

Flanagan's Running Club – Issue 8

Introduction

The first rule of Flanagan's Running Club is everyone should talk about Flanagan's Running Club!

Feel free to forward on to anyone you want, tell people about it the works, and just get them to sign up.

Can I ask you all a favour, please can you review my book on Inkitt, and the link is below. Even if you don't take time to read it properly, please flick through a few chapters, give it ratings and a review and vote for it please. It may help me get it published.

<https://www.inkitt.com/stories/thriller/201530>

London Pub Crawl date has been finalised – Saturday 28th July, full route and theme to be confirmed, but a date for the diary.

On This Day – 25th May

1660 – Charles II lands at Dover at the invitation of the Convention Parliament (England), which marks the end of the Cromwell-proclaimed Commonwealth of England, Scotland and Ireland and begins the Restoration (1660) of the British monarchy.

1935 – Jesse Owens of Ohio State University breaks three world records and ties a fourth at the Big Ten Conference Track and Field Championships in Ann Arbor, Michigan.

1953 – The first public television station in the United States officially begins broadcasting as KUHT from the campus of the University of Houston.

1977 – Star Wars is released in theatres.

It's Geek Pride Day

And it's Towel Day in honour of the work of the writer Douglas Adams

Mapping The London Year

1850 - Obaysch arrives at London Zoo, the first hippopotamus seen in Great Britain since prehistoric times and the first in Europe since the Romans.

Obaysch was captured on an island on the White Nile when he was less than one year old. His name is derived from the name of the island. He created such a sensation that it caused an outbreak of 'Victorian Hippomania.'

Chuck D Presents This Day In Rap And Hip-Hop History

1999 - Slick Rick releases his fourth album “The Art Of Storytelling” on Def Jam Records.

In his first release since 1994, the British-born legendary MC's gold-selling set is his highest charting album ever, topping the R&B/Hip-Hop charts and reaching #8 on the Billboard 200.

Produced by Jazze Pha, Dame Grease, DJ Clark Kent, and Trackmasters among others, Rick's stellar rhymes and smooth flow would shine on singles like the Kid Capri produced “Unify”, featuring Snoop Dogg, the crime-spree “Kill N1ggaz,” “We Turn It On,” featuring long-time collaborator Doug E. Fresh, and the hit “Street Talkin” featuring Big Boi from Outkast, which reached #22 on the Rap chart. Other guests on “The Art Of Storytelling” included Nas, Canibus, Raekwon of the Wu-Tang Clan, Peter Gunz, Q-Tip, Redman, Kid Capri, and Ed Lover.

365 – Great Stories From History For Every Day Of The Year

1895 On this date a London jury found Oscar Wilde, the internationally famous author of Dorian Gray, The Importance of Being Earnest and Lady Windermere's Fan, guilty of committing indecent acts, and the trial judge immediately sentenced him to two years' hard labour. Three months earlier, Wilde has brought a charge of libel against the Marquess of Queensbury for calling him a 'sodomite', but the charge backfired disastrously when abundant evidence offered by the defence showed Wilde to have indulged with numerous young men in homosexual acts illegal under the English law of the time. The libel action ended in acquittal for Queensbury and arrest for Wilde.

Wilde's troubles had really started in 1892, when he had met Lord Alfred Douglas and the two had entered into a notorious love affair. Douglas's father, the Marquess of Queensbury, was already enraged at his son's behaviour on several fronts. Now seeing him bent on pursuing 'intimacy with than man Wilde', the Marquess determined to bring his son to heel by bringing the author to ruin. He succeeded only in the second goal. As Wilde wrote to Douglas: 'In your war of hate with your father I was at once shield and weapon to each of you.'

Wilde was at the top of his form at the beginning of 1895, celebrated, hated, mocked, and cheered as an outrageous wit, a flamboyant personality, a genius with language, an outrager of Victorian sensibilities, and the leading spokesman for the cult of aestheticism. Married with two sons, he had also begun to lead a dangerous and not-so-secret double life as a homosexual, meeting in hotel rooms with young men, often lower-class and paid for their services. 'Feasting with panthers' was his phrase for these encounters.

