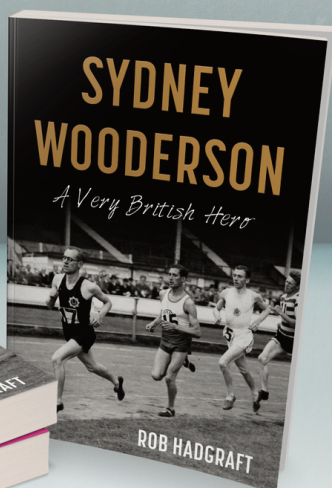
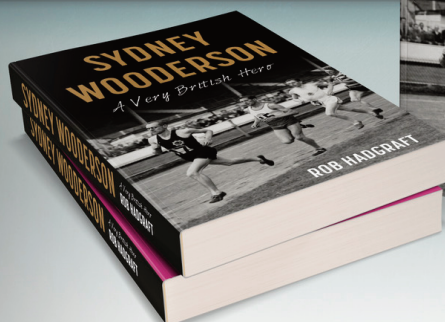


"Sydney Wooderson was without doubt one of the greatest British middle-distance runners of all time."

- Foreword by the Rt. Hon. The Lord Sebastian Coe, CH, KBE



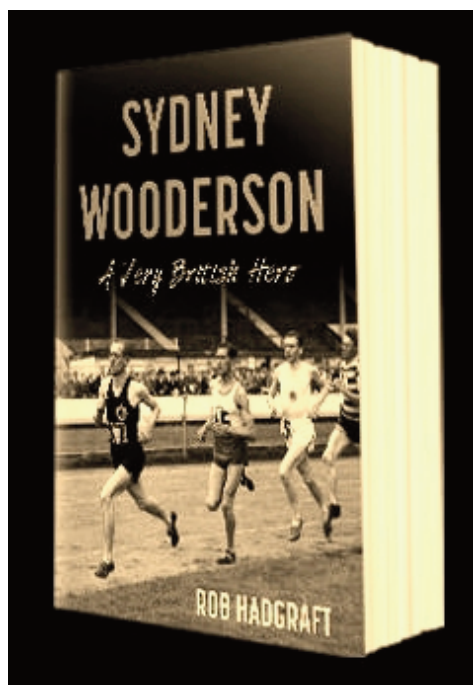
SYDNEY WOODERSON A Very British Hero

by Rob Hadgraft
(Foreword by Seb Coe)

424 pages, £10.99. On sale now via Amazon, Waterstones, WH Smith, Foyles, Blackwells, the Guardian and Telegraph online bookshops or through any High Street bookstore!

***Discount available to BABH members - see below!**

At last! The full life-story of the amazing runner known as 'greatest Heathen of them all'



A SMALL, painfully shy man in thick spectacles and baggy shorts.

A more unlikely sporting champion is hard to imagine, but Sydney Wooderson's appearance hid a brilliant talent for middle-distance running. He was Mr Ordinary, the classic underdog, a symbol of British bulldog spirit as he defied the odds against foreigners who always looked smarter, bigger and more muscular.

During the 1930s little Sydney of Blackheath Harriers became King of the Mile, breaking world records and winning titles galore. Sadly the war cheated him of potentially his finest hours when the Olympics of 1940 and 1944 were cancelled, and ruined his plan to be first man under four minutes.

Undaunted, he bounced back from serious illness to chalk up major triumphs in Europe and at home in the austere late 1940s. He was the people's choice to light the 1948 London Olympic flame, but to widespread dismay, particularly from the Queen Mother, was cruelly snubbed for 'not looking right'.

Our popular Blackheath colleague was a unique figure in world sport ... his remarkable story now told in full for the first time.

Special offer to members of Blackheath & Bromley Harriers:

The Sydney Wooderson biography is packed with stories about life at the Hayes HQ of B&BHAC in days gone by. Club members can purchase a copy of the new book, signed by the author, at the special price of £9 postage free (a total potential saving of up to £5).

For payment details, simply e-mail your name & address to: r.hadgraft@btinternet.com (or, if preferred, message Rob on Facebook, or Twitter at: [@robhadgraft](https://twitter.com/robhadgraft)).