



Above: Russell Dessaix-Chin, Knut Hegvold, Will Cockerell and Malachi Byansi celebrate a South of the Thames Championship team win at six and twelve to score on our home course. Russell was the individual winner.

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Road Running & Cross Country

Victory 5 miles, Portsmouth, 7 December 2008.

Fast “five” at Portsmouth

Conditions were perfect for the Victory 5 miles race at Portsmouth. Russell Dessaix-Chin set the pace from the off and the rest were content to sit in. Three miles came up in 13:36 (a pb for Russ) where he pushed on to start the break away. As late as 800m to go Mark Warmby was still only 20 metres down but the damage had been done and he couldn't bridge the gap. Russell increased his lead to 10 seconds by the finish to win in 22:54. But sadly a mistake had been made by the marshals just after the start resulting in the field sticking to the athletic track before leaving the arena when they should have been on the surrounding cycle track. The result was that the overall distance had been reduced by 50 metres (9 seconds at Russell's pace), the shortfall being accurately measured after the race by the organisers.

Men. 1 R Dessaix-Chin (Belgrave) 22:54; 19 H Raidi 25:19; 21 M Trees 1-M40 25:44; 24 K Hegvold 2-M40 26:13; 34 M Byansi 27:20; 363 D Anderson 36:52.

Team: 1 Belgrave H 65; 2 City of Portsmouth 149; 3 Portsmouth Joggers 204.

Women. 1 S Bush 26:53; 17 A Hegvold 3-W40 30:42; 55 R Trees 36:07.

European Cross Country Champs.,
Brussels, Belgium, 14 December 2008.

Bels in Belgium

On a day when the British team took medals in every event, the two Belgrave runners were disappointed to be out of the scoring four in each of their races. The going was soft in the Parc de Laeken, Brussels, cutting up as the programme unruffled. Blistering starts were the order of the day.

After tussling with Britain's number one junior David Forrester in the trials, who placed 5th here in Brussels, Nick Goolab picked up a chest infection in the few days before this race and really shouldn't have been running. He was off the pace at the start and in spite of a rally at the end of the first lap couldn't really get going and slipped back to place 65th. But with luck, and still in the same age group, he'll be back next year.

A very positive start came from Phil Wicks in the senior men's race. Phil was lying 31st as the first 1k lap was completed, ahead of team mates Skinner and Overall and close behind Tickner and Merrien. He continued in the mid to late 30s for the next 4.5k but drifted into the 40s over the last two circuits, finishing 45th. He would have preferred something better but at this level a lack of background work cannot be hidden. Considering that he picked up an injury during the World Cross Country Championships in March that kept him on the sidelines all summer and curtailed his training even until very recent times, he's done pretty well.

Men. 10k. 1 S Lebid (Ukraine) 30:49; 45 P Wicks 32:32.

U20 Men. 6k. 1 F Carvalho (France) 18:42; 65 N Goolab 20:09.

South of the Thames Cross Country Championship,
Wimbledon Common, 20 December 2008.

South of Thames Champs – a 14th win

With the Championship race held over our own course, it was good to win for a fourteenth time in the 120 years that the South of the Thames CC Association has been in existence.

Back in 1888 the race was first held over Wandsworth Common and in those early days it was regarded as a championship for "second-class" clubs. The established outfits of Ranelagh Harriers, Thames Hare & Hounds, South London Harriers and Blackheath Harriers had not been too keen on allowing upstart clubs, some of which were attached to Public Houses, to join them in their races so in 1887 a group of the newer clubs of South London asked for permission from the Southern Counties C.C.A. to stage their own event and the South of the Thames Second-Class Inter Club race was the result.

In time the race became one of very high standard and although the field is not as large now as it was in the 60s and 70s, it was no "second-class" race in 2008 as Russell Dessaix-Chin had John McFarlane, Dean Lacy and Will Levett for company early on. But Russell was running comfortably and by the second lap was away and able to enjoy the race unfolding at his own pace.

