



Above: Jonathan Blackledge, Stephen Sharp, Mark Miles, Kevin Nash and Adam Leane again took possession of the Ian Logan Memorial Trophy as SEAA 6-Stage Road Relay winners. A member of the winning team but not pictured - Paul Freary.

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### Road & Country

Aldershot Road Relays inc. the SEAA Men's 6 x 6 km Championship, Rushmoor Arena, 25 September 2004.

#### **Bels kick like mules for a third successive SEAA Rushmoor win**

The bare facts - that we won for the third successive year, by over a minute - don't do justice to what was a hugely exciting race. Rumours that Highgate Harriers would be strong were confirmed when Keith Cullen, Ben Noad and Ben Pochee were seen on course. Aldershot were without Chris Thompson and Chris Bolt but Harrow AC looked more than useful while Bedford and Newham & Essex Beagles always threaten.

##### **Stage 1**

As the steady drizzle transformed itself into a downpour, the starter's gun fired and Adam Leane got us away. "Leaney" hasn't been showing his top form for a while but having been

diagnosed as anaemic and undertaking a course of treatment prior to his encouraging run at Wimbledon two weeks earlier, hopes were high for another advance. It didn't come. His run was probably on a par with his Surrey outing but "Leaney" was unable to get near his 18:29 of 12 months earlier. Harrow AC led a tight bunch including Thames, Shaftesbury and Wells City after stage one while our man came home in 24th, one minute and ten down.

##### **Stage 2**

Paul Freary splashed after the men ahead as the rain became heavier still. Soon runners were coming back to him as he took his first lap in 9:09 and started to dig in to attempt a similar second circuit. Fourteen men felt Freary's draft and in poor conditions he was right up to his normal high standard - but surprisingly the leaders had gone away by a further seven seconds as Dave Mitchison took the Beagles into a ten second advantage over Wells City with Bedford in third. Aldershot seemed to be shadowing the Bels as their first stage 25th was converted to a second stage 11th.

##### **Stage 3**

Having reduced his best time by half a minute last year, Jonathan Blackledge was fully expected to chop off more in 2004. He did! Doesn't this boy know how to give everything! The rain eased, and then stopped. A ray or two of sun peeped out for an instant to admire the sight of a Belgrave figure pulling back four more places. As he stormed the slope to the takeover area it was obvious that Jonathan had held back nothing and with legs buckling in the last few strides he touched hands with Kevin Nash. We were halfway but in spite of Jon running third fastest of the stage and 12th fastest of the day, Wells City were still over a minute up the

road. The Beagles were in second, 17 seconds down, while Highgate had risen to third and still had Cullen to come. Maybe we could get into the medals.

#### Stage 4

With a summer season wrecked through a hip injury that had only cleared up a few weeks earlier, Kevin Nash was back into heavy training. Anything could happen here - but what did unfold was perfect. Positions three to six closed up together as "Nasher" pushed on, sat in and then made his move. The Bels were into third - alright, only by two seconds from Bedford - but with only a few weeks of running behind him Kevin was 21 seconds faster than his previous best for the course. His run was the key that unlocked the door to the impossible - we could win this! Bowditch had taken the Beagles a few strides ahead of Wells City but the leading pair were now just half a minute clear of a Belgrave team that had a kick like a whole rake of mules.

#### Stage 5

With barely a pause to regain breath after his track season, Stephen Sharp has trained on through and started running twice a day. With Maria urging him on in all he does, surely the time has come for a big breakthrough - and maybe that breakthrough started on this day at Rushmoor. Smoothly the men ahead were pulled back and Steve was snapping at their heels as he ended his first circuit, listening for coach Terry Noad to call out his time and getting nothing more than Belgrave screams of encouragement. "Well I wasn't going to tell you how fast it was," said Terry, "You'd have just worried about how you were going to do another lap at that pace." With the Beagles already discounted, soon it was Wells City plumb ahead and then drifting back behind as claret and gold hit the front. First words from Steve after the take-over were, "What time was it?" The reply of "seventeen ..." was drowned in a cry of delight.

