

May 2000

The **Belgravian**



The official gazette of Belgrave Harriers

Number 228

Belgrave Harriers Social Committee

Essential Dates for the Diary - Forthcoming Social Events at
Belgrave Hall

Saturday 1 July 2000 - Race Night/Cocktail Evening - enjoy cocktails on a summer's evening, followed by a flutter on the horses. Cost - £5, including buffet. (Cocktails, bar and bets extra!) Tickets available from the Social Committee - see the flyer for more details.

November 2000 - if you've run, supported (or whatever!) in the Reigate Priory Relays, why not come back to the Clubhouse afterwards for an evening with friends. It's a good opportunity for everyone - men and women - to keep that team spirit going. We started this last year - let's keep it going. Bar, hot snacks and friendly chatter available!

Saturday 2 December 2000 - Darts Evening - Belgrave Pot - this is great fun for all whether you can play darts or not. Why not come along and join in. Bar and hot snacks will be available. Small entry cost for darts on the evening. Contact Bill Couzens on 020 8394 1410 for further details about the darts.

Saturday 27 January 2001 - Burns Night - put the date in next year's diary now. Watch out for further details.

Your Social Committee members are:-

Chris Taplin020 8542 6507
Helen Maskrey020 8870 5148
.....email: helen@alsops.globalnet.co.uk
Nina Mills020 8715 0694

If you have any suggestions for social events or any other ideas, please let us know.

Belgrave Hall - the maintenance of Belgrave Hall is an ongoing task and any assistance in keeping the premises up to scratch is always welcome. If you would like to help, in any way, then please call one of your Social Committee members.

Belgrave Dinner Dance 2000

*Saturday, 25th November
Preston Cross Hotel, Bookham
7pm*

£27.50

More information from Ted Pallant 01483 488406

Club Kit

Tracksuits
Tactel, lined with Poly-Cotton . . . LAST FEW, XL & XXL £20.00

Belgrave Racing Strip (Women)
Crop Tops £9.00
Singlet (most sizes) £9.00
Shorts (most sizes) £9.00
"Belles" T-Shirts £9.00

These items are available from Jacqui Smiter:

243, Frensham Drive, Putney Vale, London SW15 3EE.

Telephone: 020-8789 4396, mobile 0802-743545.

Jacqui will also be able to advise on Women's "all-in-one" suits.

Belgrave Racing Strip (Men)
Singlet (most sizes) £9.00
Shorts (most sizes) £9.00
Cross Country long sleeved light-weight racing tops £12.50

Also

Belgrave FILA Rainsuit Tops £25
Belgrave Rainsuits (post & packing £1.50) . . .LAST FEW £20.00
Belgrave Sweatshirts (£1.50 postage)LAST FEW £10.00
Belgrave Polo Shirts £12.50
Belgrave Umbrellas £15.00
Belgrave Car Stickers £1.25
Belgrave Cloth Badges £1.25
Club Ties £6.00
Belgrave "College" scarves £15.00
Belgrave "Baseball" caps £4.00
Club Bow Ties £7.50

All the above are available from:

Ted Pallant, 83 Northwood Avenue, Knaphill, Woking, Surrey

GU21 2ES. Telephone and Fax 01483-488406

Add £1.00 for post and packing except for tracksuits and umbrellas (ask for P&P price).

MILLENNIUM INTER-CAPITALS INTERNATIONAL Millennium Stadium - Battersea Park - Sunday, 4 June

Promoted by Wandsworth Borough Council & Belgrave Harriers

TRACK & FIELD PROGRAMME * Invitation only

Time	Track	Field	
1.30		PV *	Women
		HT *	Women
		HJ	Women
		LJ	Men
2.00	400H Men		
2.10	100 Women		
2.15	100 Men		
2.20	800 Women		
2.25	800 Men		
2.30	BMC Mile * Women		
2.45	110H Men		
2.55	100H Women		
3.00		LJ	Women
		HJ	Men
3.05	200 Women		
3.10	200 Men		
3.20	4x100 London Boroughs * Girls U.15		
3.30	4x100 London Boroughs * Boys U.15		
3.40	400 Women		
3.45	400 Men		
3.55	1500 Women		
4.05	1500 Men		
4.15	Millennium Mile * Men		
4.25	4x100 Women		
4.30	4x100 Men		
4.45	4x400 Women		
4.50	4x400 Men		

Under 23 Match - London vs. Amsterdam, Madrid, Berlin, Brussels, Istanbul, Dublin and possibly Rome. Millennium Mile features some top Kenyans and British athletes (including maybe a couple of Belgravians) competing for substantial cash prizes.

If you want to lend a hand then 'phone John Jeffery 020 8846 6859.

The Belgravian

Number 228 May 2000

It's not often that we agree wholeheartedly with comments appearing in the athletics press about our club. However, when it came to *Athletics Weekly's* observations on the National Road Relay of April 29th we have to concur. *AW* tells us:

"Southern bronze medallists Belgrave have the capabilities to win the 12-stage, yet they were lapped on Saturday by Salford and Tipton. Midland fourth and fifth placers Westbury and Telford didn't even bother to make the trip to Sutton Park, nor Southern fourth placers Southampton Running Club." And in the race report: "... a below-par Belgrave side, a disappointing statistic as the Bels surely have the ability to be medallists if not winners of this event."

Well at least these people are now watching out for us to do something in a big way on the road. For a generation they haven't even expected us to perform.

Now let's get it into perspective. Belgrave have had a good winter season - the best for well over thirty years - but that "National 12" is a difficult nut to crack and it's not just the Bels. that find it tough. Many have noted the fact that the all-time list of fastest long stages has had only two new additions during the 1990s and that roll of honour is still topped by luminaries from the past such as David Moorcroft and Brendan Foster. While the field has got larger, the overall times have got slower. Bristol's 1980 course record of almost four hours flat would have put them getting on for 2 miles in front of year 2000 winners Salford.

The reason for this slowing down by clubs is not necessarily due to the lack of talent. In an increasingly complicated fixture list, athletes and their advisors are now a lot more choosy about what races they will do. Twenty years ago any club that had pretensions of a good performance would have had all its top middle distance stars on long stages but now, with a much stronger emphasis on the track season just around the corner, it is the alternate short stages that the faster men go for - if they want to race at this time of year at all. We have suffered from this as much as, and maybe more than, any other club in the last two decades. As our reputation as a track & field club grew, so did our distance running status diminish. We fell into a terrible habit, which other clubs are now suffering, of not turning up simply because we didn't have the best possible team on the day. Looking at the statistics we can see that since 1970 when the race was first held at Sutton Coldfield we have finished a team on only ten occasions - an awful record.

So, the first stage in getting "back up there" is to *always* turn up for the race come hell or high water. When our runners get the confidence of knowing that this race is a definite in our fixture list, perhaps we can get them to plan their spring campaigns differently, put back the start of the track for another week, arrange to return from warm weather training a week earlier and take on that long stage. Our Harriers have come a long way in the last five years - but there is a terrific amount of work to do yet.

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Cover Photos

Front Page. Ben Challenger soared over 2 metres 30 in Gothenburg to win the European Under 23 Championship and in the process equal his own Club Record set a week or so earlier at the World University Games.

Back Page. At Riga, Latvia, Chris Lambert raced to the bronze medal in the European Under 20 Championship 200 metres.

Both pictures by Mark Shearman

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Articles and match reports: George Beecham, Gordon Doubleday, Mark Gregory, Eric Hall, Bill Laws, Bill Lucas, Alan Mead, John Powell, Clive Shippen, Steve Whorlow.

25 Years Ago - 1975

The year started with some of the worst weather known and with bitterly cold rain throughout, the Club ten miles Cross Country Championship was held in very severe conditions but this did not deter Gerry North from recording another fine win by almost two minutes from Laurie O'Hara with Colin Pearson third. This might even have been considered a highlight in a season which saw us languishing in fifth place in the Surrey C.C League Division 1, our worst ever position to date.

Things were brighter on the track where we reached the British Cup Semi Finals for the first time finishing seventh. This emphasised the difference between the then top teams and ourselves and it was obvious that it would take time before we made our mark - and how! Among the individual marks that season were our Hon Editor's 1:58.9 for 800 metres, two men sub 50 for the 400 metres and some outstanding times from John Bicourt who in addition to an 8:33.2 steeplechase managed 7:59.6 without the barriers.

Among the juniors who excelled were Mark Shippen who over a memorable June weekend at Motspur Park set five records in the Surrey Senior Boys pole vault championship and not content with that beat the Club long jump record.

One unusual event that summer was the inter club 100 x 1 Mile Relay. Our venue was Crystal Palace and the lead off man Club President Ray Hall who recorded 5:37, running the 98th leg John Bicourt put up our fastest time with 4:14 and Belgrave finished in 10th place overall.

Achievements by the walkers were not quite up to the standard of former years but Ray Middleton redressed the position to some extent by winning the classic Hastings to Brighton and London to Brighton events.

One note of sadness in the year was the death of Tommy Green our 1932 Olympic Gold Medallist at the age of 80.

And 50 Years Ago - 1950

The big news of the year was the fact that at last we had purchased the freehold of Belgrave Hall and so a dream from the 1920s had been realised.

While the cross country section could be said to be reforming and

regrouping we managed to enter teams in all three existing sections of the National CC Championships. The Seniors, led home by Les Stokell were 8th; the Juniors with Charlie Walker in 40th place were 21st and the Youths with Don Maclean in 18th place were 7th.

In the road relays, second in the TVH event was followed by 4th in the Brighton and a win at Redhill with the youth team placing second at Ilford.

Bert Footer led the team home in the Wigmore 15 and Tom Carter was well up in the Bognor 10.

In the days before track leagues were formed the season consisted of a number of inter club matches plus Club handicap meetings - among the names which stand out are Charlie Smart over 6 miles; sprinters Denis Merrett, Frank Kemp, Alan Sexton and Basil Walden while Jackie Brown and Charlie Walker appeared in the AAA mile championship. Another "evergreen" was Bill Lucas in the middle distance events.

The walkers were still led home, over the shorter distances by Harry Shield although we had to give best to Sheffield in the National 10 and Woodford in the 20 miles and 50 kms. but we won the Nijmegen Shield. Two enterprising events put on by the Club to introduce people to walking "discovered" both George Beecham and Eric Hall!

Even 75 Years Ago - 1925!

From the very first issue of the Belgravian in July 1925 we quote:

"It is the desire of many of our members mostly concerned with the management and welfare of the Belgrave Harriers, that we might have a periodical publication whereby the activities of the Club could be more closely presented to our members and friends."

From little acorns great oaks grow and may they continue to do so. We have been very fortunate in having a continuity of Editors but they rely on the efforts of many other members who have, down the years, put together reports of events for publication. We have a magazine of which we can all feel very proud and for those of you who are no longer able to get along to the Hall, or track events, we believe that it is still a first class way to let you know of the successes of our members and our teams.

Sidetracks

Remember the name Emanuele Palladino? A former Epsom College pupil, he was a member of our Young Athletes team a few years back but now plays rugby for Saracens and was chosen for the Italian Under-21 Six Nations squad. He has also played for Harlequins and Coventry.

Congratulations to Sir Eddie Kulukundis who was re-elected as Vice-President of U.K. Athletics.

Clive Shippen is never one to do things by halves. Having now settled comfortably into Australian life he has taken out Australian citizenship. Hopefully Clive will be visiting the U.K. in November 2000 and may well be at our Annual Club Dinner Dance.

We recently received an e-mail from Pete Hardwick who ran for Belgrave Harriers from 1974 until he emigrated to America in 1981. He used to run primarily with Brian Gorman and Keith Duckett with training advice from Arthur Bruce. Sadly, after a few years abroad he lost contact with them, as he did with John Dunsford and Dennis Jones, both of whom were responsible for his initial interest in running. He tells us that he is still running and at nigh on 48 is looking forward to the new age group that's just down the road. Pete will be running the Burlington, Vermont, marathon on May 28th. Two years ago he just squeaked under 3 hours (2:59:10) and is hoping for better this year. He now has an 11 year old son who enjoys running but prefers soccer and basketball. Pete sends his best wishes to everyone and if you want his e-mail address then get in touch with the Editor.

Winner of our 1999 Darts Championship for the Denmark Pot was, wait for it, David Couzens. It was the third time in a row that David has won the "pot" and he is now lined up to equal the all-time record of four in a row. Nothing like putting the pressure on!

Paul Coughlan will be returning to his native New Zealand this summer, leaving a sizeable hole in our running squad and the team minibus considerably quieter. Injury and cold bugs conspired to restrict his performances in the claret and gold over the last few months but he still turned out whenever he could - even if just to support. His affectionate nickname of "Three Pints Coggie" stemmed from the occasion of the 1999 Southern 12-Stage where he celebrated his silver medal with a few of bevvies before the trip home. It was the only occasion we've seen him lost for words as, somewhat green of face, he had to leave the 'bus for a few minutes during a pit stop on the M1. The quiet didn't last long, for back on board he was soon telling us he was, "Good as gold mate!"

European Champion Clubs Cup 2000

This competition will take place in Liege on 27th/28th May. The Belgrave team will be flying out on Friday 26th and returning Monday 29th.

European Clubs Relay Championships 2000

Paris will see the second edition of this meeting on July 1st. Belgrave have been selected to represent the U.K. in the 4x200m, 4x400m and 4x800m, although it is hoped that we will be allowed to compete in the 4x100m and 4x1500m as well.

T.C.JONES (1911-2000)

It is with sadness that we report the death of our Past President, Charlie Jones, who died just before Easter at the age of 88 years. He was our longest serving member.

Many of us know those feelings of nervousness when tightening the laces on our racing shoes; getting ready for the race; the excitement; the anticipation. Our long time member Charlie Jones knew those feelings well. He had had them in his younger days - and he never ever forgot them. Right up to the time of his final ill health he eagerly devoured news of new members, up and coming athletes, good and bad performances. The bare bones of the latest results were always picked up by him from the newspapers and the athletics magazines - but he was always thirsty for more information. Many of our team members today would be surprised to know how closely their fortunes have been monitored.

Claret and Gold blood flowed through his veins at birth, for his father, Tom, had been one of the earliest Belgrave Harriers, joining the Club almost immediately after its formation in 1887. Charlie was brought up on stories about the Club's early days. Apparently there was a bit of a row in the club and his father and others left to form Battersea Harriers who almost immediately outran Belgrave Harriers to win the South of the Thames Cross Country Championship of 1890 held at Wandsworth. Battersea also provided the individual winner.

Charlie joined Belgrave at the age of 14 in October 1926 and his father encouraged him to train at Battersea Park athletic track where he soon became a promising all-rounder. In those days there was very little competition available for young athletes and Charlie spent much of his time playing cricket; he was an accomplished fast bowler. In due time Charlie became a real athletic all-rounder. Gifted at many events he eventually represented the Club at 440yds, 880yds and cross-country besides gaining Surrey County medals at the triple-jump and javelin. He was best known for his prowess over both the high and low hurdles, becoming Surrey County champion at the longer event. His long striding action was described as "a delight to watch".

But Belgrave Harriers was more to him than simply a means of pursuing sport. He made life-long friends with whom he shared his love of athletics, cycling, rambles and adventurous walking holidays - including one in Germany which took him and his friends to Berlin and the 1936 Olympic Games

On retiring from the competitive scene Charlie held a variety of offices and served on the General Committee. His legal knowledge was of much value to the Club. He settled into coaching and the overseeing of our field events section and it was during this period that the Club bestowed upon him the Presidency of Belgrave Harriers for 1959-60.

At that time our club magazine, *The Belgravian*, was starting to reproduce photographs and the first ever front page picture was a portrait of Charlie, our President. It was taken on an awful wet day in Belgrave Hall and Charlie had not been vain enough to remove his plastic mackintosh. The result was not flattering.

In due course a letter was received by the magazine's Editors from a firm of solicitors, Messrs. Black, Blacker & Blackest of 1887, Belgrave Side, Lowdown, SHERTS.



Charlie Jones nears the tape in a handicap 880 yards event at Battersea Park, May 1929.

Dear Sirs,

We have been consulted by Mrs. Betty Jones who has shown us the issue of a journal entitled *The Belgravian* dated November 1959.

This journal bears on its front or title page a photograph or visual image with the caption "The President". Our client, being the wife of the President of Belgrave Harriers is most concerned that such impression or image should be likened to her husband...

Our client is desirous of protecting her interests (there was very much more in this tone) ... and feels that she should be compensated by heavy damages and an apology.

We should be obliged to hear from you in the course of your nefarious duties, etc., etc.

Yours faithfully, Black, Blacker & Blackest.

This was the work of Charlie, the humourist.

He was a popular and kindly figure, with a twinkle in his eye and an infectious chuckle which endeared him to all his many friends. He had a wonderful turn of phrase and a precise manner of speaking that never failed to capture the attention. He has been described as a real gentleman. He always had an encouraging word to offer and although he suffered bad health in his last years, as we have said, he continued to follow the Club's fortunes with keen interest.

He was one of an elite band of Belgravians that forged marital bonds with the ladies of Selsonia AC and it is to Betty, who has stood by him all those years, and to his sons Tim and Tony, that we Belgrave Harriers offer our sincere condolences.

CLIVE SHIPPEN and ALAN MEAD

LEN HERBERT 1918-2000

Len Herbert, who died in March, had a long and distinguished career with the Club. He was born in 1918 and joined Belgrave Harriers in 1936. He was already a good all-round sportsman. He was particularly skilful at football and he played centre-half for the English Public Schools in the late 1920s. Had he not taken up athletics he might well have become a professional footballer. He soon made his mark and by the time World War Two broke out he was Club Champion at 880 yards, 1 mile and 3 miles.



After the War he made his International mark and his many achievements included: E.C.C.U (National) Championships 1947 - 6th, 1948 - 12th and a member of the winning Belgrave team; International C.C. 1946 - 20th, 1947 - 40th; representing London in the Inter-City match vs. Gothenburg where he beat the Swedish Champion Nyberg over 3000 metres. Len just missed selection for the 1948 Olympic Games at 5000 metres, being pipped by fellow Belgravian Bill Lucas. One of his greatest achievements was the winning of the Southern Counties C.C. Championships in 1947 at Ascot, a race held over several inches of snow. He excelled at cross country due to his considerable body strength. In the old London to Brighton Relay he figured in many winning and placed teams and, over

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The late Len Marchant in action at Wimbledon Stadium around 1951; "an absolute tiger who could not envisage defeat."

LEN HERBERT (1918-2000)

the years, had run on every stage except the "glory leg" (the last one).

Bill Lucas and he lived within a mile or so of each other and much of their mid-week training was done together from each other's houses. Bill and Len had similar ideas on training, having learnt that daily training was needed to keep up with the pace, although frequent races also formed part of the schedule. Running from Belgrave Hall on Saturdays in packs was the most enjoyable part of the week. All this contributed considerably to Belgrave's many successes in county, area and national events over country and road in the late 40s and early 50s and such work provided them with an excellent basis for the summer track season.

Len worked for the L.C.C. (later G.L.C.) and by profession was a licensing inspector. He was fond of animals, particularly dogs, and was a quiet, retiring, home loving man but put him in a race and he became an absolute tiger who could not envisage defeat. Although he had been living in the Midlands for many years he is still remembered as a top class team man and a truly great Belgravian. Champion that he was, he displayed the respect due to his rivals - a fine example to all, whatever their ability.

His wife Gwynne is a very keen golfer and on retirement from athletics Len took up this sport but rumour has it that he could not beat Gwynne.

Our condolences go to Gwynne and to his brother Eric.

W.E.LUCAS and G.S.DOUBLEDAY, with warmest thanks to Eric Herbert for providing some of the above information.

DAYE E. DONOVAN

Member of the St. George Society
Member of the Daughters of the British Empire
Member of the British Schools and Universities Club
Docent at the Morgan Library, New York
Dame of the most venerable order of the Hospital of St. John of Jerusalem

This active, elegant and charming lady died in New York on 12th December 1999. Belgrave has thus lost a generous and long-standing friend.

Daye was born in Fulham and emigrated to the USA as a child; eventually to become well known in the world of journalism and fashion. She was editor of a popular New York fashion magazine when, to quote her own words, she "picked up Edmund in Fifth Avenue".

"Edmund" was our own E.P.Donovan, a former Club Auditor and member of our track and cross-country teams of the 1912-1914 period. He joined the army immediately war broke out in August 1914 and became one of the first members of the Royal Flying Corps. and was wounded while on active service.

Following the war he emigrated to the USA and furthered a successful career in the world of insurance. And it was in New York that he first met Daye on Fifth Avenue. He became President of the St. George Society and was responsible for many of the arrangements for The Queen's visit of 1957. He was subsequently awarded the OBE.

In the 1960's Edmund renewed contact with Belgrave and thereafter on his bi-annual visits to London he would invite various members of Belgrave to lunch with him. He was proud to still have both his British passport and his Belgrave membership. When he died in our Centenary Year (1987) he was one of our Vice-Presidents.

But his departure did not mark the end of the Donovan association with Belgrave, for Daye shared his enthusiasm for the Club. She continued the bi-annual visits to London and on the occasion of her first luncheon she presented a cheque for £1200 pounds to the Club as a token of Edmund's esteem for Belgrave Harriers. Some of this money was used to procure a President's Medallion to mark Centenary Year. At each Club Dinner it is placed round the neck of the incoming President and another bar is added to the neck-band. It is at that moment we remember the Donovans.

Daye made her last visit to London in 1994. We presented her with a copy of the Club minutes showing Edmund's membership acceptance, his election as Hon.Auditor, his departure for active

service and his election as a Vice President. It was the last time we were to enjoy the company of this charming lady.

The Donovans' love of the Old Country was expressed in their wish to have their ashes placed next to each other in the London they loved. That is where they lie. Another link with the past is now broken.

CLIVE SHIPPEN

EDDIE SHORT

We are sorry to record the death last November of Eddie Short, a regular in our running teams after the war. Eddie served in the RAF where he also played rugby but he got away from camp as often as possible to race for the Bels. From 1948 and into the 1950s Eddie was a member of winning Belgrave teams in both Southern and National London to Brighton Relays and invariably was entrusted with the penultimate leg where he regularly set the fastest time of the day and even broke the course record. Often in our cross country teams, Eddie was a member of the team that won the Southern Championships in 1952 while on the track his favourite event was the 2 miles steeplechase, an event which took him to county medals and even 5th place in the AAA Championships of 1953.

He entered the teaching profession with an honours degree and eventually became Deputy Head Master of Selhurst Grammar School. He was described as the epitome of the successful schoolmaster-athlete who applied his experience and enthusiasm to encourage a future generation of young athletes. Before long his school became one of the premier athletic schools of south east England.

We gradually lost touch with Eddie in the '60s but we do know that he was very highly regarded in his community and was involved in researching the history of Croydon and the Methodist Church in Surrey.

ALAN MEAD

The Young Belgravian of the Year

Chris Lambert - first ever recipient of the Bill Merryman Trophy

Some years ago the late Bill Merryman left a sum of money to the club and it was his wish that a trophy be provided for annual competition. Last Autumn, for the first time ever we awarded the Bill Merryman Trophy for the Young Belgravian of the Year. The award will be made annually to the young person who has made the most outstanding contribution to the club during the preceding 12 months - not necessarily just in terms of athletic achievement.

We do have some outstanding young members and several gained international honours during 1999. Among them Chris Lambert placed 3rd for European bronze in a highly competitive 200 metres. But for Chris this was just one superb result among many. On two occasions he flew home from international duty in Europe to compete for his Club team on the same weekend. He has run a whole range of fast times over 100 and 200 metres but in Berlin in August he not only ran 10.31 to make him the equal fastest under 20 100 metre man in the country, but at 200 metres he won in 20.63 to become the fastest British Junior, in fact the fastest Junior in the World, for 1999.

His run also made him the owner of a senior Olympic qualifying time and the fastest man in Belgrave for 1999 - not bad when you consider that that means faster than Dwain Chambers, Darren Campbell and John Regis. Chris has beaten John Regis's under 20 club record and could be the next Briton to go sub-20. All this and he's still a junior in 2000!

Chris is a great credit to his family, his coach John Powell and Belgrave Harriers. Currently at Harvard University, he will be returning home in 2000 for most of the track & field season, but for his great efforts in 1999 he has become the first recipient of the Bill Merryman Trophy.

Dwain Chambers wins Tommy Green Cup

When it came to awarding the "Tommy Green" Cup for the most meritorious performance of 1999 there were so many fine performances to choose from. In June, at Nuremberg, 100 metre specialist Dwain Chambers ran a startling 9.99 seconds to become the second fastest European ever behind Linford Christie. A week later he was the winner in Paris at the Europa Cup. Come July, and six Belgravians took part in the World University Games: Sean Baldock, Spencer Barden, Geoff Dearman, Matt Douglas, Chris Rawlinson (who opened a few eyes with a 48.88 run in the 400 hurdles) and Ben Challenger who won the gold medal with a superb club record of 2.30m. This month also saw six of our club members travel to Gothenburg for the European U23 Championships: Dearman again, Philips Idowu, Richard David, Marlon Dickson, Michael Parper and Ben Challenger. Ben again struck gold at 2.30m. Midway through August and in Zurich, running in the Weltklasse Meet, Chris Rawlinson caused shock waves around the world as he ran 48.12 to win his 400 metres hurdles race in a faster time than all the World Champs. favourites. Who would have thought that John Ridgeon's club record would have survived such a short time.

Other individual Club records came from Andy Tulloch, 13.49 high hurdles in the Bislett Games, Philips Idowu, 16.41 in the triple jump, Mike Edwards 5.64 in the pole vault and Mike Jones 75.20 in the hammer. Chris Lambert must come into the reckoning with his brilliant 10.31/20.63 double in Berlin.

Then, finally, on to the IAAF World Championships in Seville; no fewer than eight Belgravians were selected to compete in the Andalusian capital. Jason Lobo competed at 800 metres, Nick Sweeney in the discus, Ben Challenger and Brendan Reilly in the high jump and Geoff Dearman in the 4 x 400 metres relay. Poor Chris Rawlinson was unable to take part in the end after an injury. In the 100 metres we had the reigning European Champion Darren Campbell who was getting better and better as the season progressed and Dwain Chambers. Darren reached the semi-final stage but Dwain went all the way to the final shoot-out with Maurice Greene & Co.

The Tommy Green Cup for most outstanding performance by a Belgrave male athlete in 1999 goes to the man who improved to 9.97 seconds for the 100 metres to take the World Championships bronze medal among the finest sprinters in the world - Dwain Chambers.



MARK SHEARMAN

Centenary Cup awarded to Jennifer Culley

At the beginning of 1999 we were delighted to welcome a young woman who quickly became the mainstay of our women's Southern League team. Jennifer Culley returned to Briton after living in Canada and then studying at the University of California. While at college and with the advantage of daily training on the campus in fine conditions she reached a best of 54.11 seconds for 400 metres. Returning home to Britain with her mother, putting together a home and in full-time employment, it's not quite so easy to fit all that training in. But Jennifer is nothing if not determined. Last summer she ran to 2nd in the County 400 metre champs., set a Club Record during the Women's SL at Colchester, and was unbeaten in SL competition - whether at 100m, 200m, 400m or 400m hurdles until the final epic race of the season at Southend. She represented Surrey in the CGU Inter-Counties, ran 55.45 in AAA Champs/World Champs.

trial and was 2nd again while representing Surrey in an inter-county meeting at Aldershot. Bob Bridges tells us that Jennifer is a pleasure to coach. Her aim is the 2004 Olympics and we wish her every success in her quest. But for now, for her final club record of 55.2 set at Hastings in the Southern League, the Committee have unanimously decided that the Centenary Cup for 1999 should go to Jennifer Culley.



REX BAILE

It's relay time in the Southern League and Jennifer runs another one lap stormer.

Not the Bill Lucas!

Bill Lucas, on holiday in Morocco recently, was enjoying a drink at the hotel bar with his wife Sheena when he was approached by a grey-bearded man who had been eying him across the room. The genial figure smiled and enquired,

"Charles Lucas isn't it?"

"No, it's Bill actually" replied our Past President.

"Ah! 1948 Olympics. 5000 metres. Belgrave Harriers I think".

Bill grew two inches taller. "Yes, that's correct".

"You haven't changed a bit" smiled grey-beard.

Bill grew another inch. "Have a drink".

The stranger turned out to be Gordon Smith, one time contributor to the now extinct Athletics Arena magazine, a former statistician and collector of rare athletics literature. Some of our older members will remember him from the group visits to the Olympics of 1952 and 1960. Gordon recalled Charlie Dabbs and Clive Shippen in particular, Charlie through Rome and Clive through the sharing of offices in Croydon. It certainly is a small world. Even Morocco it seems is not immune from the Belgrave influence.

Left: Dwain Chambers, IAAF World Championships 100m Bronze Medallist for 1999.

Eric W. Hall

President 1999-2000

Fifty-one years ago a young man, newly elected to the Club, made his way to Wimbledon to take part in his first race for Belgrave Harriers. The race was the famous Open 7 miles Walk which attracted competitors from all over the country. The bare results show that E.W. Hall placed 140th - 31st Belgravian with another two wearing claret and gold behind him. Half a century later the Honours Boards at our Club Headquarters - showing Internationals, Life Members and now the Presidents' Board - also bear that name - and in between lies an illustrious athletics career which took Eric to the very highest level of competition.

Eric had joined a team which was destined to become as powerful in the Race Walking world over the next two decades as our Track & Field Team is now. Gradually he worked his way into those teams which, under the guidance of Team Manager Jack Goswell and the leadership of Eric and Stan Vickers, won just about every honour open to them. But even in a team full of internationals Eric excelled, gaining selection for the Olympic Games in Melbourne, 1956, at 50kms, where he placed 9th, and in Rome, 1960, at 20kms when he was 10th. His best times at those distances remain in the British All-Time lists to this very day.

The list of his walking achievements includes many international appearances on the track and road but to mention just a few more of his successes:

In 1957 he became the first Belgravian to win the oldest National Championship - the National 20 miles.

He was winner of the Surrey County and Civil Service 2, 7 and 10 miles championships on many occasions.

Twice he was second in the AAA 7 miles championship (behind Stan Vickers) and third on another occasion.

He holds a fairly unique collection of News of the World Inter-County awards - 1st, 2nd and 3rd while representing Surrey and 1st for Cheshire in the Minor Counties competition.

He has walked the Norfolk Marathon Course, the Pennine Way, the Lyke Wake Walk and more recently the Milford Track in New Zealand.

His most memorable race was the National '20' in 1960 at



Gomershall when he finished 4th in what has been described as the greatest 20 miles walk ever seen. The first four went on to take a gold, a bronze, 5th and 10th places in that year's two Olympic walks - such was the standard of British walking then.

Eric has been the Civil Service Sportsman of the Year and Jack Crump - the British Team Manager - described him as: "Gentlemanly, modest, temperamentally and technically a perfect walker".

But going back for a moment to his earlier days with the Club; perhaps emboldened by his success at athletics, Race Walker Eric set himself another target - the winning of young Mavis. One of the Club's keenest supporters, Mavis was the daughter of Belgrave's respected runner and Past President, Tom Morrell. Being a member of the Morrell family also meant that Mavis had a very formidable list of honorary uncles to help keep an eye on her - Uncle "Gerry", known more familiarly to us as Tom Carter, being just one of them. Enduring the friendly banter of Tom and all the Uncles - "Oh no! He's not a blooming walker is he," - Eric found that on his first date with the young lady in question she was being chaperoned by Bob Taylor, Bill Couzens, George Flanagan and Charlie Jones. But the boy did well. He won his lady and another Belgrave/Selsonia union was successfully achieved.

A Life Member for at least 30 years, twice Eric has served spells on the Committee but his career with Her Majesty's Customs & Excise took him all over the country and we did not see so much of him during his middle years. Now, as a veteran, he is competing again and delights in telling the story of how he bumped into someone from way back whose initial greeting was: "Didn't you used to be Eric Hall!"

Eric is an eager fan of all branches of athletics and is Treasurer of the British Olympians Society. He is an avid collector of athletic memorabilia, and even goes so far as to bid for items of interest via the Internet. He is fervently interested in the history of our Club and recently started the mammoth task of transcribing our minute books, which date back to 1908, so that the information they contain can be stored on computer.

Supporters of our Club don't come any more passionate than Eric W. Hall and we welcome him as our President for 1999-2000.

Marathon vest rule to change?

Remember the furore a few years ago when we used a loophole in the BAF Rules to break through the club vest problem when it came to the London Marathon. Basically, runners qualifying for AAA team and individual honours have to be wearing club vests and it's not until videos of the race have been studied and offending runners weeded out that these awards can be made. Because we had a couple of front runners contracted to wear their sponsor's kit rather than our own claret and gold, we had always missed out on these prizes until, with the blessing of these runners' sponsor, we registered their elite kit as our own second strip. (Clubs are allowed to have two different styles of kit registered). We got away with it but it resulted in an additional line appearing on AAA entry forms from

there on - "members of a team must all wear the same registered colours".

This year the first two Britons, Blackheath's Mark Steinle and Chelmsford's Keith Cullen were not wearing club vests and the AAA title duly went to the next British runner, Mark Hudspith. Furthermore, after the AAA Road Running Secretary studied the video it seemed that some 100 top club runners were likely to be disqualified but at last it seems that the message is getting through. AAA Road Running Chairman Norman Wilson said: "I hope very seriously that this rule will be changed in the near future ... we have to accept that it is a commercial race and runners are being sponsored. ... I feel it is unfair that the athletes are being robbed of medals."

Greetings from The President

I am very conscious that being elected President of Belgrave Harriers is a considerable honour and I wish to thank all those who have sent me their best wishes. In turn I would like to reciprocate by sending similar wishes to everyone and hope that you will all have great success in the seasons ahead.

We are indeed fortunate in having people who willingly give of their time to ensure that the Club is able to meet the many challenges that come our way. In order that the administrators, coaches and team managers, are able to deliver it is essential that they receive the support of every member at all times. We have a considerable tradition behind us but we cannot survive on that alone - it helps, but it must be sustained by performances from each and every member if our teams are to remain in the forefront of British athletics.

Remember, each competition is a new beginning whether you are on a winning, or losing streak. Each challenge has to be met and when faced with such challenges myself I was always grateful that there were people around with whom I could talk, train and

strive to improve my performance. As is said "Tomorrow is another day" but let us hope that we can all get ready to meet it and that when we do so we are as fit as we can be and thereby confident that we can help Belgrave reach new heights. This applies to everyone whether you are a budding Olympic medallist or someone who has just joined the Club and wishes to see what you are capable of - go on - get fit and surprise yourself and your opponents whether in this Club or, even more importantly, those competing for the opposition!

We have the coaches, the background and the experience within the Club. You are part of it, perhaps without fully realising it and we like to see you succeed and will do all we can to help it happen. All we ask is that you do all you can at the same time. For those who will be Sydney bound later in the year my Best Wishes go with you for a great time in a great country - for those of us who will have to be content with competing here at home - my Best Wishes go to you also.

Up The Bels.

Eric Hall

In an awards ceremony held at Wimbledon's Polka Theatre on December 5th, Young Belgravians received recognition of their achievements during 1999. There were Special Merit Certificates, Improvement and Determination Trophies, Club Colours, Excellence and Honours distributed among the 80-odd attendees by Eric Hall (Belgrave President) and his wife Mavis, Sir Eddie Kulukundis OBE (Patron), Jacqui Smiter (Women's Team Manager), Jon Lambert (Young Athletes Team Manager), Bill Laws and John Jeffery (British League Team Managers). The marvellous evening was put together by John Powell.

Outstanding among those coming away with trophies were: Cheridawn Foster, Tim Abeyie, Alex Lambert and James Tuson who received Honours; Alasdair McLean Foreman, Marlon Kerr and Onen Eyong who were awarded Excellence, and Junior Internationals Austin Ferns, Scott Thompson, Samson Oni, Matt Russell and Chris Lambert who were granted the top Honours awards.

Ten special kit deals were also announced by FILA to assist ten young Belgrave stars.

For the uninitiated, this really is an event in the club's calendar you should pen in your diary in the future. Sponsored by our ever-loyal Club Patron, this event, which has now established itself as an annual date in the calendar, serves as an outstanding shop window for our youth scheme.

All the major awards, and a few more besides, are made in splendid surroundings of this quaint little theatre tucked away at the far end of Wimbledon Broadway. It boasts an auditorium of 300 seats - far better than Belgrave Hall could offer, but not so huge that our own crowds, which have varied from 75 to 220-plus, are lost. The stage is adorned with presentation tables, an impressive array of cups and medals, and seats for the guests who range from our esteemed Club Patron, Sir Eddie Kulukundis OBE, to the Club President and team managers.

The evening is, loosely speaking, split into three parts. Parents, athletes and officials are greeted by a free bar after which they are invited into the auditorium for the formal proceedings. Various speeches are made, followed by numerous presentations. Then to an extensive cold buffet and bar, again supported by our Patron, but facilitated by Joan Burns, a friend of the club who works very hard each year to produce a fine spread.

1999 was not as well-attended as it could have been but was nevertheless a highly successful evening. It was certainly an occasion when Alex' Lambert won his spurs in the after-dinner speeches stakes with an address that had one or two of the audience reduced to tears of laughter!

Certainly worth a visit next time round (likely date - 4th December, 2000).



The doors are just about to open at the Polka Theatre and John Powell reviews the array of Young Athletes' awards to be presented.

Sportshall and gym work gets 'em going

The Sportshall Athletics proved to be a great success over the winter thanks to a great deal of hard work from Reg Hopkins, Pam Davies and of course Kim and Paul Collier and Mike Kirton who seem to be involved in all aspects of our sport where the youngsters are concerned. Matches were held at Carshalton, Guildford and Woking and the enthusiasm of the athletes themselves was tremendous as they cheered on their team-mates in the indoor sprints and relays, vertical

jumps and standing long jumps. They had all been working hard in the gym at Westminster College right through the winter months and gathering at the bandstand in Battersea Park on other nights while the track has been out of use. We now have the makings of a good little team for the Thameside League in the summer. The hard work's been done, the track should be back in use by the time you read this and all we've got to do is keep that enthusiasm bubbling.

World's fastest Junior 200m runner of 1999

John Powell outlines the career to date of an extraordinary sprinting talent

I first met Chris' four seasons ago. A personable young man with obvious talent as a sprinter, but skinny as they come, and with a technique that almost put one's back out just watching him run! But he had the sort of focus in competition that you sensed gave him that little bit extra.

Chris' Lambert comes from an exceptional family. Living in South East London, and a pupil throughout his youth at Haberdashers Askes School, New Cross, he has three younger brothers, all of whom are active members of Belgrave Harriers, with Dad now manager of our youth sides. (No guesses for who copes with the weekly tonnage of dirty track suits and kit - nobody's had the courage to ask her for a subscription yet!)

Number two is Alex - young athletes Captain in 1999 and an exceptional public speaker as those present at the Polka Theatre presentation night in December will testify. Alex not only survived the frustration of a torn hamstring that kept him out of most of the 1999 summer season, but was so determined to get back that his first race back fell fractions of a second short of bettering his lifetime best 400m! At 16 with a pb of just over 50 seconds, a prospect to watch in the future.

Next down the line comes Daniel, who joins the under-17 group in 2000. A slightly later developer, Daniel's progress in training of late points to real potential over 200/400m and further indication of that came with a 55-second 4x4 relay leg last year. At 13, Matthew has yet to enter the equation, but if the rest of his family are anything to go by...!

Chris's progression on the track makes impressive reading, and could provide some solace for his family who appear to be following the trend of steady improvement rather than dramatic breakthrough. This said, of course, Chris's 'track record' does make rather impressive reading.... (see panel on opposite page).

The pleasures of seeing a young athlete progress and succeed will of course be anything but foreign to many coaches. In this particular case, the door of Crystal Palace indoor track swinging open and a beaming face striding in on a Tuesday night following a particularly good weekend's competition, prompts especially fond memories. The victory salute after his first national championship win, at the NIA in 1999, also sticks in the mind. Here was that skinny little 14-year-old of 1995 now maturing into a world-beater four years later.

That race in Birmingham opened a 1999 account that ended with him being confirmed in December as the World's fastest junior over 200m and the top all-round sprinter in the world at under-20 level. It also opened up a huge new chapter in this remarkable young teenager's life.

Sporting talent though, as we all know, doesn't always coincide with academic prowess. "A footballer's brains are in his feet" is one rather harsh but nevertheless frequently true saying. One would like to think that athletes don't always conform to such a stereotype and Chris' Lambert is living proof that they don't.

As you read this magazine, Chris' will be well into his first year into a Fine Arts degree at Harvard University, United States of America - one of the best if not the best university in the world. The

pressure there of course is immense but all the indications are that Chris's progress both on and off the track has not been hindered by a 3000-mile journey across the Atlantic.

There is much speculation around athletes going to university in America - the burn-out factor being high on the critics' agenda. Certainly the US competitive programme is hardly conducive to a British international athlete's normal timetable for a summer season but all these hurdles have been overcome with some highly constructive dialogue with Harvard staff.



Chris Lambert receives the Bill Merryman Trophy for the Young Belgravian of the year (the first ever recipient) from Coach John Powell.

Whilst existing protocols have prevented Chris' from training with the university team, I must pay tribute to assistant coach Paul Turner, whose support for Chris' both during the enrolling process, and since, has been invaluable. Paul also avails the Harvard facilities to me when visiting Chris' for coaching weeks, and even provides a sofa-bed for stop-watch downtime! (I must also record a very special tribute to our Club Patron here, without whose support I would be swimming the Atlantic rather than flying over it!)

My association with Chris' - and his family - has developed enormously this last year. They seem now like age-old friends. Aside from success, one of the most pleasurable rewards from coaching has surely to be in the friendship and camaraderie that emanates from being involved in

what is so frequently such a major part of an individual's life. The Lambert family have certainly provided me with that and, along with it, a greater understanding into how their eldest is developing into such a rounded young man both on and off the athletics track. My thanks to them for their warmth and understanding whilst still remaining open to a certain amount of persuasion on some things, and my thanks to a good friend despite his comparative youth for simply being himself.

But history is history, and one has always to look forward. The New Year effectively archives the achievements of '99 and provides a whole new set of challenges to sort out the good from the bad, the best from the rest. What better start could this particular young man ask for than being named as the year 2000 British Athletics Junior Captain!

That's your starter for ten, Chris'. Now let's get on with the serious business in hand....!

Don't believe all you read

from the internet via
Axe Valley Runners' magazine

Rumours that Carl Lewis was battling crippling arthritis floated through the running world last summer. Reports of Lewis being confined to a wheelchair first appeared in the "trustworthy" British tabloid *The Sun*. According to Lewis' agent Joe Douglas, the reports are: "Completely inaccurate. There is no truth to his alleged arthritis, no truth about the wheelchair. Not one of those quotes is true."

The story first surfaced in *The Sun* and then spread to *The Times* of London and eventually around the world on the Agence France Presse wire.

Douglas explained that the basis of the rumours could have been Lewis' recent endorsement of a drug commonly used for arthritis pain. Lewis had apparently been using the drug as treatment for knee and back soreness dating back to the early 1980s when he had two operations on his knees. Apparently Lewis still runs two or three days a week and lifts weights on alternate days.

"The Impossible Hero" by Dick Booth

From all good bookshops - £16.50.

By post from Central Books £18.00 e-mail: orders@centbks.demon.co.uk

Chris Lambert's Progression

100m	
1995	11.5
1996	11.15w (2.2)
1997	10.9 (10.7w)
1998	10.61 (10.52w 5.0)
1999	10.31

200m	
1995	23.3
1996	22.67
1997	22.03 (21.79w 3.1)
1998	21.56 (21.38w 3.4)
1999	20.63

Major achievements

1995-1999

1996

- 3rd National YA League Final 100m
- 2nd National YA League Final 200m
- 2nd London Schools 100m final
- 2nd ranked athlete in Surrey over 100m as Under-17
- 1st ranked athlete in Surrey over 200m as Under-17

1997

- 2nd Surrey Under-17 100m
- 1st Surrey Under-17 200m
- 1st London Schools Under-17 200m
- 1st SEAA Under-17 100m
- 1st SEAA Under-17 200m
- 2nd English Schools Under-17 200m

Selected to represent England in Home Countries International

1998

- 1st London Schools Senior 100m
- 1st London Schools Senior 200m
- 3rd SEAA Under-20 100m
- 1st SEAA Under-20 200m
- 2nd English Schools Senior 200m
- 4th AAA Under-20 100m
- 4th AAA Under-20 200m
- Rep. British Juniors in Spain
- Rep. British Juniors in World Champs. in France (4x100m relay)

1999

- Fastest U20 in the World at 200m
- 3rd European U20 200m Champs
- 1st AAA Indoors Under-20 200m
- 1st AAA Under-20 200m
- 2nd AAA Under-20 100m
- Rep. British Juniors in indoor meet in Paris
- Rep. British Juniors at every international meeting of 1999, gaining "Athlete of the Match" award at two of them
- 1st Surrey Under-20 100m
- 1st Surrey Under-20 200m
- 1st SEAA Under-20 100m
- 1st SEAA Under-20 200m

2000

- Nominated as Captain of the British Junior team by UK Athletics

On Tuesday 25th February 1992, St.Brides Church Fleet Street was nothing less than crowded. The congregation had gathered to celebrate the life of a unique athlete; a runner who had tackled the impossible with a fervour unknown in British athletics and who, at the same time, was equally impossible in the eyes of an Establishment who could never bring themselves to recommend him for the honours he deserved. To the British Public he was a hero, the impossible hero. His name was Gordon Pirie.

That name alone was enough to fill the White City. What's more, he was the athlete's athlete; he just had to be after winning three consecutive National cross-country titles at a time when almost all the leading runners peaked for that event.

It was all the result of exceptionally hard training, twice and even three times a day. He was prepared to experiment, which was not always successful, but he translated this training into World records at 3000m (twice), 5000m and 6miles besides being part of the 4x1500 relay record. His range was remarkable.

In the August Bank Holiday British Games of 1953 he was entered for the 3 miles event. On the same programme was the inaugural Emsley Carr Mile, which had attracted much publicity because the 4-minute mile had yet to be achieved. Wes Santee, America's hot favourite for that honour, was entered together with Chataway and Nankeville plus Lawrenz (Germany) and Ericsson (Sweden). Typically, Pirie asked to be switched to the mile. His request was refused "You are not a miler" he was told "And anyway there are no vacancies". When Barthel the Olympic Champion withdrew Pirie was begrudgingly given his place.

No one who was at White City that day will

forget that last lap. *Athletics Weekly* reported "Santee went to the front and looked all over a winner, but Pirie chased him and was only a couple of yards behind coming into the straight. Amid scenes of excitement and enthusiasm never witnessed before at a White City meeting Pirie wore down his opponent and still running strongly won a grandly judged race in his fastest ever time". The cheers were most vociferous in the area where members of clubs congregated. They enjoyed seeing one of their own (a man who was happy to run right through the domestic fixture list) beat the prima-donnas.

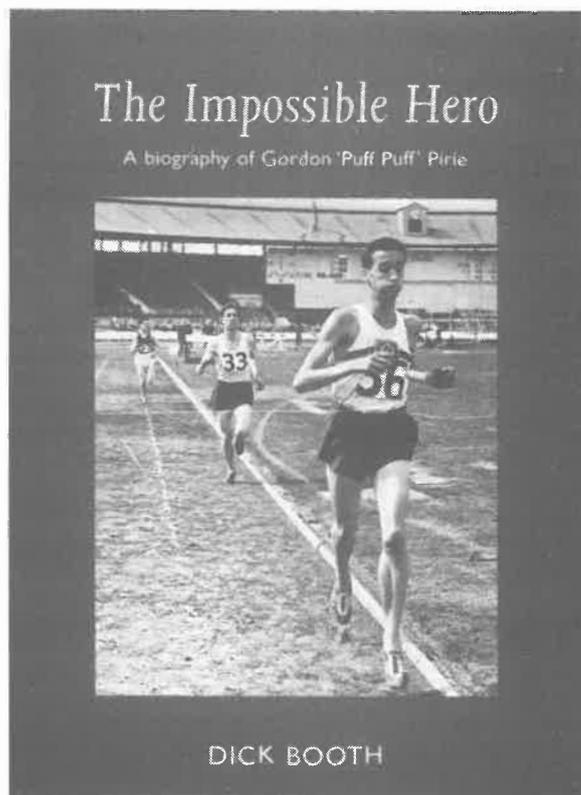
He gave his club, South London Harriers, sterling service, raced for them at every level and brought up with him a team that was invincible for several years. He ran his last race for his club on 9th September 1961, just 3 weeks before losing his amateur status by revealing "All" in the Sunday People. He was only 30 years old.

Dick Booth's book is one of the best researched I have read. He has gone to the trouble of contacting many of those individuals who knew Pirie well, so there is much to interest the club athlete. Many of our young runners could learn much from it too. Several Belgravians can be found amongst the many photographs including Jack Braughton (2nd claim), Charlie Walker, John Bromley, Bill Nankeville, Peter Bagnall, Tom Morrell, Len Herbert, John Davies, Mike Shingles, Charlie Dabbs and Gerry North.

Gordon never lost touch with the ordinary athlete. Some will remember the train journey back from the National of 1960 when he left the SLH section of the train and entered the Belgrave carriage eating an orange. He received a rowdy reception and there was much banter as he sat with the team. When he had finished his fruit he got an orange-peel fight going before moving on down the train to see what the next carriage had to offer. He was a popular figure at that level.

Twelve Belgravians attended the St.Brides memorial service of 1992. There were many too from other clubs. They heard addresses from Mick Firth (his close friend) and from Chris Brasher who said "Gordon was the first Briton to throw off the cloak of amateurism and put his whole being into the pursuit of excellence". But the most poignant message was from Emil Zatopek who said "Wait for me Gordon and we'll run on together".

Pirie died of cancer at the early age of 61 years. His formative years had been spent running over the hilly terrain of Farthing Downs, Coulsdon, venue of the Surrey Cross-Country League's final match each season. His ashes were scattered over his beloved downs at the crest of the first hill and SLH have placed a memorial seat, suitably inscribed, just yards from the race start line. Those who read Dick Booth's fine book will, on their next visit to the final league match, almost certainly wish to rest awhile on that special seat and ponder the life of this "Impossible Hero".



Right: The photo on the cover of Dick Booth's book shows Gordon Pirie winning the AAA 3 miles Championship at White City, Shepherd's Bush, London on July 11th 1953.

CLIVE SHIPPEN

See Flashback, page 64.

ATHENS, 29-30 MAY 1999

Promotion to European Super League missed by just 3 points

Bill Laws writes

You will read elsewhere of our travelling experiences for this European Champion Clubs Group 'B' Final. Needless to say we travelled to Athens in great spirits and with the hope and optimism for which we are justifiably renowned. How could we fail to put GB Clubs back where they belong - in Group 'A' - with a fine team and opposition which we had previously beaten in last year's match in Belgrade? Indeed, on arrival, we were to learn that only seven teams had turned up for our Group. So getting in the first two for promotion appeared to be just a matter of knuckling down and getting everyone to put in good (but not necessarily exceptional) performances.

The weekend was to be an experience in more ways than one. First of all the magnificent Olympic Stadium in Athens with its 85,000 seating capacity would give an opportunity to experience the vastness which only a really large stadium offers. The 8,000 or so supporters who turned up for both days were dwarfed by the surroundings. Such numbers are good for the ECC Cup Finals and to give the organisers credit they had pulled off a huge coup by getting the Men's 'A', 'B' and 'C' Groups plus the Women's 'A' and 'B' Groups all together at the same venue. So there were 5 matches going on in parallel which was excellent for our band of faithful supporters, who could see not only the Men's 'A' Group and get an impression of their standards, but also the Women's 'A' Group where the UK women's clubs were represented by Sale Harriers Manchester. Bearing in mind it was three years ago that they had seen the Sale men's team relegated from Group 'A' in a torrid match in Moscow, we had our fingers crossed that the women's team would not suffer the same ignominy.

Anyway, as we arrived in the early hours of Saturday thanks to delays by Olympic Airways, Sir Eddie had already attended the Friday evening briefing meeting. His first words were not encouraging - Panellinios the home Greek Club had been recruiting and looked formidable while Slovenia looked to be a totally different team from the one we beat last year. Also, except for the PV and HJ, all throws and jumps were to be limited to 4 attempts.

As Day 1 dawned we knew that

our early fortunes would depend on our sprinters. Sadly we were missing Dwain Chambers and Darren Campbell due to other commitments while Jason Fergus had a job interview. Our remaining front line sprinter was John Regis who had promised to jet in from Madrid mid-afternoon to complete the sprint relay squad and run the 200m on Day 2. The televised opening ceremony was at 16.40 and the match proper began at 17.00 hours to avoid the heat of the day.

Mick Jones opens with a win

The opening events for us were the high jump, long jump, shot and hammer. And the first result was good with Mick Jones the only athlete to exceed 70m as he moved to number 1 spot in the hammer. Almost immediately this was counteracted by Nick Sweeney finishing 6th in the shot with a distance some 3m off his best. This was a big disappointment, as we had not known prior to warm up that a knee problem had prevented him training for this event. He was later to make amends by winning the discus but nonetheless we knew we had fallen 3 points behind our target score. (Of note also in the shot was the fourth placer for the Dutch team - Sean Pickering, who is now resident in Holland and glad to get one over Nick.)

And then to the long jump, which combined all three groups, so



Julian Flynn could not quite believe that he was invited to take part in the triple jump in flat shoes with only five minutes notice!

EUROPEAN CHAMPION CLUBS CUP 1999 DIVISION TWO

1.	Panellinios AC	Greece	120
2.	Adkladivar Celje	Slovenia	88
3.	Belgrave Harriers	GB & NI	86
4.	Dukla Banska Bystrica	Slovakia	65
5.	Maccabi Tel Aviv AC	Israel	63
6.	Amsterdam AC	Netherlands	62
7.	RFC Liege	Belgium	35

making it difficult to keep track of Julian Flynn's position. As it turned out Julian had two no jumps (out of four) and his best effort of 7.21 put him in a disappointing 4th spot. As with so many events, a small improvement would have got us those few extra vital points.

Unfortunately, the next result brought no better news. Brendan Reilly had to pull out of the high jump at 2.16 with a back problem. It seems that he had visited the physio supplied by the organisers and what had been intended as a gently massage had resulted in a deep and clearly painful treatment. This was unfortunate.

Déjà vu for Samuel Matete

By now we were looking forward to the 400 hurdles. Two years ago in Istanbul, Jon Ridgeon had pushed the famous Turkish athlete Samuel Matete of Fenerbace so hard that Du'aine Ladejo beat him in the flat 400. This time, Chris Rawlinson pushed the famous Greek athlete Samuel Matete of Panellinios so hard that Sean Baldock beat him in the flat 400. Déjà vu or what? Anyway Chris' run was quite outstanding and his 49.90 silver medal effort was to prove an early springboard for fireworks later in the season. A brief moment of euphoria was quenched as shortly after Andrew Walcott could manage only 6th place in the 100m with a 10.76 effort, well short of the winning 10.26 by Alexopoulos of the home club.

The 'A' & 'B' 1500's were combined and produced the fastest 1500 in the world to date. While the 'A' string winner was clocking 3.35.2, that other famous Greek athlete Rotich, did enough to win the 'B' with an excellent 3.36.45, chased all the way by Spencer Barden who gained silver in 3.42.94. Immediately afterwards Sean Baldock blasted his 400 in lane 1 and opened up such a lead that Matete failed by a whisker to catch him. Sean's 46.17 was to be a prelude to injury and disappointment for the rest of the season but for the moment he was the hero, having repeated his previous year's victory over the same distance in Belgrade.

There was now a 75 minute wait for our last event of Day 1 - the sprint relay. Sir Eddie's car had been despatched to the airport to collect John Regis and to while away the time we checked team scores after

eight events. Not surprisingly, Panellinios were leading with 54 points (4 gold, 2 silver and 2 bronze), Adkladiva (Slovenia) were second with 45 points and we were just in contact on 40 points. We needed a good sprint relay result to keep our hopes alive for day two. But it wasn't to be. With the non-arrival of John Regis our sprint squad included a long jumper (reserve Darren Thompson), a hurdler (Matt Douglas) and a 400m man (Dave Nolan). Thankfully the Belgian squad dropped the baton, so our scratch team finished 6th with the Slovenians 2nd and the Greeks 3rd. So we drifted further down the scores and at the end of the day, leading was Panellinios with 59, followed by Adkladivar on 51, and Belgrave on 42 with the rest nowhere.

Day two

Day two dawned clear and once again very hot. The programme started at 4.40pm with some non-scoring events. At 5.00 we started in earnest with the pole vault, triple jump and discus. Almost immediately we hit a problem. Philips Idowu reported 20 minutes before the triple jump that his back was going into spasm and he couldn't run, let alone jump. Apparently he had seen the same local physio as Brendan Reilly and was now no more! So Julian Flynn, who had been lounging in the spectator area brushing up his suntan, with a big grin on his face was presented with the invitation to fill in. He had no spikes but willingly gave it a go, although reaching the pit on the third phase appeared unlikely. Under the circumstances 14.50 was a great effort, but last again sad to say. The rollercoaster of results and emotions continued in the discus as Nick Sweeney launched one of his four efforts to the winning distance of 57.58m.

Meanwhile it was difficult to follow the pole vault as two parallel run-ups and beds were used simultaneously. With the bars at widely differing heights, athletes mixed and watched as the competition progressed. Ben Flint, who was experiencing Belgrave's European adventures for the first time, played it safe and came into the pole vault competition at 4.80, which he failed twice much to the concern of the team managers. With the javelin run-up crossing the vaulters'

approach and proving a problem, he progressed to clear 5.20, which was good enough for 4th spot. 5.30 would have got second place but once again we fell further behind our main rivals.

The track events opened with the 800. Rotich doubled up after the 1500, played a waiting game and kicked away from Marwa of the Tel Aviv Club and our own Jason Lobo. With three men under 1.49 this was another high class middle distance event. There then followed a string of bronzes for: Lee Hurst in the 'chase, Matt Douglas in the 110 hurdles and Mark Miles in the 5000m. The long race was run in temperatures of over 30°C and Mark really suffered but hung on gamely to be nursed back to consciousness by a bevy of young admirers. The team reckoned he overdid the collapsing bit but the team managers thought it was genuine and fully justified the t.l.c that followed.

Superb 4 x 400m Record

Poor points in the javelin were followed by a win for John Regis (who had finally arrived in the small hours of the morning) and as we entered the final event, the 4x400, it was clear that Panellinios were well clear and Adkladivar were six points ahead of us. If we won and they were last we were there. And our lads were up for it.

Lead off man was Michael Parper who was looking to impress the selectors for the forthcoming European Under 23 Championships. Below par so far this season his problem had been that at about 300m he was running out of steam. Not so now as with adrenaline flowing he pressed from the gun and held form all the way handing over to Chris Rawlinson in second spot with a 47.7 split. Chris

who claims not to know how to run a flat 400 powered into the lead down the back straight and eased to a 46.2 clocking. Next to Dave Nolan, who had also been struggling after injury, but fortunately showed good form when it counted to maintain a slender lead with a 47.3 clocking. Dave passed to Sean Baldock on anchor leg while Matete gave chase for the home club whose supporters clearly expected Sean to be gobbled up by this world class athlete. Our man was off like a hare and try as he might Matete couldn't close as Sean, spurred on by an excited Belgrave team, blasted it all the way to the tape with a fine 45.5 clocking. Alan Mead had been checking times and reported a new club record, but it wasn't until the official time of 3.06.63 was given that we realised just how good the

team's efforts had been. Panellinios were second and unfortunately for us Adkladivar third. So we missed promotion once again, this time by just 3 points. We usually reckon on two below par performances but on this occasion there had been five! Taking into account the many excellent performances this was a bitter pill to swallow. Hopefully we could do better in 2000, but first there was the small matter of winning the League to attend to.

For the record Sale Ladies performance was even more disappointing than ours. They finished last in their Group 'A' match and GB women's Clubs have been relegated to Group 'B' for the year 2000 European Clubs Cup Competition.

29th=a, 30th=b

100m a: (-1.4) 6, A.Walcott 10.76. 200m b: (0.0) 1, J.Regis 20.83. 400m a: 1, Sean Baldock 46.17. 800m b: 3, J.Lobo 1:48.82. 1500m a: 2, S.Barden 3:42.94. 5000m b: 3, M.Miles 14:43.54. 110mH b: (-1.0) 3, M.Douglas 14.27. 400mH a: 2, C.Rawlinson 49.90. 3000mSC b: 3, L.Hurst 9:10.96. HJ a: 4, B.Reilly 2.16. LJ a: 4, J.Flynn 7.21. TJ b: 7, J.Flynn 14.50. PV b: 4, B.Flnt 5.20. SP a: 6, N.Sweeney 15.95. DT b: 1, N.Sweeney 57.58. JT b: 6, S.Faben 67.23. HT a: 1, M.Jones 70.44. 4x100m a: 6, Belgrave 41.44 (D.Thompson, A.Walcott, D.Nolan, M.Douglas). 4x400m b: 1, Belgrave 3:06.63 (M.Parper 47.7, C.Rawlinson 46.2, D.Nolan 47.3, Sean Baldock 45.5).

4 X 400 M		MEN	
FINAL		GROUP B	
1	BELGRAVE HARRIERS	GBR	3 06 63
2	PANELLINIOS AC	GRE	3 08 30
3	ADKLADIVAR CEIJE	SLO	3 10 09
4	DUGLA BANSKA	SVK	3 11 34
5	AMSTERDAM AC	NED	3 13 47
6	RFC LIEGE	BEL	3 19 68
7	MACCABI TEL AVIV	ISR	3 27 37

IAAF WORLD CHAMPS., SEVILLE, SPAIN, 21-29 AUG 1999

Chambers "chuffed" in Seville

"I'm only 21 and have a medal. I'm the youngest guy in the team! I'm so chuffed."

So spoke Dwain Chambers after the blistering World Championship 100 metres final in Seville where he won the British team's first medal of the games. USA's Jon Drummond was always sure that Dwain was going to get up there, going so far as to place a bet with Italian Stefano Tili. As Drummond recalled afterwards, Chambers had been written off to a certain extent with most onlookers expecting Jason Gardner to carry the first British vest across the line.

All three Britons had clocked super times in the preliminary rounds and European Champion Darren Campbell seemed to be getting that smooth acceleration back again, going to 10.12 for a season's best in the quarter-final. With two non-starters in his semi you'd have thought his path to the final might have been made easier. Then a succession of false starts removed Australia's Shirvington and they were down to five from which four would progress. But those five included his clubmate Chambers, USA's World Record holder Maurice Greene and Tim Montgomery, and Kareem Streete-Thompson of the Cayman Isles. By now, Campbell in lane 8

had a vacant lane next to him and in the closest of races to clinch the last slots in the final, 3rd and 4th went at 10.14 while Darren was centimetres back 10.15. If he'd been closer to the action we may well have had two Belgravians in the final!

And that final was electric. Dwain Chamber's start was good; Greene's was shaky. Then the American gathered pace but for 75 metres could not break decisively clear of Bruny Surin until the pressure got to the Canadian over the last few strides. But British eyes were on Dwain and the Belgrave man had once again got it right on the big day, holding on for the bronze medal and a magnificent 9.97 - fastest man in Europe again.

After his successes in the World University Games and the European Under 23 Championships, Ben Challenger had a poor competition and was unable to progress to the final. Brendan Reilly, now representing Ireland, had no such trouble however and set an Irish record of 2.29m, before unsuccessfully attempting 2.32m.

Jason Lobo went into the 800m with a 1:45 and bits pb set only weeks earlier, just the sort of time it takes to get into the following rounds. The trouble is, in the big championships the heat winners run 1:45s off relatively

slow first laps so it takes a terrific amount of speed to hold the front positions. Jason's heat time was within a whisker of his pre-99 best.

Nick Sweeney was unable to get near his best form and poor Chris Rawlinson, surely a favourite for a medal after his amazing run in the Weltklasse Meet in Zurich, didn't even make it to the start line after twisting an ankle while jogging in training! Geoff Dearman took lead-off leg in the heats of the 4x400 metres and ran right up to his top form but the team were unable to qualify for the final.

As the spectacular IAAF World Championships came to a close, silver medals came the way of Belgrave athletes when Chambers and Campbell teamed up with Jason Gardner and Marlon Devonish to beat the rest of the World, barring Maurice Greene, in the 4x100 metres.

100m - Darren Campbell GBR, Dwain Chambers GBR
Heats 21st, first 3+10. h5 (-0.5) 2, Campbell 10.37; h6 (-0.9) 1, Chambers 10.34.
Quarter-finals 21st, first 3+1. qf3 (-0.6) 1, Chambers 10.08; qf4 (-0.4) 3, Campbell 10.12.
Semi-finals 22nd, first 4. sf1 (-0.3) 2, Chambers 10.09; 5, Campbell 10.15.
Final 22nd. 1, M.Greene USA 9.80

(CBP); 2, B.Surin CAN 9.84 (Can. Rec.); 3, D.Chambers GBR 9.97.

800m - Jason Lobo GBR

Heats 26th, first 2+8. h6 5, 1:47.53.

High Jump - Ben Challenger GBR, Brendan Reilly IRL

Qualifying round 21st, 2.29 or best 12. Group A 13, Challenger 2.20 (2.150, 2.20xxx, 2.23xxx); Group B =4, Reilly 2.26 (2.150, 2.200, 2.23-, 2.260, 2.29xxx).

Final 23rd. 1, V.Voronin RUS 2.37; 2, M.Boswell CAN 2.35 (Can. Rec); 3, M.Buss GER 2.32; =8, B.Reilly IRL 2.29 (Irish Rec.) (2.250, 2.29xx, 2.32xxx).

Discus - Nick Sweeney IRL

Qualifying round 22nd, 62.50 or best 12. Group B 13, 58.62 (58.62, 57.27, x).

4x100m Relay - Darren Campbell GBR, Dwain Chambers GBR

Heats 28th, first 2+2. h2 1, GBR 38.31 (J.Gardner, D.Campbell, A.Condon, D.Chambers).

Final 29th. 1, USA 37.59; 2, GBR 37.73 (European, Commonwealth and GBR Rec.) (J.Gardner, D.Campbell, M.Devonish, D.Chambers); 3, Nigeria 37.91 (African and Nigerian Rec.).

4x400m Relay - Geoff Dearman GBR
Heats 28th, first 2+2. h1 3, GBR 3:02.21 (G.Dearman, M.Hylton, J.Deacon, J.Baulch).

Suprématie anglaise, et espoirs français

Mark Gregory reports on the inaugural European Clubs Relay Champs held in Rennes, France on September 18, 1999



Darren Campbell is interviewed over the public address and explains to the French crowd how the British 4 x 100 metres squad is going to give the Americans big trouble at the Sydney 2000 Olympics.

Photos: ALAN MEAD

Although this competition has been running for over five years, this was the first time that it had been recognised as the Official European Clubs Relay Championships. This meeting has now been sanctioned by the EAA and will in future be an official EAA accredited championship.

With over 68 clubs from 12 countries entered, the event had a real international feel and was clearly an important landmark in the EAA's development of European Club athletics. Belgrave Harriers, Birchfield, Middlesbrough & Cleveland and Loughborough Students represented Great Britain.

Angleterre 6 - Russie 3

Belgrave had dominated the UK scene all season and the European Clubs Championships turned out to be no different, enabling them to continue where they had left off at home and win four out of the four relays they contested. It was a supreme effort and made one feel a great sense of pride in our athletes. The Union flag and the national anthem dominated the events presentations, with Birchfield's ladies also winning both sprint relays. In all Britain won six of the nine events with Russia, represented by Luch Moscow, winning the remaining three. Belgrave's team boasted ten internationals and saw the likes of Dwain Chambers and Darren Campbell, as the meeting's "Superstars". The presence of such strong relay teams showed that Britain in these events are unstoppable. The margin of victory in all four relays was most impressive.

4 x 100 metres

Matt Russell, English Schools Champion, ran a great lead off leg

and held the echelon handing over to Darren Campbell in equal first. Darren eased into his running and accelerated down the back straight with devastating speed and looking superb handed to Marlon Dickson who ran a good bend to give Dwain a clear lead. Dwain loped to victory in a display of sprinting that had the crowd buzzing. Here was the World Bronze medallist running in Rennes and his presence was certainly appreciated.

4 x 200 metres

The 4 x 200m relay was similar but this time the glory leg was Darren's and the team of Marlon, Dwain and David Nolan gave him a clear lead. Having taken the baton in a new "spin round style", Darren majestically danced down the track showing why he will be a threat next year. Darren and Dwain oozed "World Class" and it must be said that their commitment to their club in turning up after what had been a long season was brilliant.

4 x 400 metres

The 4x400m saw another international line up with GB 400m runners Du'aine Ladejo, Geoff Dearman, Sean Baldock and 400m hurdler Matt Douglas. What a team! Geoff, in a manner reminiscent of his good lead off leg in Seville (contrary to what you may have read in *AW*), took out the stagger on the athletes outside him in the first 150 metres. He handed over to Du'aine who sped round the track and confirmed that his intention to return to the 400m was a serious decision. Matt powered around his leg, handing over to Sean with a clear lead and the 2nd fastest split. Sean anchored the team to what was a large margin of victory. He showed his old form and looked to be back to his Athens form, which was great news. He attacked the first 100 metres and relaxed down the back straight before powering away again with 200m to go, clocking a split of 46.8 which was the fastest of the day. Mark Foucan of France (45.2 this season) was unable to make an impression and brought Martigues Sport home for silver.

4 x 800 metres

The 800m boys probably had the hardest task of all the teams with the French team boasting a 1:45 runner. However, in true style they blew away the opposition with sheer guts and determination. They led from the gun only to lose a place at the front when Steve Baldock was elbowed out of the way on leg 2 but he bided his time and powered away over the last 100 metres to re-establish the lead. Dean Clark ran a solid 1st leg and Clive Gilby on 3rd set up Spencer Barden for what was to be the deciding factor of the race. An opening lap of 52.1 (close to his 400m pb) made sure that anyone who had any idea of closing the gap quickly settled for silver.

