



# SLOWprint

Jan-June 2012

Issue  
165

## Congratulations!



...to our SLOW Harvester teams. SLOW won the Women's Handicap & came 2nd in the Open ...to **Paul Couldrige, Michael Balling** and **Chris Wroe** of SLOW, who won the South-East Relays at Bagshot Heath in June. SLOW have now won the trophy for the fifth year running, this year seeing off a strong challenge from Chigwell & Epping Forest OC

...to **all SLOW members** who contributed to our overall 5th place in the South-East league

...to our World Masters Orienteering Championships competitors— more inside!

...to **James & Nicky Morris** on the birth of their daughter **Caroline** on 19th May

...to **Tim & Christine Smith** on the birth of their daughter **Charlotte** on 10th June

Charlotte and Caroline get to know each other!



...to **Sarah & Tim Scarborough** on the birth of their son Ralph on 19th December



Left: Matthew's all smiles

...to **Paul & Tess Nixon** on the birth of their son **Matthew** on 10th March

...to **Mike & Jun Garvin** on the birth of their daughter **Lucia** on 25th January



Lucia having a whale of a time

check out [sloweb.org.uk](http://sloweb.org.uk) & [www.facebook.com/#!/southlondonorienteers](http://www.facebook.com/#!/southlondonorienteers) for all the latest news, events and training

add this and get **SLOW events** straight to your iCal, iPhone or Google Calendar:

<http://sloweb.org.uk/cal.php>



# SLOWprint

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## Welcome to the next issue of SLOWprint

I write this between trips to Bad Harzburg for the World Masters Orienteering Champs and Aberystwyth for Croeso 2012. As usual, summer is a frenzy of O-holidays that I am already enjoying. I'm not sure whether going along to WMOC makes me feel younger or older. On the one hand, people say "of course, you're too young to be a master" when they see me running the open races (well done for the organisers for putting on a lovely series of races for us) but on the other, I witness those M90s moving down the run-in and wonder whether I'll get that far, let alone be as mobile as they. One thing is apparent and that is the wide-reaching appeal of orienteering to all ages and the excellent opportunities for competition at all ages. The M90s got the loudest and longest cheering at the prize-giving ceremony. These guys are truly inspirational.

Sarah-Jane

### Don't miss...

The Fifth **City of London Race** on Saturday 22 September 2012  
followed by the **Southern Championships** in Epping Forest on Sunday

### SLOW Street-O 2012-2013:

Tue 11 September 2012	Wed 10 October 2012	Tue 13 November 2012
Tue 11 December 2012  <b>Pimlico</b>	Tue 8 January 2013  <b>Southfields</b>	Tue 12 February 2013  <b>Teddington</b>
Tue 12 March 2013  <b>Highbury &amp; Islington</b>	Tue 9 April 2013  <b>Bethnal Green</b>	Tue 7 May 2013  <b>Greenwich</b>

### The SLOW Club Night:

Sessions aimed at all levels from beginner to the experienced. Every Tuesday at locations in SW London when there is no Street-O to keep you entertained. Registration for sessions will normally be between 18:30 and 19:00. For further information see SLOW's facebook page or by emailing Paul Couldridge at [coaching@sloweb.org.uk](mailto:coaching@sloweb.org.uk)



# SLOWprint

Jan–June 2012

## the exec



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# SLOWprint

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## SLOW survey

A highly detailed and statistical survey (☺) to assess the well-being of the club was carried out by the Editor whilst she waited to spectate the WMOC sprint qualification in Bad Harzburg, Germany. (I sent out 5 random questions to see, in this digital age of smart phone and so-on, how quickly I'd get some answers back!)