#### Stage 6

Once the vision of a win had been allowed to enter our minds, the next dream was of a 30 seconds advantage before Highgate's Keith Cullen went out. In fact it was one and a half minutes. Frankly, Mark Miles was prepared to go out on Cullen's shoulder; such is the confidence of our man. Mark was completely in control as he ripped up the tarmac to totally destroy our club record for the course. Yes, Cullen did pull back a little as he set the day's fastest time, but Mark was second fastest - and he's not near top fitness yet. We could be in for a very exciting winter season.

As had been the case all afternoon, Aldershot's moves matched our own and they slipped into second but, like last year, they were pushed back to bronze in the dying seconds of the race, this time by Cullen as Highgate took the silvers.

What a race. New man John Clarke, introduced to us by Paul Evans, ran in the Bs but watched the A race unfold like the rest of us. "I've never been part of anything like this," he told us. "I can't wait for more of it."

1 Belgrave H 1:50:00; 2 Highgate H 1:51:07; 3 Aldershot Farnham & DAC 1:51:18; 35 Belgrave H B 2:04:51; Belgrave H C dnf; 80 teams started; 66 teams finished.

A - A Leane (24) 19:13; P Freary (10) 18:27; J Blackledge (6) 18:11; K Nash (3) 18:35; S Sharp (1) 17:57; M Miles (1) 17:37.

B - C Axe (56) 20:31; J Clarke (46) 20:21; B Barton M40 (43) 20:51; J Galley M40 (38) 20:43; R Poulter (42) 22:26; M Byansi (35) 19:59.

C - Don Anderson M45 (75) 23:40; A Welsh (73) 24:33.

Fastest: K Cullen (Highgate) 17:24; 2 M Miles (Belgrave) 17:37; 3 S Sharp 17:57 (Belgrave); 4 A MacLean (Team Solent) 18:00; 5 B Noad (Highgate) 18:01; 6 M Smart (Harrow) 18:03; =12 J Blackledge 18:11.

So, the men's team now prepare for the AAA 6-Stage Road Relay at Sutton Park on October 23rd. With David Anderson, Spencer Barden and Andy Graffin to come into the reckoning, selection will be a headache. But if it all holds together there must be a very good chance of the Bels taking the National

title for the fourth successive year.

In the Midland Championships, held over the same 5.847 km course that is used for the National, Birchfield set a championship best of 1:48:24 with Notts AC just 10 seconds down. Belgrave currently own the three fastest times for the National event - 1:44:24 (2002), 1:45:22 (2003) and 1:45:28 (2001). Fastest individual in the Midland race was Telford's Chris Davies with 17:00.

Up in the North, Morpeth were totally dominant, beating Leeds by all but 2 minutes, with Altrincham 3rd.

Aldershot Road Relays inc. the SEAA Women's 4 x 3.851 km Championship, Rushmoor Arena, 26 September 2004.

### Juliette moves up to third

The second best ever team performance by the Belles at Rushmoor Arena was achieved with some pretty solid running. Best run of the day came from Juliette Clark who moved up thirteen places on stage three to become our third fastest women on this 3.851 km lap, just a few seconds behind Angela Walker's 14:04 from last year.

Helen Smethurst and Rachel Weston also recorded their best times for the circuit. Louise Cooper was not happy with her own performance; she was only a few seconds outside her previous runs but recent personal records on the track pointed to something better.

1 Bedford & County AC 53:28; 2 Medway & Maidstone AC 53:49; 3 Highgate H 54:32; ... 11 Belgrave H 58:25; 51 teams started; 42 teams finished.

H Smethurst W35 (23) 14:39; L Cooper (19) 15:13; J Clark W40 (6) 14:08; R Weston (8) 14:25.

Fastest: 1 J Bleasdale (Hillingdon) 12:53; 2 E Baker (South London) 12:58; 3 H Simkova (Medway & Maidstone) 13:10.