A truly superb weekend and as Sir Eddie was heard to say on leaving the stadium: "Probably the best day in Belgrave's history."

Facing the stiffest opposition, the 800 metre boys kept the win record going. Spencer Barden, Dean Clark, Clive Gilby and Steve Baldock on the rain-swept podium



Below: Du'aine Ladejo, Matt Douglas, Geoff Dearman and Sean Baldock (still breathing hard after his last leg stint) enjoy the attention after providing the most dominating display of the evening. It was Du'aine's last race before signing for Birchfield Harriers.





Left: 100 metres World Championships Bronze Medallist Dwain Chambers enjoys the company of young Bretons in the stadium at Rennes.



ALAN MEAD

Travellers Tales

Looking back one year to when we represented GB Clubs in the European Cup final in Belgrade, writes *Bill Laws*, no one then would have believed the terrible events that would take place in Yugoslavia so soon after our visit.

In the last Belgravian we recorded the nightmare 17 hour journey to Belgrade of which the 7 hour coach trip from Budapest to the host capital was the most trying part.

This year we thought - Athens - plenty of flights, nothing can go awry. Oh dear! Wrong again.

The outward flight

It must have been a premonition that prompted us to write to the team and supporters asking everyone to report to Terminal 2 at Heathrow no later than two hours before the flight. The Olympic Airways plane was scheduled to leave at 4.35pm and we wanted everyone at the ticket desk by 2.30pm.

It was with some surprise that by 2.15pm we appeared to have a full squad. Julian Flynn had travelled from Birmingham by coach and had arrived by noon - so brownie points for him. Another count-up and suddenly we realised we were one short. OK, everyone better check in! Our happy wanderer would surely be with us by the time Ben Flint's poles had been checked through - always a lengthy operation. But no. At 3.20pm still no sign of the absent one.

At moments like this, mobile phones suddenly earn their keep. Check the address book and almost immediately we hear the unstressed, dulcet tones of our beloved colleague. It would be unreasonable to name names, so for the sake of this tale we will identify him only as ... 'AW'. "Don't worry, I'm on the M25 close to Heathrow, should be there in half an hour."

By now the queues were lengthening. As we had AW's ticket already we booked him on the flight, reserving a seat in the process. All he had to do was turn up with his passport and there would be two happy team managers.

As 3.30pm approached we thought it might be prudent to check on AW's progress. It can be really annoying when a mobile phone is switched off. It can be much more annoying when a pre-recorded message ends with, "Please leave a nice message". Now I don't know how you would feel in this situation but leaving a nice message did not come top of my list of possible

actions. To save your blushes we will quickly pass over this item. By now, a number of additional travellers had arrived only to find the flight overbooked and they were bumped off it. No worry, we had reserved AW's seat.

With 40 minutes to boarding, the two team managers were running up and down outside Terminal 2 like headless chickens. 'AW' appeared, to inform us that he was parked on a double yellow line but would park in the short term car park as soon as he was booked in. At £50 per day, this did not command itself as a cost effective solution and anyway his seat had been allocated to one of the 'bumped' fraternity. "What shall I do?" was AW's sole contribution as reality dawned. "Book on the next flight and collect your car from the police pound," was all he got out of us as we scrambled to make the flight.

And the sequel?

Well, AW turned out to be one of the jammy types who always come up smelling of roses. A computer failure at Heathrow Terminals 3 and 4 coincided with his late arrival. All security staff were transferred to cope with the ensuing mêlée. AW collected his car after an untroubled 45 minutes parked on a double yellow line outside Terminal 2. Usually the survival time is around 1 minute, so this feat is equal to a 3 minute mile or a 7 metre pole vault.

As far as we are concerned, AW will always be remembered for his 45 minute record. Surely this will go down as the greatest achievement of his athletics career.

Oh and it doesn't end there; Olympic Airways gave him a nice meal for bumping him off the flight and of course he also negotiated a cash settlement. We arranged for a taxi to meet him at Athens Airport at 5.00am when his late flight eventually arrived. So to quote AW's

immortal words - "Why did you panic? Things always work out OK!"

All right for him. Our plane sat on the runway for 2 hours and we landed only just ahead of our hero. Funny old world isn't it?

The Persistent Traveller

As we sat at Heathrow awaiting clearance to take off, John Regis was competing in Seville, which as far as communications go is equivalent to Gateshead. Anyway, to get from Seville to Madrid and then Athens was going to take John 8 hours but still he wanted to compete in the sprint relay on the Saturday evening and then the 200m on the Sunday.

At the stadium we waited for John whose arrival was expected to be 5.15pm on the Saturday. Sir Eddie had arranged for a car to meet John at the airport and transport him to the stadium in good time for the sprint relay, which was at 8.30pm. Needless to say he never arrived, due, as we later discovered, to a lightning strike by Iberian Airlines pilots.

Most men would have given up and taken the next flight back to the UK. But to his eternal credit, John was not going to let the team down and set off on his own quest for Athens. First he took a train from Seville to Madrid, transferred to the Airport and then sought an alternative airline to Athens. With all Iberia flights cancelled, a place was scarce but with some smooth talking our man sidestepped the queues and was finally Athens bound.

He arrived an hour after Saturday's events had finished - a 13fi hour journey. The following day he surprised even himself with a season's best 20.83 200m in calm conditions to record one of our five victories. Not bad after all that travelling. If he'd made the sprint relay in time, we would have gained three additional points, thus ensuring promotion. Thanks Iberian Airways.

Les résultats

4x100m: 1, Belgrave H 41.14 (M.Russell, D.Campbell, M.Dickson, D.Chambers), 2, Zak Ljbjana (Slovenia) 41.41; 3, Royal Sped Zalaegerszeg Zac (Hungary) 42.37.

4x200m: 1, Belgrave H 1:27.79 (M.Dickson, D.Campbell, D.Nolan, D.Chambers); 2, Royal Sped Zalaegerszeg Zac (Hungary) 1:28.80; 3, CA Castello Mislata (Spain) 1:29.82.

4x400m: 1, Belgrave H 3:12.18 (G.Dearman 48.6, D.Ladejo 48.5, M.Douglas 48.3, Sean Baldock 46.8); 2, Martigues Sport (France) 3:16.82; 3, Dijon UC (France) 3:17.61.

4x800m: 1, Belgrave H 7:36.17 (D.Clark 1:55.3, Steve Baldock 1:54.1, C.Gilby 1:54.6, S.Barden 1:52.2); 2, ECLA Albi (France) 7:38.84; 3, ECN Angers (France) 7:40.48.

MATCH 1, NEW RIVER STADIUM 16 MAY 2000

Big BAL Win at New River Stadium

While the BAL officials had jiggled with the timetable in the interests of enticing eventual TV interest, Belgrave's team managers were jiggling with team selection as the bid started for a 3rd consecutive Cup and League double.

The timetable had been the centre of much debate, the key premise for a 'new look' being a golden hour at the end of the meeting. The idea was that 'A' string throws, jumps and track competitors would all perform together in a short period of time to give added impact towards the end of the days proceedings.

In the event, putting 'A' and 'B' events at different times meant extra work for starters and other officials,

while having early qualifying in the field events meant many competitors did not resurface for the final. Furthermore some 'A' and 'B' string results were impossible to calculate until the very end of the day. So the net effect was to prolong the meeting and to prevent any intermediate scores and team results being presented to the spectators. Not surprisingly, the post-mortem discussion after the match became somewhat heated and by a majority of 6 to 2 team managers rejected plans to repeat the format at subsequent meetings.

For our part, the objectives were simple. To assess athletes for selection for the European Clubs

Champions Cup. Several head to head competitions provided some exciting fare as once again the Belgrave team powered to a convincing win.

The sprints gave us no help however, as Jason Fergus finished last in the 'A' 100, Chris Lambert 4th in the 'B' hundred while Marlon Dickson managed only 7th in the 'A' 200 with Nick Dawson 5th in the 'B'. So no help there and disappointing points too! A surprise too in the 400 as 'A' runner Geoff Dearman went from first to fifth in the last 50m but Chris Rawlinson made amends winning the 'B' 400. Dave Nolan and Michael Parper came into the long relay squad to ensure victory in an impressive 3.10.51.

The middle distance squads then came into their own, accumulating massive points and turning a poor start into a winning position. Jason Lobo's lack of speedwork showed as Justin Swift Smith outkicked him in a tight finish in the 'A' 800, while in the 'B', Steve Baldock got involved in a stop-go type of race and finished in a creditable third spot. Spencer Barden, in his first track outing for Belgrave, ran away with the 'A' 1500 and spectator Daryl Maynard (yes, Mr Golden Oldie himself) was persuaded to fill the empty 'B' slot and gained 2 points to add to his all time BAL points score.

In the 5000m Mark Miles went head to head with Paul Evans who was making a return to track running after his disastrous winter following a serious and mysterious illness contracted while warm weather winter training in South Africa. Surprisingly, young Mark outkicked the field to post a sub 14.00 effort which was to gain him selection for the European U23 championships as well as our Athens squad.

In the steeplechase, Kevin Nash did everything possible to shake off Lee Hurst but his valiant efforts were in vain. Kevin, who had only just returned after illness, was to relapse soon after this meeting and even at this early stage his season was to be just about over.

In the long jump Julian Flynn just pipped Darren Thompson, while in the triple jump our only entry, Philips Idowu, almost made 16m off a short run-up. Brendan Reilly was a clear winner in the high jump with Richard Aspden again producing maximum points to win the 'B'. In the pole vault Ben Flint secured a clear win over Ian Tullett thereby gaining selection for Athens.

Not to be outdone the throws produced some interesting storylines. With Mick Jones on International duty, we press-ganged Dave Smith into action, even though he had been off since serious injury 6 months earlier. Former throws captain Phil Spivey made up the duo and after 2 rounds was in final qualifying spot

ahead of Dave Smith who had had 2 no throws. In the interests of the team Phil declined his 3rd round throw 'in case he got in a 63m effort!' and we awaited Dave's last qualifying effort with some trepidation. Clearly he was ring rusty and it was with relief that he launched out a tentative 60m effort, which saw him pip Phil for the final slot. After that Dave relaxed, coming through to win the 'A' with Phil gaining silver in the 'B'. 26 points from what was so nearly a disaster. Quick and unselfish thinking by Phil Spivey had provided a big points bonus.

Once again the throws were adding to our climbing points score as Lee Newman outperformed Kevin Brown in both the discus and the shot. Stuart Faben won the 'A' javelin with Kevin Brown standing in to gain further points in the 'B' event.

As the meeting drew to its lengthy close it was clear to all that Belgrave had won. The minor placings were in doubt and it was a further hour before everything became clear. And Belgrave? Very pleased as the margin of victory was announced at 103 points ahead of Sale. Just the performance we had hoped for.

100m: (-1.8) 8, J.Fergus 11.02; (-1.3) 3, C.Lambert 10.90. 200m: (-2.3) 7, M.Dickson 22.05; (-1.3) 1, N.Dawson 22.24. 400m: 5, G.Dearman 48.40; 1, C.Rawlinson 47.77. 800m: 2, J.Lobo 1:50.30; 3, Steve Baldock 1:53.55. 1500m: 1, S.Barden 3:43.70; 7, D.Maynard 4:11.44. 5000m: 1, M.Miles 13:56.55; 1, P.Evans 13:58.92. 110mH: (-1.2) 1, M.Douglas 14.65; (-1.6) 2, N.Cooper 14.93. 400mH: 1, M.Douglas 51.10; 3, A.Ferns 53.66. 3000mSC: 1, L.Hurst 9:06.55; 1, K.Nash 9:07.19. HJ: 1, B.Reilly 2.15; 1, R.Aspden 2.00. LJ: 2, J.Flynn 7.32; 1, D.Thompson 7.07. TJ: 2, P.Idowu 15.97. PV: 3, B.Flint 5.30; 2, I.Tullett 4.70. SP: 5, L.Newman 14.17; 3, K.Brown 13.56. DT: 2, L.Newman 54.59; 1, K.Brown 51.72. JT: 1, S.Faben 65.49; 4, K.Brown 43.35. HT: 1, D.Smith 66.49; 2, P.Spivey 59.39. 4x100m: 3, Belgrave (C.Lambert, J.Fergus, A.Walcott, N.Cooper) 41.79. 4x400m: 1, Belgrave 3:10.51 (M.Parper 48.3, C.Rawlinson 47.6, D.Nolan 47.5, S.Baldock 47.1).

Teams: 1, Belgrave 395; 2, Shaftesbury Barnet 295; 3, Sale Manchester 292; 4, Blackheath 249fi; 5, Puma TVH 249; 6, Woodford Green & Essex L 246 fi; 7, Newham & Essex Beagles 235; 8, Birchfield 206.

British League & Cup
reports by
Bill Laws

British League 1969-1999

Belgrave All Time Top 60

Compiled by Bill Laws

Every few years we publish an up to date All -Time Top 50 of athletes who appear in our Men's British League Team.

This year the BAL celebrates its 30th Anniversary and to celebrate we have extended the list to an All -Time Top 60.

Matches Points		Matches Points	
1	Abi Ekoku 30 656fi	31	Ernest Obeng 10 173fi
2	Phil Goedluck 41 604	32	Jon Ridgeon 6 172fi
3	Ken Onuaguluchi 23 575	33	Phil Lovell 16 170
4	Mike Edwards 31 497fi	34=	Paul Beaumont 13 169
5	Lenny Paul 22 450'		Haroun Korjie 9 169
6	Derrick Williams 22 423fi		Brendan Reilly 11 169
7	Nigel Bevan 26 361		Fred Salle 13 169
8	Lee Newman 15 340	38	Chris Rawlinson 9 162fi
9	Stuart Paton 26 332	39	Richard Aspden 14 162fi
10	John Regis 21 311fi	40	Phillips Idowu 13 159
11	Marcus Adam 17 307fi	41	Marcello Bizio 24 154
12	Kevin Brown 15 299'	42	Dave Nolan 11 150fi
13	Lindsay Bayley 21 289fi	43	Drew Walcott 13 150'
14	Darryl Maynard 26 275'	44	Jason Fergus 10 146fi
15	Jan Wells 31 270'	45	Andy Hutchinson 13 143'
16	Leith Marar 15 259	46	Mark Sinclair 19 140fi
17	Kassa Tadesse 20 247	47	Lee Hurst 9 140
18=	Neil Owen 14 243	48	Rob Turner 15 139
	Phil Spivey 24 243	49	John Gladwin 11 135'
20	Paul Evans 14 234	50=	Stuart Faben 10 134
21	Derek Brown 25 233		Julian Flynn 7 134
22	Ian Tullett 18 222	52	Lewis Samuel 9 129'
23	Matt Douglas 11 218fi	53	Paul Edwards 7 129
24	Simon Shirley 12 210fi	54	Dennis Costello 9 129
25	Oilly Foote 25 208	55	Chris Cornwall 18 126
26	Gary Staines 16 196fi	56	Max Robertson 7 125fi
27	Darrin Morris 13 183	57	Mark Shippen 17 125
28	Justin Chaston 15 180	58	Mike Small 12 124
29	Mike Hayes 17 176	59	Darren Mead 7 114
30	Jay Busk 21 175fi	60=	Myles Cottrell 9 110
			Dave Smith 8 110

Remarkably, Abi Elokou remains top of our rankings even though it is several years since he moved to professional rugby. Rumour has it that he will soon return to his first love - athletics - so it may become even harder for him to be dislodged from No.1 spot.

Philip Goedluck has got the nearest so far and his 41 match appearances is in itself a record testifying to a long and honourable contribution to Belgrave successes.

But the honour of being the highest points per match man goes to Jon Ridgeon whose career was brought to an untimely conclusion by injury. Jon managed to amass 172fi points from just 6 appearances, giving an incredible average of 28fi points per match.

MATCH 2, 5 JUN 1999, BIRMINGHAM

Birchfield fight back

We travelled to Birmingham aware that host club Birchfield would be out to prove that their Match 1 disaster was an aberration. As it turned out, we just managed to beat them. Surprisingly Sale, who had muscled their way into second spot in Match 1, finished last in Match 2.

All the other clubs played musical chairs with the result that our gap as Division 1 leaders extended to 4 points this time ahead of Shaftesbury.

But to the meeting itself. Mick Jones and Dave Smith hoisted a winning double in a fine hammer event in which the Birchfield duo of Nickulin and Peacock were runners up. Du'aine Ladejo made an unexpected appearance in the long jump and thrashed Julian Flynn whose inconsistent run-up was causing much soul searching. Meanwhile, another double win in the pole vault, with the mature (that's a nice way of putting it) Mike Edwards proving a point with a fine 5.40 clearance ahead of Ben Flint.

It was a pleasure to see John Regis back in BAL competition and his third place in the 'A' 100 was into a big headwind. John later ran in the 4x100 squad comprising also Chris Lambert, Andy Walcott and Andy Tulloch. John running leg 3 gave a massive lead to Andy Tulloch who was run down by the in-form Allyn Condon of Sale. Andy later confessed he'd never run a 100m which is surprising for a 110H guy who's been around since the year dot. Nonetheless, the time was a very respectable 40.42. Matt Douglas who had earlier won the 400H 'A' race, was not slow in pointing out that he should have run the last leg and we weren't going to argue with him.

Anyway, Andy Tulloch had already won the high hurdles, while Nick Cooper won the 'B' into a headwind. He was disappointed with the time as he was pushing for low 14's to gain selection for the European U23's. More double wins in the high jump, with Ben Challenger taking the 'A' event and satisfied with his first outing after injury, while the ever reliable Richard Aspden quietly amassed maximum points in the 'B' string.

Meanwhile, Chris Lambert was debating whether to switch to the 200 'B' as he didn't think that Lane 1 and a headwind would give him much chance of getting a European U20's qualifying time. He was persuaded that the 'A' team competition was what he needed and adrenalin provided the rest. Scorching round the inside lane, he made inroads into the opposition to win in a fine 21.09 PB. The headwind was recorded at 1.5m/s and second place Mark Findlay was 0.32 sec behind which gave the true measure of Chris' extraordinary breakthrough. Coach

John Powell couldn't speak because he was grinning so much - which was a relief to us all!

There then followed a series of good 'A' team performances, the highlight of which was Mark Miles' 3.48.60 1500m. Sadly we had no 'B' 1500m man, nor 'B' strings in the 3000m s/c and triple jump. As a result Birchfield pulled within 10 points but two second places on the short and long relays eased us away to another fine win. But the team managers were fretting about those missing 'B' string competitors.

100m: (-2.1) 3, J.Regis 10.85; (-1.5) 5, A.Walcott 10.98. 200m: (-1.5) 1, C.Lambert 21.09; (-0.9) 2, Sean Baldock 21.50. 400m: 5, M.Parper 47.99; 4, D.Nolan 48.45. 800m: 5, Steve Baldock 1:53.31; 4, M.Kloiber 1:54.27. 1500m: 2, M.Miles 3:48.60. 5000m: 3, K.Tadésse 14:36.09; 5, J.Estell 15:18.42. 110mH: (-2.6) 1, A.Tulloch 14.10; (-0.8) 1, N.Cooper 14.59. 400mH: 1, M.Douglas 50.52; 4, A.Ferns 54.44. 3000mSC: 3, L.Hurst 9:16.28. HJ: 1, B.Challenger 2.20; 1, R.Aspden 2.05. LJ: 4, D.Ladejo 7.28; 2, J.Flynn 7.06. TJ: 7, J.Flynn 13.98w. PV: 1, M.Edwards 5.40; 1, B.Flint 5.00. SP: 3, L.Newman 15.56; 3, K.Brown 13.35. DT: 1, K.Brown 61.02; 1, L.Newman 52.16. JT: 3, S.Faben 68.62; 8, K.Brown 42.85. HT: 1, M.Jones 72.66; 1, D.Smith 64.69. 4x100m: 2, Belgrave 40.42 (C.Lambert, A.Walcott, J.Regis, A.Tulloch). 4x400m: 2, Belgrave 3:11.85 (M.Parper, M.Kloiber, D.Nolan, Sean Baldock).

Teams: 1, Belgrave 360; 2, Birchfield 323; 3, Newham & Essex 270; 4, Shaftesbury Barnet 262; 5, Puma TVH 247; 6, Blackheath 238; 7, Woodford Green 234; 8, Sale 226.



For one-lap hurdler Austin Ferns, the first two matches of the British League were stepping stones on the way to the European Under 20 Championships at Riga. Austin's best time for the year was a Club Record breaking 52.74 set at Bury St. Edmunds where he won the English Schools Championships.

Welcome

To the following new members who have joined us since publication of the last issue of The Belgravian. If you need any help or advice please don't hesitate to get in touch with your Team Manager or any other official listed in your fixture card.

Chidi Ajufu	Danny Davenport	Brian Holmes	Lynda Minter	Euphemia Scott
Jubbil Aluko	Jeffrey Di Domenico	Clanissa Hutchinson	Susanna Murray-Burton	Jonathon Simpson
James Annington	Kate Dillane	Charles Hutchinson		Nathan Simpson
Ahmed Benkacem	'Itbarek Dinku	Lisa Jones	Elisha-Junior Newell	Wesley Smith
James Birks	Jahmain Douglas	Adam Jones	Robbie Newman	Joyce Smith
Demck Brenyah	Joy Ehrim	Maria Joslyn	Claire Noble	David Southgate
Ian Broderick	James Ellington	Adrian Jowett	Chima Nsoede	Grant Spriggins
Andrew Brown	Simon Elliott	Jodie King	Darryl Ochse	Alaster Stewart
Kevin Brown	Jacqueline Emery	Jamie Kirton	Catherine Olawore	Sami Sweeten
Daniel Buss	Onen Eyong	Charlotte Kitney	David Onwubali	Toby Tanser
Annabel Carballo	Karen Fenner	Paula Lively	Paul Osei-Owusu	Nicholas Taylor
Mesa	Cherndawn Foster	Ben Locke	John Pearson	Kristian Taylor
Les Carter	Paul Freary	Ian Mackenzie	Jennifer Perry	Nigel Travers-Griffen
Darren Chin	Harry Freud	Reece Mander	David Readle	Aldis Ulych
Dean Clark	Max Freud	William Martins	Jonathon Regis	Lottie Walters
Ezra Clarke	Ashley George	Caldeira	Elvis Rimdap	Gary Wilson
Steve Clarke	David Green	Oliver Maskell	James Rogers	Greg Wishart
Belinda Cobden-Ramsay	Jeff Grimes	Seni Mayekodunmi	Denzil Rolle	Geremew Wolde
Greg Conlon	Mavis Hall	Ali McDonald	Gavin Ross	Joachim Wolf
Paul Cowling	Richard Harris	Rob McHarg	James Ryle	Yacin Yusuf
Jennifer Culley	Richard Hayman	Twayne McPherson	Sumaila Salami	
Sandra Dankwa	Jenny Hodges	Farel Mepandy	Stephen Samuel	
	Poppy Hodgson	Nicky Mills	James Saunders	

MATCH 3, COPTHALL, 11 JUL 1999

Darren Campbell jogs 10.11 hundred!

You may never have heard of Simon Fennell. He's the backroom boy who has all BAL Team Membership data on computer and has developed programs for producing match scores in the twinkling of an eye. Simon's contribution behind the scenes is immeasurable and today he remained even further behind the scenes - in Liverpool to be precise! Yes, Simon had got the day incorrectly entered in his diary. Something we all dread had happened to our whiz kid. The ensuing manually produced results arrived therefore much later in the evening than usual and in some cases without confirmation of windspeeds.

This latter point was of particular interest to Darren Campbell, who raced to 10.11 in the 'B' 100 as he overtook the fast starting Jason Livingston (10.24). The 'A' race saw a season's best for Jason Fergus as he ran 10.48 with a legal 1.3m/s wind. Darren's wind was also said to be legal and he was judged to have broken Lindford Christie's league record - but exactly what the windspeed was, wasn't shown in the records. Darren competed a fine double winning the 'A' 200 in 20.51 but this time with a following 2.8m/s wind. However, the really chuffed ones were the Team Managers, as Darren had phoned the night before to cancel as his quads were tight after an over enthusiastic weights session. Hysteria had the desired effect and our lad promised to come down for a jog. Some jog!

The pressure of other competitions saw the absence of many top-flight athletes, so a few events were much weaker than usual. Du'aine Ladejo was scheduled for a rare Div.1 appearance in the 400 but twinged a hamstring in his final warm up and withdrew 5 minutes before the start. It was by then too

late to find another 'A' runner, although the Shaftesbury physio said he could get anyone warmed up in 4 minutes. Not surprisingly there were no takers. Michael Parper made some amends as he won the 'B' 400 in a time which confirms his steady improvement.

The other main points of interest included the first appearance in Belgrave colours of Paul Freary who looked the part as he kicked in to 3rd spot in the 'A' 5000. Lee Hurst was in heavy training for the 5 day event in Manchester and so willingly doubled up in the 3000s/c 'A' and the 'B' 5000, finishing second in both events and collecting a good points total in the process.

In the triple jump, Philips Idowu leapt to 16.11 (no wind speed) and the vaulters achieved a valuable double with Mike Edwards again getting the better of Ben Flint and in so doing moved up the all time points list to fourth spot. (see page 16).

All in all a slightly disappointing day, with just a few beacons of light to illuminate the gloom which descended just as we were being disqualified in the long relay. This was due to our anchorman engaging in a wrestling match with at least one member of the opposition, fighting down the backstraight and then remonstrating with the track referee. To quote the immortal words of Paul Freary 'loose lips sink ships', so, 'no names no pack drill'. I leave it to you to guess who the culprit might be.

The topsy-turvy results of earlier matches continued with Sale bouncing back to second spot. Woodford Green beat both Birchfield and Blackheath to give interest to the relegation battle in Match 4. But Belgrave in extending their lead to 6 points, virtually put a seal on this year's competition.

Below: Nick Cooper spent his season searching for a European Under 23s qualifier. Here he gets out fast to place 4th in the 'A' 110 hurdles at Cophall.



ALAN HEAD

100m: (3.5) 1, D.Campbell 10.11; (1.3) 2, J.Fergus 10.48. 200m: (2.8) 1, D.Campbell 20.51; (1.2) 5, A.Walcott 21.7. 400m: D.Ladejo dns; 1, M.Parper 47.92. 800m: 8, S.Baldock 1:55.12; 4, C.Gilby 1:55.18. 1500m: 6, M.Miles 3:53.75. 5000m: 3, P.Freary 14:44.18; 2, L.Hurst 15:00.67. 110mH: (2.0) 4, N.Cooper 14.29; (2.8) 1, N.Owen 14.51. 400mH: 7, J.Squirrel 56.85; 7, I.Wells 56.31. 3000mSC: 2, L.Hurst 9:22.54; G.Adams dnf. HJ: 2, B.Reilly 2.20; 3, R.Aspden 2.05. LJ: 1, D.Thompson 7.43 (0.8); 1, J.Flynn 7.40. TJ: 3, P.Idowu 16.11; 5, J.Flynn 14.27. PV: 1, M.Edwards 5.30; 1, B.Flint 5.20. SP: 3, L.Newman 16.68; 2, K.Brown 14.00. DT: 2, K.Brown 60.19; 1, L.Newman 57.41. JT: 1, S.Faben 63.27; 3, W.Smith 51.13. HT: 1, M.Jones 72.12; 6, J.Urquhart 53.91. 4x100m: 1, Belgrave 40.57 (M.Dickson, J.Fergus, A.Walcott, D.Campbell). 4x400m: dq Belgrave (R.David, J.Squirrel, D.Nolan, M.Parper). Teams: 1, Belgrave 340; 2, Sale Manchester 297; 3, Shaftesbury Barnet 288; 4, Newham & Essex Bgls 273; 5, Puma TVH 271; 6, Woodford Green 257; 7, Birchfield 246; 8, Blackheath 194.

Has 10.11 ever looked so easy? Later it was revealed that the following wind was 3.5 metres per second.



BRITISH ATHLETICS LEAGUE DIVISION ONE - 1999

1,	Belgrave Harriers	32
2,	Shaftesbury Barnet Harriers	24
3,	Sale Harriers Manchester	19
4,	Birchfield Harriers	17
5,	Puma Thames Valley Harriers	16
6,	Newham & Essex Beagles	16
7,	Woodford Green AC with Essex Ladies	10
8,	Blackheath Harriers	10



Right: Paul Freary made his Belgrave track debut in BAL match 3.

Left: Mark Miles took up the pace for most of the 'A' 1500m at Cophall before getting jumped by the pack over the last 300 metres.

MATCH 4, BIRMINGHAM, 31 JUL 1999

League Record 49.40 from Chris Rawlinson

Our second trip to Birmingham proved no less auspicious than the first with another fine team win. Hosts Birchfield again proved that they could beat most opposition at their home track - but not us! Their final league placing of 4th was their lowest for several years but it was Woodford Green and Blackheath who finished up as bridesmaids and who once again will have to fight for the honour of returning to Division 1.

We could have been forgiven for taking this match easy but a number of outstanding performances showed that we intended to wrap things up with a win. Pride of place went to Chris Rawlinson in the afternoon's first track race - the 400H. Pushing to 5 and then easing off, Chris ran a new BAL record in 49.40 with Tony Borsumato also dipping under 50 secs. Matt Douglas easily won the 'B' by more than a second and we were off to a flier! Good points in the sprints with Jason Fergus finishing fourth behind some classy opposition in the 'A' 100 and then winning the 'A' 200. John Regis won both his 'B' 100 and 200 sprints. Sean Baldock, desperately trying to race himself into fitness after injury, won the 'A' 400 but found it hard going, as too did Dave Nolan in the 'B' 400. But good points nonetheless. These two will be bouncing back next year and getting back to their very best form.



Spencer Barden moved down to 800m and enjoyed himself while clocking a 1.53.4. He returned later for the medley 4x400. Not only was he to get some useful sprint training but the surprise for us on leg 2 was non other than high jumper Richard Aspden. I swear he's got a 3m stride and pretty quick too. With hurdler Matt Douglas also in the team and Dave Nolan representing the only true 400 runner you can see why 'medley' fits the bill.

Matt, incidentally, had also won the 'A' high hurdles, while Neil Owen was pleased to get silver in the 'B' race as he too gradually eases back from surgery.

The jumps also provided excellent points. What happened in the long jump is unclear because only the winner Darren Ritchie approached anything like a respectable distance. Julian Flynn got the better of an injured Darren Thompson. In the high jump, junior Samson Oni leapt to 2.15 to prove that his English Schools win was not a fluke while Richard Aspden looked a lot lighter as he cleared 2.10. Two more wins in the pole vault and again Mike Edwards came out ahead of Ben Flint but only on countback this time.

But back to the other outstanding performances. Mick Jones won the 'A' hammer with a remarkable effort of 74.20 as he vainly chased the World Championship qualifying distance of 75.60. Disappointment for him but not for javelin winner Stuart Faben who won all bets as he slung the hammer more than 38m to get good points in the 'B' competition. Junior Alistair McLean Foreman broke 4 min for the first time in the 1500m but sadly had no 'B' string support.

The 5000m was run with temperatures hovering round the 90's mark and for those inclined, water was provided down the back straight.

New boy Alaster Stewart showed great determination from the gun, hanging onto the leaders (14.20 pace) for 8 laps before suffering serious dehydration. He literally staggered home and then required hospitalisation. In the meantime, Paul Freary only got dropped in the final lap and finished a creditable third behind Blackheath's international, Dave Heath.

The only real disappointment of the afternoon was in the steeplechase where we and Newham both failed to put anyone on the starting line. Lee Hurst was keeping a long booked appointment in the Manchester 5 day event and was sorely missed. Our lack of depth at this event became more apparent than usual.

But having said that and looking back on the numerous occasions during the season when we had no 'B' string competitors, it was a surprise that our total final points score of 1458 was only 2 short of last year's record breaking total. Clearly the standards of our 'A' strings are improving and with better in depth support next year, we can look forward to still better results in 2000.

100m: (0.6) 4, J.Fergus 10.56; (-0.6) 1, J.Regis 10.70. 200m: (-2.6) 1,

J.Fergus 21.43; (-1.8) 1, J.Regis 21.18. 400m: 1, Sean Baldock 47.59; 2, D.Nolan 48.11. 800m: 3, S.Barden 1:53.37; 2, Steve Baldock 1:54.42. 1500m: 7, A.McLean Foreman 3:57.85. 5000m: 3, P.Freary 14:30.25; 4, A.Stewart 15:06.82. 110mH: (0.7) 1, M.Douglas 14.28; 1, M.Douglas 14.96. 400mH: 1, C.Rawlinson 49.40; 1, M.Douglas 51.69. HJ: 2, S.Oni 2.15; 1, R.Aspden 2.10. LJ: 3, J.Flynn 7.08; 2, D.Thompson 6.73. TJ: 7, J.Flynn 13.31; 3, M.Kerr 13.18. PV: 1,

M.Edwards 5.20; 1, B.Flnt 5.20. SP: 3, L.Newman 16.18; 4, N.Sweeney 13.64. DT: 2, N.Sweeney 59.43; 2, L.Newman 58.69. JT: 1, S.Faben 69.12; 8, M.Douglas 42.14. HT: 1, M.Jones 74.20; 5, S.Faben 38.29. 4x100m: 4, Belgrave 41.98 (M.Russell, J.Fergus, J.Regis, N.Owen). 4x400m: 4, Belgrave 3:17.85 (M.Douglas, R.Aspden, S.Barden, D.Nolan).

Teams: 1, Belgrave 363; 2, Birchfield 299; 3, Shaftesbury Barnet 287; 4, Sale Manchester 270; 5, Puma TVH 262; 6, Newham & Essex Bgls 242; 7, Woodford Green 231; 8, Blackheath 211.

British Athletics League

Points Rankings 1999

		Match 1	Match 2	Match 3	Match 4	Total
1	Lee Newman	22	24	24	24	94
2	Matt Douglas	32	16	-	31fi	79fi
3	Kevin Brown	26	25	26	-	77
4	Stuart Faben	16	12	16	20	64
5	Julian Flynn	14	15	16	17	62
6	Lee Hurst	16	12	24	-	52
7	Jason Fergus	7	-	14	28fi	49fi
8	Mike Edwards	-	16	16	16	48
	Ben Flint	12	12	12	12	48
	Mick Jones	-	16	16	16	48
11	Richard Aspden	12	12	8	12fi	44fi
12	John Regis	-	16fi	-	26fi	42
13	Darren Thompson	12	-	16	10	38
14	Darren Campbell	-	-	36	-	36
	Mark Miles	16	14	6	-	36
16	Nick Cooper	13	12	10	-	35
17	Sean Baldock	4	13fi	-	16	32
18	Chris Rawlinson	16	-	-	16	32
19	Spencer Barden	16	-	-	14fi	30fi
	Chris Lambert	11	19fi	-	-	30fi
21	Steve Baldock	8	8	4	10	30
	Brendan Reilly	16	-	14	-	30
23	Dave Smith	16	12	-	-	28
24	Michael Parper	4	11fi	12	-	26
25	Phillips Idowu	14	-	12	-	26
	Dave Nolan	4	9fi	-	12fi	26
27	Neil Owen	-	-	12	12fi	24fi
28	Paul Freary	-	-	12	12	24
29	Nick Sweeney	-	-	-	20	20
30	Andy Tulloch	-	19fi	-	-	19fi
31	Drew Walcott	3	7fi	8	-	18fi
32	Ben Challenger	-	16	-	-	16
33	Austin Ferns	8	6	-	-	14
	Jason Lobo	14	-	-	-	14
	Samson Oni	-	-	-	14	14
36	Kevin Nash	12	-	-	-	12
	Kassa Tadesse	-	12	-	-	12
	Paul Evans	12	-	-	-	12
39	Du'aine Ladejo	-	10	-	-	10
	Phil Spivey	10	-	-	-	10
	Ian Tullett	10	-	-	-	10
42	Matt Kloiber	-	9fi	-	-	9fi
43	Marlon Dickson	5	-	4	-	9
44	Geoff Dearman	8	-	-	-	8
	Marlon Kerr	-	-	-	8	8
	Wesley Smith	-	-	8	-	8
47	Clive Gilby	-	-	6	-	6
	Alaster Stewart	-	-	-	6	6
49	Alistair M-Foreman	-	-	-	5	5
	Jon Squirel	-	-	5	-	5
51	Nick Dawson	4	-	-	-	4
	Jim Estall	-	4	-	-	4
53	John Urquhart	-	-	3	-	3
54	Matt Russel	-	-	-	2fi	2fi
55	Darryl Maynard	2	-	-	-	2
	Ian Wells	-	-	2	-	2



Chris Rawlinson in Cup action. He was hot property after his shattering 48.14 performance in Zurich. Only Kriss Akabusi and Dave Hemery are now ahead of him on the British All-time list.

GOLD CUP SEMI-FINAL WATFORD, 18 JUL 1999

100m: (-1.4) 1, J.Fergus 10.7. 200m: (-0.7) 2, J.Regis 21.3. 400m: 3, D.Nolan 48.7. 800m: 7, C.Gilby 2:04.4. 5000m: 3, K.Tadesse 15:50.2. 10000m: 2, J.Estall 31:51.2. 110mH: (0.1) 2, N.Cooper 14.4. 400mH: 1, C.Rawlinson 51.1. 3000mSC: 7, I.Wells 17:06.9. HJ: gst B.Reilly 2.10; 1, R.Aspden 2.05. LJ: 3, J.Flynn 7.02. TJ: 3, J.Flynn 14.65. PV: 1, M.Edwards 5.30. SP: 1, L.Newman 16.67; DT: 1, L.Newman 58.14. JT: 2, S.Faben 67.84. HT: 1, M.Jones 72.11. 4x100m: 1, Belgrave 41.3 (M.Russell, J.Fergus, J.Regis, N.Cooper). 4x400m: 1, Belgrave 3:15.8 (D.Nolan 50.3, R.Aspden 49.8, C.Rawlinson 47.7, G.Dearman 48.1).

Teams: 1, Belgrave 137; 2, Enfield Haringey 125; 3, Harrow 103; 4, Team Solent 102.5; 5, Herne Hill 89; 6, Windsor, S&E 80.5; 7, City of Portsmouth 62; 8, Crawley 25.

GOLD CUP FINAL BEDFORD, 14 AUG 1999

100m: (+0.7) 4, J.Fergus 10.59. 200m: (+1.6) 3, C.Lambert 21.19. 400m: 1, G.Dearman 46.53. 800m: 2, J.Lobo 1:49.91. 1500m: 2, S.Barden 3:56.28. 5000m: 5, K.Tadesse 15:16.66. 10000m (inc. SEAA Champs.): 1, P.Evans 29:22.87; 2nd in Champs. C.Herrington 31:08.21. 110mH: (+2.1) 3, M.Douglas 14.12. 400mH: =1, M.Douglas 50.20. 3000mSC: 5, L.Hurst 9:21.53. HJ: 3, S.Oni 2.05. LJ: 3, J.Flynn 7.40w. TJ: 1, P.Idowu 16:01. PV: 1, M.Edwards 5.30. SP: 2, L.Newman 16.34. DT: 1, L.Newman 58.52. JT: 3, S.Faben 75.22. HT: 2, D.Smith 65.05. 4x100m: 4, Belgrave (M.Russell, J.Fergus, C.Lambert, M.Douglas 41.85). 4x400m: 2, Belgrave (D.Nolan, G.Dearman, S.Baldock, C.Rawlinson) 3:11.92.

Four Gold Cup Wins in a row

The shadow of the forthcoming Seville World Championships hung gloomily over this year's Gold Cup Final, as several successful contenders had already disappeared to their respective training camps, while several of the disappointed ones had cut their losses and opted for early end of season holidays.

Nonetheless, the meeting produced some excellent performances with just a few surprises to make it interesting.

Perhaps the biggest surprise of all was the absence of the mighty Birchfield Harriers. Whereas we had gained from the Semi-final seeding arrangements, Birchfield had drawn a very competitive set of teams which they had underestimated and paid the penalty. I wouldn't have liked to have been at their Headquarters when the news filtered back that they hadn't made the final.

Our first end of week flutter happened when Mick Jones phoned in to say that he was enjoying himself with the family in the Isle of Wight. Thankfully Dave Smith, who was in his end of season rest phase, agreed to throw at very short notice and once again he amassed valuable hammer points to get our afternoon's campaign off to a good start.

It was on the morning of the Cup Final that we learnt that Chris Rawlinson would not be doing the 400H. Not to panic though, for Chris had contacted Matt Douglas who had agreed to double up on both the long and short hurdle events. Matt had been through a bad patch recently so was going only for the points - and yet! Well, it just goes to show what a funny old sport this is. Matt, relaxed, strong, just cruised to 5 to find himself next to Sale's Tony Borsumato. The resultant scrap saw Matt the winner in the same time as Tony, but, wait for it, in a season's best and equal PB. Matt was over the moon, had a couple of digs at training partner Geoff Dearman and prepared for a busy afternoon.

Geoff was up against Solomon Wariso in the flat 400 and aware of Solomon's fast finish, hammered it from the start. His large lead as he entered the finishing straight still did not seem enough to repel the famous Wariso late sprint. But it was - by 2/100ths of a second. So Geoff joined Matt's celebrations

In the meantime, Paul Evans had eased away from the opposition

in the 10,000m which was also combined with the South of England Championships. We had taken the precaution of entering Paul's name in the Area event, so once again he was South of England Champion. Charles Herrington, also entered in the bigger race, was conspicuous wearing his now famous bandana and duly pirated third spot. A fine South of England bronze for him and what great news that he is moving to Belgrave first claim.

With Birchfield out, the discus was a formality for Lee Newman and his 58.52 was a fine effort in a difficult wind. Lee went on to get the silver in the shot so a good afternoon for him. But the real happy bunny was Stuart Faben, who up to this event had had a very up and down and poor season. Clearly the wind was better for the javelin event which saw an 80m plus effort from Newham's Mark Roberson, with World Junior Gold medalist Dave Parker second. But in third spot, with his best ever throw in a Belgrave vest, was Stuart with a fine 75.22 performance.

Matt Douglas who was press ganged into the glory leg of the short relay, disappeared thereafter to the bar only to have the pint of cool, clear beer pulled from his grasp as the long relay runners got ready for the final event of the day. The reason for this uncharitable act brings me back to the Chris Rawlinson saga.

Chris, after his world shattering performance in Zurich had suddenly become UK Athletics hottest property. Forget that they had virtually ignored Chris all summer, that he couldn't get 400H races abroad when he needed them and that his development had been restricted to runs for Loughborough and Belgrave - mainly in the British League. Forget all that, Chris was now hot property and UK Athletics had strongly advised him not to run the 400H. More than that, if it rained, this weather beaten hunk from Rotherham was not allowed to get wet in case he slipped. Could you believe it?

Well, you've guessed it. After the sprint relay had finished and Matt had departed to his alcoholic lair, it started to rain. Consternation in the covered warm up area. Would Chris be permitted to get his elegant tights wet? It seemed not. Hence the frantic call for Matt, who duly arrived

and with team members Dave Nolan, Geoff Dearman and Sean Baldock proceeded to gently cajole our Chris, who by now could see the funny side. But wait, it had stopped raining. The track was wet, but it had stopped raining. This was all getting pretty nail biting stuff, especially as Newham had put out a really strong quartet with the sole aim of beating us in a time faster than our Athens top ranking effort of 3.06.63. OK, Chris was on for it. Matt retreated to the bar and we were off. About leg 2 it became clear that Newham had the beating of us, so we settled for second spot and hoped our Athens record would stay intact. It did. Oh and just to complete the story, it started to rain half way round the 4th lap and who was running that? You've guessed it. Chris.

Anyway, another fine Gold Cup win some 20 points clear of Sale who had eased away from Newham in the latter stages. This was our third consecutive League and Cup double. Blackheath and Shaftesbury tied for 4th spot and had 1 event win each so there will be a headache next year for the seeding Committee. But for now, well done to all the team, with heartiest congratulations from the Management!

MARK SHEARMAN



Brendan Reilly switched to the colours of Ireland and took the Irish high jump record to 2.29m at the World Champs. in Seville.

BAL GOLD CUP FINAL 1999

1,	Belgrave Harriers	136
2,	Sale Harriers Manchester	116
3,	Newham & Essex Beagles	110
4=,	Blackheath Harriers	88
4=,	Shaftesbury Barnet Harriers	88
6,	Border Harriers	73
7,	Enfield & Haringey AC	71
8,	Woodford Green & Essex Ladies	55

February 1999

20 South Dakota, USA. PV: M.Edwards 5.34.

April 1999

10 South Africa vs. England, Pretoria. 800m: 7, J.Lobo 1:50.95. JT: 6, S.Faben 65.09.
23 Fullerton, California, USA. 200m: (+1.5) 3, D.Chambers 20.68.

May 1999

9 La Laguna, Tenerife. 800m: 10, M.Yates 1:52.43.
14 -15 Halle, Germany. HT: 5, M.Jones 74.11.
22 Papafisessa Meet, Kalamata, Greece. 100m: (1.1) 2, D.Campbell 10.25. 200m: (4.8) 4, J.Regis 21.11.
23 Ljubljana, Slovenia. 110mH: 2, A.Tulloch 13.94.
23 England vs. GB Students vs. Loughborough Uni. vs. Scotland vs. GB Juniors, Loughborough.
There were plenty of Belgrave personnel in this traditional season-opener. Startling early season sprint form came from Dwain Chambers with young Chris Lambert also causing a few eyes to open. Pride of place must go to Phillips Idown though - his 16.41 triple jump extended his Club Record by a further 6 cms. - and Mike Jones, who also set a new Belgrave best in the hammer. Mike's 75.20 came in the first round and he followed up with four more throws over 70 metres and a final effort just a foot short of the 70m arc. 100m: 2.8 1, D.Chambers (Eng) 10.17; 5, C.Lambert (GBJ) 10.46. 400m: 3, G.Dearman (GBS) 46.40; c 1, M.Parper (gst) 48.96. 1500m: 2, S.Barden (Lough) 3:44.68. 110mH: (1.5) 1, M.Douglas (gst) 14.00. b (3.3) 1, N.Cooper (gst) 14.37. 400m: 1, C.Rawlinson (Lough) 50.09; 3, M.Douglas (GBS) 50.70. HJ: 1, B.Challenger (Lough) 2.25; 2, B.Reilly (gst) 2.20. LJ: 5, J.Flynn (Eng) 7.47 (0.4). TJ: 2, P.Idown (GBJ) 16.41 (0.3) PV: 2, B.Flint (GBJ) 5.10. DT: 6, S.Thompson (GBJ) 46.68. JT: 2, S.Faben (Eng) 68.62. HT: 1, M.Jones (Eng) 75.20.
29-30 Arles, France. Decathlon: D.Ladejo 100 10.53 (2.2), LJ 7.62 (3.9), SP: 12.59, HJ: 1.97, 400 47.11 - 4304 after the first day.
30 Hengelo, Netherlands. 200m: 5, D.Chambers 20.83.

June 1999

7 Golden Gala, Rome, Italy. 100m: (0.8) 8, D.Campbell 10.22.
13 Nuremberg, Germany. 100m: (1.1) 2, D.Chambers 9.99 (10.23 h2 -0.4); 5, D.Campbell 10.19; (10.19 h1 0.3).
13 Bedfordshire International Games. 400m: b 1, M.Parper 47.71. 110mH (-2.4) 4, N.Cooper 14.54. HJ: 4, R.Aspden 2.00. LJ: 5, D.Thompson 7.23. PV: 2, B.Flint 5.20.
16 Athens. 1500m: 12, M.Yates 3:44.99.
17-19 Jamaica, National Champs., Kingston. SP/DT: 1, K.Brown 14.12/59.26.
18 Houston, Texas, USA. 3000mSC: 1, J.Chaston 8:33.62.
19 Charley Stadium, Paris, Europa Cup Division One. 100m: (-0.8) 1, D.Chambers 10.21. 400mH: 5, C.Rawlinson 49.65. HT: 8, M.Jones 72.04 (72.04, 70.12, 69.65, 70.77). D.Campbell ran second leg of winning 4x100 team (CBP) 38.16.
19 City Games, Cork, Ireland. 100m: (6.3) 8, A.Walcott 11.12. 200m: (3.9) 8, Walcott 21.97. 800m: 5, J.Lobo 1:48.82. 1500m: 8, S.Barden 3:47.81. HJ: 1, B.Reilly 2.15; 3, B.Challenger 2.10. LJ: 2, J.Flynn 7.76 (2.1). PV: 4, B.Flint 5.20.
19 U20 International, Mannheim, Germany. 200m: (0.7) 1, C.Lambert 20.71 (man of the match). 400mH: 5, A.Ferns 53.12.
19 Istanbul, Turkey. 100m: (1.0) 7, M.Dickson 10.87. 400m: 7, D.Nolan 48.45.
22 Celle Ligure, Italy. 400mH: 1, C.Rawlinson 50.11.
23 Thessaloniki, Greece. 100m: r2 (4.7) 1, D.Chambers 10.29; 3, D.Campbell 10.34. 100m: (5.1) 8, J.Regis 10.65. 200m: (6.6) 2, J.Regis 20.81.
25 Central American & Caribbean Champs., Bridgetown, Barbados. DT: 1, K.Brown 56.02.
27 CGU International, Gateshead. 100m: (-0.2) 1, D.Chambers 10.05; 7, D.Campbell 10.36. 200m: (0.0) 8, J.Regis 21.31. 400m: 5, Sean Baldock 46.21. Emsley Carr 1 mile: 9, M.Yates 4:02.60.

MARK SHEARMAN



Gothenburg and the European Under 23 Championships. Ben Challenger is in patriotic mood after soaring over 2.30m in the high jump to capture his second major gold medal of the season.

3000m: 13, S.Barden 8:07.80. 110mH: (-?) 4, A.Tulloch 13.65. HJ: =4, B.Challenger 2.24 (2.15o, 2.20xo, 2.24xxo, 2.28xxx); 7, B.Reilly 2.20 (2.20xo, 2.24xxx).
27 Meilen, Switzerland. 800m: 1, J.Lobo 1:49.31.
30 Mobil Bislett Games, Oslo, Norway. 110mH: h3 (1.5) 3, A.Tulloch 13.49.

July 1999

2 Lausanne, Switzerland. 100m: r1 (-0.9) 3, D.Campbell 10.26; r2 (0.4) 7, D.Campbell 10.15.
3 St. Denis, France. 100m: (-0.6) 1, D.Chambers 10.12 to head Dennis Mitchell, Obadale Thompson and Donovan Bailey - among others.
3 Multi-Nation International, Budapest, Hungary. 100m: h2 4, J.Regis 10.54. 200m: (0.0) 6, J.Regis 20.91. 400m: 3, D.Ladejo 45.93. 1500m: 15, J.Lobo 3:46.76. 110mH: r1 1, A.Tulloch 13.65. LJ: 9, J.Flynn 7.22. DT: 6, L.Newman 59.10.
3 Fila International, Belfast. HJ: 3, R.Aspden 2.00. JT: 2, S.Faben 64.10.
8 - 13 World University Games, Majorca. 200m: h1 3, Sean Baldock 21.55 (dnf in qf). 400m: 5s1 G.Dearman 46.16 (1h2 46.81, 4q2 46.56). 1500: 8, S.Barden 3:44.86 (3h2 3:47.74; 5s2 3:47.65). 400mH: 5, Rawlinson 48.88 (1h2 70.33, 4s1 49.36); h5 4, M.Douglas 52.07. HJ: 1, B.Challenger 2.30.
11 Ingolstadt, Germany. 200m: (-0.1) 2, J.Regis 21.03.
11 Riga, Latvia. 800m: 5, J.Lobo 1:47.20.
18 CGU Under 23 International, Hexham. 100m: 3, M.Dixon 10.87. 400m: 3, M.Parper 47.69; b 2, R.David 48.02. LJ: 5, D.Thompson 7.41. TJ: 2, P.Idown 16.12. PV: 3, B.Flint 5.10. 5 kms W: 4, A.Gouldie 23:00.24.
13 Northern Ireland Games, Antrim. 100m: (-1.5) 4, J.Regis 10.85.
24 Under 20 International, Albertville, France. 100m: (0.1) 2, C.Lambert 10.46. 400mH: 5, A.Ferns 52.8. DT: 3, S.Thompson 45.20. JT: 8, T.Kitney 58.39.
24 Irish Champs., Dublin. 1, N.Sweeney 59.56. HJ: 1, B.Reilly 2.28 (record).
28 Fana, Norway. 200m: (0.4) 2, J.Regis 21.17. PV: M.Edwards no ht.
29 - Aug 1 European Under 23 Championships, Gothenburg, Sweden. a=29th, etc. 400m: c 1, P.Haczek (Poland); 4, G.Dearman 46.49 (1h4 a 46.73, 3s2 b 46.34). HJ: c 1, B.Challenger 2.30 (2.18o, 2.22o, 2.25o, 2.28xo, 2.30o, 2.32x, 2.33xx) (qual. Grp A a 2.14o, 2.17o). TJ: b 1, P.Punga (Romania) 16.73; 5, P.Idown 16.39 (16.39/0.6, 15.96/-0.8, 15.99/1.6, 15.88/1.5, 16.02/1.3) (qual. a 16.08/1.4, 16.08/0.8, 16.01/0.9). 4x400m heats GB 2nd with Parper to David 3:06.96. Dearman came into squad for final while other two came out. 4x100m: Marlon Dickson travelled but was not called upon.

30 Stockholm, Sweden. 100m: (0.6) 8, D.Chambers 10.13 (3h2 10.17/0.8).

August 1999

1 Thurrock. 200m: (-1.1) 4, J.Regis 21.09. 800m: 2, J.Lobo 1:48.08. 110mH: (-0.5) 3, A.Tulloch 14.65; 4, N.Owen 14.80. DT: 1, N.Sweeney 62.00; 5, L.Newman 58.04. HT: 1, M.Jones 71.07. Women. 400m: 3, J.Culley 55.97.
2 Malmö, Sweden. 100m: (-0.4) 5, D.Campbell 10.27.
5 - 8 European Under 20 Championships, Riga, Latvia. a=5th, etc. 200m: c (3.6) 1, A.Cavallero (Italy) 20.46; 3, C.Lambert 20.67 (1h3 21.14/-0.8 b). 400mH: b h1 5, A.Ferns 54.27. Lambert ran leg 3 in 4th place 4x100 39.78.
7 Hechtel, Belgium. LJ: 10, D.Thompson 6.90.
7 British Grand Prix, Crystal Palace. 100m: (-0.6) 3, D.Chambers 10.04; 7, D.Campbell 10.16. 200m: (-1.1) 8, J.Regis 21.44. 400m B: 1, G.Dearman 46.21; 6, Sean Baldock 46.96. 800m: 7, J.Lobo 1:45.82. HJ: 3, B.Challenger 2.24.
9 Welsh Games, Wrexham. 200m: 6, J.Fergus 21.80.
10 Växjö, Sweden. 1 mile: 4, S.Barden 4:00.96.
11 Weltklasse Meet, Zurich. 400mH: r2 1, C.Rawlinson 48.14.
13 Sundsvall, Sweden. 3000m: 5, S.Barden 7:59.80. JT: 5, S.Faben 68.96.
15 The Hague, Netherlands. DT: 2, N.Sweeney 61.10.
21 U19 International, Neubrandenburg, Berlin. 100m: (0.2) 2, C.Lambert 10.31. 200m (0.5) 1, C.Lambert 20.63. 400mH: 7, A.Ferns 54.99. DT: 2, S.Thompson 53.45.
28 GB&NI vs France 'B' International, Ashford. 200m: 3, J.Fergus 21.33; 400m: 1, D.Ladejo 46.50. PV: 1, B.Flint 5.30. DT: 1, L.Newman 57.96. HT: 1, M.Jones 73.32.
30 Tessengerlo, Belgium. JT: 2, S.Faben 66.47.

September 1999

3 Ivo van Damme Meet, Brussels. 100m: 6, D.Chambers 10.30.
4 CGU Challenge, Great Britain & N. Ireland vs. USA, Glasgow. 100m: (1.5) 2, D.Campbell 10.16; 3, D.Chambers 10.27. 400m: 6, G.Dearman 47.17. 800m: 5, J.Lobo 1:50.28. 400mH: 6, M.Douglas 51.31. HJ: 2, B.Challenger 2.15 (2.05o, 2.10o, 2.15o, 2.20xxx). 4x100m: 1, GB&NI 39.09 (A.Condon, D.Campbell, M.Devonish, D.Chambers). 4x400m: 2, GB&NI 3:08.24 (G.Dearman, J.Baulch, A.Borsomato, M.Richardson).
4 U23 Home International, Derby. HT: 3, J.Urquhart 56.15.
11 Biella, Italy. 1500m: 2, S.Barden 3:43.55.

Track & Field - Domestic Results Roundup

March 1999

- 7 Deangate, Veterans' Weight Pentathlon. 1, M.Small 3403pts (HW: 13.48, JT: 42.36, SP: 12.78, DT: 41.03, HT: 46.10)
- 20 Crawley Open. 300m: 2, E.Hassan 35.8. SP: 2, M.Small 13.12. DT: 1, M.Small 40.78. HT: 2, M.Small 46.60.
- 21 Kingstons & Poly. H Open, Kingsmeadow. U20M 150m: 1, R.Hart 17.7. Women's 150m: 1, V.Pincott 20.4. 300m: 1, J.Culley 41.2. U15G 150m: 1, G.Marek 22.2.
- 28 Havering Mayesbrook Open. 100m: 5, M.Peacock 11.2. 200m: 3, M.Peacock 23.0.

April 1999

- 2 Verlea Open. SP/DT/HT: M.Small 13.22/40.71/42.86.
- 4 Thomas Lintern Medal Meet, Crawley. 400m: 1, M.Peacock 50.8.
- 5 Tonbridge Open. SP/DT/HT: M.Small 12.82/41.79/44.78
- 11 Watford Open. 100m: 4, M.Peacock 11.4. 200m: 2, M.Peacock 22.5.
- 14 VAC Meet, Battersea Park. 100m: C.Manning 19.5. SP/HT: M.Small 13.12/46.63.
- 17 Crawley Open. 100m: 3, M.Peacock 11.3. 400m: 3, M.Peacock 50.8.
- 18 SE Throwers Club competition, Crystal Palace. Throws Pentathlon. M.Small 3716 points (M45 British Record). (HT: 45.01 766pts, SP: 12.85 800, DT: 37.58 688, JT: 43.30 682, 35lb HT: 13.15 780).
- 18 Walton Open Meet. 200m: 1, M.Peacock 23.3. 400m: 1, M.Peacock 50.0.
- 18 Crawley Open. HT: 1, M.Jones 71.62.
- 24 Nottingham. 800m: A.Stewart 2:06.5.
- 24 Loughborough Students vs. University of Wales, Loughborough. 100m b: 1, C.Rawlinson 11.1.
- 25 Puma TVH Open, Linford Christie Stadium. 100m: 4, M.Peacock 11.3. 200m: 3, M.Peacock 22.9.
- 25 WLHS Hammer Meet, Colindale. 1, M.Jones 71.59; 7, J.Urquhart 57.24. B 3, J.Urquhart 59.42.
- 27 City League, Nottingham. 800m: 6, A.Stewart 2:06.5. 1500m: 2, A.Stewart 4:12.9. 3000m: 2, A.Stewart 9:21.7.
- 28 VAC Meet, Battersea Park. 100m: 5, C.Manning 20.1.
- ? Crawley Open Meet. 600m: 2, M.Peacock 1:24.1.
- ? Cosford. L.Newman 55.34.

May 1999

- 1 Southern League Division 2, Harrow. 5000m: 1, C.Herrington 14:48.0.
- 1 -3 British Universities Sports Association Champs., Bedford. a=1st, b=2nd, c=3rd. 200m: c (+1.2) 5, N.Dawson 21.54. 400m: c 1, G.Dearman 46.30. 5000m: b 1, S.Barden 14:25.45. 110mH: c (-1.4) 5, N.Cooper 14.82; b ht1 (-2.4) 3, N.Sear 15.32; ht2 (-2.0) 1, M.Douglas 14.91. 400mH: b 1, C.Rawlinson 50.29 (CBP); 4, M.Douglas 52.41. HJ: c 1, R.Aspden 2.10. LJ: c 1, D.Thompson 7.30. TJ: a 2, P.Idowu 15.32. PV: b=1, B.Flint 5.00. HT: b 1, J.Urquhart 57.79.
- 3 Hertfordshire Open, Welwyn. 110mH: 2, D.Ladejo 14.9. SP/DT: 1, D.Ladejo 12.45/40.84.
- 3 AAA 10,000m Champs., Watford. 2, P.Evans 28:34.62.
- 8 -9 County Championships. All senior men unless otherwise specified. Avon at Yate. 400m: 1, M.Kloiber 50.2. Buckinghamshire at Milton Keynes. 5000m: 1, C.Herrington 15:09.9. Dorset. 100m: 1, S.Exley 11.2. 200m: 1, S.Exley 22.7. PV: 1, S.Exley 3.60. Essex at Southend. 200m: 1, J.Fergus 21.3. Under 20 Men. 100m: 1, M.Russell 11.5. 200m: 1, M.Russell 21.9. Hertfordshire at Watford. SP: 1, M.Small 13.07. DT: 2, M.Small 40.40. HT: 2, M.Small 46.66. Kent at Ashford. HT: 2, J.Urquhart 53.33. Middlesex at Enfield. 400m: 3, M.Peacock 50.1. 110mH: (-1.0) 2, D.Ladejo 15.0. LJ: 1, D.Ladejo 6.90. JT: 2, D.Ladejo 48.70. Norfolk at Great Yarmouth. 110mH: 1, I.Wells 16.0. 400mH: 1, I.Wells 58.1. Nottingham at Derby. 5000m: 3, A.Stewart 15:06.5.

- Surrey at Kingsmeadow. 100m: 1, M.Dickson 10.8; 4, M.Parper 11.1; dnf D.Thompson; hts. 3, D.Thompson 11.2; 7, D.Akinbogun 11.6. 200m: (+3.0) 1, M.Dickson 21.4 (21.5 h -0.9); 5, M.Parper 22.2 (22.3 h +2.0); 6, J.Hilston 22.3 (22.8 h +2.0); 7, E.Hassan 22.7 (22.7 h -0.9). 400m: 2, E.Hassan 50.4; 5, D.Akinbogun 52.3. 400mH: 4, J.Squirrel 57.3. LJ: 1, D.Thompson 7.32. SP: 7, P.Lyttle 10.86. Under 20 Men. 100m: (+1.8) 1, C.Lambert 10.5 (=CBP). 200m: 1, C.Lambert 21.5. 400mH: 1, A.Ferns 54.9. LJ: 1, M.Kerr 6.99. Under 17 Men. 200m: 5, A.Lambert 23.9. 400m: 1, A.Lambert 51.5; 5, D.DeEmmony 56.2 (55.4 h). Under 15 Boys. 200m: (+1.1) 5, T.Tsui 26.0 (25.7 ht); 8, P.Doorgachurn 27.1 (26.5 h). 400m: 5, T.Tsui 59.4. LJ: 5, P.Doorgachurn 4.81. Under 13 Boys. 100m: 2, E.Rimnap 14.3 (14.0 h +1.8). 200m: 7, R.Collier 32.1; hts. 5, C.Taylor 32.8. 800m: 4, E.Rimnap 2:30.1. SP: 1, R.Collier 7.70. JT: C.Taylor 20.37. Senior Women. 400m: 2, J.Culley 57.2. 1500m: 1, S.Stracey 5:19.7. Under 13 Girls. 600m: 1, L.Collier 1:52.7. Sussex. 800m: 1, Steve Baldock 1:55.43; 2, Sean Baldock 1:56.90. HT: 1, M.Jones 73.00. Warwickshire at Solihull. DT: 1, K.Brown 56.09. Yorkshire at Cleckheaton. 100m: 4, D.Nolan 10.94. 200m: 2, D.Nolan 22.32. PV: 1, B.Flint 5.35 (CBP). East Wales at Brecon. 400m: 1, D.Maynard 50.3. Scottish North District at Inverness. SP: 2, S.Thompson (U20) 14.28.
- 11 City League, Nottingham. 1500m: 2, A.Stewart 4:06.5.
- 12 Loughborough University vs. Brunel vs. British Police, Loughborough. 100m b: 2, S.Baldock (Brunel) 11.0. 200m a: 3, N.Dawson (Brunel) 21.9. b: 1, M.Douglas (Brunel) 21.9. c: 1, S.Baldock 21.9; 2, G.Dearman (Brunel) 22.0. 800m: 3, S.Barden (Lough) 1:52.2. 1500m: 1, J.Lobo (Police) 3:50.9. 3000m: 2, S.Barden 8:10.5. 110mH: 1, M.Douglas 14.3. HT: 2, P.Spivey (Police) 59.63.
- 12 VAC Meet, Kingsmeadow. 100m: C.Manning 18.4. DT: 1, M.Small 42.86.
- 15 Southern League Division 2, Milton Keynes. 5000m: 1, C.Herrington 14:52.1.
- 19 Loughborough University vs. Army vs Oxford, Loughborough. 100m: 3, D.Nolan (Army) 11.1. 200m: 1, D.Nolan 22.0.
- 22 Inter-University Challenge, Bath. 110mH: 1, R.Sear 15.6.
- 23 SE Counties Throws Club, Throws Pentathlon, Epsom. 1, M.Small 3848 (HT 47.35, SP 12.82, DT 39.44, JT 43.44, 35lb WT 13.65).
- 25 City League, Nottingham. 3000m: 1, A.Stewart 8:52.0.
- 28 SE Counties Throws Club, Throws Pentathlon, Deangate. 1, M.Small 3990 (HT 49.42, SP: 13.29, DT 41.21, JT 44.19, 35lb 13.78).
- 29 Surrey County AA Veterans' T&F Champs., Kingsmeadow. M40 LJ: 2, J.Druce 5.12. TJ: 2, J.Druce 11.90. M50 LJ: 1, S.Brooks 4.04. HJ: 1, S.Brooks 1.42 (CBP). PV: 1, S.Brooks 3.00 (CBP). SP 3, S.Brooks 11.00. DT: 2, S.Brooks 36.72. JT: 2, S.Brooks 43.53. 3000mW: 1, C.Lawton 16:52.6. M70 100m: (4.4) 2, C.Manning 19.0. 200m: (4.6) 1, C.Manning 40.8. 400m: 3, C.Manning 2:07.2. Women W50 PV: 1, M.Jones 1.80 (=CBP). DT: 2, M.Jones 12.95. JT: 2, M.Jones 17.46. HT: 2, M.Jones 27.62.
- 30 - 31 Inter-Counties Champs., Bedford. a=30th, b=31st 200m: b h3 (-0.6) 2, M.Dickson (n/s Surrey) 21.86; h4 (-1.0) 3, J.Fergus (Essex) 21.78; 4, N.Dawson (Sussex) 21.95; sf1 (-0.4) 5, J.Fergus 21.64; 6, M.Dickson 21.65; sf2 (-1.6) 6, J.Dawson 21.87. 400m: a h1 1, G.Dearman (Middx) 46.87; h2 5, M.Kloiber (Avon & Som) 49.50; 7, D.Maynard (E.Wales) 51.57. final 1, G.Dearman 46.05. 800m: b h 1, Steve Baldock (Sussex) 1:52.13; final 6, Steve Baldock 1:52.96. 3000mSC: a h 8, K.Nash (n/s Hants) 9:16.30. HJ: b 7, R.Aspden (Surrey) 2.05. SP: b 16, S.Thompson (N.Dist.Scotland U20) 12.77. DT: a pool a 1, K.Brown (Warks) 55.04; 3, L.Newman (n/s Kent) 52.99; 5, S.Thompson (N.Dist.Scotland U20) 46.49; final 3, K.Brown 57.44; 4, L.Newman 55.66. HT: b pool a 1, D.Smith (Humber) 67.02; final 2, D.Smith 67.69.

Women. 400m: b h4 4, J.Culley (n/s Surrey) 56.42.

June 1999

- 5 Southern League Division 2. 5000m: 1, C.Herrington 14:55.1. 1500m b: 1, C.Herrington 4:10.1.
- 8 City League, Nottingham. 1500m: 4, A.Stewart 4:06.8.
- 9 Watford Open. 400m: 1, M.Kloiber 49.2.
- 9 Loughborough University vs. RAF, Loughborough. 800m: 2, S.Barden 1:54.0. 3000m: 1, S.Barden 8:28.9. DT: 2, K.Brown (gst) 56.82; 4, A.Ekoku (gst) 51.33.
- 13 Gold Cup 1st Round, St. Ives, Cambs. 10000m: 1, C.Herrington 30:50.1.
- 18 Blackburn Open. 400m: 1, J.Lobo 49.6.
- 19 HHH/SLH Open Meet, Tooting. 800m: 2, H.Raidi 2:00.2; 6, E.Lemenager 2:09.0. 1 mile: 1, R.Alsop 4:24.2; 2, G.Adams 4:29.8; 4, P.Coughlan 4:37.0. PV: 2, T.Lawton 3.10. SP: 4, P.Lyttle 10.80. DT: 1, M.Small 38.50; 2, P.Lyttle 33.87. HT: 3, M.Small 42.48. U15 400m: 1, D.DeEmmony 54.9.
- 19-20 Area Championships. SEAA, Watford a=19th, b=20th 100m: a h1 (1.1) 5, D.Akinbogun 11.13; h4 (0.7) 2, J.Fergus 10.75; sf1 (1.9) 3, J.Fergus 10.59; final (1.1) 8, J.Fergus 10.71. 200m: b h1 (-2.2) 7, M.Peacock 23.1; h4 (1.1) 7, D.Akinbogun 22.6. 400m: a h1 6, J.Panton 52.47; h2 3, J.Hilston 50.39; 5, M.Peacock 51.14; h3 1, M.Parper 48.35; h4 5, D.Akinbogun 51.23; final 5, M.Parper 48.2. 800m: a h6 2, Steve Baldock 1:53.83; B final b 1, S.Baldock 1:52.8. 1500m: a h3 7, K.Nash 4:00.88. 110mH: b h1 (2.2) 1, N.Cooper 14.45; 3, N.Owen 14.92; h2 (2.3) 3, R.Sear 14.88; final (-1.7) 3, N.Cooper 14.5; 5, N.Owen 14.9; 7, R.Sear 15.3. 400mH: a h2 5, J.Squirrel 57.28. HJ: b 5, R.Aspden 2.10 (2.00o, 2.05o, 2.10xo). LJ: a 8, C.Igbon 6.69 (6.69 1.9, x, 6.67 1.8, x, x, x) PV: a 1, M.Edwards 5.25 (5.10xo, 5.25o, 5.37xxx).
- Women. 400m: a h2 5, J.Culley 56.35. Midland AA Championships, Stoke on Trent. 400m: 2, M.Kloiber 48.24. NEAA Championships, Leeds. HT: 1, D.Smith 67.60. Welsh Championships, Colwyn Bay. SP: 1, L.Newman 16.26. DT: 1, L.Newman 58.29.
- 20 Barn Elms, Richmond & Twickenham Open. 100m: 1, B.Mensah 11.1.
- 22 Nottingham. 1500m: 2, A.Stewart 4:04.4. 3000m: 1, A.Stewart 9:09.3.
- 23 VAC Meet, Kingsmeadow. 100m: r3 1, C.Manning 19.1. 600m: 3, A.Painter 1:42.1.
- 23 BMC Nike GP, Watford. 800m: race a 4, M.Yates 1:48.59. race e 1, Steve Baldock 1:52.03; 7, A.McLean (U20M) 1:53.04.
- 26 Scottish Championships, Scotstoun, Glasgow. SP: 5, S.Thompson (U20M) 13.70.
- 26 Southern League Div 2, Sutton Arena. 5000m: 1, C.Herrington 15:11.1.
- 29 SE Veterans Inter-County, Kingsmeadow. M40 TJ: 1, J.Druce 11.57. PV: 2, T.Lawton (M55) 3.00. M50 3000m: 1, C.Dickenson 9:40.0. PV: 1, M.Joyce 2.60.
- 30 Army vs Hants. vs Surrey, Aldershot. 200m: 2, D.Nolan 22.62. 110mH: 1, N.Owen 15.25. Women 400m: 1, L.Staines 55.62; 2, J.Culley 56.05.
- 30 Woking Open. 1500m: 1, G.Adams 4:04.5.

