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Road & Country

South of Thames Cross Country Association Championship,
Wimbledon Common, 18 December 2004

Dewar Shield Comes Back to Belgrave



It was quite like old times: three times round our cross country course in the depths of December, just as we used to for our 7½ miles Championship (with four laps to come in January!) Back in those winter days of the '60s and '70s it was usually Gerry North heading the procession but this time our old Captain was on hand as Belgrave President and Team Manager for City of Portsmouth.

One thing that hasn't changed much in the intervening years: Gordon Biscoe is still deeply involved in setting up the course, assisted by flag man Don Anderson. As Gordon ran from his car, carrying stakes for the finish funnel and stumbling on a tussock that had him lying headlong, he had to remind himself that 50 winters have passed since he first laid out cross country courses on the Common with Arthur Whitehead.

Back to the present and on this occasion we were hosting the Championship race for the SoTCCA. It was the first time the fixture had been held before Christmas – an attempt to avoid a busy January and take up one of the dead December weekends. The result was an increased field of over 180 of whom 12 were Belgravians. On the team lists Herne Hill and Thames were surprisingly not showing full complements so it looked as if it would be SoT 5 mile winners Kent AC slugging it out with the Bels. Today's Captain, Will Cockerell, was hopeful of a good home team result – and he got it.

Five men detached themselves from the pack on lap one. Mays (Kent), our own Tim Watson and Wicks (Windsor SE&H) seemed to be making the pace but Lockett (Herne Hill) and Kebede (Hercules Wimbledon) also looked full of

running. Unfit World M40 10k Champion Mike Trees was driving the Belgrave train in the teens and twenties and a rough count showed that we were scoring 80 to Kent's 103. At this stage Mike realised that he had over-reached himself and wisely eased back to avoid a complete collapse but the remaining five miles were to be painful. In the women's race Tilly Heaton was in 4th and had her sights on 3rd but a pit stop was to put paid to any further advance.

Lap two saw veteran Knut Hegvold moving up the order with "Skip" in tow. Tom Ellacott was also making excellent progress as was Eliot Lyne but it wasn't all good news. Setting out on that third lap Tim, with a hard week of training behind him, was drifting back from the leaders and Mike, now our sixth man, was looking pretty uncomfortable. Back-up cover was also reduced as Warren Lynch, came out of the race with a bruised foot. In the face of all this, Kent's navy-blue singlets were all moving forward – a slip now and we'd lose it!

There was no slip. Kent's young star Jermain Mays had too much in hand for Dereje Kebede of Hercules Wimbledon. For the Bels, Tim Watson was a tired 5th but soon had the consolation of knowing that he headed the winning team – with the talented Knut Hegvold first veteran across the line not far behind in 7th.

Men. 1 J Mays (Kent AC) 40:13; 2 D Kebede (Herc. Wimb) 40:23; 3 P Wicks (Windsor SE&H) 40:45; 5 T Watson 41:18; 7 K Hegvold M40 42:31; 9 W Cockerell 42:37; 15; T Ellacott 43:11; 21 E Lyne 44:00; 23 M Trees M40 44:11; 67 M Kazimierski 48:52; 81 T O'Neill M50 51:09; 112 H Corbett M40 54:55; 152 finished. M40 – 1 K Hegvold

1 Belgrave (5, 7, 9, 15, 21, 23) 80; 2 Kent AC (1, 10, 14, 18, 26, 28) 97; 3 Brighton & Hove AC (11, 19, 25, 29, 39, 43) 166; 11 teams closed in. 12 to score: 1 Kent AC 400.

Women. 1 S Seal (Ranelagh) 49:46; 2 M Synott-Wells W35 (Ranelagh) 51:18; 3 B Hogwood-McNicholas (Herne Hill) 51:21; 4 M Heaton 52:13; 17 R Takayasu 63:09; 27 finished.

1 Ranelagh (1, 2, 7, 18, 19, 22) 69.

Women's Surrey CC League, Race 3,
Wimbledon Common, 15 January 2005

All set for a grandstand finish

Having lost the opening match to Ranelagh by 55 points the Belles pulled back 33 in match two. Now, on Ranelagh's home course, the lead was reduced by a mere 5 points to set up an exciting final race. Belgrave will need to beat Ranelagh by 18 points in the last league race to be certain of winning the Division One title for a second successive year - something we have never done before.

