.0; J. Phelan 9:25.7; J. Kelly 9:49.3; M. Athawes 9:51.0; C. Woodcock 9:52.1; P. Shephard 10:37.1; S. Clark (G) 10:48.5; J. Robinson 10:49.6; W. Clapham 11:02.9; D. Dhammaloka 12:12.6; **400mH** N. Keogh 54.6; **2000mSc** M. Robertson 6:54.9; **HJ** S. Tolson 1.75m; R. Chitty 1.60; D. Hunt 1.55; A. Jamieson 1.35; **PV** S. Tolson 3.50m; J. Cunningham 3.50; J. Day 2.80; **LJ** A. Jamieson 6.17m; R. Chitty 5.95; D. Hunt 4.46; **TJ** A. Jamieson 12.68m; R. Chitty 11.08; **SP** C. Ellis 11.68m; G. Hickey 10.78; A. Fairbairn 8.78; N. Townsend 8.74; **HT** N. Townsend 44.48m; A. Fairbairn 23.10; **DT** C. Ellis 40.36; A. Fairbairn 32.54; A. Elgy 30.60; C. Brand 27.40; N. Townsend 26.92; **JT** S. Tolson 37.68m; A. Jamieson 36.18; R. Chitty 32.72.

KENT CHAMPIONSHIPS

Crystal Palace

19th/20th May 1990

The Kent Championships must be one of the best organised county championships in the country. It consists of two days of action packed athletics at the National Stadium at Crystal Palace, for Seniors, Juniors and Youths in the men;

second, also in the previous championship. With Noel Levy comfortably taking the Youths title the clean sweep of victories was secured.

Elsewhere on the track, as far as Seniors were concerned, it was a case of fair representation but not much for the silverware cabinet. After running 10.80 in the qualifying round Phil Davies was unable to defend his 100m title due to injury. In the 200m Nigel Keogh was a good second place and first of our four finalists. Paul Galloway ran an excellent 1:53.80 but only came in sixth in the 800m in a race won in 1:48.40 by former European Indoor 800m champion, Steve Heard. Matt Lawton came a good third in the 1500 in his first year as a Senior, while Tony Baldock came very close to breaking 15 minutes for the first time in the 5000m.

On the field it was a case of spot the Blackheath Harrier. It was very worrying to see us fielding competitors in only two of the eight field events. Apart from Andy Hodge's efforts our only other representation came in the Pole Vault where Jim Day came 5th and the remarkable David Coleman continued his comeback after being advised by doctors to give up the event because of back injury. Hopefully the lack of field eventers was due to the injuries which plagued us all season and people not getting their entries in on time.

As well as his win in the 400 Hurdles, Jamie Quarry was to feature heavily in a number of other events. Most notable was his smashing of the championship best in the 110 Hurdles from a standing start. He also achieved a p.b. with second place in the 100m and putt 11.79 to take second in the Shot. Ben Eldred also set a couple of p.b.'s as he convincingly took the 400m breaking 50 seconds for the first time. His other p.b. came in the 200m. One of the most interesting events of the weekend was the Junior Javelin where the Club appears to be developing some strength in depth amongst our younger age groups. Here Simon Leishman, Stephen Harrison and Richard Samuel, (all 50 metre plus men and British League athletes by the end of the season), fought a good contest, with Harrison throwing the best to take second with 53.80. Also of note were p.b.'s of Simon Cole in the 800 (1:57.60) and Anthony Algeo (4:14.80) in the 1500. While there was a reasonable showing of juniors, a number of athletes who had been sent entry forms failed to enter themselves and undoubtedly missed out on County medals as a result.

Seven County gold medals were won in the Youths events. Michael Narty went under 11 seconds to clock 10.90 and beat Norman Ellis, his close rival from G.E.C. Avionics. Michael is only a first year youth and was only fourteen on the day of the final. There was a fine 400 and 800m double from Jonathon Murray who was totally in control of both races. Other wins came from Ezra Clarke (Triple Jump), Justin Goodman (Pole Vault) and Stephen Timmins (Hammer). Clarke's 13.13 was a personal best and a deserved reward for an athlete who has come back from a serious bike accident last winter.

CLUB CHAMPIONSHIPS PART 1

Norman Park

6th June, 1990

100m Rampley Cup

1. P. Davies 10.8; 2. K. Hart 11.3; 3. P. Byfield 11.3 (Ht 11.2); 4. P. Squires 11.4; 5. P. Crossan 11.5 (Ht 11.4); 6. S. Pearse 11.6 (Ht 11.5); Hts: R. Hunter 12.3; P. Summers 13.0; B. Wilson 14.8.

Schofield Cup not contested

800m Seniors and Juniors Barclay-Essen & Howard Cups

"A" Race

1. J. Murray (Y) 1:57.1; 2. P. Lester 1:57.6; 3. M. Dyson 2:01.5; 4. N. Woodworth (J) 2:01.6; 5. A. Baldock 2:02.0; 6. A. Algeo (J) 2:02.5; 7. N. Wise 2:02.6; 8. R. Coe 2:03.4; 9. P. Calnan 2:05.6.

"B" Race

1. P. Hamilton (V) 2:05.3; 2. N. Davidson 2:06.5; 3. M. H. Allen 2:08.1; 4. M. N. Williams (V) 2:20.6; 5. D. Dhammaloka 2:30.1; 6. W. Clapham (V) 2:39.0.

800m Youths

1. A. Draper 2:07.8; 2. R. Sedgwick 2:08.4; 3. P. Comber 2:13.2; 4. N. Morgan 2:14.8; 5. Dv. Marsden 2:19.1; 6. R. Morten 2:28.1; 7. S. Algeo 2:31.5.

800m Boys and Colts

1. N. Moody 2:30.9; 2. K. Hasselby 2:31.8; 3. M. Skinner 2:31.9; 4. A. Mellish 3:02.9.

10,000m

Whitbread Tankard

1. M. Farrell 33:22.8; 2. N. Kinsey 33:35.5; 3. H. Morten (V) 33:45.6; 4. D. White (V) 34:10.0; 5. P. Barlow 34:29.1; 6. J. A. Cooper 35:18.2; 7. M. Cronin (V) 35:32.2; 8. B. Mellish (V) 35:39.8; 9. M. Ellison 35:55.5; 10. J. McConville 36:06.9; 11. N. Robertson 36:34.8; 12. C. Woodcock (V) 36:39.4; 13. B. Wilson (V) 37:02.0; 14. J. R. Turner 37:05.6; 15. P. Rissen 38:18.1; 16. A. Bounds 38:18.3; 17. S. Michell 38:48.8; 18. A. Krywko 39:36.9; 19. I. Cayzer (V) 40:38.3; 20. J. Tateson (V) 40:52.5; 21. B. Hartley (V) 42:31.4; 22. Roy Green (V) 42:47.5; 23. K. Pearson (V) 42:47.7; 24. C. Leon 42:53.1; 25. D. Dhammaloka 43:19.3.

High Jump Senior

1. S. Tolson 1.80m; 2. R. Chitty 1.60; 3. S. Parsons 1.15.

High Jump Colts

1. R. Allen 1.35m; 2. N. Hamilton 1.20.

Javelin Senior

1. R. Coe 41.46m; 2. S. Tolson 36.24; 3. R. Chitty 33.30; 4. K. Daniel 22.58; 5. S. Parsons 21.56.

Javelin Colts

1. R. Allen 16.20m; 2. N. Hamilton 14.12.

CLUB CHAMPIONSHIPS PART 2

Norman Park

20th June, 1990

200m Senior Wood Cup

1. P. Byfield 22.9; 2. P. Crossan 22.9; 3. K. Hart 22.9; 4. N. Keogh 23.0; 5. P. Squires 23.1; 6. B. Eldred 23.3; Hts: P. Featherstone 24.3; D. Ferris 24.7; P. Lester 25.1; M. H. Allen 25.3; B. Brown 26.2; D. Dhammaloka 33.1.

200m Juniors and Youths

1. S. Cole (J) 24.6; 2. A. Card (Y) 30.4; 3. S. Algeo (Y) 30.9.

200m Boys

1. P. Comber 27.6; 2. C. Hall 29.2; 3. K. Hasselby 30.1.

200m Colts

1. M. Hibberd 28.8; 2. J. Philip 30.4; 3. N. Hamilton 30.6; 4. W. O'Connor 34.5 (Ht 32.2); 5. A. Mellish 35.0; Hts: G. McIntyre 33.9; E. Lucas 36.7.

Mile

Pash & Wooderson Cups

"A" Race

1. J. Murray (J) 4:25.8; 2. M. Dyson 4:28.1; 3. P. Calnan 4:28.1; 4. D. Hassall 4:28.5; 5. P. Hamilton (V) 4:29.2; 6. H. Morten (V) 4:35.5; 7. A. Algeo (J) 4:36.0; 8. P. Barlow 4:40.7; 9. D. Williams 4:41.2; 10. A. Draper (Y) 4:43.7; 11. S. Hough (J) 4:48.3; 12. S. Povey (J) 4:52.9.

"B" Race

1. K. Daniel 4:50.1; 2. D. White (V) 4:50.9; 3. B. Mellish (V) 4:54.2; 4. C. Woodcock (V) 4:58.0; 5. M. Cronin (V) 5:04.3; 6. I. Young (V) 5:18.9; 7. R. Morten (Y) 5:14.7; 8. A. Bounds 5:15.9; 9. J. Robinson (V) 5:20.7; 10. P. Shephard (V) 5:23.0; 11. W. Clapham (V) 5:45.5; 12. D. Dhammaloka 5:52.3.

Long Jump Senior

1. R. Chitty 6.10m; 2. S. Tolson 5.92; 3. R. Coe 4.90; 4. J. Day (V) 3.97.

Long Jump Boys

1. J. Jackson 4.68m; 2. P. Comber 4.09.

Long Jump Colts

1. J. Philip 4.16m; 2. C. Dods 3.93; 3. M. Bird 3.88; 4. N. Hamilton 3.85; 5. G. McIntyre 3.75; 6. W. O'Connor 3.55; 7. M. McKeogh 3.48; 8. A. Mellish 3.46.