The early signs were that Belgrave had the edge over Herne Hill in the team race but after a fast start Malachi Byansi was going back through the field while the Hill's men seemed to be waxing in strength – it was going to be close.

James Kelly had been hindered by a cold in his preparation for this race and after wrestling with Lacy and Kent's James Connor, he had to settle for a spot just outside the medals. For Neil Speaight a racing schedule that had seen him running a 4:03 mile in Saudi Arabia two weeks earlier now had him tackling 12k of cross country and in spite of wearing a set of long spikes that gave him problems on the stony paths Neil was solid inside the top ten. Pete Willis and Will Cockerell were locked together for the entire race in the teens, both running well, so it was just a case of "would Malachi" be able to hold on?

But Mal's drift backwards had been halted and when the discs were collected by the team manager and the points were tallied up it appeared we had held off our rivals to win the Dewar Shield even though they had got seven men home before our sixth. And what now at 12 to score? Tim Weeks was having big trouble with his ankle and limping badly as he lost around thirty places (although never thinking of pulling out). Two newish runners in Andrew Sentance and Ben Hurley both played their part and with Mark Humphrey closing in the dozen at 79, Herne Hill still had two more men to find; the Coleman Cup was also ours.

Many thanks to the Belgrave marshals and to Don Anderson for laying out the course – and to Gordon Biscoe for masterminding the start/finish areas.

Men. 1 R Dessaix-Chin (Belgrave) 40:43; 2 D Lacy (Cambridge H) 41:29; 3 J Connor (Kent AC) 41:33; 4 J Kelly 41:51; ... 9 N Speaight 42:47; 14 W Cockerell 43:26; 15 P Willis 43:37; 38 M Byansi 45:55; 41 K Hegvold M45 46:15; 54 A Sentance 47:09; 58, B Hurley 47:29; 63 R Stannard 47:49; 77 T Weeks 49:14; 79 M Humphrey 49:24; 118 T Hadfield 52:43; 215 finished.

Teams: 6 to score. 1 Belgrave H (1, 4, 8, 13, 14, 36) 76; 2 Herne Hill H (7, 9, 11, 12, 21, 28) 88; 3 Aldershot F&D AC (10, 18, 27, 33, 37, 41) 166; 4 Thames H&H (6, 15, 16, 48, 49, 96) 230; 5 Kent AC (3, 17, 19, 24, 118, 128) 309; 6 Brighton & Hove (22, 40, 43, 66, 67, 76) 314; ... 15 teams closed in.

12 to score. 1 Belgrave H (76 + 39, 52, 58, 63, 77, 79) 444; 2 Herne Hill H (88 + 29, 47, 70, 72, 80, 100) 486, 3 Epsom & Ewell H 1095.

Surrey County Cross Country Champs., Lloyd Park, 3 January 2009.

Another dominating performance

"Of my three wins that was the most satisfying," said Phil Wicks, who seems to be moving towards top form with perfect timing. "I deliberately went out hard as I was treating it as a training run - everything is going really well and I felt comfortable all the way." He's certainly earned the respect of the local runners and is gathering many of them as his fans. Herne Hill's Andy Lea-Gerrard later told our Team Manager: "You must thank Phil for me. There I was at the back of the field when he came past, lapping me, but had the time to tap me on the shoulder and give me encouragement."

The going was frozen hard but fast at Lloyd Park. A slight change in the starting area meant that there was a potential bottleneck after 50 metres but there were no problems - and let's face it, Phil was already clear by that point! After one lap he was a minute up on our own James Kelly who was doing battle with a couple of Thames men and by the finish Phil's margin was two and a quarter minutes.

James, Cambridge University Hare & Hounds Captain this winter, is in great form himself, throwing off the challenge of John McFarlane on the second circuit and moving away well to claim the silver medal.