Sarah Murphy is going from strength to strength; once again she got the better of Tilly Heaton to spearhead the Belles attack. Helan Smethurst and Christine Bertram both went well and Captain "Jules" closed in the scoring five. In the youngest age-group Megan Evans showed great promise for the future by placing 3rd.

Senior Women's 5.8 km. 1 E Nelson (Epsom & E) 20:46; 2 A Lethbridge (Epsom & E) 20:56; 3 D Lee (Thames H&H) 21:07; 7 S Murphy 21:41; 13 M Heaton 22:03; 19 H Smethurst 22:32; 20 C Bertram 22:39; 24 J Clark 23:00; 27 C Foster n/s 23:03; 41 L Cooper 23:45; 44 A Walker 23:51; 85 C Eastham 26:40; 147 finished.

1 Belgrave H (7, 11, 13, 19, 20) 70 - 215 - 2nd
2 Ranelagh H (5, 10, 17, 21, 22) 75 - 198 - 1st
3 Stragglers (4, 15, 26, 28, 29) 102 - 524 5th
4 Thames H&H (3, 6, 31, 37, 47) 124 - 330 - 3rd
5 South London H (18, 30, 33, 34, 42) 157 - 387 - 4th

6 Herne Hill H (8, 12, 32, 51, 58) 161 - 684 - 8th
 7 Epsom & Ewell (1, 2, 36, 46, 87) 172 - 613 - 7th
 8 Woking AC (16, 27, 52, 54, 62) 211 - 590 - 6th
 9 Reigate Priory (14, 23, 66, 74, 78) 255 - 1025 - 15th
 10 Ranelagh H 'B' (25, 48, 50, 77, 86) 286;
 15 Belgrave H 'B' (24, 40, 43, 84, 155) 346; 35 teams closed in.

Under 15 Girls 3.58km. 1 S Cowper (Redhill & SB) 13:43; 2 Y Goater (Guildford & G) 13:47; 3 B Gardner (Dorking & MV) 14:00; 7 G Williams 14:38; 8 S Dolfe 14:38.

Under 13 Girls 3.58km. 1 H Fay (Dorking MV) 14:14; 2 J Inverdale (Kingston & P) 14:20; 3 M Evans (Belgrave) 14:21.



Knut Hegvold has been having a fine winter season, playing a key role in our teams – from the opening Surrey League match right through to the South of England Championship.

“Sweatshop” Surrey CC League, Race 3,
 Wimbledon Common, 15 January 2005

Cockerell Doodle Doo!

Our Skipper’s lost his shoe! Well that’s another one to go in the book. After a few ticks of the timekeeper’s watch our Captain’s hopes of making an impression came to nothing as he lost a shoe in the melee at the start, took nearly half a minute to replace the said item of footwear - and then unleashed the mother of all sprints to get back to the field. Starting with one’s finishing burst is not the most comfortable way to run a race!

It’s all looking sorted at the top end of the division – and as Will has said elsewhere, “Hats off to Thames”. Already pretty much assured of another Surrey League win at the halfway stage, the result of this race on the Common means they’d have to have an almighty disaster in the final outing at at Coulsdon to lose to the Bels by more than 250 points. It seems that Dulwich Runners are due to return to division two – but who will join them? The odds are that it will be the boys in blue – Ranelagh Harriers.

In spite of being beaten on our home course, it was actually a pleasing performance for the Bels. Knut Hegvold had a great

run, finishing just a second down on Hassan Raidi. Hassan has been wintering in Morocco and had been due to run the Middlesex Champs at Wormwood Scrubs but a recent knee injury caused him to change plans and turn out for the club instead. A sun-tanned Dave Anderson was running free from his Achilles tendon problems but has a long way to go to get back to his top form; nevertheless, his appearance over two laps of the Common (prior to a run back to Battersea) was very welcome and boosted our score. Mid-winter niggles for Eliot Lyne and Tom Ellacott also now seem to be behind them and one gets the feeling that come the road relays, competition for A team status is going to be hot.

