



"PLEASE! I'VE NO TIME TO LOSE, REVEREND,  
I'VE MY TRAINING TO DO"

## THE YORKSHIRE SPRINGBOKS AT BRIGHTON

The 1969 London-Brighton road race started for me a few days after the Comrades, when the news came through that my friend and fellow Yorkshireman had won in such a convincing manner. With the possibility of a visit to the U.K. by him for an attempt at our "Big One", I offered my services as a second, and he did me the great honour of accepting. For a couple of months before this I had been very undecided whether to attempt the run myself, as a change in my job had reduced the training by at least 50%. The answer from Dave left me in no doubt as to what was the best thing to do.

Knowing quite well that to look after Dave would require me to be really fit, I kept training throughout the summer, preparing for what would be the highlight of the British long-distance road season. Dave would be coming over in peak fitness, wanting to do well in his home country, and I wanted to make sure that everything, short of carrying into Brighton would be done for him.

Having contacted my own second, Dennis Hazlewood of Windsor and Eton, agreed to drive his car down to Brighton, so that Sue, my wife Ruth and daughter Bernadette would have transport. Also he provided a "push-bike", so that I could ride at Dave's side for the last 16 miles. (What a joke this was, but more about that later.)

After a few days sight-seeing in London with my family, we met the Savages contingent at the Road Runners Club Brighton Dinner which is held on Friday Evening before the race. It was a great pleasure to renew old acquaintances that I had formed during my two trips to South Africa, and it also gave me an opportunity to introduce my wife to them, and to meet their wives. After dinner Dave and I had a long discussion regarding Sunday's race, during which we ironed out most of the problems. In the meantime Ruth was hearing all about the way of life in South Africa, and what she learned she found most interesting.

So to Sunday morning, and at 7 o'clock by the stoke of Big Ben the journey to Brighton had begun. It was with very mixed feelings that I heard the clock strike, and saw the runners move off over Westminster Bridge as it was the first time for nine years that I had not lined up for the start. However, I was soon down to earth again, with a job to do, getting Dave down the A23. As usual John Tarrant went into the lead, followed by Hugh Mitchell of Scotland (another front runner) with Dave in third place. It was obvious that John was going to put up a tremendous effort to retain his title, and he really shook up the race from the start.

After checking with Dave at 10 and 15 miles, and reporting all was well, we stopped for morning coffee, by which time Dave and John were together. Already the battle was on, and there was still 35 miles to go. Suitably refreshed, we all piled into the car, and followed the leaders.

It was at 20 miles up the long pull out of Redhill that we caught John, but no sign of Dave. He was already over the hill and moving smoothly away down the other side.

This was where the joke was on me. Knowing that the lonliest spot in any ultra-long distance race is out in front, I realised that Dave would be better served by me getting the cycle out and staying with him round the long stretch of Gatwick Airport. This meant that I was faced with a 30 mile ride, and this after more than ten years absence from a saddle. Who would crack first, Dave or me? With sponges and drinks ready at all times we passed through Crawley (31 miles) in 2.56, a fantastic time, and well within the record, but the hills of the Sussex Downs were still ahead.

During the next ten miles we had the news that John Tarrant had retired, no doubt due to his efforts in South Africa, plus a late journey home, and also Hampton of the Royal Navy had moved up very quickly, to within five minutes. All this time Dave was keeping a steady pace going, although I could feel that he was tiring. I was struggling up the hills on the bike, and my nine year old daughter was having the time of her life giving out sponges and retreating them as they were tossed away.

At Bolney I hung back to take a look at the second man who was still five minutes behind, but was very tired by this time, and obviously not going to give us any more trouble.

## WHAT IS HAPPENING (JUNE)

1) The Cross-Country season has started and the first league and 2nd league runs are history. The "Bluff" have entered a team in the Senior League. Remember each team consists of six members and we need the runners.

Our under 15 boys and girls are dominating the Junior Cross-Country League at the moment. (The Comrades is finished and the cross-country season is in full swing) A Cross-Country run on a Saturday afternoon can be considered ideal as speed work. Keep in mind that speed is necessary to run a successful Marathon and shorter road races.

TRANSPORT IS A PROBLEM - YOU CAN HELP.