Here's what some of our members have to say:

**Jayne Sales** (who replied within minutes!)

Where are you right now? **In the harvester camping field at bordon**

What is the next orienteering event you plan to go to? **Gladstone park race on Thursday**

What do you think will be 2012's best orienteering event and why? **I should say the city race ... But the purple thistle as it'll be beautiful**

What would you change about orienteering, if anything, and why? **Politics**

Do you get on the London Underground in your O kit and have you ever had any amusing remarks from civilians? **Running kit maybe, O kit no**

Dan Findlay-Robinson

Where are you right now? **In bed sleeping off the Harvester**

What is the next orienteering event you plan to go to? **The next race in the awesome Park Race Series (ed—do I spot a theme here?!)**

What do you think will be 2012's best orienteering event **The British Championships** and why? **Cause we're putting it on, do I need to say more?!**



Some of the SLOW contingent including interviewees Dan and Jayne at the University of York (2012 British Sprint Championships held on 24th March)



# SLOWprint

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## SLOW survey ctd

What would you change about orienteering, if anything, and why? **Stop this forest rubbish and go completely Urban—Why? Cause I'm rubbish in forests**

Do you get on the London Underground in your O kit and have you ever had any amusing remarks from civilians? **No and no**

**Jezza Oakenfull**

Where are you right now? **At home, multitasking by watching TV and doing my emails.**

What is the next orienteering event you plan to go to? **Not sure**

What do you think will be 2012's best orienteering event and why? **Street-O in Kensington. It was just a really nice evening.**

What would you change about orienteering, if anything, and why? **Invent teleporter to get to the events**

Do you get on the London Underground in your O kit and have you ever had any amusing remarks from civilians? **I did once I think. No-one batted an eyelid. You need to try harder than O-kit to get stared at in the tube! No amusing remarks unless you count "Run, Forrest, run" (which I certainly don't!)**

**Ollie O'Brien**

Where are you right now?

**At home, recovering from jet-lag and updating the Mile End Park map. It's taking a very long time!**

What is the next orienteering event you plan to go to?

**Mile End Park Race - I'm organising it, not running!**

What do you think will be 2012's best orienteering event and why?

**The Fifth City of London Race, as it will be the most international race in the UK - the many overseas competitors will give the race a real global feel.**



# SLOWprint

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## SLOW survey ctd

What would you change about orienteering, if anything, and why?

Introduce new events at both ends of the financial spectrum from what we currently have - free events (follow the parkrun model) and commercially run events (follow the adventure racing model).

Do you get on the London Underground in your O kit and have you ever had any amusing remarks from civilians?

No, I always try and pedal everywhere - even down to Surbiton (20 miles!) although as I can't cycle at the moment thanks to breaking my collar-bone, I will be going on the tube quite a lot in the next few weeks - although dressed in Olympics Games Maker uniform rather than O-kit...



Ollie's kitten is simply  
too cute NOT to  
feature in SLOWprint

## Caption competition



Now that City of London Race 2012 is approaching, remind yourself of the fun we had last year. Captions for the photo on the left (funny on its own, let's be honest !) should be sent to

[slowprint@sloweb.org.uk](mailto:slowprint@sloweb.org.uk) by

**22nd September 2012**

(Why this date? It's another clever reminder of this year's City of London Race of course!)

Thanks to Dorte Torpe Hansen and Paul Coulridge for ideas and photos!

### Venla 2012

Take note of the title to this article - this year for SLOW, the focus was not the men's night race, despite 2012 being host to the biggest ever Jukola, with around 17,000 competitors racing near the Finnish city of Vantaa. Instead it was the daytime women's race, Venla, consisting of 4 legs generally ranging from around 5km to 8km, all during daylight hours. SLOW managed to get two teams

together, even despite disappointments for "team physio" Libby Schofield, who was instrumental in getting the girls there in the first place but was pushed out due to injury and for Ruth King, who organised the team entries but fell ill before the competition. Luckily Swedish club OK Ravinen have a policy of entering minimal teams and taking travelling reserves so Sarah-Jane Gaffney joined the second team and roped in previous women's 10Mila winner D50 Lena Risby, who was thrilled to get a run, let alone in a team that was so welcoming, even providing her with a club top to run in.



SLOW's first team consisted of Vicky Whaley, Julie Schofield, Jayne Sales on third and Helen Gardner as a strong anchor. They ended in 490th position.

The second team was led by Chris Robinson, who had a solid run to hand over to Heather Walton who was followed by Lena and then Sarah-Jane bringing the team into 671st place.