As usual, very many thanks to those who marked the course, stood at far flung corners of the Common to point out the way, or manned the start and finish areas.

Senior Men’s 8 km. 1 E Robinson (Aldershot F&D) 26:12; 2 N Altmann (Thames H&H) 26:19; 3 W Malloch (Thames H&H) 26:25; 9 H Raidi 27:20; 10 K Hegvold M40 27:21; 15 David Anderson 27:39; 25 W Cockerell 28:18; 26 T Ellacott 28:37; 30 E Lyne 28:48; 31 R Alsop 28:49; 33 T Hadfield 28:51; 44 M Humphrey 29:25; 52 C Axe 29:49; 54 B Barton M40 29:52; 57 L Greatorex 30:00; 73 J Webb 30:43; 79 W Drey M40 31:00; 93 S Zealey 31:26; 95 T O’Neill M50 31:29; 100 P Carstairs M40 31:45; 109 T St Leger M40 32:05; 110 G Reid M40 32:06; 123 A Barden M40 33:06; 138 H Corbett M45 34:56; 147 L Rehn M40 36:46; 160 finished.

1 Thames H&H (2, 3, 7, 16, 17, 20, 21, 22, 23, 24) 155- 512 - 1st overall
 2 Belgrave (9, 10, 15, 25, 26, 30, 31, 33, 44, 50) 273 - 759 - 2nd
 3 Herne Hill (4, 8, 12, 18, 29, 40, 49, 66, 68, 69) 363 - 941 - 3rd
 4 Guildford & G (28, 34, 36, 42, 43, 45, 46, 47, 57, 70) 448 - 1462 - 5th
 5 South London (5, 13, 32, 48, 55, 56, 58, 59, 63, 78) 467 1322 - 4th
 6 Ranelagh (11, 19, 35, 51, 54, 64, 71, 72, 75, 76) 528 - 1763 - 8th
 7 Aldershot F&D (1, 14, 37, 39, 60, 61, 67, 79, 81, 90) 529 - 1652 - 7th
 8 Reigate Priory (6, 27, 38, 52, 53, 65, 73, 80, 82, 83) 559 - 1629 - 6th
 9 Dulwich R (41, 62, 74, 77, 84, 85, 86, 87, 88, 89) 773 - 2245 - 9th

SEAA CC Champs, Parliament Hill, 29 January 2005.

Mixed fortunes on the blasted Heath

What a jumble of feelings this day at Parliament Hill gave us. In many ways Hampstead Heath is a good venue for London’s major cross country events. Yes there’s the mud - and the hills - and the poor (almost non-existent) changing and shower facilities - and the lack of car parking; but there’s also that backdrop of the city skyline as a thousand runners surge up the hill, the convoluted course that allows spectators to watch the runners three times on every lap and, best of all, the knowledge that every step follows in the tracks of cross country “greats” going back to the beginnings of our sport.

A man looking as if he is starting to set his own everlasting mark on the course is Bedford & County’s Huw Lobb who raced away from the field on the first lap, with only Aldershot’s Frazer Thompson anywhere near him. Lobb then moved relentlessly further away to win by nearly a minute.

For Belgrave, Sarah Murphy gave some early excitement as she “went over the top” in eighth place in the senior women’s race, settled into the “twenties” and held that position to the end. Tilly Heaton continued to dominate the Plate competition by coming home in 55th - and with Sarah Gailey and the Team Manager closing in - we had a team result!

In the men’s race Hassan Raidi was prominent on the initial climb, shadowed by Mal Byansi, but it was Kevin Nash leading the Bels later in the lap, in around 25th. The spectators out on the course didn’t see Hassan again; Parliament Hill is no respecter of runners whose background training is in short supply. Nasher was also in trouble, drifting back to the forties ... and then fifties ... He swung over to the TM at halfway to enquire as to our medal hopes (there weren’t any!) and came out of the race. That troublesome hip injury that kept him out all last summer is back and we can only hope that a return to the physio’s couch will get it cleared up.