Pole Vault Senior and Junior

1. A. Hardy 4.30m; 2. S. Tolson 3.30; 3. J. Cunningham 3.00; 4. J. Day 2.60.

Discus Senior

1. A. Fairbairn 32.58m; 2. S. Tolson 24.58; 3. R. Chitty 20.98; 4. R. Coe 18.68; 5. S. Parsons 16.94; 6. K. Daniel 16.52; 7. J. Day 16.28.

Discus Junior

1. J. Quarry 30.46m; 2. P. Ryan 28.40.

Discus Boys

1. C. Hall 22.34m; 2. J. Jackson 20.66; 3. P. Comber 18.96.

Discus Colts

1. J. Philip 13.66m; 2. B. Lucas 7.72.

CLUB CHAMPIONSHIPS PART 3

Norman Park

4th July, 1990

400m Reay Cup

"A" Race

1. N. Keogh 49.8; 2. S. Singham 50.6; 3. P. Byfield 50.9; 4. P. N. Davies 51.5; 5. P. Squires 51.6.

"B" Race

1. M. H. Allen 53.3; 2. M. Dyson 54.0; 3. A. Draper 55.5 (Burley Cup); 4. N. Louth 59.2; 5. D. Dhammaloka 70.7.

5000m

Reynolds Bowl

1. P. Hamilton 15:53.5; 2. M. Steinle (J) 15:58.1; 3. R. Coe 16:04.4; 4. D. Williams 16:07.2; 5. N. Kinsey 16:43.5; 6. B. Mellish 16:50.4; 7. C. Woodcock 16:53.5; 8. J. E. Turner 18:00.4; 9. T. Brightwell 18:05.4; 10. Dv. Marsden 18:30.0; 11. W. Clapham 19:37.7; 12. D. Dhammaloka 20:29.1.

2000m Steeplechase

Walter Cup

1. M. Watling 6:18.6; 2. A. Algeo (J) 6:38.9; 3. M. Robertson 6:46.6; 4. J. A. Cooper 7:03.5.

4-Mile Walk

Johnson Bowl

1. P. Hannell 33.58; 2. S. Lightman 34.06; 3. D. Johnson 42.01.

3000m Walk

1. P. Hannell 14:08.7; 2. S. Lightman 15:27.0.

1-Hour Run

1. B. Mellish 16325m; J. R. Turner 10Km/38:17.0; W. Clapham 10Km/40:08.0; C. Woodcock 6000m; S. Clark 4800m.

1-Mile Handicap

1. I. Wilson.

CLUB CHAMPIONSHIPS PART 5

Norman Park

5th August, 1990

100m Colts

1. K. Anderson 13.6; 2. R. Allen 13.7; 3. S. Burman-Roy 14.0; 4. J. Philip 14.6; 5. A. Benn 20.0.

100m Boys

1. N. Cavanagh 12.7; 2. E. Butler 13.3; 3. N. Morgan 13.3; 4. P. Comber 13.4; 5. C. Hall 14.1.

100m Youths

1. B. Gardener 11.7; 2. N. Gardener 11.7; 3. S. Timmins 12.2.

200m Senior

1. P. Squires 23.3; 2. S. Pearse 24.1; 3. E. Stevens 24.3.

400m Colts

1. K. Anderson 64.5; 2. J. Philip 66.1; 3. P. Popely 86.0.

400m Boys

1. P. Murray 59.2; 2. P. Comber 63.9; 3. C. Hall 68.4.

400m Youths

1. B. Gardener 54.8; 2. L. Anderson 55.1.

400m Senior

M. H. Allen 53.8.

800m

1. C. Huntley 2:06.9; 2. N. Morgan 2:25.3; 3. R. Morten 2:26.2; 4. S. Algeo 2:29.3.

1 Mile

1. P. Comber 5:29.7; 2. J. Neville 5:41.4; 3. J. Philip 7:00.7.



Alan Brent orders a cup of tea from Brenda in the pavilion

Photograph Pat Calnan

3000m Senior

Morgan Cup

1. A. Baldock 8:49.6; 2. D. Hassall 8:51.5; 3. M. Watling 8:54.1; 4. D. Williams 9:04.2; 5. M. Steinle (J) 9:10.1; 6. K. Daniel (V) 9:14.5; 7. M. Farrell 9:16.4; 8. H. Morten (V) 9:17.0; 9. P. Betts 9:20.5; 10. J. Phelan (V) 9:36.4; 11. A. Algeo (J) 9:59.0; 12. Dv. Marsden (Y) 10:04.0; 13. T. Brightwell (V) 10:33.0; 14. D. Dhammaloka 11:28.0; 15. N. Brightwell (LG) 11:36.0; 16. A. Weeks-Pearson 12:41.0.

80m Hurdles Colts

1. K. Anderson 15.7; 2. J. Philip 16.5.

80m Hurdles Boys

1. N. Kavanagh 13.2.

Pole Vault Boys

A. Jones 2.10m.

Triple Jump Colts

1. K. Anderson 10.26m CR; 2. J. Philip 9.21; 3. S. Burman-Roy 9.02.

Triple Jump Boys

1. P. Comber 8.31m.

Triple Jump Youths

1. S. Bobb 13.12m; 2. E. Clark 13.06.

Shot Putt Colts

1. S. Burman-Roy 9.90m; 2. A. Benn 7.98.

Shot Putt Boys

1. A. Akinjiola 13.40m; 2. C. Hall 8.94; 3. N. Kavanagh 8.90; 4. G. Butler 8.83; 5. P. Comber 7.42.

Shot Putt Youths

N. Gardener 10.75m.

Hammer Boys

P. Comber 10.11m.

Hammer Youths

1. S. Timmins 48.76; 2. P. Kane 32.96; 3. N. Gardener 27.88.

PONSFORD TROPHY RESULTS 1990

	TJ	Ham	PV	LJ	D	J	HJ	Shot	Pts
R. Chitty	1	2	—	1	3	3	2	1	78
S. Tolson	3	3	2	2	2	2	1	2	77
R. Coe	2	4	—	3	4	1	—	3	61
J. Day	4	5	4	4	7	—	—	*	41
S. Parsons	—	—	—	—	5	5	3	*	26
K. Daniels	—	—	—	—	6	4	—	—	16
A. Fairbairn	—	—	—	—	1	—	—	—	12
A. Hardy	—	—	1	—	—	—	—	—	12
J. Cunningham	—	—	3	—	—	—	—	—	10

* Results not included due to card being unavailable.



'Ernie' Wise regular competitor at middle distance events

Photograph Pat Calnan

READING GAZETTE TROPHY MEETING

Monday, 27th August, 1990

We never looked like we were going to win this fixture, but it did provide some end of season competition for those who wanted it. In the Senior Match, Paul Byfield was under 50 seconds again to show that his early season form was no fluke. Neil Wise ran a good 800m and then did a p.b. in the 1500m after Damon Williams had taken the early pace. Andy Hodge again showed his versatility with wins in the 400m Hurdles and 200m and then second in the High Jump. Our other multi-events man, Steve Oxlade, in his first competition of the year, had a busy day but then he'd start complaining if he didn't have anything to do. Despite a heavy cold, Carl Longley, home for the weekend from RAF Cosford, threw well in the Javelin.

The Youth's section was much depleted due to holidays and a Junior League match the day before. It did, however, give our athletes a chance to do events they don't normally do. Michael Rattigan showed great versatility in doing four events, while Steven Algeo achieved p.b.'s in the High Jump and 800m, and David Marsden soared to a mighty 4.15m in the Long Jump as well as running the 1500m. Adrian Dennison warmed up for the 1500m Steeplechase in the National Young Athletes' Final with a run in the 800m but was probably hoping for something a bit faster. Giles Flower was over 40m in his first competition since having an operation on his shoulder and like the others will be an important member of Junior and Senior teams next season.

Thanks to all those who turned out, and especially to those who chose to do events other than those they would normally do. It is always difficult to get teams out for these fixtures. If athletes want to compete they should make the effort to contact a track official a couple of weeks beforehand and ease his workload. Apologies for some of the gaps in the results, but in a desperate attempt to avoid the Bank Holiday traffic we left as soon as possible and they don't appear to have been sent on.

SENIORS

Blackheath A Results			Blackheath B Results			
100m	4.	P. Byfield	11.60	4.	P. Squires	12.00
200m	4.	P. Squires	23.60	1.	A. Hodge	23.40
400m	3.	P. Byfield	49.90	—	—	—
800m	3.	N. Wise	1:57.90	5.	P. Calnan	2:15.90
1500m	3.	N. Wise	4:12.10	7.	D. Williams	4:17.30
5000m	?	M. Farrell	16:11.10	—	P. Betts	dnf
3000S/C	?	D. Williams	?	—	—	—
400mH	1.	A. Hodge	58.70	4.	D. Grierson (Jun.)	62.30
TJ	6.	S. Oxlade	12.12	—	—	—
HJ	2.	A. Hodge	1.95	?	S. Oxlade	1.70
Shot	?	S. Oxlade	10.20	—	—	—
Disc	2.	C. Ellis (W/45)	42.14	3.	S. Oxlade	32.40
Jav	?	C. Longley	47.60	?	A. Brown	35+ n/s S. Oxlade 45?

YOUTHS

Blackheath A Results			Blackheath B Results			
800m	3.	A. Dennison	2:18.00	4.	S. Algeo	2:26.70
1500m	?	D. Marsden	4:41.00	—	—	—
LJ	5.	M. Rattigan	4.74	4.	D. Marsden	4.15
HJ	?	M. Rattigan	1.60	?	S. Algeo	1.25
Disc	4.	M. Rattigan	22.38	—	—	—
Jav	?	G. Flower	40+	?	M. Rattigan	—

SWARD AND KINNAIRD TROPHY MEETING

Norbiton

Saturday, 15th September, 1990

Last year, for the first time ever, we won the Sward and Kinnaird Trophies at Kingston and Polytechnic's annual trophy meeting. Much to our surprise we did it again. The fixture still seems to be searching for the right weekend in an ever congested fixture card. This year because of upgrading of the Norbiton track, the provisional April date was moved to September, the same weekend as the Kent Relays. By this stage of the season, having already had to pull out of the Woodford meeting because of a major clash of fixtures and injuries, we were happy just to get out in action a small group of athletes who were still looking for competition rather than making a big push to retain the trophies. We had the people to fill the field events, but covering the track looked impossible.