Herne Hill Harriers were looking for yet another win to take them to a streak of eight consecutive county victories (which we believe would have equalled Boxhill Racers' record) but came up against a Thames team that is stronger, in Surrey terms, than ever before. There were six "red & black" vests through the funnel before any other club could complete a

team but it was Thames Hare & Hounds who took the title with their strong packing in the top ten. It was the first time that our rivals from "across the Common" had won the Surrey title.

But fortunes improved for Belgrave as well, even though we only had the bare minimum of six men in action. Our one-two gave the Bels a huge boost and was followed by Will Cockerell and Mike Trees, at each other for the whole race, before finishing in 14th and 15th. Tom Fordyce, back this winter after a year of illness, and Mark Humphrey ran exceptionally well with the weight of our team prospects on their shoulders – and for the first time since 1996 (when we won) a set of medals was ours.

Mixed fortunes for the Belles

Earlier the Belles had also lined up with just the necessary four bodies on the start line, but luck went against them when Catherine Bryson, possibly an individual medal hope, badly turned an ankle towards the end of the first lap and had to limp to the first aid post – extremely bad luck.

But Sarah Murphy was going well, occupying 6th place, and as the race went on her strength told as she overtook some redoubtable runners to come home in 4th – out of the medals maybe, but delighted to have claimed a couple of important scalps.

Men 12k. 1 P Wicks (Belgrave) 39:19; 2 J Kelly (Belgrave) 41:32; 3 J McFarlane (TH&H) 42:09; 14 W Cockerell 43:51; 15 M Trees 43:59; 41 T Fordyce 48:06; 52 M Humphrey 49:36.

Teams: 1 Thames & H 75; 2 Herne Hill H 86; 3 Belgrave 125; 4 Clapham Chasers 259; 5 South London H 275; 6 Reigate Priory AC 289; 10 teams closed in.

Women 8k: 1 L Partridge (Aldershot F&DAC) 31:02; 2 J Heslop (Clapham Chasers) 31:19; 3 E Adams (Aldershot F&D AC) 31:53; 4 S Murphy 32:44; 22 M Heaton 36:01; 60 C Eastham 42:01.

Teams: 1 Aldershot F&DAC 24; 2 Clapham Chasers 62; 3 Herne Hill H 74; 12 teams closed in.

U13 Boys 3.25k. 1 J Rowe (Windsor SE&H) 15:13; 36 E Langmuir 17:21.



Sarah Murphy led home the Belles with a brilliant 4th place in the Surrey Cross Country Champs at Lloyd Park. But unfortunately Catherine Bryson badly twisted an ankle and we were one short of a full team.

"Sweatshop" Men's Surrey Cross Country League Race 3, Farthing Downs, Coulsdon, 10 January 2009.

Hoary harriers slip to 7th!

A week or more with the temperature barely, if at all, creeping above zero, had left Farthing Downs with every bush and every blade of grass stiff with frost. Crystal encrusted trees at the top of the Downs were wreathed in a freezing mist through which a wan sun emerged for a second or two to smile down wryly on the assembled Belgrave team, before deciding that it wasn't worth the effort and hiding once more behind the hoary haze.

It was cold – minus four – and officials already frozen from a tour of duty that had begun two and a half hours earlier, stamped their feet and prepared for the men's race.

The Bels, well out of the reckoning anyway, were struggling. Some were racing elsewhere, some unfit after injury and others wiped out by the 'flu'. We had a bare ten men - and that after lending Don Anderson a vest and pressing him into action: he'd only turned up to support! League leaders "Hare & Hounds" were also struggling to raise ten men while the slope near the start seemed to be swarming with Herne Hill men buzzing around in their striped vests like a swarm of hornets disturbed from hibernation.

Major and McMullen pushed hard for Thames on the first circuit but Ben Whitby was only biding his time and he came away for a clear Herne Hill individual victory. Will Cockerell led home our team in 17th – only the second time he has been first Belgravian home in 41 league outings! Most of our squad had turned up "just in case they were needed" and were certainly not expecting to score, but we must single out Ben Hurley who ran very well to press an unfit Tom Ellacott.