Various SLOW male members ran dotted around other teams—perhaps we'll get a full men's team next year?

Winners of this year's Venla were Halden SK of Norway (they also won the women's 10Mila this year and were 12th in Venla 2011) and Jukola winners were 2011 silver



### Venla 2012 ctd



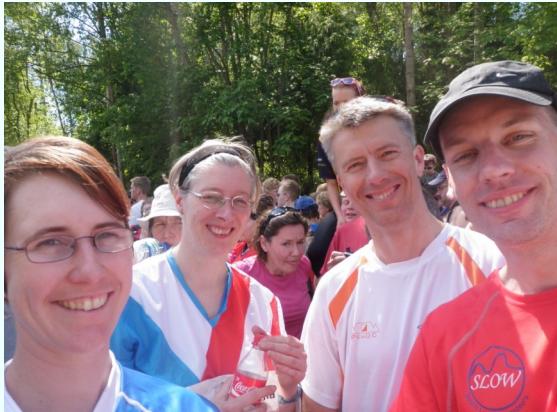
medallists, Finnish Kalevan Rasti.

The race was exciting as always, from the elite level down to the latecomers, with even a hen party spotted, wearing matching pink t-shirts and arriving back long after the winner with great big grins on their faces. British runners kept the SLOW team members company in the handover boxes, from BOK, SYO and a few running for Scandinavian clubs.

There is clearly scope for Jukola and Venla to be whatever you want it to be - a top elite battle or a holiday event, complete with sauna, beers and shoe shopping (of the dobbled kind rather than stilettos admittedly). Those who went on to Stockholm or Tallinn had the extra joy of a ferry trip - the Finnish-Swedish "party-boat" is a much anticipated trip for some! Tallinn hosted some evening orienteering events, including 2 WREs and a 100 control event during the week after Jukola, making it a nicely compatible location for Brits travelling to Finland. Being located close to Helsinki was another boon for overseas travellers. It will be interesting to see the numbers at next year's event which will be held a few hundred kilometres north.

The very first Jukola was held also near Helsinki, in 1949, seeing 15 of the 41 teams who started reach the finish line. The Venla started in 1951 as an individual race, becoming a relay event in 1978. By 1990 more than 10,000 participants gathered for Jukola and Venla.

Originally, a baton was passed between team members, but in 1977, the map was used to indicate handover had taken place. Gaffling became practice from the 1973 event. Both of these changes reflected the growing popularity of the relays. The maps used have also developed of course. At first, black and white 1:30 000 maps were used, which eventually changed to 1:10 000 full colour orienteering





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## Venla 2012 ctd

maps. Electronic punching replaced pin punching in Liperi, 2000. Even before this, officials posted at each control would assist the competitors with punching, then tags which competitors threw into buckets was the punching method employed!

It wasn't until 1988 that computers assisted officials with calculating results. 1996 saw live results on the internet and then GPS tracking came along 10 years later. It really is quite exciting to stand in the competition arena and follow the top teams via GPS and video cameras before they come into view to the last control and the run-in. I would love to see the Harvester growing to be something of the success of Jukola, with foreign teams flocking to it and elite runners developing training plans to peak for the event.



I leave you with a quotation, which the Jukola team reportedly considered when organising their event, from the Finnish "national author", Aleksis Kivi, "But should the fortress now surrounding be lacking a commandment to maintain order and organise defence, then would disorder and unruliness spread among troops, and soon would both the fortress and its people be lost".

Make of it what you will. And perhaps see you in a Jukola field some day.





### Chairman's Chat interview with Don McKerrow

SLOWprint caught up with Don as he tried to relax in the sunshine one Monday morning.

What are you doing this week Don?

I'm at the World Master's Orienteering Championships in Germany

How many WMOCs have you competed in?

This is my second

What has been the best area so far and why?

I think the sprint in Peche because it was very intricate

Playing to the strengths of the Brits?

It had underpasses that the Barbican would have been proud of

Do you think we should have more SLOW members here?!

There are quite a few members here—The Robinsons, the Roaches, David May not competing for obvious reasons (he is the IOF event controller) ourselves and a few more (David's wife Anne was competing). I could certainly recommend it to SLOW members

What would attract more people/SLOW members to WMOC?