After three track events, however, we looked around at the standard of competition from the other clubs and the quality of the athletes we'd brought and decided that if we could cover the rest of the events we'd be up with the leaders. In the more technical track events, the 110H, 400H and 2000 Steeplechase we took five wins and a second place. Richard Holt and Martin Lobb both did five events and their example was followed by all other members of the team as we clawed back the points deficit on Mitcham and Sutton to win by sixteen points. In the 2000m Steeplechase Anthony Algeo had a good warm up for the European Junior Clubs by running a p.b. of 6.32.3 to win the "B" string.

In the Sward Trophy our hopes took a blow at the start when Steve Oxlade, back from travelling around the world, injured himself in the Pole Vault, thus reducing his level of participation in other events. He still managed to do the Long Jump, Discus, Shot and Javelin. After a season of being injured it was a relief to see Andy Jamieson competing without breaking down again. Andy is a 14 metre Triple Jumper and would undoubtedly have been of value to us in the British League team in 1990. Outstanding field event performance of the afternoon came from Lee Redgrave who



Steve Oxlade, a quadruple eventer in the Sward Trophy meeting

Photograph Pat Calnan

added over 30cm to his previous best to win the Long Jump in the last round with a leap of 6.65m. This made him the ninth Blackheath Harrier to jump further than 6.50m in 1990, and that does not include Dwayne Heard who is currently in America. Of those nine, seven have been injured at various times during the year.

Next season this fixture will take place in April. As well as having scoring "A" and "B" string events, there is also non-scoring in all events. So mark this fixture down as one of your warm up meetings for the start of next season, and contact a track official to let him know of your interest. Thanks to all who turned out and covered so many events this year.

KINNAIRD CUP

Blackheath A Results			Blackheath B Results		
100m	—	—	—	—	—
200m	3. M. Lobb	24.30	1. R. Holt (Jun.)	24.30	
400m	2. G. Clifford	53.10	2. M. Watling	56.20	
800m	2. G. Clifford	1.57.70	—	—	
1500m	3. T. Nash	4.08.70	2. P. Calnan	4.14.30	
3000m	4. T. Nash	9.03.60	1. P. Calnan	9.06.00	
5000S.C.	1. M. Watling	6.21.20	1. A. Algeo (Jun.)	6.32.2	
1000mH	2. L. Redgrave (Jun.)	16.50	1. R. Holt (Jun.)	18.40	
1000mH	1. R. Holt (Jun.)	58.30	1. M. Lobb	59.70	
1 x 100m	1. Blackheath			47.30	
1 x 400m	1. Blackheath			3.39.60	

Match Result

Blackheath 220; 2. Mitcham and Sutton 204; 3. Thames Valley Harriers 132; 4. Kingston and Polytechnic 118; 5. Belgrave 98; 6. Guildford 92.

SWARD CUP

Blackheath A Results			Blackheath B Results		
J	1. L. Redgrave (Jun.)	6.65	1. S. Oxlade	5.16	
J	1. A. Jamieson	13.05	1. C. Longley	11.23	
J	2. L. Redgrave (Jun.)	1.70	2. A. Algeo (Jun.)	1.40	
V	2. S. Oxlade	3.20	2. J. Wakeman (Vet.)	2.80	
Shot	5. A. Brown (Yth.)	10.22	3. S. Oxlade	10.17	
Disc	4. A. Brown (Yth.)	32.98	2. S. Oxlade	31.60	
J	2. S. Oxlade	45.82	2. C. Longley	42.66	
Ham	4. J. Wakeman (Vet.)	23.72	4. A. Brown (Yth.)	16.42	

Match Result

Blackheath 180; 2. Kingston and Polytechnic 162; 3. Thames Valley Harriers 158; 4. Guildford 98; 5. Mitcham and Sutton 82; 6. Belgrave 74.

The Colts (under 13) side comprising Chris Vaughan, Matthew Hibberd, James Phillip and Khary Anderson, were optimistic of gold, but were denied just short of the line by a final last-ditch effort by their Medway opponent. Blackheath timed a nevertheless rapid 53.6s to take silver.

In the Boys (under 15) race the club had two teams in the final, and both showed the rest of the county just how the race should be run. Near perfect baton changes by the "A" team saw them cruise over the line first, with the "B" team a more than comfortable second after some impressive running.

The "A" team timed 48.7 and comprised of Daniel Rose, Barnaby Martin, William Carroll and Richard Seal, and the "B" team timed 50.2s through Nicholas Kavanagh, Adian Woodhouse, John Jackson and Paul Lawrence.

In the Youths final it was always going to be a very tight affair between the heath and our rivals from GEC Avionics, but we had the bit between our teeth after equalling our junior men's (under 20) record in the National League Final in Birmingham two weeks before.

On the day the quartet of Richard Lansiquot, Michael Narty, Neil Gardener and Barry Gardener failed by a narrow margin to clinch gold, but still improved both club youth and junior records, clocking an incredibly fast 43.5 seconds.

The one and only setback of the day came in the junior men's (under 20) event when on one change Laurence Rogers ran out of the box on leg two before receiving the baton, leading to the team being disqualified, but in the senior final it was back to business and gold medals all round.

In the same final Martin Lobb (51.7), Paul Featherstone (50.7), Paul Galloway (49.5) and Pat Squires (49.8) made sure of a superb one-two for the heath by holding on to second place at the line after a thrilling last leg tussle that saw three clubs lunge at the line together, anchor man Squires ending with the upper hand though.

Seniors 4 x 100m

1. BH"A" 42.9 (N. Keogh, P. Crossan, P. Byfield, P. Davies)

Seniors 4 x 400m

1. BH"A" 3.16.9 (Crossan 50.0, Davies 49.7, Byfield 49.3, Keogh 47.9)
2. BH"B" 3.21.7 (Lobb 51.7, Featherstone 50.7, Galloway 49.5, Squires 49.8)

Seniors Medley

1. BH"B" 3.28.9 (P. Squires/P. Davies 200, N. Keogh 400, P. Galloway 800)

Juniors 4 x 100m

1. BH 3.25.6 (D. Grierson 53.7, S. Cole 51.8, L. Rogers 49.9, B. Eldred 50.3)

Youths 4 x 100m

2. BH 43.5 (43.0)

Youths 4 x 400m

1. BH 3.28.7

Boys 4 x 100m

1. BH"A" 48.7. 2. BH"B" 50.2

Boys 4 x 400m

2. BH"A" 3.45.2 (3.42.9). 3. BH"B" 3.55.6

Colts 4 x 100m

2. BH 54.0 (53.8)

Colts 4 x 400m

1. BH"A" 4.11.1. 4. BH"B" 4.24.7



Stephen Algeo, a 'most improved' Miler

Photograph Pat Calnan

"DREAMERS' MILE" RACE SERIES 1990

The 1990 series attracted not only stalwarts of previous years' competition, but many Novice milers.

51 runners, including three lady guests took part in the eight race series, making it the most popular to date.

Special mention should be made of Hugh Morten. Although not actually winning a prize he competed in every race of the series at a highly consistent level.

Derek Dhammaloka, although not at his best, missed only one race.

Anthony Algeo also failed to reckon in the prizes, but ran four of the six fastest times. Still only a Junior, he must be considered quite a prospect for the future.

Andy Kilgour broke the five minute barrier for the first time in Race 6, helping him to earn third place in the points competition.

Consistent improvement from Terry Brightwell, Keiron Morris and young Steve Algeo (brother of Anthony) earned them the "most improved" and the "points" 1st and 2nd awards respectively.

A Handicap Mile was organized as a light-hearted finale to the series. British League regular Pat Calnan, acting as "scratch" man, only just failed to catch the field which was narrowly headed by "Veteran" Pete Shephard in an exciting finish.

P.J.B.

RACE 1 9 May 1990 "A" Race

1. Hugh Morten 4.41.6; 2. Nick Kinsey 4.46.1; 3. Mark Farrell 4.57.0; 4. Barry Mellish 4.58.2; 5. Steve Freemantle 4.58.7; 6. John McConville 5.02.3; 7. Dave Ellison 5.05.5; 8. Simon Parsons 5.10.7; 9. John E. Turner 5.20.8; 10. Steve Pairman 5.25.8.

"B" Race

1. Mark Ellison 5.03.0; 2. Jon Brown 5.03.4; 3. Mike Lodwig 5.17.3; 4. Phil Metcalfe 5.20.0; 5. Colin Rowe 5.21.7; 6. Pete Shephard 5.28.2; 7. Keiron Morris 5.29.9; 8. Terry Brightwell 5.32.2; 9. Janida Williams (L) (Guest) 5.32.9; 10. Derek Dhammaloka 5.40.9; 11. Steve Algeo 5.46.9.

RACE 2 23 May 1990 "A" Race

1. Chris Huntley 4.39.1; 2. Hugh Morten 4.39.5; 3. Nick Kinsey 4.44.4; 4. Steve Freemantle 4.50.2; 5. Dave White 4.51.3; 6. Barry Mellish 4.53.7; 7. John McConville 4.59.3; 8. Barry O'Gorman 5.00.1; 9. Mark Ellison 5.03.7; 10. Mike Cronin 5.04.8; 11. Simon Parsons 5.12.4; 12. Pete Shephard 5.32.1.

"B" Race

1. Dave Ellison 5.05.2; 2. Bernard Wilson 5.08.7; 3. Mike Lodwig 5.12.1; 4. John E. Turner 5.12.8; 5. Phil Metcalfe 5.14.4; 6. Colin Rowe 5.16.0; 7. Terry Brightwell 5.16.8; 8. Keiron Morris 5.20.8; 9. Steve Pairman 5.22.6; 10. Tony Rissen 5.23.9; 11. David Robjohns 5.30.3; 12. Derek Dhammaloka 5.37.8; 13. Jim Tateson 5.41.7; 14. Craig Daly 5.46.9; 15. Tony Pontifex 5.55.6.