#### Top 25 Belgrave Men's times at Rushmoor Arena (6 km)

17:37	1	1	Mark Miles	24.03.77	6a	25Sep2004
17:53	2	2	Martin Dent	08.07.79	6a	27Sep2003
17:54	3	3	Spencer Barden	31.03.73	2a	28Sep2002
17:57	4	4	Stephen Sharp	31.12.75	5a	25Sep2004
18:00	5	5	David Anderson	02.10.77	4a	27Sep2003
18:02	6		David Anderson		6a 2	28Sep2002
18:10	7		Stephen Sharp		5a 2	28Sep2002
18:11	8	6	Jonathan Blackledge	15.09.84	3a	25Sep2004
18:16	9		Stephen Sharp		1a 3	27Sep2003
18:21	10		Stephen Sharp		4a 4	29Sep2001
18:23	11	7	Lee Hurst	29.07.72	3a	25Sep1999
18:24	12	8	Paul Freary	03.04.68	3a	27Sep2003
18:25	=13	9	Charles Herrington	28.09.71	1a	30Sep2000
18:25	=13		Paul Freary		2a 2	29Sep2001
18:27	15		Paul Freary		2a 3	25Sep2004
18:29	=16		Paul Freary		3a 4	28Sep2002
18:29	=16		Jonathan Blackledge U20	15.09.84	2a 2	27Sep2003
18:29	=16	10	Adam Leane	03.10.73	1c	27Sep2003
18:32	19	11	Alaster Stewart	05.10.72	6a	29Sep2001
18:33	20	12	Will Cockerell	19.11.73	1a	28Sep2002
18:35	21	13	Kevin Nash	06.02.77	4a	25Sep2004
18:38	22		Lee Hurst		1a 2	29Sep2001
18:41	23	14	Hassan Raidi	06.11.76	4b	27Sep2003
18:45	24		Will Cockerell		5a 2	27Sep2003
18:47	=25	15	Roger Alsop	16.01.65	3a	28Sep1996
18:47	=25		Paul Freary		5a 5	30Sep2000

#### Top 15 Belgrave Women's times at Rushmoor Arena (3.851 km)

12:58	1	1	Getenesh Tamirat	11.07.77	4a	28Sep2003
13:18	2		Getenesh Tamirat		1a 2	29Sep2002
13:28	3		Getenesh Tamirat		1a 3	30Sep2001
14:04	4	2	Angela Walker	29.08.69	1a	28Sep2003
14:08	5	3	Juliette Clark	W40 22.04.64	3a	26Sep2004
14:14	6	4	Rosie Powell	U20 02.03.84	2a	28Sep2003
14:15	7	5	Mathilde Heaton	02.09.74	1b	28Sep2003
14:25	8	6	Rachel Weston	12.07.71	4a	26Sep2004
14:39	9	7	Helen Smethurst	W35 06.10.64	1a	26Sep2004
14:41	10	8	Anne Hegvold	W35 05.07.66	2a	30Sep2001
14:47	11	9	Helen Alsop	W35 23.09.67	3a	28Sep2003
14:50	12		Helen Smethurst	06.10.64	3b 2	28Sep2003
14:52	13	10	Syreeta Stracey	05.07.78	3a	29Sep2002
14:56	14	11	Louise Cooper	25.08.75	2b	28Sep2003
15:09	15		Louise Cooper		1a 2	29Sep2002

## National Young Athletes League 2004

### Division South 2, SE

*Rex Bale writes:* The young athletes team finished the season in fourth place behind Eastbourne and South London Harriers (who are both promoted to Division 1) and East Grinstead. This was achieved with a dozen or less athletes for the away matches, so the team did well to finish in mid-table.