Not knowing that they would be interviewed by SLOWprint :) The problem is, we have too many ineligible young people!!

Do you think SLOW should be doing even more to attract new members or do you think we are doing a splendid job as we are?





# SLOWprint

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## Chairman's Chat ctd

It's always dangerous to think that you are doing a splendid job as you are. A few years back when at a Retailing conference (I worked in the delivery business), I asked a representative from Sainsbury's what she thought of the latest technology that was on display. Her reply was, "I think we're doing quite well as we are!" Within a month, Sainsbury's had lost their spot as top UK retailer to Tesco and have never reclaimed it. It is that sort of thinking that can be detrimental.

### Anything else you'd like to say?

One of the funny things about orienteering is during the Street O events, we tend to treat pubs like any public car park (also known as a "changing room" to an orienteer) and get some pretty funny looks...

### Would you ever get changed on a bus?

You have to be careful with that as there is CCTV everywhere these days! In my job as a Magistrate, I am well aware of this :)

### So what's next?

Qualifying for the A final with six seconds to spare showed that I was not wasting any effort yesterday and I am hoping for better things today! ([In the final](#))

Well then, good luck!

Don went on to come a respectable 43rd in the M60 Sprint Distance A Final and later on that week 34th in the Long Distance B Final. See over the page for more SLOW results...



# SLOWprint

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## WMOC 2012



Well done to our Orienteering masters who took part in WMOC held in the Harz region of Germany:

**Anne May**

Sprint W60B 43rd

Long W60C 16th

**Don McKerrow**

Sprint M60A 43rd

Long M60B 34th

**Chris Robinson**

Sprint W55A 40th

Long W55B 23rd

**Andy Robinson**

Sprint M55A 55th

Long M55B 57th

**David Roach**

Sprint M55C 31st

Long M55C 45th

**Maggie Roach**

Sprint W55B 64th

Long W55B 63rd



Congratulations also to **Nick Barrable** on his Sprint 4th place & Long Silver medal & **Ursula Oxburgh**, 11th W75A Sprint & 12th W75B Long. **Christine King** (mother of Nicky & Ruth) came 19th in W60A Sprint & 36th in W60A Long. **Sarah-Jane Gaffney** came 3rd place in the Harz Cup sprint & 5th place overall in the 4-stage Harz Cup (open races for the young'un's). **David May** worked hard as IOF event advisor - thanks go to him and the organising team!





# SLOWprint

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## Moonraker Relay 10-Jun-2012

Well done to Andy and Chris Robinson and Angus Lund who won the mixed team trophy at SARUM's Moonraker Relay on runnable Wiltshire woodland. This was a Harris relay event, with teams of three competing to visit 30 control sites between them, with all team members having to visit a common spine of six controls. Good planning and coordination at the start is key to this, and Chris's experience came to the fore as she allocated controls out. It was a tight finish between SLOW and the men's team from Wessex, with SLOW missing out on the overall first place by only six seconds, 40 seconds ahead of the third placed team.

## SLOW Annual Dinner

**What?** Tasty food & sophisticated socialising

**Who?** All welcome

**When?** 29th September at 7pm

**Did you say food?** 3 course meal for ~£30 (menu available closer to date!) + extra for drinks

**Where?** Princess Victoria on Uxbridge Road  
217 Uxbridge Road, W12 9DH London, United Kingdom

Further details to come...





### Harvester 2012 by Dan Findlay Robinson

BAOC provided a fantastic setting for the 2012 Harvester competition, down on the military training area of Bordon. SLOW entered 3 teams this year, two men's teams on the ever challenging 7 man A course relay, one aiming for the Overall Men's Premier title and one shooting for the handicap title. The women's team was gunning for both the overall title and the women's handicap.