### 2) RESULTS - 1st Social Run (15. 5. 1971.)

Venue: Kearsney College.

<u>Girls:</u> (1) J. Bouttell (11-13)	<u>Mens:</u> (13) R. Coleman (44-41)
(3) L. Jones (12-35)	(22) A. Short (46-17)
(4) C. Whiteford (12-39)	(31) A. Roodt (48-53)
<u>U15 Boys:</u>	(40) G. Ives (49-52)
(1) B. Jeacocks (11-05)	(46) C. Glenn (50-47)
(2) P. Skevington (11-05)	(48) M. Skevington (51-03)
(3) C. Rencassel (11-05)	(55) B. Ives (53-08)
(4) O. O'Neil (11-05)	(63) P. Coleman (59-41)
(5) P. Callanan (11-41)	(63) G. Delpport (59-41)
(8) G. Whiteford (12-40)	
(9) C. Jones (13-10)	
(10) R. Skevington (13-15)	
(11) S. Jones (13-40)	
(12) K. Jones (14-01)	

### Imperial Road Race - 8th May, 1971.

(6)	R. Coleman	(78-45)
(16)	C. Glenn	(87-16)
(18)	R. Williams	(88-41)
(20)	B. Ives	(89-41)
(22)	M. Skevington	(89-52)
(29)	P. Skevington	(92-05)
(30)	A. Coleman	(92-13)
(31)	C. Reucassel	(92-26)
(33)	T. Grey	(94-03)
(33)	B. Jeacocks	(94-03)
(35)	A. Buckley	(95-03)
(36)	P. Callanan	(96-03)
(37)	G. Ives	(99-53)
(38)	A. Short	(99-53)
(39)	R. Tarbey	(100-13)
(43)	H. Reinders	(104-30)
(44)	B. Teubes	(106-54)
	A. Roodt	not finish
	D. O'Neil	not finish

(Where were all the Seniors?)

### Parlauf (Natal University) (22. 5. 1971.)

Girls:

(1)	J. Bouttell - C. Whiteford	(24-30)
(2)	L. Jones - K. O'Reilly	(27-37)
(6)	V. Ives - K. Jones	(32-36)

U17 Boys:

(3)	A. Short - A. Coleman	(21-35)
(4)	P. Skevington - M. Skevington	(22-35)
(4)	C. Glen - A. Roodt	(22-35)
(7)	G. Ives - B. Ives	(22-42)
(8)	C. Reucassel - O. O'Neil	(22-58)
(9)	R. Tarby - R. Williams	(23-50)

ON TO THE COMRADES - OR THE MAN AT THE BACK BECOMES THE MAN IN  
THE MIDDLE

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It's me again! Battling on through the Magis Trophy, the Stanger-Mandini (Phew!) and the Bergville-Ladysmith 35 Marathon I made a rather horrifying and startling discovery.

Fitness and Fanaticism increase together. The more you run and the more skilful you become at it (even the slowest and clumsiest of us improves with training) the more single-minded and intense you become.

It reminds me of the Knights of the Round Table searching for the Holy Grail. The Knights searched for years on end unceasingly and with unflinching zeal only equalled by a runner training for his first Comrades.

The difference is that if a knight ever found the Grail his search would be finished and he would relax. He would return to his castle and live the comfortable life of a retired knight.

If a runner won the Comrades twenty times in a row, broke the record for a hundred miles by an hour or so and won the London to Brighton a few times he would then get down to some serious training in an effort to get his times down further. He would also discover some even more impossible race to win.

Until a runner is in the long box, or has completely lost the use of both legs and finds it too difficult to run on his hands, he will keep trying to beat his own best time. This applied even if he has never won a race and is never likely to!

Those who have not seen the holy light view a runner's activity with a certain amount of awe and a large amount of the sentiment "There, but for the Grace of God, go I". (It is usually put a little more bluntly "You're B. . . . . mad!").

I certainly became fitter and, like Wallace the lion after disgorging young Albert Ramsbottom, my figure once more became lean!.

Unfortunately, my clothes then hung very loosely on me, especially round the seat of the trousers. As I could not afford an entirely new wardrobe I felt like the Sixth Age "Shifting into the lean and slippered partaloon, his youthful hose well saved, a world too wide for his shrunk shank". Whereas before one would have been more likely to compare me with the Justice "In fair round belly with good capon lined".