RACE 3

13 June 1990

"A" Race

1. Hugh Morten 4.43.3; 2. Jon Brown 4.57.7; 3. Barry Mellish 5.00.5; 4. Mike Cronin 5.06.1; 5. Mike Lodwig 5.13.1; 6. Phil Metcalfe 5.17.8; 7. Steve Pairman 5.20.5; 8. John E. Turner 5.22.1; 9. Pete Shephard 5.31.0; 10. Mike Williams dnf.

"B" Race

1. Bernard Wilson 5.05.6; 2. Terry Brightwell 5.06.9; 3. Andy Kilgour 5.18.1; 4. Keiron Morris 5.15.5; 5. Craig Daly 5.42.5; 6. Richard Morten (J) 5.46.5; 7. Derek Dhammaloka 5.49.1; 8. Tony Pontifex 5.57.3; 9. Natalie Brightwell (Guest) 6.05.7; 10. Sharon Cook (L) (Guest) 6.34.2.

RACE 4

27 June 1990

"A" Race

1. Anthony Algeo 4.34.4; 2. Richard Coe 4.35.4; 3. Hugh Morten 4.36.5; 4. Pete Barlow 4.39.9; 5. Ken Daniel 4.40.0; 6. Dave White 4.43.3; 7. Mike Cronin 5.01.1; 8. Bernard Wilson 5.02.5; 9. Terry Brightwell 5.03.4; 10. John R. Turner 5.06.1.

"B" Race

1. Mike Williams 5.03.8; 2. Steve Pairman 5.09.1; 3. Andy Kilgour 5.09.6; 4. John E. Turner 5.09.8; 5. Keiron Morris 5.22.4; 6. Richard Morton (J) 5.23.7; 7. Steve Algeo (J) 5.34.1; 8. Derek Dhammaloka 5.37.2; 9. Natalie Brightwell 5.42.5; 10. Craig Daly 5.51.6.

RACE 5

25 July 1990

"A" Race

1. Hugh Morten 4.46.9; 2. Ken Daniel 4.49.0; 3. Chris Huntley 4.55.0; 4. Barry Mellish 4.57.3; 5. Tim Moule (Guest) 4.58.7; 6. Mike Fowler 4.59.5; 7. Steve Pairman 5.00.5; 8. Mark Ellison 5.01.9; 9. John Morgan (Guest) 5.02.0; 10. Dave Ellison 5.03.5.

"B" Race

1. Terry Brightwell 5.01.1; 2. Andy Kilgour 5.02.7; 3. Bernard Wilson 5.07.1; 4. Bob Wheatland 5.11.5; 5. John E. Turner 5.12.0; 6. Steve Pairman 5.16.9; 7. Richard Morton (J) 5.25.6; 8. Derek Dhammaloka 5.32.3; 9. Craig Daly 5.37.1; 10. Natalie Brightwell (L) (Guest) 5.41.6; 11. Pete Shephard 5.49.2.

RACE 6

8 August 1990

"A" Race

1. Anthony Algeo 4.35.8; 2. Ken Daniel 4.36.7; 3. Jim Phelan 4.37.6; 4. Hugh Morten 4.44.3; 5. Jon Brown 4.53.0; 6. Chris Huntley 4.55.8; 7. Mike Fowler 4.56.3; 8. Mark Ellison 4.56.5; 9. Mike Cronin 4.57.7; 10. Bernard Wilson 5.03.4.

"B" Race

1. Andy Kilgour 4.58.1; 2. Steve Pairman 5.08.5; 3. Keiron Morris 5.09.9; 4. Terry Brightwell 5.10.2; 5. Tony Bounds 5.15.6; 6. Richard Morten 5.22.1; 7. Pete Shephard 5.29.1; 8. Simon Michell 5.29.5; 9. S. Carder (Guest) 5.30.0; 10. Steve Algeo 5.32.4; 11. Natalie Brightwell (L) (Guest) 5.36.0; 12. Derek Dhammaloka 5.37.3.

RACE 7

15 August 1990

1. Norman Davidson 4.34.4; 2. Anthony Algeo 4.34.7; 3. Hugh Morten 4.39.0; 4. Ken Daniel 4.41.6; 5. Jon Brown 4.51.5; 6. Mike Cronin 4.56.4; 7. Mike Fowler 4.59.7; 8. Andy Kilgour 5.01.3; 9. Keiron Morris 5.01.3; 10. Tony Bounds 5.20.6; 11. Richard Morten 5.24.0; 12. Steve Algeo 5.25.5; 13. Natalie Brightwell (L) (Guest) 5.33.6; 14. Derek Dhammaloka 5.45.2.

RACE 8

29 August 1990

1. Anthony Algeo 4.31.3; 2. Norman Davidson 4.31.9; 3. Ken Daniel 4.35.9; 4. Hugh Morten 4.50.3; 5. Mike Fowler 4.54.5; 6. Barry Mellish 4.59.6; 7. Andy Kilgour 5.00.3; 8. Mark Ellison 5.00.8; 9. Bernard Wilson 5.09.1; 10. Keiron Morris 5.17.4; 11. Steve Algeo 5.28.3; 12. Pete Lester dnf.

FINAL PLACINGS - Points Competition

1st Keiron Morris; 2nd Steve Algeo; 3rd Andy Kilgour.

Most Improved (Par Churcher Memorial Trophy): Terry Brightwell
Handicap Deamers' Mile Winner: Pete Shephard

AAA CHAMPIONSHIPS

Birmingham

3rd/4th August, 1990

HTS. 100m M. R. Williams 10.93; P. Davies 11.00; G. Proctor 11.19; 200m M. R. Williams 22.25; R. Bates 22.66; 400m R. Bates 48.69; 1500m G. Sheppard 3:51.73; 110mH C. Hamplett 14.21; 400mH N. Keogh 53.76; 3000mH (8:22.22) R. S. Newport 8:45.13; DT (57.58m) 4. D. Morris 54.18; 800m (81.22m) 5. P. Yates 72.76.

Whilst enjoying this stuporously stultified, a recurring theme caught my eye.

Eighteen of the action photographs appear to be attributed to the "Calnan" family whose members seem to be legion.

These run as follows:-

P.4 Calnan, P.7 Callman, P.8 Calnoon, P.9 Callnan, P.10 Calhoon, P.11 Colnan, P.12 Colnon, P.13 Colman, P.14 Coleman, P.15 Calnun, P.16 Calnen, P.17 Colnen, P.18 Colnun, P.18 Coolnan, P.19 Coolnun, P.20 Culnan, P.37 Calhoon, P.45 Culan.

Two questions then spring to mind – was Calnan père peripatetic? – is there such a thing as a disjunctive proof reader?

I leave you these stray thoughts but at least you know that some of your readers pay close attention to your efforts. Congratulations to you and your photographic staff.

Yours 'heavenly',
Johnnie Walker

Dear Jim

In order that results will not be lost forever, here are most of the missing ones for the Southern and National Cross Country Championships for the '80's that appear as "gaps" even in the *Second* Edition of the Club History.

Perhaps other readers can fill in the last few gaps (9 in all), i.e. 1980-81 Southern, 5th to 12th names and positions, also 1981-2 Southern, C. Haines and R. Cliff positions?

Hopefully then the record will be complete for the '80's when the THIRD edition is printed in 25 years time!

NATIONAL X/C

1980-81	No 9th Runner
1982-83	No 9th Runner
1983-84	P. Barrington-King D.N.F
1984-5	P. Calnan D.N.F.
" "	W. O'Donnell D.N.F.
1985-86	No 8th or 9th Runner

SOUTHERN X/C

1979-80	B. Flannery	320
1980-81	7th M. Athawes	193
1981-82	6th C. Lord	168
	7th K. Pike	187
	8th G. Martin	198
	9th B. Swift	216
	10th C. Haines	?
	11th R. Cliff	?
	12th M. Athawes	282
1982-83	6th M. Wilkinson	160
	7th C. Lord	167
	8th B. Swift	170
	9th K. Daniel	173
	10th S. Rutherford	230
	11th M. Jackson	288
	12th I. Young	319
1983-84	12th M. Williams	391

Johnny Walker, the Gazette's Club Reporter on
the trail of a 'scoup'

Photograph Pat Calnan

ANNUAL DINNER

18th September, 1990

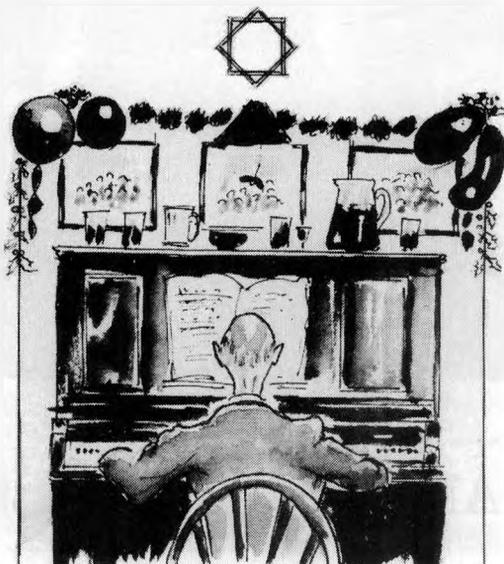
From the moment we saw the five course menu with the five course speeches we knew we were in for a treat. The wine-laden tables promised a *bonne bouche* for those who had prudently arranged for transport home. "Maison Brian" excelled themselves in the choice of food and wine to complement the vintage speakers. A few welcoming words from our worthy President introduced V.P. Tony Weeks-Pearson (too long absent from Club functions) who gave a warm greeting to our guests spiced with a few reminiscences; his dark blue links with our principal guest Colin Moynihan M.P. Under Secretary, Department of Energy, to whom he offered our sympathy as "scores of us have known what it is to suffer in the vicinity of Westminster Bridge". Then too for Norman Harris, Kiwi author and athlete, biographer of Jack Lovelock and the inspiration behind the Sunday Times Fun Run, Tony revived memories of shared stable accommodation in the Poly Marathon of yesteryear.