Captain Will was now our leading man - but he had his hands full in keeping an inspired John Charles at bay. Twenty-one

year-old John has spent a couple of seasons running at the tail end of our scorers but, unnoticed, had placed 18th in the recent Essex Champs and was now causing Belgrave jaws to sag. The audacity of this lad - this was a nine miler - what was he doing! In fact he was "doing" tremendously.

Knut Hegvold had started badly on the climb from the Lido but was working his way through - and John Clarke, 8th in the recent Hertfordshire Champs, was also making a solid showing. More at home on the roads John later forcefully declared that this race was "no joke".

So, we were eighth team in the end. We've had so many poor runs at "Parly Hill", often without completing a team at all, so to start twelve and finish nine men was an achievement. Will's record of leading the team home here continues, but how young John Charles impressed us. If he'd faded badly over the last lap we'd have forgiven him but as it turned out, he pushed on to the end. If he can keep improving like this we have a star in the making.

Men's 15k. 1 H Lobb (Bedford & C) 47:16; 2 F Thompson (Aldershot F&D) 48:03; 3 D Dalmedo (Bedford & C) 48:20; 79 W Cockerell 53:27; 85 J Charles 53:41; 106 K Hegvold M40 54:25; 107 J Clarke 54:25; 130 T Hadfield 55:31; 166 J Wolf 56:29; 208 W Lynch 57:50; 255 A Porteous 59:09; 682 Don Anderson 1:11:48; dnf H Raidi, M Byansi, K Nash; 830 finished

1 Bedford & County (1, 3, 8, 27, 29, 31) 99; 2 Thames H&H (7, 10, 34, 35, 36, 44) 166; 3 Aldershot F&F (2, 11, 19, 38, 61, 96) 227; 8 Belgrave H (78, 84, 105, 106, 129, 165) 667; 63 teams closed in.

Women's 8k. 1 J Bleasdale (Hillingdon) 32:53; 2 J Kelsey (Winchester) 33:06; 3 D Appleton (Havering Mayesbrook) 33:15; 24 S Murphy 35:23; 55 M Heaton 37:42; 184 S Gailey 44:06; 185 C Eastham 44:12; 307 finished.

1 Winchester AC (2, 4, 6, 16) 28; 2 Highgate H (13, 14, 18, 23) 68; 3 Shaftesbury Barnet H (15, 20, 21, 48) 104; 18 Belgrave H (24, 55, 184, 185) 448; 38 teams closed in.

