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Contributors in this issue: Bill Laws, Dave McMillan, Alan Mead, Pat Mead

Track & Field



Above: Neil Speaight prepares to make his move in the 'A' string 800 metres.

British Athletics League Premier Division, Match 2,
Thames Valley Athletic Centre, 5 July 2008

Bels move up

Swirling winds gusting to 5m/sec were to have a big effect on the track performances at this second Premiership match. All clubs had very different teams from the tough first match in Birmingham due to losing athletes to several clashing overseas events. Belgrave were struggling like many others and fielded a small team of just 23 athletes including three making their debuts at this level. Our hopes were not high!

Mark Allen - a revelation

However a good start saw the team leading after just three events. Mick Jones made a welcome return as the hammer led off proceedings. Mark Allen, who had spent three months earlier in the year joining William Sharman under the command of John Anderson filming Gladiators for Sky TV, had promised us good results from a truncated training regime. And what a revelation! He produced a series of throws each progressively beating his previous best ending

up with a 59.54m mark which added over 6m to his best and won the B event by 15m. Buoyed by this he moved to the discus, and got one throw in to gain third in the B event while at the same time starting the high jump and reaching a respectable 1.80m before setting his sights on the shot where a 15.45m effort was good enough to win the B event. A total of 36 points from Mark, which were to play a big part in the team, exceeding the predicted targets set by the team managers. The other two members of our throws squad also performed valiantly with Scot Thompson throwing a big season's best of 54.12m to gain fourth in the A discus, 15.92m for fourth in the A shot and 46.97m for sixth in the B javelin. Then James Everard contributed with a fifth spot in the A javelin and followed his previous match pole vault contribution with a high jump effort that gained points but again would have challenged a competent limbo dancer.

22 points from the 400 hurdles

The track started much better than Match 1. First up was the 400 hurdles. Sean Reidy, making his first appearance in Belgrave colours, ran sensibly into a huge headwind down the back straight and finished fast moving from seventh to fourth over the last three hurdles. Jean Charles Roghi then added good points with a fighting second spot in the B event. Twenty two welcome points from an event which has proved a problem over recent years. Then the 800, with Neil Speaight winning the A race, moving from last to first down the home straight. In the B event Jon Blackledge had to take the lead on lap one as the swirling wind prevented any breakaways. Even then the bell was reached in only 58 secs. Normally this would have set up the fast finishers and sure enough Jon was gobbled up down the back straight but showed a welcome improvement to his finishing speed failing to get first spot by just .04sec. More excellent points!

Quality competition

Alex Nelson of City of Manchester won the 100m in a legal time of 10.38sec and completed the double by winning the 200m in 20.49sec which is a Premiership League record, an Olympic A standard qualifying time and the fastest legal time by a Brit this year. The wind was kind to the sprinters but such was the quality of the competition that Wade Bennett-Jackson had to settle for fifth in the A 100m and sixth in the A 200m. Idi Akindele ran close to his pb's gaining seventh in the B100m and a very creditable third in B 200m. William Sharman got us back to winning ways in the A high hurdles and Louis Evling-Jones gained a valuable second place in the B highs to keep the points flowing. But then just a trickle of points came from the steeplechase where we had just one competitor and from the 5000 where James Kelly struggled with a thigh strain. The B 5000 man was James Fairbourn who was making his first appearance at this level. Unfortunately the strong field prevented him from scoring more points. At other matches his 15:42 effort would have been more richly rewarded. Early days for this young man and he will be back fitter and faster. Another first timer, Philip Burkart, joined Stephen Sharp in the 1500, which again was wind effected, but more good points were added with solid third placings in both the A and B events. Sadly the only jumps event which came up to scratch was the TJ. Adrian Phillips competed with a thigh strain in the long jump and Gary Wilson went through the motions in his less favoured event but with David Wellstead rung 22 points out

of the TJ. Cameron Johnston jumped solidly to get PV points but Louis Evling-Jones failed three attempts at his opening 4.20 height and needed to iron out some wrinkles before the following week's decathlon trials.



Above: Mark Allen was a revelation – he added over 6 metres to his best hammer throw and then went on to score heavily in shot, high jump and discus.