After the sensational trial and conviction, Wilde's life was completely ruined. Upon his release from prison in 1897, he fled England and his family for Europe, where he stayed for the rest of his brief life, broken if not reformed, and

dependent on his remaining friends for hand-outs. The man who had written so many poems, novels and plays in the years before prison, and left the world so many quotable gems, wrote only one more work, The Ballad of Reading Gaol. He died at the age of 46 in a Paris hotel room on 30 November 1900. As he quipped in better days: 'The public is wonderfully tolerant. It forgives everything but genius.'

Births

1803 – Ralph Waldo Emerson
1889 – Igor Sikorsky
1927 – Robert Ludlum
1939 – Ian McKellen
1958 – Paul Weller
1979 – Jonny Wilkinson

Deaths

735 – Bede
1934 – Gustav Holst

Number 1's

Number 1 single in 1983 - Spandau Ballet - True
Number 1 album in 2015 - Brandon Flowers - The Desired Effect
Number 1 compilation album in 2002 - Kisstory

Random Results

2011 - San Francisco Giants 6 - Florida Marlins 7
2014 - Montreal Canadiens 2 - New York Rangers 3
1985 - Scotland 1 - England 0

Drabble

A drabble is a complete story that is exactly one hundred words long.

Ruined

Had he thought that being in such a cultural city, a city of such renown and splendour, a city that thousands came to, to try and improve themselves, would rub off on him, that it would give him that new lease of life he needed, that he would be able to rewire all of his senses, activating feelings that had long since left him.

As it turned out Paris was no better than Athens, Rome, Florence or Venice, or any other so called cultural centres that he had passed through recently. London, it would appear, had ruined him for life.

Joke

A little boy comes down to breakfast. Since they live on a farm, his mother asks if he had done his chores. "Not yet," said the little boy. His mother tells him no breakfast until he does his chores. Well, he's a little annoyed, so he goes to feed the chickens, and he kicks a chicken. He goes to feed the cows and he kicks a cow. He goes to feed the pigs, and he kicks a pig. He goes back in for breakfast and his mother gives him a bowl of dry cereal. "How come I don't get any eggs and bacon? Why don't I have any milk in my cereal?" he asks. "Well," his mother says, "I saw you kick a chicken, so you don't get any eggs for a week. I saw you kick the pig, so you don't get any bacon for a week either. I saw you kick the cow so for a week you aren't getting any milk." Just then his father comes in for breakfast and kicks the cat halfway across the kitchen. The little boy looks up at his mother with a smile, and says, "You gonna tell him or should I?"

Random Items

Fact

The month of May takes its name from one of the daughters of the Roman God, Atlas.

Firsts

1558 – The first recorded doll's house is made for Duke Albrecht V of Bavaria

1902 – Morris Michtom markets the first stuffed toy bear with moveable limbs.
 1959 – Mattel launches Barbie, the first children’s doll to have an adult physiology.
 1964 – Hasbro launches GI Joe, the first doll to have a target market of boys (Action Man in the UK)

Thought

Should you trust a stockbroker who's married to a travel agent?

Forgotten English

Vitulation

A rejoicing like a calf.

Ambrose Bierce’s Demon’s Dictionary

RIOT

A popular entertainment given to the military by innocent bystanders.

Words You Should Know

Badinage

Light-hearted, witty chat or banter: 'The badinage between the two presenters must have been scripted, but it sounded very natural.'

Popular Expressions – What They Mean And Where We Got Them

A dog in a manger

A mean-spirited person who will not let others use something that he had no use for himself.

The phrase comes from a fable attributed to Aesop written in about 600BC, of a dog that made his bed in a manger of hay. When an ox disturbed him, he snarled and drove the ox away. He would not allow the ox to come near to eat the hay, despite the fact that he could not eat it himself.