The trail led inexorably to the Comrades and there I was in front of the Pietermaritzburg Town Hall at 6 a. m. on the 31st May, 1971.

"Runners to the right of them runners to the left of them. . . . . theirs not to reason why . . . . ." only there were a lot more than 600 on this occasion. In fact I wondered if there were any runners at all in South Africa who were not running or seconding on that day.

By crikey it was cold! People think that running warms you up. All I say to them is - try running through cloud at Drummond!

Luckily farmers in South Africa don't seem to use scare-crows. If they did and a farmer had seen me on the run, it would have been only a matter of seconds before I was whipped away and planted firmly in the middle of a field.

I never knew before how far a wet track-suit top would stretch when one really pulled at it. Almost a midi-skirt!.

I won't tell you about my run because that would be book in itself and if you have ever met anyone who has run the Comrades he will have given you a step-by-step account of his run (where he went through a bad patch, how his muscles seized up at Hillcrest, and where and for how long he walked etc., etc.) My story is identical!'

Suffice to say that I finished on my feet.

AND NOW FOR THE UP-RUN

JIMMY SKEVINGTON

BLUFF FOUR-MILER

<u>SENIORS &amp; JUNIORS:</u>	<u>3/6/71</u>	<u>10/6/71</u>	<u>17/6/71</u>	<u>24/6/71</u>
M. Book	20.56	---	20.32	---
A. Short	22.28	23.51	23.14	---
M. Skevington	22.45	22.24	---	22.33
B. Jeacocks	23.08	---	---	---
C. Reucassel	23.19	22.49	22.23	23.24
G. Ives	23.19	21.57	22.34	23.36
M. Cook	23.30	22.55	22.30	---
J. Bouttell	23.36	23.22	---	23.36
D. Upfold	23.36	23.22	20.48	21.41
G. Taylor	23.38	22.59	24.20	23.49
A. Roodt	24.22	---	---	---
C. Glenn	24.22	22.12	23.10	---
B. Hustler	25.14	---	---	25.07
P. Callanan	25.34	23.50	23.28	25.07
B. Ives	27.16	22.43	---	---
C. Whiteford	27.31	26.10	24.36	25.19
G. Taylor	28.09	26.26	25.51	26.21
G. Bythien	30.22	30.44	31.00	32.40
G. Swartz	30.26	---	28.49	---
M. Francis	30.32	---	---	---
W. Teubes	30.32	33.42	24.49	25.50
K. Roets	32.58	---	---	---
M. Nieuwoudt	32.59	---	---	---
M. Bootes	33.00	---	---	---
J. Skevington	38.35	26.46	25.58	26.32
A. Crighton	38.35	---	29.27	27.17
G. Roberts	---	21.46	21.55	21.58
J. Delport	---	23.10	---	---
P. Garfield	---	23.45	23.27	---
O. O'Neill	---	23.48	---	22.25
E. Hancock	---	24.07	23.17	---
G. May	---	25.36	---	---
S. Lee	---	25.57	25.33	26.01
R. Skevington	---	26.22	---	---
G. Delport	---	26.25	26.21	---
L. Jones	---	26.46	---	---
W. Ives	---	27.45	---	---
D. Burger	---	27.55	---	---
G. de Lange	---	28.54	27.13	28.55
I. Bennewith	---	29.23	---	---
O. Jones	---	29.55	---	---
R. Beythien	---	30.44	26.21	26.21
G. Gibbs	---	32.30	---	---
S. Nienaber	---	33.43	---	33.45
W. Kotze	---	---	19.36	20.17
A. Wheeler	---	---	20.41	21.28
T. Smith	---	---	21.18	---
P. Wootton	---	---	22.15	---
A. Coleman	---	---	22.23	---
S. Cloete	---	---	22.37	22.59
A. Kirby-Hurst	---	---	24.06	24.32
A. Sandberg	---	---	24.35	---
G. Anthonissen	---	---	25.10	22.34
D. Smith	---	---	26.21	---
N. Mountfort	---	---	29.02	---
D. Deacon	---	---	29.27	27.29
R. Birtwhistle	---	---	---	22.36
C. Roberts	---	---	---	23.29
E. le Roux	---	---	---	24.08
M. Kruger	---	---	---	25.19
N. Tupper	---	---	---	25.05
N. Whiteford	---	---	---	29.13
M. Birtwhistle	---	---	---	33.04