Scratch squad takes the sprint relay

And at the end of an afternoon where we had fluctuated from first to fifth we came to the relays where we had insufficient specialists to give hope of many points. Some wheeling and dealing combined with a little arm twisting meant we could at least start relay teams. The 4 x 100 started with sprinters Wade and Idi, decathlete Louis Evling-Jones running the bend and handing over to hurdler William Sharman. And while the hugely talented competing teams were making a hash of the early changeovers the Belgrave scratch squad looked as though they had been together for years. A series of smooth handovers meant that William was leading down the home straight chased by Daniel Plummer and Mark Findley who had earlier run 10.42 for third in the A 100. And much to his and everyone's delight William prevailed. Not by much but a win is a win and we took the 16 points which moved the team to fourth spot. The long relay squad was equally disparate, with 1500m man, Philip Burkart, joining 800m winner Neil Speaight to back up Set Osho and Ryan Thomas who had run nearly identical times in the A and B 400. Set had finished seventh in the A 400 while Ryan had finished third in the B. So we weren't expecting great things and again were pleasantly surprised with a storming fourth place in the long relay and in the match and in the League. We never fail to be surprised at the way results and league positions change from match to match. But there is one exception: Newham and Essex Beagles are clear ahead and it would take a miracle for any other team to prevent them from taking the League title this year.

100m: 5 W Bennett-Jackson 10.55/0.6; 7 I Akindele 10.93/0.5. 200m: 5 W Bennett-Jackson 21.36/0.8; 3 I Akindele 21.80w/3.0. 400m: 7 S Osho 48.76; 3 R Thomas 48.69. 800m: 1 N Speaight 1:52.25; 2 J Blackledge 1:55.16. 1500m: 3 S Sharp 3:55.39; 3 P Burkart 4:00.87. 5000m: 7 J Kelly 14:59.68; 8 J Fairbourn 15:41.90. 110mH: 1 W Sharman 13.77w/2.7; 2 L Evling-Jones 14.81w/3.2. 400mH: 4 S Reidy 54.68; 2 JC Roghi 54.19. 3000mSC: 8 D Mason 10:48.79. HJ: 8 M Allen 1.80; 6 J Everard 1.50. LJ: 8 A Phillips 6.80w/4.3; 4 G Wilson 6.57/1.1. TJ: 4 G Wilson 14.20w/3.5; 1 D Wellstead 13.96w/2.2. PV: 4

C Johnston 4.40; - L Evling-Jones nh. SP: 4 S Thompson 15.92; 1 M Allen 15.45. DT: 4 S Thompson 54.12; 3 M Allen 47.02. JT: 5 J Everard 59.18; 6 S Thompson 46.97. HT: 4 M Jones M40 61.80; 1 M Allen 59.54. 4x100m: 1 Belgrave H 41.26 (W Bennett-Jackson, I Akindele, L Evling-Jones, W Sharman). 4x400m: 4 Belgrave H 3:20.28 (P Burkart 51.4, R Thomas, N Speaight, S Osho).

1 Newham & Essex Beagles 341; 2 City of Manchester 310; 3 Woodford Green wEL 308; 4 Belgrave H 289; 5 Enfield & Haringey AC 275; 6 Birchfield H 248; 7 Shaftesbury Barnet H 221; 8 Windsor SE&H 185.

Standings after two matches: 1 Newham & Essex Beagles 16 675.5; 2 Woodford Green with Essex Ladies 13 636; 3 City of Manchester 13 621; 4 Belgrave H 8 544.5; 5 Birchfield H 8 524.5; 6 Enfield & Haringey AC 6 510; 7 Shaftesbury Barnet H 6 484.5; 8 Windsor Slough Eton & Hounslow 2 360.

UK Women's League Division Two, Match 2, Wavertree, Liverpool, 6 July 2008

Things look grim in the UKWAL

There were some great individual performances but as normal the lack of depth in our women's track and field team hindered us badly. Eight of our regular athletes made the trip to Liverpool – boosted by a ninth as team manager Cynthia James couldn't face seeing points go missing in the throws and turned out in both shot and discus.

We were 38 points up on the previous match and some of the opposing clubs also struggled to fill out their teams – but sadly it was eighth place again and the drop to division three begins to look like a certainty.

200m: 2 S Bovill 25.70/0.0. 400m: 3 S Bovill 56.21; 1 R Pile 57.78. 800: 8 V Goodwin 2:27.03. 1500m: 5 B Dagne 4:43.77; 6 V Goodwin 5:13.62. 3000m: 1 B Dagne 10:03.87. 100mH: 3 H Douglas 14.92/-2.0; 3 J Favell 16.26/-3.1. 400mH: 1 H Douglas 58.86; 2 J Favell 66.32. HJ: 6= M Nestor 1.40. LJ: 6 M Nestor 4.86. TJ: 5 M Nestor 10.49; 1 R Pile 9.70. PV: 3= S Smith 3.30. SP: 8 S Bovill 5.84; 8 C James W60 5.55. DT: 8 C James W60 15.62; 6 V Goodwin 12.92. JT: 5 J Favell 29.50; 3 H Douglas 26.15. 4x400m: 4 Belgrave 3:58.06.