This left little time for acknowledgements to our "regular" adversaries, Mike Firth of SLH (a personal and muddy memory), Alan Hedger, Ranelagh, Tony Phillips, Orion and to Brian Boulton Cambridge Harriers, and current President of Kent AAA in their last "singleminded" year. Together with Ron Sales, National Youth Athletic League, they represented some of the best aspects of our sport in tradition and durability. Our relationships mature and deepen as the years pass. Suitably staggered by these pleasantries, Tony Phillips responded with commendable fortitude.

The more serious toast of "The Club" fell to the lot of Colin Moynihan who in view of his transformation since accepting our invitation gave some "off the cuff" reminiscences and confirmed the early reference to him "as he put Energy into Sport so in Energy he will continue to strike sparks!"

To this toast it was appropriate that P.P. Harold Thompson replied with a succinct but full history of the Club from its early days to its *inal* establishment at Hayes "yet preserving the original inspiration" of championship and family feeling; P.P. Ken Johnson drew the proceedings to a close with a brief but adequate tribute to the President, whose assiduous devotion to the Club during this year has been marked.

An echo from earlier salutations rang in my ears at the end of the evening "Our sport has a long and alcoholic history" – and so say all of us.



A NOTABLE ANNIVERSARY

On 29th June, 1900, young Eric Reed entered this world. On Friday, 29th June, this year therefore he reached his ninetieth birthday and seeing that for 67 of those years he has been not only a member but a whole hearted and constant supporter of every aspect of the club's life – indeed a club institution in his own right – the occasion demanded a fitting celebration. This took the form of a luncheon at Hayes at which the President had gathered a company of Eric's fellow 'heathens to do him honour.

He arrived from Morden College in Phil Saxon's car soon after 12 and it was good to see that he looked very little different from how we remembered him and how he appears in groups in the club room from the 1920's onwards. Unfortunately he can only walk with the aid of a zimmer and uses an electric wheelchair to move around the college buildings, but by way of the fire escape he was duly installed in the club room among his old friends and some younger ones who were eager to meet him. After a flood of greetings and reminiscences 39 sat down to an excellent lunch after which PP Tony Oldfield proposed Eric's health recalling his seemingly unending career as a competitive runner. He was one of the first to receive a 50 year membership award and is possibly the only one to have been an active athlete at the time. In the Club Five in

Centenary Year he had 12 behind him and four years later in the same event, aged 73, there were still five behind him. It was appropriate therefore that PP Johnnie Walker, always eager to recruit fresh blood for his team of geriatrics in the Sunday Times Fun Run had thoughtfully provided an entry form for Eric in this year's event!

PP Ken Johnson then read greetings and comments from those who had been unable to come. In his note VP John Lissaman drew attention to another aspect of Eric's services to the club: his friendliness and willingness to talk to young and old alike. At John's first track meeting everybody seemed too busy officiating or competing to have time for a new junior, but Eric was there with a few words of encouragement. John could never keep up with him over the country despite being nearly forty years younger but greatly enjoyed his company in warm-up sessions on the track.

When the President invited reminiscences from the assembled company the many contributions testified to the extent to which Eric had captured the hearts of members as a runner, for his ever friendly encouragement and not least as a musician. A photograph of Eric at the piano, Frank Rogers turning the pages of the music and PP Cecil Pollard in full flight rendering "Brown Boots" brought back vivid memories of Smoking Concerts of former days*. This led naturally to the conclusion of the function when the President presented Eric with a Yamaha Electronic Keyboard and invited him to give us a few bars of "Brown Boots", which he duly did – to electronic beat accompaniment!

So ended a memorable occasion, greatly enjoyed by all present.

As these represented an unusual combination of members, some of whom we rarely see these days, their names are appended in chronological order of joining.

VP E.J.J. Reed (1923), PP V.W.W. Beardon (1927), PP C.A. Wiard (1928), PP W.H.M. Vercoe (1929), VP L.G. King (1929), F.A. Horn (1929), G.A. Gardner (1932) (and a friend Ken Wright), G.P. Pugh (1934), PP G.F. Brooks (1934), PP R.H. Thompson (1935), C.A. Kidd (1936), VP B.G. Parrott (1936), J.P. Clark (1937), VP S.F.H. Glynn (1938), President D.R. Gillate (1939), PP K.J. Johnson (1941), PP M.A. Walker (1942), PP A.J. Brent (1946), PP W.F. Lake (1946), PP P.J.G. Baigent (1946), P.H. Saxon (1946), PP A.A. Oldfield (1948), VP R.A. Kirk (1948), PP P.G. Stenning (1948), G.O. Grier (1949), VP A.J. Weeks Pearson (1949), PP A.E. Ball (1949), VP D.H. Hopgood (1949), G.E. Geere (1951), VP R.J. Edmonds (1956), VP F.C. Rogers (1957), VP J.V.F. Bennett (1957), L.E. Blight (1958), VP I.C. Wilson (1959), VP J.F. Parrott (1960), S. Ridgewell (1982), J. Browne (1984) and O.W. Beare from Morden College who accompanied Eric.

*The cartoon at the head of this article illustrating such an occasion was drawn by Cecil Pollard.

J. A. WAKEMAN

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The rain stopped near Dunkerque to give a cloudy but dry 5 hour drive to Luxembourg City. The trip was punctuated by a detour into Lille due to inadequate road signs and a stop for refreshments near Mons. The first stop in Luxembourg was at a local supermarket where the main item purchased was six bottles of wine for the evening meal. (Who needs to be hydrated 18 hours before the race?) Next, on to Itzig and our hosts for the weekend Mark and Julia Crisp. While Julia prepared the evening meal Mark took three car loads of tourists around the sights of the centre of Luxembourg City. After a quick stop in a local establishment for beer we returned to Itzig for an excellent evening meal.

Itzig is a small village on the outskirts of Luxembourg City where five of us stayed with Mark. The rest of the party were accommodated at the hostel attached to the Luxembourg Sports Centre. The Sunday morning was spent in more sight seeing during which we visited a local art museum. After a light lunch at Mark's house we all changed for the main event. The half hour drive to Remich was accompanied by the only rain of the afternoon. Having found a space for three cars near the race start we had an hour to wait and relax, warm up, and relieve the system. The latter was easier said than done especially for our single lady, but eventually everybody was comfortable for the three o'clock start.

The race is more interesting for the surroundings than the repetitious placing of one foot in front of another. It is a very well organised event on a flat course that runs beside the Mosel river on the border between Luxembourg and Germany. Top international runners were among the elite group that led the field past crowds and brass bands in the riverside villages. The sun was out for the first hour of the trip, but even when clouded over, the temperature was just right. The winner finished in some ridiculous time, less than 62 minutes, which was way ahead of us normal mortals. A shower was available near the finish but you had to guard your bottle of wine which was given to each entrant after crossing the line. After a short wait a 25 minute coach trip took us back to the start area in Remich. Eleven tired runners and a fresh photographer made their way back to Mark's house to relax and have a glass of beer.

Next stop an Italian restaurant in Luxembourg where they spoke French? The wine, beer, and pizza flowed as fast as the river we had run past in the afternoon. Closing on the midnight hour we stopped off at an English pub called "The Cockpit" with a true international flavour. Run by an American and heavily patronised by the Icelandic community and members of the flight crew of the Iceland National Airline, it seemed to be constructed from parts of old aircraft. And then to bed, at last!

The return journey on Monday was a repeat of the outward leg except the excursion in Lille was replaced by one to a hypermarket in Calais. Do you know how much beer can be loaded into the back of three cars already full with running kit? The answer is at least 12 crates, plus some



The British Team Manager discovers carbo-loading at Dolle Brewerij

Photograph Mick Hamlin

BRUGES 10K ROAD RACES

23rd June, 1990

The Flanders city of Bruges is one of the most beautiful cities in Europe. Apparently unspoilt by the rigours of the 20th century and one that would even delight the Prince of Wales as far as architecture is concerned. They annually host the 10km road races at the end of June and for the truly masochistic who have not yet discovered the delights of a Saturday night's drinking in Bruges there is a longer race on Sunday. Racing on a Sunday seems a bit of a waste of time to me as it supposedly negates the Saturday night but suffice to say that none of the party of 'heathens present in Bruges on this weekend elected to race on Sunday.

Never mind the delays caused by those inconsiderate French people at Calais. They were not going to spoil our weekend. The seven hour wait at Dover seemed to take no longer than twelve hours and within no time at all we were on our way. Even though we were boarding the ferry at 01.30 on Saturday morning it only meant that we were a bit late as we were due to arrive in Bruges at 23.10 the day before. So we arrived at 06.40, inconvenient maybe but we were here to run and a sound sleep of 2 and a half hours was enough for us, at least that's what we said to ourselves.

One of us made breakfast and piled up the croissants in case anyone else made it. In the end there were two of us in there and a pile of croissants eventually made it up to the second floor much to the annoyance of the hotel management. The shopping trip to the supermarket and a couple of Beer Specialist stores followed and soon we were ready for the race, after all, it was one of the reasons we came here. This year there was a 10km race for seniors, usually this being a Veterans' Festival. Four of our party were to race this event, Tony Baldock, Damon Williams, Van Hamlin and guesting Michael Thorne (not at this time a 'heathen but check back later). A field of about 80 assembled and the jokes regarding the identity of the runner in the red tracksuit proved prophetic as it turned out to be Kip Koskei. Two runners elected to go with him, most did not . . . ours did not. Tony Baldock stayed in the following bunch for the whole race, contesting third to sixth positions. Eventually he placed fifth according to the result sheet but we were sure that he finished sixth. We won't argue though. Damon Williams ran one of his better races to finish seventh. His performance in the Pepper race indicated that he was in form over this type of distance and this was proved here. Our guest came in 16th but we waited until 39th for Van Hamlin to finish. On target for a sub-40 he became tired nearing the stadium and had to ease off. However, this was good enough to account for first place in the team race ahead of AC Bruges, and I am willing to bet that they were in bed long before 06.40 in the morning!