The ox leaves the stable muttering the moral of the tale: 'Ah, people often grudge others what they cannot enjoy themselves.'

Rappers of the Nineties Trumps

LL Cool J
 (B. 1968)

LL Cool J (short for Ladies Love Cool James) is a rapper and actor from New York. He is known for hip hop hits like *Rock The Bells* and *Mama Said Knock You Out*, and later some R'n'B nonsense where he mainly just licked his lips.

LYRICAL ABILITY	84	BLING	92
CRIMINALITY	74	IMPACT	94
WILDCARD: Presenter of Lip-Sync Battle			17

Quote(s)

Shawn: You shouldn't use long words; people don't know what they mean.

Anna: Ominous isn't a long word.

Shawn: No, I was on about synopsis, what does that mean.

Anna: Précis.

Shawn: I don't know what that means either.

Going Underground

Russell Square

Was named in 1800 by an Act of Parliament and was built between 1801-05. It takes its name from the Dukes of Bedford whose family name is *Russell*; they acquired lands in London in 1552 and later by marriage in 1669. The square was once part of an area known as Southampton Fields and later called Long Fields. The square was badly damaged during the Second World War, but has been redeveloped since to become the second largest square in London.

The station was opened as RUSSELL SQUARE on 15 December 1906.

Top Ten

Tallest Cathedrals in the UK		
Pos	Cathedral	Height (ft)
1	Salisbury	404
2	St. Paul's	366
3	Liverpool (Anglican)	331
4	Norwich	320
5	Coventry	295
6	Liverpool (Catholic)	290
7	Westminster	284
8	Chichester	277
9	Lincoln	271
10	Lichfield	258

Cathedral Fact Files

Cathedral	Ely Cathedral		
Dedicated To	Holy Trinity (Formerly St Peter and St Etheldreda)		
Type	Medieval	Architecture	Norman
Religion	COE	Tower / Spire	2 Towers
Site Founded	673	Height (External)	215ft
Church Founded	1081	Height (Internal)	86ft
Bishopric Founded	1109	Length	537ft
Current Bishopric Founded	1109	Width	199ft

Thirty-Three And One Third Revolutions Per Minute

The Jam – All Mod Cons

Released on Polydor in November 1978 this was The Jam's third album, and after the disappointing effort of "*This Is The Modern World*", this was their breakthrough album. Following the release of their second album, "*This Is the Modern World*"; the Jam undertook a 1978 tour of the US supporting American rock band Blue Öyster Cult. The Jam were not well received on the tour and "*This Is The Modern World*" failed to reach the Billboard 200 chart. Under pressure from their record company, Polydor, to deliver a hit record, songwriter Paul Weller was suffering from writer's block when the band returned to the UK. Weller admitted to a lack of interest during the writing/recording process, and had to completely re-record a new set of songs for the album after producer Chris Parry rejected the first batch as being sub-standard. It was their first top ten album and reached no.6 on the charts in a 17 week stay. Produced by Vic Coppersmith-Heaven, with help from Chris Parry, the album firmly established The Jam as a musical force.

British Invasion pop influences run through the album, most obviously in the cover of The Kinks' "*David Watts*". The single "*Down in the Tube Station at Midnight*", which Weller had originally discarded because he was unhappy with the song's arrangement, was rescued from the studio bin by producer Vic Coppersmith and became one of the band's most successful chart hits up to that point, peaking at number 15 on the UK Singles Chart. The song is a first-person narrative of a young man who walks into a tube station on the way home to his wife, and is beaten by far right thugs.

The lyrics of the song "*To Be Someone (Didn't We Have a Nice Time)*" criticised fickle people who attach themselves to people who enjoy success and leave them once that is over.

In his review for NME, Charles Shaar Murray said that the album was "not only several light years ahead of anything they've done before but also the album that's going to catapult the Jam right into the front rank of international rock and roll; one of the handful of truly essential rock albums of the last few years." and NME ranked "*All Mod Cons*" as the second best album of 1978 in its end of year review.