1 Liverpool 185; 2 Victoria Pk City of Glasgow 175; 3 Cardiff AAC 165.5; 4 Marshall Milton Keynes 148.5; 5 Team Southampton 142; 6 Swansea H 136; 7 Havering Mayesbrook 130; 8 Belgrave H 118.

Standings after two matches: 1 Liverpool H 23; 2 Victoria Park City of Glasgow 16; 3 Marshall Milton Keynes 16; 4 Cardiff AAC 15; 5 Swansea H 14; 6 Team Southampton 12; 7 Havering Mayesbrook 9; 8 Belgrave H 3.

Birmingham, 11-13 July 2008

UK Championships & Olympic Trials

Dwain Chambers must now wait and see

After winning the 100m trial in 10.00 seconds - a stadium record - Dwain Chambers admitted that he had done all he could to qualify for Beijing. It was now a case of waiting to see whether the High Court would grant an injunction allowing him to run, if selected, pending his challenge of the British Olympic Association bylaw which bans anyone convicted of a doping offence from ever again representing Britain at the Olympics.

William Sharman placed 3rd in the sprint hurdles final, Tim Bayley was 5th in the 800m and Hannah Douglas was 7th in the 400m hurdles, not too far from her best time.

Phillips is favourite

Phillips Idowu further enhanced his position as "favourite" for the Olympic triple jump by opening his competition at Birmingham with the world's best distance for 2008 – 17.58m. With a similar seemingly effortless mark just two centimetres less in the next round, Phillips showed a confidence that has previously eluded him: "I feel like Superman. I don't think anyone can stop me. I'm bullet-proof."

Goldie Sayers led the women's javelin competition from the first round and finished with a flourish - a final throw of 62.62m. In the 5k walk 17 year-old Alex Wright placed an outstanding third in 22:58.21 to set a superb U20 Club

Record. Caught out a little by a fast early pace, Neil Speaight worked hard throughout the 1500m final getting up to fourth place at the end.

Men. 100m: b 1 D Chambers 10.00/1.6 (1s2 10.21/0.4, a 1h1 10.14/1.9; 5s1 W Bennett-Jackson 10.48/1.1 (a 3h2 10.58w/2.6); 5s3 J Ellington 10.51/0.3 (a 3h3 10.61w/2.2); a 5h4 I Akindele 10.80/0.7. 200m: b 2h2 J Ellington 21.72/0.4; 4h2 W Bennett-Jackson 21.83/0.4; 6h3 I Akindele 22.01w/2.1. 400m: a 5h4 R Thomas 49.23; 4h3 S Osho 48.84. 800m: b 5 T Bayley 1:51.43 (a 2h4 1:50.34); a 8h2 J van der Toorn 1:54.61; 3h3 G Oudney 1:51.21. 1500m: c 4 N Speaight 3:40.05 (b 2h1 3:49.25); 4h2 S Davies 3:50.03; 11h3 J Blackledge 3:51.35. 110mH: b 3 W Sharman 13.84/0.4 (1h2 13.82/1.0). 400mH: b 4h3 S Reidy 53.70. TJ: c 1 P Idowu 17.58/1.0; G Wilson 3nj. DT: c 8 B Morse 49.97; 10 S Thompson 48.66. HT: a 16 M Allen 56.05.

Women. 400m: a 6h2 S Bovill 57.43. 800m: b 4h1 M Hutchison 2:09.79. 400mH: b 7 H Douglas 58.93 (a 2h1 59.45).

News

Bels raid Norwich again

Belgravians won the men's and women's races at the Lord Mayor's City Centre Classic 5k at Norwich on 5 July. Simon Jones continued a tradition of Belgrave athletes heading the field (Paul Evans still holds the course record and Mark Miles has won here twice), while Birhan Dagne (also the course record holder) was winner of the women's race. And just to make it a truly Belgrave affair, our greatest ever road runner, Paul Evans, now also a member of City of Norwich AC, was on hand to congratulate Simon, one of our fine crop of road runners of today.