Results Roundup

Indoor Track & Field

January 2005

- 8 **Harvard vs Northeastern**, Allston MA USA. 1000m: 1 A McLean Foreman 2:34.01.
- 8 **Welsh Champs**, Cardiff. W60m: 1 R King 7.62. W60mH: 1 R King 8.31.
- 8 **SEAA Champs**, Bedford. LJ: 3 A Kneller 6.13. PV: 3 C Johnston 4.30.
- 15 **Loughborough Open**, Loughborough. 60m: Series 1. 1r2 H Aikines-Ayreety U20 6.92; 3r5 L Eving-Jones 7.10; 1r6 K Sempers 7.16. Series 2. 4r1 H Aikines-Ayreety 6.87. 60mH: Series 1. 2r1 D Girdler 7.95; Series 2 3r1 D Girdler 7.91; 1r3 K Sempers 8.32. HJ: 1 K Sempers 2.06. LJ: 2 L Eving-Jones 6.97. Women. 60mH: Series 1. 3r1 R King 8.28. Series 2. 3r1 R King 8.40.
- 15-16 **SEAA Multi events**, Bedford. a=15, b=16. U20M Pentathlon: b 4 R Collier 2693 (60mH: 10.36, LJ: 5.73, SP: 10.07, 60m: 7.79, HJ: 1.74). SW Pentathlon: a 1 H Stares 3648 (LJ: 5.52, 60mH: 8.96, SP: 9.64, 60m: 7.92, HJ: 1.58).
- 15-16 **Sheffield Indoor Combined events Open**. Heptathlon: 1 W Sharman 5278 (60m: 7.10, LJ: 6.90, SP: 12.07, HJ: 2.01, 60mH: 8.16, PV: 3.80, 1000m: 2:55.14); 3 M Allen 4614 (7.19, 6.61, 15.31, 1.92, 8.74, 4.40, dnf).
- 15-16 **Scottish East Champs**, Glasgow. a=15, b=16. 400m: a 4 C Watson 51.80 (2h1 51.89). 800m: b 1 D Watson 1:55.12 (1h2 2:01.2). 1500m: a 2 G Oudney 4:04.67.
- 16 **Reims, France**. Women. F Passe-Coutrin SP: 12.06; LJ: 5.89; 60mH: 8.78
- 16 **Loughborough**. U20M SP: 1 C Gearing 17.88.
- 22 **Niswonger Foundation Inv.**, Johnson City, TN USA. W3000m: 1 C Berry 9:18.86.
- 22 **Arizona Shootout**, Flagstaff AZ USA. 35WT: 1 K Chester 20.98A. SP: 8 K Chester 12.55A.
- 22 **Jeff White Indoor International**, Cardiff. 1500m: 1 C Moss (gst) 3:45.72. LJ: 5 D O'Farrell (IRL) 6.63. PV: 6 C Johnston (gst) 4.70. SP: 1 C Gearing ENG U20 16.15.
- 22 **Women**. 60m: 6 R King (WAL) 7.68. 60mH: 2 R King (WAL) 8.30
- 22 **Central Collegiate Champs.**, Champaign IL USA. LJ: 3 D Wellstead 6.54. TJ: 4 D Wellstead 14.20.
- 22 **Air Force Inv.**, USAF Academy CO USA. W800m: 1 L Staines W40 2:13.73A (1h1 2:15.96A on 21st).
- 22 **Hustopecze CZE**. HJ: 9 B Challenger 2.15.
- 23 **DM Hall Scottish Indoor Champs**, Glasgow. 400m: 4h1 C Watson 52.31. 800m: 3 D Watson 1:53.67 (2h2 1:55.76). 1500m: 3 G Oudney 3:58.18. 60mH: 2 D Girdler 7.83 (1h2 7.88). HJ: 2 R Aspden 2.05.

- 23 **London Indoor Sprints Festival**, Haringey. 60m: Series 1. 1r5 J Regis 6.99. Series 2. 4r2 J Regis 7.22.
- 28 **Budapest HUN**. 60m: 2r2 D Chin 6.76.
- 29 **Norwich Union International**, GBR v FRA v ITA v RUS v SWE, Glasgow. 200m: 4 C Lambert 21.59.
- 29 **Midland Counties Open**, Day 1, Birmingham. SM. 60m: 6 J Ellington 6.92 (2s1 6.93, 1h8 6.96); 4h2 G Baksh 7.50; 200m: 1s3 J Ellington 21.58 (1h5 21.89). 60mH: 1 D Girdler 7.93 (1h1 7.92). HJ: 3 S Oni 2.15. LJ: 2 A Phillips 7.28. U20M. 2h1 J Regis 7.05. 200m: 2h1 J Regis 22.76. SW. 400m: 5 J Culley 57.27 (2h2 57.57). 60mH: 2h1 R King 8.81 (dns final).
- 29 **Flagstaff AZ USA**. 35WT: 1 K Chester 20.43.
- 29 **Ostrava CZE**. HJ: 15 B Challenger 2.10.
- 29 **adidas Boston Games**, Boston MA USA. 1000m: 7 N Speaight 2:23.30.
- 30 **Elan Indoor Meeting**, Bratislava SVK. 60m: 1r1 D Chin 6.75. (series 2. 3r1 6.78).
- 30 **Midland Counties Open**, Day 2, Birmingham. SM. 200m: 5h3 G Baksh 24.05. U20M. 400m: 1h1 J Hussain 49.17; 2h1 G Selway 49.53.
- 30 **Sutton & District AC Open**, Sutton Arena. SM. 60m: Series 1. 2h5 K Adjepong 7.27. Series 2. 1h1 H Aikines-Areety 2-cl U20 6.85; 1h6 K Adjepong 7.17; 3h12 L Sargeant U20 7.57; 1h16 A Abiri U20 7.60; 1h17 D Campbell U20 7.62; 3h17 M Debrah U20 7.74; 1h24 T Undre U20 7.73. HJ: 1 J Everard 1.95. LJ: 4 G Wilson 6.08 6.08. TJ: 1 F Mepandy 15.18; 5 J Everard 12.82. SP: 2 C Gearing 17.08; 4 J Everard 10.04. U20M. 1h1 H Aikines-Areety 2-cl 6.96; 1h5 L Sargeant 7.61; 2h5 A Abiri 7.75; 3h5 M Debrah 7.77; 3h8 T Undre 7.73. LJ: 4 A Abiri 6.34. M45. SP: 1 M Small 14.82. SW. 1h1 A Onuora 7.81. PV: 2 J Searle 2.40. LJ: 3 J Lally 2-cl 4.74. TJ: 2 M Nestor 10.95. U20W. 60m: 3h1 A Onuora 7.75. SP: 1 J Lally 9.47.