July 1999

- 2 -4 CGU AAA U20 & U23 Champs. & European Trial, Bedford. Under 23. 100m: b h1 (2.5) 2, M.Dickson 10.52; final (2.3) 5, M.Dickson 10.46. 200m: c h1 (-0.4) 2, M.Dickson 21.65; f (-0.3) 4, M.Dickson 21.49. 400m: a h1 1, G.Dearman 47.63; h3 1, M.Parper 47.52; 3, R.David 47.92; b final 2, G.Dearman 47.29; 3, M.Parper 47.83; 8, R.David 49.65. 110mH: c final (1.0) 2, N.Cooper 14.45; 6, R.Sear 15.13. LJ: a 1, D.Thompson 7.52. TJ: b 1, P.Idowu 16.09 (2.7). PV: c 3, B.Flint 5.00. JT: c 4, W.Smith 49.80. HT: 3, J.Urquhart 56.24. Under 20. 100m: b h4 (2.0) 1, C.Lambert 10.59; h5 (2.3) 2, M.Russell 10.81; sf1 (4.0) 5, M.Russell 10.83; sf2 (1.5) 1, C.Lambert 10.46; final (0.9) 2, C.Lambert 10.40. 200m: c h1 (-0.8) 1, C.Lambert 21.92; sf1 (-1.1) 1, C.Lambert 21.7; f (0.5) 1,

C.Lambert 21.47. 800m: a h3 3, A.McLean 1:55.16. 400mH: b h2 1, A.Ferns 55.37; final 5, A.Ferns 54.35. HJ: c =2, S.Oni 2.08. LJ: c 7, M.Kerr 6.79 (-1.0). DT: c 2, S.Thompson 46.99. JT: c 4, T.Kitney 65.31.

3 Open Meet, Gloucester. 400m: 2, M.Kloiber 49.9.

4 Open Meet, Linford Christie Stadium. 200m: 3, B.Mensah 22.9.

6 BMC Tonbridge. 800m: r2 4, Steve Baldock 1:54.4.

7 Inter-Services Meet, Portsmouth. 400m: 1, D.Nolan 48.6.

14 BMC GP, Solihull. 3000m: 5, M.Miles 7:57.21.

14 Watford Open. 400m: 3, M.Peacock 50.7. PV: 1, M.Edwards 5.15.

15 VAC Meet, Kingsmeadow. 100m: r2 5, C.Manning 20.1. 300m: 3, J.Searle 50.7.

18 Women's Jubilee Cup Semi-Final, Watford. 400m: V.Pincott 59.5.

20 North London AC Open, Finsbury Park. 100m: 4, B.Mensah 11.2. 200m: 3, B.Mensah 22.8.

22 Sefton Branccker Trophy, Colindale. 400m: 2, M.Peacock 50.6.

23 - 25 CGU AAA Championships & World Champs. Trial, Birmingham. a=23rd, b=24th, c=25th. 100m: heats a h1 (0.4) 1, D.Campbell 10.38; h4 (-0.3) 1, J.Fergus 10.58; h5 (-0.1) 1, D.Chambers 10.57; h7 (0.7) 2, M.Dickson 10.67; b sf1 (-0.3) 1, Campbell 10.39; sf2 (-0.9) 2, Chambers 10.32; 3, Fergus 10.59; 6, Dickson 10.72; final (2.3) 2, Chambers 10.07; 3, Campbell 10.18. 200m: b h2 (0.6) 2, J.Fergus 20.95; h4 (1.0) 3, J.Regis 21.27; c sf1 (2.3) 2, Regis 20.74; 3, Fergus 20.85; final (2.4) 5, Regis 20.74; 7, Fergus 21.09. 400m: a h1 3, R.David 48.15; h5 2, D.Ladejo 47.68; b sf2 5, Ladejo 46.97; 8, R.David 48.65. 800m: a h3 1, J.Lobo 1:50.33; h5 6, S.Baldock 1:53.08; b sf2 2, Lobo 1:48.98; final c 2, Lobo 1:48.69. 1500m: b h2 7, M.Miles 3:47.27; h3 2, S.Barden 3:46.84; final c 7, S.Barden 3:43.96. 5000m: a h2 6, P.Evans 13:47.04. 110mH: b h3 (-0.9) 4, N.Cooper 14.60; 5, N.Owen 14.79. 400mH: b h1 1, C.Rawlinson 50.72; h3 1, M.Douglas 50.91; final c 1, Rawlinson 49.62; 5, Douglas 50.64. LJ: b 3, D.Thompson 7.45 (7.21/0.5, 7.17/1.3, 7.45/0.8, x, x, 6.95/0.0); 4, J.Flynn 7.25 (x, 7.24/0.4, x, 7.25/0.4, x, 7.25/0.6). PV: c =2, M.Edwards 5.40 (5.30, 5.40, 5.50xx, 5.60x); =2, B.Flint 5.40 (5.00, 5.20, 5.30, 5.40, 5.50xxx); =8, I.Tullett 5.00 (4.80, 5.00xx, 5.20xxx). SP: (c) 4, L.Newman 16.49 (16.17, x, 15.57, 16.24, x, 16.49). DT: b 3, L.Newman 58.08 (57.08, 58.08, 55.49, 57.92, 55.90, 56.48); 7, A.Ekoku 54.46 (51.30, 53.28, 51.89, 54.46, x, 53.82). HT: c 1, M.Jones 74.25 (x, 70.89, 71.70, x, 74.07, 74.25). Women. 400m: b h2 4, J.Culley 55.45.

25 Kingsmeadow, Under 13 Inter-Countries. Boys 100m: r2 2, R.Oghagbon 13.4. 800m: r1 8, E.Rimdap 2:25.9. SP: 2, R.Oghagbon 11.40. Girls 800m: r2 9, L.Collier 2:47.8.

28 Watford Open. 100m: 3, M.Douglas 11.3. 400m: 2, M.Peacock 50.4.

30 -Aug 6. XIII World Veterans Champs., 30th, Gateshead, 100m: M50 hts S.Brooks 13.11. Pulled a muscle during the long jump. 31st, Riverside, M50 5000m: 5, C.Dickinson 16:12.90. 4th, Monkton, M50 10000m: 3, C.Dickinson 33:58.48; M70 15, A.Bruce 23:49.07. 6th, Gateshead, Throws Pentathlon M45 7, M.Small 3550 (HT/43.74, DT/40.18, SP/12.22, JT/37.38, Heavy Hammer 12.45).

31 Gloucester, Severn Open. 200m: 1, M.Kloiber 21.6.

August 1999

3 Trafford Open. 100m: 2, M.Douglas 11.2. 200m: 3, M.Douglas 21.8.

4 BMC Grand Prix, Cardiff. 1500m: r3 5, A.McLean 3:57.8.

8 Development Meet, Loughborough. 300m: r2 1, M.Kloiber 34.41. 110mH: (-1.4) 1, M.Douglas 14.49; 5, N.Owen 14.92; hts. N.Cooper 15.3 (-3.9). 400mH: 1, C.Rawlinson 49.58; 5, M.Douglas 57.02 (?). DT: 2, L.Newman 59.64; 5,

K.Brown 56.04; 7, A.Ekoku 52.63.

9 Wrexham, Welsh Games. 200m: 6, J.Fergus 21.80.

10 Elgin, Scotland. DT: 1, S.Thompson 46.53.

11 Watford Open. HJ: 1, R.Aspden 1.98.

14 South East Throwers Club Throws Pentathlon Champs., Epsom M.Small 3769 points (HT 44.55, DT 40.94, SP 12.96, JT 40.75, HH 13.45).

14 SEAA 10k Champs., Bedford 1, P.Evans; 2, C.Herrington 31:08.21.

14 -15 A.A.A. Under 17 Champs., Sheffield. Under 17 Men. 100m: sf T.Abeyie 11.11. 400m: D.DeEmmony 54.66; J.Wells 55.28. LJ: 1, O.Eyong 6.72 (CBP). TJ: J.Adjei 12.63; B.Asante 12.29. Under 15 Boys. 100m: C.Hutchinson 11.64; V.Orji 12.35. 80mH: N.Simpson 12.15. TJ: 3, N.Miller 12.23.

15 Horsham Blue Star Open Meet, Horsham. 100m: 3, J.Hilston 11.2. 200m: 2, J.Hilston 22.7. Women 400m: 1, V.Pincott 59.0.

19 Brighton Open. 400m: 1, Sean Baldock 47.9. 800m: 6, Steve Baldock 1:54.2.

21 Inter-County Match, Portsmouth. 200m: r2 (-3.5) 1, N.Dawson 22.9. 400m: 1, Sean Baldock 47.9. 800m: 1, Steve Baldock 1:58.9. Women 400m: 1, L.Staines 55.3; r2 1, J.Culley 55.9.

24 N.London AC Open Meet Finsbury Park. 100m: 4, D.Akinbogun 11.2; 5, B.Mensah 11.3. 200m: 2, B.Mensah 22.8; 3, J.Hilston 23.0. 400m: 1, D.Akinbogun 49.7.

25 Watford Open. 400m: 5, M.Peacock 50.8.

28 Herne Hill H Open Tooting. 100m: 3, J.Hilston 11.3. 400m: 1, M.Peacock 50.1; 3, N.Molloy 50.1; 4, D.Akinbogun 50.7. M55 PV: 1, T.Lawton 3.00.

29 U20 Inter-County Meet, Sutton Arena. 100m: 2, M.Russell 10.9. 200m: 3, M.Russell 22.4. LJ: 1, M.Kerr 7.29. U15B SP: 4, W.Caldeira 11.8.

29 South of England U20 Inter-County Meet, Exeter. 100m: 1, C.Lambert (gst) 10.56.

29 Middlesex Veterans Champs., Stevenage. W35 200m/400m/400mH: 1, E.Scott 28.0/65.9/75.7.

29 Veterans' AC Champs., Kingsmeadow. M40. 400m: 3, B.Holmes 61.1. HJ: 2, B.Holmes 1.50. PV: 1, B.Holmes 2.00. JT: 2, B.Holmes 31.18. M45. SP: 1, M.Small 12.93 (CBP). DT: 1, M.Small 35.83 (CBP). HT: 1, M.Small 44.77 (CBP). JT: 2, M.Small 41.71. M50. 800m: 1, A.Painter 2:18.5. 5000m: 1, C.Dickinson 16:36.3. M60. 1500m: 3, C.Cross 5:56.7. M70. 100m (+1.2) 2, C.Manning 19.0. 200m: 1, C.Manning 42.1. 400m: 1, C.Manning 111.2. 800m: 2, C.Walker 3:33.4. 1500m: 1, C.Walker 7:41.3. M75. 800m: 1, D.McMullen 5:33.3. W40. 800m: 2, J.Searle 2:50.4.

28 Glenurquhart Highland Games, Drumadrochit. SP: 2, S.Thompson 13.36.

31 Trafford Open, Longford Park. BMC 1500mSC: 2, L.Hurst 4:20.5.

September 1999

4 U23 Home International, Derby. HT: 3, J.Urquhart 56.15.

5 Inter-Area U20 Meet, Ipswich. HJ: 2, S.Oni 2.06. SP: 5, S.Thompson 15.37. DT: 2, S.Thompson 51.03.

6 Tooting. 400m: R.McMillan 59.2. HJ/LJ/SP/DT: J.Druce 1.45/5.22/8.50/20.63. LJ: M.Peacock 6.06.

8 Watford Open. 400m: 2, D.Akinbogun 50.5. 800m: r2 1, D.Clark 1:54.7.

11-12 Sussex Decathlon Champs., Crawley. 6, Sean Baldock 4683pts (100m/11.3, LJ/6.57, SP/8.76, HJ/1.61, 400m/48.1, 110mH/16.9, DT/21.77, PV/no ht, JT/3 no throws, 1500m/5:05.3).

12 British Throwers Club Throws Pentathlon, Burton on Trent. M45 1st M.Small HT 41.82, SP 12.39, DT 38.70, JT 42.48, Heavy HT 12.74. 3608pts.

18 Herne Hill Open, Tooting. 100m: D.Akinbogun 10.8. 200m: D.Akinbogun 22.3w. 10000m Surrey Champs: 1, R.Alsop 31:43.2; 2, P.Coughlan 32:29.3.

18-19 English Schools Decathlon, Peterborough: 24, O.Matthew 5015pts.

19 Richmond & Twick. Open, Barn Elms. 100m: 3, D.Akinbogun 10.5w. 400m: D.Akinbogun 50.2. Veterans 100m/200m/400m: C.Manning (M70) 18.5/44.8/1:56.4. 3000m: C.Cross (M60) 12:29.?? SP/DT/HT: M45 1, M.Small 13.26/40.06/43.83

19 Sutton Open. U17 SP: 2, C.Springs 13.08.

19 Elgin Open Throws Quadrathlon. S.Thompson 212pts including SP: 13.41, DT: 44.36.

November 1999

30 Exeter Open. M45 100m/200m/400m: P.Exley 14.3/29.6/72.6.

January 2000

30 SE Throwers Throws Pentathlon, Deangate: M45 1, M.Small HT 46.51, SP 12.20, DT 39.47, JT 37.81, HH 12.80 - 3621pts.

SCVAC Veterans' T&F League Mid-London Division**Match 1, Battersea Park, 26 Apr 1999**

Men over 40. 100m: 4, G.Coney 14.7; 1, P.Exley 13.9. 400m: 3, G.Coney 71.3. HJ: 1, P.Exley 1.15. LJ: 3, P.Exley 3.61. SP: 1, M.Small 12.78. HT: 1, M.Small 45.38. Men over 50. 100m: 3, S.Brooks 13.7. 400m: 2, S.Brooks 65.6. 2000mWalk: 1, C.Lawton 10:07.7. HJ: 1, S.Brooks 1.30. SP: 1, S.Brooks 10.72. Teams: 1, Hercules Wimbledon 231; 2, Serpentine 219; 3, Herne Hill 176; 4, Belgrave 168; 5, Metros 128. Women over 35. 1500m: 2, N.Mills (W50) 6:30.5. TJ: 1, V.Duffy 5.88. JT: 1, V.Duffy 17.16. HT: 2, V.Duffy 24.30. Women over 50. JT: 1, M.Jones 11.78. HT: 1, M.Jones 17.15. Teams: 1, Serpentine 244; 2, Metros 148; 3, Belgrave 92; 4, Herne Hill 56.

Match 2, Tooting, 17 May 1999

Men over 40. 200m: 4, G.Coney 29.2; 2, J.Druce 30.2. 800m: 4, J.Druce 2:49.7. TJ: 1, J.Druce 11.42. PV: 1, T.Lawton (M55) 3.00. DT: 1, P.Exley 29.35. JT: 1, P.Exley 36.67. Men over 50. 200m: 4, C.Manning 42.5. 800m: 3, T.Lawton 2:44.0. TJ: 2, T.Lawton 8.79. PV: 1, C.Brooks 2.80. DT: 1, S.Brooks 38.07. JT: 1, S.Brooks 36.60. Teams: 1, Hercules Wimbledon 221; 2, Serpentine 181; 3, Belgrave 160; 4, Herne Hill 148; 5, Metros 116. Women over 35. 200m: 2, J.Moore 33.0; 2, M.Jones 43.4. 800m: 3, J.Moore 2:55.4; 4, M.Jones 4:41.0. 3000m: 4, J.Moore 13:14.0; 3, N.Mills (W50) 13:28.2. LJ: 1, J.Moore 2.52. SP: 1, V.Duffy 10.59. DT: 1, V.Duffy 33.35. Women over 50. 200m: 3, N.Mills 40.3. 800m: 1, N.Mills 3:25.5. SP: 1, P.Mead 6.35. DT: 1, P.Mead 17.90. Medley Relay: 3, Belgrave 5:13.9. Teams: 1, Serpentine 196; 2, Belgrave 168; =3, Herne Hill and Metros 104.

Match 3, Tooting, 5 Jul 1999

Men over 50. 800m: 2, A.Painter 2:24.7. 3000m: P.King 12:10.2; C.Lawton 13:16.7. 3000mW: P.King 11:14.8. Women over 35. 200m: 1, E.Scott 28.2; 2, J.Moore 32.9. 800m: 2, E.Scott 2:42.4; J.Moore 2:51.1. 5000m: J.Moore 22:54.8. Women over 50. 200m: 3, M.Jones 39.8.

Match 4, Tooting, 5 Jul 1999

Men over 40. 3000m: 5, P.King 12:10.2. 2kmW: 3, P.King 11:14.8. PV: 1, T.Lawton (M55) 3.00. DT: 1, M.Small 39.81. Men over 50. 800m: 2, A.Painter 2:24.7. 3000m: 4, C.Lawton 13:16.7. PV: 1, S.Brooks 3.00. TJ: 2, T.Lawton 8.51. DT: 1, S.Brooks 34.62. Teams: 1, Hercules Wimb. 238; 2, Herne Hill 200; 3, Serpentine 188; 4, Belgrave 154; 5, Metros 148. Final league positions: 1, Hercules Wimbledon 923; 2, Serpentine 808; 3, Herne Hill 686; 4, Belgrave 674; 5, Serpentine 532. Women over 35. 200m: 1, E.Scott 28.2; 2, J.Moore 32.9. 800m: 2, J.Moore 2:42.4; 2, E.Scott 2:51.1. 5000m: 3, J.Moore 22:54.8. LJ: 1, E.Scott 3.89. SP: 1, V.Duffy 10.25. Women over 50. 200m: 3, M.Jones 39.8. LJ: 1, M.Jones 2.98. SP: 1, M.Jones 7.19. Teams: 1, Serpentine 219; 2, Belgrave 132; 3, Herne Hill 131; 4, Metros 120. Final league positions: 1, Serpentine 838; 2, Belgrave 572; 3, Metros 458; 4, Herne Hill 417.

Track & Field - Women's Southern League Division Three

Match 1, Battersea Park, 24 Apr 1999.

Senior Women

100m: 4, D.Kandaros 14.3; 4, D.Hearn 15.7. 200m: 5, D.Kandaros 30.4; 4, D.Briggs 30.5. 400m: 1, J.Culley 57.3; 4, D.Hearn 74.2. 800m: 3, S.Stracey 2:30.2; 3, C.Eastham 2:44.8. 1500m: 4, S.Stracey 5:19.3; 2, T.Sturton 5:26.9. 3000m: 2, H.Maskrey 10:50.3; 1, T.Sturton 11:40.0. 100mH: 4, D.Kandaros 19.1; 2, J.Smiter 20.7. 400mH: 3, J.Smiter 77.4; 1, D.Hearn 83.1. HJ: 4, J.Smiter 1.40; 2, D.Briggs 1.35. LJ: 4, D.Briggs 4.34; 2, J.Smiter 3.89. TJ: 4, A.Weah 8.82; 2, J.Smiter 8.76. PV: 2, M.Jones 1.80. SP: 2, V.Hassell 8.56; 1, A.Weah 7.51. DT: 1, V.Hassell 25.36; 1, A.Weah 22.44. JT: 1, G.Porter 27.60; 1, V.Hassell 26.59. HT: 1, V.Hassell 30.63; 1, G.Porter 29.43. 4x100m: 4, Belgrave 58.7 (D.Briggs, D.Kandaros, D.Hearn, J.Smiter).. 4x400m: 4:27.8 (C.Eastham, S.Stracey, T.Sturton, J.Culley).

Under 15 Girls

100m: 3, M.Nestor 14.1; 3, C.Noble 14.9. 200m: 3, M.Nestor 30.4; 1, C.Foster 29.3. 800m: 4, L.Collier 2:37.7; 3, N.Richardson 3:03.4. 1500m: 4, C.Olawore 6:16.3. 75mH: 2, C.Noble 18.3; 1, C.Foster 15.9. LJ: 3, N.Richardson 3.78; 2, L.Collier 3.61. HJ: 2, M.Nestor 1.42. SP: 2, L.Woolley 7.28; 3, N.Richardson 4.26. DT: 3, L.Woolley 12.03; 2, C.Noble 9.55. JT: 3, L.Woolley 10.97; 3, C.Olawore 4.80. 4x100m: dq Belgrave (M.Nestor, C.Noble, C-D.Foster, L.Collier).

Teams: 1, Luton 188; 2, North Devon 177; 3, Belgrave 175; 4, Chelmsford 133; 5, Swindon 97.

1.60; 2, J.Lee 1.60. SP: 3, V.Hassell 8.69; 3, A.Weah 7.10. DT: 4, G.Porter 22.52. JT: 2, G.Porter 27.70; 2, V.Hassell 25.52. HT: 3, G.Porter 30.09; 1, V.Hassell 29.88. 4x100m: 3, Belgrave 55.3 (D.Briggs, D.Kandaros, A.Abrams, A.Carballo).. 4x400m: 4, Belgrave 4:40.0 (S.Stracey, T.Sturton, C.Eastham, A.Carballo).

Under 17 Women

80mH: 1, D.Briggs 13.5.

Under 15 Girls

100m: 4, M.Nestor 14.0; 3, C-D.Foster 14.6; n/s r2 3, C-D.Foster 15.6; r3 3, L.Waterbury 14.4; 4, C.Ruygrok 14.5; r4 1, J.Chan 15.0; 2, C.Kinnear 15.0. 200m: 4, C-D.Foster 29.2; 2, G.Marek 28.7. 800m: 2, L.Collier 2:42.1; 2, C.Bennett 2:40.6; n/s 2, S.Comlay 2:49.8; 7, Z.Lafferty 3:04.6. 1500m: 4, L.Walter 6:01.5; 4, C.Olawore 6:08.7. 75mH: 3, L.Jones 13.4; 3, J.Chan 17.3. HJ: 1, M.Nestor 1.46. LJ: 5, L.Jones 4.15; 5, L.Hodges 3.31; n/s 2, J.Chan 4.10; 3, L.Waterbury 3.94; 4, L.Walter 3.79' 6, N.Richardson 3.66. SP: 5, L.Woolley 8.22; 4, N.Richardson 4.59. DT: 3, C.Malston 18.21; 2, L.Woolley 15.17. JT: 4, C.Kinnear 12.44; 3, L.Woolley 11.70. 4x100m: 5, Belgrave 57.5 (G.Marek, M.Nestor, C-D.Foster, L.Collier); n/s 58.4 (C.Ruygrok, L.Waterbury, L.Jones, C.Kinnear); 64.0 (C.Malston, Z.Lafferty, S.Comley, J.Chan).

Teams: 1, Borough of Hounslow 205; 2, Dartford 161; 3, Cornwall 159, 4, Belgrave 156; 5, Cambridge H 135.

Match 3, Garrison Track, Colchester, 26 Jun 1999.

Senior Women

100m: 3, A.Carballo 14.0; 2, Nicky Mills 13.6. 200m: 3, Nicky Mills 27.5; 2, A.Carballo 28.8. 400m: 1, J.Culley 55.6. 4, D.Hearn 77.1. 800m: 4, S.Stracey 2:30.6; 4, Nina Mills 3:08.1; n/s J.Searle 2:47.9. 1500m: 5, S.Stracey 5:25.0; 3, T.Sturton 6:39.0. 3000m: 1, H.Maskrey 10:34.0; 1, T.Sturton 11:45.8. 100mH: 4, D.Kandaros 19.6; 3, G.Porter 20.4. 400mH: 2, Nicky Mills 67.2; 2, J.Smiter 76.2. HJ: 2, J.Smiter 1.35; 2, A.Abrams 1.30. LJ: 1, A.Abrams 5.60; 4, D.Kandaros 3.99. TJ: 3, J.Smiter 9.17; 3, C.Eastham 8.06. PV: 1, J.Smiter 1.70. SP: 5, G.Porter 7.22; 4, C.James 6.49. DT: 5, G.Porter 20.97; 4, D.Kandaros 18.71. JT: 3, G.Porter 26.66; 3, J.Smiter 19.69. HT: 1, G.Porter 31.39; 5, C.James 11.96. 4x100m: 2, Belgrave 54.9 (A.Carballo, D.Hearn, A.Abrams, Nicky Mills). 4x400m: 1, Belgrave 4:17.2 (J.Culley, A.Carballo, J.Smiter, Nicky Mills).

Under 15 Girls

100m: 1, M.Nestor 14.5; 1, C-D.Foster 14.4. 200m: 1, M.Nestor 30.7; 1, C-D.Foster 29.8. 800m: 2, L.Collier 2:48.6; 2, C.Brown 3:14.9. 1500m: C.Olawore 5:56.5. 75mH: dnf L.Woolley; 3, C-D.Foster 15.9. HJ: 3, M.Nestor 1.35; no ht, C-D.Foster. LJ: 4, L.Collier 3.68; 5, C.Brown 3.30. SP: 3, L.Woolley 8.32. DT: 3, C.Olawore 11.48; 4, L.Collier 4.42. JT: 4, C.Olawore 4.48. 4x100m: 3, Belgrave 59.4 (C.Brown, L.Collier, M.Nestor, C-D.Foster).

Nicky Mills was a welcome addition to the sprints squad in 1999. She ended the season with best times of 13.6, 27.0 and 63.1.



REX BALE

At the youngest end of the under 13 age group, Joy Ehirim competed well against under 15s in the 100m and 800m events.

Teams: 1, Dacorum & Tring 218; 2, Colchester 199; 3, Belgrave 159; 4, Medway 153; 5, Kingston & Poly. 58.

Match 4, Hastings, 17 Jul 1999.

Senior Women

100m: 1, J.Culley 12.7; 1, A.Abrams 13.2. 200m: 3, N.Mills 27.0; 4, D.Briggs 30.5. 400m: 1, J.Culley 55.2; 4, C.Eastham 72.4. 800m: 4, S.Stracey 2:31.0; 4, T.Sturton 2:46.9. 1500m: 2, H.Maskrey 5:08.2; 2, S.Stracey 5:17.9. 3000m: 2, H.Maskrey 10:51.2; 1,



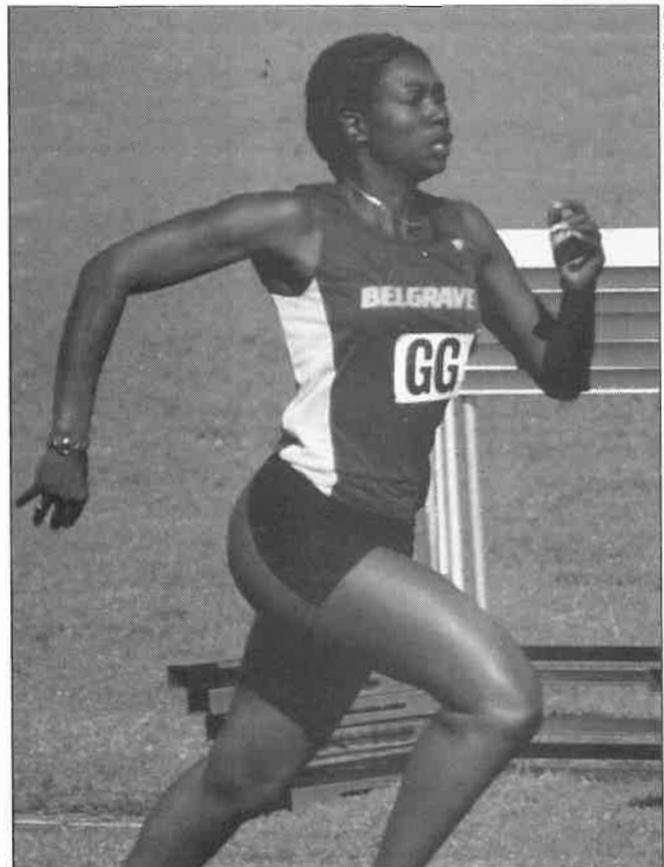
REX BALE

Vicki Hassell was a big points scorer in 1999, competing in five out of six league matches and covering all four throwing events.

Match 2, Battersea Park, 22 May 1999.

Senior Women

100m: 3, A.Abrams 13.1; 3, D.Kandaros 14.1; n/s 2, J.Bernard 13.9; 4, V.Hassell 15.0. 200m: 3, A.Carballo 28.4; 5, D.Kandaros 31.0. 400m: 1, J.Culley 57.2; 4, D.Hearn 73.9. 800m: 4, S.Stracey 2:29.9; 4, N.Mills 3:10.0. 1500m: 4, S.Stracey 5:17.5; 3, T.Sturton 5:29.8. 3000m: 4, H.Maskrey 10:55.7; 2, T.Sturton 11:32.8. 100mH: 2, D.Kandaros 18.9; 3, J.Smiter 20.0. 400mH: 4, J.Smiter 77.3; 3, D.Hearn 84.2. HJ: 4, J.Smiter 1.40; 3, D.Briggs 1.35. LJ: 1, A.Abrams 5.25; 2, D.Briggs 4.43. TJ: 4, J.Smiter 8.89; 3, C.Eastham 7.67. PV: 3, M.Jones



REX BALE



Above: Cherridawn Foster (G) fights to the line during another points scoring spree in the Thameside League. She had a great season and as an under 13 ended up equal third in the club over 100 metres and fourth over 200 metres. What a future the sport might hold for her if she can keep at it.



Left: All-rounder Danielle Kandaros competing in the Hammer Throw at Welwyn.

1.35; 2, J.Owugha 1.30. LJ: 3, M.Kallon 3.90; 3, L.Collier 3.85. SP: 3, M.Kallon 6.51; 3, L.Collier 3.73. DT: 4, J.Owugha 14.98; -, M.Kallon no dist. 4x100m: 2, Belgrave 57.4 (L.Collier, J.Owugha, M.Nestor, C-D.Foster).

Teams: 1, Milton Keynes 203; 2, Verlea 163.5; 3, Belgrave 161.5; 4, Hillingdon 153; 5, Richmond & Twickenham 133.

Match 6, Southend, 4 Sep 1999.

Senior Women
100m: 1, J.Culley 12.4; 4, D.Kandaros 14.4. 200m: 4, S.Stracey 28.7; 4, D.Briggs 30.5. 400m: 2, J.Culley 56.6; 1, M.Joslin 65.7. 800m: 4, S.Stracey 2:37.2; 2, C.Eastham 2:44.0. 1500m: 2, H.Maskrey 5:08.2; 3, D.Hearn 5:51.0. 3000m: 2, H.Maskrey 10:41.2; 3, T.Sturton 11:57.7. 100mH: 4, D.Kandaros 19.0; 3, D.Hearn 23.0. 400mH: 1, J.Culley 65.8; 3, D.Hearn 83.0. HJ: 3, D.Briggs 1.40; 3, D.Kandaros 1.25. LJ: 4, S.Stracey 4.13; 4, C.Eastham 4.34. TJ: 2, D.Briggs 9.60; 2, C.Eastham 7.07. PV: cancelled. SP: 1, K.Mellis 9.60; 1, V.Hassell 8.60. DT: 1, K.Mellis 38.57; 1, V.Hassell 27.01. JT: 1, V.Hassell

T.Sturton 11:29.1. 100mH: 4, J.Smiter 20.2; 2, G.Porter 20.3. 400mH: 1, N.Mills 70.7; 1, J.Smiter 74.1. HJ: 3, D.Briggs 1.40; 1, J.Smiter 1.35. LJ: 1, A.Abrams 5.41; 2, H.Payne 4.77. TJ: 3, J.Smiter 9.04; 2, C.Eastham 7.64. PV: 1, J.Smiter 1.80; 1, M.Jones 1.60. SP: 2, V.Hassell 9.14; 3, G.Porter 6.55. DT: 4, V.Hassell 21.79; 2, G.Porter 21.29. JT: 3, G.Porter 27.89; 3, V.Hassell 23.37. HT: 2, G.Porter 30.01; 1, V.Hassell 28.05. 4x100m: 2, Belgrave 53.1 (D.Briggs, H.Payne, A.Abrams, N.Mills). 4x400m: 1, Belgrave 4:21.0 (J.Culley, T.Sturton, S.Stracey, N.Mills).

Under 17 Women
80mH: 2, D.Briggs 14.6.

Under 15 Girls
100m: 4, M.Nestor 14.2; 3, C-D.Foster 14.2; n/s C.Olawore 15.1. 200m: 3, M.Nestor 28.7; 1, C-D.Foster 27.7. 800m: 4, L.Collier 2:43.8; 4, K.Smith 2:58.2; n/s N.Richardson 2:53.6. 1500m: 3, L.Walters 5:49.8; 3, C.Olawore 6:17.0. 75mH: 5, J.Jones 14.8; 2, C-D.Foster 15.6. HJ: 1, M.Nestor 1.40; 1, C.Ruygrok 1.40. LJ: 3, J.Jones 3.90; 2, L.Walters 3.70. SP: 3, L.Woolley 8.37; 1, J.Jones 6.81. DT: 3, L.Woolley 18.59; 1, C.Malston 18.56. JT: 3, G.Humphreys 17.43; 2, L.Woolley 13.03. 4x100m: 3, Belgrave 57.7 (M.Nestor, C-D.Foster, L.Collier, J.Jones); n/s 61.5 (N.Richardson, K.Smith, L.Walters, C.Olawore).

26.25; 4, T.Sturton 8.46. HT: 1, K.Mellis 31.68; 1, V.Hassell 30.40. 4x100m: 2, Belgrave 53.4 (J.Culley, D.Hearn, D.Kandaros, D.Briggs). 4x400m: 3, Belgrave 4:27.0 (J.Culley 62.7, S.Stracey 68.6, C.Eastham 70.2, M.Joslin 65.5)

Under 15 Girls
100m: 3, M.Nestor 13.9; 2, C-D.Foster 13.6. 200m: 2, C-D.Foster 27.9; 2, M.Nestor 29.8. 800m: 4, L.Collier 2:47.9; 1, J.Ehirim 2:50.2. 1500m: 4, C.Olawore 6:38.3. HJ: 2, M.Nestor 1.48; 3, C.Olawore 1.15. LJ: 3, O.Folami 3.72; 4, L.Collier 3.19. SP: 2, L.Woolley 8.11; 4, L.Collier 4.16. DT: 2, L.Woolley 19.54; 3, C-D.Foster 10.46. JT: 2, L.Woolley 13.98; 1, C-D.Foster 10.48. 4x100m: 4, Belgrave 58.3 (M.Nestor, L.Collier, C-D.Foster, O.Folami).

Teams: 1, Ilford 212; 2, Southend 192; 3, Belgrave 179; 4, Ipswich 119; 5, Yeovil 70.



REX BAILE

Teams: 1, Belgrave 205; 2, Hastings 180.5; 3, Aldershot, F&D 156.5; 4, Bexley 141; 5, South London 139.

Match 5, Welwyn, 21 Aug 1999.

Senior Women
100m: 1, J.Culley 12.8; 1, A.Abrams 13.4. 200m: 1, J.Culley 25.1; 5, D.Kandaros 30.2. 400m: 4, M.Joslin 64.2; 2, N.Mills 63.1. 800m: 4, C.Eastham 2:47.1; 4, T.Sturton 2:48.1. 1500m: 3, H.Maskrey 5:09.8; 5, T.Sturton 5:58.4. 3000m: 2, H.Maskrey 10:50.4; 4, T.Sturton 11:42.2. 100mH: 2, D.Kandaros 19.0; 3, J.Smiter 21.0. 400mH: 1, N.Mills 70.5; 1, J.Smiter 76.4. HJ: 3, D.Briggs 1.45; 2, J.Smiter 1.35. LJ: 1, A.Abrams 5.22; 1, D.Briggs 4.71. TJ: 5, J.Smiter 8.57; 3, C.Eastham 7.52. PV: 2, J.Smiter 1.90; =3, C.Eastham 1.10. SP: 5, V.Hassell 8.57; 4, D.Kandaros 6.35. DT: 3, V.Hassell 24.48; 5, D.Kandaros 16.34. JT: 5, V.Hassell 23.02; 5, T.Sturton 11.85. HT: 1, V.Hassell 29.34; 5, D.Kandaros 13.45. 4x100m: 1, Belgrave 52.3 (D.Briggs, N.Mills, A.Abrams, J.Culley). 4x400m: 1, Belgrave 4:15.6 (J.Culley, M.Joslin, J.Smiter, N.Mills).

Under 15 Girls
100m: 2, M.Nestor 13.7; 2, C-D.Foster 13.6. 200m: 2, C-D.Foster 28.1; 2, M.Nestor 29.3. 800m: 5, L.Collier 2:42.2; 3, J.Ehirim 2:48.7. 75mH: 3, J.Owugha 14.5; 2, C-D.Foster 16.0. HJ: 3, M.Nestor

Left: Tania Sturton and Helen Maskrey took care of the middle distance events.

WOMEN'S SOUTHERN LEAGUE DIVISION 3 1999

1, Milton Keynes AC	30	1235
2, Dacorun & Tring AC	28.5	1209.5
3, Borough of Hounslow AC	26.5	1194
4, Ilford AC	26	1131
5, North Devon AC	21	1125
6, Hillingdon AC	23	1107
7, Luton United AC	24.5	1037
8, Belgrave H	19	1035.5
9, Cornwall AC	19	1021.5
10, Cambridge H	19	1002
11, Aldershot F & Dist. AC	17	988
12, Hastings AC	19	960.5
13, Colchester H	17	934.5
14, Chelmsford AC	20	933.5
15, Dartford H	18	924
16, Verlea AC	13.5	907
17, South London H	14.5	893
18, Richmond & Twickenham AC	13	862.5
19, Boro of Bexley AC	12	862
20, Southend on Sea AC	16	831
21, Medway AC	13	826.5
22, Ipswich H	11.5	722
23, Yeovil Olympiades AC	10	722
24, Swindon H	8	673
25, Kingston AC & Poly H	8	544.5

Track & Field - Men's Southern League Divisions One and Seven

Division 1 Match 1, Battersea Park, 1 May 1999.

100m: 1, M.Dickson 10.7; 2, D.Akinbogun 11.3.
200m: 1, N.Dawson 21.7; 1, D.Akinbogun 23.2.
400m: 4, J.Hilston 52.1; 1, M.Peacock 49.8. 800m:
1, S.Baldock 1:52.3; 1, N.Hliouat 1:57.8. 1500m: 1,
M.Miles 3:48.0; 1, H.Raidi 4:11.8. 5000m: 2, K.Quinn
15:55.9; 3, E.Lemanager 17:13.1. 110mH: 4, S.Exley
16.6; dq T.Lawton. 400mH: 1, A.Ferns 56.3; 1,
J.Squirrel 58.3. 3000mSC: 3, J.Galley 10:10.1. HJ:
2, J.Tuson 1.95. LJ: 3, R.Danso 6.61; 2, J.Tuson
6.14. TJ: 1, J.Tuson 13.32; 3, J.Druce 11.24. PV: 3,
S.Exley 3.20; 3, T.Lawton 3.00. SP: 3, M.Small
13.09; 3, P.Lyttle 10.45. DT: 1, M.Small 42.40; 4,
P.Lyttle 29.75. JT: 4, M.Small 44.66; 5, P.Lyttle
33.39. HT: 1, M.Small 46.27; 3, R.Bridges 27.41.
4x100m: 1, Belgrave 44.3 (R.Danso, J.Tuson,
D.Akinbogun, M.Dickson). 4x400m: 2, Belgrave
3:25.9 (E.Hassan 51.1, J.Hilston 51.7, M.Peacock
50.7, D.Akinbogun 52.5).
Teams: 1, Belgrave 130; 2, Kent 111; 3, Basingstoke
110; 4, Puma TVH 92; 5, Worthing 81.

Division 7, Match 1, Battersea Park, 1 May 1999.

100m: 1, J.James 11.6. 400m: 2, R.McMillan 59.5.
1500m: 1, R.Alsop 4:03.8. PV: 1, S.Brooks 2.80. SP:
1, S.Brooks 9.96. DT: 1, S.Brooks 31.62. JT: 1,
S.Brooks 39.22.
Teams: 1, Victoria Park 156; 2, Herne Hill 153; 3,
Swale 126; 4, Pitsea 89; 5, Belgrave 41.

Division 1 Match 2, Norman Park, 15 May 1999.

100m: 5, J.Hilston 11.1; 2, R.David 11.3. 200m: 1,
D.Campbell 21.5; 1, P.Goedluck 22.3; n/s 1, R.David
22.3; 2, J.Hilston 22.3. 400m: 1, M.Peacock 49.8; 4,
D.Akinbogun 52.5. 800m: 2, N.Hliouat 1:56.0.
1500m: 3, H.Raidi 4:08.7; 5, P.Coughlan 4:26.2.
5000m: 2, A.Stewart 15:03.4; 3, M.Kazimierski
16:17.0. 110mH: 2, R.Sear 15.4; 1, D.Ladejo 15.5.
400mH: 3, J.Squirrel 57.6. 3000mSC: 3, J.Galley
10:11.5. HJ: 2, J.Tuson 1.85; 5, M.Peacock 1.40. LJ:
1, D.Ladejo 7.02; 1, R.Danso 6.09. TJ: 5, J.Tuson
11.34; 3, R.Danso 10.63. PV: 5, R.Bridges 1.50. SP:
2, M.Small 13.13; 1, D.Ladejo 13.06. DT: 1, M.Small
42.83; 1, D.Ladejo 40.23. JT: 2, D.Ladejo 48.46; 1,
M.Small 45.96. HT: 1, M.Small 47.75; 2, R.Bridges
27.60. 4x100m: 1, Belgrave 43.1 (R.Sear,
P.Goedluck, R.David, D.Campbell). 4x400m: 1,
Belgrave 3:21.8 (D.Akinbogun 52.2, R.David 50.0,
J.Hilston 50.2, M.Peacock 49.4).
Teams: 1, Belgrave 119; 2, Shaftesbury 111; 3,
Blackheath 109; 4, Newham & Essex Bgls 104; 5,
Hillingdon 87.

Division 7 Match 2, Wimbledon Pk., 15 May 1999.

100m: 1, B.Mensah 11.5. 200m: 1, B.Mensah 24.0.
800m: 2, D.Anderson 2:30.3. 1500m: 1, P.Gilbey
4:47.4. 5000m: 1, R.Alsop 15:14.6. LJ: 3, S.Brooks
4.55. PV: 1, S.Brooks 2.60. SP: 1, P.Lyttle 10.58; 1,
S.Brooks 9.96. DT: 1, P.Lyttle 32.87; 1, S.Brooks
30.42. JT: 3, S.Brooks 38.05; 2, P.Lyttle 31.29. HT: 1,
S.Brooks 21.57; 1, P.Lyttle 21.20. 4x100m: 3,
Belgrave 56.8 (P.Lyttle, P.Gilbey, D.Anderson,
B.Mensah).
Teams: 1, Dacorum & Tring 181; 2, Loughton 157; 3,
Belgrave 88.

Division 1 Match 3, Woking, 5 June 1999.

100m: 1, M.Dickson 10.8; 3, D.Akinbogun 11.5.
200m: 1, J.Fergus 21.7; 3, M.Russell 22.6. 400m: 2,
R.David 48.8; 2, M.Peacock 49.4. 800m: 5,
P.Coughlan 2:10.4; 5, J.Druce 2:53.2. 1500m: 4,
H.Raidi 4:05.0; 4, A.Stewart 4:17.5. 5000m: 3,
R.Alsop 15:05.9; 1, A.Stewart 15:16.6. 110mH: 1,
R.Sear 15.3; 4, L.Odiete 19.9. 400mH: 3, J.Squirrel
56.3; 3, L.Odiete 62.3. 3000mSC: 2, G.Adams
9:55.5; 2, P.Coughlan 10:40.5. HJ: 2, J.Tuson 1.85;
1, J.Hilston 1.80. LJ: 4, J.Hilston 6.01; 4, J.Tuson
5.48. TJ: 1, J.Hilston 13.22; 2, J.Druce 11.75. PV: 4,
S.Exley 3.40; 5, R.Bridges 1.20. SP: 3, M.Small
11.40; 3, S.Exley 11.15. DT: 2, M.Small 38.32; 5,
M.Dickson 22.58. JT: 5, M.Small 37.98; 5, S.Exley
24.59. HT: 2, M.Small 38.53; 4, R.Bridges 23.64.
4x100m: 1, Belgrave 43.3 (D.Akinbogun, M.Dickson,
J.Fergus, M.Russell). 4x400m: 4, Belgrave 3:32.4
(A.Stewart 58.0, J.Hilston 51.3, D.Akinbogun 52.1,
M.Peacock 51.0).
Teams: 1, Bedford 130; 2, Belgrave 109; 3, Swindon
103; 4, Woking 102; 5, Herne Hill 93.

Division 7 Match 3, Ashford, 5 June 1999.

100m: 3, N.Whorlow 14.0. 200m: 4, N.Whorlow 29.5.
800m: 5, N.Whorlow 2:25.8; 4, C.Crouch 2:40.2.
5000m: 2, D.Anderson 17:38.4; 5, C.Crouch 22:12.1.
400mH: 2, N.Whorlow 70.0. HJ: 4, S.Brooks 1.40.
LJ: 2, N.Whorlow 5.10; 1, S.Brooks 4.70. TJ: 2,
N.Whorlow 10.50; PV: 2, S.Brooks 3.00. SP: 1,
P.Lyttle 11.04; 1, S.Brooks 9.68. DT: 2, S.Brooks
30.25; 1, P.Lyttle 30.20. JT: 1, S.Brooks 36.83; 2,
N.Whorlow 27.15. HT: 3, P.Lyttle 16.35. 4x100m: 4,
Belgrave 56.0.
Teams: 1, Ashford 193; 2, Biggleswade 135.5; 3,
Dagenham 114; 4, North London 106.5; 5, Belgrave
89.

Division 1 Match 4, Sutcliffe Park, 26 June 1999.

100m: 1, J.Fergus 10.7; 1, M.Dickson 10.8. 200m: 1,
M.Dickson 21.6; 2, D.Akinbogun 22.7; n/s
M.Peacock 22.9. 400m: 2, R.David 49.0; 1, J.Hilston
51.0. 800m: 4, M.Peacock 2:04.0; 4, R.Alsop 2:46.0.
1500m: 4, H.Raidi 4:15.6; 4, M.Peacock 5:04.8.
5000m: 1, R.Alsop 15:22.3. 110mH: 1, I.Wells 16.0;
5, R.Bridges 29.2. 400mH: 1, J.Squirrel 56.4; 1,
I.Wells 56.7. 3000mSC: 3, R.Harding 10:41.3. HJ: 3,
J.Tuson 1.85. LJ: 1, D.Thompson 7.00; 1, R.Danso
6.42. TJ: 1, J.Tuson 12.67; 5, R.Bridges 8.12. PV: 5,
R.Bridges 1.05. SP: 3, J.Urquhart 12.41; 2, M.Small
12.29. DT: 2, M.Small 38.56; 2, J.Urquhart 37.89. JT:
3, W.Smith 54.09; 2, M.Small 43.47. HT: 1,
J.Urquhart 58.09; 1, M.Small 43.73. 4x100m: 1,
Belgrave 43.0 (D.Akinbogun, R.David, J.Fergus,
M.Dickson). 4x400m: 2, Belgrave 3:19.8 (J.Panton
51.6, D.Akinbogun 49.8, J.Hilston 50.5, R.David
47.9).
Teams: =1, Belgrave 123; =1, Team Solent 123,
Richmond & Twickenham 103; 4, Dacorum 98; 5,
Bexley 87.

Division 1 Match 5, Portsmouth, 10 July 1999.

100m: 3, J.Hilston 11.4; 1, D.Akinbogun 11.5. 200m:
2, N.Molloy 23.0; 2, R.Sear 23.6. 400m: 2,
M.Peacock 50.2; 1, D.Akinbogun 50.1. 800m: 5,
A.Stewart 2:51.1; 5, W.Cockerell 2:44.7. 1500m: 2,
A.Stewart 4:15.5; 4, W.Cockerell 4:38.1. 5000m: 2,
A.Stewart 15:02.8; 3, W.Cockerell 16:29.7. 110mH:
1, R.Sear 15.2; 1, S.Exley 17.0. 400mH: 2, L.Odiete
60.6. 3000mSC: 4, W.Cockerell 11:24.6. HJ: =3,
J.Hilston 1.55; =3, R.Bridges 1.10. LJ: 3, W.Smith
5.96; =4, R.Bridges 3.92. TJ: 3, J.Druce 11.10; 5,
R.Bridges 8.64. PV: 2, S.Exley 3.30; =3, R.Bridges
1.10. SP: 4, M.Small 11.90; 2, S.Exley 11.35. DT: 2,
M.Small 38.58; 3, S.Exley 33.70. JT: 3, M.Small
42.96; 4, S.Exley 30.13. HT: 3, M.Small 42.26; 4,
R.Bridges 24.88. 4x100m: 1, Belgrave 44.9 (R.Sear,
N.Molloy, M.Peacock, D.Akinbogun). 4x400m: 1,
Belgrave 3:27.9 (L.Odiete 55.8, D.Akinbogun 50.7,
N.Molloy 51.7, M.Peacock 49.7).
Teams: 1, Croydon 123; 2, Belgrave 110; 3,
Portsmouth 108.5; 4, Dartford 103.5; 5, Cambridge
H 90.

Division 7 Match 5, Reading, 10 July 1999.

100m: 3, S.Brooks 13.3. LJ: 3, S.Brooks 4.91. HJ: 4,
S.Brooks 1.40. PV: 1, S.Brooks 2.80. SP: 1, P.Lyttle
10.50. JT: 3, S.Brooks 34.65; 2, P.Lyttle 30.27. HT: 4,
P.Lyttle 15.06.
Teams: 1, Richmond & Twickenham 165; 2,
Dacorum & Tring 116; 3, Swale 88; 5, Belgrave 32.

Division 1 Match 6, Welwyn, 31 July 1999.

100m: 5, J.Hilston 11.3; 1, D.Akinbogun 11.2. 200m:
2, J.Hilston 22.7; 1, N.Molloy 22.8. 400m: 1,
M.Peacock 50.9; 1, D.Akinbogun 49.8. 800m: 5,
R.Alsop 3:06.8; 5, J.Squirrel 2:35.1. 1500m: 4,
R.Alsop 4:19.4. 5000m: 2, R.Alsop 15:25.9. 110mH:
5, S.Exley 17.3. 400mH: 1, J.Squirrel 55.7; 2,
L.Odiete 60.2. HJ: =3, J.Hilston 1.55; =3, R.Bridges
1.10. LJ: 4, W.Smith 6.33; 2, S.Exley 5.98. TJ: 4,
W.Smith 11.10; 4, R.Bridges 8.54. PV: 1, S.Exley
3.20. SP: 2, M.Small 12.43; 2, S.Exley 11.10. DT: 5,
S.Exley 29.60; dq, M.Small. JT: 5, M.Small 42.06; 4,
J.Squirrel 27.87. HT: 5, M.Small 43.00; 5, R.Bridges
24.97. 4x100m: 1, Belgrave 44.3 (D.Akinbogun,
N.Molloy, M.Peacock, J.Hilston). 4x400m: 1,
Belgrave 3:22.7 (S.Exley 51.0, N.Molloy 50.4,
D.Akinbogun 50.3, M.Peacock 51.0).
Teams: 1, Verlea 121; 2, Bournemouth 111; 3, Ilford
108; 4, Luton 105.5; 5, Belgrave 84.5.

Division 7 Match 6, Portsmouth, 31 July 1999.

100m: 3, N.Travers Griffin 12.4; 4, R.McMillan 13.3.
200m: 5, N.Travers Griffin 26.8. 400mH: 3,
N.Whorlow 69.9. 1500m: 5, N.Whorlow 6:03.4. LJ: 4,
N.Whorlow 4.61. HJ: 2, N.Whorlow 1.65; 4,
S.Whorlow 1.10. PV: 2, T.Lawton 3.00; 1, N.Whorlow
2.20. SP: 3, N.Travers Griffin 10.44; 3, S.Whorlow
6.78. JT: 3, S.Whorlow 17.67. HT: 4, N.Whorlow
19.71; 3, S.Whorlow 16.16.
Teams: 1, Isle of Wight 196; 2, Ashford 162; 3, Team
Solent 150; 4, Belgrave 56; 5, Chichester 47.

DIVISION 1

1,	Bedford & County	835	30
2,	Croydon H	715	27
3,	Bournemouth	699.5	24
4,	Belgrave H	675.5	23.5
5,	Basingstoke & Mid Hants	697.5	23
6,	Shaftesbury Barnet	676.5	23
7,	Team Solent	718	22.5
8,	Herne Hill H	695	22
9,	Swindon	678.5	21.5
10,	Ilford	689	21
11,	Woking	673	21
12,	Verlea	639	19
13,	Puma TVH	644	18
14,	Luton United	657.5	17
15,	Kent	615	17
16,	City of Portsmouth	598	16.5
17,	Newham & Essex Beagles	635	15
18,	Worthing & Dist.	564.5	13.5
19,	Cambridge H	558.5	13
20,	Hillingdon	566	12
21,	Dacorum & Tring	561.5	11.5
22,	Richmond & Twickenham	584	11
23,	Dartford	565.5	11
24,	Blackheath H	561	10
25,	Bexley Borough	445.5	6

DIVISION 7

1,	Isle of Wight	1104.5	35
2,	Holland Sports	1052	34
3,	Herne Hill H	995	33
4,	Richmond & Twickenham	1028.5	32
5,	City of Norwich	1002.5	32
6,	Ashford	998.5	30
7,	Team Solent	971.5	29
8,	Victoria Park	899.5	29
9,	Dacorum & Tring	874.5	28
10,	Biggleswade	830	26
11,	Hillingdon	790	25
12,	Loughton	768.5	25
13,	Bracknell	771.5	23
14,	Dagenham 88	680	22
15,	Swale Combined	618	19
16,	Queens Park H	525	19
17,	Pitsea Runners	576	18
18,	Belgrave H	375	18
19,	Muswell Hill Runners	584.5	17
20,	Oxford City	438.5	17
21,	North London	525.5	16
22,	Chichester Runners	438	16

Did you know that Belgrave Harriers
runs a

"200" Club Competition

For just £12 per year you could be
included in the monthly draw for
prizes of £50, £20, £10, and two at
£5. In June and December the first
prize payout is

£100

Contact Bill Couzens 020 8394 1410
for more information

Match 1, Croydon, 19 May 1999.

100m: 1, M.Dickson 10.9; n/s R.David 11.3; D.Akinbogun 11.5; K.Adjepong 12.0; C.Manning 18.8. 200m: 1, R.David 22.6; n/s J.Squirrell 22.9; D.Akinbogun 23.0; Vicky Pincott 26.4. 400m: 2, J.Panton 51.6. 800m: 2, R.Also 2:05.9. 1500m: 2, H.Raidi 4:07.6. 3000m: 2, N.Hliouat 8:46.6; n/s J.Galley 9:08.6; W.Cockerell 9:17.1; M.Kazimierski 9:28.8; A.Cowmeadow 10:35.5. 400mH: 1, J.Squirrell 57.8. PV: -, O.Matthews no ht. DT: 1, M.Small 41.55; n/s O.Matthews 24.30. HT: 1, M.Small 48.42; n/s R.Bridges 20.39. 4x200m: 1, Belgrave 1:35.2 (O.Matthews, R.David, M.Dickson, D.Akinbogun).
Teams: 1, Belgrave 56; 2, Herne Hill 53; 3, Croydon 43; =4, Sutton & Dist. and South London 25; 6, Hercules Wimbledon 6.

Match 2, Tooting, 2 June 1999.

100m: 1, M.Dickson 10.5. n/s 2, J.Hilston 11.1; 3, D.Akinbogun 11.3. n/s Women 1, J.Culley 12.8; 3, J.Bernard 14.4. 200m: 2, R.David 22.0. n/s 1, J.Hilston 22.5; 2, E.Hassan 22.6; 3, D.Akinbogun 22.8; 4, N.Molloy 23.5. n/s Women 1, J.Culley 25.7; 3, J.Bernard 29.6. 400m: 1, J.Squirrell 50.7. 800m: 2, P.Coughlan 2:11.4; n/s J.Skilbeck-Nelson 2:19.4. 1500m: 2, R.Also 4:16.5. n/s 2, P.Coughlan 4:23.1; 4, W.Cockerell 4:25.1; 6, E.Lemenager 4:35.4. 3000m: 2, H.Raidi 8:50.7; n/s 4, K.Quinn 9:07.5; 10, A.Cowmeadow 10:36.9. HJ: 1, S.Oni 1.90. LJ: 3, O.Matthew 5.18. SP: 3, P.Lyttle 10.59. n/s O.Matthew 10.09. JT: 3, P.Lyttle 30.08; n/s O.Matthew 35.87. 4x200m: 1, Belgrave 1:30.6 (J.Panton, D.Akinbogun, J.Hilston, R.David).
Teams: 1, Herne Hill 60; 2, Belgrave 56; 3, Hercules Wimbledon 45; 4, Croydon 26; 5, South London 14; 6, Sutton & Dist. 2.

Match 3, Tooting, 16 June 1999.

100m: 1, M.Dickson 10.7; n/s r1 2, A.Brown 11.3; 3, D.Akinbogun 11.4; r2 5, C.Manning 19.1. 200m: 1, J.Hilston 22.4; n/s r1 1, A.Brown 22.5; 2, D.Akinbogun 22.6; 3, N.Molloy 23.0; r2 3, J.Culley (SW) 25.6. 400m: 1, M.Peacock 49.9. 800m: 4, S.Paton 2:16.7. 1500m: 1, H.Raidi 4:02.0; n/s 3, P.Coughlan 4:17.0; 5, W.Cockerell 4:20.2; 8, E.Lemenager 4:30.0; 9, S.Fowler 4:30.0; 13, A.Cowmeadow 4:45.5. 3000m: 1, R.Also 8:41.2. 2000mSC: 1, G.Adams 6:13.2; n/s 3, J.Galley 6:37.4; 6, M.Bizio 6:56.5. TJ: 2, J.Hilston 10.98. PV: 1, M.Edwards 5.30 (Ground Record); n/s 1, T.Lawton 3.00. DT: 1, M.Small 39.14; n/s Y.Jacobs (SW) 39.82). HT: 1, M.Small 40.81; n/s 1, R.Bridges 25.34; Y.Jacobs (SW) 41.20. 4x200m: 1, Belgrave 1:31.1 (M.Dickson, J.Hilston, D.Akinbogun, N.Molloy).
Teams: 1, Belgrave 68; 2, Herne Hill 52; 3, Hercules Wimbledon 36; 4, Croydon 25; 5, Sutton & Dist. 20; 6, South London 17.

Match 4, Tooting, 7 July 1999.

100m: 2, R.David 11.0; n/s r1 2, S.Selemi 11.1; 3, D.Akinbogun 11.2; 4, J.Hilston 11.3; 5, S.Exley 11.5; 6, M.Peacock 11.6; r3 6, G.Ross 12.3; r4 4, N.Molloy 11.9 r6 1, J.Culley (SW) 13.1; 4, J.Bernard (SW) 14.4; 5, C.Manning 19.2. 200m: 1, R.David 21.8; n/s r1 1, S.Selemi 22.3; 4, N.Molloy 23.4; r2 1, D.Akinbogun 22.8; r3 1, J.Culley (SW) 25.5; 2, O.Matthew 26.2; 5, V.Pincott (SW) 28.1; 6, J.Bernard (SW) 29.6. 400m: 1, M.Peacock 51.2; n/s 2, S.Exley 52.1; 5, B.Holmes 61.9. 800m: 3, G.Adams 2:05.5. 1500m: 2, H.Raidi 4:04.5; n/s 4, J.Skilbeck Nelson 4:37.5. 3000m: 1, C.Herrington 8:36.0; n/s 1 W.Cockerell 9:17.4. 400mH: 1, R.Aspsden 59.4. HJ: 2, R.Aspsden 2.00. LJ: 2, O.Matthews 5.25. SP: 2, M.Small 12.60; n/s 5, P.Lyttle 10.74; 7, O.Matthews 10.07. JT: 3, M.Small 42.78; n/s 2, O.Matthews 40.74. 4x200m: 1, Belgrave 1:31.7 (M.Peacock, J.Hilston, N.Molloy, D.Akinbogun).
Teams: 1, Belgrave 65; 2, Herne Hill 54; 3, Croydon 37; 4, Hercules Wimbledon 28; 5, South London 23; 6, Sutton & Dist. 8.

Match 5, Sutton Arena, 21 July 1999.

100m: 2, J. Hilston 11.2; n/s r1: 3, D.Akinbogun 10.9; r2 8, C.Manning 18.9; r3 1, J.Culley (W)12.4; 3, N.Mills (W) 12.9. 200m: 2, N.Molloy 22.4; n/s r2

1, J.Hilston 22.4; 2 D Akinbogun 22.4; r3 1, J.Culley 25.0; 4, V.Pincott 26.7; 5, N.Mills 26.9. 400m: 2, D.Akinbogun 51.7; n/s S.Smullen 59.0. 800m: 8, S.Smullen 2:29.6. 1500m: 6, A.Cowmeadow 4:45.0. 3000m: 1, W.Cockerell 9:12.2; n/s C, Dickinson 9:30.2. TJ: 4, J.Druce 11.45. PV: 1 M Edwards 5:40. n/s T.Lawton 3.20; O.Matthews 2.80. DT: 2, M.Small 41.82; n/s: O.Matthews 21.07. HT: 2, M.Small 41.33. 4x200: 1 Belgrave 1:34.6 (O.Matthews, J.Hilston, D.Akinbogun, N.Molloy)
Teams: 1, Herne Hill 53; 2, Belgrave 50; 3, Croydon 43; 4, Hercules Wimbledon 32; 5, South London 21; 6, Sutton & Dist 16

Match 6, Tooting, 4 August 1999.

100m: 1, R.David 11.3; n/s r1 1, D.Akinbogun 11.2; r2 W.Smith; r3 J.Culley (SW) 12.7; C.Manning 18.9. 200m: 2, R.David 22.2; n/s r3 1, D.Akinbogun 22.7; 2, J.Hilston 22.9; 4, N.Molloy 23.6; 5, J.Panton 23.9. 400m: 1, R.David 48.7; n/s R.McMillan 59.2; N.Mills (SW) 59.8. 800m: 4, M.Bizio 2:43.1. 1500m: 4, A.Cowmeadow 4:51.2; n/s S.Smullen 4:44.1. 2000mSC: 3, M.Bizio 7:02.6. 3000m: 5, B.Barton 9:32.1. HJ: 1, R.Aspsden 2.05. LJ: 1, W.Smith 6.51. SP: 4, P.Lyttle 10.42; JT: 5, P.Lyttle 29.71. 4x200m: 2, Belgrave 1:39.2 (J.Hilston, R.McMillan, N.Molloy, D.Akinbogun). 1:39.2.
1, Herne Hill 54; 2, Belgrave 51; 3, Hercules Wimbledon 45; 4, Croydon 38; 5, Sutton & Dist. 23; 6, South London 19.

The Final, Tooting, 18 August 1999.

100m: 1, M.Dickson 10.9; n/s r1 1, R.David 11.3; 2, D.Akinbogun 11.4; 3, J.Hilston 11.7. 200m: 2, D.Akinbogun 22.7; n/s 1, J.Hilston 22.9; 4, M.Peacock 23.1. 400m: 1, R.David 49.7. 800m: 2, C.Gilby 1:55.3; n/s 4, J.Skilbeck-Nelson 2:11.1. 1500m: 2, S.Clark 4:03.2; n/s 6, A.Cowmeadow 4:40.8; 7, S.Smullen 4:42.5. 3000m: 2, C.Herrington 8:32.8; n/s A.Stewart 8:38.6; R.Also 8:49.5; P.Coughlan 8:57.5; W.Cockerell 9:06.9. 400mH: 2, J.Squirrell 55.7. 4x200m: 2, Belgrave 1:31.4. LJ: 2, W.Smith 6.43. PV: 4, O.Matthew 2.80. SP: 3, M.Small 13.06. JT: 2, W.Smith 50.59.
Women. 100m: 2, J.Culley 13.1. 200m: 2, J.Culley 25.4.

Rosenheim League changes

When it comes to Rosenheim League competition, the one thing our runners seem to want to do is race each other. In the scramble to get into the non-scoring events where there is no restriction on this happening, it is sometimes difficult to ensure that we do in fact have an athlete taking part in the match scoring races. Belgrave's Track & Field Committee have therefore decided to withdraw from the Rosenheim League scoring events this season so now, as far as we are concerned, the meetings are simply a series of non-scoring competitions where our athletes can do whatever event they choose - when they choose. This applies to all six meetings in the Eastern Division and the Rosenheim League Final itself.

ROSENHEIM LEAGUE EASTERN DIVISION 1999

1,	Belgrave H	346	33
2,	Herne Hill	318	33
3,	Croydon	178	
4,	Hercules Wimbledon	192	15
5,	Sutton & District	83	11
6,	South London H	112	9

ROSENHEIM FINAL 1999

1,	Belgrave H	79
2,	Herne Hill H	76
3,	Kingston & Poly H	61
4,	Bank of England	50
5,	Hercules Wimbledon AC	41
6,	Walton AC	41
7,	Croydon	33



ALAN MEAD

Richard David, Southern League and Rosenheim regular, leads off for the British League 4 x 400m relay team at Cophthall.

Rosenheim 2000

Rosenheim League matches in 2000 are: 17th May at Croydon, 31st May at Sutton, 14th June at Battersea, 5th July at Tooting, 19th July at Tooting, 2nd August at Tooting, with the final on 16th August at Tooting.



ALAN MEAD

It's Kerr to Rogan for last leg of the sprint relay.

Shaftesbury. Their shopping trips into Scotland combined with immense strength in depth gave us a tough task which, on the day, realistically, we were never a match for. But our own 'flying Scot', Scot Thompson, who commuted from Inverness for many of our fixtures, was a huge asset, especially when combined with our immense bank of talent in the sprints and jumps.

However, there are limits, of course, to what an athlete can contribute in any team, and Alasdair McClean-Foreman's undoubted outstanding potential as a middle distance 'star of the future' was frequently a temptation to a certain team manager given the empty squares on the team grid in anything from 800 metres upward.

It was a frustration that was ultimately destined to manifest itself in failure. Aside from the dozen or so faithful in '99 we relied desperately on a further half dozen individuals who, talented though they were, alas did not share the enthusiasm and drive of their comrades. Whilst our three second places and one third in a league division of eight clubs was a fine achievement, these young men on whom we relied so heavily cost Belgrave Harriers dearly.

Without dwelling on the negative (because there really were so outstanding performances achieved) it has to be recorded that the season really was summed up in the national final at Derby. A three-way tie for third place and Bel's finished fifth on the basis of first places gained. We should have been second, head and shoulders ahead of all but winners Shaftesbury, but a

Our under-20s have progressed in leaps and bounds this last few years and have been the leading light in the club's youth scheme. We began life in National League division three in the Southern area, but soon put that to rights with promotion in successive years to division two, then one, then the national premier division, ending up the first club ever to win the Southern Premier Championship, let alone finish in the top three of a national final the season following promotion from the lower divisions!

Pretty good really, especially when you then consider the number of athletes who, from this team, have gone on to feed our immensely successful seniors in the British League. Phil Idowu, Austin Ferns, Marlon Dickson, Chris Lambert, Marlon Kerr, Charles Igbon, Samson Oni, Matt Russell, Darren Thompson... All of these and more athletes have enjoyed regular appearances in our showcase team either in League or Cup contests. But of course we all know that success at junior level is engendered not only by gifted athletes putting to best use their enormous reserves of natural talent, but also good honest hard work on the training track and, most importantly, teamwork. We have been lucky enough in Belgrave over recent years to have established a magnificent hard core at the centre of our under-20 set-up that has driven us from success to success. But to really break through to the top in the way that our seniors have done, we need more than that.

Shaftesbury take our Southern Crown

The 1999 track and field season promised much. We knew we were likely to lose our Southern crown to

team way under strength was rarely competitive with the best the country had to offer. To rub salt into the wound, this result also cost our team a virtual certain place in Europe in 2000 when our under-20 side could be even stronger than Shaftesbury Harriers in '99, and saw us finish eighth of eight teams in the European Premier Final at Copthall a fortnight later with only 11 athletes making the effort to attend!