Midnight came and Tom Cochrane stepped up and had a stormer on the opening leg, bringing SLOW's first team in in the lead! This was further consolidated by a strong performance from Ian Webb – sending club lead coach Paul Coulridge out with a narrow lead over Duncan Coombes (has represented Great Britain at Junior world level) from FVO. Paul had a fantastic run but couldn't quite hold him off and brought the team in, in 2nd place with a clear 7 min gap over 3rd place. The final night leg was run by Ben Roberts, who did a solid job, cruising round and consolidating 2nd place for the team. Ben handed over to Michael Balling for the dawn leg who finished in an exciting sprint finish against Lakeland OC, giving Dan Findlay-Robinson a 30 second lead going into leg 6. Dan felt the pressure and although stormed the majority of the course had a few issues with No.4 and handed over to Jevgenijs Petrovs on the final leg, 3 minutes down on Lakeland, who had a fantastic run taking a hefty chunk out of Lakeland's Todd Oates and bringing the SLOW team back into 2nd place and the Small clubs trophy position. Score! well done boys!

A good result by the boys in the Premier, the highest position for many years and the first podium position and Sutton Park Trophy\* win since its introduction in 1986.

This was complimented by an awesome women's performance who came through and took the Women's handicap trophy back for the club, won last by a very similar team line-up back in 2009. The line up of Helen Gardner, Anja Stratford, Helen



Gardner, Heather Walton, Dorte Torpe Hansen and Jayne Sales were in contention throughout the night for the overall win also, after Helen had fantastic run in the dark to secure the lead. They finished in 2nd place to a fairly dominant SYO team. Well done ladies.

Our final team the Men's handicap challengers, had more familiar faces stepping up to represent our club and again putting in a gutsy performance and narrowly missing out on the handicap win, with it going down to the wire. this team was plagued with injuries and replacement right up to the day with anchor leg runner Matt Lyle being drafted in at the eleventh hour. The remainder of the team was Pete Huzan, Paul Street, Richard Catmur, Vince Roper, Paul Whiston and Phil Marsland.

Well done to all those runners and hopefully we'll get even more teams out for next years race.

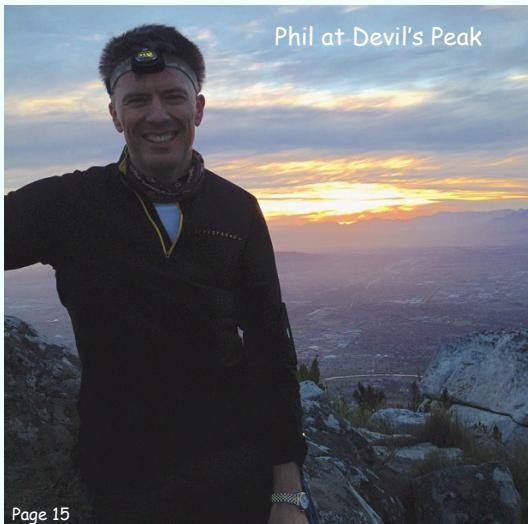


### Western Camp Championships—South Africa

May 2012 by Phil Marsland

*Phil Marsland relates some of his thoughts from the Western Camp Championships in SA last month, in his words "just some of the joys of that part of the world, many of which you'll know from the multi-day event in January" (ed—I went to the Big-5 O week in January 2012 and had a super time)...*

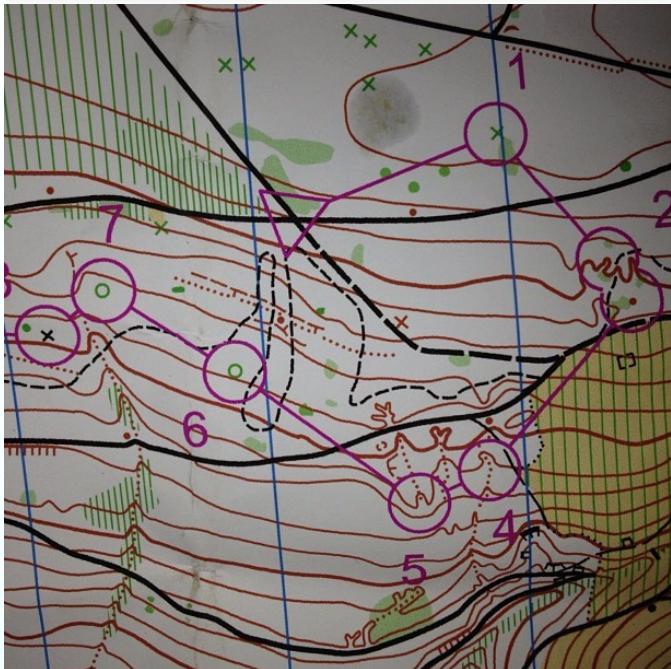
- the sun is in the North (at lunchtime that is). Sounds crazy, but really does confuse at first...
- ...especially if trying to use a Northern-Hemisphere calibrated compass, which bounces around a lot more down there, due to differences in the shape of the earth's magnetic field
- it can be quite warm down there (their winter can be like our summer, or even better in the case of this year!)
- there are something like 350 or so regular orienteers in the country,
- many of the best orienteering forests are in the Western Cape (according to some of the Jo'burg-based runners who flew down for the WC Championships at least)