The Veterans? Well, the field was a lot bigger and our two runners were as pleased as their form allowed them to be. In the over 45 race Ian Wilson placed 6th in 37.10 and Mick Hamlin elected to run through from the back to place 20th, a fair amount slower. But the weekend was just about to start.

Our athletic endeavours finished, we set about the cultural part of our visit. With 1992 approaching, I personally feel it is of utmost importance to get to grips with the European way of life. Bruges has two breweries and our first call was at the Halve Maan Brewery situated conveniently close to our hotel. Their Straffe Hendrick brew is a classic "summer weight" drink that slips down easily in the right circumstances. Following a shower we set about catching up on the Flanders lifestyle. The Americans, in their quaint way that endears themselves to those of us more intellectually endowed than themselves, would have said we were on a "programme" (or perhaps a "program"). We began with the Gueuze, a blended style of lambic from the Senne Valley just southwest of Brussels. Following that we dealt with a bowl of spaghetti bolognaise and a Golden Carolus (brewed at Mechelen). A change of scenery led us then to the Markt where we stayed outside for the Liefmans Kriek (a beer brewed over cherries registering a tasty 7.2%). Night began to set in about this time so it was time to go indoors. At the Bruges Beertje they claim to stock about 300 brews and we started with the draught wheat beer (Bruges Tarweibier) brewed at the other Bruges brewery. Another plate of spaghetti bolognaise, totally different from the first, before we ended the evening with the famous Bruges Tripel at a hefty 9.5%. All of us feel more at ease about joining Europe now and feel a bit more in line with the European way of life.

So what could we do the next day? Actually it was already the next day, so we slept a few hours and then we took a leisurely trot round the town, (well, some did). This was followed by a leisurely drive out to Esen on the way home.

There is not too much at Esen, just about two cafes, a church, a chemist and . . . a brewery. De Dolle Brewerij is run on a weekend basis by three brothers and their mother. The brothers bought the brewery when the owner fell ill in 1980 when they were students. They brewed four times a year then. This has gone up to 44 times a year now and the



Damon Williams, 7th in the Bruges 10K in 33.22

Photograph Mick Hamlin

students are no longer. Kris (now an architect) was pleased to meet us and that his product was known in Britain. Ian and I were there last year and we sat on the verandah and supped the luscious Oerbier then and will no doubt return to do the same another time. Between us we boosted his Sunday sales by 100 bottles on this day.

Another brew in Veurne and a spaghetti bolognaise (an even better variety some thought, they were all different) and we were on our way to Boulogne for the trip home. This was no quick affair but at least we could slip in from time to time to catch up on the Holland v. West Germany game. We got back at about 3.00am. Book now for Bruges 1991. Send cheque or money order for your Flanders Brew Trail, over 100 different programs available from Mick Hamlin.

GREAT NORTH RUN

Newcastle

16th September, 1990

At only 22, Gary Arthey ran the socks off international rivals in this year's Great North Run, setting a UK best time for his age in what was the fastest half marathon ever run.

The previous day, Mark Steinle, still only 15, finished fourth in the Junior Great North Run, against boys up to three years his senior.

The televised race from Newcastle to South Shields incorporating the AAA half-marathon championship, was the nation's largest athletic event, with 30,000 runners and was won by Steve Moneghetti in 60.34 from Douglas Wakihuri in 60.42. Gary was some three minutes behind in eighth spot with a time of 63.49 on what was a perfect day for running.

MARATHON ROAD-RUNNERS 1989

The present index is based on results reported in the Courier of events held in the calendar year 1989. It is regretted that, in some cases, only approximate Marathon times were received.

NAME	TIME (10m)	TIME (Mara.)	NAME	TIME (10m)	TIME (Mara.)
Alvin A.	72.56		Jones A.	61.37	2:56.49
Arthey G.	48.53		Kavanagh J.	65.32	
Ashdown G.		3:55.	Kelly C.		3:32.15
Athawes M.	61.25		Kilgour A.	61.17	
Bailey J.		2:59.07	Kinsey N.		2:33.03
Beal R.	64.33		Larcombe D.	73.40	
Beck J.	57.56		Leahy B.		3:11.36
Bennett J.	81.19	4:52.	Legg A.		3:44.
Birkett D.		4:01.49	Lodwig M.		2:53.05
Bounds A.		2:48.07	Lovell P.		3:24.53
Broughton J.		3:22.09	May N.	55.40	
Brickwood D.		3:59.	McConville J.	64.46	2:52.02
Broadwell D.		3:56.05	McMahon P.		3:14.53
Brown J.		3:41.13	Mellish B.	54.44	2:44.54
Bruce A.	62.06		Mercer R.	64.13	3:19.51
Calnan P.	54.01		Metcalf P.		3:30.22
Canty C.	68.00	3:19.17	Mexted G.		3:00.54
Carton D.	65.32	3:15.24	Michell S.	69.28	
Chester L.	75.37		Mothersole A.		3:54.
Coe R.	54.55		Morris R.		2:49.29
Coles R.	51.57		Nairn A.		4:26.
Colpus M.	52.38		Nairn S.	72.56	4:26.
Cooper J. A.	58.53		Newport N.	55.02	
Counter R.	68.23	3:30.27	Niewiarowski J.	71.38	
Crawford P.		3:21.28	Nuttall N.		3:15.
Crickett M.		3:20.	O'Donnell W.	51.24	
Cronin M.		2:51.03	O'Flynn B.		3:53.
Crowder G.	67.57		O'Gorman B.	56.28	3:00.19
Cruikshank J.		3:50.	Painter C.		3:14.09
Daly C.		3:39.20	Pearson K.		3:41.30
Denny R.	74.54		Peel M.		2:59.08
Dinsley B.	74.49	3:39.35	Plank G.	66.48	
Dryland K.		3:04.23	Pontifex A.		3:12.09
Ellison M.		2:59.13	Poole C.		2:59.08
Enright G.	68.09		Povey S.	59.29	
Fagg S.	70.39		Rawlings M.		3:40.15
Farrell M.		2:47.23	Ridgewell S.		2:53.22
Fincham B.	67.55		Roberts L.	52.07	
Flagg D.		2:53.04	Saddler B.	57.20	
Foster W.	49.25	2:19.06	Shepheard P.	61.49	2:52.19
Freemantle S.	62.32		Smith Roy		2:37.52
Fuller R.		3:50.	St. Aubyn C.		3:37.34
Graf R.		3:16.23	Steer J.		3:12.27
Green Roy		3:10.15	Sullivan J. E.	64.32	
Gold I.		3:46.15	Tateson J.	65.44	
Gaines D.		4:10.	Todd B.		3:48.01
Hall C.		3:12.52	Turner J. E.	60.51	2:54.58
Hassall D.	53.54		Turner J. R.	58.24	
Hayward G.		3:12.21	Wade M.	61.05	
Henesy G.		3:35.41	Wheatland R.	63.01	3:31.21
Hill J.	74.21		White D.	58.07	2:40.58
Hill Jy		3:44.52	Wilson B.		3:44.
Hill R.		4:00.	Wilson I.	57.32	2:59.56
Hilton R.		3:01.04			

Many thanks to Bill Clapham for providing this index.

OBITUARY

A.E. KEEPAX

We were saddened to learn of the death of Albert Keepax after a long illness. His first connection with the Club came during the war when the Club was host to the London Fire Force and he showed his potential in 1942 in an inter-club match when he finished second. Thereafter he was rarely less than third in other matches through to 1945. After the war he joined the Club in 1946 and was gladly accepted as a "Heathen". On March of that year in the ECCU Championships he was 61st, being the 4th scoring man for the Club. Again in the SLH match he was 9th, being but one second behind Sydney Wooderson. In December in the Ranelagh match he was 5th behind Choat, Reynolds and Wooderson "in distinguished company" as the Gazette commented.

His redoubtable and consistent running was evidenced throughout his career, finishing 7th in the Inter-Vets match and again the Gazette pronounced it "a very fine run on one of his unfortunately rare appearances for the Club". He continued his career in the Fire Service, winning the LFB Cross-Country Championships in 1949, 1950 and 1951. In 1967 he was one of eight runners representing England in the International Veterans' Cross-Country at Bussen, Holland, gaining second place in the 50-59 group.

Continuing his club loyalty, he ran regularly in the Mob matches and occasionally in the Club 5 - our Veterans match and as late as 1967. In 1968 he retired, settled at Tonbridge, but would usually make a special effort to get to Hayes for the SLH match, in which his last run was in 1976, followed by a final run in the "Orion" in December that year, at the age of 68 years. A reticent and retiring man, he was very much a family man and did not mingle much in the Club's social functions as his service duties intervened. Known now by few current members, he will never the less be a vivid memory for those who ran with, and often behind him.

We extend our sympathy to his widow and daughter in their sad loss.

Vet's results

SOUTHERN COUNTIES VETERANS' A.C. INTER-CLUB TRACK & FIELD LEAGUE 1990

Inaugurated this season, and consisting of three evening meetings, the league was considered a great success by those who took part, representing 11 clubs. There was always an element of surprise as to who would turn up, and, for those who did, some further surprise over what event they might be asked to do.

Letter card "A" signified our first V40 string, while "AA" told our second string that they should be motoring rather than inebriated. Even more appropriately, "A" with a Red Cross marked our V50's, who lived up to it by moaning about their aches and pains.

The first fixture at Battersea Park allowed Rod Turney to warm up with a Sri Chinmoy 2-miler before placing second in the "V50" 400m. Our winners were Jim Day at "V50" High Jump and Triple Jump, Colin Brand at "V50" Discus, Peter Hannell and Shawn Lightman respectively at "A" & "B" 2000m Walk and Jim Phelan and Bill Clapham respectively at "B" & "V50" 1500m. Peter Baigent was second in the "V50" 100m, though it is no secret that he was giving away a decade or so. Though somewhat outgunned at the younger age group sprints our strength at middle-distance and field gave first place overall.