News from Coggie

Our New Zealand correspondent Paul Coughlan writes to tell us of the safe arrival of baby Ben William Coughlan, born 18 June. So belated congratulations are due to Paul and Bronwyn, now the parents of three boys. Coggie also tells us that after an eight year hiatus, he'll be back in the UK for a brief visit during October this year. Hopefully he'll be able to fit in a race - or at least a run or two over the Common.

Wicksy's back!

After a miserable period since the IAAF World Cross Country Champs., during which race Phil Wicks was affected by a knee problem, we are pleased to report that the Belgrave man is back. After a low key outing at Nonsuch Park in the relay on 3 July, he turned his attention to the JP Morgan Corporate Challenge in Battersea Park a week later. Not only did he win handsomely in a time only five seconds slower than his victory of 2007 - but his team Legal & General collected the team title and his girlfriend Emily Adams won the women's race. Then, within a week, came further progress as Phil won the Standard Chartered 5k, held on the closed-off streets of the City of London on 18 July. Al Stewart was in 8th while in the women's race Katherine Swanson was 6th.

Marty - a Dad!

Marty Dent writes from Australia to tell us that he is, "going well," although disappointed with the way the Olympic team selection worked out (they picked the person he beat in the steeplechase at the trials). However, he's back on the roads and plans to run a marathon in 3-4 months.

Kathie and Marty had a baby boy, Elye, born on 28th May. All are doing well.

He tells us that he still regularly checks the Belgrave website to see how everything is going.

Belgravians Beijing bound

While Team GB Belgravians Goldie Sayers (javelin) and Phillips Idowu (triple jump) were putting the final touches to their Olympic preparations, the Olympic Council of Ireland announced that they would be adding three further athletes who have only attained the B standard to the Irish team - and one of these was Michelle Carey (400m hurdles). David

Gillick (400m), who recently broke the Irish record with a run of 45.12, was already assured of his place.



Dwain's Olympic bid over

18 July, Law Courts. Sprinter Dwain Chambers (pictured above) today failed in his High Court bid to be able to compete in the Beijing Olympic Games next month.

Mr. Justice Colin Mackay refused to disturb the "status quo" by granting an order temporarily lifting his lifetime Olympic ban for drug taking.

The 30-year-old athlete who had sat through the hour long ruling left court without comment.

But his counsel Jonathan Crystal had told the judge that if the decision went against him it could lead to his retirement.

Lord Colin Moynihan chairman of the British Olympic Association which introduced the lifetime Olympic ban for drug taking athletes back in 1992 said after the decision: "It is a matter of regret that Dwain Chambers an athlete with such undoubted talent should by his own actions put himself out of the running to shine on the Olympic stage.

"The BOA will continue to send out a powerful message and important message that anyone found guilty of a drug offence should not have the honour to represent Team GB at the Olympic Games."

Giving his ruling in a packed courtroom the judge said: "Many people both inside and outside sport would see this bylaw as unlawful.

"In my judgment it would take a much better case than the claimant has presented to persuade me to overturn the status quo at this stage and compel his selection for the Games."

Chambers is banned under a BOA bylaw after serving a two year ban for testing positive for the designer steroid THG in 2003.

He is the fastest sprinter in Britain having recorded 10.00 secs after winning the 100 metres at the Olympic trials in Birmingham last Saturday.

His counsel Jonathan Crystal had claimed the ban was: "Firstly an unreasonable restraint of trade. Secondly it offends against competition law and thirdly it is arbitrary, capricious and irrational."

He added that the bylaw "cannot be objectively justified by the BOA as proportionate. Furthermore it promotes inconsistency and denies rehabilitation."

But David Pannick QC for the BOA argued that there was no merit in the application and he was unlikely to succeed at a full trial which had been fixed for March next year.

He said his case was "very weak" and he could not show "that sportsmen and women are significantly restrained in their trade by the bye-law which only concerns eligibility for an amateur event, which takes place once every four years and for which there is no prize money."

David McMillan

Dwain has, of course, completed his mandatory two year ban for using banned substances and is quite free to continue in the sport, representing his club and country in all events but the Olympic Games.