Side 1

Track 1 – "*All Mod Cons*" – 1:20. Title track and the shortest ever Jam track, opens the album like a bullet.

Track 2 – "*To Be Someone (Didn't We Have A Nice Time)*" – 2:32. With "*Little Boy Soldiers*", the finest non-single track The Jam did, charting the rise and fall of temporary fame.

Track 3 – "*Mr Clean*" – 3:29 Ranting against middle class mediocrity became a Weller theme, but rarely done better than this.

Track 4 – "*David Watts*" – 2:56. A cover of The Kinks track, but beefed up, this was part of a double A side single with "*A' Bomb In Wardour Street*", and ended up charting at 25, the last Jam single not to crack the top 20. This was the only The Jam single release not to have been written by the group, and the only track on the album not to be written by Paul Weller.

Track 5 – "*English Rose*" – 2:51. The first attempt at a love song, written by Weller about his long-time girlfriend Gill, whilst touring in the States.

Track 6 – "*In The Crowd*" – 5:40. With the album's title track being the shortest ever Jam song this ended up being their longest and the only one to clock over 5 minutes. However, more doesn't necessarily mean better, and despite the multi layered effect this tends to grate on the nerves.

Side 2

Track 1 – "*Billy Hunt*" – 3:01. Back at full pelt, and dripping of teenage cockiness "Steve Austin's got nothing on me". However this track was replaced on the US release of the album with "*The Butterfly Collector*" – 3:11, which wasn't on any Jam album, but did appear on the B-side of "When You're Young".

Track 2 – "*It's Too Bad*" – 2:39. Back to mellow, probably the most "pop" song The Jam ever did.

Track 3 – "*Fly*" – 3:22. Another attempt at a love song, though not as personal as "*English Rose*".

Track 4 – "*The Place I Love*" – 2:54. Moving over to the world of whimsy, Weller creates his own special place "Not within a mile of a trendy do."

Track 5 – "*A' Bomb In Wardour Street*" – 2:37. The other side of the double A side single with "*David Watts*", the riff roars along, hitting out at the growing violence associated with the bastardisation of the punk movement, by skinheads.

Track 6 – "*Down In The Tube Station At Midnight*" – 4:43. Considered to be one of Weller's classic songs, again on the subject of violence, this was the second single release from the album, and cracked the top twenty reaching number 15.

Personnel

The Jam

Paul Weller – guitar, piano, harmonica, vocals

Bruce Foxton – bass, vocals

Rick Buckler – drums, percussion

Technical

Chris Parry – associate producer

Gregg Jackman, Roger Bechirian, Vic Coppersmith-Heaven – soundboard engineer

Peter Schierwade, Phil Thornalley – assistant engineer

Bill Smith, The Jam – design

Peter "Kodick" Gravelle – photography

Club Fact File

Aston Villa	
Founded	1874
Turned Professional	1885
Admitted to the League	1888
Ground	Villa Park
Capacity	42,660
Previous Ground(s)	Wilson Road, Aston Park, Wellington Road
Previous Names	None
Nickname(s)	The Villains
Trophies	
League Champions	1893-94, 1895-96, 1896-97, 1898-99, 1899-1900, 1909-10, 1980-81
Division 2 Winners	1938, 1960
Division 3 Winners	1972

FA Cup Winners	1887, 1895, 1897, 1905, 1913, 1920, 1957
League Cup Winners	1961, 1975, 1977, 1994, 1996
Charity Shield	1981 (Shared)
European Cup	1982
European Super Cup	1982
League Seasons	
Seasons in Premier League (Top Flight)	105
Seasons in Championship (Tier 2)	12
Seasons in League 1 (Tier 3)	2
Seasons in League 2 (Tier 4)	0

Story Time

An Attack

He wasn't entirely sure whether he had been hearing a conversation close to where he lay, or whether he was still dreaming, but when he opened his eyes and tried to work out where he was there were phrases running through his head. Phrases that he wouldn't have thought he would have imagined; even in his worst nightmares.