- Cape Town training runs must surely be virtually peerless in terms of city-accessible, breathtaking beauty (not to mention hill training opportunity!)
- the wine is often very good, and, thanks in part to the depreciating Rand, the food is often very good value
- and, most importantly, so many of the people are very friendly (and in Colin and soon his family we do have SA folk now in SLOW! I think Dorte knows that part of the world too).



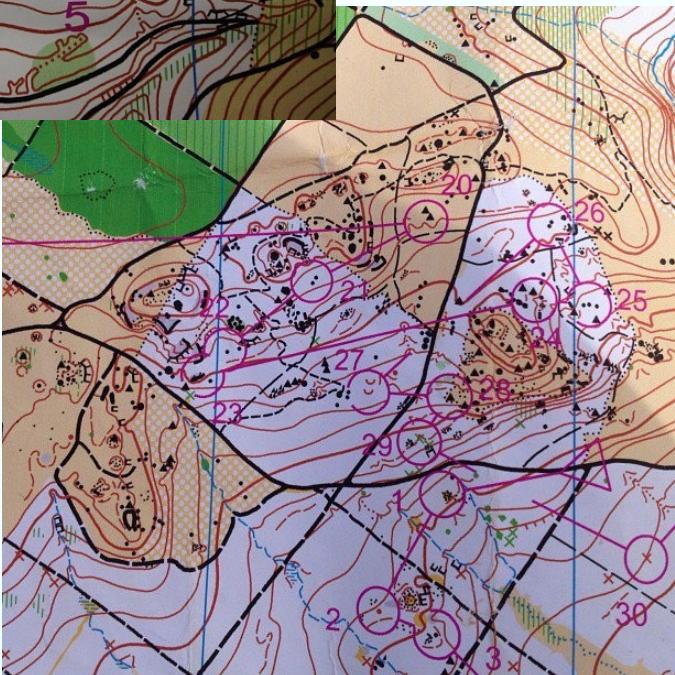
### Western Camp Championships ctd



Above: M21A Middle map extract

Map extracts: Grabouw:  
Klipdrif River, copyright  
Peninsular Orienteering Club ("PENOC").

Grabouw was lots of fun - the open, runnable, gently sloping hillsides have areas with high density of rock features that resemble much of the Forest of Fontainebleau, but even more runnable, for those who have had the pleasure of orienteering there. And the camaraderie over the weekend was terrific.



Right: M21A Long map extract



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## South African Big 5 O-week 4th–8th Jan 2012

This was an excellent event to bring in my New Year! The event consisted of 5 days of orienteering around the Mpumalanga region of South Africa (we flew into Johannesburg and headed north) incorporating two world ranking events, an urban race mainly in Dulstroom and ending with an exciting sprint round the Nelspruit Botanical gardens. The atmosphere was incredibly laid back and relaxing.

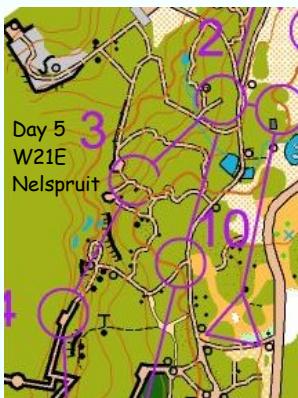
Organised by Nicholas Mulder and Craig Ogilvie, it was apparent that the sport was of a much smaller scale than in the UK. It really was a case of everyone knew everyone, and most South Africans seemed to be roped into helping with the event some way or another. If they wanted, competitive runs were still available for helpers.