Road & Country

December 2004

- 19 **Ronhill Surrey Classic 10 km Series**, Horton Country Park, Ewell. 1 S Major (Newham & EB) 31:24; 2 R Ward 31:55; 9 M Webb 35:19.
- 25 **Lauriston Boxing Day Paarlauf**, Wimbledon. 1 P Drake (HW)/D Huck (WSE&H) 5m 15:49; 6 K Tadesse (Belg)/A Robinson (TH&H) 5m 10:86; 10 G Adams (Belg)/M O'Halloran (HW) 5m 46:7; 12 L Rehn (Belg) & K Donald (TH&H) 5m 10:27. Ribble Valley 10 km, Clitheroe. 1 A Sutton (Preston) 29:35 (rec); 10 T Ellacott 31:38.
- 26 **Merthyr Mawr Pudding 10k**, Merthyr Mawr. 1 M Jenkins (Bridgend) 34:30; 2 C Moss 34:35.
- 28 **George Gails Pub to Pub**, Horndean. 1 T Watson (Belgrave) 38:23 (rec).

January 2005

- 1 **New Year's Day 10km, Hyde Park**. 1 D Kebede (Herc.Wimb) 30:43; 8 M Byansi 33:22; 9 J Charles 34:01; 439 finished.
- 2 **Tadworth 10 miles, Epsom Downs**. 1 S Winder (Epsom & E) 57:20; 106 P Cross M45 1:12:37; 235 J Pritchard 1:22:38; 286 D McMillan M55 1:26:38; 339 G Collins M65 1:30:17; 416 D Davies M65 1:36:59; 512 finished.
- 8 **Kent County CC Champs., Sevenoaks. Senior Men's 11.5 km**. Spencer Barden was well on his way to victory, 15 seconds clear of Michael Coleman (Medway & M) on the last lap, when he turned an ankle and fell. He had been weaving his way through the back markers when it happened. The track was narrow, single file really, and when he stepped into the rough to squeeze past ...! Spen has won this title twice before, the last time in 1995. Happily he was able to run lightly on it the next day and by mid-week was more or less back to normal.
- 8 **Surrey County Cross Country Championships, Lloyd Park**. SM 12km. 1 D Taylor (Herne Hill M40) 41:31; 17 W Cockerell 44:46; 20 K Hegvold M40 45:09; 32 W Lynch 46:37; 183 finished; dnf A Porteous. Teams: 1 Herne Hill 83; 2 Walton 143; 3 Guildford & G 156. U17M 6.5km. 1 S Blake (Aldershot F&D) 22:58; 5 M Marshall 2-cl 24:31; 33 finished. SW 8km. 1 L Vyse (Woking) 30:37; 8 S Murphy 33:59; 10 M Heaton 34:22; 75 finished. Teams: 1 Ranelagh H 36; 2 South London 50; 3 Woking 51.
- 8 **Dorset CC Country Champs**. U15B 3.3km. 1 T Barry (Belgrave H) 11:25.
- 15 **Herts CC Champs.**, Cassiobury Park, Watford. SM 12km: 1 D Mitchinson (Newham & EB) 37:05; 8 J Clarke 40:23.
- 15 **Essex CC Champs.**, Basildon. SM 12km: 1 N Wetheridge (Basildon) 48:24; 18 J Charles 53:04.
- 15 **Great Edinburgh International CC**, Edinburgh. 4km: 1 N McCormick (Morpeth H) 12:22; 10 C Moss 12:57. 9.2km: 1 E Kipchoge (Kenya) 27:43; 30 K Tadesse 31:56.
- 15 **Hampshire League**, Reading. 1 A Vernon (Aldershot F&D) 27:43; 9 T Watson 29:11.
- 22 **Dorset Schools Champs**, King's Park, Bournemouth.