Great individual performances

Individually it was of course a vastly different picture. Marlon Kerr's points score of way in excess of a hundred this season said it all really. A specialist long jumper but also a pretty handy sprinter, the season saw him performing in anything from the long jump to triple jump, sprints and pole vault. James Tuson wasn't quite as versatile, but still produced the goods in both long jump and high jump to gather in useful B-string points.

The high jump was dominated by Samson Oni, whose 2.15m effort rewrote the previous league record of 2.12m. And note has to be made of his excursions from the high jump fan mid-contest to jog over the B-string 110m hurdles, always finishing in the top two, and always going back to win the 'battle of the bar'.

Belgrave juniors aren't famous for their hurdlers with one notable exception. Austin Ferns was sorely missed at the large part of the club's junior programme of '99, although this has to be balanced against the fact that his absence was mostly due to international commitments. Hoping to see more of you in Y2K Austin!

The sprints of course were our leading light. Chris Lambert made the journey round the motorway after international duty landed him back at Heathrow at Sunday lunchtimes, much to the disdain of our opponents. "He's not, is he?" was one remark by a horrified team manager who casually enquired of me as to who might be running the 200m later in the afternoon. "Oh my God, and I thought we might get a few points in the 2.." was another groan from a team manager under pressure.

This said, of course, Matt Russell absorbed much of the pressure in Chris's absence over 100m, with capable B-string work over the half-lap. What a fantastic asset this young man turned out to be - a statement that few in Rennes in September would argue with after his invaluable contribution to our coveted European relay successes.

And coming up from the under-17's we have the likes of Tim Abeyie - surely another potentially 'well-sub-11' second sprinter and, judging by the size of him and the way he's training at the time of writing this report, one for Matt' and Chris' to be

*Hurdles star
Rob Bennett in A string action*

John Powell reports on the success of our Men's Under 20 Team

looking over their shoulders for in the future over 200m!

Much is made of teamwork earlier in this report, and it is the intention to close on the same note. What better example of a team player than 15-year-old John Wells. Barely into the under-17 age group, and taken to junior matches only for the 'experience' of running a relay leg, John invariably ended running the individual race, and to great effect. Always willing, always keen, John surely reflects what athletics in Belgrave Harriers is all about - dedication, enthusiasm, and teamwork.

Looking into the new millennium, there are many opportunities for Belgrave Harriers to conquer all at every level but, as the good old saying goes, a chain is as strong as its weakest link. Let's tighten up all our 'links' for 2000 and show everybody exactly what we are capable of.



Alasdair McLean-Foreman - middle distance star of the future - ended the season with bests of 1:53.08 (800m) and 3:57.8 (1500m).

Book these dates now

National Junior League Southern Premier Division, 2000

Sun., 7 May Copthall
Sun., 18 June Enfield
Sun., 16 July Swansea
Sun., 13 August Norwich

National Junior League Final

Sun., 10 September .Birmingham



ALAN MEAD

Match 1, Walthamstow, 19 April 1999.

100m: 8, R.Hotz 11.7; 1, M.Kerr 11.1. 200m: 5, A.Ferns 22.9; 5, R.Hotz 23.4. 400m: 8, S.Pantling 54.2; 5, D. De Emmony 54.4. 800m: 2, A.McLean-Foreman 1:59.8; 4, S.Pantling 2:02.4. 1500m: 2, A.McLean-Foreman 4:08.5; 6, J.Pearson 4:33.0. 3000m: 5, M.Garcia 9:28.8; 1, J. Pearson 9:40.6. 2000mSC: 6, A.McLean-Foreman 6:52.0; 2, M.Garcia 6:58.5. 400mH: 1, A.Ferns 55.0; 3, R.Bennett 61.0. 110mH: 2, A.Ferns 15.1; 2, S.Oni 16.7; n/s R. Bennett 15.9. PV: 3, O.Matthew 3.10; 2, M.Kerr 2.50. HJ: 2, S.Oni 1.90; 1, J.Tuson 1.65. LJ: 2, M.Kerr 7.06; 1, R.Danso 6.84. TJ: 3, S.Makekadumno 13.11; 1, J.Tuson 13.09. SP: 5, B.Locke 11.52; 4, O.Matthew 9.94. DT: 4, G.Urquhart 33.74; 4, B.Locke 26.70. JT: 7, O.Matthew 29.23; 5, J.Tuson 23.13. HT: 7, B.Locke 19.98; 5, G.Urquhart 17.07. 4x100m: 4, Belgrave 45.5 (L.Odiete, R.Hotz, J.Tuson, M.Kerr). 4x400m: 3, Belgrave 3:35.2 (S.Pantling, J.Wells, D.De Emmony, A.Ferns).

Teams: 1, Shaftesbury Barnet 323; 2, Belgrave 298; 3, Crawley 279, 4, Blackheath 274; 5, Harrow 266; 6, GEC Avionics 247; 7, Yate 146; 8, Medway 141

Match 2, Croydon, 20 June 1999.

100m: 3, M.Russell 11.0; 2, M.Kerr 11.3; n/s R.Hotz 11.2. 200m: 1, C.Lambert 21.6; 2, M.Russell 22.8; n/s R.Hotz 23.3. 400m: 5, A.Lambert 52.5; 4, J.Wells 54.8. 800m: 8, O.Matthew 2:17.4. 1500m: 8, D.Huckett Joseph 4:37.4; 6, R.Palmer 4:55.9. 3000m: 8, R.Palmer 10:31.8. 110mH: 2, R.Bennett 15.6; 2, S.Oni 16.5. 400mH: 3, R.Bennett 60.5; 1, L.Odiete 61.6. 2000mSC: 8, O.Matthew 7:59.0; 7, J.Tuson 8:58.6. HJ: 1, S.Oni 2.00; 1, J.Tuson 1.85. LJ: 1, M.Kerr 6.87; 5, R.Danso 5.60. TJ: 3, M.Kerr 13.78; 1, J.Tuson 12.96. PV: 6, O.Matthew 3.10; 3, M.Kerr 3.00. SP: 2, S.Thompson 15.40; 1, T.Kitney 12.01; n/s S.Rai 11.10. DT: 3, S.Thompson 47.67; 1, G.Urquhart 39.09. JT: 1, T.Kitney 65.52; 1, S.Thompson 46.88. HT: 4, S.Thompson 44.01; 3, C.Alexander 24.07. 4x100m: 2, Belgrave 44.4 (M.Kerr, M.Russell, R.Hotz, C.Lambert). 4x400m: 6, Belgrave 3:37.5 (R.Bennett, L.Odiete, J.Wells, A.Lambert).

Teams: 1, Shaftesbury Barnet 326; 2, Belgrave 308; 3, Blackheath 302; 4, Harrow 275; 5, Crawley 248; 6, GEC Avionics 204; 7, Yate 178; 8, Medway 139.

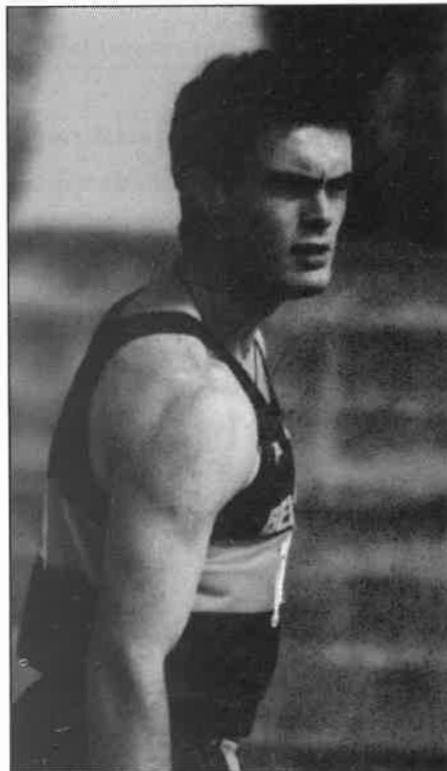
Match 3, Ashford, 25 July 1999.

100m: 2, M.Russell 10.8; 4, J.Tuson 11.5. 200m: 1, C.Lambert 21.2; 1, M.Russell 22.0. 400m: 8, S.Pantling 54.1; 7, J.Wells 54.4. 800m: 2, A.McLean 1:55.2; 5, S.Pantling 2:02.7. 1500m: 4, A.McLean 4:09.7; 7, O.Matthew 5:01.9. 110mH: 2, A.Ferns 15.0; 1, S.Oni 16.2. 400mH: 4, L.Odiete 60.9; 3, O.Matthew 63.0. 2000mSC: 6, A.McLean 6:40.6; 1, M.Garcia 6:43.2. HJ: 2, S.Oni 1.90; 3, J.Tuson 1.80. LJ: 2, M.Kerr 6.98; 1, R.Danso 6.73. TJ: 2, M.Kerr 13.43; 2, J.Tuson 12.58. PV: 5, O.Matthew 3.40; 4, M.Kerr 2.40. SP: 3, S.Thompson 15.22; 1, T.Kitney 12.75. DT: 2, S.Thompson 50.77; 1, D.Onwaballili 41.76. JT: 3, S.Thompson 48.72; 1, T.Kitney 44.82. HT: 6, G.Urquhart 28.14; 3, D.Onwaballili 20.85. 4x100m: dq Belgrave (A.Ferns, M.Russell, L.Odiete, C.Lambert). 4x400m: 5, Belgrave 3:35.6 (S.Pantling 56.2, D.DeEmmony 53.1, J.Wells 54.3, A.Ferns 52.0).

Teams: 1, Shaftesbury Barnet 347; 2, Belgrave 314; 3, Harrow 296; 4, Blackheath 289; 5, Crawley 257; 6, GEC 230; 7, Medway 150; 8, Yate 101.

Match 4, Crawley, 22 August 1999.

100m: 3, M.Russell 11.2; 1, T.Abeyie 11.3. 200m: 1, C.Lambert 21.1; 1, M.Russell 22.6. 400m: 4, O.Rogan 50.8; 5, J.Wells 54.7. 800m: 5, S.Pantling 2:04.4. 1500m: 6, S.Pantling 4:26.9; 5, D.Huckett Joseph 4:40.8. 110mH: 3, S.Oni 16.4; 4, L.Odiete 18.6. 400mH: 5, L.Odiete 61.7; 2, O.Matthew 62.1. 2000mSC: 6, S.Pantling 7:21.6. HJ: 1, S.Oni 2.15; 2, J.Tuson 1.85. LJ: 2, M.Kerr 6.77; 1, R.Danso 6.24. TJ: 1, M.Kerr 13.72; 1, J.Tuson 13.09. PV: 5, O.Matthew 3.10; 3, M.Kerr 2.60. SP: 5, C.Springs 11.40; 4, C.Alexander 8.92. DT: 1, S.Thompson 51.40; 1, G.Urquhart 38.85. JT: 3, C.Alexander 37.24; 3, O.Matthew 36.59. HT: 5, C.Alexander 24.01; 3, C.Springs 21.92. 4x100m: 1, Belgrave 43.2. 4x400m: 5, Belgrave 3:37.8 (L.Odiete 56.1,



Scot Thompson eyes up the 16 metre line before launching the 6.25kg ball at Derby.

O.Matthew 56.3, ? 51.9, J.Wells 53.5)

Teams: 1, Shaftesbury Barnet 346; 2, Harrow 309; 3, Belgrave 301; 4, Crawley 293; 5, Blackheath 287; 6, GEC Avionics 183; 7, Medway 153; 8, Yate 71.

National Junior League Final, Derby, 12 September 1999.

100m: (-0.1) 4, M.Russell 11.0; (+0.3) 4, T.Abeyie 11.1. 200m: (-0.3) 6, M.Russell 22.3; (+1.3) 4, D.Rogan 23.1. 400m: 6, D.Rogan 51.1; 5, A.Lambert 51.1. 800m: 2, A.McLean 1:54.3. 1500m: 2, A.McLean 4:02.4. 2000mSC: 4, A.McLean 6:32.3. 110mH: (-1.3) 2, S.Oni 15.9. HJ: 1, S.Oni 2.05; 2, J.Tuson 1.85. LJ: 2, M.Kerr (+1.4) 2, R.Danso 6.40. PV: 5, O.Matthew 3.40. SP: 2, S.Thompson 15.25; 2, D.Onwaballili 12.18. DT: 4, S.Thompson 48.93; 2, G.Urquhart 37.65. JT: 5, S.Thompson 47.95. HT: 6, S.Thompson 42.36. 4x100m: 5, Belgrave 43.6. 4x400m: 6, Belgrave 3:30.5.

Junior European Champion Clubs Cup, Cophthall, 25 September.

100m: (-2.1) 5, M.Russell 11.12. 200m: (-1.9) 6, M.Russell 22.50. 400m: 6, A.Lambert 50.36; n/s 2, O.Rogan 50.85; 3, J.Wells 53.86. 800m: 4, A.McLean 1:54.51. 1500m: 6, A.McLean 4:10.00. 110mH: 109.6cm (-2.8) 8, S.Oni 17.05. 400mH: 6, S.Pantling 60.8.HJ: 1, S.Oni 2.06. LJ: 4, M.Kerr 7.01. (+3.2). TJ: 7, J.Tuson 13.65. (+0.1). PV: 7, O.Matthew 3.40. SP: 5, S.Thompson 13.87. DT: 2kg 2, S.Thompson 46.72. JT: 7, C.Alexander 40.78. HT: 7.26kg 8, C.Alexander 23.43. 4x100m: 5, Belgrave 43.81 (M.Russell, J.Tuson, M.Kerr, O.Rogan). 4x400m: 7, Belgrave 3:28.65 (O.Rogan, J.Wells, A.McLean, A.Lambert).

The club owe an enormous debt of thanks to all its officials and helpers throughout the summer season, but our juniors would like to record their own personal thanks to all those who facilitated their path through another year. The Meads are obviously principles in staffing our officials requirement, but thanks also to Wendy Daniel, Rex Bale, Linda and Terry Pantling, Tom Lerwill and everyone else who, in no matter how small a way, contributed to our officials teams or assisted with team management.

Having trouble making your mark at a standard running event? Then why not try -

THE BACKWARDS MILE

from the magazine of the
New York Road Racing Club.

What's more backwards than the state of Arkansas, or eating desert before dinner? Why, the New York Health & Racquet Club Backwards Mile, of course! We kid you not! On April 1st, over 100 runners will turn their backs on running as we know it! This 10th annual event will feature serious runners as well as a zanier element. "It definitely brings out the free spirits," says Alex Navelli, a runner from previous years who dished the dirt on this unique affair.

So, you think that just because you can streak through the park at lightning speeds, knocking down strollers, horses and the homeless along the way, means that you've got what it takes to run the Backwards Mile? You may want to think again. The fastest forward runners are not necessarily the best backwards runners. "I've seen people at forward races who I know are faster than me, but when it comes to backwards running, I pass them," says Alex, whose record time is about eight minutes. The average time for most competitors is 10 minutes. However in 1994, Bud Badyna (the current record holder in the men's) finished in 6 minutes and 40 seconds, and Barbara Brewer finished in 7 minutes and 29 seconds. "That's pretty damn fast to be going backwards," you may be thinking. So, how the hell do they do it? Alex's technique consists of turning your head and looking over your shoulder every few seconds, which is what he tells us that most people do. However, there are those folks who rely on the rear view mirror, like Ernest the clown, who attached his to his head; his hands were too full of balloons and bells.

The element of danger is always just a step away. Falling is a fear, but also a highlight, depending on who you ask. We, of course, asked Alex. "It sounds mean, but every once in a while, someone does fall and it is kind of funny." Some people fall a lot quicker than others. Legend has it that one year, no sooner had the race begun, than one of the runners fell to the ground, only to be trampled by sneaker after sneaker after sneaker. Don't worry, he wasn't seriously hurt or anything (c'mon give us some credit, we wouldn't capitalize on a tragedy!). Alex attributed this tragic turn of events to dizziness.

But backward running is more than just a way to pass 10 minutes of April Fool's Day, it may actually be good for you. Folks in Shanghai have been doing it for awhile, and studies show that some of the benefits of this craze may include improved digestion and staving off back pain. Then again, studies show that falling on your ass can hurt! Make what you will of this, but make sure you're at the Central Park Bandshell at high noon and ... Go! Get Set! On Your Marks!

London Schools Championships., Linford Christie Stadium, 22nd June 1999.
U15B SP/DT: 1, W.Caldeira 10.85/27.80. U13B 100m: hts R.Oghagbon 13.5. SP: 1, R. Oghagbon 11.63 (CBP).



Timothy Abeyie - next off the production line of great Belgrave sprinters?

The season began, as it was to continue, trying to get a team together seemed almost impossible. For the most part the reason for absence tended to be soccer. Then, just when it appeared that things were under control, the bus left for Crawley with five no shows.

Enter the Colliers and Ulrychs

The U13 squad was made up of many new boys, (six from Haberdashers' Aske's School) and some refined athletes from Reg Hopkin's stable. The outstanding performance of the day came from one of the new boys, Raphael Oghagbon, who flipped the shot 11.20m, to achieve a Grade 1 Standard in his first ever competition. Another 12-year-old new boy was introduced to athletics in less happy circumstances, being disqualified by the Track Referee for breaking a yard early in the 800m.

The team effort saw Belgrave achieve 10 A string and 12 B string victories as well as three first places and two seconds in the relays. Unfortunately we failed to compete in thirteen events and as a result finished third, although only four points behind second placed GEC.

The high spot of the first meeting was my introduction to two sets of parents who were to become stalwarts throughout the season. Paul and Kim Collier and Robert and Maritza Ulrych not only bought their sons along to each meeting but also effectively took control of our officiating responsibilities.

Jon Lambert looks back at the McDonalds YA series for 1999

Strong opposition

Our team for the second match at Harrow looked strong but then again so was the competition, with Harrow and Blackheath our opponents. The usual Sunday morning no-shows meant changes to the team sheet. But the day saw some splendid individual performances, with Rob Hotz (U17 100m in 11.2) and Raphael Oghagbon (U13 Shot at 11.28) taking the Athlete of the Match awards. Our final position rested on the outcome of the last two 4 x 400 relays. Sensing our desperation William Caldeira, (a stalwart all season in the throws), took the first leg in the U15 race. The tension for the last race was incredible, we were still last overall. The U17 team of Annington, Wells, DeEmmony and Lambert ran brilliantly to beat Blackheath and take first place. As a result we finished third, one point ahead of fourth place. This meeting at Harrow really showed the character of the regulars, with five U15s doing three or more events.

Belgrave shine

Havering started overcast and stayed that way for the day. However, the Belgrave team shone. True the opposition may not have been the strongest we were to face but the boys seized the opportunity to take maximum points. The role of honour gave us 16 A string and 19 B string wins as well as a clean sweep in the relays. To cap this team performance Courtney Hutchinson, (U15 100m in 11.7) was awarded Athlete of the Match.

11.1 from Tim Abeyie

Confidence restored, the trip to Deangate didn't appear too daunting despite having to face our stiffest competition. However as the weekend approached more and more athletes were struck down by the need to do last minute swotting for GCSEs and A levels.

Again we relied on the regulars to do a maximum number of events. The performance of the day must go to Tim Abeyie, who set a PB in the U17 100m of 11.1 (1st place), did a Long Jump of 6.54m (1st place) could only manage 2nd place in the High Jump with 1.60m and anchored the 4x100 relay home to victory. Both U17 relay squads maintained their unbeaten records. The tweaked hamstring suffered by Alex Lambert, in the 200m gave John Wells the responsibility of running the A string 400m. This he did with a PB of 53.3 to take an excellent second place. Just to underline the commitment to the team one of our regular throwers, Chris Lim, ran his heart out in the B string 400m. Despite such sterling performances we lost the match,

mainly due to an absence of U15 middle distance runners.

Finally it's 10th in the division

On to the last match at Thurrock, if we were to go down then we'd go down in a blaze of sunshine if not glory. Things didn't start too badly, but then a train of events really put paid to our chances. Whilst streaking away in the 400m Alex Lambert pulled up with a torn hamstring. I arrived back at trackside from the ambulance just in time to pick up Dence DeEmmony from the finish of the B string 400m and take him to join Alex in the ambulance. By the end of the U13 800m we had really bonded with the St Johns Ambulance crew, having three Belgrave boys in the ambulance at the same time.

As with previous matches the day had some excellent individual and team performances. Courtney Hutchinson ran a PB of 11.3 in the U15 100m and then went on to return a favour the runners owed to the throwers by taking part in the B string Javelin. Terence Tsui and Daniel Lambert ran well in their U15 200m races, both finishing in a time which would have given them first and second places in the B string U17 race. For the first time our relay teams failed to win a race.

We had to wait until 18.45 for the result: third place in the match and tenth in the league.

Great character

Thanks are due to those that gave of their best during the season, in particular those that were able to turn out regularly. The U13 squad was the most consistent with, Raphael Oghagbon, Denzil Rolle, Matthew Lambert, Roy Collier, Aldis Ulrych, Elvis Rimdap and Greg Wishart attending all five matches. For the U15s, Terence Tsui, Daniel Lambert, Helder Goncalves, William Caldiera, Victor Orji and Calvin Wilson were both regular attendees and multi-eventers.

The U17 squad boasts many good athletes. However several athletes also showed great character during the season: John Wells, Andrew Arce, Tim Abeyie, Cliff Lim, Crofton Alexander, Dence DeEmmony and James Skilbeck-Nelson. I am sure most of the team would also like to join me in thanking Alex Lambert for being an inspiring captain.

As well as the Colliers and the Ulrychs a few parents regularly ferried their sons to events and stayed to support them and occasionally to help officiate. Without such support managing the YAL teams would be impossible. Thanks are also due to Reg Hopkins, Alan Mead, John Dawson and John Powell for their support throughout the season.

Match 1, Crawley, 2 May 1999.

Under 17 Men
100m: 3, G.Ross 12.4; 2, J.Edwards 12.8. 200m: 3, J.Wells 24.8; 4, G.Ross 26.1. 400m: 1, A.Lambert 51.6; 1, D.DeEmmony 54.4. 800m: dnf A.Benkacem. 1500m: 1, M.Garcia 4:19.6; 3, A.Benkacem 4:54.6. 100mH: 3, A.arce_ 16.0. 400mH: 3, D.Holmes 69.9. 1500mSC: 3, J.Skilbeck Nelson 5:51.4. HJ: 2, J.Adjei 1.65; 1, D.Holmes 1.65. LJ: 2, D.Shillingford 5.40; 2, J.Edwards 4.79. TJ: 1, J.Adjei 12.67; 1, A.arce_ 11.05. SP: 2, C.Alexander 12.36; 1, R.Broni 10.27. DT: 4, C.Alexander 25.34. JT: 2, C.Lim 35.26; 1, D.Holmes 19.22. HT: 3, C.Alexander 18.82; 3, R.Broni 14.69. 4x100m: 2, Belgrave (A.arce, J.Edwards, J.Adjei, G.Ross). 4x400m: 1, Belgrave 3:43.6 (D.DeEmmony 56.1, D.Holmes 59.2, J.Wells 55.2, A.Lambert 53.1).

Under 15 Boys
100m: 1, C.Hutchinson 11.8; 1, T.Tsui 12.8. 200m: 3, D.James 25.7; 2, P.Doorgachurn 27.0. 400m: 2, H. Congalves 58.6; 1, C.Nsoede 58.6. 800m: 1, H.Congalves 2:17.8. 1500m: 3, D.Seddon 5:15.9. 800mH: 1, E.Walsh 13.5; 1, C.Nsoede 14.9. HJ: 1, D.Lambert 1.55; 1, C.Boateng 1.55. LJ: 1, C.Nsoede 4.96; 1, P.Doorgachurn 4.51. SP: 1, W.Caldeira 10.26; 1, N.Raval 9.33. DT: 2, W.Caldeira 25.16; 2, J.Pyke 20.62. JT: 2, J.Pyke 31.42; 1, W.Caldeira 26.34. 4x100m: 1, Belgrave (D.James, T.Tsui, D.Lambert, C.Hutchinson). 4x400m: 2, Belgrave 4:11.4 (P.Doorgachurn 63.2, L.Roye 62.0, H.Congalves 61.8, C.Nsoede 64.4).

Under 13 Boys
100m: 1, R.Oghagbon 13.6; 3, R.Collier 15.4. 200m: 3, O.Maskell 29.4. 800m: dq, D.Rolle 2:32.0; 4, S.Mancini 3:05.2. 1500m: 4, A.Ulrych 5:26.1; 3, B.Searle 5:28.3. LJ: 3, R.Collier 3.84; 4, M.Lambert 3.18. SP: 1, R.Oghagbon 11.20; 2, F.DeFreitas 6.98. 4x100m: 2, Belgrave (R.Collier, M.Lambert, O.Maskell, R.Oghagbon). Teams: 1, Woking 210; 2, GEC Avionics 185; 3, Belgrave 182; 4, Bournemouth 151.

Match 2, Harrow, 16 May 1999.

Under 17 Men
100m: 1, R.Hotz 11.2; 2, T.Abeyie 11.4. 200m: 4, G.Ross 26.1; 3, J.Wells 25.3. 400m: 1, A.Lambert 52.1; 4, D.Huckett Joseph 59.8. 800m: 2, M.Garcia 2:10.7; 3, J.Annington 2:25.1. 1500m: 2, M.Garcia 4:18.8; 4, A.Benkacem 5:11.1. 100mH: 1, R.Bennett 14.3; 1, A.Arce 16.2. 400mH: 1, R.Bennett 59.6; 2, D.Holmes 66.6. 1500mSC: 3, D.Huckett Joseph 5:02.3. HJ: 1, J.Adjei 1.80; 2, T.Abeyie 1.60. LJ: 1, T.Abeyie 6.18; 3, M.Alexander 5.41. TJ: 1, S.Majbokodums 13.07; 1, J.Adjei 11.51. SP: 4, M.Alexander 9.30; 4, S.Majbokodums 9.03. DT: 4, C.Lim 20.15; 4, N.Walcott 18.02. JT: 3, C.Lim 35.65; 2, N.Walcott 30.54. 4x100m: 1, Belgrave 48.0 (A.arce, G.Ross, J.Wells, T.Abeyie). 4x400m: 1, Belgrave 3:39.7 (J.Annington, J.Wells, D.DeEmmony A.Lambert).

Under 15 Boys
100m: 4, T.Tsui 12.3; 3, D.Lambert 12.8. 200m: 3, T.Tsui 25.8; 2, D.Lambert 25.4. 400m: 4, L.Roye 123.4; 2, H.Congalves 58.4. 800m: 3, A.Abdullah 2:26.0; 4, D.Seddon 2:40.9. 1500m: 2, A.Abdullah 4:43.3;

4, D.Seddon 5:11.2. 80mH: 4, P.Doorgachurn 15.3; 1, V.Orji 13.8. HJ: 3, D.Lambert 1.50; 3, V.Orji 1.40. LJ: 4, P.Doorgachurn 4.73; 3, B.Hodgson 4.09. SP: 1, W.Caldeira 11.22; 2, C.Wilson 8.42. DT: 3, W.Caldeira 24.07; 2, J.Pyke 20.27. JT: 1, J.Pyke 33.93; 2, C.Wilson 27.83. HT: 2, W.Caldeira 21.69; 2, C.Wilson 20.53. 4x100m: 3, Belgrave 51.0 (J.Pyke, T.Tsui, D.Lambert, V.Orji). 4x400m: 4, Belgrave 4:24.5 (W.Caldeira, T.Tsui, D.Seddon, H.Congalves).

Under 13 Boys

100m: 3, R.Oghagbon 13.2; 4, G.Wishart 14.9. 200m: 4, D.Rolle 30.6; 2, O.Maskell 29.6. 800m: 1, D.Rolle 2:35.9; 3, E.Rimdap 2:50.9. 1500m: 2, T.Hodgson 5:07.9; 3, A.Ulrych 5:24.9. LJ: 4, O.Maskell 4.06; 2, R.Collier 3.74. SP: 1, R.Oghagbon 11.28; 1, R.Collier 7.29. 4x100m: 4, Belgrave 59.8 (E.Rimdap, D.Fearon, G.Wishart, R.Oghagbon).

Teams: 1, Harrow 228; 2, Blackheath 197; 3, Belgrave 170; 4, Crawley 169.

Match 3, Havering, 6 June 1999.

Under 17 Men

100m: 1, R.Hotz 11.4; 1, T.Abeyie 11.4. 200m: 1, R.Hotz 23.3; 1, J.Wells 24.5. 400m: 1, A.Lambert 52.1; 1, D.DeEmmony 54.9. 800m: J.Edwards and C.Nsoede - times and places not known. 1500m: 3, J.Skilbeck Nelson 4:45.3; 2, J.Edwards 4:47.3. 100mH: 1, R.Bennett 14.1; 2, A.arce_ 15.4. 400mH: 1, R.Bennett 59.1; 1, C.Nsoede 68.6. 1500mSC: 2, J.Skilbeck Nelson 5:34.0. HJ: 2, T.Abeyie 1.75; 1, B.Asante 1.65. LJ: 1, T.Abeyie 6.01; 1, B.Asante 5.36. TJ: 1, B.Asante 11.97; 2, A.arce_ 10.79. PV: 3, A.Lambert 1.75. SP: 1, C.Alexander 12.91; 1, C.Lim 9.22. DT: 1, C.Alexander 32.28; 1, C.Lim 22.03. JT: 2, C.Lim 32.58; 1, R.Hotz 26.93. HT: 2, C.Alexander 28.73. 4x100m: 1, Belgrave 45.9 (A.Arce, R.Hotz, R.Bennett, T.Abeyie). 4x400m: 1, 3:39.2 (J.Wells 54.7, C.Nsoede 59.1, D.DeEmmony 54.4, A.Lambert 51.0).

Under 15 Boys

100m: 1, C.Hutchinson 11.7; 1, T.Tsui 12.5. 200m: 2, D.Lambert 25.2; 1, T.Tsui 25.5. 400m: 2, L.Roye 57.5; 1, D.Lambert 58.5. 800m: 3, A.Abdullah 2:25.0. 1500m: 2, A.Abdullah 4:46.8; 4, H.Congalves 4:48.7. 80mH: 1, N.Simpson 12.8; 1, V.Orji 13.7. HJ: 3, D.Lambert 1.45; 1, V.Orji 1.40. LJ: 3, T.Tsui 4.44; 2, N.Simpson 4.44. SP: 2, W.Caldeira 11.25; 1, C.Wilson 8.38. DT: 2, W.Caldeira 25.78; 1, V.Orji 21.57. JT: 3, C.Wilson 23.37. HT: 1, C.Wilson 21.89. 4x100m: 1, Belgrave 47.9 (N.Simpson, T.Tsui, V.Orji, C.Hutchinson). 4x400m: 1, Belgrave 4:09.5 (L.Roye 66.2, H.Congalves 61.9, A.Abdullah 61.0, D.Lambert 60.4).

Under 13 Boys

100m: 1, R.Oghagbon 13.1; 2, D.Fearon 15.3. 200m: 1, E.Rimdap 28.7; 2, G.Wishart 30.3. 800m: 3, D.Rolle 2:33.3; 1, E.Rimdap 2:37.0. 1500m: 1, A.Ulrych 5:22.4; 1, B.Searle 5:25.4. LJ: 3, R.Collier 3.77; 2, M.Lambert 3.70. SP: 1, R.Oghagbon 10.88; 1, R.Collier 7.15. 4x100m: 1, Belgrave 59.6 (R.Collier, G.Wishart, M.Lambert, R.Oghagbon). Teams: 1, Belgrave 235; 2, Thurrock 168; 3, Team Solent 145; 4, Windsor, Slough & Eton 113.

Match 4, Deangate, 27 June 1999.

Under 17 Men

100m: 1, T.Abeyie 11.1; 4, D.Holmes 12.9. 200m: 4, D.Buss 25.6; 1, A.Lambert 24.1. 400m: 2, J.Wells 53.3; 4, C.Lim 70.4. 800m: 1, M.Garcia 2:05.3; 2, D.Huckett Joseph 2:10.2. 1500m: 4, D.Huckett Joseph 4:27.1; 4, J.Skilbeck Nelson 4:44.3. 3000m: 1, M.Garcia 9:13.0. 100mH: 3, D.Holmes 17.6; 4, C.Nsoede 20.2. 400mH: 2, D.Holmes 64.7; 4, C.Nsoede 67.7. 1500mSC: 4, J.Skilbeck Nelson 5:16.0; 3, J.Edwards 5:19.4. HJ: 2, C.Milner 1.70; 2, T.Abeyie 1.60. LJ: 1, T.Abeyie 6.54; 2, B.Asante 5.49. TJ: 2, B.Asante 12.68. PV: 3, A.Lambert 1.90. SP: 1, S.Samuel 11.91; 1, C.Alexander 10.57. DT: 3, C.Alexander 28.19; 4, C.Lim 19.73. JT: 4, C.Lim 24.31; 4, S.Samuel 21.05. HT: 3, C.Alexander 29.43; 3, S.Samuel 22.24. 4x100m: 1, Belgrave 47.0 (C.Milner, J.Wells, D.Buss, T.Abeyie). 4x400m: 1, Belgrave 3:38.8 (D.Huckett Joseph 57.5, D.DeEmmony 53.6, J.Wells 55.3, A.Lambert 52.4).

Under 15 Boys

100m: 2, V.Orji 12.4; 1, T.Tsui 12.5. 200m: 2,

D.Lambert 25.7; 2, T.Tsui 26.8. 400m: 2, R.Agbenoma 56.7; 4, D.McDonald 68.2. 800m: 2, H.Congalves 2:17.4. 1500m: 2, H.Congalves 4:41.6. 80mH: 3, D.McDonald 13.6; 2, D.Ekoku 14.0. HJ: 2, C.Boateng 1.50; 3, D.Lambert 1.35. LJ: 2, N.Miller 5.76; 3, D.McDonald 4.90. SP: 3, W.Caldeira 10.65; 2, K.Washington 9.26. DT: 2, W.Caldeira 27.88; 1, V.Orji 21.10. JT: 3, K.Washington 33.47; 1, C.Boateng 29.33. HT: 3, C.Wilson 24.33; 2, W.Caldeira 23.56. 4x100m: 2, Belgrave 50.0 (T.Tsui, V.Ekoku, V.Orji, C.Boateng). 4x400m: 2, Belgrave 4:01.0 (T.Tsui 59.1, R.Agbenoma 62.5, H.Congalves 60.0, D.Lambert 59.4).

Under 13 Boys

100m: 4, R.Oghagbon 13.5; 2, E.Rimdap 14.4. 200m: 4, E.Rimdap 29.8; 4, D.Fearon 34.5. 800m: 2, D.Rolle 2:28.6; 4, E.Rimdap 3:06.8. 1500m: 4, A.Ulrych 5:26.2; 1, R.Collier 5:26.2. LJ: 3, R.Collier 3.71; 4, M.Lambert 3.32. SP: 2, R.Oghagbon 11.04; 3, G.Wishart 6.58. 4x100m: 2, Belgrave 55.6 (W.Rimdap, D.Fearon, M.Lambert, R.Oghagbon). Teams: 1, Shaftesbury Barnet 225; 2, Aldershot F&D 198; 3, Milton Keynes 172; 4, Belgrave 167.

Match 5, Thurrock, 18 July 1999.

Under 17 Men

100m: 2, T.Abeyie 11.2; 3, D.Buss 12.1. 200m: 4, J.Wells 24.5; 4, J.Edwards 26.1. 400m: dnf, A.Lambert; 3, D.DeEmmony 55.8. 800m: 4, J.Edwards 2:20.9; 3, Chima Nsoede 2:29.5. 1500m: 3, J.Skilbeck-Nelson 4:45.5; 3, J.Edwards 4:56.5. 3000m: 2, M.Garcia 9:10.5. 100mH: 2, R.Bennett 14.6; 2, A.Arce 15.3. 400mH: 1, R.Bennett 59.2; 1, C.Nsoede 64.8. 1500mSC: 2, J.Skilbeck-Nelson

5:14.7. LJ: 3, T.Abeyie 5.96; 3, C.Nsoede 4.56. TJ: 2, B.Asante 12.73; 3, A.Arce 10.69. HJ: 3, T.Abeyie 1.70; 3, B.Asante 1.65. SP: 2, S.Samuel 11.24; 2, R.Broni 10.64. DT: 3, C.Alexander 26.30; 3, R.Broni 26.24. JT: 2, C.Alexander 40.14; 4, S.Samuel 27.83. HT: 4, C.Alexander 26.81; 4, S.Samuel 19.15.

4x100m: 3, Belgrave 46.8 (A.Arce, D.Buss, J.Wells, T.Abeyie). 4x400m: 4, Belgrave 3:44.4 (R.Bennett 56.4, A.Arce 56.1, C.Nsoede 58.0, J.Wells 53.9).

Under 15 Boys

100m: 1, C.Hutchinson 11.3; 1, V.Orji 12.0. 200m: 3, D.Lambert 25.2; 2, T.Tsui 25.0. 400m: 4, R.Mander 59.3. 800m: H.Goncalves 2:13.8; A.Abdullah 2:20.4. 1500m: 1, H.Goncalves 4:37.0; 1, A.Abdullah 4:41.9.80mH: 2, N.Simpson 12.4; 2, A.George 14.6. HJ: 3, C.Boateng 1.65; 4, D.Lambert 1.45. LJ: 1, N.Miller 5.58. SP: 2, W.Caldeira 11.64; 3, C.Wilson 9.36. DT: 3, W.Caldeira 29.04; 3, V.Orji 20.08. JT: 4, N.Simpson 20.95; 3, C.Hutchinson 15.97. HT: 3, C.Wilson 24.22; 2, W.Caldeira 20.91. 4x100m: 2, Belgrave 48.1 (A.George, N.Simpson, V.Orji, C.Hutchinson). 4x400m: 3, Belgrave 3:54.9 (A.Abdullah 59.9, T.Tsui 58.6, R.Mander 60.3, D.Lambert 56.1).

Under 13 Boys

100m: 3, R.Oghagbon 13.3; 3, O.Maskell 14.5. 200m: E.Rimdap 29.1; 4, D.Rolle 30.2. 800m: 3, D.Rolle 2:30.3; 2, E.Rimdap 2:36.2. 1500m: 2, A.Ulrych 5:15.3; 4, R.Collier 6:10.7. LJ: 4, O.Maskell 3.82; 4, R.Collier 3.33. SP: 1, R.Oghagbon 10.59; 3, M.Lambert 7.73. 4x100m: 3, Belgrave 56.9 (E.Rimdap, O.Maskell, M.Lambert, R.Oghagbon). Teams: 1, Enfield & Haringey 266; 2, Croydon 187; 3, Belgrave 148; 4, Havering 142.

The Running Man www.runningman.org

British man Robert Garside, 32, who is attempting to become the first person to run around the world, left Valencia, Venezuela at 09:00 hrs 6th May 2000, heading for Colombia, the country with the highest kidnapping rate in the world. In his bid to run the length of all 7 continents over a period of 5 years, he enters his 26th country with the assurances of rebels in northern Colombia that his safety "is guaranteed." "You hear so many things, good and bad, so am just going to do what I do best and just run for it. I was contacted by a man who was kidnapped for 19 months and he warned me to not even enter Colombia" he said, "but I have faith."

Known as The Runningman, Garside averages 1-2 marathons every day and has now run across 25 countries over 4 continents: Europe, Asia, Australia, and South America. To reach the USA the former psychology student from London still has to cross The Amazon Basin, Colombia and Central America, a far cry from Piccadilly Circus, London, where he began his run on 7th December 1996. "I am quite worried about the next few months of my run. The Amazon is dangerous and the Foreign Office have told me not to go to Colombia. I am a kidnap risk and the Darien Gap especially is rife with guerrilla activity," he added.

After he has completed The Americas the resilient Brit still has Africa and Antarctica to run across which he plans to do solo. "No one has ever run across Antarctica, I hope to be the first," he said. "I have a mission to become the first person to run around the world and love the freedom of running. Colombia lies between here and Panama, so I must run it. I will head along the northern coast this Tuesday towards Paraguachon, where I'll exit Venezuela in about a week's time. I'll then enter Colombia through a town called Maicao and from there I intend to run through Riohacha, Santa Marta, Barranquilla, Cartagena, Toli and Monteria to Turbo."

The Colombian Ambassador told him, "The Darien Gap is a geographically impossible area, where guerrilla activity makes it violent and explosive. People don't realise the magnitude of the

problem." This sparked off a head on communication with terrorist representatives in Colombia by mobile telephone. They wouldn't speak to him direct, but through an intermediary told him, "It's fantastic, you are a sports man and you can go but the guarantee does not cover anyone else."

Garside added: "Sport is an international language, so I am keeping my cool on this one. Everyone's advice is freaking me out and it won't be the first time. Everyone told me I'd die in the Tibetan winter, in The Amazon and so forth."

If Garside makes it through Central America he anticipates he'll be crossing into the U.S.A., via El Centro on July 4th. A west to east crossing which he thinks will "be amazing." "Thousands of runners have pledged to run with me and I can't wait" he added.

Some of his lows so far:

Jailed in China, 30 days pending enquiries, although I got out sooner. At midnight two cars with eight officers informed me "You have broken section 46 of People's Republic of China, you must be detained and punished!" Robbed in Pakistan of everything, except the clothes on my back and my passport. The autobahn in Germany, a dangerous road with no speed limit. I had a thrill whilst running at night along it as cars roared past me. In Poland the winter was so bitter that my eyelashes froze, an 80 year old woman crying whilst shuffling through the snow on cardboard, she had no legs!

And some highs:

Breaking the world long distance running record. Getting released from jail in China. Making it across The Himalayas in winter, ascending up to 5,200m with little food.

Gulp! Makes those 6 x 1000m tonight seem a little less daunting!



Ready for anything the Team Manager can throw at them! Thamesiders Lizzy Hodges, Lucy Hopkins, Charlotte Hopkins and Jenny Hodges at Tooting in July 1999.

Under 13 Boys

100m: 5, D.Fearon 15.8; 3, A.Ulrych 14.7. 200m: 3, M.Ekoku 31.2; 2, B.McCarthy 33.0. 300m: 4, J.Saunders 53.9; 3, C.Taylor 54.5. 800m: 3, E.Rimdap 2:31.8; 3, C.Taylor 2:59.0. 1500m: 1, A.Ulrych 5:15.9; 1, J.Kirton 5:31.5. 1200mW: 2, E.Rimdap 8:29.7; 1, D.Fearon 9:01.8. 75mH: 2, M.Ekoku 14.4; 2, J.Saunders 16.3. HJ: 1, J.Saunders 1.30;

1, R.Collier 1.30. LJ: 4, B.McCarthy 3.97; 4, J.Curtis 3.39. SP: 3, R.Collier 7.40. 4x100m: 3, Belgrave 60.9 (R.Collier, M.Ekoku, A.Ulrych, E.Rimdap).

Teams: 1, Croydon 257; 2, Belgrave 248; 3, Herne Hill 218; 4, Camberley & Dist. 180.5; 5, Richmond & Twick 87.5; 6, Queens Park 41; 7, Paddock Wood 39; 8, Dartford 15.

Under 13 Girls

100m: 2, C-D.Foster 13.7; 2, D-M.Wilson 14.5; n/s L.Hopkins 17.8; L.Hodges 20.2; C.Ulrych 16.3; C.Hopkins 17.2.. 200m: 1, C-D.Foster 28.0; 3, L.Collier 31.1. 800m: 1, L.Collier 2:41.0; 1, L.Hodges 2:54.5. 1500m: 4, C.Olawore 5:43.8. 70mH: 4, C-D.Foster 13.6; 3, L.Hopkins 17.1. LJ: 6, C.Hopkins 3.21; 5, L.Hopkins 2.60. SP: 6, D-M.Wilson 5.00. 4x100m: 6, Belgrave 63.3 (C-D.Foster, D-M.Wilson, L.Collier, C.Hopkins).

Teams: 1, Bromley 219; 2, Herne Hill 210; 3, Belgrave 159; 4, Dartford 152; 5, Queens Park 141; 6, Croydon 140; 7, Paddock Wood 78; 8, Richmond & Twick. 22.

Under 15 Girls

100m: =3, M.Nestor 13.8. 200m: 3, M.Nestor 28.8. 800m: G.Barret 2:45.3. HJ: 7, M.Nestor 1.25. SP: 2, L.Woolley 8.01. DT: 4, L.Woolley 16.95. JT: 4, L.Woolley 12.36.

Teams: 1, Herne Hill 257; 2, Croydon 248; 3, Bromley 223.5; 4, Richmond & Twick 214; 5, Dartford 169; 6, Camberley 132; 7, Queens Park 130; 8, Belgrave 102.5; 9, Paddock Wood 76.

Match 3, Tooting, 24 July 1999

Under 15 Boys

100m: 2, T.Tsui 12.1; 3, W.Caldeira 13.1. 200m: 2, T.Tsui 24.9. 400m: 2, R.Mander 56.5. 800m: 3, P.Doorgachurn 2:35.0. 80mH: 1, D.Ekoku 13.1. LJ: 3, D.Ekoku 5.35; 2, T.Tsui 4.96. SP: 2, P.Doorgachurn 9.20; 2, W.Caldeira 8.01. DT: 1, W.Caldeira 30.73. 4x100m: 3, Belgrave 52.9 (P.Doorgachurn, R.Mander, D.Ekoku, T.Tsui).

Under 13 Boys

100m: 3, M.Ekoku 15.5; 1, A.Adebo 13.4. 200m: 3, J.Kirton 32.1; 1, A.Adebo 28.1. 300m: 3, R.Collier 52.4; 3, J.Saunders 53.9. 800m: 3, J.Kirton 2:48.5; 3, B.McCarthy 3:11.1. 1500m: 1, A.Ulrych 5:09.3; 1, K.Taylor 6:05.4. 75mH: 1, M.Ekoku 14.9; 1, B.McCarthy 16.0. 1200mW: 3, K.Taylor 8:49.9. HJ: 2, J.Samuels 1.30; 1, R.Collier 1.20. LJ: 4, M.Ekoku 3.81; 3, B.McCarthy 3.52. SP: 1, R.Collier 7.70; 1, J.Saunders 6.80. 4x100m: 3, Belgrave 59.4 (J.Saunders, R.Collier, J.Kirton, M.Ekoku).

Teams: 1, Herne Hill 267; 2, Belgrave 255; 3, Croydon 239; 4, Camberley & D 181; 5, Richmond & T 77; 6, Queens Park 62; 7, Paddock Wood 39.

Under 15 Girls

No competitors from Belgrave. Teams: 1, Herne Hill 251; 2, Bromley 239; 3, Croydon 220; 4, Dartford 218; 5, Paddock Wood 180; 6, Richmond & T 164; 7, Queens Park 126; 8, Camberley & D 91.

Under 13 Girls

100m: 2, C-D.Foster 13.8; 3, D-M.Wilson 14.5; n/s C.Olawore 14.8; C.Ulrych 16.5; L.Hopkins 17.5;

J.Hodges 19.6; L.Hodges 15.7; C.Brown 16.6; C.Hopkins 17.3. 200m: 1, C-D.Foster 27.5; 5, D-M.Wilson 30.0. 800m: 5, L.Hodges 2:54.1; 4, C.Brown 3:12.9. 1500m: 3, C.Olawore 6:17.3. 70mH: 4, C-D.Foster 14.0; 4, L.Hopkins 16.8. HJ: 2, C.Olawore 1.30; 4, C.Brown 1.00. LJ: 5, C.Hopkins 3.26; 5, L.Hopkins 2.22. SP: 4, L.Collier 4.49; 3, D-M.Wilson 4.39. 4x100m: 5, Belgrave 61.0 (C-D.Foster, D-M.Wilson, C.Olawore, L.Hopkins).

Match 4, Tooting, 7 August 1999

Under 13 Boys

100m: 5, M.Ekoku 15.1; 4, J.Kirton 15.9. 200m: 2, M.Ekoku 29.0; 3, E.Rimdap 32.2. 300m: 5, R.Collier 52.7; 3, J.Saunders 51.2. 800m: 2, E.Rimdap 2:33.6; 4, B.McCarthy 3:02.3. 1500m: 2, J.Kirton 5:36.0; 2, K.Taylor 5:54.0. 1200mW: 2, J.Kirton 8:59.3; 2, K.Taylor 9:24.8. 75mH: 4, M.Ekoku 15.1; 1, E.Rimdap 15.0. HJ: 2, J.Saunders 1.30; 2, R.Collier 1.20. LJ: 4, M.Ekoku 3.77; 3, B.McCarthy 3.54. SP: 2, R.Collier 7.69; 2, J.Saunders 6.40. 4x100m: 3, Belgrave 61.9 (R.Collier, E.Rimdap, M.Ekoku, K.Taylor).

Teams: 1, Croydon 265; 2, Belgrave 248; 3, Herne Hill 237; 4, Camberley & Dist. 142; 5, Paddock Wood 101; 6, Queens Park 67; 7, Richmond & Twickenham 47.

Under 15 Boys

100m: 1, C.Hutchinson 11.7; 2, T.Tsui 12.4. 200m: 2, T.Tsui 25.3; 2, P.Doorgachurn 26.5. 400m: 2, P.Doorgachurn 63.7. 80mH: 1, D.Ekoku 13.9; 1, T.McPherson 14.8. HJ: 4, T.McPherson 1.55; 3, T.Tsui 14.8. LJ: 3, T.McPherson 4.45. SP: 4, P.Doorgachurn 7.67. 4x100m: 2, Belgrave 50.0 (D.Ekoku, T.McPherson, P.Doorgachurn, T.Tsui).

Teams: 1, Croydon 294; 2, Herne Hill 194; 3, Camberley & Dist. 171; 4, Belgrave 164; 5, Paddock Wood 47; 6, Queens Park 16.

Under 13 Girls

100m: 3, C-D.Foster 14.1; 5, J.Ehirim 15.5. 200m: 1, C-D.Foster 28.1; 2, D-M.Wilson 31.3. 800m: 2, L.Collier 2:43.0; 2, J.Ehirim 2:59.6. 70mH: 4, C-D.Foster 13.7. LJ: 4, D-M.Wilson 3.73; 4, L.Collier 3.62. DP: 5, D-M.Wilson 5.23; 5, L.Collier 4.39. 4x100m: 2, Belgrave 58.6 (D-M.Wilson, L.Collier, M.Kallon, C-D.Foster).

Teams: 1, Herne Hill 227; 2, Bromley AC 204; 3, Dartford 164; 4, Croydon 152; 5, Belgrave 143; 6, Camberley & Dist. 59.

Under 15 Girls

DT: 4, L.McCarthy 17.48. JT: 8, L.McCarthy 6.85. Teams: 1, Herne Hill 278; 2, Bromley 222; 3, Croydon 156; 4, Queens Park 145; 5, Paddock Wood 122; 6, Dartford 82; 7, Camberley & Dist. 73; 8, Richmond & Twickenham 41; 9, Belgrave 26.

THAMESIDE LEAGUE 1999

Under 13 Boys

1, Croydon H 1001 match points 33 league points; 2, Belgrave H 975 31; 3, Herne Hill H 912 28; 4, Camberley 714.5 24; 5, Richmond & T 256.5 17; 6, Paddock Wood 221 14; 7, Queens Park H 198 14; 8, Dartford H 1 15.

Under 15 Boys

1, Croydon H 1261 36; 2, Herne Hill 1035 32; 3, Camberley 699 26; 4, Belgrave H 665 26; 5, Paddock Wood 201 18; 6, Richmond & T 201 14; 7, Queens Park H 46 10.

Under 13 Girls

1, Bromley AC 899 35; 2, Herne Hill H 771 30; 3, Belgrave H 644.5 26; 4, Dartford H 635.5 26; 5, Croydon H 603.5 22; 6, Queens Park H 262 11; 7, Camberley 154 9; 8, Paddock Wood 185.5 8; 9, Richmond & T 108 6.

Under 15 Girls

1, Herne Hill H 983 35; 2, Bromley AC 946 32; 3, Croydon H 790.5 27; 4, Dartford H 660 21.5; 5, Richmond & T 585 16; 6, Queens Park H 550 16; 7, Paddock Wood 453 12; 8, Camberley 433 11; 9, Belgrave H 319.5 9.5.

REG HOPKINS

Match 1, Battersea Park, 29 May 1999

Under 15 Boys

100m: 3, R.Biscoe 12.8; 1, T.Tsui 12.7. 200m: 2, C.bentt 26.6; 1, P.Doorgachurn 26.5. 400m: 1, T.Tsui 59.5; 2, D.Ekoku 64.1. 800m: 3, P.Doorgachurn 2:37.4. 80mH: 1, D.Ekoku 14.8. HJ: 3, D.Ekoku 1.40; 2, T.Tsui 1.30. LJ: 3, R.Biscoe 4.84; 3, P.Doorgachurn 4.04. SP: 1, W.Caldeira 11.43; 1, C.Bentt 9.89. DT: 2, W.Caldeira 26.15; 1, C.Bentt 24.09. 4x100m: 1, Belgrave 51.2 (P.Doorgachurn, D.Ekoku, T.Tsui, R.Biscoe).

Teams: 1, Croydon 318; 2, Herne Hill 293; 3, Belgrave 237; 4, Camberley 170; 5, Richmond & Twick. 43; 6, Paddock Wood 42; 7, Queens Park 15.

Under 13 Boys

100m: 4, M.Ekoku 15.4; 3, J.Saunders 16.7. 200m: 2, O.Maskell 30.2; 1, E.Rimdap 29.8. 300m: 4, R.Collier 52.8; 4, J.Hyland 62.1. 800m: 2, E.Rimdap 2:38.7. 1500m: A.Ulrych 5:20.4; 3, J.Saunders 6:17.6. 75mH: 2, D.Brenyah 15.3; 2, M.Ekoku 16.0. HJ: 2, R.Collier 1.25; 1, J.Saunders 1.25. LJ: 3, D.Brenyah 4.15; 3, O.Maskell 3.82. SP: 2, R.Collier 7.20; 2, J.Hyland 6.29. 4x100m: 2, Belgrave 59.4 (R.Collier, M.Ekoku, A.Ulrych, D.Brenyah).

Teams: 1, Croydon 240; 2, Belgrave 226; 3, Camberley 211; 4, Herne Hill 190; 5, Richmond & Twick. 45; 6, Paddock Wood 42; 7, Queens Park 28.

Under 15 Girls

100m: 6, F.Meyrick-Cole 15.8. 200m: 5, J.Mortimer 30.1; 5, L.Jones 31.8. 800m: 4, J.Mortimer 2:45.8. 1500m: 4, E.Redshaw 7:11.6. 75mH: 2, S.Maujee 15.8; 1, L.Jones 13.5. HJ: 6, C.Black 1.15. LJ: 5, J.Mortimer 4.20; 3, S.Maujee 3.73. SP: 5, L.Woolley 7.72; 1, S.Sheikh 7.31. DT: 6, C.Malston 18.02; 3, F.Meyrick-Cole 15.62. JT: 4, G.Humphries 16.02; 6, L.Woolley 10.95. 4x100m: 7, Belgrave 60.0 (L.Jones, J.Mortimer, S.Maujee, C.Malston).

Teams: 1, Bromley 261; 2, Herne Hill 197; =3, Belgrave 191; =3, Dartford 191; 5, Croydon 186; 6, Richmond & Twickenham 166; 7, Queens Park 149; 8, Camberley 137; 9, Paddock Wood 75.

Under 13 Girls

100m: 3, C-D.Foster 14.4; 5, L.Collier 16.2; n/s G.Brown 16.0; C.Brown 17.4; L.Hopkins 17.5; C.Hopkins 17.5; D-M.Wilson 15.6; C.Hutchinson 17.1. 200m: =3, C-D.Foster 29.9; 4, L.Nelson 33.1. 800m: 6, G.Brown 3:09.7; 3, L.Hladnik 3:10.5. 1500m: 3, L.Collier 5:53.5. 70mH: 5, P.Martin 18.8. 2, C.Hopkins 17.7. HJ: 5, L.Hladnik 1.20. LJ: 8, C.Hopkins 2.80; 5, L.Hopkins 2.43. SP: 3, L.Nelson 5.99; 2, C-D.Foster 5.89. 4x100m: 5, Belgrave 62.1 (L.Collier, L.Nelson, G.Brown, C-D.Foster).

Teams: 1, Bromley 252; 2, Dartford 185.5; 3, Belgrave 164.5; 4, Croydon 143; 5, Herne Hill 129; 6, Paddock Wood 74; 7, Queens Park 67; 8, Richmond & Twick. 43; 9, Camberley 38.

Match 2, Tooting, 3 July 1999

Under 15 Boys

100m: 3, V.Orji 12.6. 400m: 1, R.Mander 58.2. 80mH: 2, D.Ekoku 13.1. LJ: 3, D.Ekoku 5.35; 2, V.Orji 4.95. Teams: 1, Croydon 336; 2, Herne Hill 260; 3, Camberley & Dist 199; 4, Belgrave 83; 5, Paddock Wood 60, 6, Richmond & Twick. 59.

Five Golds at "Schools Olympics"

BURY ST. EDMUNDS, 9-10 JUL 1999

John Powell reports

You either love it or you hate it. The "Schools Olympics", the largest athletic event of its kind in the world, the English Schools Championships, took its travelling road show to unsuspecting Bury-St Edmunds in 1999. And again it produced its fair share of drama - new discoveries, the elation of outstanding success, that dreadful feeling of bitter disappointment following failure to live up to expectations, and the usual bureaucratic red tape that does its best to alienate coaches from the athletes they have spent months, often years, preparing for this moment!

Assuming, however, you accept it as an inevitability of the annual track and field calendar, it therefore has to take on a fairly high profile role in any young athlete's competitive agenda. The honour of winning a 'schools title' is still considerable although thankfully (and in the author's opinion, quite rightly) international selection is principally orientated toward the AAA age-group Championships.

Belgrave athletes have fared increasingly well over recent years in these Championships with an ever increasing number of athletes being selected to represent their schools county teams (mainly London or Surrey). This year the numbers dropped slightly but the quality was there for all to see.

Having an English Schools winner is not an experience common to every club. In Sheffield 1998 Belgrave had three - an outstanding achievement. But in 1999 we bettered even that magnificent achievement, with five (although the fifth didn't actually sign a form until after the event!) What's more, the significance of two of the other wins was immense.

First came Chris' Lambert - clear favourite for the senior boys 200m title, and who duly obliged with a victory in such ease that it was almost embarrassing. When the crowd quieten and draw breath as the field enters the home straight, you know you are watching something a bit special.

Onen Eyong, then Dulwich College pupil, stunned the long jump world with one of the furthest jumps by a British 14-year-old ever in winning the under-15 title. His subsequent abduction by our intrepid recruitment man of the moment was eventually successful and he went on to clinch the AAA title as well - this time in Belgrave colours.

Meanwhile, on the high jump fan, Samson Oni was going up and up - and up! With virtually no training behind him, Samson cleared 2.16m to better the rest and clinch his first ever national title after a string of silver medals. (Now training with Trevor Llewelyn at Crystal Palace, what year 2000 might hold for this young man,

one almost dares not contemplate!)

But the significance at that time of our other two winners is not easily translated into words. Austin Ferns had undergone possibly one of the most traumatic weeks in his athletics life to date since the AAA under-20 400m hurdles final six days earlier. Training partner Nangie Ursell (Blackheath) had well and truly beaten him into fifth place with a fine silver medal performance. Austin had failed to even enter the frame in what were the European Junior Championship trials and had yet to record a UKA qualifying time.

Bury provided one of the final opportunities for Austin to impress the selectors - and regain a severely dented confidence. He achieved both in style.

Leading virtually from gun to tape, Austin withstood Nangie's late challenge to hold on for gold, and eventual selection for the European Championships. His time of 52.87 was identical to Nangie's time a week earlier but, combined with his established international experience, won him the selectors nod over his rival.

Meanwhile, Matt' Russell was seeing how best he could traumatised his coach as well as himself in the senior 100m after he failed to make an impression on the leaders of his heat. It was only after 5pm on day one of the Championships that he actually found out he had qualified for the Saturday final as a fastest loser. It certainly had prompted an afternoon of long faces on the Friday after he too had suffered a disastrous AAA event the week before, going out of the 100m in the semi-final.

But qualify he did, and he survived the experience to defend the title he won in 1998. His main rival - British international Darren Chin and the talented Tyrone Edgar. Drawn on the outside lane as the slowest qualifier Matt' was not in the ideal position but if the experiences of the previous seven days had given him anything, it was a hunger to win.

A far from ideal start left him much to do after a number of false starts but slowly he clawed it back to breast the tape first. All of us who were involved with Matt' at the time knew just how much he wanted to win that race - and the Cheshire Cat impression that stayed with him for the rest of the day really said it all! A thoroughly deserved reward for a young man who is one of the best ambassadors our sport could wish for.

Elsewhere than on the podium there were thrills and spills of course. Nigel Miller failed to get onto the rostrum in the junior boys triple jump, although he made amends in the AAA final in clinching bronze, and Reuben Agbanoma failed to progress through the heats of the junior boys 400m after improving

beyond recognition to get there in the first place!

And let's not forget the excellent achievement of up-and-coming sprinter Tim Abeyie in reaching the under-17 100m final in his first ever English Schools - great stuff.

Senior Boys

100m: (-3.7) 1, M.Russell (Essex) 10.99 (h2 -2.0 5, 11.06). 200m: (-1.4) 1, C.Lambert 21.25 (h1 -1.4 1, 21.57). 800m: 4, A.McLean (Avon) 1:53.5 (h3 4, 1:55.05; sf1 4, 1:56.76). 400mH: 1, A.Ferns (London) 52.74 (h3 1, 54.93). HJ: 1, S.Oni 2.16. LJ: 5, R.Danso (London) 6.90 (2.3).

Intermediate Boys

100m: (-1.6) 6, T.Abeyie (London) 11.34 (h2 -2.0 2, 11.34; sf1 -1.8 3, 11.43). DT: 3, D.Onwaballili (London) 44.30.

Junior Boys

400m: h1 7, R.Agbanoma (London) 55.63. LJ: 1, O.Eyong 6.68 (1.6). SP: 15, W.Caldeira (London) 11.51.

Other Schools events

12 June 1999

Avon Schools Champs., Yate. Senior Boys 800m: 1, A.McLean 1:56.8.

Kent, Ashford. Senior Boys DT: 1, G.Urquhart 40.01. JT: 1, T.Kitney 65.47.

London, Croydon. Senior Boys 400mH: 1, L.Odiete 64.0. HJ: 1, S.Oni 2.01. PV: 1, O.Matthew 3.50. Inter Boys 400m: 1, D.DeEmmony 54.3. DT: 1, D.Onwaballili 43.15. Junior Boys 400m: 1, R.Agbanoma 55.3. 1500m: A.Abdullah 4:35.4. 80mH: N.Simpson 12.9. SP: W.Caldeira 12.06.

ALAN MEAD



English Schools Champion Matt Russell ran opening leg in the 4 x 100 metres in both Senior Men's Cup matches and the European Clubs Relay Championships in Rennes.

Centre Page Photos

All taken by Rex Bale with the exception of number 1 which was taken by Keith Mayhew. Clockwise, starting top left.

THE NATIONAL

1 One of the most glorious sights in athletics is the start of the Senior Men's National Cross Country Championships. Half a mile into the 2000 race at Stowe School, Buckinghamshire, and the field is led by Belgrave's Paul Evans with Paul Freary just behind him and to the right. On the left, behind 2516 is Kevin Nash and next but one above 2321 is Rob McHarg. On the right, behind the orange vested 24 is Jason Lobo, making a more conservative start, with Lee Hurst next but one on the left of 24. In the centre, just behind and to the right of the Blackheath vest is Alaster Stewart and next on the right, with only his claret bandana showing is Charles Herrington. That's eight in the top 100 and they spent the next half mile gaining even more forward positions. You might have to take the Editor's word for this one: on the skyline just to the left of the tree can be seen Phil Carstairs' thinning thatch. Will Cockerell has also been picked out in this vicinity by one viewer - but blown if we can find him now!

SEAA 12-Stage ROAD RELAY

2 A key man in his first winter season with the Club, Alaster Stewart moved us up to second at Milton Keynes before going off course.

3 Jim Estell makes the 'A' team line-up for the SEAA 12-Stage yet again and was entrusted with first leg.

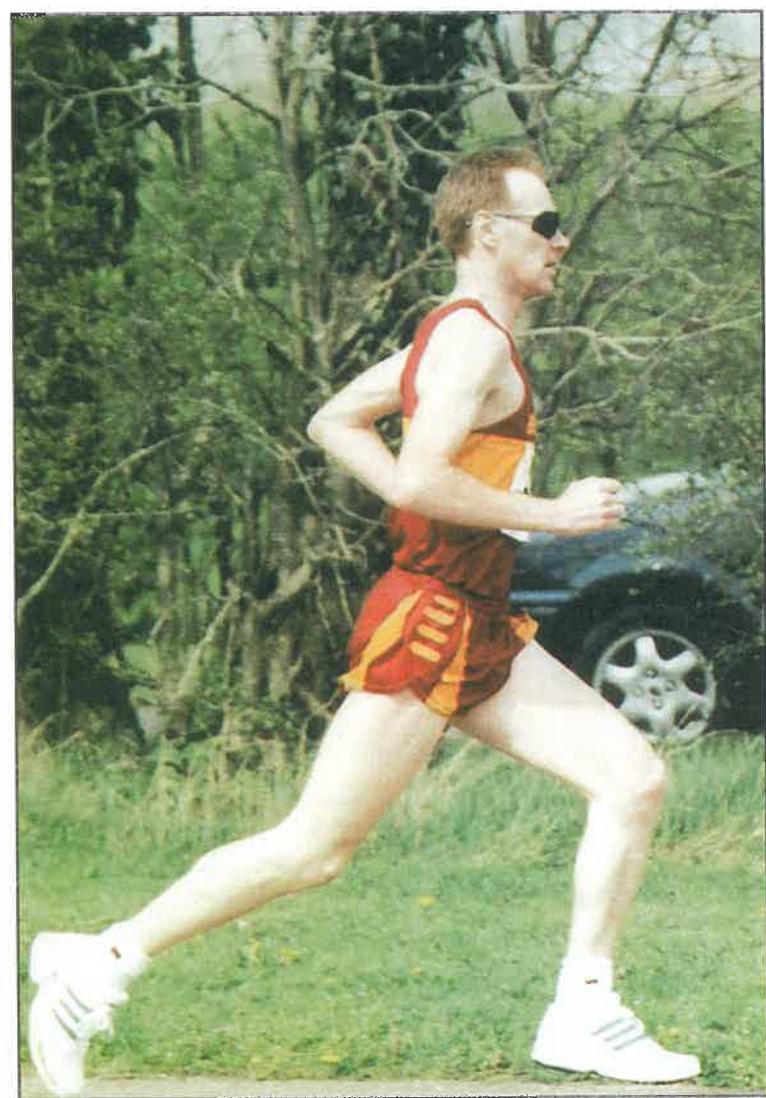
4 The run of the day. Kevin Nash sets his sights on the next man in front. He gained a startling 22 places on leg two to clock the day's fastest short stage time (equalled later by our own Yacin Yusuf in the 'B' team) and match Mark Miles' Club Record. The lady in the red coat admiring Kev's progress is none other than the young lass on the bike shown on the inside back page, following another race a mere 45-odd years earlier.

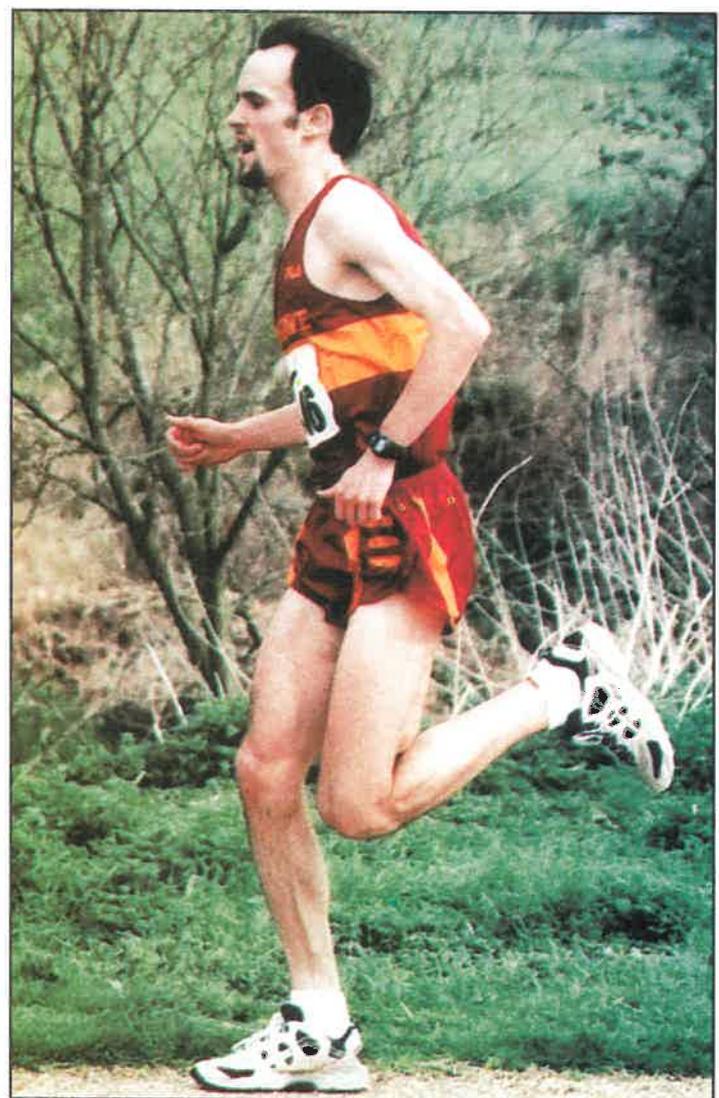
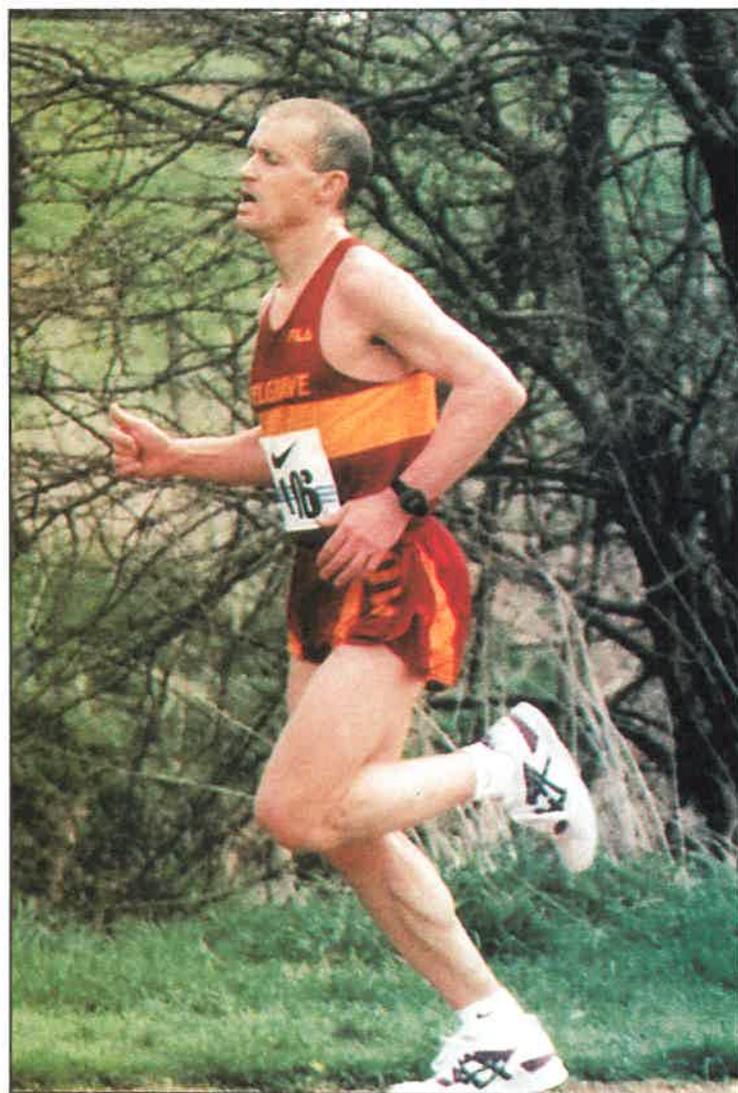
5 Jolly Roger, Captain of the bronze medal winning crew ran our third fastest long stage.