Under-13 Megan Evans improved her 1200m time by 12 seconds during the season clocking 4:12.4 in her third outing at Horsham, although unlike her first two races did not win on this occasion. Under-15 Kirsty Burns turned out for the club in all four matches, and in three of them she chased Gemma Williams in the 1500m metres coming within two seconds of her in the last match with 5:31.9 which won her the B race. Gemma's fastest was at Croydon with 5:21.4 and she never finished lower than second in the A race. Chloe Sanderson competed in the throws to good effect in the first two matches, with shot, javelin and discus bests of 7.44, 18.53 and 21.66 metres respectively to place never lower than third in the A competition. In the under-17 girls competition Toks Hassan and Louise Collier took control in the sprints and middle distances while Shana Kemp, carrying an injury which stopped her sprinting and hurdling, gained valuable points in all three throws, her 17.60 metres in the discus at Croydon for 3rd in the A probably being her best mark. In her two appearances, Toks was unbeaten in the 100 metres, clocking 13.0 seconds in both, and ran 26.2 for 200 metres on the home track. Louise was likewise unbeaten in the 800 metres with a best time of 2:23.9 and also had three second places in the 300 metres with 43.3 seconds her best.

The highlight of the season was probably in the under-15 Boys competition where Adam Mohammed on the home track achieved a Grade 1 performance with 11.8 seconds in the 100 metres. He also ran 24.9 for the 200 metres that day, but bettered this by 0.2 seconds in the final match at Horsham.

In the under-17s, Luke Sargeant and Darryl Hyde turned out in three of the four matches and scored good points in the sprints and long jump. Luke's best was at Horsham with 12 seconds dead for second place in the 100 metres and 25 dead for the 200 metres for third. Darryl consistently won the B 100 and his best long jump was a very creditable 5.26 metres at Horsham.

#### Match 1, Eastbourne, 9 May.

1 Eastbourne Rovers 737; 2 South London H 499; 3 East Grinstead 350; 4 Belgrave H 179; 5 Holland Sports 159; 6 Paddock Wood 138; 7 Redhill & Surrey Beagles 134.

U13G. 1200m: 1 M Evans 4:24.5. LJ: 5 M Evans 2.33.  
U15G. 100m: 6 J Scott Henry 15.5; 3 V Clarke 15.6. 200m: 4 K Burns 31.1; 3 V Clarke 32.2. 1500m: 3 K Burns 5:42.6. LJ: 6 V Clarke 3.27; 5 J Scott Henry 3.00. SP: 3 C Sanderson 7.11; 5 K Burns 6.25. DT: 2 C Sanderson 20.30. JT: 3 C Sanderson 18.53; 2 J Scott Henry 10.38.  
4x100m: 3 Belgrave 61.5 (J Scott Henry, K Burns, C Sanderson, V Clarke).  
U17W. 800m: 1 L Collier 2:29.2. SP: 2 S Kemp 6.27. DT: 2 S Kemp 16.07. JT: 1 S Kemp 10.48.  
U15B. 100m: 1 A Mohammed 12.4. 200m: 1 A Mohammed 26.0. LJ: 3 A Mohammed 4.84.  
U17M. 100m: 4 L Sargeant 12.1; 1 D Hyde 12.6. 200m: 5 L Sargeant 24.9; 2 D Hyde 26.3. 100mH: 2 J Anigbogu 20.6. LJ: 4 L Sargeant 4.67; 2 D Hyde 4.46. TJ: 5 J Anigbogu 9.41

#### Match 2, Battersea Park, 6 June.

1 Eastbourne 631; 2 South London H 538; 3 East Grinstead 352.5; 4 Belgrave Harriers 234.5; 5 Redhill & Surrey Beagles 207; 6 Holland Sports 185; 7 Paddock Wood 89.  
U13G. 75m: 4 L Beadle 11.6. 150m: 4 L Beadle 24.4. 1200m: 1 M Evans 4.18.1. LJ: 4 L Beadle 3.45.  
U15G. 100m: 4 G Young 16.5; 4 J Foot 16.5. 200m: 5 V Clarke 33.2. 800m: 4 V Clarke 3:12.5. 1500m: 2 G Williams 5:27.2; 1 K Burns 5:35.9. HJ: 2= A Price 1.30. LJ: 4 G Young 3.85; 3 J Foot 3.10. SP: 3 C Sanderson 7.44; 4 K Burns 6.07. DT: 2 C Sanderson 21.66; 2 V Clarke 13.36. JT: 3 C Sanderson 17.54.  
U17W. 100m: 1 T Hassan 13.0. 200m: 2 T Hassan 26.2. 300m: 2 L Collier 44.3. SP: 3 S Kemp 5.87. DT: 4 S Kemp 15.07. JT: 3 S Kemp 13.02.