- 22 Inter Boys. 1 M Clark (Poole & E) 15:39; 4 T Barry 16:27.
VAC 5.6 miles CC, Wimbledon Common. 1 R Alsop M40 31:26;
 10 M Nouch 2nd M50 35:45; 18 H Corbett M45 38:05.
- 23 **Four Villages Half Marathon**, Helsby, Cheshire. Women. 1 A
 Pirchrtova (Czech Republic) 1:14:47; 6 L Cooper 1:24:34.
- 23 **Reebok Cross Challenge Round 6**, Bute Park, Cardiff.
 4km. 1 A MacLean (Team Southampton) 13:35; 5 S Sharp 13:42;
 7 J Blackledge 13:52.
 9km. 1 P Riley (Trafford) 30:06; 8 S Barden 30:51; 50 T Watson
 34:04.
- 30 **Scottish 4k CC Champs**, Bellahouston Pk. 1 R Russell (Central)
 12:35; 4 D Gauson 12:53.

Race Walking

December 2004

- 26 **Enfield 5 km**. 1 J.Hall (Belg) M55 25:16.
 26 **Preston Park, Brighton** 5.5 miles. 1 M.Easton (SWC) 44:22; 5
 C.Lawton M55 53:52.

January 2005

- 1 **Loughton AC Walks 10km**, Victoria Park. 1 A Goudie (Belgrave)
 51:54; 6 P King M50 59:14; 7 C Lawton M55 63:26. Teams: 1
 Belgrave H; 2 Ilford AC.
- 8 **Enfield League 5 miles**, Enfield. 1 T Jones (Hillingdon) 41:08; 2
 N Sylvester (Aldershot F&D) 42:26; 3 J Hall M55 42:44; 4 C
 Lawton M55 44:15; 15 M Noel W40 (4th women) 49:01; 19 D
 Fotheringham M65 51:36; 23 E Hall M65 53:10. Teams: 1 Ilford
 19; 2 Belgrave 22.
- 9 **Metropolitan Police Open 10km**, Imber Court. This event was
 first held in 1942 when Highgate Harriers were winners with
 Belgrave second. Doug Fotheringham first competed in the race
 in 1954!
 1 D King (Colchester) 42:26; 2 D Stone (Steyning) 42:47; 3 N
 Ball (Steyning) 44:19; 5 A Goudie 46:54; 8 T Watt 50:52; 12 C
 Lawton M55 53:34; 20 P King M50 57:26; 38 D Fotheringham
 M65 66:10. Teams: 1 Steyning 13; 2 Belgrave 34; 3 Surrey WC
 42.
- 22 **Surrey WC 10 miles**, Monk's Hill. 1 M Easton (Surrey WC)
 79:04; 3 P King M50 94:01.
- 29 **Enfield League 5 miles**, Enfield. 1 T Jones (Hillingdon); 4 J Hall
 M55 41:50; 11 C Lawton M55 45:00; 15 P King M50 46:24; 20 D
 Fotheringham M70 50:07; 27 E Hall M70 53:05. Women: 3 M
 Noel W40 48:03.