6. Youngest man in the 'A' team, Kevin Quinn was in the deep end and no mistake, being handed the lead on stage 10. Shaftesbury came back at him but he ran well to hold on to 2nd.

7. Another man to run his socks off, Will Cockerell ran way inside his previous best for 5 miles to keep us in the medals.

8. Canadian Alex Hutchinson, fastest on his stage and 7th best short leg of the day took Belgrave into the lead with the last few paces of his stage.





**ECCA NATIONAL CROSS COUNTRY CHAMPIONSHIPS
NEWARK, 13 MAR 1999**

A Most Improved Team !

Six to score

1, Tipton H (5, 9, 14, 18, 26, 30)102
2, Bingley H & AC (20, 23, 24, 38, 39, 44)188
3, Blackheath H (3, 8, 25, 72, 83, 104)295
15, Belgrave H (21, 64, 231, 274, 282, 286)1158
133 teams		closed in.

Nine to score

1, Tipton H (as above + 33, 35, 40)210
2, Bingley H & AC (+ 60, 75, 77)400
3, Blackheath H (+ 123, 134, 142)694
9, Belgrave H (+ 356, 363, 372)2249
56 teams		closed in

Our largest ever contingent lined up in the pens at the Showground, Winthorpe, near Newark, for the 1999 "National". Hopes for a team place in the top 20 were high with a relatively unfit Kassa Tadesse and track man Jason Lobo to bolster our team of good club men. And didn't those "club men" run well, particularly Phil Carstairs and Will Cockerell. It was obvious that Tipton had the race sewn up. In fact their 7th to 12th men home could have been placed 4th team in their own right but we were very satisfied our own more modest performance which, it seemed, may have given us a spot just outside the top ten. Not bad at all considering our recent history in the event and surely a sign of great things to come in the next few years.

Unfortunately, when the official results came through, we found that we had in fact been placed 15th and Najibe Hliouat, who was counted home in 146th position, had been left out of the reckoning. Telephone calls to the organisers revealed that our young Moroccan had been disqualified for "number mutilation". In spite of our protestations the officials stood firm and we had to accept our fate. As it turned out they may well have been right because when photographs of the race were later developed it could be seen that

although his number was totally intact and legible, the bottom 2 centimetres bearing a sponsor's logo could not be seen. We'll never get to the bottom of it because by this time the number was long gone and Najibe's English does not extend to the nuances of origami. Suffice it to say that with N.Hliouat on the result sheet we would have been 11th at 6 to score and 8th at 9 to score - next year there'll be a kit inspection as the runners enter the pens!

Senior Men

1, J.Pugsley (Birchfield)	..38:32
2, B.Royden (Medway)	..38:43
3, S.Newport (Blackheath)	..38:44
21, K.Tadesse	40:00; 64, J.Lobo 41:25; 146, N.Hliouat (dq) 43:10; 233, P.Carstairs 44:34; 277, W.Cockerell 45:12; 286, R.Alsop 45:19; *290, M.Webb 45:21; 360, M.Kazimierski 46:08; 367, S.Armanini 46:11; 376, G.Adams 46:15; 516, R.Harding 47:40; 882, D.Anderson 50:50; 1554 finished.

Senior Women

1, A.Newport (Basingstoke)	29:33
286, C.Eastham	40:25; 477 finished.

Under 20 Women

1, S.Thomas (Wallsend)	..20:39
54, T.Sturton	24:17; 101 finished.

Under 20 Men

1, S.Haughian (Hounslow)	..32:16
111, K.Quinn	39:13; 175 finished.

PUMA TVH MEN'S 5-STAGE ROAD RELAY & WOMEN'S 3-STAGE ROAD RELAY, STOCKLEY PARK, 3 APR 1999

Men

1, Aldershot F&D1:31:41
2, Boro. Hounslow1:33:25
3, Shaftesbury Barnet1:33:28
9, Belgrave1:38:39
17 teams	started
13 teams	finished

R.Alsop317:48
S.Fowler518:54
R.Harding720:23
R.Harding821:04
D.Anderson920:30

Women

1, Boro. Hounslow1:02:27
2, PUMA TVH1:05:18
3, Shaftesbury Barnet1:06:01
8, Belgrave1:09:51
18 teams	started
13 teams	finished

'A'

H.Maskrey822:27
C.Eastham824:13
T.Sturton823:11

'B'

D.Hearn1729:34
J.Smiter1429:02

TIME FOR NEW SHOES?

by the American Running and Fitness Assoc. (arfamn@aol.com).

How often should you buy new shoes? It's an important question because if you wear broken down shoes you risk hurting yourself. When a shoe breaks down it not only loses its ability to correct your gait, it can throw your stride off and cause injuries. "From the shoes I have seen at the hundreds of New York races I have worked, and the runners who come to me with problems, I would say it is a constant problem that runners wear them too long. When in doubt, throw them out and buy new ones," says AR&FA Editorial Board Member Stephen Perle. The standard recommendation for buying new shoes is about every 500 miles. However, variables like your weight, foot strike, and how you care for your shoes may affect that recommendation.

Heavier runners, understandably, break down shoes more quickly than lightweight runners. If you're a man over 180 pounds or a woman over 140, bear in mind that many shoes aren't built to stand up to the pounding you'll give them. A shoe with polyurethane (PU) in the midsole rather than just ethyl vinyl acetate (EVA) will be more durable. Although PU is a little stiffer, your additional weight will probably mean you can use more safely anyway. The wear you see on the outsides of your shoes has already happened to the midsole. If you see the heels of your shoes wearing down, it's a safe bet the midsoles have already broken down in the same places. The extent to which a shoe is able to control your pronation is severely compromised as the midsole breaks down. Put your shoes on a flat surface. If you can see the imbalance from the worn areas, you absolutely shouldn't run in them.

It's a good idea to have two pairs of shoes and alternate them daily. Although some runners don't want to spend the money for two pairs of shoes at once, it might save you money in the long run. When you wear shoes every day they don't have time to dry out adequately, and the uppers disintegrate faster. Also, each time you run your weight compresses the midsole. If you run on it again before it has had time to rebound, it is less able to recover its cushioning properties. So by giving your shoes time to recover properly, you're extending their life. What's more, if you buy the shoes at different times, so one is more worn than the other, you're more likely to notice as the older pair wears out. The difference in their wear will also distribute your weight slightly differently, balancing the stresses on your body.

Make sure you're aware of the mileage you've put on your shoes. Pay attention to your feet and your shoes, and take proper care of them. Buying a new pair of shoes, although it seems expensive, is a lot cheaper and more fun than a trip to the doctor to fix an injury caused by running in broken down shoes.



REX BAILE

Right: "Got the time mate?" Hercules Wimbledon's Steve Badgery and Belgrave's Junior Galley check on their progress at the 12 mile point during the 1999 London Marathon.

**NIKE SEAA 12-STAGE ROAD RELAY
MILTON KEYNES, 28 MAR 1999**

It's Southern "Silver"

When Justin Chaston turned up unexpectedly, on a brief holiday from the U.S.A., he was welcomed into the squad with open arms. Unfortunately we could not run him in the 'A' team as he had not officially been entered but turning out for the 'B's' on stage 3 he churned out the fastest time of the day up to that point and took his team up to 8th. Meanwhile, the 'A's' suffered a few below par runs which had put them back in the 'teens'. It wasn't until Roger Alsop's run to take us to the half-way point that we got our teams the right way round again - but we were still back in 10th.

Jim Estall took the Bels. up a couple more places but after an awful run from Hassan Raidi it was Jason Lobo on stage 9 that set the scene for a terrific finish. Allowing himself to be persuaded to do a long stage, our

800 metres ace had a lonely run and gained only one position but closed up a huge gap on the teams ahead. With TVH, Highgate and Basildon in his sights, Mark Miles took over next and did such a demolition job that our Team Manager was approached by the judges afterwards with the serious query that, "Perhaps your man might have cut the course short?" Please! Only Rob Denmark was able to run a faster short stage time on the day than our Mark.

Now, could Lee Hurst get us into the frame? He had already had an exciting afternoon. During his warm up he was passing the nearby lake just as a large lady fell in during an attempt to retrieve her dog. With nobody else taking the initiative, Lee went into action to heave her out: "She was right heavy!" Now the teams ahead had to face up to our

hero and as he set out purposely on the last long stage, Thames Hare & Hounds soon felt the pressure as Belgrave moved into the medal positions for the first time.

Blackheath Harriers were well clear, having led since as early as stage 5, but Brighton & Hove were certainly in our sights as Clive Gilby took over for the final stage. All our supporters had returned to the finish area by the time the "Heathens" cruised in for a fine victory but every eye was now focused on the bend in the road near the finish - would it be Brighton's red vest next around the curve, or our own claret and gold? "Yes!" The shout that went up told it all as Clive raced for the finish line to complete our second fastest short stage with a very tired looking Brighton man in his wake.

Teams:
1, Blackheath H 4:17:28
2, Belgrave H 4:19:44
3, Brighton & Hove 4:20:18
48 teams started
39 teams finished

**AAA 12-STAGE ROAD RELAY
SUTTON COLDFIELD
24 APR 1999**

Yet again we ran into trouble at Sutton Coldfield where the drop-out rate was so alarming that we found ourselves pulling spectators into the team to keep going for ten legs before finally running out of men. As ever, the problem with this race is that from the maximum allowed entry of twenty-four we have to find twelve men who are not going warm weather training not recovering from the previous week's marathon or not preparing for a track race just around the corner. We are fast getting to the stage where we can only afford to enter men who are totally committed to the event - whatever the ability of those who might want to do it.

Never mind, the sight of Mark Miles in full flight, setting the third fastest short stage time of the day and overtaking seventeen runners into the bargain, was worth the trip to the Midlands alone.

1, Tipton H 4:06:22
2, Salford H 4:11:18
3, Morpeth H&AC 4:11:41
66 teams started; 59 finished.

Fastest long stages:
1, M.Morgan (Swansea) ... 25:34
2, D.Burrows (Birchfield) .. 25:53
3, N.Jones (Tipton) 25:55

Fastest short stages:
1, A.Passey (B&R) 13:44
2, D.Heath (Blackheath) ... 13:47
3, M.Miles (Belgrave) 13:49

K.Nash 34 27:44
R.Alsop 29 15:08
N.Hliouat 33 28:32
M.Miles 16 13:49
G.Adams 17 28:37
K.Tadesse 13 14:50
M.Kazimierski ... 19 29:42
C.Dickinson 21 16:10
P.Coughlan 25 31:25
D.Anderson 31 17:35

**THAMES HARE & HOUNDS'
PARKLAND RELAY
RICHMOND PARK, 5 MAY 1999**

Men
1, Thames H&H 1:00:43
2, Belgrave 1:01:41
3, Ranelagh 1:02:20

R.Alsop 2 14:38
G.Staines 1 14:02
T.Binda 1 16:20
D.Anderson 2 16:41

SEAA 12-STAGE ROAD RELAY 1999

Long stage ~ 7.978 kms (4m 1685y)

Short stage ~ 5.506 kms (3m 742y)

Stage	Stage Ranking	Overall Ranking	Team Posn.	Time	Stage	Stage Ranking	Overall Ranking	Team Posn.	Time		
'A' Team					'B' Team						
1	N.Hliouat	25	=66	25	25:58	2	R.Foley	5	19	11	17:31
3	P.Carstairs	27	125	16	26:45	4	P.Coughlan	9	=29	14	17:49
5	K.Nash	6	=38	11	25:28	6	R.Alsop	5	=17	10	17:29
7	J.Estall (M40)	8	54	8	25:46	8	H.Raidi	22	=146	9	19:17
9	J.Lobo	2	24	8	25:05	10	M.Miles	1	2	4	16:15
11	L.Hurst	2	22	3	24:57	12	C.Gilby	3	=15	2	17:24
1	J.Galley	27	=71	27	26:03	2	S.Fowler (M40)	21	75	25	18:24
3	J.Chaston	1	5	8	23:55	4	G.Adams	11	33	8	17:52
5	M.Kazimierski	18	130	10	26:50	6	S.Armanini	13	=72	10	18:21
7	J.Curtat	32	=202	12	28:17	8	D.Anderson	29	188	13	19:42
9	W.Cockerell	34	=235	21	29:30	10	P.Carstairs	11	=121	20	18:56

Second-claimers:

1 C.Herrington 7 20 7 24:54
1 T.Barden 37 =144 37 27:10

263 long stage runners

263 short stage runners

Fastest:

7 M.Steinle (Blackheath) 23:36
5 D.Taylor (Blackheath) 23:37
7 N.Wetheridge (Basildon) 23:37
6 Rob Denmark (Basildon) 16:07
10 M.Miles (Belgrave) 16:13
2 S. Sharp (Puma TVH) 16:17

LONDON MARATHON, 18 APR 1999

1, A.El Mouazis (Morocco) 2:07:56
2, A.Pinto (Portugal) 2:08:59
3, A.Anton (Spain) 2:09:40
141, M.Kazimierski 2:34:42; 162, P.Coughlan 2:36:14; 619, J.Galley 2:50:01; 2245, J.Estall 3:10:37; 3185, T.Verdie 3:19:05; 3645, W.Minett 3:22:49; 4647, S.Paton 3:29:52; 4815, F.Gander 3:30:50; 5589, R.Palmer 3:35:25; 10513, L.Mann 4:01:03; 10846, D.Manning 4:02:40; 13269, M.Sparks 4:15:12; 14083, E.Derouet 4:19:55; 15035, D.Davies 4:25:13; 16432, D.McMillan 4:33:02; 16885, R.Hearn 4:35:56.
Wheelchair:
1, H.Frei (Switzerland) 1:35:27
6, T.Patel (Belgrave) 1:48:21

COACH LINK

Coaching Secretary Reg Hopkins has seen it all and done it all as far as club work is concerned but his enthusiasm never seems to wane. He has produced no fewer than 13 issues of Coach Link - an eight page newsletter designed to keep our Club coaches up to date on what is happening in the coaching scene in our club. His newsletter keeps us aware of things like revalidation requirements, child protection matters, first aid courses and, naturally, coaching courses. Many thanks for all your work Reg!

Feedback is very important. If you have anything you'd like to discuss regarding coaching then don't hesitate to get in touch with him - 020 7231 9116, e-mail coareg@aol.com

**SURREY ROAD RELAY CHAMPIONSHIP
WIMBLEDON PARK, 11 SEP 1999**

“Stitched up” by Herne Hill’s Taylor

Paul Coughlan has given everything - but will it be enough for Roger Alsop?

**BELGRAVE-NONSUCH
4 x 2.2 miles RELAY
NONSUCH PARK, 8 JUL 1999**

Men
1, Belgrave42:38
11, Belgrave Vets (4th Vet's) . .51:36
25 teams finished

M.Bizio 211:12
R.Alsop 110:26
R.Foley 110:47
G.Staines 110:13
Veteran Men
J.Mather12:35
P.Gilbey11:47
D.Anderson12:01
J.Jeffery15:13

Women
1, Belgrave57:26
7 teams finished

T.Sturton 113:30
C.Eastham 114:14
J.Smiter 115:29
S.Stracey 114:13

Kate Houston brings the "Belles" home to a set of bronze medals in the Surrey Road Relay.

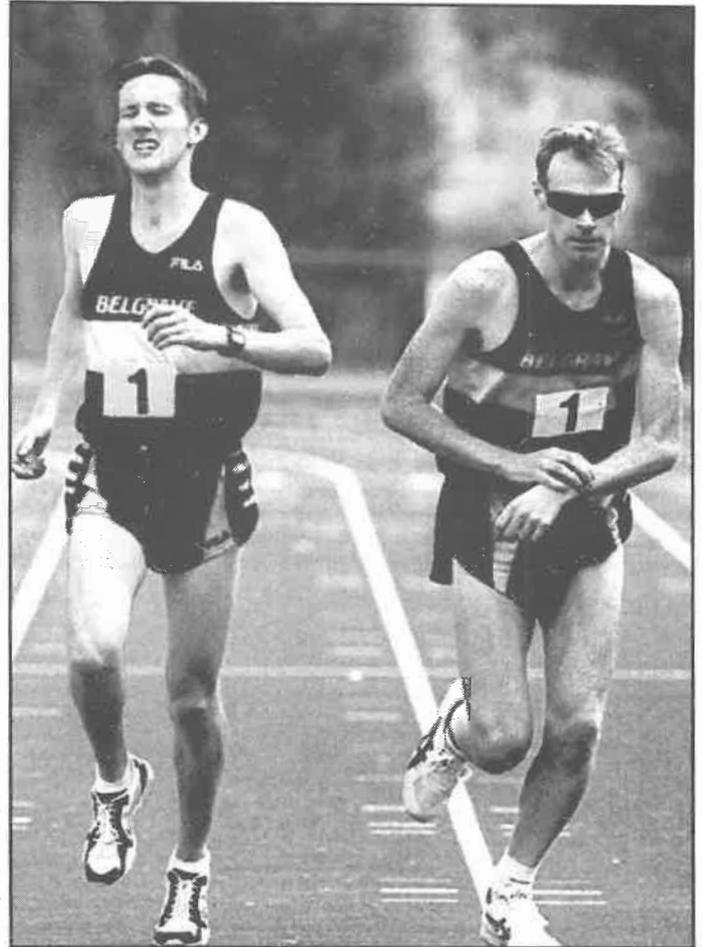


RAY O'DONOGHUE

Fine weather, a good course and strong rivalry between local clubs led to an exciting race. A shortage of Surrey qualified Belgrave runners available on the day meant that veteran Steve Fowler, not at his fittest, had to be coerced into taking the first leg. While Steve struggled to hold his own, Reigate Priory headed the field through a fine run by Alistair Moses, chased hard by the Bels. 'B' team runner Steve Clarke. Stage two and Kevin Quinn, in his first year as a Senior, moved up two places while Herne Hill's Ben Woodd gained a half minute break on the field at the front.

Now for the fireworks! The ever reliable Jim Estall picked off six opposing teams and was still accelerating as he ran out of road and handed over to his training partner Junior Galley. The Bels. were now only 28 seconds down on the leaders. Running one of his best ever races Junior moved Belgrave ever closer to the front as Herne Hill faded and Sutton took over at the head of the field. The gap was now just 13 seconds. Everyone knew that the Hill's team manager Andy Lee-Gerard was saving his 'ace' for the final show of cards but it was just possible that if Paul Coughlan ran a 'blinder' he might give our last leg man enough headway to keep clear of Herne Hill's international Dave Taylor. 'Coggie' ran well - but not quite well enough. He took Belgrave into a 31 second lead but as Roger Alsop stormed away one couldn't help thinking that it was not going to be sufficient. The Belgrave man ran 10 seconds faster than his own team manager had predicted but Taylor was in full cry, smashing the course record and taking Herne Hill's red and black colours back into a winning lead.

In the midst of all this excitement the four stage women's race resulted in a very pleasing set of



RAY O'DONOGHUE

bronze medals for Belgrave. From the outset the 'Belles' were in contention for an award as Helen Maskrey brought the club home in second place behind Thames Hare & Hounds. Tania Sturton and Catherine Eastham held the team steady in a medal winning position as team fortunes around them chopped and changed. South London Harriers had

made a winning strike and were now being followed by Ranelagh Harriers. But with Belgrave's modern pentathlete Kate Houston on the last stage it was not all over yet. SLH were clear but Kate drew ever closer to Ranelagh, failing to catch their last runner by just four seconds as the finish line was crossed.

Senior Men 6 x 2.5 miles
1, Herne Hill90:15
2, Belgrave 'A'90:34
3, South London91:25
11, Belgrave 'B'99:58
24 teams started; 20 finished.

Fastest: D.Taylor (Herne Hill) 13:33;
S.Major (South London) 13:58;
R.Alsop (Belgrave) 14:23; 128 runners took part.

Senior Women 4 x 2.5 miles
1, South London71:42
2, Ranelagh76:27
3, Belgrave76:31
14 teams started; 13 finished.

Fastest: M.Clark (Thames H&H) 16:52; M.Clark (Herne Hill) 17:13;
A.Mellowdew (Epsom & Ewell) 17:18; 55 runners took part.

	Stage ranking	Overall ranking	Team	
'A'				
S.Fowler	12	=47	12	15:51
K.Quinn	4	=43	10	15:46
J.Estall	1	=10	4	14:48
J.Galley	1	16	2	14:51
P.Coughlan	2	17	1	14:55
R.Alsop	3	3	2	14:23
'B'				
S.Clarke	2	9	2	14:44
E.Lemenager	11	66	6	16:33
W.Cockerell	12	67	8	16:38
J.Mather	=14	=84	11	17:27
A.Cowmeadow	9	75	11	17:02
J.Curtat	14	=89	11	17:34
Women				
H.Maskrey	2	6	2	17:48
T.Sturton	5	24	3	19:44
C.Eastham	7	28	3	20:08
K.Houston	6	17	3	18:51

YACHT 3 miles HANDICAP, WIMBLEDON, 2 OCT 1999

1, R.Harding	31:15	14:30	16:45	3
2, J.Mather	31:34	13:30	18:04	5
3, C.Eastham	31:38	11:00	20:38	1
4, D.Davies	31:47	9:15	22:32	16
5, A.Cowmeadow	31:51	14:00	17:51	4
6, J.Slough	31:55	12:30	19:25	8
7, P.Graham	32:03	12:00	20:03	9
8, D.Anderson	32:16	13:30	18:46	7
9, D.Green	32:36	11:30	21:06	13
10, S.Fowler	32:36	16:15	16:21	1
11, L.Collier	32:38	9:00	23:28	2
12, M.Lesley	32:39	9:15	23:24	17
13, P.Carstairs	32:42	16:00	16:42	2
14, J.Grimes	33:00	14:30	18:30	6
15, G.Collins	33:00	10:30	22:30	15
16, M.Graham	33:09	11:30	21:39	14
17, H.Corbett	33:11	13:00	20:11	10
18, P.Cooper	33:21	13:00	20:21	11
19, R.Collier	33:24	9:45	23:39	18
20, D.McMillan	33:46	13:00	20:46	12
21, C.Manning	34:46	0:00	34:46	19

**SEAA 6 x 6 kms ROAD RELAY
RUSHMOOR ARENA, nr. ALDERSHOT, 25 SEP 1999**

Mission accomplished in "Southern 6"

The Belgrave record in this event has previously been dire. We've only ever previously finished two and a half teams in the whole twelve years that the race has been expertly organised at Rushmoor Arena by Aldershot Farnham & District AC. Now, at last, we were able to generate the enthusiasm that the event deserves and in one hit finished nigh on three teams. Our target was a place in the top 20 which would qualify the club for the National 6-Stage event in late October. The pre-race prediction was that we should be worth of a top ten slot.

Second-claim Belgravian Charles Herrington, running his last race for Milton Keynes before switching to the Bels, as a first-claimer, ran an eye-opening 18:13 first stage by coming home 2nd of the 86 starters and chasing Hounslow's young international Haughian all the way to the changeover zone. Meanwhile, in claret and gold kit for the first time, new man Rob McHarg, running for the B team, immediately made a name for himself by breathing down the neck of A team lead-off runner Jim Estall. Rob's time stood up as our 4th fastest of the day. Second-stager Kevin Nash has gone sub-19 on previous occasions but this time he found himself unable to do it - and discovered why the next day when he went down with a cold. Nevertheless, Kevin moved up four places.

A strong contender for the National team, Lee Hurst put his neck on the block by turning out among the club men and immediately earned their respect and a club record for this circuit as he took Belgrave up to 7th with an 18:22 timing. Junior Galley wasn't quite up to his form of two weeks earlier at Wimbledon while Roger Alsop, running so strongly recently, was also a little below par although this was probably due to

his blistering start. Graham Adams brought the team home in 9th. Mission accomplished!

Good running also came from the B squad. Their 25th team position made them the second B team home just 5 seconds adrift of Aldershot's B team.

Running in the Midland 6-Stage a week later Alaster Stewart was pleased with his run as he closed in his Redhill Runners team in 14th place with his own time for the 5.5 kms course 14th fastest on his leg.

1, Aldershot F&D	1:51:56
2, Swindon	1:52:01
3, Vauxhall	1:52:11
9, Belgrave 'A'	1:55:19
25, Belgrave 'B'	2:00:55
Belgrave 'C'	.dnf

86 teams started; 68 finished.

RAY O'DONOGHUE



Fastest 'A' team man at the Southern 6-Stage - Lee Hurst

**SWEATSHOP SURREY C.C. LEAGUE DIVISION ONE
RACE 1 - BROCKWELL PARK, 16 OCT 1999**

League series starts with a win

1, Belgrave H	(8, 9, 11, 12, 14, 18, 29, 39, 44, 45)	229
2, Thames H&H	(3, 15, 19, 25, 26, 30, 31, 35, 38, 42)	264
3, Herne Hill H	(1, 10, 24, 33, 36, 37, 40, 48, 50, 53)	332
4, South London H	(5, 16, 20, 21, 41, 46, 47, 55, 58, 59)	368
5, Aldershot F&D AC	(4, 22, 23, 28, 32, 43, 56, 60, 63, 76)	407
6, Boro Hounslow	(2, 13, 17, 68, 69, 70, 74, 75, 80, 82)	550
7, Ranelagh H	(6, 27, 49, 52, 62, 67, 71, 72, 77, 79)	562
8, Met Police AC	(34, 54, 61, 64, 65, 66, 73, 78, 81, 85)	661
9, British Airways	(7, 51, 57, 83, 84, 86, 87, 88, 89, 90)	722

It was a day to get the Belgrave statisticians reaching for their note books. Twenty-eight years have passed since the Bels last kicked off their Surrey League Division One campaign with a win. That season of 1971/72 was also the last time that the Club ended the winter as Champions - but there's a long way to go yet before today's Belgrave Harriers emulate that earlier generation.

In sunny conditions over 150 runners tackled the slopes of Brockwell Park and soon it was the Hounslow pair of Mohamed Farah and Ben Whitby, together with Herne Hill's Dave Taylor who were making the running. With a couple of miles gone eighteen year-old Alasdair McLean led the Belgrave contingent. Fresh from a track season in which he has reduced his best 800 metres to 1:53 and bits and with a past record that includes a 4th place in the English Schools Cross Country Champs., he showed no fear in

heading the Belgrave train as claret and gold vests queued up behind him in attacking positions.

The front three were now getting away and there was no Belgrave athlete in the first ten but then they packed in so closely in the 'teens that it was beginning to look as if we might still pull off a win. One time European Games silver medallist, Gary Staines, ran steadily to reel in Alasdair and took super veteran Jim Estall with him. Roger Alsop was also making ground, fighting hard to keep lunchtime training companion Steve Clarke behind him. Unfortunately Steve was not eligible to score in this race. Kevin Nash was close by while new man Rob McHarg put in another solid run in only his second outing for the Bels.

And so they maintained their positions to the end. Hounslow's Farah made a bold bid to escape at the front but there was no denying Taylor's gut-wrenching burst up the

SEAA 6 STAGE ROAD RELAY

	Stage ranking	Overall ranking	Team posn.	Indiv. time
A				
J.Estall M40	17	64	17	19:06
K.Nash	12	=74	13	19:11
L.Hurst	=4	=15	7	18:22
J.Galley	=15	=123	10	19:46
R.Alsop	9	58	8	19:01
G.Adams	13	133	9	19:52
B				
R.McHarg	18	=65	18	19:07
S.Fowler M40	46	=217	27	20:39
K.Quinn	24	=152	28	20:01
B.Barton	23	=178	26	20:15
M.Webb	23	=181	24	20:17
W.Cockerell	=27	=207	25	20:35
C				
R.Harding	63	293	63	21:25
A.Cowmeadow	66	366	65	22:18
P.Gilbey M45	64	=370	66	22:24
J.Mather M45	63	=396	63	22:53

Running for Milton Keynes on stage 1:
C.Herrington 2 =9 2 18:13

Fastest: M.O'Dowd (Swindon) 17:45; M.Fatihi (Puma TVH) 17:52; C.Thompson (Aldershot F&D) 17:57; 463 men took part.

finishing hill. Sadly Farah's name was later to be removed from the official result because at 16 years of age he should not have been running in the senior event.

Graham Adams showed that he is improving with each race. Bruce Barton had a fine race after a couple of years of injury and then the scoring ten were completed by Mike Webb and Will Cockerell, neither of them giving each other an inch as they sprinted for the line. They were our 8th and 9th scorers in last year's event; now they were 9th and 10th in spite of running considerably faster and each being 15 or 20 places higher than 12 months previously.

With young Aldis Ulrych leading the under 13 Belgravians to another team win the afternoon was complete.

- 1, D.Taylor (HHH)24:26
- 2, M.Farah (Hounslow)24:29
- 3, B.Whitby (Hounslow) ...24:31
- 10, G.Staines 25:44; 11, J.Estell 25:46; 13, R.Alsop 25:54; 14, A.McLean 25:58; 16, S.Clark 26:06; 17, K.Nash 26:08; 21, R.McHarg 26:17; 32, G.Adams 26:44; 43, B.Barton 27:20; 49, M.Webb 27:35; 50, W.Cockerell 27:36; 67, J.Galley 28:08; 69, A.Barden 28:12; 74, P.Carstairs 28:24; 80, R.Harding 28:38; 95, D.Ochse 29:19; 96, E.Lemenager 29:21; 123, P.Gilby 31:07; 124, D.Anderson 31:12; 132, A.Cowmeadow 31:59; 140, R.Bale 33:34; 142, H.Corbett 34:04.

Under 13 Boys

- 1, A.Ulrych (Belgrave)15:37
- 2, S.Chapman (BoH)15:42
- 3, T.Haughian (BoH)16:02
- 5, E.Rimdap 16:43; 6, J.Kirton 16:49; 12, R.Collier 19:02; 13, B.McCarthy 19:08.

- 1, Belgrave37
- 2, Boro Hounslow49.5
- 3, Herne Hill63.5

ALAN MEAD



The traditional team photo before the start of the first Surrey League Race. Back row - Bruce Barton, Geremew Wolde, Rex Bale, Mike Webb, Don Anderson, Gerry Adams, Darryl Ochse, Alasdair McLean Foreman, Roger Alsop, Adam Cowmeadow, Tony Barden, Kevin Quinn, Pete Gilbey, Harry Corbett, Erwenn Lemenager, Rob Harding, Andy Brown, Ted Pallant. Front row: Rob McHarg, Steve Clarke, Will Cockerell, Eric Hall (President), Junior Galley, Jamie Kirton, Elvis Rimdap, Roy Collier, Aldis Ulrych.

WOMEN'S SURREY C.C. LEAGUE DIVISION 1 RACE 1 MILFORD, 23 OCT 1999

A Modest Start at Soggy Milford

Teams:

- 1, Herne Hill Harriers(5, 6, 7, 8, 29)55
- 2, South London Harriers(1, 13, 15, 19, 26)74
- 3, Thames Hare & Hounds(4, 14, 21, 23, 33)95
- 8, Belgrave H(18, 25, 30, 39, 44)156
- 10 teams closed in.

In pouring rain a team already hit by colds found it hard going at Milford for their opening Surrey League match. Newly promoted from Division Two, our girls had hoped to turn in a performance that would ensure that they stayed in the league's premier division. New member Karen Fenner led the squad home across a soggy Milford Common and was followed 20 seconds later by modern pentathlete Kate Houston but in the end they had

to settle for an opening position just above the relegation zone.

Under 13 runner Louise Collier found herself with some good company in the race for the youngest girls. With Lottie Walter beating her home by a single second and Christina Moore to back them up, they managed a welcome 3rd team place.

Senior Women

- 1, N.Harvey (SLH)18:55
 - 2, A.Mellowdew (E & E) ...20:21
 - 3, C.Templeton (Dulwich) ...20:26
 - 18, K.Fenner 21:42; 25, K.Houston 22:02; 30, T.Sturton 22:46; 39, C.Eastham 23:22; 44, K.Dillane 23:58; 64, C.Bruce-Burgess 24:54; 69, S.Symonds 25:35; 85, N.Mills 27:45; 97 finished.
- Under 13 Girls:**
- 1, H.Ritson (Sutton & D) ...10:22
 - 8, L.Walter 11:06; 9, L.Collier 11:07; 24, C.Moore 13:20.

Teams:

- 1, Sutton & D43
- 2, Guildford & G55
- 3, Belgrave78

Under 15 girls: dnf G.Bennett

Mini-Marathoners

As usual there was a good crop of young Belgravians taking part in the mini-marathon, held in conjunction with the London Marathon. Lizzy Hodges was 64th in the Girls' 11/12 event in 19:51 but Louise Collier got kicked in the scramble at the start and was unable to finish. In the Boys' 11/12 race Jamie Kirton was 35th in 16:58 and Kristian Taylor 159th in 19:37. Aldis Ulrych gained our highest place in the Boys' 13/14 race: he was 25th in 15:29 with Elvis Rimdap 108th, 17:21, and Roy Collier 206th, 22:28.

ALAN MEAD



Right: Never mind the rain. Karen Fenner, Kate Dillane, Nina Mills, Cathy Eastham, Tania Sturton and Sam Symonds get ready for the opening league fixture at Milford

NATIONAL 6-STAGE ROAD RELAY
SUTTON PARK, 30 OCT 1999

“Only” Fourth in the Big Six

You'd have to say that we were disappointed. But looking back on it, it was a tremendous performance - 4th out of the top 74 clubs in the country in our first attempt at the race. We'd turned out exactly the sort of team that we'd dreamed of some five months earlier and although everyone knew it was going to be a tough job and that this was the quiet time of year for our guys, the underlying feeling was that we could do it. But maybe we did underestimate the opposition - and apart from that the standard was tremendously high. Our overall time would have given us second place in last year's race. The fastest leg in 1998 was 16:57 but this time round, in spite of the wild and windy conditions, a dozen runners were inside that time, four of them by half a minute.

Stage One: Paul Freary set the ball rolling for the Bels. He felt fine and settled into the mob at the very head of the race. Two men started breaking clear and Paul gave chase and even began thinking about taking the pace on himself. But he'd let his heart rule his head and he paid for discarding his pre-race strategy by slipping back down the order as fatigue set in over the later stages. At the end of the circuit Birchfield had grabbed an 11 second lead from Northbrook with Aldershot 3rd. Tipton were in 11th and then a few seconds behind came Cardiff in 14th and the Bels 15th. Paul was disappointed with his 17:21, looking for something very much closer to 17-flat but as it turned out, that was

our 3rd fastest of the day.

Stage Two: What could Jason Lobo do? This man is full of ability over every distance from 400 metres up to 10 miles but had just come out of his rest period a few weeks ago after a busy track season. One thing was for sure, he was going for it in a big way. Within seconds he was reeling in the runners ahead and the mid lap announcement by the commentator was that Lobo was up to 7th. Then we heard that he was 9th, and by the time the finish was approached it was back to 15th again as Jason painfully kept his tortured body going with runners streaming past him. Alaster Stewart, in a Redhill vest for almost the last time, took great delight in overtaking Jason as he clocked a super 17:34. He'd taken his club up from 27th to 14th - but next time he'll be in Belgrave colours! Birchfield were now 12 seconds clear of Sale with Cardiff having shot up 11 places to 3rd. The greatest gain was made by Blackheath who rose 26 places but were still languishing in 32nd.

Stage Three: It was up to Lee Hurst to take us to the half-way point. He'd been churning out some solid race performances recently and another good effort came from him here as he picked off seven men to move the Bels up the field. Lee had some distinguished company on his leg though as Heath of Blackheath swept past him to clock 16:33 and take the "Heathens" up another 25 slots. Border, Westbury and Trafford also came by, resulting in a net gain for us of two places. Even Heath wasn't the fastest, as Chelmsford's Keith Cullen clocked 16:32 to go from 53rd to 21st! Birchfield still led but this time were 18 seconds clear of Puma TVH.

Stage Four: In his first race in many months Mark Miles was nervous about his form. He has so much talent in his young frame but this time no-one, including Mark himself, knew how he'd go after a summer of niggles and recent colds. We needn't have worried: a steady run saw him keeping the claret and gold moving in the right direction, overhauling Border, Westbury and Trafford amongst others, but giving way to Aldershot, London Irish and Bingley (the latter two up 17 and 14 places). Still Birchfield led, this time by 22 seconds from Cardiff, while Tipton made the frame for the first time and the Bels moved into 10th.

Jason Lobo finds himself under attack from Alaster Stewart, running one of his last races for Redhill Runners before moving to Wimbledon and joining the Bels.

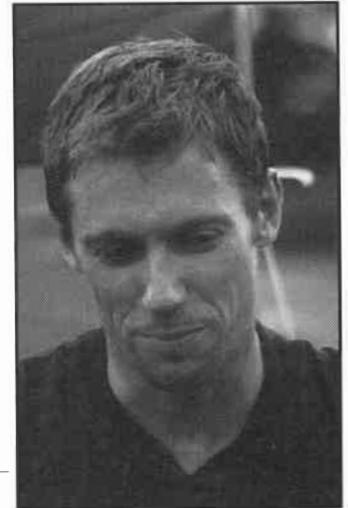
Stage Five: Another track man with a busy summer behind him, Spencer Barden now took over for Belgrave at 1:47 behind the leaders. His determined running gave him sixth fastest for the stage and gained us two more places as our Southern rivals Aldershot and Puma TVH had to give way. Up front the cracks had appeared in Birchfield's team as the green and white hoops of Tipton were taken ahead for the first time with Cardiff just 16 seconds down in 2nd. Birchfield were now 19 seconds adrift in 3rd and then came a 26 second gap before Sale and a further 34 seconds to Salford. We had an almighty sting in our tail but the task of getting into the medals was now acknowledged to be too great even for Superman.

Stage Six: As our own superhero Paul Evans made his way to the take-over zone he told us in his quiet Suffolk drawl - "Don't worry. I should be able to pull back a few." Our supporters gathering at the finish all seemed to be of the opinion that he might just get us up to 5th. With half of the final circuit completed that master of the microphone Bud Baldaro informed the crowd that Stephenson of Cardiff was "reeling in Tipton" but then had the Belgrave faithful leaping up and down with the additional comment that, "for Belgrave, Paul Evans was rocketing through the field." Of course it was going to be impossible for Paul to get us into the frame - but he did everything but the impossible as he caught Bingley, London Irish and Salford before bridging that gap to Sale and sweeping past them as well. A fantastic run of 16:50 from our man - and if he'd had another few miles of road ahead of him it wouldn't have stopped there!

- 1, Cardiff AAC 1:42:46
- 2, Tipton 1:43:26
- 3, Birchfield 1:43:33
- 4, Belgrave 1:44:37; 5, Salford 1:44:42; 6, London Irish 1:45:06; 7, Bingley 1:45:11; 8, Sale Harriers Manchester 1:45:11; 9, Border 1:46:01; 10, Aldershot, Farnham & District 1:46:31; 11, Blackheath 1:46:39; 12, Puma TVH 1:46:54.

Below: Ignoring the pouring rain at the end of the race. Lee Hurst, Paul Freary, Spencer Barden, Jason Lobo, Paul Evans and Mark Miles.

Fastest: C.Stephenson (Cardiff) 16:28; K.Cullen (Chelmsford) 16:32; D.Heath (Blackheath) 16:33. Belgrave runners: P.Freary (15th) 17:21; J.Lobo (15th) 17:50; L.Hurst (12th) 17:36; M.Miles (10th) 17:46; S.Barden (8th) 17:14; P.Evans (4th) 16:50. For Redhill on stage 2 - A.Stewart (14th) 17:34.



Paul Freary summed it all up pretty well:

"Well what can I say, I suppose at the end of the day 4th was ok but I think everyone felt that they could have run a little quicker. We did underestimate the competition and the clubs in front of us have this race as their main aim for the year. We now know what we can do and what we need to do. I know I am capable of a 17min flat run around there. And I bet even Paul Evans will look at those faster than him and think he could have had them in a straight race. So all things considered it was a learning exercise and next year we'll be better prepared. We can do good things this winter and need to look at this positively and make it the worst we can do!

Thanks to everyone who came up on the day, we were a real team. It was a great to see Paul E bring us in on stage 6, but we can now build on this. We are a great club and a great team of not just 6 but 12 or more. It was a club effort and I thank everyone who got us so far.

But ... come on. There are medals out there waiting!"



REIGATE PRIORY CC RELAY, PRIORY PARK, 6 NOV 1999

Priory Gold

What a great performance in Reigate Priory Park. It's 10 years since we last won the Priory Relays and in those days we had four internationals in the team - Stuart Paton, John Gladwin, Darren Mead and Gary Staines. Their squad won by 2 minutes and 5 seconds from Brighton & Hove. This time around the script was similar with a 1 minutes 14 seconds margin for Belgrave over Brighton & Hove again.

Steve Clarke was a little disappointed in bringing us home 5th on leg one with Boxhill's Gary Bishop in the lead; and our next man Clive Gilby didn't think much of his time either - but he brought us up to 2nd as Herne Hill moved ahead. Then came Kevin Nash's 13:21 on 3rd leg. He took the start and hill steadily before letting rip in a very big way over the second part of the course. What a treat to see this young man deliver the goods and take us into a clear lead and make himself one of the favourites for the following week's South of the Thames "Junior". Jim Estall was next up and clocked 13:47 - when does this man have anything but a good run? For Ethiopian Geremew Wolde it was his first run in Belgrave colours - 13:09 and third fastest of the day. His first name is pronounced with G as in gold. Finally Alaster Stewart took over without another team near him - yet turned in our third fastest time. Other outstanding runs came from Yitbarek Dinku who clocked 13:33 in the 'B' team. This man is a Junior and it's beginning to look as if we might have a handy old under 20 team in the Southern and National this winter. And what about Will Cockerell's fighting 14:12 - followed up by another circuit in 15:18!

Our women's team were hoping for a set of medals and looked as if they were going to get them when Helen Maskrey ran our fastest of the day to come in third on leg one. Herne Hill led from Holland Sports. Tania Sturton kept the pressure up on second stage and with Karen Fenner to come on the final leg we thought we'd done it. But it was not to be. It was all change as Crawley's Briggs ran fastest of the day to pass the Belles and take them into 2nd while Epsom's Mellowdew also came past.

Men's 6 x 2.5 miles

- 1, Belgrave1:21:47
- 2, Brighton & Hove1:23:01
- 3, Herne Hill1:23:58
- 8, Belgrave 'B' 1:32:29; 15, Belgrave 'C' 1:37:54; ... 41 teams started, 34 teams finished.

Fastest: 1, T.Whiteman (SLH) 13:00; P.Haywood (Boxhill) 13:08; G. Wolde (Belgrave) 13:09.

A Team

- S.Clarke13:54
- C.Gilby14:07



ERIC HALL

Above: Tough guy Will Cockerell, pictured here at Reigate, is a regular at all our fixtures and was the only man who scored for Belgrave in every single Surrey League Fixture.

K.Nash	13:21
J.Estall	13:47
G.Wolde	13:09
A.Stewart	13:29
<i>B Team</i>		
P.Coughlan	14:12
W.Cockerell	14:12
J.Galley	15:16
Y.Dinku	13:33
A.Barden	14:50
W.Cockerell	15:18
<i>C Team</i>		
A.Jowett	15:32
A.Brown	15:05
J.Skilbeck-Nelson	16:48
J.DiDomenico	17:28
A.Cowmeadow	16:07
D.Anderson	16:29
<i>D Team</i>		
D.Anderson	15:59
R.Bale	17:56
H.Corbett	18:14
D.Green	18:36

Women's 3 x 2.5 miles

- 1, Arena 80 49:46
- 2, Crawley 50:16
- 3, Holland Sports 51:24
- 6, Belgrave 51:59; 17, Belgrave 'B' 1:01:20; ... 25 teams started and finished.

Fastest: J.Briggs (Crawley) 15:38; 2, Lynn Williams (Arena 80) 16:07; 3, A.Mellowdew (Epsom & E) 16:11.

A Team

- H.Maskrey 16:49
- T.Sturton 17:46
- K.Fenner 17:24

B Team

- C.Eastham 18:26
- D.Hearn 22:49
- K.Dillane 18:47

SOUTH OF THAMES "JUNIOR" C.C. RACE
LLOYD PARK, 13 NOV 1999

Geremew always in control

Four to score:

- 1, Brighton & Hove(5, 6, 12, 17) 41
- 2, Belgrave H(1, 3, 18, 24) 46
- 3, City of Portsmouth(2, 9, 14, 30) 55
- 19, Belgrave H 'B'(61, 78, 94, 111) 344
- 26 teams closed in.

Eight to score:

- 1, Thames H&H(10, 16, 19, 26, 67, 82, 83, 96) 237
- 2, City of Portsmouth(2, 9, 14, 30, 39, 56, 57, 58) 265
- 3, Belgrave H(1, 3, 18, 24, 61, 78, 94, 111) 390

After defeat by a single point in 1998 the Team Manager had managed to raise a devastating team in an attempt to ensure that the team trophy came back to Belgrave again - five men in the top ten were envisaged. But there's many a slip ... A cold and calf muscle trouble accounted for Alasdair McLean and Rob McHarg, while another man failed to show up on the day. The race prospects had changed from certain victory to, "well we might just do it," within 24 hours. In fact the contest turned out to be just as exciting as last year's - with a similar result as this time Brighton & Hove pipped us to the winners' medals, getting their own back for the previous week's result at Reigate.

Geremew Wolde was always in control, allowing Portsmouth's East to snap at his heels for the first lap before turning on the power over the last couple of miles to win convincingly. Not so happy with his performance was Kevin Nash who had hoped for better than 3rd in spite of his high mileage schedule. After the race he confessed to "falling

asleep" until half-way, when he suddenly realised that he had some work to do to get into the medals. All credit to Bruce Barton who kept going with a slight niggles that he now has to get sorted before he resumes his winter season, while for Kevin Quinn it was another case of another year of escaping the barring clauses.

Those laws that rule out previous winners have been relaxed considerably in the last few years in an attempt to boost the gradually declining fields. One man to take advantage of getting back into the race was Thames Hare & Hounds' Chris Chataway. A seemingly impossible fifty years have passed since Chris won the event - but on this occasion, the World Record holder from the '50s had to settle for 118th place.

- 1, G.Wolde (Belgrave) 26:39
- 2, M.East (Portsmouth) ... 26:58
- 3, K.Nash (Belgrave) 27:33
- 18, K.Quinn 29:34; 24, B.Barton 29:53; 61, D.Anderson 32:14; 78, A.Cowmeadow 33:36; 94, J.Di Domenico 34:50; 111, R.Bale 37:03; 113, H.Corbett 37:25; 135 finished.

WOMEN'S SURREY C.C. LEAGUE DIVISION 1 RACE 2
RICHMOND PARK, 20 NOV 1999

Although the second race in the series was held in nearby Richmond Park, for one reason or another the Belles were again unable to get everyone out and consequently had to be satisfied with 7th place. With an overall position of 8th in Division One of the league the relegation zone was now uncomfortably close. In the youngest age group Lottie Walter was again our first girl home, leading Belgrave to a team win which moved the under 13s into second slot overall.

Seniors
1, D.Lee (Thames H&H) .. 20:01
2, E.Coleman (ThamesH&H)20:09
3, C.Pauzers (HHH) 20:49
12, H.Maskrey 21:38; 27, T.Sturton 23:06; 43, K.Dillane (W35) 23:57; 45, C.Eastham 24:10; 56, C.Bruce-Burgess 25:02; 92, N.Mills (W50) 28:24; 95, D.Hearn (U20) 29:42; 113 finished.

Teams: 1, Thames H&H 58; 2, Herne Hill 63; 3, South London H 79; 7, Belgrave 158; 8, Ranelagh 166; 9, Stragglers 190; 10, Vets AC 218.

Under 15 Girls

1, L.Vyse (Woking) 16:01; 10, G.Bennett 19:27; 25 finished.

Under 13 Girls

1, H.Ritson (Sutton & Dist) 14:48; 6,

L.Walter 15:51; 8, L.Collier 15:58; 11, Z.Cameron 16:19; 14, J.Ehirim 17:00; 18, K.Smith 18:10; 29, J.Thaddeus Johns 21:56.
Teams: 1, Belgrave 39; 2, Sutton & Dist. 39; 3, Kingston & Poly 64.



Lottie Walter - first home for the "Belles."

**SWEATSHOP SURREY C.C. LEAGUE DIVISION ONE, RACE 2
PUTNEY VALE, 20 NOV 1999**

The race for the League is on

1, Thames H&H	..(7, 10, 11, 13, 16, 17, 26, 27, 28, 37)	...192	456	2
2, Belgrave H(2, 3, 4, 12, 20, 23, 25, 42, 43, 47)	...221	450	1
3, South London H	..(8, 14, 21, 24, 29, 45, 49, 52, 55, 66)	...363	731	3
4, Ranelagh H(9, 19, 22, 33, 44, 46, 50, 54, 56, 64)	...397	959	6
5, Herne Hill H(1, 18, 34, 36, 38, 41, 57, 59, 61, 81)	...426	758	4
6, Aldershot F&D	..(15, 30, 31, 32, 48, 51, 58, 72, 75, 89)	...501	908	5
7, Boro Hounslow	..(5, 6, 40, 60, 62, 67, 73, 76, 78, 85)	...532	1102	7
8, Met. Police(35, 39, 53, 68, 71, 74, 77, 80, 88, 90)	...675	1336	8
9, British Airways	..(63, 65, 69, 70, 79, 82, 83, 84, 86, 87)	...768	1490	9



RAY O'DONOGHUE

Left: A great run from Kevin Nash at Putney Vale took him to 3rd place behind Dave Taylor (Herne Hill) and Yitbarak Dinku (Belgrave). The Bels had three in four but it was Thames Hare & Hounds who carried the day.

Coughlan getting carried along on the tide. Concern was shown for Gary Staines who was much further back than we anticipated but no quarter was going to be given by Will Cockerell who descended behind him like a charging bull.

At the finish it was much the same. Yitbarak - a Junior by the way - had got away from Kevin Nash and if anything was closing the gap on the leader. Paul Freary was in turn hassling Kevin all down the straight and each of the next few Belgravians had made up ground over the second lap although Jim Estall found the stony ground more than a little difficult. It was another great run from Will Cockerell, fighting to the very end and still finding enough left as the funnel was approached to shout out to Paul Coughlan up ahead that there was a man coming back at him.

In fact the home club had several non-scoring university men among their leading runners, but even with those taken out they had closed in by 30 - too much for our squad who had to settle for second team place. So much for the pinch of salt - and if Freary and Lobo hadn't have responded to the challenge we probably would have been third or fourth.

Fortunately there was nothing seriously wrong with Gary Staines. Stepping on a stone with his spikes had sent a jarring shock up his leg which, at the time, he thought was worse than it really was. He had gamely kept going to hold up the back end of the scoring ten with Clive Gilby and Tony Barden.

So, with half the series gone and in spite of our best start since 1972/73, there's nothing between Thames and ourselves. It's all to play for at our home match in three weeks time.

Seniors

1, D.Taylor (Herne Hill)	... 29:20
2, Y.Dinku (Belgrave U20)	..29:43
3, K.Nash (Belgrave) 29:47
4, P.Freary 29:49; 14, J.Lobo 31:08;	
25, J.Estall (V) 31:54; 28,	
P.Coughlan 32:03; 30, W.Cockerell	
32:05; 53, C.Gilby 33:10; 54,	
G.Staines 33:11; 58, A.Barden 33:24	

Looking at the apparent strength of the team before the off, Jason Lobo remarked that the next letter sent out by the Team Manager suggesting that we could be struggling should also contain a "pinch of salt" to be taken liberally by the reader. It did seem that way, for the flag was surrounded by "class" athletes pulling on Belgrave racing strip, and when the runners charged up the playing fields and off into the woods, a blur of claret and gold vests was prominent around the red and black of Dave Taylor's Herne Hill kit. Like Greta Garbo, however, Taylor wanted "to be alone" and soon offered only a clean pair of heels to the chasing pack.

With the halfway point reached, Kevin Nash was again showing what great progress he is making in his running as he stormed down the stony slope in second place with Yitbarak Dinku right on his shoulder and Paul Freary ten metres back. Three in four! Then came a flood of white vested Thames runners with Jason Lobo, Jim Estall and Paul

**SWEATSHOP SURREY C.C. LEAGUE DIVISION ONE, RACE 3
WIMBLEDON COMMON, 11 DEC 1999**

Thames in full flood!

1, Thames H&H	..(5, 10, 12, 13, 15, 16, 17, 20, 26, 27)	...161	617	1
2, Belgrave(1, 3, 6, 7, 21, 30, 31, 39, 51, 52)	...241	691	2
3, Herne Hill(2, 14, 22, 24, 29, 36, 38, 40, 54, 55)	...314	1072	3
4, Aldershot F&D	(23, 25, 28, 34, 42, 46, 48, 49, 56, 57)	...408	1179	5
5, South London	..(8, 18, 19, 43, 44, 45, 58, 63, 74, 76)	...448	1316	4
6, Ranelagh(11, 33, 37, 41, 50, 62, 66, 69, 72, 79)	...520	1479	6
7, Boro' Hounslow	..(4, 9, 47, 53, 60, 61, 68, 73, 77, 82)	...534	1636	7
8, Met. Police(32, 35, 59, 64, 75, 81, 84, 89, 89, 89)	...697	2033	8
9, British Airways	(65, 67, 70, 71, 78, 80, 83, 85, 86, 87)	...772	2262	9

The last Surrey League Race of the century saw another ding-dong battle between Thames Hare & Hounds and Belgrave Harriers on Wimbledon Common and it's a sobering thought that both of these clubs were running over this same ground 100 years ago.

The Belgrave team was weakened by several runners reporting sick and in fact two of the lads who did run were suffering from colds. Thames' great strength is the number of good runners that they can turn out, however, and should they lose a few men for one reason or another, there are always others to take their place.

In an attempt to avoid clashing with the golfers we reverted to a course very similar to the one we used some 15 years or so ago, starting near The Pound at the corner of Cannizaro Road and Parkside. Apart from some mud on the horse ride soon after the start, the route was fast with just the one stiff climb up from Queensmere to the Windmill.

Mark Miles looked in fine fettle and sure enough, as the leaders broke away from the field, he was tucked in nicely behind Herne Hill's Dave Taylor with our own Geremew Wolde, Yitbarak Dinku and Paul Freary in close attendance. The rest of the Bels were back a bit at the end

Right: Third Belgravian home at Putney Vale and a key team man all winter - Paul Freary.

89, E.Lemenager	34:41; 90, M. Kazimierski	34:44; 105, D. Anderson (V)	35:34; 110, G.Adams	35:44; 128, A.Jowett (U20)	36:55; 131, A. Cowmeadow	37:11; 138, J.Mather (V)	38:14; 154, J.Di Domenico	42:38; 158 finished.
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Under 13 Boys

1, T.Haughian (Hounslow)	..19:24			
2, J.Kirton (Belgrave)19:28			
3, K.Pyke (Hounslow)19:44			
4, E.Rimdap	20:19; 9, D.Latchman	24:27; 10, R.Collier	24:46; 11, J. Kelly	25:28

Teams:

1, Belgrave H36
2, Boro Hounslow89.5
=3, Herne Hill98.5
=3, South London H98.5

of the first lap and already it seemed that our rivals had the race sewn up.

Miles had intended to leave it late and then use his finishing speed but he felt so good over on the far side of the course the second time round that he let rip early and found that he was able to leave Taylor comfortably. At the finish Mark barely seemed to be breathing, having opened up a 19 second gap. It was a good scalp to claim.

Wolde was comfortably ahead of Hounslow's Simpson and then the first Thames man, Oxborough, was home in 5th just ahead of our 3rd and 4th men Freary and Dinku. Four in seven and what a start - but then came Thames in full flood with runners to spare, closing in with the Bels still needing five more men home. It was all over and their clear victory means that we have to pull back 75 points in the final race to come back for a league win. Very hard - but not impossible.

All credit to the men who turned out with minor problems to keep us afloat: Roger Alsop with a



RAY O'DONOGHUE

knee niggle, Steve Clarke and Phil Carstairs with colds, and Bruce Barton, also suffering with a muscle problem which is likely now to keep him out for some weeks. Good to have Mike Kazimierski back in the scoring ten again but the man who is making waves at the moment is Will Cockerell. Another battling run had him scoring at 31 whilst urging on his team mates around the course.

Again our under 13's were the only team with a full squad out (and some to spare) in the youngest age group. They reaped the benefit with their third consecutive team win with young Elvis Rimdap leading them home. Sadly we had no under 15s or under 17s in action.

- 1, M.Miles (Belgrave)26:15
- 2, D.Taylor (Herne Hill)26:34
- 3, G.Wolde (Belgrave)26:41
- 6, P.Freary 27:09; 7, Y.Dinku 27:11;
- 21, R.Alsoop 28:35; 32, S.Clarke 29:24; 33, W.Cockerell 29:25; 46, P.Carstairs 29:57; 61, M.Kazimierski 30:41; 62, B.Barton 30:45; 78 R.Harding 31:37; 79, D.Ochse 31:38; 93, S.Elliott 32:23; 107, A.Cowmeadow 32:58; 125, R.Bale 36:24; 126, H.Corbett 36:37; 133, A.Luce 40:26; 137 finished

Under 13 Boys

- 1, L.Bone (Aldershot F&D) .16:03
- 2, T.Haughian (Hounslow) .16:26
- 3, L.Stokes (Hounslow) . . .17:58
- 4, E.Rimdap 18:24; 5, J.Kirton 18:44; 7, J.Fitzgerald 19:15; 8, K.Taylor 20:42; 9, R.Collier 22:24; 10, J.Kelly 23:06; 11, D.Latchman 27:14.

Teams:

- 1, Belgrave33
- 2, Boro' Hounslow87.5
- 3, Aldershot F&D111
- 4, South London116

**WOMEN'S SURREY C.C. LEAGUE DIVISION ONE
RICHMOND PARK, 15 JAN 2000**

Belles jump up two league places

Match three and the Belgrave team went to their highest senior team placing of the season with 3rd, moving them up two league positions to 6th overall - not at all bad when one considers that the opening race saw them 8th of the ten competing teams. Having one of her best seasons ever, Helen Maskrey led the way and was well backed up by Nikki Haines and Karen Fenner. Unfortunately there were no under 13 girls Belgrave girls competing so chances of a high placing in this section of the league disappeared.

- 1, D.Lee (Thames)21:07
- 2, A.Fletcher (Dulwich R) .21:22
- 3, A.Solly Critchlow (W4) .21:34
- 4, H.Maskrey 21:39; 7, N.Haines .21:59; 16, K.Fenner 23:01; 30, T.Sturton 24:12; 31, K.Dillane 24:13; 46, C.Eastham 25:20; 74, N.Mills 28:24.

Teams:

- 1, South London65
- 2, Thames H&H66
- 3, Belgrave H82
- 4, Dulwich R 101; 5, Ranelagh 112; 6, Herne Hill 119; 7, West 4 142; 8, Stragglers 170; 9, Epsom & Ewell 192; 10, Vets AC 226.

COUNTY CROSS COUNTRY CHAMPS., 8 JAN 2000

Bronze medals for Women in Surrey Championships

Not a great day for Belgrave Harriers in the Surrey Championships as both the men's and women's teams were hit by colds and 'flu' leading up to the event. But whereas the men were unable to get together six men to close in a team the women did at least have a scoring quartette and some fine running saw them carrying off the bronze medals.

Helen Maskrey had a very strong run and was 8th across the line and first Belgrave runner home with Nicky Haines not too far behind in 11th. Helen's partner Roger Alsoop did exactly the same job for the men's team - although he was moved up to 7th due to a "non-entered" runner being taken out of the results. It was Roger's best ever county cross country performance, helped no doubt by his seriously severe crewcut. Alaster Stewart ran as a non-scorer as his Surrey qualification was not yet in force. Al was 56th on lap one and although his lap times showed that he gradually slowed down throughout the race, he was up to 8th at the finish and breathing down Roger's neck.

Best individual performance

of the day for the Bels. came from Yitbarek Dinku in the under 20 men's event. Running in spikes that had all the grip of plimsoles he had a most uncomfortable run on the muddy circuit as he tagged along with Sutton's Richard Ward before cutting loose over the second lap and cruising to victory. It was hoped that Yitbarek would make a big impact in the Junior Inter-County race but it subsequently became apparent that he was a few days too old for that event, held with IAAF age groups. As if that wasn't enough, his tenuous 'Surrey' qualification, previously agreed with the county officials, proved to be too shaky for comfort and he was disqualified from the official result.

Phil Carstairs and Rob Harding both ran well in the Kent Championships while over at Maidenhead in the Berkshire race, Rob McHarg's 7th showed what good form he was in.

Surrey at Lloyd Park

- Senior Men 12 kms**
- 1, D.Taylor (Herne Hill)42:06
 - 2, P.Haywood (Boxhill)42:09
 - 3, A.Barnes (Aldershot)42:46
 - 7, R.Alsoop 44:36; 8, A.Stewart

- 44:54; 37, W.Cockerell 48:15; 78, D.Anderson 52:13; 180 finished.
- Teams:** 1, South London H 73; 2, Thames H&H 85; 3, Herne Hill 98.
- Junior Men 8 kms**
- dq, Y.Dinku (Belgrave)29:29
 - 1, R.Ward (Sutton & Dist) 29:47
 - 2, J.Wootton (Oxted School)30:55
 - 10, A.Jowett 34:44; 14 finished.
- Under 17 Men 6.5 kms**
- dq, J.Skalbeck Nelson.
- Senior Women 8 kms**
- 1, Z.Hyde-Peters (Woking) 32:59
 - 2, C.Pauzers (Herne Hill) . .34:23
 - 3, K.Jenrick (Highgate) . . .34:38
 - 8, H.Maskrey 35:30; 11, N.Haines 35:59; 25, T.Sturton 38:55; 37, K.Dillane 41:12; 70 finished.
- Teams:** 1, South London H 31; Herne Hill 41; 3, Belgrave 52.

Kent at Sevenoaks

- Senior Men:**
- 1, Al Graffin (Tonbridge) . .37:25
 - 2, An Graffin (Tonbridge) . .37:25
 - 3, B.Royden (Medway)37:42
 - 25, P.Carstairs 42:11; 50, R.Harding 44:17; 163 finished.

Berkshire at Maidenhead

- 1, C.Bolt (Bracknell)42:05
- 2, T.Hart (L&M)42:22
- 3, S.Smith (Windsor S&E) 44:15
- 7, R.McHarg 45:16.

Right: Heading our women's team in most races this winter, Helen Maskrey has surely had her best winter season ever. Pictured here at the Surrey Road Relay in September where she clocked our fastest time, she went on to become third individual in the Women's Surrey Cross Country League.



RAY O'DONOGHUE

Is all that training necessary?

An M70 runner whose training runs never exceeds four miles (albeit flat out) finished the Comrades Marathon in 10 hrs. 49mins., about an hour behind Steve Cram. (The 'Comrades' is roughly a double marathon.)

SOUTH OF THAMES C.C. CHAMPS., TILGATE, nr. CRAWLEY, 22 JAN 2000

Belgrave gain first triple win in South of Thames Championship since 1894

6 to score

1, Belgrave(4, 8, 10, 16, 24, 33) 95
2, Brighton & Hove(12, 14, 15, 17, 21, 22) 101
3, Thames H&H(7, 11, 13, 23, 25, 35) 114

12 teams closed in.

12 to score

1, Brighton & Hove(as above + 28, 32, 39, 47, 63, 73) 383
2, Thames H&H(+ 36, 37, 45, 46, 81, 82) 441
3, Belgrave(+48, 49, 57, 67, 69, 74) 495

4 teams closed in.

Our team was depleted when Mark Miles fell foul of a cold, Paul Freary opted to race in Bermuda and Lee Hurst decided to concentrate on the Southern the following week. Then Steve Clarke's coach though it best that he didn't run as his health hasn't been great, Geremew Wolde developed a knee ligament problem, Alasdair McLean was racing indoors, and finally Alaster Stewart's back went into a spasm during the week. Were we downhearted? Not a bit of it. It was just going to make the race that much closer.

Fourteen Belgravians lined up for the start with sleet blowing across the playing fields but a great boost had been the appearance of Alaster Stewart whose back was now not quite so bad. He'd decided to give it a try.

As the race got under way 19 year-old Yitbarek Dinku tagged on to a small leading bunch that included

Boxhill's Haywood and Crawley's Holland. Most of our lads made more conservative starts but after the first of the 2 mile circuits we seemed to be leading from Brighton & Hove with Yitbarek 4th and Kevin Nash, Charles Herrington and Rob McHarg all in the first 15. Kevin was having a bad time and as the runners set out again he was drifting back as the men from the South Coast seemed to be getting stronger. Alaster was in 26th and our 6th man Kevin Quinn loped along in 33rd.

Two laps gone and Brighton had improved their packing to the extent that they had six men between 12th and 24th with several more men tagging on close behind. The team race looked just about even now although the twelve to score competition for the Coleman Cup seemed to be slipping away from us.

Just one more lap. Could we hold on? The answer appeared to be "no" as Kevin Nash had slipped a

few more places and our rivals now had 12, 13, 14, 15, 20 and 21. Our quest to emulate Tunbridge Wells Harriers' feat of four in a row (see panel) from 1894 seemed doomed. We were 5 pts down and going back.

Clocking the runners in, no thought was given to a win, but our runners had battled mightily over that last two miles. Yitbarek had held on to his 4th place since lap one while Charles had got up to 8th with Rob McHarg, much closer behind than the times suggest, also improving throughout the race to 10th. Back trouble or not, Alaster just got stronger as the race progressed and crossed the line in a match winning 16th. Great courage had been shown by Kevin Nash over that last lap; he really didn't want to be out there but ignoring everything his body said to him, kept going to hold our team together. Kevin Quinn closed in at 33rd.

Apparently Brighton had scored 101 but our own Team Manager postponed his arithmetic and continued to log in the remaining Belgrave runners until excited mathematicians looking over his shoulder called out, "Belgrave have got 95!"

Surely not. But yes, it was true. Three of our lads had improved over that last two miles - including Kevin Nash. That magnificent "Dewar

Tunbridge Wells Harriers actually won the South of Thames Championship four times between 1891 and 1894, each of those victories being achieved over the course at Wandsworth that was used in those early days. Belgrave's wins of 1998, 1999 and 2000 are the next best with no other club having managed more than two consecutive wins.

Whether we can equal Tunbridge's record is another matter. We certainly still have enough eligible runners to do it, even though we are now the only club with athletes barred from the competition. The difficulty is going to be getting six of them out the week before the Southern Cross Country Championships for which we should also be making a big push.

Shield" was ours for a third consecutive year. If any one of our first six home had failed then we would have lost it. All credit to every one of our men for a most exciting race.

1, P.Haywood (Boxhill) ... 32:48
2, K.Holland (Crawley) ... 33:02
3, N.Anderson (Winchester) 33:21
4, Y.Dinku 33:52; 8, C.Herrington 34:27; 10, R.McHarg 35:04; 16, A.Stewart 35:37; 24, K.Nash 36:14; 33, K.Quinn 37:17; 48, B.Barton 38:21; 49, M.Kazimierski 38:29; 57, R.Harding; 67, D.Ochse, 69, A.Jowett; 74, D.Anderson; 83, J.Mather; 102, A.Cowmeadow; 141 finished.

SOUTH OF ENGLAND C.C. CHAMPS.
PARLIAMENT HILL, 29 JAN 2000

Tomlinson Trophy comes our way in "Southern Champs."

The upward trend continued when in the South of England Cross Country Champs. at Parliament Hill the Bels. placed 6th from 171 entered teams. Conditions were bright but very windy with the going relatively firm under foot for this 15,000 metre (9 miles) race that is now the longest cross country championship left in the calendar.



Paul Freary headed the field of nigh-on 1,000 runners as they reached the summit of the first climb and as he looked across to track the progress of any rivals he could see the claret and gold vest of his clubmate Lee Hurst also claiming an early forward place. But two miles into the race it was Boxhill's Paul Haywood who had taken the initiative, 30 metres up on Blackheath's Taylor who was in turn heading a bunch of seven runners that was being chased by Paul, 9th, and Lee 15th. Back at 54th was 800 metre track specialist Jason Lobo, tackling his longest ever cross country race. Phil Carstairs was in the 90s and

Will Cockerell about 20 places further back. It needs six men to complete a team, however, and battling for that honour were Rob Harding, Darryl Ochse and Mike Kazimierski in the early 200s.