The event team even found the time to put on socials - a pasty party and a Braai (barbeque). We stayed in a wooden lodge by the event centre (Lakenvlei Forest Lodge) and training and

competition areas, moving to accommodation further north when the races were around the Sabie area.

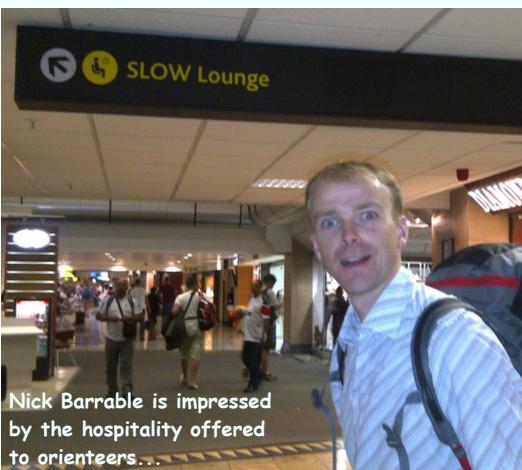
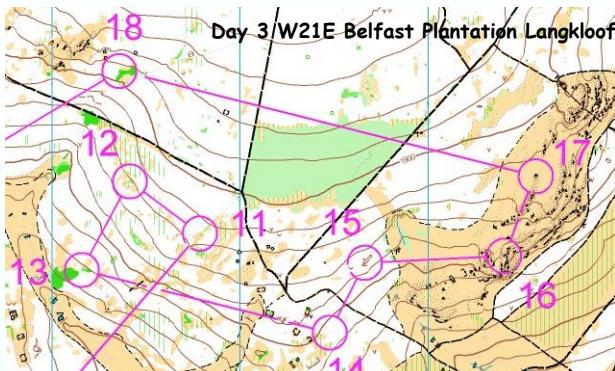
This was my first time in South Africa and I found myself warmly welcomed (although I was aware of the urban properties being heavily protected with security gates, dogs, cameras and suchlike). Some of the forest we experienced was the most runnable I

could imagine, divine! Sabie Klipkraal was harder work, with some steep, rocky areas.



I'm really pleased that the South Africans have got the ball rolling already for the next event. I'd recommend it to anyone, maybe thanks to word of mouth they'll beat the tally of 12 competitors from Great Britain.

The next event is on 30 Dec 2013 - 4 Jan 2014: check out [www.bigfive-o.co.za/](http://www.bigfive-o.co.za/)



Nick Barrable is impressed by the hospitality offered to orienteers...



# SLOWprint

Jan–June 2012

## South of England Orienteering Urban League (2012 Season)

[cityrace.org/seoul/](http://cityrace.org/seoul/)

Following the success of the Nopesport Urban League and the growing number of urban races in the UK, we have a South of England Orienteering Urban League (SEOUL). The league will be formed of the following 14 races:

Saturday 21st April – Huntingdon

Saturday 26th May – Poole

Sunday 27th May – Frenchay, near Bristol

Sunday 24th June – Canterbury

Saturday 30th June – Shaftesbury

Sunday 19th August – Kingston-upon-Thames \*\* NOTE CHANGED DATE \*\*

Saturday 25th August – Guildford

Sunday 26th August – Basingstoke

Monday 27th August – Didcot

Sunday 30th September – Windsor & Eton

Saturday 20th October – Oxford

Saturday 3rd November – Southampton

Saturday 24th November – Woking

Saturday 15th December – Brighton

### Classes

As per Nopesport Urban League for 2012:

M/W12- (with regard to the BOF requirements for under 16's running in urban areas)

M/W16- (with regard to the BOF requirements for under 16's running in urban areas)

- Open
- Vet (40+)
- Supervet (55+)
- Ultravet (65+)

### Scoring

Your **best 7 out of a possible 14 races will count** and the best score at the end of the season wins, simple! Points will be as follows: 100, 96, 93, 91, 90, 89...