The cinder track in pleasant surroundings at Barn Elms was our second venue and, for some, rather more difficult to reach in time. Barry Mellish in the "B" 3000m Steeplechase was our only individual winner but Hugh Morten and Chris Woodcock were solid in 800m, while Jim Phelan and John Robinson turned their hands to whatever was needed. Dave Brookes did his first track sprinting since 1967 and hopes to repeat it when he returns from posting in Japan. Second place on the night and leaders overall.

The refurbished Croydon track welcomed us for a fitting finale with all 11 entered clubs participating. TVH started as our nearest rivals, no doubt encouraged by the presence of Peter Browne, who had set a World Record for Vets in the British League the previous day. With Jim Day biting his nails away on holiday, our field eventers were strengthened by Chris Ellis. He posed our first problem - none of us could loan him a vest that was big enough. However, once started, he (with Colin Brand) took care of Hammer and Javelin. Another "newcomer" was John Baldwin who took the "V50" 400m after seeing off a late challenge from league organiser Jim Hurley (Croy. H.). John followed this by leading from gun to tape in the 1500m, thus recording our only track double. The 1500m event brought further excitement with Peter Hamilton holding on to Browne 'til the last bend while, behind them, Jim Phelan again won the "B" race. Our team stalwarts even denied themselves the doubtful pleasure of watching England v. Ireland live in the World Cup by staying on for the relay. An all-round effort gave us first place on the night and the men's trophy for the series.

It is particularly gratifying to record that we had a participant in every event, the only club to do so. The only caveat is that this was achieved by a comparatively small number of the many veterans there are in Blackheath Harriers. There are ambitious plans for the league next year and we hope that many more will try track & field, perhaps for the first time. There are non-scoring slots at all events, so there is no exclusion.

Finally, it is a pleasure to record our thanks to those who gave up their time to be officials on behalf of Blackheath Harriers.

B.C.

Team from:- P. Baigent, J. Baldwin, C. Brand, D. Brookes, W. Clapham, J. Day, C. Ellis, P. Hamilton, P. Hannell, S. Lightman, B. Mellish, H. Morten, J. Phelan, J. Robinson, C. Rowe, R. Turney, B. Wilson & C. Woodcock.

Blackheath Officials:- J. Bennett, K. Johnson, R. Kirk & P. Stenning.

S.C.V.A.C TRACK & FIELD LEAGUE MATCH ONE

Battersea Park

23rd April, 1990

Track is "A" "B" & V50; Field "A" & V50.

100m A (12.1) 7. J. Robinson 13.9; **B** (13.1) 7. B. Wilson 14.7; **V50** (14.0) 2. P. Baigent 15.2; **400m** A (56.2) 8. J. Robinson 64.6; **B** (57.1) 5. C. Rowe 62.4; **V50** (63.7) 2. R. Turney 66.3; **1500m** A (4:12.2) 2. P. Hamilton 4:19.4; **B** 1. J. Phelan 4:28.9; (also non-scorers:- H. Morten 4:27.3; C. Woodcock 4:48.0; C. Rowe 5:00.0) **V50** 1. W. Clapham 5:07.0; **2000m Walk** A1 P. Hannell 9:02.1; B 1. S. Lightman 9:23.2; **V50** 2. W. Clapham 14:15.0; **HJ** A (1.40) 6. J. Phelan 1.20; **V50** 1. J. Day 1.25; **TJ** A (12.70) 7. J. Robinson 7.76; **V50** 1. J. Day 8.90; **HT** A (40.88) 6. J. Phelan 19.04; **V50** (36.56) 2. C. Brand 27.00; **DT** A (33.28) 6. J. Phelan 18.82; **V50** 1. C. Brand 30.72; 4 × **100m** (48.4) 7. Blackheath 58.5.

Match Result

1. Blackheath Harriers 258; 2. Ilford 256; 3. Medway 249; 4. Thames Valley Harriers 224; 5. Croydon 210; 6. Richmond & Twickenham 164; 7. Epsom & Ewell 155; 8. Eastbourne 42.

MATCH TWO

Barn Elms

14th May, 1990

200m A (24.7) 8. J. Robinson 29.2; **B** (26.3) 3. D. Brooks 27.4; **V50** (28.3) 4. J. Day 33.2; **800m** A (2:06.3) 2. H. Morten 2:09.7; **B** (2:16.0) 4. C. Woodcock 2:25.0; **V50** (2:35.9) 3. W. Clapham 2:43.7; **3000m**/C A (10:43.0) 2. J. Phelan 10:59.3; **B** 1. B. Mellish 11:04.4; **V50** (13:41.6) 2. W. Clapham 14:12.8; **IJ** A (5.72) 6. J. Robinson 4.97; **V50** (4.60) 4. J. Day 4.23; **JT** A (41.78) 7. J. Phelan 24.14; **V50** (45.64) 1. C. Brand 39.82; **SP** A (10.34) 8. J. Phelan 6.89; **V50** (10.39) 3. C. Brand 9.99; **Medley Relay** (4:01.1) 2. Blackheath 4:13.8.

Match Result

1. Thames Valley Harriers 211; 2. Blackheath Harriers 196; 3. Richmond & Twickenham 194; 4. Epsom & Ewell 189; 5. Medway 157; 6. Croydon 117; 7. Ilford 102; 8. Guildford 73; 9. Eastbourne 38.

MATCH THREE

Croydon

11th June, 1990

100m A (12.6) 8. J. Robinson 13.9; **B** (12.7) 7. C. Woodcock 15.8; **V50** (13.2) 6. W. Clapham 16.9; **400m** A (51.8) 8. J. Robinson 64.3; **B** (60.1) 4. J. Phelan 61.1; **V50** 1. J. Baldwin 65.3; **1500m** A (4:19.8) 2. P. Hamilton 4:22.2; **B** 1. J. Phelan 4:35.5; **V50** 1. J. Baldwin 5:04.3; **5000m** A (15:34.9) 3. H. Morten 15:53.1; **B** (16:47.0) 2. B. Mellish 16:49.7; **V50** (18:54.9) 2. W. Clapham 19:01.6; (also non-scoring C. Woodcock 16:55.0); **HJ** A (1.45) 6. J. Robinson 1.30; **V50** (1.40) 5. C. Brand 1.15; **PV** A (3.00) 6. J. Robinson 1.65; **V50** 2 = C. Brand 1.65; **TJ** A (10.98) 5. J. Robinson 7.37; **V50** (9.76) 4. C. Brand 8.37; **HT** A (42.26) 2. C. Ellis 33.56; **V50** (40.52) 3. C. Brand 26.54; **JT** A (44.50) 4. C. Ellis 33.10; **V50** (42.84) 2. C. Brand 42.40; 4 × **400m** (3:59.3) 4. Blackheath 4:04.8.

Match Result

1. Blackheath Harriers 280½; 2. Epsom & Ewell 269; 3. Richmond & Twickenham 265; 4. Medway 257; 5. Croydon 241; 6. Thames Valley Harriers 195; 7. Redhill 148; 8. Ilford 139; 9. Eastbourne 30; 10. Guildford 22; 11. Bromley V 21.

Final League Places

Total match points scored shown in brackets.

1. Blackheath Harriers	32	(73½)
2. Thames Valley Harriers	25	(63.0)
3. Medway	24	(66.3)
4. Richmond & Twickenham	24	(628½)
5. Epsom & Ewell	23	(61.3)
6. Croydon	20	(56.8)
7. Ilford	19	(49.7)
8. Eastbourne	10	(11.0)
9. Guildford	6	(9.5)
10. Redhill	5	(14.8)
11. Bromley V.	1	(21)



Cry Havoc!

SUNDAY TIMES FUN RUN

Hyde Park 30th September, 1990

BETWEEN THE SHOWERS WITH THE B-9's

Superstition looms large in the athlete's mind; whether it's lucky to put on the left shoe first, or the vest before the shorts or whatever, but nevertheless the fact of an entry of thirteen was slightly disturbing. This included a full scoring team of six "senior seniors" if they all finished. The team manager promptly sent Royal Jelly to them all, together with a pin-up of Barbara Cartland and a more restrained one of the Queen Mother. Sadly this was to no avail as two had to withdraw for perfectly valid reasons.

But a doom-laden morning with relentless rain provoked other thoughts. As our start time was mid-afternoon there was hope for a dryish interval – and so it came to pass, allowing staid progress except for two impatient runners who, not trusting the weather hurried on to finish well before the final shower and materially helped our final placing. Our supportive President ran and it was reported "chatted" Jack Parrott over the first "K" and then pressed on, having ensured that Jack had enough breath left to finish, Jack being short of training and relying on his weekly run between his new home and the Club. After having missed last year's run, Jack Braughton returned to the fold and was of course our first man home, taking a mere minute more than in 1988. Bill (lightning) Lake took 20 seconds off his last year's time and was rumoured to have had his hip in the "fridge" to slim it down.

In spite of the weather Mesdames Gillate, Walker and Bennett encouraged the intrepids as did Arthur Kempton and Phil Saxton who also did a "Brooks" in recording times and places for two different categories in the same race! A passing shower sent us home before the usual post mortems had been completed.

Results		
70+	9.	J. Bennett 20.15
	20.	A. Brent 22.50
	34.	L. Blight 27.70
	38.	J. Parrott 30+
60+	15.	J. Braughton 16.50
	47.	D. Brickwood 18.50
	60.	P. Long 19.30
	94.	W. Lake 22.20
	112.	D. Gillate 24.10

Team placing 34th from 970 teams (1989 50th).