Five miles later and Taylor had edged closer to Haywood at the front. Belgrave's leading pair had both claimed a couple of places to reach 7th and 12th while Jason had blasted through the field to overtake twenty runners in just one lap, getting up to 34th. Also making up ground in a less dramatic manner were Phil, now in the high 80s, and Will, just over the 100. Rob Harding, suffering a very bad blister was now slipping back out of contention as far as the scoring team was concerned.

An attack of stitch had started to affect Lobo's charge and for a spell he had had to ease off while running through it, but heading out onto the last lap, with the temperature dropping and the course becoming ever muddier, our man stepped up the

pace again. Lee was also beginning to feel the pressure on that last circuit but further up the field Paul Freary was really working on the group ahead of him as the men just out of the medal placings began to buckle.

And so to the finish. The Blackheath man had judged the race to perfection and came home 20 seconds ahead of Haywood with Cornwall's Dave Buzza having gained on both of them over that last lap. Heading the Belgrave contingent, Paul had indeed got into the bunch ahead to reach 6th. Lee had dropped a couple of places to end up in the middle 'teens and Jason had pushed on through to 25th. A best ever position in this event came from Phil, obviously not affected too much by the arrival of baby Daniel in his household, while Will had held onto his position - a solid run but possibly affected by his terrific 3rd place in the previous week's Mitcham 25 kms road race. It was Mike Kazimierski who held up best for that 6th spot and

Paul Freary, tracked here by the eventual winner Dave Taylor of Blackheath, was first man home for the Bels. at Parliament Hill in this the toughest of the cross country championships.

REX BALE



Just as some men hate Parliament Hill, others seem to love it. Every year Phil Carstairs turns out for the Southern Cross Country Champs., improves his best position and sees the team edging ever closer to the medals.

when the score was tallied we were within 1 point of the pre-race prediction - in recent years good enough for 4th but on this occasion, 6th. Thames Hare & Hounds had come home in a startling 242 points which put their tails up for the following week's Surrey League.

Oh! and we won the Tomlinson Memorial Trophy for the most improved club. Surely next year it will be medals - and it's about time we started thinking about the twelve to score trophy as well.

- 1, D.Taylor (Blackheath) . . .47:58
- 2, P.Haywood (Boxhill) . . .48:18
- 3, D.Buzza (Cornwall) . . .48:25
- 6, P.Freary 49:01; 15, L.Hurst 50:12; 25, J.Lobo 51:13; 82, P.Carstairs 53:35; 103, W.Cockerell 54:23; 220, M.Kazimierski 57:24; 279, D.Ochse 58:55; 374, R.Harding 1:01:10; 385, D.Anderson 1:01:34.
- Teams: 1, Blackheath 212; 2, Thames Hare & Hounds 242; 3, Aldershot F&D 288; 6, Belgrave 452; 82 clubs closed in.
- Senior Women: 112, T.Sturton 39:38.
- Junior Men: 90, A.Jowett 34:46.

The English Schools Cross Country Championships came to Parliament Hill on March 11th. Returning to cross country after a season indoors which saw him gain a junior international place against Germany over 800m, Alasdair McLean ran to 29th in the Senior Boys' event. Debbie Hearn was 265th in the Senior Girls' event while we had three lads in action in the Junior Boys' race - Jamie-Lee Carley 240th, Aldis Ulrych 255th and Dale Seddon 274th.

SWEATSHOP SURREY CROSS COUNTRY LEAGUE DIVISION ONE RACE 4, FARTHING DOWNS, COULSDON, 5 FEB 2000

Belgrave Harriers top the Surrey C.C. League for the first time in 28 years

1, Belgrave H	(1, 3, 4, 7, 8, 9, 11, 15, 21, 30)	. 109
2, Thames H&H	(10, 12, 14, 16, 17, 22, 25, 32, 34, 35)	. 217
3, Herne Hill H	(2, 27, 28, 29, 36, 41, 43, 46, 52, 62)	.366
4, South London H	(5, 19, 20, 37, 39, 47, 49, 51, 55, 58)	.380
5, Ranelagh H	(13, 18, 23, 31, 40, 45, 48, 50, 61, 66)	.395
6, Aldershot F&D AC	(24, 26, 33, 38, 42, 44, 53, 54, 57, 74)	.445
7, Borough of Hounslow AC	(6, 56, 59, 64, 68, 71, 72, 78, 84.5, 85.5)	.643
8, British Airways	(60, 63, 65, 67, 69, 70, 73, 75, 76, 77)	.695
9, Met. Police AC	unable to take part due to a fixtures clash	

It's almost too difficult to describe the euphoria that enveloped the Belgrave contingent gathered around the flag on the slopes of Farthing Downs. Not only had we won the race handsomely but we'd come back from a 74 point deficit to carry off the League title in dramatic fashion. The team response to the challenge had been terrific and the sight of so much 'claret and gold' at the head of the field put a spring in the step and brought a tear to the eye of the most hardened Belgrave supporter.

Great win from the Colts

The youngsters set the tone for the afternoon by dominating the youngest of the age groups and carrying off the under-13 title - when did that last happen? Well done Reg Hopkins and Paul and Kim Collier for their enthusiastic organisation. Well done too, Elvis Rimdap, who was awarded the trophy for the best performance in all four races. To see his thrilled expression when he was later awarded the shield was worth the trip to Coulsdon alone.

As the senior men's field assembled it was noted that Dave Taylor of Herne Hill was indeed taking part to give him a 100% turn-out record in the League, and Hounslow's Mike Simpson, fourth-placer from the previous week's "Southern", was also in the line-up. This was to be a classy race.

Our colours were prominent from the instant the race began but one of the sights to remember over a lifetime of athletics came when Captain Roger Alsop, back from Germany just the night before, burst through only a minute or so into the race to lead the field with the whole Belgrave pack falling in behind him in close formation. As the weak February sunshine lit up the downs some eight or nine Belgrave vests crested that initial hill together at the head of the echelon before setting out for the delights of Happy Valley.

When next in view at the 2

miles point it was the home club's Stuart Major making the pace but right behind him was Taylor, and then our own Geremew Wolde and Yitbarek Dinku with Mark Miles tracking all four and looking oh! so comfortable. Three in five ... but this was nothing, for after a very short gap came Paul Freary 6th, Lee Hurst 8th, the bandana'd Charles Herrington 9th and then Kevin Nash and Alaster Stewart inside the dozen. Roger was beginning to feel the effects of German business lunches and that extravagant start, 17th, and then Phil Carstairs closed the team in at 30th. The Thames Team Manager urged on his white vested men, "Come on now. They've got 9 in 17". Tackling the long climb for the second time it was now Geremew making the pace and Mark closely watching everything he did; Taylor was also right behind and there was nothing in it.

The humped back shape of the downs near the finish means that the runners cannot be seen until the very last minute by those waiting at the funnel. Who would it be, Taylor, Miles, even Geremew? Suddenly we knew. As our under-13 team waiting at the final turn leapt up and down and shouted with excitement it was Mark Miles, scything round that final curve with a ferocious finishing burst that Dave Taylor could not answer. Then the Belgrave team streamed home: Geremew 3rd, Yitbarek 4th (what a prospect for the National Junior Champs.), Paul Freary 6th in the Southern but 7th here, Lee holding onto his 8th, Charles 9th (three runs for Belgrave and three team wins), Alaster with his customary strong second lap getting the better of Kevin Nash who was in turn overtaking Thames men at the finish, Roger gritting his teeth and getting home in 21st - and Will Cockerell fighting tooth and nail to become our tenth man yet again. One hundred and ten points to Thames Hare & Hounds' 217. The league was ours by 33 points! Has there ever been such a low team score since the league went to nine teams? Have two

Final League Table 1999-2000

1, Belgrave H	.800
2, Thames H&H	.834
3, Herne Hill H	.1438
4, South London H	.1559
5, Aldershot, F&D AC	.1761
6, Ranelagh H	.1874
7, Borough of Hounslow AC	.2279
8, Met. Police AC	.2878
9, British Airways	.2957

Individual winners

Seniors	
D.Taylor (Herne Hill H)	.6 pts
Juniors	
S.Barber (Ranelagh H)	.12pts
Veterans	
G.Jerwood (Herne Hill H)	.11pts
Under 13	
E.Rimdap (Belgrave H)	.17pts

clubs ever got below 900 in the same season? The archives will be delved into to answer these questions; but on this day it remained for us to enjoy the curry at Belgrave Hall (thanks to Don Anderson and Val Tanner) and champagne (thanks Gordon Biscoe) to complete a great day. And roll on the "National"!

- 1, M.Miles (Belgrave)27:17
- 2, D.Taylor (HHH)27:21
- 3, G.Wolde (Belgrave)27:38
- 4, Y.Dinku 27:58; 7, P.Freary 28:13;
- 8, L.Hurst 28:29; 9, C.Herrington 28:38; 11, A.Stewart 28:51; 15, K.Nash 29:01; 21, R.Alsop 29:31;
- 31, W.Cockerell 30:11; 34, P.Carstairs 30:23; 53, M.Webb 31:28;
- 55, B.Barton 31:33; 62, D.Ochse 31:48; 68, E.Lemenager 32:40; 82, A.Luce 33:36; 83, D.Anderson 33:36; 105, J.Mather 35:42; 106, A.Cowmeadow 35:53; 116, R.Bale 37:57; 127 finished.

Under 15 Boys

- 1, M.Conway (HHH)16:59
- 2, P.Graham (Belgrave)17:44.
- Teams:
- 1, Ranelagh H99
- 2, Herne Hill100
- 3, Belgrave101
- Overall:
- 1, Boro' Hounslow230.5
- 2, Herne Hill H293
- 3, Ranelagh H417.5
- 4, South London H420.5
- 5, Belgrave H538.5
- Under 13
- 1, A.Ulrych17:27
- 4, E.Rimdap 21:06; 5, R.Leigh 21:16; 6, J.Kelly 21:20; 7, K.Taylor 21:28; 8, R.Collier 23:08; 9, B.McCarthy 23:42.
- Teams:
- 1, Belgrave H23
- Overall:
- 1, Belgrave H129

WOMEN'S SURREY CC
LEAGUE DIVISION ONE
BROCKWELL PARK
19 FEB 2000

“Belles” finish a fine 4th in Womens’ Surrey League

This time it was Nikki Haines making her presence felt among the normal race favourites and spearheading the Belgrave challenge. Nikki’s 2nd place was her best ever run in this competition and with Rachel Weston also claiming a finishing spot near the front, the team scored the same points as Dulwich Runners in 3rd place. This was enough to make absolutely sure of a mid-table end of season position - a solid base from which to launch a push to the higher reaches of the division next winter. Helen Maskrey’s regular forward running deservedly earned her the 3rd individual place for the whole series.

- 1, M.Panett (Dulwich)25:04
- 2, N.Haines (Belgrave)25:32
- 3, A.Solly Critchlow (W4) . .25:41
- 5, R.Weston 25:56; 13, H.Maskrey 27:05; 27, K.Dillane 28.12; 74, S.Howard 38.22.

Teams:

- 1, South London37
- 2, Ranelagh88
- 3, Dulwich R91
- 4, Belgrave 91; 5, Thames H&H 101; 6, Herne Hill 121; 7, West 4 139; 8, Epsom & Ewell 179; 9, Stragglers 186; 10, Vets AC 244.

Final League Table 1999-2000

1, South London H	37
2, Thames H&H	33
3, Herne Hill H	29
4, Dulwich R	28
5, Ranelagh H	23
6, Belgrave H	22
7, West 4	20
8, Epsom & Ewell H	13
9, Stragglers	8
10, Vets AC	7

Individuals

- 1, A.Solly-Critchlow (West 4) .9
- 2, P.Rogers-Dixon (HHH) .15
- 3, H.Maskrey (Belgrave) . . . 17

Right: An hour before “National” race time. Bill Laws and John Jeffery have driven back to Milton Keynes to pick up Paul Evans whose car has broken down, leaving the rest of the team to pose for the pre-race photo. Back row: Eric Hall (President), Don Anderson, Paul Coughlan, Alan Mead, Alaster Stewart, Paul Freary, Jason Lobo, Kevin Nash, Phil Carstairs, Rob Harding. Front: Darryl Ochse, Will Cockerell, Charles Herrington, Lee Hurst, Rob McHarg.

ENGLISH NATIONAL CROSS COUNTRY CHAMPS., STOWE PARK, BUCKS., 26 FEB 2000

Those National medals beckon

Has there ever been a team of runners so wound up and focused on the event ahead. If the race had been just after the team talk in the hotel, maybe the Bels. would have beaten Tipton - or maybe they’d have gone off even faster than they did! Three top class runners were unable to make it for one reason or another, Paul Evans had written his car off in a crash two days earlier and travelled up on the day as a passenger in another car that broke down en route - and still the talk was of a possible set of medals or some other trophy.

The sound of the maroon and the sight of such a huge field setting out always sets the pulses racing and in sunny conditions Paul Evans headed the 1500-strong charge across Stowe Park with a stream of Belgrave vests close behind him. A mile gone and we had eight men in the top 40 but the next ten minutes saw some drastic changes. Paul came out of the race while positioned in the early teens, troubled by warning signals from an achilles tendon; there was no way he could risk serious injury with the London Marathon and a chance of qualifying for the Olympics just around the corner. Lee Hurst was now our leading man in 44th, Paul Freary 52nd, Jason Lobo 60th Charles Herrington 70th, Kevin Nash 76th and Alaster Stewart 95th - a score of just under 400 and already a set of medals looked unlikely.

Heading out for the second 6 km lap every one of our scoring six were up five or ten places with the exception of Kevin who began to fade after being passed by Alaster who was having a cracking run. Rob McHarg was floating around the 140 mark and beginning to look as if he would catch Kevin as well.

Six to score

1, Tipton H	(5, 8, 10, 24, 32, 59)	138
2, Morpeth H & AC	(2, 9, 11, 39, 60, 66)	187
3, Birchfield H	(3, 22, 23, 50, 56, 101)	255
4, Bingley H & AC	(7, 43, 44, 55, 67, 76)	292
5, Leeds City AC	(28, 38, 47, 48, 62, 93)	316
6, Belgrave H	(30, 34, 45, 72, 75, 134)	390
122	clubs closed in.	

Nine to score

1, Tipton H	(5, 8, 10, 24, 32, 59, 65, 133, 144)	480
2, Bingley H & AC	(7, 43, 44, 55, 67, 76, 99, 117, 153)	661
3, Shaftesbury Barnet H	(6, 42, 82, 86, 96, 125, 155, 184, 196)	972
4, Belgrave H	(30, 34, 45, 72, 75, 134, 207, 243, 256)	1096
5, Birchfield H	(3, 22, 23, 50, 56, 101, 199, 262, 479)	1195
6, Sale H Manchester	(14, 26, 40, 70, 114, 154, 195, 238, 498)	1349
51	clubs closed in.	

Coventry’s Tromans was well clear of the field by now and going further away. Tipton had five men in the first 15 (one later found to be a non-scorer) so the team race looked a dead cert. for the holders.

Further improvements came from the Belgrave faithful who waited for the sixth claret and gold vest. “Come on Kevin, where are you.” But it was Rob McHarg next in view to close in our team and then a further wait before Will Cockerell led home the men making up the nine-man team. Poor Kevin looked terrible as Phil Carstairs all but caught him. Running plays such an important part of his life and he trains so hard; one day it will come. As for Will, he was over 60 places up on his last year’s performance. Good running came from Darryl Ochse and both Rob Harding and Don Anderson were 100 places better than Newark twelve months earlier. The nine man trophy looked as if it would go Bingley’s way but maybe the “Finch-Wayte Cup” for the first Southern club would be

key men in our relay teams. Charles is also a man who prefers the tarmac and is revelling in being part of a Belgrave squad with such soaring spirit.

There was a bit of a gap now at the finish as the Belgrave faithful waited for the sixth claret and gold vest. “Come on Kevin, where are you.” But it was Rob McHarg next in view to close in our team and then a further wait before Will Cockerell led home the men making up the nine-man team. Poor Kevin looked terrible as Phil Carstairs all but caught him. Running plays such an important part of his life and he trains so hard; one day it will come. As for Will, he was over 60 places up on his last year’s performance. Good running came from Darryl Ochse and both Rob Harding and Don Anderson were 100 places better than Newark twelve months earlier.

The nine man trophy looked as if it would go Bingley’s way but maybe the “Finch-Wayte Cup” for the first Southern club would be



KEITH MAYHEW



ours. An expectant Belgrave crew made their way to the presentation tent and great was their roar of approval when it was announced that we had indeed won this pot for the first time since 1952. Alaster received it and lifted it aloft to set the seal on a terrific day's running. Forgetting all the dreams, top six was what we really wanted - and we got it.

- 1, G.Tromans (Coventry) 40:19
- 2, I.Hudspith (Morpeth) 40:42
- 3, R.Birchall (Birchfield) 40:51
- 32, L.Hurst 42:47; 36, J.Lobo 42:56;
- 47, P.Freary 43:18; 74, A.Stewart 44:07; 77, C.Herrington 44:12; 136, R.McHarg 45:25; 209, W.Cockerell 46:47; 245, K.Nash 47:11; 258, P.Carstairs 47:18; 384, D.Ochse 48:51; 427, R.Harding 49:27; 769, D.Anderson 53:35; 1418 finished.



Above: Half a mile into the race and Paul Evans (191) has made good his intention to be leading at the first turn. The only trouble is that a fragile achilles tendon is about to start giving him "gyp". Just behind him on his left shoulder is Tipton's Neil Caddy with two other Tipton men on on his right. Paul Freary is on the rails behind these three. Other notables are 1781 O'Dea (London Irish), 2341 Fatih (Puma TVH) with the previous winner Pugsley (Birchfield) behind. Birchall is next left and then 831 Glyn Tromans (Coventry Godiva) the eventual winner. 1953 is Barry Royden (Medway).

Below: Twice he's run and twice he's won. Lee Hurst receives the the "Parker Bowl," reserved for the first Belgrave man home in the National, from President Eric Hall.

Ups and Downs of the "National"

It's been a roller-coaster ride over the last 50 years as far as Belgrave team performances in the "National" are concerned. In the immediate post-war years of 1946 to 1948 our 1st, 2nd and 1st continued the successful streak we'd been enjoying in the '30s. Thereafter, until 1965, our cross country team mostly placed in the top ten or early teens except for a blip at the beginning of the '60s when we slipped to 21st and 23rd.

From 1966 to 1968 it was back near the top again as for three consecutive years we just missed out on medals whilst placing 4th each time. Two more years in the top ten followed before the rot set in in a big way - 32nd in '72, 58th in '75 and then we plunged into what we thought were the lowest depths in 1976 when we failed to finish a team.

The wheels were just about put back on for the remainder of the '70s and '80s as we placed anywhere between 45th (1985) and 88th (1988) with two more dnfs along the route; but then came the utterly disastrous '90s. Admittedly the fields were far larger now with well over 130 teams taking part instead of the 70-odd that competed in the '60s but 1991 saw us place 105th followed by 51st and 74th and then five years in a row where we did not close in a team at all! Our roots as a harrier club seemed almost forgotten.

To come back from "the pits" to 15th in 1999 bordered on the miraculous. No wonder we were awarded the trophy for the "Most Improved Club" - it goes to the highest placed club that has not figured in the top 30 during the previous five years.

And now, in the first "National" of the new millennium, we've reached 6th. Can we get into the medals again? It's going to take a lot of commitment. Next year's race is in Durham which means booking hotel accommodation for Friday night and possibly even Saturday night. To organise that when runners tend to drop out at the last minute, leaving hotel rooms vacant, could be a nightmare. But it could also be one of the highlights of our runners' careers. There are some things that can only be done as a team and this is one of them.



Stowe School

**NEWLAND PARK ROAD RELAY
BUCKINGHAMSHIRE CHILTERN UNIVERSITY COLLEGE
18 MAR 2000**

I've never known a team with such spirit!" So said Yacin Yusuf after his first outing with the Bels.

It was the first time that we had ventured to the home of Chiltern Harriers AC to tackle their 6 x 2.8 miles road relay, nicely timed just two weeks before the SEAA 12-Stage and thus enabling a few queries over team selections for that event to be settled. The race was held over an out and back country lane closed to traffic for the duration of the event - exact distance 2 miles 1,340 yards or 4,444 metres, including a stiff climb on the way back. In beautiful spring sunshine three Belgrave runners took their places on the start line among the 99 teams contesting the various categories.

The incomplete C team, comprising ineligible or recently joined members, had fun from the beginning. Yacin, coming back from injury, took off like a startled rabbit and was never headed, coming home in 13:17, the day's fastest until well we'll get on to that later. Richard Hayman, a complete novice to racing, took over next and ran a time which could well see his name among the 24 entries for the National 12-Stage. Running in his first race this 20 year-old didn't see another competitor until he had to give way to Shaftesbury, also tuning up for the big races ahead. Yet another new member Joachim Wolf from Sweden continued the entertainment by running to within a very few seconds of Richard's time and there, having staked their claims for team places in races to come, the C team ran out of men.

Paul Coughlan (lacking a bit of conditioning but with plenty of speed) had gone head to head on stage one with Phil Carstairs (plenty of solid background but short on pace). Kiwi Paul had the edge and sent off Steve Clarke for the As in 7th place. Steve was raring to go after an enforced lay-off due to various niggling health problems and he enjoyed himself hugely by tearing past Hillingdon's Dean Clark (technically a Belgravian since late last summer). Shaftesbury still led but the Bels were now up to 5th. Captain Roger showed that he is in terrific form and full of confidence by turning in a 13:21 which moved us up to 2nd. Now, what could our last three men do?

Rob McHarg found himself up against the fastest Shaftesbury man of the day and in spite of a pleasing 13:47 the north London club's lead went out to about a minute. Not wanting to be outdone by his Captain, Alaster Stewart had grimly nodded as he received encouragement from clubmates in the take-over zone and now, out in the Buckinghamshire sunshine, Al slowly reeled in the black and white clad leader. That sting in the Belgrave tail was being used to good effect again and all the while Paul Freary nervously paced up and down for the final leg. The whistle was blown indicating that the runners were on their way back in and yes, both were in the finishing straight at the same time. Al had gained half a minute and we were now just 25 seconds in arrears.

The course was largely downhill on the outward journey and

by the turn our man was closing fast. Now the uphill drag and still the gap came down. The moment of truth: Paul took the claret and gold up to and past the Shaftesbury man - but his pace was not sufficient to make it decisive, a mere half a metre or so being all that he could gain. As the hill levelled out the Belgrave man's legs buckled and although he grimly hung on to the end, a gap of a few metres opened up and stayed there. What a time though - 13:16 - making Yacin only number two in the squad!

- 1, Shaftesbury Barnet1:21:39
- 2, Belgrave1:21:45
- 3 Windsor S&E1:24:14
- 8, Belgrave 'B' 1:30:10; 30 men's teams started, 22 finished.

A Team:

- P.Coughlan(7) .14:11
- S.Clarke(5) .13:44
- R.Alsop(2) .13:21
- R.McHarg(2) .13:47
- A.Stewart(2) .13:26
- P.Freary(2) .13:16.

B Team:

- P.Carstairs(9) .14:32
- J.Ryle(11) .15:23
- K.Quinn(10) .14:30
- B.Barton(9) .14:46
- P.Carstairs(8) .15:07
- D.Anderson(8) .15:52

C Team:

- Y.Yusuf(1) .13:17
- R.Hayman(2) .14:08
- J.Wolf(3) .14:16

Fastest:

- P.Freary 13:16; Y.Yusuf 13:17;
- D.Bullock (Shaftesbury) 13:20;
- R.Alsop 13:21.

**PUMA TVH 5 X 3.5 miles
ROAD RELAY, STOCKLEY
PARK, 25 MAR 2000**

A low key trip to Stockley Park was intended to give the final information required for selection for the SEAA 12-Stage relay but although we came away knowing that Kevin Nash was absolutely flying we saw little else to help. Kevin Quinn ran solidly enough while Will Cockerell (deeply into his marathon build up) and Paul Coughlan (later found to be sickening for a cold) ran slower than might have been expected. Others on the verge of selection chose not to run at all so there were more questions than answers.

- 1, Shaftesbury Barnet1:28:26
- 2, London Irish1:28:47
- n/s, Windsor S&E1:29:51
- 3, Aldershot F&D 1:30:00; 5, Belgrave 1:30:52; 17, Belgrave B 1:40:19; 34 teams started; 24 finished.

A Team:

- K.Quinn(14) ...18:32
- K.Nash(3) ...17:00
- W.Cockerell(6) ...18:57
- A.Stewart(6) ...17:33
- P.Coughlan(5) ...18:50

B Team:

- J.Wolf(10) ...18:22
- A.Luce(17) ...19:19
- A.Jowett(22) ...20:56
- A.Cowmeadow(22) ...21:13
- K.Quinn(17) ...19:46

Fastest:

- C.Thompson (Aldershot F&D) 16:47 (record); K.Nash (Belgrave) 17:00; 3, M.Skelton (Shaftesbury) 17:14.

Veterans 3 x 3.5 miles

- 1, Thames H&H57:37
- 2, Bedford & County58:56
- 3, Aldershot F&D59:00
- 13, Belgrave 1:03:04; 29 teams started; 26 finished.

- D.Anderson(10) ...19:59
- J.Mather(15) ...21:48
- A.Binda(13) ...21:17

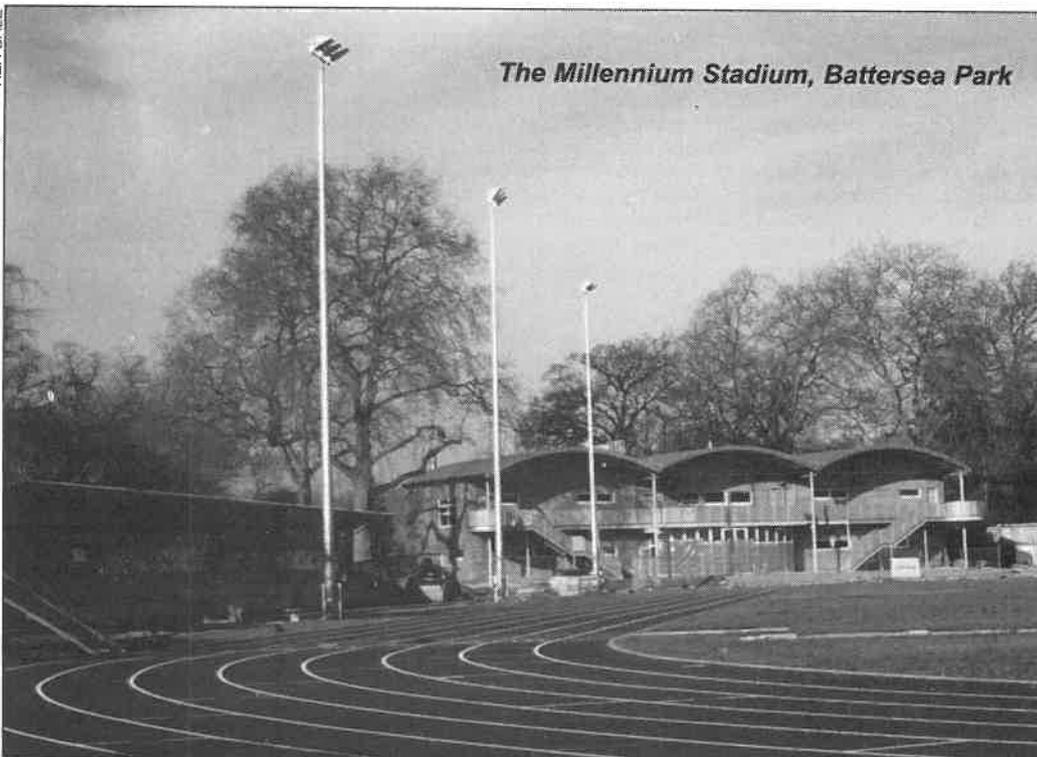
It's nearly ready!

And hopefully, by the time you read this it will be - The Millennium Stadium, Battersea Park. Eight lanes, new changing room block with Belgrave office, spectators' stand, new announcer's box, electronic timing, new equipment all round.

Our first match, a Thameside League, will take place in the new facility on May 27th. The stadium will be officially opened on June 1st by Tessa Sanderson and then, on June 4th, Wandsworth and Belgrave Harriers will be hosting the Millennium Inter-Capitals International.

It's been a long wait; a whole year without a track training base but we are sure that it's going to be worth it. Many thanks to Wandsworth Council and our own Bill Laws and John Jeffery for all their hard work in getting it all up and running.

REX BAILE



Nash & Yusuf fastest at Milton Keynes

The reserves come in but we still win medals in SEAA 12-Stage

Pictures on centre pages

As is customary for a 12 stage road relay, the team actually making it to the start line bears only a passing similarity to the one selected a week earlier. But our depth is really beginning to make itself felt now and with a whole posse of top guns unavailable and a 25% dropout through sickness and injury we still took the bronze medals (the only club to figure in the medals at both Milton Keynes races) and finished a 'B' team to boot (albeit with ineligible runners). Can't be bad!

Stage 1: Suffering from a sore throat, Jim Estall had already been moved from a middle short stage to a late long one and then finally the first long leg as Rob McHarg reported in sick the night before. Veteran Jim was offered the chance to switch with Junior Galley in the Bs but decided to go for it. A position of 25th was looked for but he gave us better than that and a time 2 seconds faster than last year. For the Bs Junior Galley was even more consistent as he ran exactly the same time as before. Up front Hounslow's Mohammed Farah led the field home.

Stage 2: Kevin Nash had run a stormer on leg 2 at Stockley Park eight days earlier and a similar effort with a sub-17 timing was hoped for here. Coach Richard Partridge was convinced that his protégé was about to move into the big-time and was taking bets on his man being fastest short stage Belgravian. Knowing his good form there were few takers but surely nobody could have envisaged

what happened next. Young "Nasher" went through the field like a dose of salts. Taking the final turn wide, while Belgrave jaws gaped in wonder, Kevin surged up the final slope with eyes focused on infinity. At the changeover area he was in 3rd place. Absolutely awesome! He had set a remarkable time of 16:15, matching Mark Miles' 1999 club record and second only to Rob Denmark's course record. "Shall I take that fiver now?" Richard enquired of the Team Manager. We were 55 seconds behind new leaders Newham & Essex Beagles. Twenty year-old Richard Hayman in only his second race for the Bels. took the Bs up to 19th with 9th fastest time of the stage.

Stage 3: Alaster Stewart set out past ecstatic Belgrave supporters for the next long lap. He'd been nursing a niggle but this was no time for half measures as he set his mind on the task ahead and moved past Newham & Essex into second place. Now, out onto an area of the course where the remaining runner ahead was out of sight, our man followed the cones marking some road works and taking him away from the course before alarm bells began to ring. Where was the race? Panic! Al cursed his luck as he ploughed through flowerbeds to get back onto the route. He reckoned he'd lost about 30 secs. and was now in 4th position which he maintained to the finish. An unfit Mike Kazimierski, suffering recently with back problems and probably having to give the London Marathon a miss this year, slipped back for the Bs.

Stage 4: Phil Carstairs set out while Al took up residence in a nearby bus shelter, incommunicado for the next 30 minutes. Phil, who becomes a veteran later this year, had the unenviable task of attempting to hold on as well as possible before our strong middle order men took over. Grittily sticking to his task Phil had to give way to Shaftesbury and London Irish but although we were 1:52 down on Bedford we expected them to come back anyway. Back down the field B runner Yacin Yusuf snapped up the opposition like a piranha in a gold fish pond - up 19 places, just like "Nasher", and clocking exactly the same time. Now three men hold that club best of 16:15.

Stage 5: Shaftesbury went ahead for the first time while Roger Alsop overtook Harrow but lost out to Thames Hare & Hounds' Wayne Oxborough. Our Captain clocked a very respectable 24:51 to place 31st overall on the day and move the team half a minute closer to the leaders. For the Bs it was a maiden Belgrave run for James Rogers, a fitness trainer at Holmes Place in the Barbican. This man has run 32 minutes for 10k in the past and will be a great asset in times to come.

Stage 6: Steve Clarke was well psyched up for his run and with runners strung out ahead set about them in no mean fashion. Thames, London Irish and Newham & Essex all fell by the wayside and our 800 metre man took Bedford too but had overcooked it at the beginning and

had to be satisfied with a time slower than he expected as the Bedford man got back past him. Joachim Wolf took the B team up to 18th, ahead of some respected A teams and clocked a super 17:41.

Stage 7: As ever the "big guns" start firing at this stage of the race but we had a double task for our men. Not only had they got to take on the best that the other clubs could throw up, they had to gain enough ground to give our tail enders a fighting chance. Paul Freary took the bit between his teeth and wiped out Bedford but for the first time Aldershot came into the frame with a superb run from young Chris Thompson - the day's fastest. "I thought I was motoring," said the Belgrave man, "but all of a sudden this guy came from nowhere." Shaftesbury were coming back and at the end of the stage Paul's 13th fastest of the day put us 1:13 behind first place.

Stage 8: Racing in Belgrave colours for the first time, Canadian international Alex Hutchinson relentlessly ran down both teams ahead. Still not at his fittest, Alex's 16:55 was the day's 7th best and right at the end of the stage with only 30 metres remaining he had the Belgrave fans leaping up and down as he took the claret and gold ahead for the first time. 51 year-old Charlie Dickinson enjoyed yet another outing by running 14th fastest on the stage for the Bs.

Stage 9: You can tell when Lee Hurst is going to have a good one. That steely look told that his 1 second advantage at the start was going to be considerably more by the finish - and it was, in spite of another hesitation when suddenly unsure of the way. Forty seconds of clear road was the our lead now, with a minute and a half over AFD - but would it be enough as both the clubs behind had some classy racers to come and Southampton Runners were creeping up the order to 4th. Paul Coughlan's dad Peter, over here to run London, volunteered to fill in for the Bs and keep that team alive.

Stage 10: Young Kevin Quinn was in at the deep end and no mistake, one of our reserves but taking over in the lead. If only he could hold it together. It was fully expected that Shaftesbury would come back at us - and they did. Kev looked shattered as he made his way to the finish of the lap but we still had a 37 second advantage over Aldershot and more importantly 3 minutes-odd over Southampton. Bruce Barton showed a great advance in form, running to 7th fastest of the stage for the Bs.

SEAA 12-STAGE ROAD RELAY 2000

Long stage ~ 7.978 kms (4m 1685y)

Short stage ~ 5.506 kms (3m 742y)

Stage	Stage Ranking	Overall Ranking	Team Posn.	Time	Stage	Stage Ranking	Overall Ranking	Team Posn.	Time		
'A' Team					'B' Team						
1	J.Estall	22	81	22	25:44	2	R.Hayman	9	=31	19	17:35
3	A.Stewart	8	56	4	25:11	4	Y.Yusuf	1	=1	17	16:15
5	R.Alsop	7	=30	6	24:51	6	J.Wolf	6	39	18	17:41
7	P.Freary	3	13	3	24:21	8	C.Dickinson	14	=113	22	18:31
9	L.Hurst	1	15	1	24:26	10	B.Barton	7	=69	35	18:06
11	W.Cockerell	11	=108	3	26:13	12	J.Wolf	14	85	30	18:13

292 long stage runners

288 short stage runners

Fastest:

C.Thompson (Aldershot, F&D)

23:27

K.Nash (Belgrave)

16:15

N.Francis (Shaftesbury Barnet)

23:45

Y.Yusuf (Belgrave)

16:15

R.Finch (Southampton R)

23:50

K.Bowditch (Newham & Essex Bgls)

16:26

continued >>

SEAA 12-Stage Road Relay continued ...

Stage 11: Crunch time! Will Cockerell looked nervous. A poignant good-luck hand shake from Charles Herrington, the man he had come in to replace, said it all as Will prepared himself for the fray. Charles had been hoping for a time of 24 minutes on this course before a stress fracture ruled him out earlier in the week. He had been so looking forward to this run but now it was up to Will to keep us in the medals. Shaftesbury were now dead certs. with top man Nick Francis lining up. Aldershot had a solid runner while Southampton fielded international Rod Finch. Will's pb for 5 miles (8k) was 26:50 and here he was facing sub-24 men on this 7.978k circuit. Unfazed by the situation, Will ran as never before. He had to give way to Aldershot but handed over only 5 seconds down and much more importantly kept a one minute barrier between our bronze medal place and Southampton in 4th. With his cold now subsiding, Assistant Team Manager for the day, Paul Coughlan took on a long'un for the Bs at training pace - a far cry from the flat out short stage he had hope to run for the As.

Stage 12: Within a few hundred metres Clive Gilby had closed the gap on Vince Garner of Aldershot and went straight past him but the advantage was only minimal and Garner is a tough cookie. A couple of times Clive attempted to break away but it was not going to work and sure enough we had to settle for third place as the AFD man came on strong over the latter part of the lap. Closing in for the Bs Joachim Wolf ran another highly respectable short stage and might just have earned himself a long run in the future.

1, Shaftesbury Barnet 4:12:12; 2, Aldershot F&D 4:14:55; 3, Belgrave H 4:15:46 (all three inside the course record); 30, Belgrave H 'B' (1st B team but ineligible for the prize for various reasons); 52 teams started, 45 finished.

Belles take 3rd in London Marathon

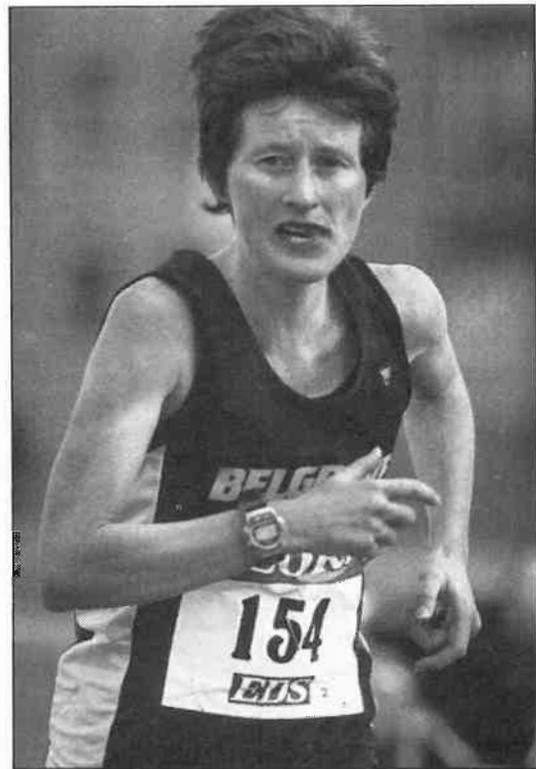
For twenty years Belgravians have been supporting the London Marathon and during that time the club's men have won the team title and Paul Evans and others have claimed forward individual placings in superb times. This time, however, it was all different and we were delighted to see our women's team getting up into the frame.

For months they had been quietly planning, and training, knowing that if they could finish a trio in under three hours they might just pull off a win. Running together for almost the whole distance, Helen Maskrey, Rachel Weston and Nikki Haines did indeed get under three hours and, so far as we can tell, they were the only team that managed to do this. Both Shaftesbury Barnet Harriers and Herne Hill Harriers had women finishing in front of our team, though, and when the times were added up the "Belles" were third. Nevertheless an outstanding result. Gabby Collison was well ahead of our final scoring three at the 12 mile point but was unable to finish while Kate Dillane, was 4th Belgravian home.

Will Cockerell was first male Belgrave runner to reach the finish line in The Mall. Apart from clocking a useful time Will was running to collect money for RAPt (Rehabilitation for Addicted Prisoners Trust) a charity offering treatment to alcoholics and drug addicts in prison.

Mike Kazimierski had a torrid time. He was very short of training after back trouble had stopped him running altogether a few weeks ago. To finish in approaching 2 hours 40 minutes was a real achievement.

Junior Galley, an old hand at the event, took it steady this year but was able to shepherd Wesley Minett to the finish in under 3 hours, helping him to improve upon his previous best by some fifteen minutes. A sprightly 3 hours 35 clocking came from 65 year-old Frank Gander while Jon Ridgeon, an international hurdler only a few seasons ago, finished well



A determined Nikki Haines concentrates on the road ahead at the 16 mile point. Nikki was third scoring Belgravian with a time of 2:58:02 for 51st place.

inside 4 hours.

Twenty year-old Tush Patel placed 5th in the wheel chair event while Andy Goudie race walked the whole distance to beat some 25,000 runners!

Women: 1, T.Loroupe (Kenya) 2:24:33; 42, H.Maskrey 2:56:27; 49, R.Weston 2:57:51; 51, N.Haines 2:58:02; 177, K.Dillane 3:17:52; 1480, J.Emery 4:11:22; 4126, L.Howarth 5:06:59.

Women's Team Race: 1, Shaftesbury Barnet H 8:41:31 (2:44:07 + 2:46:17 + 3:11:07); 2, Herne Hill H 8:51:25 (2:51:18 + 2:57:18 + 3:02:49); 3, Belgrave H 8:52:20 (2:56:27 + 2:57:51 + 2:58:02).

Men's Wheelchair: 1, K.Papworth 1:41:50; 5, T.Patel 1:47:15.

Men: 1, A.Pinto (Portugal) 2:06:36 (European and London Marathon record); 131, W.Cockerell 2:35:36; 252, M.Kazimierski 2:41:25; 856, J.Galley 2:56:19; 872, W.Minett 2:56:44; 1828, J.Estall 3:09:50; 2219, R.Harding 3:14:03; 3994, S.Paton 3:29:17; 4839, F.Gander 3:35:41; 5234, A.Goudie 3:38:18; 7390, J.Ridgeon 3:51:29; 7498, R.Mann 3:52:06; 12208, Peter Coughlan 4:17:16; 13358, L.Mann 4:23:52; 13351, L.Mann 4:24:53.

National 12-stage - one day we'll crack it!

AAA 12-STAGE ROAD RELAY, SUTTON PARK, 29 APR 2000

Against all odds the Bels. finished a team in the AAA 12-Stage Road Relay at Sutton Park, Sutton Coldfield for the first time since 1994 - but what a struggle. It was only the tenth time that we have managed to get to the finish line in this event since the race left the Brighton Road after 1966.

We all love to call to mind the names of athletes not available on the day who "could win it" for us and this year we could name a further dozen who weren't even entered in the first place because we knew they would be elsewhere. Somehow the

combination of the track & field season starting around the same time and the lure of warm weather training combines to decimate our running squad at the end of April. On "black" Thursday before this race no less than five men pulled out and in the last 24 hours even the reserves started to crack. All credit to those who ran, though, and gave the Club their highest placing since 1990. One day we'll hit the jackpot.

Nerves were stretched to breaking point as race time neared and the majority of the team, in two cars, were still driving across

Buckinghamshire, looking for the M1, having left a horrendous traffic jam back on the M40. 'Phone calls to Paul Freary, already on the race course, got the team registered and fortunately the start time was put back 15 minutes as at least ten other teams had not yet shown up. With the first two runners declared we'd sort the rest out when we got there but the previously agreed running order was thrown out of the window.

Not only did Paul stand in as admin. man, he then proceeded to run a cracking 26:39 to place the team 7th after one stage with a time which

puts his name right up in lights near the top of our all-time list just ahead of Gerry North and only behind Evans, Tadesse, Darren Mead, Geoff North and Halliday. Young Richard Hayman held up well under pressure but the crash was going to come and an unfit Jim Estall bore the brunt of it having volunteered to step out of the car and into number three slot while the rest of the team was sorted out. Thereafter, a crew made up of the running injured and the less than fit

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Road Running & Cross Country - Results Roundup

AAA 12-Stage Road Relay continued ...

took on long legs when they wanted short ones, late stages when they wanted early, to nurse the Belgrave team back into the top twenty. Best of the runs were probably Roger Alsop's dip under 15 minutes and Don Anderson's last leg effort to run some 15 seconds faster than last year to keep our position respectable.

1, Salford H 4:08:04; 2, Tipton H 4:10:32; 3, London Irish 4:11:39; 17, Belgrave H 4:28:57; 59 teams started, 56 finished.

1	P.Freary	(7)	26:39
2	R.Hayman	(10)	15:25
3	J.Estell	(28)	29:33
4	S.Clarke	(22)	15:10
5	P.Coughlan	(27)	29:51
6	R.Alsop	(22)	14:59
7	R.McHarg	(20)	28:41
8	K.Quinn	(17)	15:41
9	A.Stewart	(15)	29:23
10	B.Barton	(15)	16:04
11	P.Carstairs	(16)	30:11
12	D.Anderson	(17)	17:20

January 1999

1 Sandringham Staff 6 miles: 4, L.Mann 44:42.
31 Nike 5 miles, Battersea: L.Mann 40:00.

February 1999

7 Las Vegas Half-Marathon: 5, T.Tanser 65:04.
7 Dewsbury 10 kms: A.Stewart 31:32.
7 Watford Half Marathon: 650, L.Mann 1:43:37.
14 Wokingham Half Marathon: 500, L.Mann 1:40:15.
14 Southampton 5 kms: K.Nash 14:48.
21 Bradfield 10 miles: L.Mann 1:17:28.
28 Esher Scouts 4 miles CC: 6, L.Mann 23:00.

March 1999

7 Woking 10 miles: 9, R.Alsop 53:54; 19, M. Kazimierski 56:16. Women: 13, H.Maskrey 65:12.
7 Finchley 20 miles: L.Mann 2:46:04; W.Minett dnf.
14 Portsmouth Half Marathon: 472, L.Mann 1:39:02
17 Jack Lawton Hospice X-Ray Mile: Grant Cuddy just pipped Jason Lobo by one second as both men went under 4 minutes for this road mile race. 2, J.Lobo 3:58.
21 Fleet Half-Marathon: Amidst the 2,400 runners a well-earned personal best came from Junior Galley in windy conditions as he ran to 72:58 and 19th place.
21 Uxbridge, Hillingdon Half-Marathon: 4, M. Kazimierski 74:31.
21 Lisbon, Portugal, Half-Marathon: Sub 32 minutes at 10kms, Paul Coughlan found himself falling apart over the second half of the race, coming home in 72:38.
21 Cranleigh 21 miles: L.Mann 2:55:05.
27 Barnett Demesne, N. Ireland, IAAF World Champs. 4 kms CC. 1, B.Limo (Kenya) 12:28; 43, S.Barden 13:24.
27 BVAf CC Champs., Earlam Park, Norwich. M50 10 kms: 6, C.Dickinson 37:31.
28 Worthing 20 miles: L.Mann 2:45:33.

April 1999

2 Maidenhead Easter 10 miles: 425, L.Mann 1:25:24.
2 Folkestone YA Races. Boys 2 miles: 6, S.Whorlow 12:32. Girls 2 miles: 2, L.Fryer 13:22.
4 Chesham 5 kms: A.Stewart 14:49.
5 Puma Cell 5 miles, Welwyn Garden City: 1, S.Kipkeeter (Kenya) 22:30; 17, M.Miles 23:46; 27, K.Tadesse 24:52; 64, P.Carstairs 27:37. Teams: 1, Tipton 45; 2, Enfield & Haringey 95; 3, Belgrave 108.
10 Horsham, Sussex 6 x 2 miles 104yds relay. S.Baldock 10:10 (=9th fastest).

11 Croydon 10 kms: 3, H.Raidi 32:17.
17 Harrow 10 kms: 3, H.Raidi 31:17.
19 Boston Marathon: W.Cockerell 2:47:51.
20 VAC 5.2 miles, Battersea Park: 15, R.Bale 34:39.
24 Balmoral, 4 kms: 9, S.Barden 11:24. 10 miles: 17, W.Minett 1:00:11; 28, R.Mann 1:03:13; 86, L.Mann 1:13:35.
25 Balmoral 10 kms: 16, P.Evans 30:49; 86, W.Minett 37:31; 566, L.Mann 47:05; 2063 finished.
25 Arco Wessex Totton 10 kms: 21, B.Nixon 33:23.
28 Commercial Union 5 miles, Beckenham: 6, D.Anderson 29:59.
30 Serpentine 5 kms, Hyde Park: 9, W.Cockerell 16:52.

May 1999

Concorde 10 kms, Hounslow Heath: 9, M.Kazimierski 34:25.
2 Leighton Buzzard 10 miles: 132, L.Mann 1:15:46.
9 British Airways 10 kms: L.Mann 43:45.
10 Sri Chinmoy 2 miles, Battersea Park. Women. 5, K.Houston 12:05.
16 Securicor 10 kms, Carshalton: 3, G.Staines 31:04; M40 4, A.Binda 34:48; 6, P.Gilbey 35:35. Teams: 3, Belgrave 65.
16 Bedford 10 miles: L.Mann 1:15:04.
18 Vets AC 5.2 miles, Battersea Park: L.Mann 39:01.
20 City of London 3.25 miles: 10, P.Carstairs 18:08.
21 Poole Runners 3.25 miles: 1, B.Nixon 18:43.
22 BVAf Road Relay, Sutton Park. C.Dickinson 15:48.
23 Nijmegen, Holland 15 kms: 11, P.Evans 44:26.
23 Ranelagh Half Marathon: L.Mann 1:45:46.
30 Scheidegger Stevenage 5 kms: 2, P.Evans 14:06; 18, K.Tadesse 15:19; 43, P.Carstairs 16:21.
30 Epsom 10 kms: 1, G.Staines 30:54; 11, P.Gilbey 35:59; 14, D.Anderson 36:07; 333 finished.
31 Sharnbrook 10 kms: L.Mann 48:50.

June 1999

6 Gardena, USA. 5 kms: 14, T.Tanser 14:49.
6 Cranfield 10 kms: 1, C.Herrington 31:44; 205, L.Mann 47:29; 394 finished.
6 Dorking 10 miles: 4, J.Estell 54:09.
8 Sri Chinmoy 2 miles, Battersea Park: 1, K.Tadesse 9:22.
13 Laganside, Belfast 10 kms: 2, P.Evans 29:06.
14 Sri Chinmoy 2 miles, Battersea Park: 1, K.Quinn 9:54; 3, M.Kazimierski 10:09; 4, W.Cockerell 10:12; M60 C.Cross 13:45.
14 -18 Tour of Epsom. M45 1, P.Gilbey 1:45:37.
15 Vets AC 5.2 miles, Battersea Park: 3 M55, L.Mann 40:12.
19 Sri Chinmoy 10 kms, Battersea Park: 4, M.Kazimierski 34:00; 6, W.Cockerell 34:25.
21 Sri Chinmoy 2 miles, Battersea Park: 4, R.Foley 10:11; 8, M.Bizio 10:30; M60 C.Cross 13:42.
23 Bracknell Forest 5 miles: L.Mann 41:23.
25 Serpentine 5 kms, Hyde Park: M70 A.Bruce 24:01.
27 Manchester 10 kms: 6, L.Hurst 31:18.
27 Dysart 10 kms: L.Mann 48:38.

July 1999

5 Sri Chinmoy 3 miles, Battersea Park: 3, W.Cockerell 15:30; M50 1, C.Dickinson 15:52; M60 1, A.Verdie 18:26.
12 Sri Chinmoy 2 miles, Battersea Park: 4, W.Cockerell 10:00; M60 1, A.Verdie 12:00.
13 Vets AC 5.2 miles, Battersea Park: L.Mann 41:07.
14 Corporate Challenge 3.5 miles, Battersea Park: 3, R.Alsop 17:28.
14 Retford, Notts. Summer League. 1, A.Stewart 25:48.
17 Elmore 7 miles: M60 1 A.Verdie 46:56.
18 Elmbridge 10 kms: 232, L.Mann 49:59; 356 finished.
26 Sri Chinmoy 3 kms, Battersea Park: M60 1, A.Verdie 11:23. Final Grand Prix positions: 3, W.Cockerell.
30 Stagglers Wedding Day 7 kms, Bushey Park: 24, W.Cockerell 24:48; 31, M.Kazimierski 25:08; 33, P.Gilbey 25:17; 57, D.Anderson 26:27; 267, G.Adams 33:10; 273, L.Mann 33:22; 554 finished.

August 1999

7 Aboyne Hill: 32, L.Mann 61:11.
8 West London 5 miles, Gunnersbury Park: 1, P.Evans 23:22; 12, K.Tadesse 25:20.
8 Liverpool Half-Marathon 18, P.Freary 72:41.
8 Surrey 5 kms, Wimbledon: 1, D.Taylor (Blackheath) 15:15; 4, R.Alsop 15:48; 6, P.Coughlan 16:02; 7, S.Clarke 16:07; 24, A.Cowmeadow 18:06; 55, R.Bale 21:42; 57, C.Cross 22:45 (1st M60); 62 finished. Teams: 1, Boxhill 21; 2, Ranelagh 28; 3, Belgrave 29; 10 teams closed in. Women: 1, G.O'Connor (RRC) 18:38; 5, H.Maskrey 19:26; 8, K.Houston 19:59; 9, T.Sturton 20:45; 14, C.Eastham 22:17; 19, J.Smiter 23:36; 28 finished. Teams: 1, Belgrave 8; 2, Epsom & Ewell 16; 3, Sutton Runners 31; 4 teams closed in.
12 Ballater Hill: 33, L.Mann 26:58.
14 Furland Hill: 6, L.Mann 36:58.
22 Erewash Classic 10 miles: 3, K.Tadesse 49:56.
22 Carlton 5 miles, Battersea Park: 2, G.Hailu 24:09; 23, K.Quinn 27:28. Women 4, G.Collison 28:56.
25 Bedford Park 5 kms: 2, C.Herrington 15:15 (only 11 seconds behind Kenya's Benson Masya!)
25 -31 Tour of Thameside: Lee Hurst placed 5th overall in the tour which was won by Stockport's Hussain. Stage 1 Hyde to Mossley 11 miles: 3, 59:16; stage 2 7 miles 4, 36:35; stage 3 Stalybridge 6 miles Hill Race 2, 34:39; stage 4 half marathon 10, 75:39; stage 5 6.3 miles cross country 6, 35:12; stage 6 9 miles canal race, Mossley to Hyde 6, 50:35. Overall: 1, B.Hussain (Stockport) 4:42:57; 5, L.Hurst 4:51:57.
28 Serpentine 5 kms, Hyde Park: 3, P.Coughlan 15:49.

September 1999

4 Lille, France, Half-Marathon. 13, P.Evans 64:31.
4 Braemar Hill Race: L.Mann 41:43.
5 Welwyn Garden City 10 miles: The princely sum of £250 was on offer for a course record but the blistering conditions made that all but impossible. Charles Herrington gave it a good go though and so impressed the organisers that they awarded him £50 anyway. After he crossed the line there was a wait of nearly four minutes for the next man. 1, C.Herrington 51:31.
5 Lancashire 10 kms Champs., Kirkham: 2, P.Freary 31:50.
? Reykjavik, Iceland, Half-Marathon: 1, T.Tanser 72:05.
6 Bolton Trail Race, Leverhulme Park, 3 miles: 1, P.Freary 16:19. Paul led from start to finish to win by over a minute and crack the course record.
11 Morven Hill Race: 10, W.Minett 53:42.
12 Wimbledon Half Marathon: 18, W.Cockerell 1:21:33; 43, R.Weston (W) 1:25:09; 112, P.Cross 1:30:58; 206, H.Corbett 1:36:42; 336, R.Bale 1:41:47; 366, F.Rioch 1:42:46; 368, K.Dillane (W) 1:42:50; 418, F.Gander 1:44:53; 447, C.Bruce-Burgess (W) 1:45:54; 641, D.McMillan 1:53:59; 711, D.Manning 1:56:59; 712, J.Slough 1:57:00; 1040, L.Haworth 2:21:13; 1115 finished.
12 Bradford 10 kms inc AAA Champs: 28, L.Hurst 30:55. Veterans: 34, C.Dickinson (5th M50) 34:06.
12 Luton 10 kms: 1, P.Evans 29:50.
12 New Forest Half-Marathon: M60 2, A.Verdie 89:47.
14 First Lodges 2.75 miles: 1, W.Minett 15:55; 2, L.Mann 21:16.
16 First Gelder 4 miles: 1, W.Minett 21:51; 8, L.Mann 27:56.
18 Morven Hill Race, 5 miles/2,100 feet: 11, W.Minett 53:42; 30 finished with times ranging from 47:08 for the winner to 78:05.
19 Frimley 10 kms: 2, G.Staines 32:14.
19 BUPA Great South Run 10 miles, Portsmouth: 3, P.Evans 47:45; 32, K.Nash 53:16.
19 Great Barford Half Marathon, Bedford: 1, C.Herrington 68:45.
21 Second Lodges 2.75 miles: 1, W.Minett 16:53; 3, L.Mann 21:14.
23 Second Gelder 4 miles: 2, W.Minett 22:12; 6, L.Mann 27:18.
24 Serpentine 5 kms, Hyde Park: 2, W.Cockerell 17:00.
25 Ripe Hill 10 miles: 1, W.Minett 63:05; 3, L.Mann 1:25:26.
26 Edinburgh Marathon. The pace to halfway was in the charge of Paul Freary. A 66:00 to 66:30

schedule had originally been set but the course was found to be tougher than expected so that was cut back to 67:30 and as it turned out, 68:00 was as fast as anyone would take. Paul Evans tried to break away after 16 miles, reached in 1:22:40, but Kenya's Chelanga then took over and the Pole Perszke also got past the Belgrave man. Finally it was the Mexican Espinosa (with a pb of 2:07:19) who proved the strongest and he ran out the winner in 2:14:31. Evans was 4th in 2:17:35.

- 26 Swansea Bay 10 kms: 7, G.Wolde 30:10.
 26 Robin Hood Nottingham Marathon. Completing a marathon for the first time in a couple of years Gary was pleased to have taken a positive step forward after a period of poor health. 1, G.Staines 2:27:25.
 26 City of Bristol Half-Marathon: 15, K.Tadesse 71:26.
 26 Cabbage Patch 10 kms, Teddington: 4, J.Estell 53:32.
 30 Third Gelder 4 miles: 1, W.Minett 22:01; 3, L.Mann 27:48.

October 1999

- 2 VAC 10 kms C.C., Wimbledon: 19, R.Bale 41:54; 40 finished.
 3 Wimbledon 10 miles: Paul Coughlan headed the leading bunch as the first lap unwound and before long the front group was down to four, including Kevin Quinn. By the time they ended the first circuit just Coughlan and Ranelagh's McDonald were in contention and then up the steep Victoria Drive for the second time our Kiwi pulled away to gain a winning advantage of well over a minute by the finish. 1, P.Coughlan 53:22; 3, K.Quinn 55:02.
 7 Fourth Gelder 4 miles: 2, W.Minett 21:15; 5, L.Mann 27:39.
 9 Surrey County AA Veterans CC Champs., Petersham, Richmond Park, 10 kms: 1, J.Estell (M45) 33:07. M60 Team 1, Belgrave 19.
 10 Dulwich Runners 10 kms: 3, J.Estell 32:56.
 10 Great North Run Half Marathon: 1, J.Mutai (Kenya) 60:52; 23, P.Freary 67:28; 25, C.Herrington 67:54.
 10 Pepsi Max Festival 8 miles, Kingston: Tania Sturton again improved her best for this course, placing 3rd in 54:49, and 6th was Catherine Eastham 57:22. 16 miles: 39, I.Broderick 1:53:50; 96, F.Riach 2:07:07.
 16 BUPA Ireland Loughrea 5 miles: 4, P.Evans 23:25.
 17 Anderton Arms 10 kms, Preston: Lee Hurst was soon out on his own on this hilly course and by the time the finish was reached had a lead of approaching 2 minutes over the next man home. 1, L.Hurst 31:09; 302 finished.
 30 East Surrey League 5 miles, Lloyd Park, Croydon: 12, R.Harding 31:51.
 30 Great Sam Half Marathon, Bracknell: 2, K.Nash 70:59.
 31 Wilmington 10 kms, Dartford: 2, S.Clark 33:19.
 31 Burden 10 kms, Bolton: 2, P.Freary 31:55.

November 1999

- 3 National Police 10 miles, Freshwater to Chale, Isle of Wight: 6, R.McHarg 54:49.
 10 Civil Service 6.5 miles CC Champs: 1, J.Estell 33:15.
 11 Soria, Spain, 9 kms: 5, P.Evans 30:26.
 13 Sri Chinmoy 10 kms, Battersea Park: 4, W.Cockerell 33:58.
 20 Midland 7, Sutton in Ashfield: Alaster Stewart ended his time with Redhill Runners on a winning note, helping them to a resounding Midland 7' victory over Loughborough Students and Mansfield. Now working in London and buying a property in Wimbledon, Alaster, who has been second claim with Belgrave for some time, is switching to first-claim status - a welcome addition to the team. 4kms 6, A.Stewart 12:10; 3kms: 4, A.Stewart 8:19.
 21 Memmelsdorf, Germany, 9.6 kms. Racing over a terrain of pathways, gravel and mud, in icy conditions, Roger Alsop came home 2nd to former world mountain racing champion Martin Jones with 32:08 to 30:09. Roger is now working in Nuremberg but is getting home every two weeks.

- 21 Reebok International, Margate: 46, C.Herrington.
 21 Reebok 10 kms, Brighton: Helen Maskrey, first home for the Belles in the previous day's Surrey League, teamed up with Karen Fenner to gain a couple of forward placings over 10kms. Over 1300 men and women took part. 10, H.Maskrey 37:43; 15, K.Fenner 38:56.
 21 Epsom 10 miles: 79, R.Bale 1:09:46; 144, C.Cross 1:16:40; 172, G.Collins 1:19:44; 199, L.Mann 1:22:21; 318, C.Manning 1:57:40.
 27 Inter-Club 5 miles CC, Wimbledon: 9, D. Anderson 31:04.
 27 VAC 9 kms CC, Wimbledon: 14, R.Bale 38:42; 35, L.Mann 44:57; 37, G.Collins 45:10; 44 finished.

December 1999

- 4 Abbey Dash 10 kms, Leeds: 6, L.Hurst 30:13.
 4 Varsity 7.5 miles CC, Wimbledon: 5, A.Hutchinson 40:47.
 4 Sri Chinmoy 5 miles, Battersea Park: 3, W. Cockerell 27:03.
 5 Saucony Victory 5 miles, Portsmouth. Pushing the early pace and heading the leaders until the finishing circuit on the Mountbatten Centre track, Paul Evans once again ensured that anyone winning a race he was involved in was going to have to run an honest pace to do so. Paul ended up 5 seconds down on Rob Denmark (Basildon) with Colchester's Mussett in 2nd. Mark Miles, with six solid weeks behind him, was right in the fray, clocking a time only 6 seconds down on Blackheath's Dave Taylor. Their clash in the Surrey League in a few days time promised to be an occasion to savour. 3, P.Evans 23:18; 9, M.Miles 23:39; 23, C.Herrington 24:15.
 12 Hog's Back: M45 28, J.Slough 59:45; 56, M.Hutton 73:03. M50 33, D.McMillan 61:56; 46, L.Mann 64:55. M60 7, F.Gander 65:13; 21, C.Henn 69:24. W40 80, P.Lively 88:56. Men's Veteran Teams 16, Belgrave 603.
 18 VAC 9 kms, Wimbledon: 17, R.Bale 40:54; 25, L.Mann 44:01; 24, G.Collins 43:59; 35, A.Lane 48:03; 37 finished.
 24 Serpentine 5 kms, Hyde Park: 1, Y.Dinku 15:21.
 25 Lauriston 30 minute Paarlauf, Wimbledon: 1, P.Haywood (Boxhill)/A.Robinson (Boxhill) 5m 15:55; 2, R.Alsop/M.Jones (Herc. Wimb) 5m 15:15; 7, M.Yates/D.Anderson 5m 12:62y.
 26 Whitley Bay 3.2 miles: Racing in icy conditions Charles Herrington couldn't quite get on terms with Morpeth's Ian Hudspeth who won in 15:54. 2, C.Herrington 16:19.

January 2000

- 1 Serpentine 10 kms, Hyde Park: 4, W.Cockerell 33:57.
 15 Bermuda 10 kms: 5, P.Freary 31:36.
 16 Fred Hughes 10 miles, St. Albans: 1, C. Herrington 51:16; 86, L.Mann 86:53. 200m up after the first mile, the Belgrave man just went further away as the race unfolded. Charles' lead at the end was 3 minutes.
 16 Reebok Challenge 4 kms, Cardiff: 1, S.Barden 13:10.
 22 Great North Run 9 kms, Durham: 20, P.Evans 27:59. 3.9kms: 7, S.Barden 11:42; 11, J.Lobo 12:12.
 22 VAC 9 kms, Wimbledon: 21, R.Bale 39:19; 29, J.Wasbrough 42:09; 44, A.Lane 48:53; 47 finished.
 23 Mitcham 25 kms, Carshalton: 3, W.Cockerell 87:27; L.Mann 2:19:00.
 29 Stan Belton Schools Races, Richmond Park. Junior Girls: 1, G.Bennett 9:27. Minor Girls: 1, L.Walter 9:28.
 30 Epsom Oddballs 10 kms: 3, M.Webb 36:27.

February 2000

- 5 British University Champs. 10 kms CC, Edinburgh: 2, S.Barden 29:48. Spencer finished just 4 seconds down on Gareth Turnbull, winner of the 3.9 kms race at Durham two weeks earlier.
 5 British Police Champs. Three Belgravians took part in the race. Jason Lobo (44:02) and Rob McHarg (44:46) placed 3rd and 5th and thus qualified for the European Police Championships, while Rob Harding in 20th was part of the

winning Metropolitan Police team.

- 5 Surrey League Div 2. 3, Y.Yusuf (gst) 28:46.
 6 Alsager 5 miles: 1, M.Miles 23:27. Within 24 hours of beating Dave Taylor in the Surrey CC League, Mark took care of John Nuttall with another ferocious finishing burst and carried off the £1000 first prize.
 6 ASLK Cross Cup., Dour, 12 kms: 9, P.Evans 37:11.
 6 Watford Half Marathon: 24, M.Kazimierski 1:18:52; 877, L.Mann 1:52:05; 1425 finished.
 12 Inter-Counties & World Cross Trial, Wollaton Park, Nottingham: Spencer Barden was involved in a close finish over the short course and duly qualified for the World Championships in Portugal on March 18th. He was just two seconds behind the winner Rob Whalley and one second ahead of Phil Mowbray. 4 kms: 2, S.Barden 12:06; 17, J.Lobo 12:33. 12 kms: 61, C.Herrington 40:07.
 12 VAC 9 kms CC, Wimbledon: 7, C.Dickinson 32:24; 30, H.Corbett 37:43; 47, J.Wasbrough 42:09; 52, L.Mann 44:29; 69 finished.
 13 Puma Dewsbury 10 kms: 11, G.Wolde 30:19; 13, A.Stewart 30:34; 26, G.Addis 32:04. Teams: 1, Morpeth 42; 2, Chester-le-Street 48; 3, Belgrave 50.
 19 Manx Airlines 10 kms, Isle of Man: 3, P.Freary 31:19.
 19 Inter-Club CC., Richmond Park. 5, D.Anderson 27:29.
 20 Kent AC 10 miles, Sidcup: 1, R.Alsop 51:00.
 20 Goring 10 kms: 1, G.Staines 31:39.
 27 Reading RoadRunners 20 miles: 99, W.Cockerell 2:17:23; 505, L.Mann 2:57:00; 708 finished.
 27 Brighton Half-Marathon: Great running came from a trio of Belgrave women advised by Dave Lucas and now getting into the last stages of their preparations for the London Marathon. 4, H.Maskrey 1:21:55, 6, R.Weston 1:23:37, 7, N.Haines 1:24:24. Team 1, Belgrave.

March 2000

- 5 Herne Hill 10 kms, Brockwell Park. Gary Staines, reported to be flying in training, set his stall out from the start and over a far from easy route went under 30 minutes for a new course record. Roger Alsop made it tough for himself for attempting to go with Staines at the beginning but nevertheless was satisfied to finish in the frame. 1, G.Staines 29:59; 3, R.Alsop 31:04.
 5 Marie Curie Daffodil 10 kms, Althorpe Park: Setting off on the hilly course as hard as possible to shake off any would be challengers, Charles Herrington reached 5 kms in 15:10 before going on to win in 30:59 and collect the £100 voucher on offer for first place. It was his best ever time.
 8 Met. Police 4.4 miles C.C. Champs., Richmond Park: 3, R.Harding 24:47.
 18 VAC 9 kms CC, Wimbledon. 24, A.Lane 47:30; 25 finished.
 19 Hillingdon Half-Marathon, Uxbridge: It was best ever times all round as three Belgrave women again opened a few eyes with their forceful running over the longer distances. "We turn up. We run." is how Helen Maskrey describes their outing over the 13.1 miles course. Conditions were good: bright and warm with a slight breeze. Helen and Rachel Weston ran together for the first 8 miles before the former pulled away to clock a time just 8 seconds short of Gabby Collison's Club Record. 2, H.Maskrey 1:20:59; 3, R.Weston 1:21:28; 4, N.Haines 1:23:27.
 26 Worthing 20 miles: 41, W.Minett 2:09:48; 419, L.Mann 3:00:55; 598 finished.
 26 Fradley 10 kms: 3, L.Hurst 30:36.

April 2000

- 2 Thames Towpath 10 miles: L.Mann 1:21:30.
 21 Salford 10 kms: 5, P.Freary 31:29.
 22 BUPA Caledonian 5 miles, Balmoral: 15, P.Evans 23:49.
 24 PUMA 5 miles, Welwyn: 3, Y.Yusuf 24:00; 28, P.Carstairs 27:58.
 28 Serpentine 5 kms, Hyde P.k: M70 A.Bruce 24:07.

Dates unknown

- Oakley 16.4 miles: L.Mann 2:19:00.
 Hemel 10 miles: W.Minett 59:02; L.Mann 80:44.
 Mabac 21 miles: L.Mann 3:05:42.
 Wimbledon 10 kms: W.Minett 36:54.