U13B. 100m: 5 N Young 16.5. 200m: 5. C Straessle 32.8. 800m: 3 S Price 2:39.6. LJ: 5. N Young 3.44.

U15B. 100m: 1 A Mohammed 11.8; 4 M Owen 14.0. 200m: 1 A Mohammed 24.9; 4 S Rabi 29.7. HJ: 4 M Owen 1.40. SP: 3 S Rabi 9.52; 3 A Mohammed 7.62. HT: 2 S Rabi 8.33. Athlete of the match: A Mohammed (Belgrave) 100metres 11.8 Grade 1.  
U17M. 100m: 3 L Sargeant 12.0; 1 D Hyde 12.1. 200m: 4 L Sargeant 24.4; 1 D Hyde 25.2. LJ: 3 D Hyde 5.19; 2 L Sargeant 4.64.

#### Match 3, Croydon, 27 June.

1 South London H. 635; 2 Eastbourne Rovers 570; 3 East Grinstead 345; 4 Redhill & Surrey Bgls 135; 5 Belgrave 127, 6 Holland Sports 126; 7 Paddock Wood 110.  
U13G. 75m: 4 M Eno 12.4. 800m: 6 M Eno 3:10.7.  
U15G. 800m: 6 A Price 2:51.3. 1500m: 2 G Williams 5:21.4; 1 K Burns 5:33.8. LJ: 4 G Williams 3.37; 5 K Burns 3.28. SP: 5 K Burns 6.40. 2 G Williams 6.30.  
U17W. 300m: 2 L Collier 43.4. 800m: 1 L Collier 2:23.9. SP: 3 S Kemp 6.15. DT: 3 S Kemp 17.60.  
U13B. 100m: 5 L Beaumont 15.7; 5 D Watson 15.3. 800m: 3 S Price 2:43.7. LJ: 4 D Watson 3.83; 4 S Price 3.61.  
U15B. 100m: 1 A Mohammed 12.0. 200m: 1 A Mohammed 25.5. 800m: 5 J Crowther 2:55.1. HJ: 5 A Mohammed 1.40.

#### Match 4, Horsham, 1 August.

1 Eastbourne 740; 2 South London H. 481; 3 East Grinstead 218; 4 Redhill & Surrey Beagles 196; 5 Belgrave Harriers 163; 6 Paddock Wood 114; Holland Sports 17.  
U13G. 75m: 4 S Allen 11.9. 150m: 5 S Allen 23.7. 1200m: 2 M Evans 4:12.4.  
U15G. 1500m: 1 G Williams 5:29.9; 1 K Burns 5:31.9. LJ: 3 G Williams 3.42; 2 K Burns 3.19. SP: 5 K Burns 6.10; 4 G Williams 6.07.  
U17W. 100m: 1 T Hassan 13.0. 200m: 1 T Hassan 26.6. 300m: 2 L Collier 43.3. 800m: 1 L Collier 2:25.2.  
U13B. 100m: 3 D Hibbert 14.7. LJ: 3 D Hibbert 3.99  
U15B. 100m: 1 A Mohammed 12.0. 200m: 1 A Mohammed 24.7. 400m: 2 T Ashby 56.8.  
U17M. 100m: 2 L Sargeant 12.0; 1 D Hyde 12.6. 200m: 3 L Sargeant 25.0. LJ: 4 D Hyde 5.26; 4 J Anigbogu 4.71.

**Division South 2 SE Final positions:** 1 Eastbourne 2678; 2 South London H. 2153; 3 East Grinstead 1265.5; 4 Belgrave Harriers 703.5; 5 Redhill & Surrey Beagles 672; 6 Holland Sports 487; 7 Paddock Wood 451

## Recent Results

### Road & Country

#### August 2004

27 **Serpentine Last Friday 5 km**, Hyde Park. 1 D Gitau (N Yorks) 15:06; 19 W Lynch 17:20.