SOUTHERN COUNTIES VETERANS' A.C. CHAMPIONSHIPS

Croydon 3rd June, 1990

100m V60 (14.3) 3. P. Baigent 14.5; 800m V40 (2:02.7) 4. P. Hamilton 2:07.3; V55 (2:37.6) 2. W. Clapham 2:40.2; 1500m V40 (4:13.5) 2. P. Hamilton 4:15.8; 5. J. Phelan 4:23.1; V55 (4:43.3) 3. W. Clapham 5:20.1; 5000m (15:19.5) C. Woodcock 16:55; 3000m SC V40 (10:17.7) 4. B. Mellish 11:08.8; Wlks 1. P. Hannell 3Km/13:36.5; 5Km/24:18.8; SP/DT/HT V45 C. Ellis 1. SP/12.11; 1. DT/39.24; 2 HT/36.26; HJ/PV/IJ V55 1. J. Day 1. HJ/1.25m; 1. PV/2.70m; 1. IJ/4.27m

EUROPEAN VETERANS' CHAMPIONSHIPS

Budapest 30th June, 1990

400m M40 (51.56) 4. R. Minting 52.48; 4 x 400m M40 1. GB (D. O'Reilly, G. Peel, R. Minting, P. Browne)

NATIONAL VETERANS' CHAMPIONSHIPS

Glasgow 14/15th July, 1990

800m M40 1. R. Minting 2:01.5; 3000m Walk M45 1. P. Hannell 13:39.5; TJ M55 1. J. Day 9.50; PV M55 1. J. Day 2.90.

OBITUARY

T. J. ANDREWS

We were sorry to hear of the death of Tom Andrews in November after a long illness.

A track man, who joined in July 1935, he competed regularly until a year or two after the war, covering a wide range of events primarily the sprints and hurdles, but with an occasional half and steeplechase. In the field he did the high and long jumps and the discus. He was an enthusiastic supporter of the Club Evening Meetings and was well placed in track and field points handicaps. We send our deepest sympathy to his family.

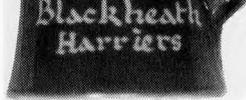
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THE 50-YEAR MEMBERSHIP AWARD

For interest, hereunder a list of members who received a 50-year award. The presentation is usually made by the President or, on occasions, by a Vice President, and a few have been sent through the post, all according to the area of the country (and sometimes the world) in which the recipient is living.

Two members whose families were presented with their awards immediately after their deaths were V.P. LEN TOWERS, given to his family by the late P.P. Peter Stenning, and ALEX HOLLOWAY, presented to his family by V.P. Graham Botley (see page 48 of Gazette No. 618).

The majority of members have been presented with tankards but, as explained on page 48 of Gazette 618, the tankards have now been replaced with commemorative dishes, of which there is a limited edition of 50. The numbers shown against various names on the list indicate those members who were presented with a dish instead of a tankard, the number being that which is hand-printed in gold on the reverse of the dish: it is intended that No. 1 of the series be displayed at the Clubroom.

MEMBERS WHO HAVE RECEIVED A 50-YEAR AWARD

Name	Date of Joining	
* Pattison, R.W. (V.P.)	14.08.05	(Dec'd.)
* Starnes, C.W. (P.P.)	15.12.06	(Dec'd.)
* Ross-Bell, G.	27.10.06	(Dec'd.)
* Nicholson, I.W.	10.10.07	(Dec'd.)
* Small, A.R.	17.10.08	(Dec'd.)

PORTING or EXPORTING

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ll or Max Heinimann at the Club or the
v for more information and assistance.

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Name	Date of Joining		Name
* Atkins, E.D.	08.08.10	(Dec'd.)	* Page, N.W. (V.P.)
* Mott, E.	09.05.10	(Dec'd.)	* Holloway, A.
* Clarke, W.R.J. (P.P.)	09.10.12	(Dec'd.)	* Chappell, A.G.
* Howard, H.R. (V.P.)	15.09.13	(Dec'd.)	* Pugh, G.P.
* Bellman, H.	01.10.13	(Dec'd.)	* Brooks, G.F. (P.P.)
* Telfer, A.C. (V.P.)	08.10.13	(Dec'd.)	* Davies, Rev. C.
* Anderson, J.W.	23.10.15		* Harden, C.B.E.
* Stevens, J.C. (V.P.)	29.03.19	(Dec'd.)	* Woods, D.J.R.
* Trumble, A.T.G.	05.09.19	(Dec'd.)	* Wilcockson, J.M.
* Peachey, C.A.	11.10.19		* Andrews, T.J.
* Rhodes, G.V.	05.11.19		* Clear, J.A. (V.P.)
* Rhodes, H.	05.11.19		* Thompson, R.H.
* Burley, R.S.	14.05.20	(Dec'd.)	* Cockburn, J.R.L.
* Claydon, S.H.	01.06.20		* Paige, J.F.W.
* Gollan, R.H. (V.P.)	29.06.20		* Barnwell, P.J.
* Barclay, R.F.	10.09.20	(Dec'd.)	* Kidd, C.A.
* Saunders, D.K., MBE (P.P.)	09.10.20	(Dec'd.)	* Parrott, B.G. (V.P.)
* Haynes, T.J.G.	23.10.20	(Dec'd.)	* Clark, J.P.
* Sharp, Rev. P.M.	23.10.20	(Dec'd.)	* Trafford, L.E.
* Braund, B.P.	04.12.20	(Dec'd.)	* Taylor, J.C.
* Trumble, D.H., OBE	19.09.21	(Dec'd.)	* Prestage, H.L.
* Castello, E.J.	01.10.21	(Dec'd.)	* Towers, L.G. (V.P.)
* Pearce, H.J.	22.10.21	(Dec'd.)	* Wilcockson, J.M.
* Kitton, J.H. (V.P.)	03.12.21		* Layton, D.G.
* Harris, L.W.G.	07.10.22	(Dec'd.)	* Glynn, S.F.H. (V.P.)
* Francis, Rev. P.H. (V.P.)	03.12.22	(Dec'd.)	* Choat, R.R.
* Sparrowe, C.V.	08.03.23	(Dec'd.)	* Moss, Dr. A.A.
* Clowser, C.E. (V.P.)	13.03.23	(Dec'd.)	* Gillate, D.R. (P.P.)
* Pendered, L.E. (V.P.)	20.03.23	(Dec'd.)	* Parrott, K.W.
* Mobbs, D.J. (V.P.)	08.08.23	(Dec'd.)	* Tingey, D.J. (V.P.)
* Westley, C.L.	06.10.23	(Dec'd.)	
* Reed, E.J.J. (V.P.)	26.10.23		* = Life Member
* Rogers, J.D. (V.P.)	04.02.24	(Dec'd.)	
* Allen, A.G.V. (V.P.)	03.03.24	(Dec'd.)	A further 15 life members
* Mobbs, C.L. (V.P.)	06.10.24		but did not receive
* Allanson, J.H.	06.10.24		because of difficulties
* Bailey, R.	18.10.24 (6)		making arrangements
* Lang, T.B.	29.11.24		have died in the
* Saville, E.M.	01.12.24		
* Norman, J.W.M.	16.12.24	(Dec'd.)	
* Pearce, F.J.	06.04.25	(Dec'd.)	
* Wood, R.M., MVO	08.06.25		
* Woods, C.J.R.	08.06.25	(Dec'd.)	
* Clowsher, L.R.	05.10.25		
* Tweedy, A.A. (V.P.)	05.10.25	(Dec'd.)	
* Orr, J.W. (V.P.)	01.02.26	(Dec'd.)	
* Barrett, T.M.	09.08.26		
* Carter, G.B.	06.09.26	(Dec'd.)	
* Seager, R.W.	06.09.26		
* Thomas, J.	06.09.26	(Dec'd.)	
* Noaks, C.C.	01.11.26	(Dec'd.)	
* Beardon, V.W.W. (P.P.)	02.05.27		
* Cross, R.G.	17.12.27		
* Galley, R.A.E.	03.10.27		
* Daniel, Rev. A.N.	08.10.27		
* Wiard, C.A., MBE (P.P.)	05.03.28		
* Vercoe, W.H.M. (P.P.)	07.01.29		
* King, L.G. (V.P.)	15.02.29		
* Ricketts, A.J.	15.05.29 (5)		
* Butler, L.D.	28.09.29		

MEMBERS WHO

Name

- * Glanville, F.R.A.
- * Beyfus, N.
- * Small, P.H.
- * Dyball, J.F.
- * Warner, O.M.
- * Mostyn, H.W.L.
- * Pattison, R.V.L.
- * Turner, G.E.
- * Morgan, J.K.
- * Hodkinson, W.
- * Crump, D.P.
- * Wilkinson, G.H.
- * Waller, G. (V.P.)
- * Traer, W.J. (P.P.)

the War at the Stanley Field but activity strictly to

will remember Common, his figure reminiscent of a weevil and as he modestly one else to gear

ain of twinkling events with his ning ended on until the early a wheelchair a ho will be sadly

member Alfred s passed to the

joined the Club proposed by T.J. eache. Jim was so a quality 120 on champion.

ila, left London was a research cupation. They tion of the war sive" station at carry on with

rned to London gain; instead he te regularly up

resident visited ent his 50-year as, in fact, made ary date of Jim he area for the tch at Bourne- nity to visit Jim a at that time. es to Mrs. Moss



In case you've ever wondered what G.B. looks like from P.B.K's point of view...

Photographs on the back cover of this year's Junior Athletes squad reading from top left to right: Johnathan Murray, Ben Eldred, Laurence Rogers, Richard Holt/Steve Povey/David Marsden/David Grierson/Simon Cole/Jason Mulcahy/Roger Lashley, Jamie Quarry/Zeon Brewster/Steve Harrison, Richard Samuel/Roger Lashley/Garth Holder/Anthony Draper. Photographs Pat Calnan.

50-YEARS' MEMBERSHIP

Ken Parrott received his 50year membership commemorative sweet dish at the Members' Night Dinner on the 9th December, 1989, from the then President, Don Gillate.

Ken joined the Club on the 4th November, 1939, but after only a short period with the Cross-Country Section, was called up for service with the R.A.F., where he became a pilot-instructor; he was commissioned and transferred to an operational unit.

On his return to civilian life he went into publishing. He was invited to manage the Birmingham branch of the publishing company and has lived in Birmingham ever since. Although he would have liked to have kept much closer links with the Club, travelling made this impossible; however, he returns to Blackheath functions as often as possible to complete the Parrott trio with brothers Bernard and Jack.