Championship Awards 1999

National

R.W.A.			
L.Fryer	U17W	5 kms	3rd
S.Whorlow	U15B	3 kms	3rd
R.Harris	U13B	2 kms	2nd

AA of England			
P.Graham	U15B	3000m	3rd

CAU Inter-Counties			
N.Whorlow	U20M	10 kms	2nd
L.Fryer	U17W	5 kms	3rd
P.Graham	U15B	3 kms	2nd
S.Whorlow	U15B	3 kms	3rd
B.Craig	U13B	2 kms	1st
R.Harris	U13B	2 kms	2nd

RWA Inter-Area			
A.Goudie	SM	5000m	2nd
N.Whorlow	U20M	5000m	2nd
L.Fryer	U17W	5000m	2nd
P.Graham	U15B	3000m	3rd
R.Harris	U13B	2000m	2nd

AA of England			
N.Whorlow	U20M	3000m	2nd
L.Fryer	U20W	3000m	1st

English Schools			
N.Whorlow	SB	5000m	2nd
L.Fryer	IG	3000m	3rd
P.Graham	JB	3000m	3rd

Regional

SRWA			
N.Whorlow	U20M	10 kms	1st
P.Graham	U15B	2.5 kms	2nd
S.Whorlow	U15B	2.5 kms	3rd
B.Craig	U13B	2.5 kms	2nd
L.Fryer	U17W	5 kms	2nd

SEAA			
A.Goudie	SM	10000m	1st
N.Whorlow	U20M	5000m	1st
L.Fryer	U17W	3000m	2nd
P.Graham	U15B	3000m	2nd
S.Whorlow	U15B	3000m	3rd

SEAA Inter-Counties			
L.Fryer	SW	3000m	2nd
N.Whorlow	U20M	3000m	1st
S.Whorlow	U15B	3000m	1st

County

Suffolk			
M.Graham	SM	10000m	2nd
		3000m	2nd
P.Graham	U15B	1000m	1st
T.Samuels	U13B	1000m	1st

Kent			
A.Goudie	SM	10000m	2nd
		3000m	1st
N.Whorlow	U20M	3000m	1st
S.Whorlow	U15B	3000m	1st
L.Fryer	U17W	3000m	2nd

Surrey			
P.King	SM	10 miles	3rd

Middlesex			
J.Hall	SM	10 miles	1st
		3000m	1st

Essex			
P.King	SM	50 kms	2nd

County Schools

Kent			
N.Whorlow	SB	2000m	1st
L.Fryer	IG	2000m	2nd
S.Whorlow	JB	2000m	1st

Young Walkers close to winning the Grand Prix

Once again the Belgrave Youngsters have come out near the top of the National Grand Prix Series. (For the benefit of non-walkers: this is a very similar type of competition to any other national or regional athletics league.) This year there were eight race throughout the country in Bromsgrove, Birkenhead, London, Leamington Spa, Sheffield, Hickstead, Bedford (AAA U20) and Sheffield (U13/U15/U17) and Leicester. The Club were represented at all the meetings, although if we could get all the athletes together at these meetings then no other club would get near us.

The series is split into the four age groups, males and females, and points are awarded depending on each individual's finishing position (40 for first place and downwards). The best five results from each individual are added together to give the overall team results. Had we had twelve more finishers over the whole series of eight races we would have won the Overall Combined Grand Prix Series League. As it is we should not be too upset, having won the Overall Male section and the Under 13 and Under 15 Boys' sections, placed second in the Under 20 Men and third in the Under 17 Women. We also had an individual winner in the Under 13 Boys with Richard Harris, a newcomer to the event since February, and three third places with Stephen Whorlow (U5B), Laura Fryer (U17W) and Nigel Whorlow (U20M). Paul Graham was a very close fourth behind Stephen, and had their respective RWA National Championships been reversed, so would their Grand Prix placings.

Let's hope that during the coming year we can get more athletes to more meetings and win the Overall Title - the main problem being the cost of travel to these events.

RWA YOUNG ATHLETES CHAMPIONSHIPS HICKSTEAD, 15 MAY 1999

Fighting comeback from Laura

The Championships returned to the South for the first time since they were held in Folkestone in 1996 when 109 finishers were recorded. Unfortunately this time only just over 50 entries were received. Organisers Steyning AC chose to hold the event at the National Show Jumping Centre at Hickstead.

For Belgrave it was a quiet championships, with no gold medals; but we did have three athletes on the rostrum taking lesser medals. Stephen Whorlow took the bronze in the U15 boys' 3 kms. after a race long tussle with team mate Paul Graham who followed him home only 6 secs. behind. Richard Harris managed a very good second place behind the race favourite in the under 13 boys' 2 kms. Not bad for a youngster who only started walking three months earlier. Terry Samuels was fifth in the same race.

Laura Fryer who only a month earlier was on crutches with a badly twisted ankle and walking against the advice of her coach, surprised everybody with her determination and sheer guts. Struggling around the first four laps of the six lap course and dropping back to sixth place, she suddenly decided she was going to have a medal for her efforts. With tears of pain in her eyes, and her coach telling her she should consider dropping out, she went for home, and by the start of the last lap she had gained a medal place. The race was not yet over because out of nowhere came a girl from Solihull. Laura gave everything in going for the line, sprinting the final 100 metres to

reach the finish in third place. If ever a medal was won on sheer guts this was the one.

The under 20 men's 10 kms. had only three starters and with a possible international trip to Italy as a reward for a good time, the two main contenders decided not to compete against each other until near the end of the race, assisting each other to start with and concentrating on their style. But the best laid plans do not always come to fruition. Nigel Whorlow was pulled within the first 2 kms., much to the surprise of many of the spectators around the course. This left the race as non-entirely because the winner came home 34 minutes ahead of the only other starter. If ever a race was never a race then this was the one.

U15B 3 kms: 3, S.Whorlow 16:08; 4, P.Graham 16:14. U13B 2 kms: 2, R.Harris 11:49; 5, T.Samuels 13:11. U17W 5 kms: 3, L.Fryer 27:14.

Race Walking reports by Steve Whorlow, Snr

Our President Eric Hall called in to see Frank Jarvis a few weeks ago and found our 93 year-old Past President to be in pretty good health. Frank just has the edge over Arthur Penny as our oldest member and it's good to see that a lifetime in athletics hasn't done either of these old-timers any harm. Frank was President of Belgrave Harriers for the years 1966-1967 and held many other posts in the world of athletics besides.

final standings

1	Steyning AC	1903
2	Sheffield RWC	1849
3	Solihull & Sm	1549
4	Belgrave H	1427
5	Dartford H	969
6	Leicester WC	820
7	Wirral	588
8	Wolverhampton & B	442
9	Colchester	441
10	Portsmouth	438
11	Birchfield H	371
12	Nuneaton	337
13	Bingley H	335
14	Tamworth	224
15	Loughton AC	216
16	Bexley AC	215
17	Hull Springhead	95
18	Manx H	73
19	Unattached	73
20	Keighley AC	67
21	County Bridge Sch	67
22	Seal Sch	63
23	Llanisher Sch	40
24	Leicester Road Hoggs	40
25	Blaby Stokes Sch	38
26	Ilford AC	37
27	Aldershot F&D	36

It's a long way ...

Over the past twelve months Belgrave's long distance walkers have been out and about with some impressive performances. Long distance in Race Walking terms is normally considered as 20 kms and over.

Paul King has been our main stalwart over the past year and his greatest success came in the London to Brighton race when he came home 4th in a time of 9hrs. 40mins. 01 sec. Paul also competed in the Essex 20 miles (32.2 kms) race where he was 7th in 3hrs. 21mins. 4 secs., the Essex 50 kms, 2nd in 5 hrs. 13mins. 58secs. and Essex 20 kms, 9th in 2hrs. 1mins. 28secs. Mick Graham also competed in the Essex 20 kms, placing 7th in 1hr. 57mins. 11secs.

Andrew Goudie and Doug Fotheringham were our representatives in the 20 kms Championships at Leamington. Andrew recorded 1:42:20 for 15th and Doug. 2:08:10 for 44th. Andrew also went to Dublin in September.

Another major success was Nigel Whorlow in the 22 Mile Skegness to Horncastle Walk. Although not held under AAA Rules, using instead the old Race Walking Rules regarding straightening the leg, it attracts well over a hundred entries and is one of the oldest events in the country. It encourages real novices as well as established walkers. Nigel managed 3rd overall place in 1998 in 3hrs. 41secs. and along with his brother Stephen came home joint 11th in 1999 in a race that produced glorious sunshine, high winds, heavy thunderstorms and cold rain - all during the same race. Stephen was the youngest entry and won the R.A.O.B. Trophy for the first under 16 home with 4hrs. 18mins.

A fifth English Schools medal for Nigel in 5 years

This year the Bels had four athletes representing their County Schools. Paul Graham (Suffolk) and Stephen Whorlow (Kent) competed in the 3000m Junior Boys event. Paul went with the leaders for the first lap, but felt 'discretion was the better part of valour' and decided to drop back to a more acceptable pace and be happy with a bronze medal, rather than finishing the race early through disqualification. His decision was a wise one for he not only collected a medal but recorded his best ever time. Stephen was in no-man's land for the whole race. Not having the form to stay with the first three and

far to fast for the rest, he found himself on his own for the whole race and came home in 4th place. Laura Fryer (Kent) chased the eventual winner (also from Kent) in the inter-girl's 3000m for six of the seven and half laps before tying up and dropping back. Thinking she was in a clear 2nd place, she did not see the 3rd placed girl coming home fast and was taken on the last bend. Laura signalled to her coach that she couldn't go any faster and then, out of nowhere, decided she was going for 2nd place again. She sprinted and made up a huge amount of ground over the final 25 metres, only to miss out on the silver medal by 0.17secs

(which after 3 kms of racing is about half a metre.) This brought about the unusual situation in Race Walking of a photo-finish being required. Have we not heard about Laura's last minute sprints before somewhere? If only she could even her pace out throughout the whole of her races she would save those watching from having near heart attacks.

Nigel Whorlow (Senior Boys' 5000m) decided before the race that he was not going to suffer the ignominy of a dq as he had at the National Road Races and settled for silver medal in an uneventful race. It was his fifth English Schools medal in as many years.

"Suffolk Mick" moves up a Grade

Congratulations to Mick Graham who has now qualified to become a Grade II Walking Judge. For years Mick was one of those guys who filled out the back end of the running teams but with sons Paul and Andrew taking an interest in Race Walking, Mick himself took up this branch of athletics. Not only has he collected a few "pots" as an accomplished walker in his veteran years but he's put something back into the sport by taking on responsibility for his new event.

Well done Mick.

CHIPPENHAM TO CALNE - 6 MILES, 9 OCT 1999

It's 50 and out on the A4!

This was the 50th, and last, race on the A4 between the two Wiltshire market towns and it would have been nice to record a Belgrave triumph. Nevertheless it was a very nostalgic afternoon for many and it was great to see Gerry Gregory, a member in the fifties, and first winner, along with Percy Wright another Belgravian who competed in the original race. One of the organisers of this final event was Wally Emery a former member from his days in Hampshire.

An almost record entry was sent on its way from Chippenham Town Hall by the lady Mayor and the field soon straggled out along the road due to the hills in that part of the world. The Belgrave contingent was led by Carl Lawton most of the way and he arrived in Calne 38th in 51.40 to be followed by Veronique Lauer who was 5th in the ladies race one second behind Carl. Next man home Andie Goudie cruised along in 46th place mindful of conserving himself for another race the next day. His 54.09 kept him just over a minute ahead of Paul King in 55th place. Next up the hill to the finish, and it was UP hill, was yours truly in 66th place (almost his age!) and a time of 56.17 to complete the scoring four who placed 9th well out of the chance of the pork pies traditionally given to the winning team. Two other veterans completed our field in the men's event, John Dunsford showing great pluck and determination to get home,

followed by George Beecham as determined as ever but who was delayed in "aiding the local constabulary in their enquiries". It seems an over keen motorist had cut in right in front of a constable! For the ladies Sue Porter made a welcome appearance finishing 36th. Paul Warburton also started but was killed off by Derry Hill to become one of the very few retirements.

This race has a reputation for lengthy presentations and this year was no exception. As ever the hospitality was great, changing accommodation adequate and local interest high - it is just a pity that present day conditions make the roads too hazardous for such events. The race, and the organisers, will live on in the memories of those of us who have competed, for many years. The popularity of the event was marked by the attendance of a number of past winners. Previous Belgrave winners include Gerry Gregory, Harry Churcher, Stan Vickers and Carl Lawton.

It is to be hoped that plans for an alternative route using a cycle path between the two towns will come to fruition as it would be a pity not to have a race of some kind in what has always been a popular part of the country for race walking. That is not to say that a field of over 200 could be expected every year - it just goes to show that even race walkers can be sentimental at times!

Eric Hall (sometime competitor!)

THE BELGRAVE OPEN '7', 27 NOV 1999

Many old faces but numbers down in Open 7 miles race

Probably the smallest field ever faced the starter to contest this one of the oldest walking fixtures in the calendar, writes *Eric Hall*. Any disappointment at the size of the field was underlined by the fact that we could only muster four entrants from the nine listed on the programme. The fact that the weather was fine accounted for a fair turnout of supporters and it was good to see a number of those who had figured in the results over the years. The race was won in a new record of 47:15 by Steve Hollier who had almost a minute on Chris Cheeseman.

Of those spectating the doyen must be Percy Wright who travelled from Southampton to take photographs as a basis for his caricatures of competitors which he has carried out for a number of years. From almost the same era was Dave McMullen who made his mark in so many Club teams from the immediate post war years down to the 1960s and still turns out in Vets races albeit as a half miler these days.

Another making the trip from Hampshire was George Williams now involved in introducing Power Walking to those seeking a way to keep fit in the Bournemouth area. George was an international in the 1960s and still looks as lean and hungry as ever! Johnny Morris a

distance walker of some renown a few years ago turned up to give the field a look over towards the end of the race. Those officiating as judges included Ray Hall and Bob Picton while it fell to Carl Lawton to rush hither and thither to ensure everything from the issue of numbers to the handing out of prizes ran smoothly.

In the ladies event Laura Fryer, one of the youngest in the field, finished a very creditable 7th in 73.44. Our men's were led home by John Hall and the team placed 4th with 50 points while the under 15 boys 2 km event was won by Steve Whorlow in 11:27 with R Harris 3rd.

1, S.Hollier (W&B) 47:15 (rec); 2, C.Cheeseman (Surrey WC) 48:07; 3, D.Bearman (Steyping) 50:34; 8, J.Hall 57:40; 18, P.King 65:03; 24, D.Fotheringham 68:18; 33, G.Beacham 78:25.

Teams: 1, Steyping 12; 2, Surrey WC 25; 3, Ilford 38; 4, Belgrave 50. Women: 1, K.Horwill (D&S) 57:56; 2, N.Phillips (Dartford) 60:14; 3, J.Hesketh (Steyping) 62:46; 7, L.Fryer (U17W) 73:44. Team: 1, Aldershot 15.

U15B 1, S.Whorlow 11:27; 2, N.Hall (Steyping) 11:59; 3, R.Harris (Belgrave) 12:00.

Representative Honours 1999

International	Regional (SEAA/SRWA)	County	County Schools
Great Britain Andrew Goudie (U23)	Andrew Goudie (SM) Nigel Whorlow (U20M & SM) Laura Fryer U20W)	Mick Graham (Suffolk) Nigel Whorlow (Kent) Laura Fryer (Kent)	Nigel Whorlow (Kent) Laura Fryer (Kent) Stephen Whorlow (Kent)
R.W.A. Laura Fryer Stephen Whorlow Richard Harris Paul Graham (unable to accept)	Paul Graham (U15B) Stephen Whorlow (U15B) Richard Harris (U13B) Terry Samuels (U13B)	Stephen Whorlow (Kent) Paul Graham (Suffolk) Ben Craig (Suffolk) Terry Samuels (Suffolk) Richard Harris (Kent)	Stephen Whorlow (Kent) Paul Graham (Suffolk)

Race Walking

March 1999

- 6 Enfield 5 miles: 3, D.Fotheringham 47:38.
7 LPR 9kms H'cap., Blackheath: 3, A.Goudie 43:30.
13 Cambridge H Winter League, Bexley. 10k: 2, A.Goudie 48:49; 8, P.King 56:47; 15, D.Fotheringham 61:25. Teams: 1, Belgrave 25; 2, Ilford 28; 3, Medway 36. Overall league positions: 2, A.Goudie 8. Teams 1, Belgrave. U15B 2.5 kms: 1, S.McNally 13:58; 2, B.Craig 14:19; 3, S.Whorlow 14:46; 5, R. Harris 16:53. Overall individual 1, S.McNally 4; 2, B.Craig 6; 3, S.Whorlow 9. Teams 1, Belgrave U11B 1.2 kms: 1, A.Graham 6:46. Overall 1, A.Graham 3. U17W 5 kms: 2, L.Fryer 27:53. Overall 2, L. Fryer 6.
- 21 RWA National 20 kms Champs., Leamington. 1, C.Maddocks (Plymouth) 1:26:22; 15, A.Goudie 1:42:20; 44, D.Fotheringham 2:08:10.
- Molly Barnett Races. Another trip to the Midlands did not produce too many winners but young Belgravians were on the rostrum 7 times as well as for a team win. Nigel Whorlow took second place in the U20 5kms with Laura Fryer third in the equivalent women's under 17 race. Stephen Whorlow took second in the U15 boys' 2 kms, with Paul Graham in third. In the boys' under 13 2 kms Ben Craig was second, with Richard Harris third. Our only winner was our youngest competitor Andrew Graham in the U11 Boys 1 km.
- U20M 5 kms: 2, N.Whorlow 23:48. U15B 2 kms: 3, S.Whorlow 10:54. U13B 2 kms: 1, P.Graham 11:18; 3, B.Craig 11:40; 4, R.Harris 12:45. Teams: 1, Belgrave 13; 2, Nuneaton 30. U11B 1 km: 1, A.Graham 5:25. U17W 5 kms: 3, L. Fryer 27:15; dq, V.Lauer,
- 27 Southern YAG & Surrey WC 5 kms, Monk's Hill. For the first time in many years the club failed to win any of the Young Athletes Champs. but we did manage to bring away four of the minor medals. Paul Graham took the silver and Stephen Whorlow the bronze in the under 15 boys' 2 kms., with Laura Fryer the silver medallist in the under 17 women's 5 kms. Our only winner of the day was Nigel Whorlow in the Open men's 5 kms.
- Open 5 kms: 1, N.Whorlow 24:20; 4, M.Dane 26:16; 8, M.Graham 28:04. U15B 2.5 kms: 2, P.Graham 13:34; 3, S.Whorlow 13:44; 4, S.McNally 14:01. U13B 2.5 kms: 2, B.Craig 14:40; 4, R.Harris 16:18. U17W 5 kms: 2, L.Fryer 27:45.

April 1999

- 3 Ilford Track 3 kms: 7, M.Graham 16:22.4. U13B 1 km: 1, A.Graham 5:15.8; 2, B.Craig 5:44.3.
4 Essex 20 miles Champs., Colchester: 1, M.Easton (Surrey WC) 2:35:25; 7, P.King 3:21:36.
6 Tonbridge Track 3 kms: 1, N. Whorlow (U20) 14:07.7. U15B 3 kms: 1, S.Whorlow 17:03.8. Women's 3 kms: 2, L.Fryer (U17) 16:02.3.
11 LPR 9 kms H'cap., Blackheath: 3, D.Fotheringham 54:52; 9, A. Goudie 43:27.
14 Enfield 3 kms: 2, J.Hall 14:43.5.
15 Colchester 2 kms H'cap: 1, T.Samuels 12:56; 2, B.Craig 12:29; 12, P.Graham 11:04; 13, M.Graham 10:54. U11 800m: A. Graham 4:14.
20 VAC 5 miles, Battersea Park: 5, E. Hall 48:48.
24 CAU Inter-County Road Champs., Sheffield. In the first ever national Inter-Counties Champs. the Bels. were well represented with both Suffolk and Kent sending athletes to represent their counties. In the U20 men's race Nigel Whorlow took 2nd while Laura Fryer was 3rd in the U17 women's 5 kms. Our U15 boys came 2nd and 3rd thanks to Paul Graham and Stephen Whorlow but the best result of the day was in the U13 boys' race where Ben Craig, Richard Harris and Terry Samuels made it a 1, 2, 3. Young Andrew Graham was also a winner in the U11 boys' race.
- 10 kms: 1, M.Bell (W.Scot) 41:28 ... 10, N.Whorlow (Kent U20) 51:01; 17, M.Graham (Suffolk M50) 55:35. U15B 2 kms: 1, L.Finch (Leics) 9:39; 2, P.Graham (Suffolk U13) 10:36; 3, S.Whorlow (Kent) 10:36; 5, B.Craig (Suffolk U13) 11:38; 11, T.Samuels (Suffolk U13) 12:34. U11 1 km: 1, A.Graham 5:20. Women's 5 kms: 1, V.Lupton (Yorks) 23:52; ... 9, L.Fryer (Kent U17) 27:24.
24 Essex 50 kms Champs., Essex: 2, P.King 5:13:58.
28 Southern Counties Track 10 kms, Battersea Park:

10, E.Hall 60:13.3; 11, D.Fotheringham 62:19.4.

May 1999

- 5 LPR 9 kms H'cap., Blackheath: 8, M.Scammell 51:09; 11, A.Goudie 44:12.
8 Middlesex T&F Champs., Enfield. 3000m: 1, J.Hall 14:09.6; 4, D. Fotheringham 16:55.7.
8 Kent T&F Champs., Ashford. 3000m: 1, A.Goudie 13:24.0. U20M 1, N.Whorlow 13:58.5. U15B: 1, S. Whorlow 16:46.5. U17W: 2, L.Fryer 16:13.2.
8 Suffolk T&F Champs., Bury St. Edmunds. 3000m: 2, M.Graham 15:26.9. U15B 1000m: 1, P.Graham 5:36.4. U13B 1000m: 1, T. Samuels 6:17.9.
13 Colchester 2 kms H'cap: 3, E.Hall 11:01; 5, P.Graham 10:41; 6, M.Graham 10:42. U11 800m: 2, A. Graham 4:08.
15 Enfield 6 miles: 8, D.Fotheringham 58:37.
16 London to Brighton 52.5 miles: 4, P.King 9:40:01.
19 Woodford Track 3000m: 3, P. Graham 15:17.64, M.Graham 16:13.9.
21 Enfield 5 miles: 1, A.Goudie 38:56; 9, D.Fotheringham 47:18.
29 Inter-Area Match, Dartford. A Race Walking match that nearly didn't happen. The North had their track & field championships on the same weekend and were unable to show while the Midlands were held up in a major traffic jam due to serious motorway accident. But after a reshuffle of the starting times and combining some of the races, the meeting went ahead. The Bels. had seven representatives for the South. The under 13 boys' had Richard Harris coming home second, followed by Terry Samuels, whilst in the under 15 boys' Paul Graham reversed the National's result by placing second to Stephen Whorlow's third. Nigel Whorlow managed a rather slow but sure second place in the Under 20 men's race but Laura Fryer was part of the best race of the day, with the result not being decided until the last lap of the 12.5 lap 5 kms. She ended up in second place.
- 5000m: 2, A.Goudie 23:08.9. U20M 2, N.Whorlow 25:45.0. U15M 3000m: 3, P.Graham 16:08.3; 4, S.Whorlow 16:37.9. U13B 2000m: 2, R.Harris 12:12.7, 4, T.Samuels 13:26.1. U17W 5000m: L.Fryer 27:47.9. Open 5000m: 2, M.Graham 27:12.1. U11B 1000m: 1, A.Graham 5:19.1.
30 Essex 20 kms: 7, M.Graham 1:57:11; 9, P.King 2:01:28
31 Inter-Counties 3000m, Bedford: 5, J.Hall (Middx) 14:04.31.

June 1999

- 2 LPR 9 kms H'cap., Blackheath. 1, P.Graham (U13) 55:55; 5, M.Scammell 49:21; 7, A.Goudie 42:44; 9, M.Graham 49:55. Team: 1, Belgrave 13; 2, Surrey WC 24.
9 London Business Houses Champs., Newham. 3000m: 1, J. Hall 14:19.0.
12 Kent Schools Senior Boys 2000m, Ashford: 1, N.Whorlow 9:08.7. Inter. Boys 2000m: 1, S.Whorlow 10:27.5. Inter Girls 2000m: 1, L. Fryer 9:28.1.
15 VAC 5 miles, Battersea Park: 2, J. Hall 40:28; 10, P.King 46:18; 11, E. Hall 46:37; 13, D.Fotheringham 48:03. Women: 1, V.Lauer (gst) 45:23.
17 Colchester 2000m H'cap: 1, A. Graham 11:08; 2, T.Samuels 12:26; 6, E.Hall 10:46; 7, P. Graham 10:08; 8, M.Graham 10:09; 12, B.Craig 12:58.
19 Enfield 6 miles: 6, E.Hall 57:38.
19 BVAC 20 kms, Birmingham: 20, D. Fotheringham 2:04.20.
20 Mickey Brown Races, Steyning. Out in force the Bels had high hopes of taking home some of the spoils. Both Seniors and Juniors took to the line in the various events throughout the afternoon. In the U11 boys' race Andrew Graham came home 2nd. Richard Harris and Terry Samuels took 3rd and 4th places in their race and Paul Graham managed a creditable 3rd place in the boys 3kms. Stephen Whorlow decided to step up an age group to tackle the under 17 5 kms. and it proved to be a good decision as he gained an excellent 2nd place with his brother Nigel on the road at the same time to also take 2nd in the under 20 men's race. In the Senior races Andrew Goudie placed 4th; Mick Graham 5th and Paul Warburton, on one his occasional trips out managed 8th. Our only winner of the day was

Veronique Lauer in the senior women's event. Nice to see our ladies back on the winning trail. Men 5 kms: 4, A.Goudie 22:30; 5, M.Graham 26:37; 8, P.Warburton 28:03. Teams: 1, Steyning 7; 2, Belgrave 17. U20M: 2, N.Whorlow 25:28. U17M: 2, S.Whorlow 29:16. U15B 3 kms: 3, P.Graham 16:00. U13B 2 kms: 3, R.Harris 11:43; 4, T.Samuels 11:53. U11B 1 km: 2, A. Graham 5:16. Women 5 kms: 1, V. Lauer 26:07. U17W 2, L. Fryer 27:27. Overall Team: 1, Steyning; 2, Belgrave.

23 Woodford, 3 kms: 4, P.Graham 15:52.7; 5, M.Graham 15:56.2; 8, D.Fotheringham 17:06.1. U11B 1 kms: 1, A.Graham 5:13.2; 2, T.Samuels 5:50.9; 4, B.Craig 5:55.9. Teams: 1, Ilford 78; 2, Belgrave 76; 3, Ilford 'B' 59.

July 1999

- 4 AAA U20 Champs., Bedford. 10000m: U23 5, A.Goudie 47:51.66. U20 4, N.Whorlow 54:53.16.
4 Essex League, Southend. 5000m: M.Graham 26:55.1; P.Graham 28:30.1.
13 VAC 5 miles, Battersea Park: 2, J. Hall 42:17; 3, M.Graham 44:44; 5, P.King 46:39; 7, E.Hall 47:10.
17 Don Griggs Trophy, Battersea Park. 10kms: 2, M.Graham 56:57; 7, P.King 60:14. U13 Race: 1, P.Graham 8:02; 2, A.Graham 8:52.
17-18 BVAF Champs., Meadowbank. M65 5kW: 1, D.Fotheringham 28:30.8.
19 Woodford, 3000m: 5, M.Graham 15:58.0. U11 1000m: 1, A.Graham 5:21.5.
21 Woodford, 3000m: 4, M.Graham 15:16.8; 5, P.Graham 15:45.0; 7, E.Hall 16:20.7. Teams: 1, Belgrave 77; 2, Ilford 70; 3, Loughton 60.
22 Sefton Branker Trophy 3000m: 2, J.Hall 14:29.7
24 Enfield 5 miles: 2, J.Hall 41:07; 5, M.Graham 42:58; 12, D. Fotheringham 47:56. U15B 2miles: 1, P.Graham 16:14. U13B 1 mile: 1, A.Graham 8:34. Teams: 1, Belgrave 20; 2, Ilford 22; 3, Enfield 27.
27 Essex League 10 kms, Cricklefields: 7, M.Graham 54:44.2; 8, P.King 59:49.9.
29 - August 8. World Veterans Games, Gateshead. 20 kms: M50 18, M.Graham 2:05.59. M65 16, D.Fotheringham 2:14.52. 5000m: M50 5, J.Hall 23:54.03. M65 10, D. Fotheringham 28:43.11.

August 1999

- 8 SEAA Champs. 10000m: 1, A. Goudie 52:11.42. U20 5000m: 1, N.Whorlow 26:36.87. U15 3000m: 2, P.Graham 16:36.88; 3, S. Whorlow 17:31.29. U17W 2, L. Fryer.
10 Bury St. Edmunds Open. 1 km: 1, M.Graham 4:48.7.
11 LPR 9 kms H'cap., Blackheath: 12, A.Goudie 43:21.
15 AAA U17 Champs., Sheffield. U15 3000m: 3, P.Graham 15:49.62; 4, S.Whorlow 16:37.84; 6, R.Harris 19:18.83.
17 VAC 5 miles, Battersea Park: 2, E. Hall 47:33.
19 Colchester 2000m H'cap: 6, A. Graham 10:50; 7, M.Graham 10:30; 8, E.Hall 10:42; 9, P. Graham 10:03.
21 Inter-County Match, Portsmouth: 3000m: 4, N.Whorlow 14:53.0. Women's 3000m: 2, L.Fryer 15:44.0.
29 Veterans' AC Champs., Kingsmeadow. M50 3000m: 1, C. Lawton 15:30.9. M65. 3000m: 1, E.Hall 16:20.9 (CBP).
29 South of England U20 Inter-County Meet, Exeter. 3000m: 1, N. Whorlow 14:32.01. U15B 3000m: 3, S.Whorlow 16:35.81.

September 1999

- 5 Inter-Area Meet, Ipswich. 3000m: 2, N.Whorlow 15:15.04. Women: 1, L.Fryer 15:50.33.
5 Leicester Mercury 10 kms, Abbey Park, Leicester: M50 2, M.Graham 56.09. M65 2, D.Fotheringham 60:52.
6 Civil Service Veterans Champs., Tooting. 3000m: 1, J.Hall 14:06.9.
8 LPR 9 kms H'cap., Blackheath: 11, M.Scammell 49:57; 17, A.Goudie 46:23.
11 International Grand Prix, Phoenix Park, Dublin. Three of the four selected Belgrave athletes travelled to Dublin for the annual Republic of Ireland vs. RWA Young England match. Richard Harris in his first year of walking managed a very

VIERDAAGSE

The Vierdaagse (four day march) otherwise known as the Nijmegen marches are the world's largest walking event and take place every July in Nijmegen, Holland.

The first Nijmegen event was held ninety years ago on 1st September 1909 when 306 walkers took part. This small number of participants included ten civilians - all the rest were servicemen. On that first occasion they did not start in Nijmegen, as participants have done since 1925, but from 15 starting points nationwide. Many stories can be told about the initial years of the marches and they were not always a success. On two occasions only 44 participants entered. Yet, the organisers felt that by persevering, their efforts would eventually pay off. Now each year there are between 35,000 and 40,000 entrants from over 40 nations around the world. Many come as part of a team and these include groups from the Army, Navy, RAF, Cadets, Police, Scouts and British Telecom etc. More than one million walkers have now taken part since that first march and in 1999 the 83rd Vierdaagse was celebrated.

The participants of the event are required to walk over a four-day period, starting and finishing in Nijmegen. There are three choices of distances to cover each day 50km, 40km or 30km depending on your respective age group. Each day you take a different route and all competitors start walking at 04.00am! Competitors are allowed 13 hours each day to complete their set distance. If you are unsuccessful in achieving this, unfortunately you are not given a start card for the following day. Prohibited during the marches are race walking, jogging and running.

On the last day of the event, hundreds of thousands of spectators line the final 5km of the route to encourage all the walkers to finish and it is a marvellous occasion. The servicemen wear No 1 Dress Uniforms and there are many bands. All of the walkers are given bunches of flowers by the local people over that last 5km stretch, no one likes to see walkers finish without any. Upon finishing, everyone is handed a medal and these show how many years you have completed the event.

On a personal note, 1999 was my 10th consecutive visit to Nijmegen to compete in the marches and I met up with a fellow Belgravian Charlie McLennan who was part of the support team for the Metropolitan Police.

George Beecham

good 6th with Stephen Whorlow 5th and only 50 metres behind the silver medallist. Once again Laura Fryer produced our best performance of the day, winning the under 16 women's race with another of her last ditch sprints, taking her from 4th to 1st in the last ten metres. Her coach, who travelled over to see her race, was a happy man. 20 kms: 10, A.Goudie 1:45:20. U16 3 kms: 1, L.Fryer 15:41. U14B 2 kms: 5, S.Whorlow 10:41. U12B 1 km: 6, R.Harris 5:45.

15 Civil Service Champs., Wimbledon, 7 miles: 2, J.Hall 56:24; 5, J.Llewellyn 60:25; 11, E.Hall 66:40.

15 Woodford Green 3000m: 5, M. Graham 15:50.1; 6, P.Graham 16:07.4. U13 1km: 1, A.Graham 5:15.9.

18 Enfield 5 miles: 6, P.King 47:24.

18 English Schools Champs., Peterborough. U20M 5000m: 2, N.Whorlow 26:13.06. U15B 3000m: 3, P.Graham 15:39.75; 4, S.Whorlow 16:42.82. U17W 3000m: 3, L.Fryer 15:34.53.

25 Essex/Suffolk 10 kms, Basildon: 7, M.Graham 58:10.0.

October 1999

- 2 Chippenham-Calne 6 miles: 1, D.Stone (Steyning) 39:54; 38, C.Lawton 51:40; 46, A.Goudie 54:09; 55, P.King 55:17; 66, E.Hall 56:17. Teams: 1, Steyning 32; 2, Road Hogs 38; 3, Coventry 52; 9, Belgrave 205. Women: 1, N.Menendez (Steyning) 48:32; 5, V.Lauer 51:41; 36, S.Porter 68:42.
- 2 Surrey Gazette 4 miles, Monk's Hill: 6, P.King 36:29.
- 3 Essex League, Colchester: 12, M.Graham 45:10; 19, E.Hall 48:10.
- 16 Cambridge H. Winter League, Bexley. 10kms: 2, A.Goudie 48:45; 5, C.Lawton 54:02; 7, P.King 58:02; 9, N.Whorlow 59:46. Teams: 1, Belgrave 11; 2, Medway 21. U17M 5 kms: 1, S.Whorlow 30:47. U11B 1.2 kms: 1, A.Graham 7:15. U17W 5 kms: 1, L.Fryer 28:01.
- 17 LPR 9 kms H'cap., Bexley: 9, A.Goudie 44:17.
- 21 Colchester Handicaps: 2000m: 5, A.Graham 10:57.
- 23 Midland League, Worcester: 1 km U11 A.Graham 5:20.
- 30 Addington Vase 7 miles, Monk's Hill: 3, C.Lawton 62:31; 7, P.King 66:58.
- 31 Essex League 5 kms, Eastway, Leyton: 6, C.Lawton 28:38.

November 1999

- 6 LPR 9 kms H'cap., Blackheath: 9, A.Goudie 42:50; 26, M.Scammell 55:03.
- 7 Wirral Walks, Birkenhead. 5 kms: U20M 2, N.Whorlow 28:39. U17M 3, S.Whorlow 28:39. U17W 1, L.Fryer 28:39. 3 kms U15B 2, R.Harris 19:08.
- 13 Enfield & Haringet Open 7 miles: 23, D.Fotheringham 69:39.
- 13 Midland Winter League, Birmingham. 1 km: 1, A.Graham 5:19.

December 1999

- 4 Enfield 5 miles: 3, J.Hall 41:17.
- 5 Surrey WC Xmas Cup 10 kms, Monk's Hill: 5, P.King 57:54.
- 11 Cambridge H. Winter League, Bexley. 10 kms: 6, P.King 58:09. U17W 2, L.Fryer 27:45. U15B 1, R.Harris 15:14.
- 12 Midland Winter League, Tamworth. 10 kms: 18, D.Fotheringham 59:24. 1 km: A.Graham 5:42.
- 19 Ilford 10 kms, Cgigwell: 5, J.Hall 52:35.
- 20 Birchfield Turkey Race, Birmingham: 7, D.Fotheringham 58:54.
- 31 Colchester Mile: 5, M.Graham 8:29.

January 2000

- 2 City of London Races, Victoria Park. U17M 5 kms: 2, S.Whorlow 29:25. U15B 2.5 kms: 3, R.Harris 15:08.
- 9 Met. Police Open 10 kms, Imber Court. One wag observed that Belgrave had the strongest team out - among the spectators that is! Unfortunately despite the presence of Andrew Goudie who finished 11th in 49:47 backed up by Paul King, 24th in 59:29, the "team" had to rely on Eric Hall

27th in 59:29 and George Beecham to close in. We would probably have won an award for fielding the oldest team on the day. Not wishing to be ageist it was great to see Laura Fryer battling her way through in the Women's event to take 4th place in only 2 seconds outside the magic hour. For an Under 17 year old this was a fine performance and we hope heralds even greater things to come.

- 1, A.Drake (Coventry) 41:26; 11, A.Goudie 49:47; 24, P.King 59:29; 27, E.Hall 61:59. Team: 1, Steyning 15. Women: 1, N.Phillips (Dartford U17) 52:20; 4, L.Fryer (U17) 60:02.
- 15 Enfield 5 miles: 5, P.King 47:36; 6, D.Fotheringham 48:09.
- 22 Midland 10 kms, Birmingham: 19, D.Fotheringham 61:04.
- 22 Surrey WC 10 miles, Monk's Hill: 6, P.King 97:12.

February 2000

- 6 Victoria Park. 10 kms: 1, A.Goudie 49:45; 8, C.Lawton 56:05; 10, P. King 59:08. U15B 2.5 kms: 3, R.Harris 16:33. U11B 1 kms: 1, A.Graham 5:57. This was Andrew Graham's first race since breaking a bone in his foot in December.
- 6 AAA Indoor Champs., Birmingham. Womens 3000m: 2, L.Fryer 16:11.2.
- 9 Cambridge H Winter League, Bexley. 10 kms: 2, A.Goudie 47:51; 6, P.King 57:57. U17M 5 kms: 3, S.Whorlow 28:49. U15B 2.5 kms: 1, R.Harris 14:50. U11B 1.2 kms: 1, A.Graham 7:19. U17W 5 kms: 3, L.Fryer 26:50.
- 26 Essex, Middlesex, Herts., Suffolk 10 miles, Chigwell: 9, J.Hall 1:29:20; 14, M. Graham 1:34:30.

March 2000

- 7 LPR 9 kms h'cap., Blackheath: 3, A.Goudie 43:30.
- 12 RWA National 20 kms Champs. Nottingham: 1, D.Stone (Steyning) 1:27:08; 7, A.Goudie 1:40:17.
- 18 Cambridge H Winter League, Bexley. 10 kms: 8, D.Fotheringham 59:19. 5 kms male: 3, S.Whorlow 29:37; female 2, L.Fryer 26:43. 2.5 kms male: 2, R.Harris 15:42. 1.2 kms male: 1, A.Graham 6:53.

April 2000

- 8 Enfield 5 miles: 3, D.Fotheringham 48:46.
- 9 Essex 50 kms Champs., Colchester: Showing remarkable stamina on a day when over half the field retired Paul King plugged away over the 14 lap course to finish third in 5hrs: 33 mins:18s. Although a bright day the very exposed course was subjected to blustery winds which made walking uncomfortable. Paul's performance bodes well for the longer walks to come when it is hoped the conditions will be more conducive.
- 9 LPR 9 kms h'cap., Blackheath: 18, A.Goudie 48:43.
- 12 Ryan Cup 10 kms, Birmingham. 7, J.Hall 52:32.
- 15 Jeff Ford Memorial Races, Sheffield. U17W 5 kms: 2, L.Fryer 27:32. U15B 2 kms: 6, R.Harris 12:27. U11B 1 kms: 1, A.Graham 5:26; 3, M.Harris 6:44.

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Right: A squad of Spanish soldiers take part in the 1929 version of Vierdaagse.

Race Walking Rankings 1998 (1 Oct) -1999 (30 Sep)

1,000 metres track

5:13.2	Andrew Graham	U11B	19.12.89	Woodford	23Jun
5:36.4	Paul Graham	U15B	17.2.86	Bury St. Edmnds	8May
5:44.3	Ben Craig	U13B	7.6.88	Cricklefields	4Apr
5:50.9	Terry Samuels	U13B	31.7.88	Woodford	23Jun

1 km road

5:16	Andrew Graham	U11B	19.12.89	Steyning	20Jun
5:45	Richard Harris	U13B	21.3.87	Dublin	11Sep

1.2 kms road

6:51	Andrew Graham	U11B	19.12.89	Bexley	13Feb
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2,000 metres track

9:08.7	Nigel Whorlow	U20M	26.11.80	Ashford	12Jun
9:28.1	R Laura Fryer 1	U17W	3.12.83	Ashford	12Jun
10:03	Paul Graham 1	U15B	17.2.86	Colchester	19Aug
10:09	Mick Graham	M50	8.4.48	Colchester	17Jun
10:27.5	Stephen Whorlow	U15B	20.5.85	Ashford	12Jun
10:42	Eric Hall	M65	15.9.32	Colchester	19Aug
10:50	Andrew Graham	U11B	19.12.89	Colchester	19Aug
11:08.3	Sam McNally	U15B	26.3.86	Bromsgrove	11Oct
11:46.4	Ben Craig 1	U13B	7.6.88	Bromsgrove	11Oct
12:12.7	Richard Harris	U13B	21.3.87	Dartford	29May
12:26	Terry Samuels	U13B	31.7.88	Colchester	17Jun

2 kms road

10:29	Paul Graham 3	U15B	17.2.86	Sheffield	24Apr
10:36	Stephen Whorlow 4	U15B	20.5.85	Sheffield	24Apr
10:56	Laura Fryer 2	U17W	6.12.83	Wimbledon	28Nov
11:01	Eric Hall	M65	15.9.32	Colchester	19Nov
11:02	Sam McNally 5	U15B	26.3.86	Colchester	19Nov
11:43	Richard Harris 4	U13B	21.3.87	Steyning	20Jun
11:38	Ben Craig 3	U13B	7.6.88	Sheffield	24Apr
11:53	Terry Samuels 8	U13B	31.7.88	Steyning	20Jun
12:34	Steph. Richardson 10	U15G	11.12.85	Wimbledon	28Nov
14:12	Wade Nolan 9	U15B	24.4.86	Colchester	19Nov

2.5 kms road

13:30	Paul Graham 2	U15B	17.2.86	Bexley	17Oct
13:42	Sam McNally 3	U15B	26.3.86	Bexley	17Oct
14:19	Ben Craig 1	U13B	7.6.88	Bexley	13Mar
13:44	Stephen Whorlow 5	U15B	20.5.85	Monks Hill	27Mar
16:18	Richard Harris 5	U13B	21.3.87	Monks Hill	27Mar

3,000 metres track

13:24.0	Andrew Goudie	U23M	4.10.78	Ashford	8May
13:58.5	Nigel Whorlow 1	U20M	26.11.80	Ashford	8May
14:04.31	John Hall	M50	18.1.49	Bedford	30May
15:10	Veronique Lauer	SW	27.2.74	Rugby	31Jul
15:16.8	Mick Graham	M50	8.4.48	Woodford	21Jul
15:17.6	Paul Graham 3	U15B	17.2.86	Woodford	19May
15:30.9	Carl Lawton	M50	20.1.48	Kingsmeadow	29Aug
15:34.53	R Laura Fryer 3	U17W	6.12.83	Peterborough	18Sep
16:20.7	Eric Hall	M65	15.9.32	Woodford	21Jul
16:35.81	Stephen Whorlow 4	U15B	20.5.85	Exeter	29Aug
16:55.7	Doug. Fotheringham	M60	18.4.36	Enfield	8May
17:12	Sam McNally 5	U15B	26.3.86	Birmingham	14Nov
19:18.83	Richard Harris 2	U13B	21.3.87	Sheffield	15Aug
23:11	Wade Nolan 12	U15B	24.4.86	Birmingham	14Nov

3 kms road

15:40	Paul Graham =3	U15B	17.2.86	Leicester	5Sep
15:41	Laura Fryer 1	U17W	6.12.83	Dublin	11Sep
16:08	Stephen Whorlow 5	U15B	20.5.85	Hickstead	15May
17:10	Sam McNally 7	U15B	26.3.86	Tamworth	13Dec
18:23	Stephanie Richardson 9	U15G	11.12.85	Birkenhead	7Nov
24:12	Wade Nolan	U15B	24.4.86	Leamington	24Oct

5,000 metres track

23:08.9	Andrew Goudie	U23M	4.10.78	Dartford	29May
23:54.03	John Hall	M50	18.1.49	Gateshead	?Aug
25:45.0	Nigel Whorlow 3	U20M	26.11.80	Dartford	29May
26:55.1	Mick Graham	M50	8.4.48	Southend	4Jul
27:47.9	R Laura Fryer 4	U17W	6.12.83	Dartford	29May
28:30.1	Paul Graham	U15B	17.2.86	Southend	4Jul
28:30.8	Doug. Fotheringham	M60	18.4.36	Meadowbank	17Jul

5 kms road

22:30	Andrew Goudie	U23M	4.10.78	Steyning	20Jun
23:30	Nigel Whorlow 2	U20M	26.11.80	Birkenhead	7Nov
26:07	Veronique Lauer	SW	27.2.74	Steyning	20Jun
26:10	Mabon Dane	SM	19.7.71	Monks Hill	25Oct
26:37	Mick Graham	M50	8.4.48	Steyning	20Jun
27:01	R Laura Fryer 3	U17W	6.12.83	Birkenhead	11Sep
27:03	Carl Lawton	M50	20.1.48	Monks Hill	25Oct
28:03	Paul Warburton	M45	20.1.52	Steyning	20Jun
28:40	Paul King	M45	4.2.51	Monks Hill	25Oct

29:16	Stephen Whorlow	U15B	20.5.85	Steyning	20Jun
29:20	Dave Sharpe	M45	13.9.53	Monks Hill	25Oct
36:35	J.Sampson	W35		Bexley	17Oct

4 miles road

31:49	Andrew Goudie	U23M	4.10.78	Monks Hill	30Oct
55:23	Paul Warburton	M45	20.1.52	Monks Hill	30Oct
57:54	Doug. Fotheringham	M60	18.4.36	Monks Hill	30Oct

5 miles road

38:56	Andrew Goudie	U23M	4.10.78	Enfield	22May
40:28	John Hall	M50	18.1.49	Battersea Park	15Jun
42:58	Mick Graham	M50	8.4.48	Enfield	24Jul
44:40	Dave Sharpe	M45	13.9.53	Harlow	18Oct
45:23	Veronique Lauer	SW	27.2.74	Battersea Park	15Jun
46:05	Eric Hall	M65	15.9.32	Harlow	18Oct
46:18	Paul King	M45	4.2.51	Battersea Park	15Jun
47:18	Doug. Fotheringham	M60	18.4.36	Enfield	22May

9 kms road

42:44	Andrew Goudie	U23M	4.10.78	Blackheath	2Jun
49:21	Mike Scammell	M45	16.8.54	Blackheath	2Jun
49:55	Mick Graham	M50	8.4.48	Blackheath	2Jun
52:27	Dave Sharpe	M45	13.9.53	Blackheath	15Jun
54:52	Doug. Fotheringham	M60	18.4.36	Blackheath	11Apr
55:55	Paul Graham	U15B	17.2.86	Blackheath	2Jun

6 miles road

55:23	Paul Warburton	M45	20.1.52	Chip'ham/Calne	10Oct
57:06	Dave Sharpe	M45	13.9.53	Enfield	30Oct
57:38	Eric Hall	M65	15.9.32	Enfield	19Jun
57:54	Doug. Fotheringham	M60	18.4.36	Chip'ham/Calne	10Oct

10,000 metres track

47:51.66	Andrew Goudie	U23M	4.10.78	Bedford	4Jul
54:44.2	Mick Graham	M50	8.4.48	Ilford	27Jul
54:53.16	Nigel Whorlow 2	U20M	26.11.80	Bedford	4Jul
59:28.1	Doug. Fotheringham	M60	18.4.36	Solihull	4Jul
59:49.9	Paul King	M45	4.2.51	Ilford	27Jul
1:00:31.1	Eric Hall	M65	15.9.32	Battersea Park	28Apr

10 kms road

47:14	Andrew Goudie	U23M	4.10.78	Imber Court	10Jan
49:43	Mabon Dane	SM	19.7.71	Victoria Park	1Jan
51:01	Nigel Whorlow	U20M	26.11.80	Sheffield	24Apr
52:05	Carl Lawton	M50	20.1.48		
55:35	Mick Graham	M50	8.4.48	Sheffield	24Apr
55:47	Paul King	M45	4.2.51	Imber Court	10Jan
56:55	Paul Warburton	M45	20.1.52	Victoria Park	1Jan
57:44	Dave Sharpe	M45	13.9.53	Victoria Park	6Feb
58:09	Doug. Fotheringham	M60	18.4.36	Birmingham	19Dec
59:47	Laura Fryer 2	U17W	6.12.83	Imber Court	10Jan

7 miles road

56:24	John Hall	M50	18.1.49	Wimbledon	15Sep
56:44	Andrew Goudie	U23M	4.10.78	Monks Hill	31Oct
58:37	Paul King	M45	4.2.51	Monks Hill	7Nov
58:46	Mabon Dane	SM	19.7.71	Wimbledon	28Nov
1:00:25	John Llewellyn	M45	26.6.45	Wimbledon	15Sep
1:01:21	Carl Lawton	M50	20.1.48	Monks Hill	
1:05:14	Dave Sharpe	M45	13.9.53	Wimbledon	28Nov
1:06:40	Eric Hall	M65	15.9.32	Wimbledon	15Sep
1:09:16	Doug. Fotheringham	M60	18.4.36	Wimbledon	28Nov
1:17:44	George Beecham	M65	26.2.31	Wimbledon	28Nov

15 kms road

1:23:17	Carl Lawton	M50	20.1.48	Steyning	16Jan
1:25:26	Paul King	M45	4.2.51	Steyning	16Jan

10 miles road

1:18:13	Andrew Goudie	U23M	4.10.78	Wimbledon	20Feb
1:30:10	John Hall	M50	18.1.49	Chigwell	21Feb
1:33:09	Paul King	M45	4.2.53	Wimbledon	20Feb

20 kms road

1:42:20	Andrew Goudie	U23M	4.10.78	Wimbledon	20Feb
1:57:11	Mick Graham	M50	8.4.48	Colchester	30May
2:01:28	Paul King	M45	4.2.53	Colchester	30May
2:04:20	Doug. Fotheringham	M60	18.4.36	Birmingham	19Jun

20 miles road

3:21:36	Paul King	M45	4.2.53	Colchester	4Apr
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50 kms road

5:13:58	Paul King	M45	4.2.53	Essex	24Apr
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Men

1 mile					
3:58	Jason Lobo	18.9.69	?	17Mar	
2 miles					
9:22	Kassa Tadesse	21.8.74	Battersea Pk	8Jun	
9:54	Kevin Quinn	24.7.79	Battersea Pk	14Jun	
10:00	Will Cockerell	19.11.73	Battersea Pk	12Jul	
10:09	Mike Kazimierski	6.5.70	Battersea Pk	14Jun	
10:11	Ray Foley	3.6.68	Battersea Pk	21Jun	
10:30	Marcello Bizio	1.8.64	Battersea Pk	21Jun	
12:00	Tony Verdie	M60 25.7.36	Battersea Pk	12Jul	
12:32	Stephen Whorlow	U15 20.5.85	Folkestone	2Apr	
13:42	Carl Cross	M60 3.11.35	Battersea Pk	21Jun	
3 miles					
15:30	Will Cockerell	19.11.73	Battersea Pk	5Jul	
15:52	Charlie Dickinson	M50 26.4.48	Battersea Pk	5Jul	
18:26	Tony Verdie	M60 25.7.36	Battersea Pk	5Jul	
5 kms					
14:06	3 Paul Evans	13.4.61	Stevenage	30May	
14:48	=49 Kevin Nash	6.2.77	Southampton	14Feb	
14:49	=53 Toby Tanser	21.7.68	Gardena USA	6Jun	
14:53	Alaster Stewart	5.10.72	Chesham	4Apr	
15:15	Charles Herrington	28.9.71	Bedford	25Aug	
15:19	Kassa Tadesse	21.8.74	Stevenage	30May	
15:21	Yitbarek Dinku	18.12.80	Hyde Pk	24Dec	
15:48	Roger Alsop	16.1.65	Wimbledon	8Aug	
15:49	Paul Coughlan	22.9.72	Hyde Pk	28Aug	
16:07	Steve Clarke		Wimbledon	8Aug	
16:21	Phil Carstairs	7.7.60	Stevenage	30May	
16:52	Will Cockerell	19.11.73	Hyde Park	30Apr	
18:06	Adam Cowmeadow	9.3.73	Wimbledon	8Aug	
21:42	Rex Bale	M50 29.11.45	Wimbledon	8Aug	
22:45	Carl Cross	M60 3.11.35	Wimbledon	8Aug	
24:01	Arthur Bruce	M70 27.11.28	Hyde Pk	25Jun	
5 miles					
23:17	=6 Paul Evans	13.4.61	Hillingdon	28Feb	
23:39	26 Mark Miles	24.3.77	Portsmouth	5Dec	
24:09	Geremew Wolde	20.3.79	Battersea	22Aug	
24:15	=71 Charles Herrington	28.9.71	Portsmouth	5Dec	
24:27	86 Gary Staines	3.7.63	Hillingdon	28Feb	
24:52	Kassa Tadesse	21.8.74	Welwyn	5Apr	
27:03	Will Cockerell	19.11.73	Battersea Pk	4Dec	
27:28	Kevin Quinn	24.7.79	Battersea	22Aug	
27:37	Phil Carstairs	7.7.60	Welwyn	5Apr	
29:59	Don Anderson	M40 10.5.55	Beckenham	28Apr	
40:00	Lionel Mann	M55 21.9.40	Battersea	31Jan	
10 kms					
29:06	5 Paul Evans	13.4.61	Belfast	13Jun	
30:10	Geremew Wolde	20.3.79	Swansea	26Sep	
30:13	=71 Lee Hurst	29.7.72	Leeds	4Dec	
30:54	Gary Staines	3.7.63	Epsom	30May	
31:00	Paul Freary	3.4.68	Dewsbury	7Feb	
31:17	Hassan Raidi	6.11.76	Harrow	17Apr	
31:32	Alaster Stewart	5.10.72	Dewsbury	7Feb	
31:44	Charles Herrington	28.9.71	Cranfield	6Jun	
31:46	Mark Miles	24.3.77	Stoke	2Jan	
32:56	Jim Estall	M45 9.8.54	Dulwich	10Oct	
33:19	Steve Clarke		Dartford	31Oct	
33:58	Will Cockerell	19.11.73	Battersea Pk	13Nov	
34:00	Mike Kazimierski	6.5.70	Battersea Pk	19Jun	
34:06	Charles Dickinson	M50 26.4.48	Bradford	12Sep	
34:22	Graham Adams	10.6.68	Ewell	7Feb	
34:48	Tony Binda	M45 3.1.53	Carshalton	16May	
35:35	Pete Gilbey	M45 12.4.51	Carshalton	16May	
36:07	Don Anderson	M40 10.5.55	Epsom	30May	
37:31	Wesley Minett	U20 21.10.80	Balmoral	25Apr	
43:45	Lionel Mann	M55 21.9.40	?	9May	
10 miles					
47:45	1 Paul Evans	13.4.61	Portsmouth	19Sep	
49:56	=16 Kassa Tadesse	21.8.74	Erewash	22Aug	
51:31	61 Charles Herrington	28.9.71	Welwyn	5Sep	
53:16	Kevin Nash	6.2.77	Portsmouth	19Sep	
53:22	Paul Coughlan	22.9.72	Wimbledon	3Oct	
53:32	Jim Estall	M45 9.8.54	Teddington	26Sep	
53:54	Roger Alsop	16.1.65	Woking	7Mar	
54:49	Rob McHarg	12.1.64	Freshwater	3Nov	
55:02	Kevin Quinn	24.7.79	Wimbledon	3Oct	
56:16	Mike Kazimierski	6.5.70	Woking	7Mar	
1:09:46	Rex Bale	M50 29.11.45	Epsom	21Nov	
1:03:05	Wesley Minett	U20 25.10.80	Ripe Hill	25Sep	
1:15:04	Lionel Mann	M55 21.9.40	Bedford	16May	
1:16:40	Carl Cross	M60 3.11.35	Epsom	21Nov	
1:19:44	Gerald Collins	M60 23.6.39	Epsom	21Nov	
1:57:40	Charlie Manning	M70 8.1.28	Epsom	21Nov	

Half-Marathon

1:04:31	14 Paul Evans	13.4.61	Lille FRA	4Sep
1:05:04	20 Toby Tanser	21.7.68	Las Vegas USA	7Feb
1:07:28	=61 Paul Freary	3.4.68	Great North	10Oct
1:07:54	75 Charles Herrington	28.9.71	Great North	10Oct
1:10:59	Kevin Nash	6.2.77	Bracknell	30Oct
1:11:26	Kassa Tadesse	21.8.74	Bristol	26Sep
1:12:38	Paul Coughlan	22.9.72	Lisbon POR	21Mar
1:12:58	Junior Galley	24.5.62	Fleet	21Mar
1:14:31	Mike Kazimierski	6.5.70	Hillingdon	21Mar
1:15:39	Lee Hurst	29.7.72	?	28Aug
1:21:33	Will Cockerell	19.11.73	Wimbledon	12Sep
1:29:47	Tony Verdie	M60 25.7.36	New Forest	12Sep
1:30:58	Peter Cross	M40 11.6.55	Wimbledon	12Sep
1:36:52	Harry Corbett	M40 16.2.58	Wimbledon	12Sep
1:39:02	Lionel Mann	M55 21.9.40	Portsmouth	14Mar
1:41:47	Rex Bale	M50 29.11.45	Wimbledon	12Sep
1:42:46	Fred Riach	M45 3.10.51	Wimbledon	12Sep
1:44:53	Fred Gander	M65 18.4.34	Wimbledon	12Sep
1:53:59	Dave McMillan	M50 9.11.47	Wimbledon	12Sep
1:56:59	Derek Manning	M65 28.3.33	Wimbledon	12Sep
1:57:00	Jim Slough	M45 12.12.52	Wimbledon	12Sep

20 miles

2:45:33	Lionel Mann	M55 21.9.40	Worthing	28Mar
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Marathon

2:17:35	7 Paul Evans	13.4.61	Edinburgh	26Sep
2:27:25	54 Gary Staines	3.7.63	Nottingham	26Sep
2:34:42	Mike Kazimierski	6.5.70	London	18Apr
2:36:14	Paul Coughlan	22.9.72	London	18Apr
2:47:51	Will Cockerell	19.11.73	Boston	19Apr
2:50:01	Junior Galley	24.5.62	London	18Apr
3:10:37	Jim Estall	M40 9.8.54	London	18Apr
3:19:05	Tony Verdie	M60 25.7.36	London	18Apr
3:22:49	Wesley Minett	U20 25.10.80	London	18Apr
3:29:52	Stuart Paton	24.5.63	London	18Apr
3:30:50	Frank Gander	M65 18.4.34	London	18Apr
3:35:25	Robert Palmer	U20 28.12.79	London	18Apr
4:01:03	Lionel Mann	M55 21.9.40	London	18Apr
4:02:40	Derek Manning	M65 28.3.33	London	18Apr
4:15:12	Martin Sparks	M40 11.6.57	London	18Apr
4:19:55	Eric Derouet	20.9.64	London	18Apr
4:25:13	Dave Davies	M55 30.5.39	London	18Apr
4:33:02	Dave McMillan	M50 9.11.47	London	18Apr
4:35:56	Richard Hearn	M55 14.9.39	London	18Apr

Women

2 miles

12:05	Kate Houston	9.10.68	Battersea Pk	10May
13:22	Laura Fryer	U17 3.12.83	Folkestone	2Apr

5 kms

19:26	Helen Maskrey	23.9.67	Wimbledon	8Aug
19:59	Kate Houston	9.10.68	Wimbledon	8Aug
22:17	Catherine Eastham	10.5.71	Wimbledon	8Aug
23:36	Jacqui Smiter	19.6.72	Wimbledon	8Aug

5 miles

28:56	Gabby Collison	10.2.66	Battersea Pk	22Aug
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10 kms

37:43	Helen Maskrey	23.9.67	Brighton	21Nov
38:56	Karen Fenner	17.8.65	Brighton	21Nov

10 miles

1:05:12	Helen Maskrey	23.9.67	Woking	7Mar
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Half-Marathon

1:25:09	Rachel Weston	12.7.71	Wimbledon	12Sep
1:42:50	Kate Dillane	W35 19.12.61	Wimbledon	12Sep
1:45:54	Claire Bruce-Burgess	30.7.73	Wimbledon	12Sep

"Anyone can run 20 miles. It's the next six that count." - Barry Magee, marathon bronze for New Zealand in Rome 1960.

"To run fast, you've gotta run fast." - Anonymous.

"In my mind I'm a Kenyan. In my legs I'm a chubby white guy." Unknown.

Track & Field Rankings 1999 - Men

Compiled by Alan Mead, 29 Kingston Road, Ewell, Surrey KT17 2EG.
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 Notification of errors, omissions and updates welcomed.
 Acknowledgements to Bob Bridges, John Jeffery, Derek Jones, Jon Lambert,
 Pete Mulholland, John Powell.

A = Altitude.
 d = Recorded in decathlon.
 dq = Disqualified
 i = Performance set indoors; only shown where there is no superior performance outdoors.
 p = Recorded in pentathlon.
 u = Unconfirmed
 w = Wind assisted, or obviously wind assisted and no wind reading taken. A blank in the wind reading column indicates that the wind reading is not known or was not taken but there is no particular reason to believe that the performance was wind assisted.

Figures in brackets after the athlete's name indicate their World and National Ranking. E.g. (=17-1) indicates equal 17th in the World and 1st in the UK. Where two or more figures are shown separated by / then the last figure is for their age group and the preceding figures are for age groups above. E.g. (27/4) for a U20 indicates 27th best among Seniors and 4th best among U20.