#### September 2004

- 12 **Royal Manchester Children's Hospital Half Marathon**, Swinton. 1 P Freary 1:11:26.  
13 **Sydney Half Marathon**, Sydney AUS. 1 M Dent 1:04:49.  
15 **National Police Champs 10 miles**, Lancaster University. Women. 3 L Cooper 1:07:56.  
17 **Fernet Branch London Marathon Handicap**, Juan Les Pins, Portugal. 2.8 miles. 1 M Griffith (Windsor SE&H) 14:33; 2 A Barden 15:20; 3 T Hutchings (Crawley) 15:48; 4 G Adams 16:51; 5 M Sinclair 17:21 ... D Bedford (Shaftesbury B) 19:35.  
19 **Wimbledon Premier 10k**, Wimbledon. 1 A Liddell (Bedford) 31:51; 2 R Alsop 32:39; 8 J Charles 34:57; 38 S Zealey 37:23; 83 P Cross M45 40:23; 143 S Gailey SW 43:21; 256 D Davies M65 47:31. 1 Belgrave 138; 2 Hercules Wimbledon 167; 3 Wimbledon Windmillers 170.  
24 **Serpentine Last Friday 5 km**, Hyde Park. 1 P Major (WGwEL) 16:41; 41 J Hall (2nd M55) 19:14.  
25 **Great North Mile**, Newcastle. 1 I Heshko (Ukraine) 4:02.6; 12 N Speaight 4:11.8.  
26 **Windsor Half Marathon**. 1 E Kimeli (Kenya) 1:04:05; 21 A Porteous 1:20:26.  
26 **Great North Run Half Marathon**, Newcastle to South Shields. Men 1 D Birhanu (Ethiopia) 59:37; 11 K Tadesse 1:05:19; 15 D Anderson 1:06:02; 23 Andy Graffin 1:08:19; 27 W Cockerell 1:08:50.  
Women. 1 B Johnson (Australia) 1:07:55; 10 B Dagne 1:12:20.

### Race Walking

#### September 2004

- 18 **ESAA Champs**, Exeter. Junior Boys 3000m: 1 C Taylor (Mersey) 15:29.92; 2 A Graham (Suffolk) 15:49.12.  
26 **RWA 50 km**, Earles Colne, Essex. 1 S Partington (Manx) 4:30:08; 5 P King M50 5:28:59.  
Open 10k: 1 N Ball (Steyning) 46:26; 2 C Lawton 55:41.

## Grapevine

◆ We hear from distance runner Charles Herrington that having started to get back into good shape, he slipped on a wet floor in the changing rooms at work and tore fibres in the muscles around his knee. Happily, he is now getting over that problem and hopes to tackle a low-key 10k race soon – maybe the Woburn race.

◆ One of our top cross country runners from the '70s, John Phelan, was surfing the web a few days back and hit upon the Belgrave website. Immediately John looked up the telephone number of his old Team Manager Gordon Biscoe and got in touch. John placed 75th when representing Ireland in the International CC Champs of 1972, held at Cambridge, and is well remembered for his blistering run in the Southern 12-Stage of 1974 when we placed 3rd. He was also a member of our 5th placed National 12-Stage team that year when the race was held at Derby. John sends his best wishes to all those who remember him.

◆ Having taken a gap year, Jonathan Blackledge is now getting set to go up to Oxford University where he will attend St. Catherine's College, reading BA Geography. He's looking forward to training on the miles and miles of trails in the surrounding countryside – and to representing Oxford in the Varsity match vs. Cambridge, traditionally held on Wimbledon Common.

And at that match on Wimbledon Common it's highly likely that Jonathan could come against one Richard Ward, who will be at Cambridge University, studying for a PhD.

Unfortunately Richard has had to take things easy lately, having been found to have suffered from glandular fever for the second half of the 2004 track season. Richard's target is to be back in top form for the Spring 2005 12-Stage Relay races.