The powerful Herne Hill squad claimed what will probably be a decisive top spot in the league while the Bels placed a lowly 7th which dropped them to 6th overall.

Unhappily we must report that supporter Maureen Pritchard fell and broke her wrist so we send her commiserations and every wish for a speedy recovery.

1 B Whitby (Herne Hill) 27:56; 2 S Major (Thames H&H) 28:17; 3 J McMullen (Thames H&H) 28:25; ... 17 W Cockerell 29:20; 40 K Hegvold M45 30:53; 55 K Gadd 31:34; 58 T Ellacott 31:40; 59 B Hurley 31:42; 104 R Norville 34:41; 106 A Luce M40 34:43; 147 P Cross M50 40:23; 151 M Humphrey 43:09; 152 D Anderson M50 43:12.

Teams: 1 Herne Hill H 138; 2 Thames H&H 250; 3 Reigate Priory 385; 4 Hercules Wimbledon 391; 5 Ranelagh H 431; 6 South London H 508; 7 Belgrave H 646; 8 Dorking & Mole V 663; 9 The Stragglers 683.

Overall: 1 Herne Hill H 451; 2 Thames H&H 556; 3 Hercules Wimbledon 1286; 4 Ranelagh H 1400; 5 South London H 1458; 6 Belgrave H 1548; 7 Reigate Priory 1691; 8 The Stragglers 1868; 9 Dorking & Mole V 2027.

Women's Surrey Cross Country League Race 3, Farthing Downs, Coulsdon, 10 January 2009.

Catherine bounces back

What a joy to record that Catherine Bryson, far from being taken out of the New Year sequence of races by her twisted ankle the previous week, bounced back for a fine individual win. She stretched away from South London's international Natalie Harvey over the latter stages of the race and we now look forward to seeing what she can do in the "Southern".

Sarah Murphy never seems to have a bad run and again she claimed a forward placing, 5th, with Zoë Vail also well up in 11th. Anne Hegvold fought for every point, overtaking South London's Pippa Major at the approach to the funnel, and Tilly Heaton closed in the Belgrave "five" in 30. But South London on their home territory were not going to give away an inch of their league lead if they could help it – and ran out winners again.

1 C Bryson (Belgrave H) 22:30; 2 N Harvey South London H) 22:38; 3 G Bruinvels (South London H) 22:54; ... 5 S Murphy 23:48; 11 Z Vail

25:22; 26 A Hegvold W45 25:58; 30 M Heaton 26:04; 48 V Goodwin 27:10; 67 H Smethurst W40 28:13; 97 C Eastham 29:46; 130 J Beecroft 32:09.

Teams: 1 South London H 68; 2 Belgrave H 73; 3 Ranelagh H 91; 4 Dorking & Mole V 157; 5 Herne Hill H 157; 6 Reigate Priory 160; 7 Wimbledon Windmilers 181; 8 Woking 214; 9 West4 H 217; 10 The Stragglers 226; 23 Belgrave H 'B' 522; 37 teams closed in.

Overall: 1 South London H 242; 2 Belgrave H 327; 3 Ranelagh H 353; 4 Herne Hill H 414; 5 Reigate Priory 506; 6 Woking 561.

SEAA Cross Country Champs., Hillingdon House Farm, Uxbridge 24 January 2009

Phil Wicks makes "Southern" history

Only four other Belgravians have ever won the Southern Cross Country Championships – Bert Footer in 1933, Tom Carter in 1946, Len Herbert in 1947 and Gerry North in 1967 – but none of them have ever won it twice like Phil Wicks in 2007 and now again in 2009; and who is to say that he will not do it again.



It was a mud bath! Eight earlier races had churned up the going until it had the consistency of porridge and then around 700 senior men took to the fields of Hillingdon House Farm to contest the 15km event.

Phil led for virtually the entire race. Bedford's Neilson Hall kept him company for the first lap but then Phil was away and

up to 60m clear on laps two and three until Windsor's Benedict Whitby made terrific inroads over the latter part of the race, cutting the margin to a mere 5 seconds by the end.