100 metres

9.97	0.2	Dwain Chambers (7-1)	5.4.78	Seville ESP	22Aug
10.12	-0.4	Darren Campbell (=33-3)	12.9.73	Seville ESP	21Aug
10.31	0.2	Chris Lambert (=8/=1) U20	8.4.81	Berlin GER	21Aug
10.48	1.3	Jason Fergus (20)	11.10.73	Cophthall	11Jul
10.54		John Regis (27)	13.10.66	Budapest HUN	3Jul
10.67	0.7	Marlon Dickson (=38)	17.11.78	Birmingham	23Jul
		10.46 2.3		Bedford	3Jul
10.69		Du'aine Ladejo (=42)	14.2.71	?	?
10.76	-1.4	Andrew Walcott	11.1.75	Athens GRE	29May
10.8		Matthew Russell (13) U20	21.1.81	Ashford	25Jul
10.8		Dotun Akinbogun	14.8.74	Tooting	18Sep
		10.5 w		Barn Elms	19Sep
10.94		Dave Nolan	25.7.69	Cleckheaton	8May
11.0		Sean Baldock	3.12.76	Loughborough	12May
11.0		Richard David	15.8.77	Tooting	7Jul
11.1		Chris Rawlinson	19.5.72	Loughborough	24Apr
11.1		Michael Parper	20.5.78	Kingsmeadow	8May
11.1		James Hilston	25.2.79	Norman Pk	15May
11.1		Marlon Kerr	3.4.81	Yate	23May
11.1		Bernard Mensah	6.4.79	Barn Elms	20Jun
11.1	0.3	Tim Abeyie (=7) U17	7.11.82	Derby	12Sep
11.1		Sumaila Salami	8.12.77	Tooting	7Jul
11.2		Scott Exley	9.2.78	Dorset ?	8May
11.2		Darren Thompson	6.11.79	Kingsmeadow	8May
11.2		Michael Peacock	7.12.72	Mayesbrook Pk	28Mar
11.2		Robert Hotz		Harrow	16May
11.2		Matt Douglas	26.11.76	Trafford	3Aug
11.3		Andre Brown		Tooting	16Jun
11.5		James Tuson	7.1.81	Ashford	25Jul
11.6		John James		Battersea Pk	1May
11.64		Courtney Hutchinson	18.9.87	Sheffield	15Aug
11.9		Nick Molloy	15.2.74	Tooting	7Jul
12.0		Kwadjo Adjepong	28.8.71	Croydon	19May
12.1		Terence Tsui	3.10.85	Tooting	24Jul
12.1		Daniel Buss	10.10.83	Thurrock	18Jul
12.35		Victor Orji	17.3.85	Sheffield	15Aug
12.4		Gavin Ross	11.1.83	Crawley	2May
12.8		James Edwards	8.11.82	Crawley	2May
12.8		Daniel Lambert	U15 2.7.85	Harrow	16May
12.8		Richard Biscoe	U15 31.8.84	Battersea Pk	29May
12.89	d	Obie Matthew	U20 20.12.80	Peterborough	18Sep
13.1		Raphael Oghagbon	U13 17.11.86	Mayesbrook Pk	6Jun
13.1		William Caldeira	U13 16.9.85	Tooting	24Jul
13.11		Snowy Brooks	M50 18.8.44	Gateshead	30Jul
13.4		Anthony Adebo	U13	Tooting	24Jul
13.5		Brian Holmes	M40 4.4.59	Barn Elms	19Sep
13.9		Peter Exley 2-cl	M45 19.1.53	Battersea Pk	26Apr
14.0	1.8	Elvis Rindap	U13 5.12.86	Kingsmeadow	9May
14.0		Nigel Whorlow	U20 26.11.80	Ashford	5Jun
14.5		Oliver Maskell	U13 7.11.86	Thurrock	18Jul
14.7		G.Coney	M47?	Battersea	26Apr
14.7		Aldis Ulrych	U13	Tooting	3Jul
14.9		Greg Wishart	U13	Harrow	16May
15.1		Matthew Ekoku	U13	Tooting	7Aug
15.3		Dinos Fearon	U13	Mayesbrook Pk	6Jun
15.4		Roy Collier	U13 11.3.87	Crawley	2May
15.9		Jamie Kirton	U13 17.8.87	Tooting	7Aug
16.7		James Saunders	U13 11.9.87	Battersea Pk	29May
18.4		Charlie Manning	M70 8.1.28	Kingsmeadow	12May

200 metres

20.50	i	John Regis (5)	13.10.66	Birmingham	14Feb
20.63	0.5	Chris Lambert (6/1-1) U20	8.4.81	Berlin GER	21Aug
20.68	+1.5	Dwain Chambers (8)	5.4.78	Fullerton USA	23Apr
20.95	0.6	Jason Fergus (17)	10.11.73	Birmingham	24Jul
21.05	0.9	Darren Campbell (23)	12.9.73	Seville ESP	29May
21.49	-0.3	Marlon Dickson (=33)	17.11.78	Bedford	4Jul

21.49		Du'aine Ladejo (=33)	14.2.71	?	?
21.50	-0.9	Sean Baldock (35)	3.12.76	Birmingham	5Jun
21.54	+1.2	Nick Dawson	19.5.78	Bedford	3May
21.6		Matt Kloiber	22.11.71	Gloucester	31Jul
21.7	1.2	Andrew Walcott	11.1.75	Cophthall	11Jul
21.8		Richard David	15.8.77	Tooting	7Jul
21.8		Matt Douglas	26.11.76	Trafford	3Aug
21.9		Matthew Russell (13) U20	21.1.81	?	?
22.0		Geoff Dearman	4.8.77	Loughborough	12May
22.0		Dave Nolan	25.7.69	Loughborough	19May
22.3	2.0	Michael Parper	20.5.78	Kingsmeadow	9May
22.3		Phil Goedluck	10.9.67	Norman Pk	15May
22.3		James Hilston	25.2.79	Norman Pk	15May
22.3		Sumaila Salami	8.12.77	Tooting	7Jul
22.3		Dotun Akinbogun	14.8.74	Tooting	18Sep
22.5		Michael Peacock	7.12.72	Watford	11Apr
22.5		Andre Brown		Tooting	16Jun
22.7		Scott Exley	9.2.78	Dorset ?	8May
22.7		Es Hassan	U20 7.12.79	Kingsmeadow	9May
22.8		Nick Molloy	15.2.74	Welwyn	31Jul
22.8		Bernard Mensah	6.4.79	Finsbury Pk	20Jul
22.9		Jon Squirrel	16.12.75	Croydon	19May
22.9		Austin Ferns	U20 12.1.81	Yate	23May
23.1		Oliver Rogan	U20	Derby	12Sep
23.3		Robert Hotz	U17	Mayesbrook Pk	6Jun
23.45	u	Ashley George	U15 23.5.86	?	?
23.6		Richard Sear	21.8.79	Portsmouth	10Jul
23.9		Alex Lambert	U17 22.12.82	Kingsmeadow	8May
24.5		John Wells	U17 19.4.81	Mayesbrook Pk	6Jun
24.9		Terence Tsui	U15 3.10.85	Tooting	24Jul
25.2		Daniel Lambert	U15 2.7.85	Mayesbrook Pk	6Jun
25.6		Daniel Buss	U17 10.10.83	Deangate	27Jun
25.7		Donovan James	U15	Crawley	2May
26.1		Gavin Ross	U17 11.1.83	Crawley	2May
26.1		James Edwards	U17 8.11.82	Thurrock	18Jul
26.2		Obie Matthew	U20 20.12.80	Tooting	7Jul
26.5		Philip Doorgachurn	U15 3.3.86	Kingsmeadow	9May
26.6		Chris Bentt	U15 16.12.83	Battersea Pk	29May
28.1		Anthony Adebo	U13	Tooting	24Jul
28.7		Elvis Rindap	U13 5.12.86	Mayesbrook Pk	6Jun
29.0		Matthew Ekoku	U13	Tooting	7Aug
29.4		Oliver Maskell	U13 7.11.86	Crawley	2May
29.5		Nigel Whorlow	U20 26.11.80	Ashford	5Jun
29.2		G.Coney	M47?	Tooting	17May
29.6		Peter Exley 2-cl	M45 19.1.53	Exeter	30Nov
30.2		John Druce	M40 16.4.58	Tooting	17May
30.2		Denzil Rolle	U13 9.12.86	Thurrock	18Jul
30.3		Greg Wishart	U13	Mayesbrook Pk	6Jun
32.1		Roy Collier	U13 11.3.87	Kingsmeadow	8May
32.1		Jamie Kirton	U13 17.8.87	Tooting	24Jul
32.8		Kristian Taylor	U13 27.7.87	Kingsmeadow	8May
33.0		Ben McCarthy	U13 17.1.88	Tooting	3Jul
34.5		Dinos Fearon	U13	Deangate	27Jun
40.8	4.6	Charlie Manning	M70 8.1.28	Tooting	29May

400 metres

45.93		Du'aine Ladejo (5)	14.2.71	Budapest HUN	3Jul
46.05		Geoff Dearman (7)	4.8.77	Bedford	30May
46.17		Sean Baldock (8)	3.12.76	Athens GRE	29May
47.18		Chris Rawlinson (19)	19.5.72	?	?
47.52		Michael Parper (=26)	20.5.78	Bedford	2Jul
47.92		Richard David (39)	15.8.77	Bedford	2Jul
48.11		Dave Nolan (46)	25.7.69	Birmingham	31Jul
48.12	i	Matt Douglas (47)	26.11.76	Birmingham	30Jan
48.2		Nick Dawson	19.5.78	Watford	26May
48.24		Matt Kloiber	22.11.71	Stoke on Trent	22Aug
49.4		Michael Peacock	7.12.72	Woking	5Jun
49.6		Jason Lobo	18.9.69	Blackburn	18Jun
49.7		Dotun Akinbogun	14.8.74	Finsbury Park	22Aug
50.1		Nick Molloy	15.2.74	Tooting	28Aug
50.27		Alex Lambert (18) U17	22.12.82	New River	29May
50.3		Darrell Maynard	21.8.61	Brecon	8May
50.39		James Hilston	25.2.79	Watford	19Jun
50.4		Es Hassan	U20 7.12.79	Kingsmeadow	8May
50.8		Oliver Rogan	U20	Crawley	22Aug
51.51		Joe Pantone	25.11.78	Alfas ESP	Apr
50.7		Jon Squirrel	16.12.75	Tooting	2Jun
52.1		Scott Exley	9.2.78	Tooting	7Jul
53.3		John Wells	U17 19.4.84	Deangate	27Jun
54.1		Sam Pantling	U20 1.3.81	Ashford	25Jul
54.3		Denee DeEmmony	U17 19.11.83	Croydon	12Jun
55.3		Ruben Agbanoma	U15 6.10.84	Croydon	12Jun
56.4	d	Obie Matthew	U20 20.12.80	Peterborough	18Sep
56.5		Reece Mander	U15 9.10.85	Tooting	24Jul
57.5		Leon Roye	U15	Mayesbrook Pk	6Jun
58.4		Helder Congalves	U15	Harrow	16May
58.5		Daniel Lambert	U15 2.7.85	Mayesbrook Pk	6Jun
58.6		Chima Nsoede	U17 8.6.84	Crawley	2May
59.0		Steve Smullen	M40 23.9.58	Sutton	21Jul
59.2		Richard McMillan	23.11.75	Tooting	6Aug
59.4		Terence Tsui	U15 3.10.85	Kingsmeadow	9May
59.8		Dominic Hockett-Joseph	U17 6.10.82	Harrow	16May

Track & Field Rankings 1999 - Men

61.1	Brian Holmes	M40	4.4.59	Kingsmeadow	29Aug	4:47.3	James Edwards	U17	8.11.82	Mayesbrook Pk	6Jun
63.7	Phillip Doorgachurn	U15	3.3.86	Tooting	7Aug	4:47.4	Pete Gilbey	M45	12.4.51	Wimbledon Pk	15May
64.1	Daniel Ekoku	U15		Battersea Pk	29May	4:50.58	d Obie Matthew	U20	20.12.80	Peterborough	19Sep
65.6	Snowy Brooks	M50	19.8.44	Battersea Pk	26Apr	4:54.6	Ahmed Benkacem	U17	20.5.83	Crawley	2May
67.6	G.Coney	M4?		Tooting	7Jun	4:55.9	Robert Palmer	U20	28.12.79	Croydon	20Jun
68.2	Daniel McDonald	U15	7.11.85	Deangate	27Jun	5:04.8	Michael Peacock		7.12.72	Sutcliffe Pk	26Jun
70.4	Cliff Lim	U17	23.8.84	Deangate	27Jun	5:05.3	d Sean Baldock		3.12.76	Crawley	12Sep
72.6	Peter Exley 2-cl	M45	19.1.53	Exeter	30Nov	5:07.9	Toby Hodgson	U13	21.1.88	Harrow	16May
80.9	Terry Lawton	M55	27.5.41	Tooting	7Jun	5:09.3	James Saunders	U13		Tooting	24Jul
111.2	Charlie Manning	M70	8.1.28	Kingsmeadow	29Aug	5:11.2	Dale Seddon	U15	21.10.85	Harrow	16May
						5:25.4	Billy Searle	U13		Mayesbrook Pk	6Jun
						5:26.2	Roy Collier	U13	11.3.87	Deangate	27Jun
						5:31.5	James Kirton	U13	17.8.87	Tooting	3Jul
						5:54.0	Kristian Taylor	U13	27.7.87	Tooting	7Aug
						5:56.7	Carl Cross	M60	3.11.35	Kingsmeadow	29Aug
						6:17.6	James Saunders	U13	11.9.87	Battersea Pk	29May
						7:41.3	Charlie Walker	M70	31.5.29	Kingsmeadow	29Aug
800 metres						1 mile					
1:45.82	Jason Lobo (3)		18.9.69	Crystal Palace	7Aug	4:00.96	Spencer Barden (5)		31.3.73	Växjö SWE	10Aug
1:48.59	Matt Yates (14)		4.2.69	Watford	23Jun	4:02.60	Matt Yates (8)		4.2.69	Gateshead	27Jun
1:52.03	Steve Baldock		5.11.69	Watford	23Jun	4:24.2	Roger Alsop		16.1.65	Tooting	19Jun
1:52.2	Spencer Barden		31.3.73	Loughborough	12May	4:29.8	Graham Adams		10.6.68	Tooting	19Jun
1:53.04	Alasdair McLean Foreman (17)	U20	10.11.81	Watford	23Jun	4:37.0	Paul Coughlan		22.9.72	Tooting	19Jun
1:54.27	Matt Kloiber		22.11.71	Birmingham	5Jun	3000 metres					
1:54.7	Dean Clark		20.12.73	Watford	8Sep	7:57.21	Mark Miles (9)		24.3.77	Solihull	14Jul
1:55.18	Clive Gilby		24.2.66	Cophthall	11Jul	7:59.80	Spencer Barden (19)		31.3.73	Sundsvall SWE	13Aug
1:56.0	Najibe Hliouat		28.8.77	Norman Pk	15May	8:36.0	Charles Herrington 2-cl		28.9.71	Tooting	7Jul
1:56.90	Sean Baldock		3.12.76	Crawley	8May	8:41.2	Roger Alsop		16.1.65	Tooting	16Jun
2:00.2	Hassan Raidi		6.11.76	Croydon	19Jun	8:46.6	Najibe Hliouat		28.8.77	Croydon	19May
2:02.4	Sam Pantling	U20	1.3.81	Yate	23May	8:50.7	Hassan Raidi		6.11.76	Tooting	2Jun
2:04.0	Michael Peacock		7.12.72	Sutcliffe Pk	26Jun	8:52.0	Alaster Stewart		5.10.72	Nottingham	25May
2:05.3	Manuel Garcia	U17	3.8.83	Deangate	27Jun	9:07.5	Kevin Quinn		24.7.79	Tooting	2Jun
2:05.5	Graham Adams		10.6.68	Tooting	7Jul	9:08.6	Junior Galley		24.5.62	Croydon	19May
2:05.9	Roger Alsop		16.1.65	Croydon	19May	9:12.2	Will Cockerell		19.11.73	Sutton	21Jul
2:06.5	Alaster Stewart		5.10.72	Nottingham	27Apr	9:13.0	Manuel Garcia	U17	3.8.83	Deangate	27Jun
2:09.0	Erwan Lemenager		24.4.72	Tooting	19Jun	9:28.8	Michael Kazimierski		6.5.70	Croydon	19May
2:10.2	Dominic Hockett Joseph	U17	6.10.82	Deangate	27Jun	9:30.2	Charlie Dickinson	M50	26.4.48	Sutton	21Jul
2:10.4	Paul Coughlan		22.9.72	Woking	5Jun	9:32.1	Bruce Barton		2.2.64	Tooting	4Aug
2:13.8	James Skilbeck-Nelson	U17	1.12.83	Tooting	30Jun	9:40.6	John Pearson	U20		Yate	23May
2:13.8	Helder Congalves	U15		Thurrock	18Jul	10:31.8	Robert Palmer	U20	28.12.79	Croydon	20Jun
2:16.7	Stuart Paton		24.5.63	Tooting	16Jun	10:35.5	Adam Cowmeadow		9.3.73	Croydon	19May
2:17.4	Obie Matthew	U20	20.12.80	Croydon	20Jun	12:10.2	Paul King	M45	4.2.51	Tooting	5Jul
2:18.5	Alan Painter	M50	27.5.47	Kingsmeadow	29Aug	12:29	Carl Cross	M60	3.11.35	Barn Elms	19Sep
2:20.4	Ahmed Abdullah	U15	1.1.85	Thurrock	18Jul	13:16.7	Carl Lawton	M50	20.1.48	Tooting	5Jul
2:20.9	James Edwards	U17	8.11.82	Thurrock	18Jul						
2:25.1	James Whorlton	U17	4.1.84	Harrow	16May	5000 metres					
2:25.8	Nigel Whorlow	U20	26.11.80	Ashford	5Jun	13:47.04	Paul Evans (11)		13.4.61	Birmingham	23Jul
2:25.9	Elvis Rimdap	U13	5.12.86	Kingsmeadow	25Jul	13:56.55	Mark Miles (24)		24.3.77	New River	16May
2:28.6	Denzil Rolle	U13		Deangate	27Jun	14:25.45	Spencer Barden		31.3.73	Bedford	2May
2:29.5	Chima Nsoede	U17	8.6.84	Thurrock	18Jul	14:30.25	Paul Freary		3.4.68	Birmingham	31Jul
2:29.6	Steve Smullen	M40	23.9.58	Sutton	21Jul	14:36.09	Kassa Tadesse		21.8.74	Birmingham	5Jun
2:30.3	Don Anderson	M40	10.5.55	Wimbledon Pk	15May	14:47.6	Charles Herrington 2-cl		28.9.71	Colindale	10Jul
2:35.0	Phillip Doorgachurn	U15	3.3.86	Tooting	24Jul	15:00.67	Lee Hurst		29.7.72	Cophthall	11Jul
2:35.1	Jon Squirrell		16.12.75	Welwyn	31Jul	15:02.8	Alaster Stewart		5.10.72	Portsmouth	10Jul
2:40.2	C.Crouch			Ashford	5Jun	15:06.9	Roger Alsop		16.1.65	Woking	5Jun
2:40.9	Dale Seddon	U15	21.10.85	Harrow	16May	15:18.42	Jim Estall	M40	9.8.54	Birmingham	5Jun
2:43.1	Marcello Bizio		1.8.64	Tooting	4Aug	15:55.9	Kevin Quinn		24.7.79	Battersea Pk	1May
2:44.0	Terry Lawton	M55	27.5.41	Tooting	17May	16:12.90	Charlie Dickinson	M50	26.4.48	Riverside	31Jul
2:44.7	William Cockerell		19.11.73	Portsmouth	10Jul	16:17.0	Michael Kazimierski		6.5.70	Norman Pk	15May
2:48.5	James Kirton	U13	17.8.87	Tooting	25Jul	17:13.1	Erwen Lemenager		24.4.72	Battersea Pk	1May
2:53.2	John Druce	M40	16.4.58	Woking	5Jun	17:38.4	Don Anderson	M40	10.5.55	Ashford	5Jun
2:59.0	Kristian Taylor	U13	27.7.87	Tooting	3Jul	22:12.1	C.Crouch			Ashford	5Jun
3:02.3	Ben McCarthy	U13	17.1.88	Tooting	7Aug	23:49.07	Arthur Bruce	M70	27.11.28	Riverside	31Jul
3:05.2	Steve Mancini	U13	28.12.88	Crawley	2May						
3:33.4	Charlie Walker	M70	31.5.29	Kingsmeadow	29Aug	10000 metres					
5:33.3	Dave McMullen	M75	8.9.20	Kingsmeadow	29Aug	28:34.62	Paul Evans (3)		13.4.61	Watford	3Jul
						30:50.1	Charles Herrington 2-cl (25)		28.9.71	St. Ives Camb.	13Jun
1500 metres						31:43.2	Roger Alsop		16.1.65	Tooting	18Sep
3:42.94	Spencer Barden (13)		31.3.73	Athens GRE	29May	31:51.2	Jim Estall	M40	9.8.54	Watford	18Jul
3:44.06	Jason Lobo (21)		18.9.69	?	?	32:29.3	Paul Coughlan		22.9.72	Tooting	18Sep
3:44.99	Matt Yates (26)		4.2.69	Athens GRE	16Jun	33:58.48	Charlie Dickinson	M50	26.4.48	Monkton	4Aug
3:47.27	Mark Miles		24.3.77	Birmingham	24Jul						
3:57.8	Alasdair McLean Foreman	U20	10.11.81	Cardiff	4Aug	1500 metres Steeplechase					
						4:20.5	Lee Hurst		29.7.72	Longford Pk	31Aug
4:00.88	Kevin Nash		6.2.77	Watford	19Jun	5:02.3	Dominic Hockett Joseph	U17	6.10.82	Harrow	16May
4:02.0	Hassan Raidi		6.11.76	Tooting	16Jun	5:14.7	James Skilbeck-Nelson	U17	1.12.83	Thurrock	18Jul
4:03.8	Roger Alsop		16.1.65	Battersea Pk	1May	5:19.4	James Edwards	U17	8.11.82	Deangate	27Jun
4:04.4	Alaster Stewart		5.10.72	Nottingham	22Jun						
4:04.5	Graham Adams		10.6.68	Woking	30Jun	2000 metres Steeplechase					
4:10.1	Charles Herrington 2-cl		28.9.71	Harrow	5Jun	6:13.2	Graham Adams		10.6.68	Tooting	16Jun
4:11.44	Darrell Maynard		21.8.61	New River	16May	6:37.4	Junior Galley		24.5.62	Tooting	16Jun
4:17.0	Paul Coughlan		22.9.72	Tooting	16Jun	6:32.3	Alasdair McLean Foreman	U20	10.11.81	Derby	
4:18.8	Manuel Garcia	U17	3.8.83	Harrow	16May	12Sep					
4:20.2	Will Cockerell		19.11.73	Tooting	16Jun	6:43.2	Manuel Garcia	U17	3.8.83	Ashford	25Jul
4:26.9	Sam Pantling	U20	1.3.81	Crawley	22Aug	6:56.5	Marcello Bizio		1.8.64	Tooting	16Jun
4:27.1	Dominic Hockett Joseph	U17	6.10.82	Deangate	27Jun	7:21.6	Sam Pantling	U20	1.3.81	Crawley	22Aug
4:30.0	Erwan Lemenager		24.4.72	Tooting	16Jun						
4:30.0	Steve Fowler	M40	2.4.57	Tooting	16Jun						
4:33.0	John Pearson	U20	20.9.81	Yate	23May						
4:35.4	Ahmed Abdullah	U15	1.1.85	Croydon	12Jun						
4:37.0	Helder Congalves	U15		Thurrock	18Jul						
4:37.5	James Skilbeck-Nelson	U17	1.12.83	Tooting	7Jul						
4:45.0	Adam Cowmeadow		9.3.73	Sutton	21Jul						

Track & Field Rankings 1999 - Men

3000 metres Steeplechase

8:33.62	Justin Chaston (2)	4.11.68	Houston USA	18Jun
9:06.55	Lee Hurst (29)	29.7.72	New River	16May
9:07.19	Kevin Nash (31)	6.2.77	New River	16May
9:55.5	Graham Adams	10.6.68	Woking	5Jun
10:10.1	Junior Galley	24.5.62	Battersea Pk	1May
10:40.5	Paul Coughlan	22.9.72	Woking	5Jun
10:41.3	Rob Harding	13.9.64	Sutcliffe Pk	26Jun
11:24.6	William Cockerell	19.11.73	Portsmouth	10Jul
17:06.9	Ian Wells	18.2.62	Watford	18Jul

110 metres Hurdles (106.7 cm)

13.49	1.5	Andrew Tulloch (36-3)	1.4.67	Oslo NOR	30Jun
14.00	1.5	Matt Douglas (7)	26.11.76	Loughborough	23May
14.29	2.0	Nick Cooper (=15)	4.2.77	Copthall	11Jul
14.78		Du'aïne Ladejo (26)	14.2.71	?	?
14.79	-0.9	Neil Owen (27)	18.10.73	Birmingham	24Jul
15.13	1.0	Richard Sear (42)	21.8.79	Bedford	4Jul
16.0		Ian Wells	18.2.82	Great Yarmouth	9May
16.6		Scott Exley	9.2.78	Battersea Pk	1May
16.9	d	Sean Baldock	3.12.76	Crawley	12Sep
17.05		Samson Oni	25.6.81	Copthall	25Sep
19.9		Leon Odiete	28.10.??	Woking	5Jun
29.2		Bob Bridges	17.8.49	Sutcliffe Pk	26Jun

110 metres Hurdles (99.0 cm)

15.0		Austin Ferns	U20	12.1.81	Ashford	25Jul
15.6		Robert Bennett	U17		Croydon	20Jun
15.9	-1.3	Samson Oni	U20	25.6.81	Derby	12Sep
18.51	d	Obie Matthew	U20	20.12.80	Peterborough	19Sep
18.6		Leon Odiete	U20	28.10.??	Crawley	22Aug

100 metres Hurdles (91.4 cm)

14.1		Rob Bennett	U17		Mayesbrook Pk	6Jun
15.3		Andrew Arce	U17	2.11.82	Thurrock	18Jul
16.4		Dale Holmes	U17	23.10.82	Tooting	30Jun
20.2		Chima Nsoede	U17	8.6.84	Deangate	27Jun

80 metres Hurdles (76.2 cm)

12.15		Nathan Simpson	U15	15.9.85	Sheffield	15Aug
13.1		Daniel Ekoku	U15		Tooting	3Jul
13.5		Ed Walsh	U15	21.10.85	Crawley	2May
13.6		Daniel McDonald	U15	7.11.85	Deangate	27Jun
13.7		Victor Orji	U15	17.3.85	Mayesbrook Pk	6Jun
14.6		Ashley George	U15	23.5.86	Thurrock	18Jul
14.8		Twayne McPherson	U15	16.7.86	Tooting	7Aug
14.9		Chima Nsoede	U17	8.6.84	Crawley	2May
15.3		Phillip Doorgachurn	U15	3.3.86	Harrow	16May

75 metres Hurdles (76.2 cm)

14.4		Matthew Ekoku	U13		Tooting	3Jul
15.0		Elvis Rimdap	U13	5.12.86	Tooting	7Aug
15.3		Derrick Brenyah	U13	1.3.88	Battersea Pk	29May
16.0		Ben McCarthy	U13	17.1.88	Tooting	24Jul
16.3		James Saunders	U13	11.9.87	Tooting	3Jul

400 metres hurdles (91.4 cm)

48.14		Chris Rawlinson (7-1)		19.5.72	Zurich SUI	11Aug
50.20		Matt Douglas (5)		26.11.76	Bedford	14Aug
52.74		Austin Ferns (22/2)	U20	12.1.81	Bury St.Edmunds	10Jul
55.7		Jon Squirrell		16.12.75	Welwyn	31Jul
56.31		Ian Wells		18.2.62	Copthall	11Jul
59.4		Richard Aspden		15.10.76	Tooting	7Jul
60.2		Leon Odiete	U20	28.10.??	Welwyn	31Jul
60.5		Robert Bennett	U20		Croydon	20Jun
60.8		Sam Pantling	U20	1.3.81	Copthall	25Sep
62.1		Obie Matthew	U20	20.12.80	Crawley	22Aug
70.0		Nigel Whorlow	U20	26.11.80	Ashford	5Jun

400 metres hurdles (84.0 cm)

59.1		Rob Bennett	U17		Mayesbrook Pk	6Jun
64.7		Dale Holmes	U17	23.10.82	Deangate	27Jun
64.8		Chima Nsoede	U17	8.6.84	Thurrock	18Jul

High Jump

2.30		Ben Challenger (=15-2)		7.3.78	Palma ESP	8-13Jul
2.29		Brendan Reilly (=26 world)		23.12.72	Seville ESP	23Aug
2.16		Samson Oni	U20	25.6.81	Bury St.Edmunds	9Jul
2.17	i	Richard Aspden (=6)		15.10.76	?	?
1.97	d	Du'aïne Ladejo		14.2.71	Arles FRA	29May
1.95		James Tuson	U20	7.1.81	Battersea Pk	1May
1.88		Chris Milner	U17	1.3.84	Croydon	12Jun
1.80		Jeffrey Adjei	U17	27.12.82	Harrow	16May
1.80		James Hilston		25.2.79	Woking	5Jun
1.80	d	Obie Matthew	U20	20.12.80	Peterborough	18Sep
1.75		Tim Abeyie	U17	7.11.82	Mayesbrook Pk	6Jun
1.65		Dale Holmes	U17	23.10.82	Crawley	2May
1.65		Bernard Asante	U17	24.7.83	Mayesbrook Pk	6Jun

1.65		Chris Boateng	U15	5.5.85	Thurrock	18Jul
1.61	d	Sean Baldock		3.12.76	Crawley	11Sep
1.55		Daniel Lambert	U15	2.7.85	Crawley	2May
1.55		Twayne McPherson	U15	16.7.86	Tooting	7Aug
1.50		Brian Holmes	M40	4.4.59	Kingsmeadow	29Aug
1.45		John Druce	M45	16.4.58	Tooting	6Aug
1.42		Snowy Brooks	M50	19.8.44	Tooting	29May
1.40		Michael Peacock		7.12.72	Norman Pk	15May
1.40		Victor Orji	U15	17.3.85	Harrow	16May
1.40		Daniel Ekoku	U15		Battersea Pk	29May
1.30		Terence Tsui	U15	3.10.85	Battersea Pk	29May
1.30		James Saunders	U13	11.9.87	Tooting	3Jul
1.30		Roy Collier	U13	11.3.87	Tooting	3Jul
1.15		Peter Exley 2-cl		19.1.53	Battersea Pk	26Apr
1.10		Bob Bridges	M45	17.8.49	Portsmouth	10Jul

Long Jump

7.70		Julian Flynn (6)		3.7.72	?	?
		7.76 w			?	?
7.52		Darren Thompson (10)		6.11.79	Bedford	2Jul
7.29		Marlon Kerr (=10/=2)	U20	3.4.81	Sutton	29Aug
7.28		Du'aïne Ladejo (19)		14.2.71	Birmingham	5Jun
		7.62 3.9 d			Arles FRA	29May
6.89	1.9	Charles Igbon			Watford	19Jun
6.84		Richard Danso	U20	24.12.81	Yate	23May
		6.90 2.3			Bury St.Edmunds	10Jul
6.68	1.6	Onen Eyong	U15	18.2.85	Bury St.Edmunds	10Jul
		6.72 w			Sheffield	15 Aug
6.57	d	Sean Baldock		3.12.76	Crawley	11Sep
6.54		Tim Abeyie (16)	U17	7.11.82	Deangate	27Jun
6.51		Wesley Smith		14.2.80	Tooting	4Aug
6.14		James Tuson		7.1.81	Battersea Pk	1May
6.06		Michael Peacock		7.12.72	Tooting	6Aug
6.01		James Hilston		25.2.79	Woking	5Jun
5.98		Scott Exley		9.2.78	Welwyn	31Jul
5.76		Nigel Miller	U15		Deangate	27Jun
5.41		Marcus Alexander	U17		Harrow	16May
5.40		Dominic Shillingford	U17	16.12.83	Crawley	2May
5.49		Bernard Asante	U17	24.7.83	Deangate	27Jun
5.40	d	Obie Matthew		20.12.80	Peterborough	18Sep
5.35		Daniel Ekoku	U15		Tooting	3Jul
5.22		John Druce	M40	16.4.58	Tooting	6Aug
5.12		Dale Holmes	U17	23.10.82	Tooting	30Jun
5.10		Nigel Whorlow	U20	26.11.80	Ashford	5Jun
4.96		Chima Nsoede	U17	8.6.84	Crawley	2May
4.96		Terence Tsui	U15	3.10.85	Tooting	24Jul
4.95		Victor Orji	U15	17.3.85	Tooting	3Jul
4.91		Snowy Brooks	M50	19.8.44	Reading	10Jul
4.90		Daniel McDonald	U15	7.11.85	Deangate	27Jun
4.84		Richard Biscoe	U15	31.8.84	Battersea Pk	29May
4.81		Phillip Doorgachurn	U15	3.3.86	Kingsmeadow	9May
4.79		James Edwards	U17	8.11.82	Crawley	2May
4.45		Twayne McPherson	U15	16.7.86	Tooting	7Aug
4.44		Nathan Simpson	U15	15.9.85	Mayesbrook Pk	6Jun
4.22		G.Coney	M4?		Tooting	7Jun
4.15		Derek Brenyah	U15	1.3.88	Battersea Pk	29May
4.09		Barnaby Hodgson	U15	23.8.86	Harrow	16May
4.06		Oliver Maskell	U13	7.11.86	Harrow	16May
3.97		Ben McCarthy	U13	17.1.88	Tooting	3Jul
3.92		Bob Bridges	M45	17.8.49	Portsmouth	10Jul
3.84		Roy Collier	U13	11.3.87	Crawley	2May
3.81		Terry Lawton	M55	27.5.41	Tooting	7Jun
3.81		Matthew Ekoku	U13		Tooting	24Jul
3.70		Matthew Lambert	U13	15.9.86	Mayesbrook Pk	6Jun
3.61		Peter Exley 2-cl	M50?	19.1.53	Battersea Pk	26Apr
3.39		J.Curtis	U13		Tooting	3Jul

Triple Jump

16.41	0.3	Philips Idowu (7)		30.12.78	Loughborough	23May
14.65		Julian Flynn (40)		3.7.72	Watford	18Jul
13.78		Marlon Kerr	U20	3.4.81	Croydon	20Jun
13.65	0.1	James Tuson	U20	7.1.81	Copthall	25Sep
13.22		James Hilston		25.2.79	Woking	5Jun
13.11		Seni Mayekodunmi	U17	29.1.83	Yate	23May
12.79		Jeffrey Adjei	U17	27.12.82	Ashford	25Jul
12.73		Bernard Asante	U17	24.7.83	Thurrock	18Jul
12.23		Nigel Miller	U15		Sheffield	15Aug
11.90		John Druce	M40	16.4.58	Tooting	29May
11.10		Wesley Smith		14.2.80	Welwyn	31Jul
11.05		Andrew Arce	U17	2.11.82	Crawley	2May
10.50		Nigel Whorlow	U20	26.11.80	Ashford	5Jun
8.79		Terry Lawton	M55	27.5.41	Tooting	17May
8.64		Bob Bridges	M45	17.8.49	Portsmouth	10Jul

Track & Field Rankings 1999 - Men

Pole Vault

5.64	Mike Edwards (1)		19.19.68	Waco USA	Jul
5.40	Ben Flint (=3)	U20	16.9.78	Birmingham	25Jul
5.00	Ian Tullett (=13)		15.8.69	Birmingham	25Jul
3.60	Scott Exley		9.2.78	Dorset ?	8May
3.60	d Obie Matthew	U20	20.12.80	Peterborough	19Sep
3.10	Terry Lawton	M55	27.5.41	Tooting	19Jun
3.00	Snowy Brooks	M50	19.8.44	Tooting	29May
3.00	Marlon Kerr	U20	3.4.81	Croydon	20Jun
2.60	Maurice Joyce 2-cl	M50	29.5.44	Kingsmeadow	29Jun
2.00	Brian Holmes	M40	4.4.59	Kingsmeadow	29Aug
1.90	Alex Lambert	U17	22.12.82	Deangate	27Jun
1.50	Bob Bridges	M45	17.8.49	Norman Pk	15May

Shot Putt (7.26 kg)

16.68	Lee Newman (9)		1.5.73	Copthall	11Jul
15.95	Nick Sweeney		26.3.68	Athens GRE	29May
14.44	Scott Thompson (42/6)		10.8.81	?	?
14.12	Kevin Brown		10.9.64	Kingston JAM17-19Jun	
13.29	p Mike Small	M45	31.3.54	Deangate	28May
13.06	Du'aine Ladejo		14.2.71	Norman Pk	15May
12.41	Jon Urquhart		14.11.77	Sutcliffe Pk	26Jun
11.35	Scott Exley		9.2.78	Portsmouth	10Jul
11.04	Pat Lyttle		19.4.64	Ashford	5Jun
10.09	Obie Matthew	U20	20.12.80	Tooting	2Jun
9.96	Snowy Brooks	M50	19.8.44	Battersea Pk	1May
8.76	d Sean Baldock		3.12.76	Crawley	11Sep
8.50	John Druce	M40	16.4.58	Tooting	6Aug
8.34	Brian Holmes	M40	4.4.59	Barn Elms	19Sep
7.13	Bob Bridges	M45	17.8.49	Tooting	7Jun

Shot Putt (6.25 kg)

15.75	Scott Thompson (7)	U20	10.8.81	?	?
12.81	David Onwuballili	U17	5.12.82	Ashford	25Jul
12.75	Tim Kitney	U20	26.4.80	Ashford	25Jul
11.52	Ben Locke	U20		Yate	23May
11.40	Grant Sprigings	U17	26.11.82	Crawley	22Aug
11.10	Sumit Rai	U20	25.2.80	Tooting	20Jun
11.00	Snowy Brooks	M50	19.8.44	Tooting	29May
10.43	d Obie Matthew	U20	20.12.80	Peterborough	18Sep
8.92	Crofton Alexander	U17	7.1.84	Crawley	22Aug

Shot Putt (5kg)

13.08	Grant Sprigings	U17	26.11.82	Sutton	19Sep
12.91	Crofton Alexander	U17	7.1.84	Mayesbrook Pk	6Jun
11.91	Stephen Samuel	U17	7.9.82	Deangate	27Jun
10.64	Robert Broni	U17	13.10.83	Thurrock	18Jul
9.30	Marcus Alexander	U17		Harrow	16May
9.22	Cliff Lim	U17	23.8.84	Mayesbrook Pk	6Jun
9.03	Seni Mayekodunmi	U17	29.1.83	Harrow	16May

Shot Putt (4kg)

12.06	William Caldeira	U15	16.9.85	Croydon	12Jun
9.89	Chris Bentt	U15	16.12.83	Battersea Pk	29May
9.36	Calvin Wilson	U15		Thurrock	18Jul
9.33	Nikin Ravel	U15	20.9.85	Crawley	2May
9.26	Kymani Washington	U15		Deangate	27Jun
9.20	Philip Doorgachurn	U15	3.3.86	Tooting	24Jul

Shot Putt (3.25kg)

11.63	Raphael Oghagbon	U13	17.11.86	L.Christie Stad.	22Jun
7.73	Matthew Lambert	U13	15.9.86	Thurrock	18Jul
7.70	Roy Collier	U13	11.3.87	Kingsmeadow	9May
6.98	Filip DeFreitas	U13		Crawley	2May
6.80	James Saunders	U13	11.9.87	Tooting	24Jul
6.58	Greg Wishart	U13		Deangate	27Jun
6.29	John Hyland	U13		Battersea Pk	29May

Discus (2kg)

62.00	Nick Sweeney		26.3.68	Thurrock	1Aug
61.02	Kevin Brown (4)		10.9.64	Birmingham	5Jun
59.64	Lee Newman (6)		1.5.73	Loughborough	8Aug
54.46	Abi Ekoku (9)		13.4.66	Birmingham	24Jul
47.32	Scott Thompson (27/2)	U20	10.8.81	?	?
42.86	Mike Small	M45	31.3.54	Kingsmeadow	12May
40.84	Du'aine Ladejo		14.2.71	Welwyn	3May
37.89	Jon Urquhart		14.11.77	Sutcliffe Pk	26Jun
33.87	Pat Lyttle		19.4.64	Tooting	19Jun
33.70	Scott Exley		9.2.78	Portsmouth	10Jul
31.62	Snowy Brooks	M50	19.8.44	Battersea Pk	1May
29.35	Peter Exley 2-cl	M45	19.1.53	Tooting	17May
24.79	Brian Holmes	M40	4.4.59	Barn Elms	19Sep
24.30	Obie Matthew	U20	20.12.80	Croydon	19May
22.58	Marlon Dickson		17.11.78	Woking	5Jun
21.77	d Sean Baldock		13.12.76	Crawley	12Sep
20.63	John Druce		16.4.58	Tooting	6Aug

Discus (1.75kg)

53.45	Scott Thompson (1)	U20	10.8.81	Berlin	21Aug
41.76	DavidOnwuballili	U17	5.12.82	Ashford	25Jul
40.01	Greg Urquhart	U20	14.6.82	Ashford	12Jun
28.99	d Obie Matthew	U20	20.12.80	Peterborough	19Sep
26.70	Ben Locke	U20	22.11.81	Yate	23May

Discus (1.5kg)

44.30	David Onwubulili	U17	5.12.82	Bury St.Edmunds	9Jul
38.07	Snowy Brooks	M50	19.8.44	Tooting	17May
32.28	Crofton Alexander	U17	7.1.84	Mayesbrook Pk	6Jun
26.24	Robert Broni	U17	13.10.83	Thurrock	18Jul
22.03	Cliff Lim	U17	23.8.84	Mayesbrook Pk	6Jun
18.02	Nathan Walcott	U17		Harrow	16May

Discus (1.25kg)

30.73	William Caldeira	U15	16.9.85	Tooting	24Jul
24.09	Chris Bentt	U15	16.12.83	Battersea Pk	29May
21.57	Victor Orji	U15	17.3.85	Mayesbrook Pk	6Jun
20.62	Cliff Pyke	U15		Crawley	2May

Javelin (800gm)

75.22	Stuart Faben (6)		28.2.75	Bedford	14Aug
65.75	Tim Kitney (17/4)	U20	26.4.80	?	?
54.09	Wesley Smith		26.2.79	Sutcliffe Pk	26Jun
48.72	Scott Thompson	U20	10.8.81	Ashford	25Jul
48.70	Du'aine Ladejo		14.2.71	Enfield	8May
45.96	Mike Small	M45	31.3.54	Norman Pk	15May
43.35	Kevin Brown		10.9.64	New River	16May
42.14	Matt Douglas		26.11.76	Birmingham	31Jul
40.78	Crofton Alexander	U17	7.1.84	Copthall	25Sep
40.74	Obie Matthew	U20	20.12.80	Tooting	7Jul
39.22	Snowy Brooks	M50	19.8.44	Battersea Pk	1May
36.37	Peter Exley 2-cl	M45	19.1.53	Tooting	17May
33.39	Pat Lyttle			Battersea Pk	1May
31.18	Brian Holmes	M40	4.4.59	Kingsmeadow	29Aug
30.13	Scott Exley		9.2.78	Portsmouth	10Jul
27.87	Jon Squirrell		16.12.75	Welwyn	31Jul
27.15	Nigel Whorlow	U20	26.11.80	Ashford	5Jun
23.13	James Tuson	U20	7.1.81	Yate	23May

Javelin (700gm)

40.14	Crofton Alexander	U17	7.1.84	Thurrock	18Jul
35.65	Cliff Lim	U17	23.8.84	Harrow	16May
30.54	Nathan Walcott	U17		Harrow	16May
27.83	Stephen Samuel	U17	7.9.82	Thurrock	18Jul
26.93	Robert Hotz	U17		Mayesbrook Pk	6Jun
19.22	Dale Holmes	U17	23.10.82	Crawley	2May

Javelin (600gm)

33.93	Jamie Pyke	U15		Harrow	16May
33.47	Kymani Washington	U15		Deangate	27Jun
29.33	Chris Boateng	U15	5.5.85	Deangate	27Jun
27.83	Calvin Wilson	U15		Harrow	16May
26.34	William Caldeira	U15	16.9.85	Crawley	2May
20.95	Nathan Simpson	U15	15.9.85	Thurrock	18Jul
15.97	Courteney Hutchinson	U15	18.9.8?	Thurrock	18Jul

Javelin (400gm)

20.37	Kristian Taylor	U13	27.7.87	Kingsmeadow	8May
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Hammer (7.26 kg)

75.20	Mike Jones (1)		23.7.63	Loughborough	23May
67.69	Dave Smith (5)		2.11.74	Bedford	31May
59.42	Jon Urquhart (24)		14.11.77	Colindale I	25Apr
59.63	Phil Spivey		15.5.61	Loughborough	12May
49.42	p Mike Small	M45	31.3.54	Deangate	28May
38.29	Stuart Faben		28.2.75	Birmingham	31Jul
27.41	Bob Bridges	M45	17.8.49	Battersea Pk	1May
23.43	Crofton Alexander	U17	7.1.84	Copthall	25Sep
21.57	Snowy Brooks	M50	19.8.44	Wimbledon Pk	15May
21.20	Pat Lyttle		19.4.64	Wimbledon Pk	15May

Hammer (6.25 kg)

44.01	Scott Thompson	U20	10.8.81	Croydon	20Jun
28.14	Greg. Urquhart	U20	14.6.82	Ashford	25Jul
24.07	Crofton Alexander	U17	7.1.84	Croydon	20Jun
22.83	Sumit Rai	U20	25.2.80	Croydon	20Jun
20.85	David Onwuballili	U17	5.12.82	Ashford	25Jul
19.98	Ben Locke	U20	22.11.81	Yate	23May
15.53	Terry Lawton	M55	27.5.41	Tooting	7Jun

Hammer (5kg)

29.43	Crofton Alexander	U17	7.1.84	Deangate	27Jun
22.24	Stephen Samuel	U17	7.9.82	Deangate	27Jun
14.69	Robert Broni	U17	13.10.83	Crawley	2May

Track & Field Rankings 1999 - Men

Hammer (4kg)

24.33	Calvin Wilson	U15		Deangate	27Jun
23.56	William Caldeira	U15	16.9.85	Deangate	27Jun

Heavy Hammer (35lbs)

13.78	p Mike Small	M45	31.3.54	Deangate	28May
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Weight Pentathlon

3990	Mike Small	M45	31.3.54	Deangate	28May
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Decathlon

7478	Du'aine Ladejo (3) (details not known)		14.2.71	Arles FRA	?May
5624	Scott Exley (38) (details not known)		9.2.78	?	?
4683	Sean Baldock (11.3, 6.57, 8.76, 1.61, 48.1, 16.9, 21.77, nh,3nt,5:05.3)		3.12.76	Crawley	11-12Sep

Decathlon (Under 20 implements)

5015	Obie Matthew (12.89, 5.40, 10.43, 1.80, 56.04, 18.51, 28.99, 3.60, 31.81, 4:50.58)	U20	20.12.80	Peterborough	18-19Sep
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4x100 metres Relay

40.42	Chris Lambert Andrew Walcott John Regis Andy Tulloch	U20	8.4.81 11.1.75 13.10.66 1.4.67	Birmingham	5Jun
43.2	Under 20 Team Composition unknown			Crawley	22Aug
45.49	Andrew Arce Robert Hotz Robert Bennett Tim Abeyie	U17 U17 U17 U17	2.11.82 7.11.82	Mayesbrook Pk	6Jun
47.9	Nathan Simpson Terence Tsui Victor Orji Courtney Hutchinson	U15 U15 U15 U15	15.9.85 3.10.85 17.3.85	Mayesbrook Pk	6Jun
55.6	Elvis Rimdap Dinos Fearon Matthew Lambert Raphael Oghagbon	U13 U13 U13 U13	5.12.86 15.9.86 17.11.86	Deangate	27Jun

4x200 metres Relay

1:27.79	Marlon Dickson Darren Campbell Dave Nolan Dwain Chambers		17.11.78 12.9.73 25.7.69 5.4.78	Rennes, FRA	18Sep
1:40.2	Under 17 Team Composition unknown			Tooting	30Jun

4x400 metres Relay

3:06.63	Michael Parper 47.7 Chris Rawlinson 46.2 Dave Nolan 47.3 Sean Baldock 45.5		20.5.78 19.5.72 25.7.69 3.12.76	Athens GRE	30May
3:37.5	Rob Bennett 56.8 Leon Odiete 56.8 John Wells 52.8 Alex Lambert 51.1	U17 U20 U17 U17	28.10.?? 19.4.84 22.12.82	Croydon	20Jun
3:38.8	Dominic Hockett Joseph 57.5 Denee DeEmmony 53.6 John Wells 55.3 Alex Lambert 52.4	U17 U17 U17 U17	6.10.82 19.11.83 19.4.84 22.12.82	Deangate	27Jun
3:54.9	Ahmed Abdullah 59.9 Terence Tsui 58.6 Reece Mander 60.3 Daniel Lambert 56.1	U15 U15 U15 U15	1.1.85 3.10.85 9.10.85 2.7.85	Thurrock	18Jul

4 x 800 metres Relay

7:36.17	Dean Clark 1:55.3 Steve Baldock 1:54.1 Clive Gilby 1:54.6 Spencer Barden 1:52.2			Rennes FRA	18Sep
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Indoor Results Roundup

March 1999

13 -14 British University Indoor Champs., Kelvin Hall. 200m: 2, S.Baldock (Brunel) 21.50. 400m: 2, C.Rawlinson (Lough) 48.04. 60mH: 3, M.Douglas (Brunel) 8.24. HJ: 1, R.Aspden (Brunel) 2.10. LJ: 1, D.Thompson (St.Mary's) 7.09.

April 1999

18 SE Throwers Club competition, Crystal Palace. SP: M.Small 13.04.

January 2000

9 Haringey. 60m B: 1 M Adam 7.0. 60H: 1 N Owen 8.3.
8 -9 Birmingham, Midland Open. HJ: 4, K.Elsheikh 2.00; 5, R.Aspden 2.00. U17M SP: 2, D.Readle 15.42.
12 Crystal Palace Open. 60m: B 1, T.Abeyie 7.2; 3, B.Mensah 7.3.
15-16 Birmingham Indoor Games. 60m: 1, D.Chambers 6.71; hts N.Dawson 7.21. 200m: sf J.Regis 21.00; hts R.David 22.43. 400m: hts N.Dawson 50.0. 60mH: 6, N.Owen 8.16. HJ: 4, R.Aspden 2.05. TJ: 3, P.Meponda 14.72.
22-23 Bedford, SEAA Champs. PV: 2, I.Tullett 5.00. U15B 60m: 1, J.Ellington 7.62.
23 Kelvin Hall, Glasgow, Scottish Champs. 400m: 2, A.Walcott 49.61. PV: 1, B.Flnt 5.00.
29 -30 CGU Trials & AAA Indoor Champs., Birmingham. a=29th, b=30th. 60m: a D.Chambers dnf (sf3 1 6.64, h3 1 6.78); hts h7 2, M.Dickson 6.84; h9 6, E.Newall 7.06. 200m: b dns J.Regis (sf1 2 21.13, h4 1 21.50); dns M.Adam (sf3 2 21.02, h2 1 21.32); sh2 dns D.Chambers (h1 2 21.56); hts h6 3, M.Dickson 21.73. 400m: b dns S.Baldock (sf1 a 1 46.66, h7 1 47.93); hts a h1 3 N.Dawson 49.19; 6 A.Walcott 50.65; h2 6, N.Levy 51.15. 800m: b 5, A.McLean Foreman (U20) 1:54.44 (h2 a 3 1:52.32). 60mH: b 8, N.Owen 8.13 (h2 2 8.09); hts h3 4, N.Cooper 8.16. HJ: b 2, S.Oni 2.19 (2.04o, 2.09o, 2.14o, 2.19xo, 2.24xxx); 3, B.Challenger 2.19 (2.14o, 2.19xxo, 2.24xxx); 9, R.Aspden 2.04. LJ: b 14, D.Thompson 5.02. PV: a 1, B.Flnt 5.35 (5.00o, 5.20o, 5.30x-, 5.35xo, 5.50xxx); =6 I.Tullett 4.80; =11 M.Edwards 4.80.

February 2000

4 Wuppertal, Germany. HJ: =3 B.Challenger 2.24.
5 Cardiff. 800m: 2, T.Lerwill 1:55.14. HJ: 1, B.Reilly 2.25.
5 -6 CGU U20 AAA Champs., Birmingham. a=5th, b=6th. U20M 60m: a 3, M.Russell 6.94 (sf3 2 7.00, h2 1 7.04); sf2 1 D.Chin 6.92 (H6 2 7.09); hts h3 3 T.Abeyie 7.13. 200m: b 5, M.Russell 22.62 (sf2 3 22.33, h4 2 22.57); hts h3 3, A.Lambert 23.16; h4 3 T.Abeyie 22.81. 800m: a 2, A.McLean Foreman 1:54.81 (h3 1 1:56.48). HJ: a 3, S.Oni 2.05 (2.05xxo, 2.10xxx). LJ: a 6, R.Danso 6.63. SP: 2, S.Thompson 13.44 (x, 11.98, 13.44, x, 12.85, 13.35, 13.44). U17M 200m: b h1 4, D.De Emmony 23.94. 400m: a 5, D.De Emmony 53.67 (h1 2 52.87). LJ: a 5, O.Eyong 6.26. U15B 60m: a 2, J.Ellington 7.38 (h2 1 7.38); 6, P.Doorgachurn 7.50 (h1 3 7.55); hts h3 3 J.Regis 7.65. 200m: b 1, J.Ellington 23.18 National Record (h3 1 23.69); 5, P.Doorgachurn 24.25 (h2 1 24.00); hts h2 3 J.Regis 24.20.
9 Athina 2000, Piraeus, Greece. 60m: r3 5, D.Chambers 6.55. 200m: r2 1, D.Chambers 21.09.
11 Ghent, Belgium. 60m: 5, D.Chambers 6.55. 200m B: 2, J.Regis 21.41. HJ: =7, B.Challenger 2.15.
12 Irish Champs., Nenagh. HJ: 1, R.Reilly 2.24.
12 Crystal Palace Open. U20M SP: 1, G.Springs 12.03.
13 Gaz du France Meet, Lievin, France. 60m: 3, D.Chambers 6.58. 50m: 3, D.Chambers 5.69.
17 Stockholm. HJ: 8, B.Challenger 2.18.
18 Spala, Poland. HJ: =7 B.Reilly 2.20.
18 New England State Champs., Boston, USA. 55m: 2, M.Russell 6.52. 200m: 9, M.Russell 23.14.
19 NoEAA Indoor Champs., Wakefield. PV: 1, B.Flnt 5.00.
20 CGU Indoor Grand Prix, Birmingham. 2 miles: 8, S.Barden 8:40.44. HJ: 4, B.Challenger 2.25.
20 Surrey AA Indoor Champs. U15B SP: 1, W.Caldeira 12.54.
25 European Indoor Champs., Ghent, Belgium. HJ: q 2, B.Reilly 2.25; =14 B.Challenger 2.16.
26 Cardiff. PV: 2, B.Flnt 5.00.



Flashback

The last stride in the last race of an illustrious career. Gordon Pirie crosses the line in the Surrey Road Relay Championship of 9th September 1961, taking South London Harriers to victory. Gordon's time was a full two minutes faster than any one else on that day. Three weeks later "The People" ran a series of articles in which Pirie confessed to being paid to run, revealed that some of his opponents had resorted to drugs, and generally blew the lid off the cosy world of "amateur" athletics.

Photo from the collection owned by Clive Shippen.

Track & Field Rankings 1999 - Women

100 metres

12.4	Jennifer Culley	4.3.75	Southend	4Sep
13.1	Andrea Abrams	7.5.71	Battersea Pk	22May
13.6	Nicky Mills	22.5.73	Colchester	26Jun
13.6	Cheridawn Foster	U13 3.7.87	Welwyn	21Aug
13.7	Michelle Nestor	U15 18.2.85	Tooting	21Aug
14.0	Anna Carballo Mesa	4.10.77	Colchester	26Jun
14.1	Danielle Kandaros	U20 31.5.81	Battersea Pk	22May
14.4	Lydia Waterbury	U15	Battersea Pk	22May
14.5	C.Ruygrok	U15	Battersea Pk	29May
14.5	Diana-May Wilson	U13	Tooting	3Jul
14.8	Catherine Olawore	U13 10.1.88	Tooting	24Jul
14.8	M.Kallon	U13	Tooting	7Aug
14.9	Clare Noble	8.5.87	Battersea Pk	24Apr
15.0	Jessica Chan	U15	Battersea Pk	29May
15.0	Cressida Kinneer	U15	Battersea Pk	22May
15.0	Vicky Hassell	1.11.75	Battersea Pk	29May
15.5	Joy Ehirim	U13 31.1.88	Tooting	7Aug
15.7	Debbie Hearn	U20 1.4.82	Battersea Pk	24Apr
15.7	Lizzie Hodges	U13 12.2.88	Tooting	24Jul
15.8	Francesca Meyrick-Cole	U15	Battersea Pk	29May
16.0	Grace Brown	U	Battersea Pk	29May
16.2	Jacinta Moore	W35 12.7.58	Tooting	7Jun
16.2	Louise Collier	U13 14.2.88	Battersea Pk	29May
16.3	C.Ulrych	U	Tooting	3Jul
16.6	Cherry Brown	U13	Tooting	24Jul
17.0	Jane Searle 2-cl	W40 11.6.57	Battersea Pk	26Apr
17.1	Clarissa Hutchinson	U	Battersea Pk	29May
17.2	Charlotte Hopkins	U13 24.6.88	Tooting	3Jul
17.4	Cheryl Brown	U13	Battersea Pk	29May
17.5	Lucy Hopkins	U11 10.3.90	Battersea Pk	29May
19.1	Maureen Jones	W50 30.9.46	Tooting	7Jun
19.6	Jenny Hodges	U11 10.2.89	Tooting	24Jul

150 metres

20.4	Vicky Pincott 2-cl	27.5.78	Kingsmeadow	21Mar
21.2	Genia Marek	U15 10.5.85	Kingsmeadow	21Mar

200 metres

25.1	Jennifer Culley	4.3.75	Welwyn	21Aug
	25.0 w		Sutton	21Jul
26.4	Vicky Pincott 2-cl	27.5.78	Croydon	19May
27.0	Nicky Mills	22.5.73	Hastings	17Jul
	26.9 w		Sutton	21Jul
27.5	Cheridawn Foster	U13 3.7.87	Tooting	24Jul
28.0	Euphemia Scott 2-cl	W35 21.9.63	Stevenage	29Aug
28.4	Anna Carballo Mesa	4.10.77	Battersea Pk	22May
28.7	Genia Marek	U15 10.5.85	Battersea Pk	22May
28.7	Michelle Nestor	U15 18.2.85	Hastings	17Jul
28.7	Syreeta Stracey	5.7.78	Southend	4Sep
30.1	Jade Mortimer	U15	Battersea Pk	29May
30.0	Diana-May Wilson	U13	Tooting	24Jul
30.2	Danielle Kandaros	31.5.81	Welwyn	21Aug
30.5	Danielle Briggs	U17 28.12.82	Battersea Pk	24Apr
31.1	Louise Collier	U13 14.2.88	Tooting	3Jul
31.8	Lisa Jones	U15 14.5.86	Battersea Pk	29May
32.9	Jacinta Moore	W35 12.7.58	Tooting	5Jul
33.1	Lauren Nelson	U13	Battersea Pk	29May
39.8	Maureen Jones	W50 30.9.46	Tooting	5Jul
40.3	Nina Mills	W50 7.9.46	Tooting	17May

300 metres

41.2	Jennifer Culley	4.3.75	Kingsmeadow	21Mar
50.7	Jane Searle 2-cl	W40 11.6.57	Kingsmeadow	14Jul

400 metres

54.03	Linda Staines 2-cl (12)	W35 26.12.63	?	?
55.2	Jennifer Culley (32)	4.3.75	Hastings	17Jul
59.0	Vicky Pincott 2-cl	27.5.78	Horsham	15Aug
63.1	Nicky Mills	22.5.73	Welwyn	21Aug
64.2	Maria Joslyn	U20 30.9.80	Welwyn	21Aug
65.9	Euphemia Scott 2-cl	W35 21.9.63	Stevenage	29Aug
72.4	Catherine Eastham	10.5.71	Hastings	17Jul
73.9	Debbie Hearn	U20 1.4.82	Battersea Pk	22May
75.8	Jane Searle 2-cl	W40 11.6.57	Battersea Pk	26Apr
79.2	Jacinta Moore	W35 12.7.58	Tooting	7Jun
86.2	Nina Mills	W50 7.9.46	Tooting	7Jun

800 metres

2:29.9	Syreeta Stracey	5.7.78	Battersea Pk	22May
2:37.7	Louise Collier	U13 14.2.88	Battersea Pk	24Apr
2:40.6	Georgia Barrett	U15	Battersea Pk	22May
2:42.4	Jacinta Moore	W35 12.7.58	Tooting	5Jul
2:44.0	Cathy Eastham	10.5.71	Southend	4Sep
2:44.3	Jane Searle 2-cl	W40 11.6.57	Tooting	5Jul
2:45.8	Jade Mortimer	U15	Battersea Pk	29May
2:46.9	Tania Sturton	19.12.78	Hastings	17Jul
2:48.7	Joy Ehirim	U13 31.8.88	Welwyn	21Aug

2:49.8	S.Comley	U15	Battersea Pk	22May
2:51.1	Euphemia Scott	W35 21.9.63	Tooting	5Jul
2:53.6	Natasha Richardson	U11	Hastings	17Jul
2:54.1	Lizzie Hodges	U13 12.2.88	Tooting	24Jul
2:58.2	Katie Smith		Hastings	17Jul
3:04.6	Z.Lafferty	U15	Battersea Pk	22May
3:09.7	Grace Brown	U13	Battersea Pk	29May
3:08.1	Nina Mills	W50 7.9.46	Colchester	26Jun
3:10.5	Lisa Hladnik	U13	Battersea Pk	29May
3:12.9	Cheryl Brown	U23	Tooting	24Jul
4:41.0	Maureen Jones	W50 30.9.46	Tooting	17May

1500 metres

5:08.2	Helen Maskrey	23.9.67	Hastings	17Jul
5:17.5	Syreeta Stracey	5.7.78	Battersea Pk	5Jun
5:26.9	Tania Sturton	19.12.78	Battersea Pk	24Apr
5:49.8	Lottie Walters	U13 17.4.87	Hastings	17Jul
5:51.0	Debbie Hearn	U20 1.4.82	Southend	4Sep
5:53.5	Louise Collier	U13 14.2.88	Battersea Pk	29May
5:53.?	Jacinta Moore	W35 12.7.58	Tooting	7Jun
5:43.8	Catherine Olawore	U13 10.1.88	Tooting	3Jul
6:01.5	Lucy Woolley	U15	Battersea Pk	22May
6:16.3	Nina Mills	W50 7.9.46	Tooting	7Jun
7:11.6	Emma Redshaw	U15	Battersea Pk	29May

3000 metres

10:34.0	Helen Maskrey	23.9.67	Colchester	26Jun
11:29.1	Tania Sturton	19.12.78	Hastings	17Jul
13:14.0	Jacinta Moore	W35 12.7.58	Tooting	17May
13:28.2	Nina Mills	W50 7.9.46	Tooting	17May

5000 metres

22:54.8	Jacinta Moore	W35 12.7.58	Tooting	5Jul
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100 metres Hurdles

18.9	Danielle Kandaros	U20 31.5.81	Battersea Pk	22May
20.0	Jacqui Smiter	19.6.72	Battersea Pk	22May
20.3	Gail Richardson	21.9.68	Hastings	17Jul
23.0	Debbie Hearn	U20 1.4.82	Southend	4Sep

80 metres Hurdles

13.5	Danielle Briggs	U17 28.12.82	Battersea Pk	22May
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75 metres Hurdles

13.4	Lisa Jones	U15 14.5.86	Battersea Pk	22May
13.5	Cara Black	U15	Battersea Pk	29May
14.5	Johanna Owugha	U15?	Welwyn	21Aug
14.8	Johanna Jones	U15	Hastings	17Jul
15.6	Cheridawn Foster	U13 3.7.87	Hastings	17Jul
15.8	Sarita Maujee	U15	Battersea Pk	29May
17.3	Jessica Chan	U15	Battersea Pk	22May
18.3	Claire Noble	U13 8.5.87	Battersea Pk	24Apr

70 metres Hurdles

13.6	Cheridawn Foster	U13 3.7.87	Tooting	17Jul
16.8	Lucy Hopkins	U11 10.3.90	Tooting	24Jul
17.7	Charlotte Hopkins	U13 24.6.88	Battersea Pk	29May
18.8	Phoebe Martin	U13	Battersea Pk	29May

400 metres Hurdles

65.8	Jennifer Culley	4.3.75	Southend	4Sep
67.2	Nicky Mills	22.5.73	Colchester	26Jun
74.1	Jacqui Smiter	19.6.72	Hastings	17Jul
75.7	Euphemia Scott 2-cl	W35 21.9.63	Stevenage	29Aug
83.0	Debbie Hearn	U20 1.4.82	Southend	4Sep

High Jump

1.48	Michelle Nestor	U15 18.2.85	Southend	4Sep
1.45	Danielle Briggs	U17 28.12.82	Welwyn	21Aug
1.40	Jacqui Smiter	19.6.72	Battersea Pk	24Apr
1.40	Claudia Ruygrok	U15	Hastings	17Jul
1.30	Andrea Abrams	7.5.71	Colchester	26Jun
1.30	Catherine Olawore	U13 10.1.88	Tooting	24Jul
1.30	Johanna Owugha	U15	Welwyn	21Aug
1.25	Danielle Kandaros	U20 31.5.81	Southend	4Sep
1.20	Lisa Hladnik	U13	Battersea Pk	29May
1.15	Cara Black	U15	Battersea Pk	29May
1.00	Cherry Brown	U13	Tooting	24Jul

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Track & Field Rankings 1999 - Women

Long Jump

5.60	Andrea Abrams		7.5.71	Colchester	26Jun
4.77	Harriet Payne	U17	22.5.83	Hastings	17Jul
4.71	Danielle Briggs	U17	28.12.82	Welwyn	21Aug
4.20	Jade Mortimer	U15		Battersea Pk	29May
4.15	Lisa Jones	U15	14.5.86	Battersea Pk	22May
4.13	Syreeta Stracey		5.7.78	Southend	4Sep
4.10	Jessica Chan	U15		Battersea Pk	22May
3.99	Danielle Kandaros	U20	31.5.81	Colchester	26Jun
3.94	Lydia Waterbury	U15		Battersea Pk	22May
3.90	Johanna Jones	U15		Hastings	17Jul
3.90	Mamasu Kallon	U13?		Welwyn	21Aug
3.89	Jacqui Smiter		19.6.72	Battersea Pk	24Apr
3.89	Euphemia Scott 2-cl	W35	21.9.63	Tooting	5Jul
3.79	Lottie Walter	U15	17.4.87	Battersea Pk	22May
3.78	Natasha Richardson	U11		Battersea Pk	24Apr
3.73	Sarita Maujee	U15		Battersea Pk	29May
3.73	Diana-May Wilson	U13		Tooting	7Aug
3.72	Omolade Folami	U15?		Southend	4Sep
3.68	Louise Collier	U13	14.2.88	Colchester	26Jun
3.34	Cathy Eastham		10.5.71	Southend	4Sep
3.31	Lizzie Hodges	U13	12.2.88	Battersea Pk	22May
3.30	Cheryl Brown	U13		Colchester	26Jun
3.26	Charlotte Hopkins	U13	24.6.88	Tooting	24Jul
2.98	Maureen Jones	W50	30.9.46	Tooting	5Jul
2.60	Lucy Hopkins	U11	10.3.90	Tooting	3Jul
2.52	Jacinta Moore	W35	12.7.58	Tooting	17May

Triple Jump

9.60	Danielle Briggs	U20	28.12.82	Southend	4Sep
9.17	Jacqui Smiter		19.6.72	Colchester	26Jun
8.82	Angela Weah		24.3.72	Battersea Pk	24Apr
8.06	Cathy Eastham		10.5.71	Colchester	26Jun
5.90	Vanessa Duffy 2-cl	W45	19.6.72	Tooting	7Jun
5.26	Maureen Jones	W50	30.9.46	Tooting	7Jun

Pole Vault

1.90	Jacqui Smiter		19.6.72	Welwyn	21Aug
1.80	Maureen Jones	W50	30.9.46	Battersea Pk	24Apr
1.60	J.Lee			Battersea Pk	22May
1.10	Cathy Eastham		10.5.71	Welwyn	21Aug

Shot Putt (4kg)

10.59	Vanessa Duffy 2-cl	W45	9.3.54	Tooting	17May
9.60	Kelly Mellis	U20	4.12.79	Southend	4Sep
9.14	Vicky Hassell		1.11.75	Hastings	17Jul
7.51	Angela Weah		24.3.72	Battersea Pk	24Apr
7.22	Gail Richardson		21.9.68	Colchester	26Jun
7.19	Maureen Jones	W50	30.9.46	Tooting	5Jul
6.49	Cynthia James	W50	20.6.44	Colchester	26Jun
6.35	Danielle Kandaros	U20	31.5.81	Welwyn	21Aug

Shot (3.25kg)

8.37	Lucy Woolley	U15		Hastings	17Jul
7.31	Sarah Sheikh	U15		Battersea Pk	29May
6.81	Johanna Jones	U15		Hastings	17Jul
6.51	Mamasu Kallon	U15		Welwyn	21Aug
4.59	Natasha Richardson	U11		Battersea Pk	26Apr
4.49	Louise Collier	U13	14.2.88	Tooting	24Jul
4.39	Diana-May Wilson	U13		Tooting	24Jul

Shot (3kg)

6.35	Pat Mead	W50	12.2.45	Tooting	17May
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Shot (2.72kg)

5.99	Lauren Nelson	U13		Battersea Pk	29May
5.89	Cheridawn Foster	U13	3.7.87	Battersea Pk	29May
5.23	Diana-May Wilson	U13		Tooting	7Aug
4.39	Louise Collier	U13	14.2.88	Tooting	7Aug

Discus (1kg)

38.57	Kelly Mellis	U20	14.12.79	Southend	4Sep
33.35	Vanessa Duffy 2-cl	W45	9.3.54	Tooting	17May
27.01	Vicky Hassell		1.11.75	Southend	4Sep
22.82	Gail Richardson		21.9.68	Battersea Pk	22May
22.44	Angela Weah		24.3.72	Battersea Pk	24Apr
19.54	Lucy Woolley	U15		Southend	4Sep
18.71	Danielle Kandaros	U20	31.5.81	Colchester	26Jun
18.56	Clare Malston	U15		Hastings	17Jul
17.90	Pat Mead	W50	12.2.45	Tooting	17May
17.48	Laura McCarthy	U15		Tooting	7Aug
15.62	Francesca Meyrick-Cole	U15		Battersea Pk	29May
14.98	Johanna Owugha	U15		Welwyn	21Aug
12.95	Maureen Jones	W50	30.9.46	Tooting	29May
11.48	Catherine Olawore	U13	10.1.88	Colchester	26Jun
9.55	Clare Noble	U15		Battersea Pk	24Apr
4.42	Louise Collier	U13	14.2.88	Colchester	26Jun

Javelin (600gm)

27.89	Gail Richardson		21.9.68	Hastings	17Jul
26.59	Vicky Hassell		1.11.75	Battersea Pk	24Apr
19.69	Jacqui Smiter		19.6.72	Colchester	26Jun
18.67	Vanessa Duffy 2-cl	W45	9.3.54	Tooting	7Jun
17.43	Gemma Humphries	U15		Hastings	17Jul
13.98	Lucy Woolley	U15		Southend	4Sep
12.44	Cressida Kinnear	U15		Battersea Pk	22May
11.85	Tania Sturton		19.12.78	Welwyn	21Aug
11.78	Maureen Jones	W50	30.9.46	Battersea Pk	26Apr
10.48	Cheridawn Foster	U13	3.7.87	Southend	4Sep
6.85	Laura McCarthy	U15		Tooting	7Aug
4.80	Catherine Olawore	U15	10.1.88	Battersea Pk	24Apr

Javelin (400gm)

17.46	Maureen Jones	W50	30.9.46	Tooting	29May
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Hammer (4kg)

31.68	Kelly Mellis	U20	14.12.79	Southend	4Sep
31.39	Gail Richardson		21.9.68	Colchester	26Jun
30.63	Vicky Hassell		1.11.75	Battersea Pk	24Apr
24.30	Vanessa Duffy 2-cl	W45	9.3.54	Battersea Pk	26Apr
17.15	Maureen Jones	W50	30.9.46	Battersea Pk	26Apr
13.45	Danielle Kandaros	U20	31.5.81	Welwyn	21Aug
11.96	Cynthia James	W50	20.6.44	Colchester	26Jun

Hammer (3kg)

27.62	Maureen Jones	W50	30.9.46	Tooting	29May
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4x100 metres Relay

52.3	Danielle Briggs	U20	28.12.82	Welwyn	21Aug
	Nicky Mills		22.5.73		
	Andrea Abrams		7.5.71		
	Jennifer Culley		4.3.75		
57.4	Louise Collier	U13	14.2.88	Welwyn	21Aug
	Johanna Owugha	U15			
	Michelle Nestor	U15	18.2.85		
	Cheridawn Foster	U13	3.7.87		
58.6	Diana-May Wilson	U13		Tooting	7Aug
	Louise Collier	U13	14.2.88		
	M.Kallon	U13			
	Cheridawn Foster	U13	3.7.87		

4x400 metres Relay

4:15.6	Jennifer Culley		4.3.75	Welwyn	21Aug
	Maria Joslyn	U20	30.9.80		
	Jacqui Smiter		19.6.72		
	Nicky Mills		22.5.73		

Medley Relay

5:13.9	Veteran Team			Tooting	17May
	Composition unknown				

Footnote

Have you ever wondered where the sports shoe companies got their names? Then read on McDuff ...

Brothers Rudi and Adi Dassler were initially in partnership. When they went their separate ways Adi founded a company which bears (an abbreviation of) his name and Rudi formed Puma.

Asics is from the Latin anima sana in corpore sano: a sound mind in a sound body.

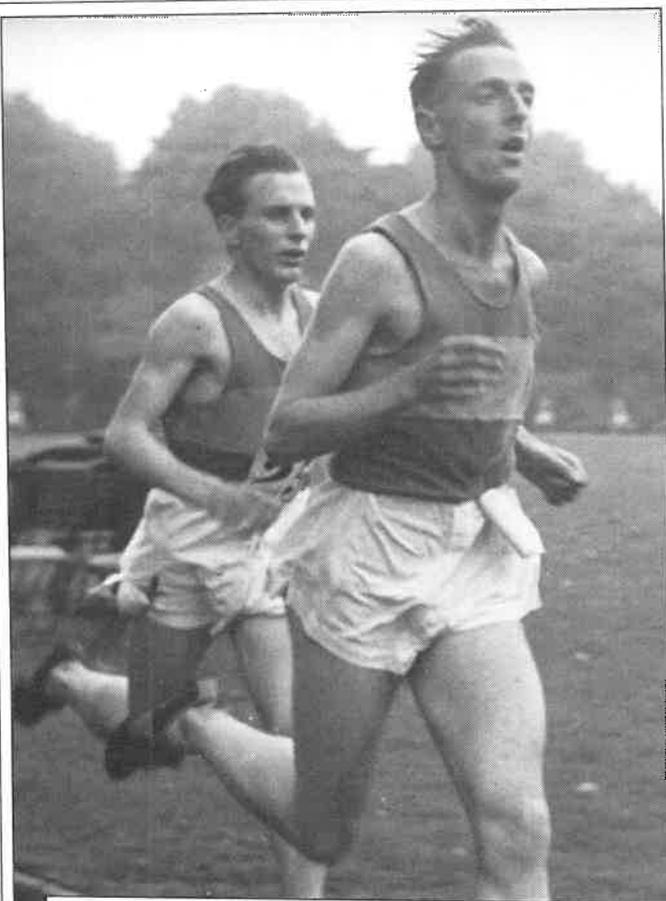
Mizuno is the family name of the company's founder, chairman and president.

Nike was the Greek goddess of victory and/or (depending upon which story you believe) was derived from the names of the Japanese financial backer of the company, Nissho-Iwai, and its founder, Ian Knight.

A reebok is a small, swift gazelle.

Saucony (which is pronounced saw-COE-nee in Britain but SOCK-on-ee in the States) is a name given to a river near where the company has its origins. It is a Native American word for "swiftly running waters".

Norman Walsh was the founder of his company.



Top left: Arthur "Boofer" Bruce leads Mike Stearman during the 3 miles Club Championship of 1951 held at Tooting. The eventual winner was Len Herbert.

Top right: Mavis cycles behind Herne Hill's Ron Clarke in a race at Walton - 1954 or 55?

Middle left: D.A.G. Pirie (SLH) leads Frank Sando (Aylesford) in the "Southern" Cross Country Champs. of 1953. Spectating (in the cap) is Mavis' father Tom Morell.

Above: Bob Taylor, Doug Briggs and George Stace during a training session at Tooting Bec track.

Left: Ladywell track, April 29th 1951. The two miles team race is easily won by the Bels. with a team of Bill Lucas (no. 31), Chas. Walker (30) and Eric Herbert (42).