BLUFF FOUR-MILER

<u>GIRLS' 1 MILER:</u>	<u>3/6/71</u>	<u>10/6/71</u>	<u>17/6/71</u>	<u>24/6/71</u>
G. Whiteford	6.09	5.53	---	5.49
K. Jones	6.20	6.12	6.27	6.18
D. Irish	7.11	6.40	---	7.18
J. Sanders	7.21	---	---	8.22
V. Ives	7.32	7.10	7.54	---
G. Gray	---	6.12	---	---
T. le Roux	---	6.45	---	---
S. Anthonissen	---	6.56	---	7.43
J. Evans	---	7.20	7.17	7.10
S. Parker	---	7.27	7.24	8.11
W. Birkland	---	7.44	---	---
S. Hodges	---	8.07	---	---
D. le Roux	---	8.22	---	---
M. Birtwhistle	---	---	---	6.25
J. Birtwhistle	---	---	---	6.50
L. Page	---	---	---	7.58

## LECITHIN - The Youth Element

Do you wake up utterly exhausted, more tired than when you went to bed the night before?

Is the day spent wondering how you will ever get through the long hours ahead?

Whatever happened to that pleasant disposition, that zest for living, that youthful drive?

Are these the questions you ask yourself? If so - you need Lecithin - the youth element!

Lecithin is a food substance and has been found to be an essential constituent of the human brain and nervous system and also of the endocrine glands and the muscles of the heart and kidneys.

Nervous, mental or glandular overactivity can use up lecithin faster than it is replaced. Then you become irritable and exhausted.

Lecithin is a component of the nervous system, making up about 17% of it. If the body's own supply of Lecithin decreases - which it does as we grow older or work under stress, or for various other reasons - lecithin must be added to the diet or the nervous system will inevitably break down.

Lecithin is a concentrated nerve nutrient extracted from soyabeans. The granular type is the only one to use. It can be sprinkled on your cereals, fruits, yoghurt or salads or mixed in liquids, or eaten right from the container.

Of all Lecithin's proven and suspected benefits, its action on the heart has been acclaimed the most. This is the area in which lecithin achieved its initial popularity and is still the greatest quality.

Cholesterol is a fatty substance found in foods, that tends to collect in large gobs in your veins and arteries.

And since Cholesterol is found in all natural meat products you may wonder why it has not been a problem until recently.

If our great-grandfathers ate as much cholesterol as we do (and actually they ate more), why did they not have our high rate of heart disease?

The answer may well be - Lecithin

Science has found that lecithin (which is also a fat) has the ability to break up cholesterol into small particles which are easily handled by the system.

With ample amounts of lecithin, cholesterol does not build up against the walls of arteries and veins, and cannot lead to an eventual blood clot.

Your great-grandfather had plenty of lecithin in his diets because nature supplied plenty of it for him - in WHOLE GRAIN CEREALS, in milk and in eggs.

Today milk is pasteurized - and pasteurization destroys lecithin.

Flour is stripped of its natural B. vitamin content - which also destroys lecithin.

Finally, vegetable oils - one of our greatest supplies of lecithin - are usually hydrogenated, which also destroys lecithin.

The upshot of all this food tampering is that, you are now getting plenty of cholesterol, MINUS the lecithin that your body needs to handle that cholesterol.

Brought to you by:

THE HEALTH FOOD CENTRE  
823 Bluff Road, Bluff  
and  
Knowles Centre,  
Pinetown.

Opening shortly at:  
Sanlam Centre,  
Umbilo.

Parlauf (Natal University) (22.5.1971.) (contd.)

U17 Boys (contd.)