Grapevine

- Chris Moss celebrated the festive season by turning out for a 10k event on Boxing Day and running 34:35. No ordinary 10k though, this one was at Merthyr Mawr and started by going up the infamous 'Big Dipper' sand dune. "Mossy" told us about it the day after:

"It starts at the bottom of the 'Big Dipper' and then was like multi terrain for 9km, through streams and on the sand. It was good fun and like I always say about 10km XC races - they are like training runs as no one really overtakes anyone else! I won the race to the top of the sand dune (for the £20 prize) and then it was a long 9.5km to the finish! I came 2nd overall to Mark Jenkins (a bloody tri-athlete! I suppose he did go to the Olympics, but that's no excuse). Pretty tired today though, it's a long way for a sprinter!! You never know, I might get to run in the road relays this year."

Some sprinter. Chris ran 3:45 for an indoor 1500 a couple of weeks later, out-kicking Woodford Green's Matt Shone.

- Attendance at the major cross country venues is always about more than just the racing – it's a chance to meet up with friends old and new. The "Southern" at Parliament Hill was no exception.

We encountered Janine Brown who originally joined Belgrave in the mid-90s at about 13 years of age, along with a crowd of other youngsters from the Folkestone area. Janine showed great talent as a distance runner and eventually switched to her local club Ashford AC where she added strength to their winning cross country team. She took up a sports scholarship at Oklahoma State University and more success came her way. Now Janine has graduated and is back in the UK, planning to work in London. Watch out for her at *SPEED GP* meetings at Battersea. She placed 42nd in the Southern.

Paul Graham was another Belgravian from an early age, son of Mick Graham and living in Suffolk. Paul, too, moved on to

his local club, Ipswich AC, and like Janine has been part of their winning teams. Paul placed 34th on this occasion.

And yet another Belgravian – this time on the sidelines at Parliament Hill – was Fabien Bernard-Gaudin. Fabien was French national U20 Champion at steeplechase but suffered from a series of injuries that caused him to give up the sport prematurely. Now his troubles appear to be behind him and he is taking the first steps in a training programme that will hopefully bring him back into Belgrave teams.

European Clubs CC Championship ...

Ron Hill Cambuslang Harriers will go to Italy to represent the United Kingdom in the European Clubs Cross Country Championship.

... we received the following email from Bryan Smith, writing on behalf of behalf of UKA:

"I have just received a phone call from Graham Heeley on his way back home from Belfast. Last Thursday 6th January we received information from the EAA giving details of the host club for the European Clubs Cross Country championship and also stating that only one male and one female team would be accepted from the UK. An appeals committee was set up in Belfast to adjudicate on Belgrave's appeal regarding the team result of the European Clubs.

The appeals committee have decided that Ron Hill Cambuslang will be the team to represent the UK.

Sorry to have to let you know that your appeal was not successful I hope that your team will be motivated to prove themselves over the rest of the season."

Well, it wasn't so much an appeal, as an enquiry after the race on November 20th as to how they came up with the scores they did, based on the pre-race instructions - and the resulting confirmation on Monday 22nd November – "Yes, you're right, Belgrave did win."

If only UKA could have made a final decision that week then it would all have been water under the bridge by now. In fact it has taken another **seven weeks** to reach this stage and the race in Verona is next week. Whichever club was eventually chosen, it would have been difficult to engender some excitement for the coming European Clubs Race - and as it has fallen out, it is Ron Hill Cambuslang who must now get themselves into a competitive frame of mind.

We are disappointed that the final decision went against us but we do genuinely wish the Cambuslang boys the very best of luck in Italy.

Arthur Penstone 1923-2005

Life Member Arthur Penstone, who joined Belgrave Harriers in 1949 just after his 26th birthday, died on Monday 31 January after a series of health problems and finally a fall, a broken hip and pneumonia.

Arthur's love was road running and after his racing days he took over the organisation of the Belgrave '20' from Arthur Whitehead.

If there is any one man who can be said to have kept Belgrave Hall standing over the last 50 years it is surely Arthur Penstone who must have run miles of cabling throughout the Hall as he rewired, renovated and generally kept things working.

We applied and were granted a special SEAA award for Arthur in recognition of the great service he has given to what we commonly call today "grass root athletics". Sadly he was taken ill before we could organise a suitable occasion for the presentation.

At the time of writing details of the funeral are not known but will be published on the web site as soon as possible.