It was always going to be an unpredictable race with the heavy going and waterlogged sections. Some took to it better than others. James Kelly admitted that he just couldn't seem to get his legs going in the mud and Mark Pollard was unable to get near his superb 7th place of 2008 – but Simon Jones, in spite of swearing that he hates cross country, held up well for 28th. As might have been predicted, the ever-present Will Cockerell and Pete Willis filled out the team, although veteran Mike Trees held an impetuous forward position early on before sinking back through the field.

The Bels were disappointed not to win a set of medals but had underestimated Winchester & District AC who leapfrogged over favourites Newham & Essex Beagles and Bedford & County to win, leaving the Bels fourth team for the second year in succession. But there was consolation in being second at 12 to score and retaining the Oddling-Smee Trophy as first Surrey club to get nine men home. It was also great to have no less than fifteen men in action in this gruelling event – there were times a decade ago when we could get nobody to turn out for the "Southern".

Men's 15km. 1 P Wicks (Belgrave H) 51:08; 2 B Whitby (Windsor SE&H) 51:13; 3 N Hall (Bedford & C) 52:00; ... 28 S Jones 55:15; 40 M Pollard 56:01; 41 J Kelly 56:09; 80 W Cockerell 58:01; 84 P Willis 58:25; 99 M Byansi 59:19; 106 J Fairbourn 59:38; 115 M Trees M45 1:00:03; 124 L Eguia 1:00:14; 126 K Hegvold M45 1:00:27; 231 M Humphrey 1:05:05; 237 T Weeks 1:05:17; 338 R Norville 1:09:37; 455 T Hadfield 1:15:15; ... 672 finished.

Teams 6 to score: 1 Winchester & Dist 162; 2 Newham & Essex Beagles 201; 3 Bedford & County 210; 4 Belgrave H 274; 5 Kent 339; 6 Harrow 361; 7 Aldershot F&D 390; 8 Herne Hill H 393; 9 Thames H&H 505; 10 Woodford Gn EL 518; ... 52 teams closed in.

Teams 12 to score: 1 Bedford & County 990; 2 Belgrave H1075; 3 Winchester & Dist 1482; ... 13 teams closed in.

Oddling-Smee Cup for first Surrey club to finish twelve men - Belgrave Harriers.

Women's 8km. 1 K Sparke (Woodford Gn EL) 31:50; 2 F Fullerton (Havering M) 32:14; 3 N Sykes (Bedford & C) 32:20; ... 8 C Bryson 33:14; 89 M Heaton 38:23; 218 J Beecroft 45:19; ... 311 finished.

News

Samson Oni - 2.29m at Aviva International

High Jumper Samson Oni was so unlucky in 2008. After clearing 2.30m both indoors and out, he failed to do himself justice in the Olympic Trials, placing 4th, and thus missed out on selection for Beijing.

In Glasgow's Kelvin Hall he represented The Commonwealth team while rival Martyn Bernard was given the British vest; but it was Samson who was the man in best form, clearing 2.29m at his first attempt to share the lead with Manson of the USA. The American went on to take 2.31m at his first shot while the Belgravian failed – and knowing that he could not now win at that height, took his last two attempts, unsuccessfully, at 2.33m.

Great effort Samson – and congratulations too on becoming a father. Daughter Lilah made her appearance on January 4th.

Sensational Chambers is faster than ever

Barred from competing in the Aviva International match in Glasgow by the EuroMeets Consortium after his drug test failure in 2003, for which he served a two-year ban, Dwain Chambers turned his attention to the Birmingham Open – and set the track alight!

His opening run over 60m was 6.59. In his second round he ran a personal record of 6.52 to take him to second on the world list for 2009 – only 0.01 seconds slower than America's Michael Rodgers ran in New York on the Friday. Then in the final race he clocked 6.54 to equal his previous

best, set during his World Indoor Championship silver medal winning run in March 2008.