He couldn't place the voices either. He was certain that they weren't the voices of anyone in his family, and he doubted they belonged to people that he knew. Could they have been voices on the radio, or even on the television? However as he opened his eyes he dismissed that possibility. He was in his own bed, sat in his own bedroom, a room without any of the electronic wonders of the age. Apart from the single light hanging from the ceiling there was nothing electrical in the room. Even the alarm clock was a traditional wind-up model.

The difference it had made to both his and his wife's sleep quality was tremendous. He had tried to get his two children to do a similar thing when they complained of feeling tired, but there was no way either of them was going back to the dark ages in their own rooms. They were both in their early twenties, so it was their own prerogative really. He wondered if there was a device on in another room in the house, something left on at a loud volume, but it was Sunday morning, there wouldn't be anyone else in the house. The rest of the family still insisted on going to mass on a Sunday morning, something he had given up decades before. The only time he ever went into churches now was to admire their architecture and the stained glass windows.

He got out of bed and went to check the rest of the house, just in case there was something left on that had sent those voices to his head, but it turned out there was nothing on. The house was gloriously silent, and without knowing why he breathed a great sigh of relief.

What he had thought he had heard was still playing around in the recesses of his mind. Such distinctive words, he felt that he should probably write them down. He hunted through the house for a notepad and a pen, a sense of feeling that if the words were written by his own hand on to a tangible piece of paper it would somehow help extract them out of his head, and so stop them repeating in his mind.

He found a pen lying on the television stand, and took some sheets of paper out of the multi-purpose printer after being unable to find a notepad anywhere. He started to write the three phrases that had been repeating in his head onto the paper in front of him. He struggled to spell some of the words such was the unfamiliarity he had with them. He had heard these words in different contexts over the years, but could never remember seeing them written down. He spelt them out to the best of his ability.

Once he had written the three phrases down he closed his eyes to try and place either of the voices that had been speaking the phrases, but there was nothing there to remind him. Frustrated, he opened his eyes and looked at what he had written only to see a blank piece of paper staring up at him. He was sure that the words had been there before. He could remember moving the pen across the surface of the paper and seeing the trail of ink left in its wake, but it was now blank.

He looked at the pen. Was it one of those trick pens with the disappearing ink that used to be all the rage when he was a child? He scribbled some random lines on the piece of paper, whirls and loops all across the page in front of him and then watched the paper. He stared at it for five minutes, but the scribbles remained exactly where he had placed them.

He set about writing the phrases out again, writing them on the same piece of paper as the scribbles, pressing firmly down on the paper so that the words didn't just sit atop the sheet, but formed indentations to the page. When he had finished he looked at them, reading them over and over, hearing the voices in his head as he did so. He closed

his eyes again as he let his mind play the phrases inside his head, only to open his eyes and see that they had disappeared from the page in front of him, leaving only his scribbles behind.

He held the piece of paper up to the light looking for the indentations he was sure he had made in the page, but there was no sign of them either. In disgust he screwed up the piece of paper into a ball and threw it at the wall. It bounced back and sat on the floor where he would have to pick it up from later.

He took another piece of paper and furiously wrote the three phrases out again, almost scoring all the way through the sheet with the pressure he put into the writing strokes. Not to be thwarted this time he took the sheet to the printer and placed it on the scanner to make copies of the phrases he had written. He placed the sheet face down on the bed of the scanner and hit the copy button. The light moved underneath the sheet of paper slowly to the right and then quickly back home to the left, and the machine started to spit out its copy.

He stared agog at the blank copy that came out of it, cursing to himself. He must have put the sheet on the scanner bed the wrong way around, but when he picked up the sheet there were no words on either side of it, and no signs that there had been anything written anywhere near it. It looked pristine, with no indentations showing at all.

Then the voices that had uttered the three phrases that were causing him such bother now started talking again.