Keep an eye on the website for more information or contact race series coordinator Jayne Sales - [jayne@cityrace.org](mailto:jayne@cityrace.org)



### RIP Dick Clark 1947–2011

Dick was usually the one to kick-start SLOWprint production whilst I have been editor by promptly sending me his Bridge updates. He was sometimes even the last to see it before it was sent to members as he provided much appreciated help with printing. It has been several months since Dick left us. Back in 2011, Andy Robinson gave Dick a lovely write-up in CompassSport, which we have reproduced here, adding also Chris Robinson's memory of Dick, "the thing about Dick which stands out for me was his sense of humour & amazing laugh".



"A good bloke" seems to be the almost unanimous description of Dick. The term is of course meant in the best, old school context and suits Dick to a tee, although a mere "good" in Dick's case seems to be a massive understatement.

Dick must have joined SLOW in the mid/late 1980s. I don't think anyone noticed him at first. This would have been partly because he did all his running training with Tadworth AC but also because his orienteering was just so consistently awful. It never got better over the years and was the subject of much joking and teasing. I said recently that Dick used to volunteer for anything and everything. There was an exception to this. He never put controls out. He knew his weaknesses.

But he also knew his strengths too. Dick made a beeline for the areas of SLOW that did suit him best. He was immediately in the bridge team, which competed annually in the London Trophy (a bridge competition for non-bridge clubs). For many years he partnered Ned Paul, the CompassSport founder who ran away to be a bridge tutor, and in later years managed to assemble three of us who had never usually touched a pack of cards since the previous year to take on assorted golf and tennis club members who played bridge most evenings of the week. Dick himself played 3-4 times a week and always seemed to know some of the opposition. After each match he'd have remembered a most interesting hand and write it up for Slowprint. I've often wondered what the rest of the club made of these detailed analyses, but the only time I heard any comment was when the report was on the next page to Pella Rye's knitting pattern for a SLOW bobble hat. People were wondering what the club magazine was turning into.



### RIP Dick Clark 1947–2011 ctd

His other beeline took him to the North Downs Way relay team. When pointed in the right direction he possessed a considerable turn of speed and was a key member of the 1993 record-holding team. The following year when the relay changed to having fixed handovers he set the record for leg 3 which still stands. After that he took over the team captaincy for many years. I have fond memories of the many times I'd get over to Dick's on the Friday night and crash out. Then we'd get up in the middle of the night and he'd drive to Dover for the sunrise. He'd run first leg, I'd run second and then we'd spend the rest of the day dashing round supporting members of our team (and frequently members of other teams too) before collapsing in some pub near Farnham.

Over the years Dick built up a great reputation for turning up and helping at most events. Probably his biggest contribution and certainly the most consistent was with the Box Hill Fell Race. SLOW has been staging this race since 1993 and it must have been soon after then that he took over entries and results. Until the cancer diagnosis he usually managed to fit in running in the race too. After finishing he'd take the early times back to HQ for processing and by the time I arrived with the rest of the results he'd have a pint there waiting for me.

Recently he has organised the OK Nuts Trophy twice - 2007 and 2009. At the Devil's Punchbowl in 2007 we were based at Hindhead Cricket Club and had arranged for the bar to be open. Neither Dick or I were running, and so were looking forward to sampling the T.E.A. We managed to resist for quite a while but it wasn't long before we ordered our first pints as we felt we had to set an example to others. When we'd finished those nobody else had started drinking. Is there a problem here? What should we do about it? Only one course seemed appropriate - get the second one in. And then we noticed that plenty of others had started drinking too. Crisis averted.

Dick's last volunteering act was earlier this year and helped in the staging of the London City race. Alan as race director had sent out a general mail asking for someone to fix permission at St Bart's Hospital. I told him he stood no chance of finding someone that way and should try another approach. He told me Dick had already taken it on. How are we going to manage without him?

So if you ran at London (or even if you didn't) raise a glass to Dick Clark - not just a good bloke but one of the very best.