The European Indoor Championships, for which Dwain is eligible, will be held in Turin in March, and the qualifying time he was aiming for was 6.65. It seems this man just cannot be kept down. He has something to prove and he is intent on doing so. The UK record stands at 6.46, set by Jason Gardner.



We were unable to field a full women's team in the SEAA Cross Country Championships but Catherine Bryson gave our supporters plenty to cheer about, always involved in the action towards the front of the 8km race and eventually placing 8th.

Welcome

To the following new members who joined us during the last couple of months.

Landa Eguia, road, cross country, middle distance running.

Mark Wiseman, throws.

Paul Chapman, road running, cross country, middle distance running.

Jonas Dodoo, coaching.

Martine Bomb, sprints and hurdles.

Results Roundup

Track & Field

January 2009

- 4 **Data Connection Games, Lee Valley.**
Men. 60m: 6h5 P Graham 7.80; 5h8 C Minn 7.39; r2 4h8 P Graham 7.78.
Women. 60m: 3h7 S Smith 8.51; r2 2h7 S Smith 8.51.
- 10 **UWIC Open, Cardiff.**
Men. 60m: 1 W Sharman 6.91. 200m: 1r1 R Preddy 22.72. 60mH: 2 W Sharman 7.82.
- 11 **Brunel Open Meeting.**
Men. LJ: 3 J Chappell 6.87.
- 16 **Notre Dame Opener, Indiana, USA.**
Men. 800m: 2 K Gauson 1:53.40.
- 17-18 **SEAA Champs, Lee Valley.**
Men. 60m: b 3 W Bennett-Jackson 6.88 (1q7 6.82, 1h12 6.85); 4q4 J Ellington 6.99 (3h5 7.03); 4h3 C Minn 7.42. 200m: a 2s4 J Ellington 22.09 (2h5 22.34); 2h4 R Thomas 22.70; 5h4 C Minn 23.84. 1500m: b 10h2 D Mason 4:41.54. 60mH: a 4h1 R Dinham 8.47. LJ: a 3 J Chappell 6.73. TJ: b 5 D Wellstead 14.21. HJ: a 1 D Edwards 2.20. PV: a 2 S Colgate 4.40. U20M. HJ: a 4 T Gardner 1.95.
- 21 **Moravia High Jump Tour, Trinec, Czech Republic.**
Men. HJ: 6 S Oni 2.20.
- 24 **Welsh Championships, Cardiff.**
Men. 1 mile: 60m: 4 W Sharman 6.97 (1h3 7.0, 1s2 6.91); 400m: 3 R Preddy 49.51 (1h4 49.88). 1500m: 1 S Davies 3:41.24. 60mH: 1 W Sharman 7.78.
- 24 **New Balance Games, New York, USA.**
Men. 1 mile: 2 N Speaight 4:00.31; 5 T Bayley 4:01.83.
- 24 **McCain Inter-City Cup, Lee Valley.**
Men. 60m: 2 W Bennett-Jackson 6.96.
Women. 800m: 1 M Hutchison 2:10.10. PV: 4 S Smith 3.40
- 24 **Midland Open, Alexander Stadium, Birmingham.**
Men. JT: 5 P Mayfield 40.96.
- 25 **Gladstein Invitational, Bloomington, Indiana, USA.**
Men. 1 mile: 1 K Gauson 4:08.83. 3000m: 9 D Gauson 8:30.41.
- 25 **Sutton & Dist. AC Open.**
Men. LJ: 1 D Wellstead 6.66.
- 30 **University of Washington Invitational, Seattle, WA, USA.**
Men. 1 mile: 4 T Bayley 4:01.59.
- 31 **Aviva International - GB&NI v Commonwealth v USA v German v Sweden, Glasgow.**
Men. HJ: 2 S Oni 2.29.
- 31 **Mondeville, France.**
Men. 60mH: 2 W Sharman 7.75 (2h 7.82).
- 31 **Birmingham Games.**
Men. 60m: 1 D Chambers 6.54 (1h1 6.59, 1s1 6.52). 200m: 4s1 J Hussain 22.54 (1h5 22.35). 1500m: 2h2 J Blackledge 3:55.7 (dns final).