(11)	P. Sandburg - A. Roets	(24-21)
(12)	P. Callanan - K. Morgan	(24-41)
(14)	R. Skevington - G. Whiteford	(27-32)

Seniors:

(13)	M. Book - G. Anthonissen	(61-58)
(19)	J. Delport - R. Coleman	(62-42)

2nd Social Run - Pinetown (29.5.71)

Girls:

(5)	J. Coleman	(19-51)
(7)	V. Ives	(23-20)

Under 15:

(1)	M. Skevington	(15-12)
(1)	B. Jeacocks	(15-13)
(3)	C. Reucassel	(15-36)
(4)	P. Callanan	(15-46)
(7)	R. Skevington	(18-27)

Men:

(21)	C. Glenn	(42-45)
(22)	G. Ives	(44-03)
(30)	P. Skevington	(45-18)
(31)	O. O'Neil	(46-00)
(34)	A. Roodt	(47-10)
(37)	P. Coleman	(53-13)

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WHAT'S BEING SAID

At the Comrades:

Second: Why are you running with your mouth open?

Tank: I'm catching the raindrops running off my nose.

Gerald: This lemonade tastes funny!

Val: Of course it does - it's soup.

Dirk Van Den Wath says he is not running anymore because he cannot by running shoes - what a feeble excuse!

Bennie Hustler still objects to running with Juniors (because they beat him?)

A Comrades runner running down Field's Hill "It's cold in them thar hills."

Spectator to a tired looking runner from our Club " Are you Bluffing?".



Up the last long slog of Dale Hill, Dave almost had to give me a push, but somehow we managed to get over the top, to hear the news that Ted Corbett, the 50 year old American was in second place but seven minutes behind.

With this news I knew that barring a great catastrophe all was over, but could we get the record? With Dave a very tired man (almost as tired as I was) and a head wind getting up, time was running out, but with a regular flow of drinks and sponges he kept going at a steady pace.

So to the great sight in Brighton, the Pier Pavillion, just 100 yards before the finish, where Dave received the well deserved ovation of the crowd assembled on the front. He had just missed Jackie Mehles record by two minutes (followed by me a very poor second place) Waiting for Dave at the finish was Sue, who had been a great encouragement to him during the race. Nothing is a greater feeling than to have your nearest and dearest at the end of a successful race, so that the people who have suffered the strain of months of preparation can enjoy the fruits of victory.

Ted Corbett held on to second place, to record a personal best time and gain the runners up position for the third time. What a fine performance, and what an example to many people who talk such nonsense about being too old at thirty.

So another Brighton was over, and I was delighted that the trophy had been won by another Yorkshireman, even though he had travelled over 6000 miles to do it.

It was a great privilege for me to act as second to Dave, firstly because it was my opportunity to take revenge on him for what he did to me during the '68 Comrades, but mainly because it was my first taste of giving something back to the running game after doing nothing but take in the past. It was wonderful to be helping other people for a change.

Looking back, a few thoughts cross my mind. The brave running of Dave, who gave nobody a chance to settle down with him, he ran hard all the way. From a selfish point of view, how relieved I am that Dave is not 10 years older, because if he had been around in the middle 60's my chances of winning one Brighton would have been nil.

Having seen so many fine performances by runners much older than myself, it convinced me that I have many more years of running ahead of me, and if work permits, 1970 should see me back on the road again.

Which leaves me with two ambitions (or should I say one ambition and one dream?) Having completed nine Brightons within First Class Standard time of 6 hours 25 mins, I would very much like to make the collection into 10.

And the Dream? To once again visit South Africa, and compete in the Greatest Road Race of them all, the "Comrades", with my wife and daughter along with me. Perhaps its the memory of the wonderful post-Comrades Festivities at the Port Harcourt Hotel. It may only be a dream at the moment, but should we ever find it possible to make the trip, I know that the three of us would receive a very warm welcome in Natal.

BERNARD GOMERSALL - British Runner

A delirious runner retired  
When 26 judges umpired  
That his nose had begun  
By starting to run  
Before that start-gun  
Had been fired.

Chaimer Grove.

MERITORIOUS ACHIEVEMENTS

DURBAN & DISTRICT

M. S. Kevington	Under 15
P. Skevington	Under 15
B. Jeacocks	Under 15
T. Grey	Under 15
O. O'Neil	Under 15
C. Reucassel	Under 15
A. Short	Seniors

NATAL SCHOOLS

B. Jeacocks	Touring Team
P. Skevington	"B" Team
E. Venter	Honorary Life President
G. Delport	Team Manager Natal Schools Touring Team
All Comrades Runners.	