"It looks as if you were right all along, his mind has totally gone, and he is just a jibbering wreck, spouting random nonsense in some kind of fugue state."

"I did say he was on the edge of sanity days ago when he was first brought in."

"It is like he had lost his grip on reality."

"And again, as I said before, without that, it all falls apart. If he has no grip on reality then he's not going to be of any use to you in this. You need to admit it now; this can't be allowed to go on."

"I will, I just want one more chance."

He ran from room to room in the house looking for the voices, but there was no one in the house with him; all the doors and windows were locked as well. There were no pieces of paper to be found either, not on the table, not on the printer and not even screwed up on the floor. How could he have imagined the whole thing? He thought he must still be dreaming and he headed back to bed, hoping to end the dream and to wake up for real. He dragged his body up the stairs and collapsed into the bed and closed his eyes. Everything went black and he felt his mind emptying and he woke up again.

This time he woke to find a man in a long white coat with a stethoscope around his neck, shaking him, trying to wake him up. It was a man he didn't recognise. Another stern faced man stood at the first man's shoulder staring at him. He didn't recognise the second man either.

"Who are you and what are you doing in my home? Get out of here before I call the police."

The stern faced man replied, "I am the police."

"Why are the police in my house?"

"You aren't at home, you're in a hospital bed, and you've been here ever since the attack."

"What attack, I don't remember being attacked at all, it's just a Sunday morning and my lie in."

"That's exactly what you said when we found you, you said that you knew all about the attack, and you just needed the time to get all your thoughts in order."

"I don't remember ever speaking to you, where are my family, why aren't they here instead of you."

"You were going to tell us all about what happened to your family."

"What has happened to them, that doesn't sound good, they should all be at church, and it's where they always are on a Sunday morning."

The stern faced man turned to the man in the white coat with an exasperated look on his face and the two of them turned away from the bed.

"It's no use, are you certain he isn't putting this on?"

"In my experience I would say it was impossible to put this on for the length of time he has been like this, there is no way any credible doctor would declare him sane."

"Do you think he will ever recover?"

"It's possible, but I couldn't say when, it could be anything from a month to never."

"I'll have to wait then, and hope he does, I really want to nail him for what he did to his family. It was the bloodiest attack I've ever had the misfortune to investigate."

Puzzle Corner

Quiz

Answers from Issue 7

The seventeen solo artists or groups to have had more than twenty single releases in the UK on the Motown are: Stevie Wonder, The Temptations, The Supremes, Marvin Gaye, The Four Tops, Diana Ross, The Commodores, Martha Reeves & The Vandellas, Smokey Robinson, The Jackson 5, Junior Walker & The All Stars, Gladys Knight & the Pips, The Marvelettes, The Miracles, Lionel Richie, Rick James, and Boyz II Men

This Issue's quiz.

Name the seven nations to have played at the same amount as, or more tournaments than England in World Cup Finals.

Crossword

Annoyed

Sudoku

Issue 7's Solution

2	4	8	1	3	9	5	7	6
6	5	9	7	4	2	3	1	8
3	7	1	8	6	5	9	4	2
5	9	7	2	1	8	4	6	3
4	2	3	5	9	6	7	8	1
1	8	6	4	7	3	2	5	9
7	3	2	6	8	4	1	9	5
8	1	5	9	2	7	6	3	4
9	6	4	3	5	1	8	2	7

This issue's puzzle

	4			5		2		8
	1	6			4			
9				7			3	6
		2	4			5		1
	6		2		5			
4		3			6		9	
6				8				4
			1			3		
2		1			3	6	5	

Wordsearch

Found it, the 1990's, Friday night, Channel 4.

Dilbert



Epilogue

If you want to catch up on old issues, Drabbles I've had published, or the random scribbling from a bored mind on my blog then they are all available at <http://www.onetruekev.co.uk/>
Sign up to the mailing list on the home page there. E-mail any ideas or suggestions to kev@onetruekev.co.uk