Race Walking

December 2008

- 26 **Boxing Day 5k Walk, Pickett's Lock.**
Men. 1 S Crane (Surrey WC) 26:03; 2 J Hall M55 26:04.

January 2009

- 10 **SRWA 10k, Monks Hill.**
Men. 1 D Stone (Steyning) 44:57; 2 A Wright U20 48:10; 9 J Hall M55 54:39; 16 M Culshaw M40 57:46; 18 C Lawton M60 59:15.
Teams: 1 Steyning AC; 2 Belgrave H; 3 Steyning AC 'B'.
- 17 **Enfield League 5 miles.**
Men. 1 T Jones (Hillingdon) 40:51; 10 C Lawton M60 46:50; 16 M Culshaw 49:15; 27 D Fotheringham 57:00.
- 24 **Steyning 15k.**
Men. 1 M Easton (Surrey WC) 1:13:21; 7 C Lawton M60 1:27:26.

Road & Country

December 2008

- 13 **Bushy Park 5k Time Trial.**
Men. 1 T Elsey (Herne Hill) 16:59; 4 R Stannard 18:03.
- 14 **Hog's Back Road Race.**
Men. 1 H Raidi 41:38.
- 14 **Hastings 100th Anniversary Marathon.**
Men. 1 J Rendall (Tonbridge) 2:36:50; 242 P Cross M50 3:34:10.
- 19 **Serpentine Runners Last Friday 5k, Hyde Park.**
Men. 1 J Shane (Basildon) 15:16; 18 A Luce M40 18:27; 47 L Rehn M45 19:42.
Women. 1 S Bush (Aldershot F&D) 16:36; 8 H Smethurst W40 20:34.
- 21 **Ronhill Surrey Classic 10k, Horston Country Park.**
Men. 1 T Doran (Owls) 34:05; 9 M Webb M40 36:44; 172 D Davies M65 54:14.
- 25 **Lauriston Paarlauf, Wimbledon.**
1 R Ward (Hunters BT)/E Saywell (Hercules W) 5m 1759y; 6 W Cockerell (Belgrave)/S Allen (Herne Hill) W 5m 702y.

- 26 **Shell Chester Round The Walls 4.5 miles.**
Women. 1 M Hall (unatt) 29:15; 4 L Cooper 31:31.
- 28 **Sale H Festive 5, Manchester.**
Men. 1 M Barnes (Altrincham) 23:49; 4 S Sharp 24:08.
- 28 **Lauriston/Hercules Wimbledon 7m CC., Wimbledon.**
Men. 1 A Weir (Thames H&H) 39:03; 2 W Cockerell 39:07.
Women. 1 E Viljoen W35 47:05.
- 28 **End of '08 10k, Harrietsham, Kent.**
Men. 1 S Bradley (Tonbridge) 33:43; 38 P Cross M50 43:22.
- 28 **Ribble Valley 10k, Clitheroe.**
Men. 1 B Lindsay (Aldershot F&D) 29:55; 10 M Pollard 30:47; 20 P Willis 32:28.