◆ Marty Dent keeps an eye on the Belgrave website a couple of times a week, and having won the Gold Coast and Sydney Half Marathons in the last couple of months tells us that he's running in the Chicago Marathon on October 10th and he's:

“Looking forward to putting all the training I have been doing to the test and seeing if I can get close to 2:12. I think I am in shape to do it and just hope the last week comes together well.”

We hope so too. After Chicago he's not sure what he's doing next but running in the London Marathon might be a possibility.

## AGM News

### Gerry North elected President of Belgrave Harriers

Gerry, together with his brother Geoff, joined Belgrave in January 1962 from Blackpool and Fylde AC, when his family moved south from their native Lancashire, writes *Gordon Biscoe*.

With National Junior and Senior Cross Country titles already under his belt he soon integrated and absorbed himself into Belgrave life and went on to have an illustrious career as an international.

Although competing at the highest level Gerry always remained a real Club man and true Belgravian. Moulded in the same image as some of our past legends such as Tom Carter, Arthur Penny and Bert Footer.

During his active career Gerry led our Road and Cross Country teams not only by example in his running, but also by enthusiasm and inspiration. Both Bill Lucas and I, team managers during Gerry's reign, agree in acknowledging his

integrity and the important role he played in having him as Captain during that period, and for which he was duly honoured with Life Membership

At the end of his active career Gerry moved out to Hampshire which took him out of the circle of everyday Belgrave life. However he has always supported and visited us whenever possible both at social events such as the Dinner Dance, as well as at major championships such as the Southern and National CC and Road Relays, etc.

As an example, over the last 15 months he quite willingly came on board with his acknowledged expertise in Road Running, spending several days at Battersea Park and Crystal Palace, assisting in planning the courses for the Super Nova series of road races we promoted.

Since retiring Gerry has involved himself in various areas of athletics administration and organisation. He has thus kept in touch with the modern scene and has very strong opinions as to how athletics is being run, or not as the case may be!

He is known, remembered and respected by many throughout the UK, and is truly a great ambassador not only for Belgrave but our sport as a whole.

Gerry was National Cross Country Champion as a Junior in 1958, Senior in 1962 and Veteran in 1986; he is the only person to have achieved this triple. He ran for England in the International CC Championships (now the World Championship) six times, scoring in the winning team five times, being 15th in 1960, 8th in 1962, 4th in 1964, 12th in 1965 and 19th in 1966. He won the Inter-Counties CC in 1960 and 1962; the Northern CC title three times; the Southern CC Title once. Three times he won the Lancashire Senior CC Title and four times the Surrey Senior CC Title. He was both the Northern and Southern Six mile Track Champion and his main career spanned eleven years, up to 1964, during which time he ran 359 track races and 258 road and cross-country races - thus averaging approx 1 race per week.

His personal bests ended up as:

Track: 6 miles 28:05; 10,000metres 29:07.4; 10miles 48:38.2. Road: 20 miles 1:42:11.

Currently Gerry is the SEAA Men's Road Team Manager, Hampshire CC Team Manager for the Senior, U17 and U20 Men, Hampshire Team Manager for the Women's Masters, City of Portsmouth AC Southern Men's League Track Team Manager, a Middle Distance Coach, Race Director for the Victory 5, D-Day 10k and the Promenade 5k series Road Races, a member of the SEAA Road Running Management Committee, a member of the Hampshire County Executive Committee and Scrutineer for BARR (the British Association Of Road Races).

### Steeplechasers elected Life Members

Justin Chaston, three times an Olympian in the 3000m steeplechase, was elected a life member of the Club. Justin contacted us when he heard he had been nominated:

“This is wonderful news, and of course I accept this nomination. It's always a great pleasure to run for Belgrave and I hope my results provide some sort of reward to all those people who put so much work into making Belgrave Harriers the greatest club in Britain! Since I live in the U.S. I don't get to run for Belgrave as much as I'd like. However, Colorado is a wonderful place to run and my door is always open for Belgravians to come and run with me!”

Still very much a local man, Alan Black, also a 3000m steeplechaser and international at that event and over 1 mile for Scotland, was similarly honoured.

More on both of these stalwarts in the next issue of *The Belgravian*.