January 2009

- 1 **Portobello Prom 4 miles, Edinburgh.**
Men. 1 R Houston (?) 19:22; 2 D Gauson 19:36.
- 1 **Serpentine R New Year's Day 10k.**
Men. 1 S Farah (Newham &EB) 31:59; 22 M Byansi 37:27.
- 3 **Banstead Woods 5k Time Trial.**
Men. 1 R Ward 16:46.
- 4 **Northern Vets CC Champs., Smithills.**
Men's 10k. 1 P Freary 33:04.
- 4 **Tadworth 10 miles, Epsom Downs.**
Men. 1 H Ahmed (Hercules Wimb) 55:43; 115 P Cross M50 1:13:50; 587 D Davies M65 1:47:47.
- 4 **Mornington Chasers 10k, Regents Park.**
Men. 1 M Muldoon (Serpentine) 34:33; 38 N Stevenson 41:08.
- 10 **Middlesex County CC Champs., Trent Park, Enfield.**
Men's 12k: 1 S Sharp 38:13.
- 10 **Berkshire County CC Champs, Thatcham.**
Men. 1 N White (Windsor SE&H) 27:15; 3 P Willis (2nd in Champs) 27:40.
- 10 **BUPA Great Edinburgh Cross Country, Holyrood Park.**
Men's 4k: 1 A Baddely (Harrow) 12:17; 12 N Goolab U20 12:59; 16 M Pollard 13:08.
Men's 8.9k. 1 A Dinkesa (Ethiopia) 26:51; 22 R Dessaix-Chin 28:48.
- 10 **Banstead Woods 5k Time Trial.**
Men. 1 R Ward 16:54; 4 M Kazimierski 18:40.
- 10 **Richmond Park 5k Time Trial.**
Men. 1 T O'Neill M50 18:33.
- 11 **Lions Club 10k, Woodcote.**
Men. 1 M Maxwell (RAF) 35:26; 49 P Cross M50 44:30.
- 11 **Nazioarteko Krosa Cross Internacional 10.8k, Elgóibar, Spain.**
Men's 12k: 1 A Abshero (Ethiopia) 31:18; 11 P Wicks 33:03.
- 16 **KPMG Bermuda International Mile, Hamilton, Bermuda.**
Men. 1 N Speaight 4:19.
- 17 **Bushy Park 5k Time Trial.**
Men. 1 M Trees M40 16:20; 2 W Cockerell 16:39; 9 B Barton M40 18:11.
Women. 67 R Trees 21:22.
- 17 **Banstead Woods 5k Time Trial.**
Men. 1 R Ward 16:34.
- 17 **Blackweir Park, Cardiff 5k Time Trial.**
Men. 1 S Jones 15:46.18
- 18 **Les Witton Dartford 10 miles.**
Men. 1 P Tucker (Blackheath) 53:37; 152 P Cross M50 1:11:47.
- 18 **Durham Cathedral Cross Country Relays.**
Men. S Moralee 9:00 (4th fastest).
- 18 **Shell Four Villages Half Marathon, Helsby.**
Men. 1 N Renault (Long Eaton) 1:07:47; 5 P Freary M40 1:13:44.
- 24 **Banstead Woods 5k Time Trial.**
Men. 1 R Ward 16:33.
- 25 **Lakeside Canal Run 7.35 miles, Frimley Green.**
Men. 1 T Lambert (Winchester) 43:16; 29 P Cross M50 52:37.
- 25 **Scottish 4k CC Champs, Bellahouston Park, Glasgow.**
Men. 1 T Tewelde (Shettleston) 12:33; 8 D Mulhare 12:57; 20 A Connick 13:49.
- 25 **Epsom Oddballs Perch 6.25 miles, Epsom Downs.**
Men. 1 V Van Woerkon (Epsom O) 37:31; 2 M Webb M40 37:55; 119 R Mann M40 47:41; 589 L Mann M65 1:27:50.
- 30 **Last Friday 5k, Hyse Park.**
Men. 1 K Quinn (Aldershot F&D) 15:17; 58 P Marsh M55 20:21.
Women. 1 R Elliott (Aldershot F&D) 18:28; 3 H Smethurst W40 19:36.
- 31 **Southern Inter-Counties, Shuttleworth.**
Women. 1 L Deadman (Essex) 21:06; 3 C Bryson (Surrey/Belgrave) 21:38; 9 S Murphy (Surrey/Belgrave) 22:46.
- 31 **Brighton & Hove 5k Time Trial.**
Men. 1 G Thompson (Crawley) 15:48; 2 R Ward 15:49.
- 31 **Bushy Park 5k Time Trial.**
Men. 1 M Trees M45 16:09.
Women. R Trees 22:30.