Welcome

To the following new members who joined us during July:

Sam Colgate, pole vault
Jade Fitzpatrick, sprints
Tom Gardner, high jump
Daniel Mulhare, middle-distance, road running, cross country
Rebecca Pile, sprints
Charles Holsgrove
Anthony Hartis, hurdles

Results Roundup

Track & Field

July 2008

- 1 **BMC Gold Standard Races, Stretford.**
Men. 800m: 1 T Bayley 1:50.35.
- 1 **Bank of Scotland Celtic Cup, Grangemouth.**
Men. 800m: 3 G Oudney (Scotland) 1:51.48.
- 1 **Tamex Cup, Bydgoszcz, Poland.**
Men. 110mH: 4 W Sharman 13.82/1.7. TJ: 1 P Idowu 17.36/1.1.
- 2 **BMC Gold Standard Races, Watford.**
Men. 800m: 2rA T Bayley 1:49.23. 1500m: 2rA S Davies 3:45.92; 1rB P Burkart 3:58.33.
Women. 1500m: 1 M Hutchison 4:31.14.
- 2 **Watford Open Meeting, Watford, 2 July 2008.**
Men. 200m: 3r7 S Osho 22.57/nwi.
- 2 **Rosenheim League Match 5, Tooting.**
Men. 100m: 2 C Minn 11.3; 5r2 B Davies 12.6. 200m: 2 C Minn 23.2. 400m: 5 Ben Davies 57.2. 800m: 3 R Norville 2:08.4. 1500m: 2 D Mason 4:18.4; 5 M Humphrey 4:26.2; 11 R Norville 4:43.8; 12 E Smith 4:44.8. 3000m: 3 W Cockerell 9:05.3. TJ: 4 D Mason 11.13. PV: 3 J Everard 2.60. SP: 2 P Mayfield 10.09; R Collier 11.75; J Everard 9.42. JT: 1 J Everard 55.27; P Mayfield 41.59. 4x200m: 3 Belgrave (D Mason, M Humphrey, R Norville, B Davies) 1:43.3.
Match positions: 1 Herne Hill H 60; 2 Belgrave H 59; 3 Hercules Wimbledon 57; 4 Croydon H 38; =5 Serpentine/Striders of Croydon 37; 7 South London H 13
Women. 400m: n/s V Goodwin 65.4. 1500m: n/s Z Vail 5:08.0; J Beecroft 6:11.9. TJ: 1 R Hatch 10.76
Match result: 1 Serpentine 31; 2 Croydon H 26; 3 Striders of Croydon 15; =4 Belgrave H/Hercules Wimbledon/South London H 7.
- 6 **Sussex Veterans Champs., Brighton.**
M50. 800m: 1 F Ward 2:19.6.
- 9 **Sefton & SEAX Trophy Meetings, Cophall Barnet.**
Men. JT: 3 M Peacock (Mdx) 36.93.
Women. 200m: 6 M Noel W40 34.6.
- 11 **Golden Gala, Rome, Italy.**
Men. 400m: 6rA D Gillick 45.52.
- 12 **BMC Regional Races, Birmingham.**
Men. 5000m: 7rB J Fairbourn 15:26.3.
- 12 **Men's Southern League Division 4 (N), Watford.**
100m: 1 M Peacock 12.1. 200m: 1 M Peacock 24.8. 400m: 3 M Humphrey 58.2. 800m: 2 R Norville 2:08.3; 1 M Humphrey 2:09.9. 1500m: 1 R Poulter 4:34.3; 1 R Norville 4:36.5. 4x100m: 3 Belgrave 53.1 (C Privett M45, R Norville, M Humphrey M Peacock). HJ: 3 M Peacock 1.30; 3 C Privett M45 1.00. LJ: 4 C Privett 4.11. TJ: 3 C Privett 6.98. SP: 1 C Privett M45 10.32; 1 M Peacock 8.91. DT: 1 C Privett 32.77; 1 M Peacock 26.55. JT: 1 M Peacock 40.83; 1 C Privett 30.29. HT: 1 C Privett 45.00; 4 M Peacock 13.57.
1 Queen's Park H 146; 2 West Suffolk/Diss 125; 3 Watford H 107; 4 Belgrave H 103; 5 Serpentine R 51; 6 London AC 8.
- 12-13 **Combined Events International, Hexham.**
Men. Decathlon: 2 L Eving-Jones 7469 (11.13/-2.3, 6.97w/2.3, 12.73, 1.86, 47.95, 14.86/-1.8, 40.39, 4.50, 50.85, 4:38.78).
- 13 **Cork City Sports, Cork, Ireland.**
Men. 1500m: 14 M Pollard 3:57.27; 3000m: 9 D Mulhare 8:04.53.
- 13 **Scottish Men's League Division Two.**
3000mSC: 1 G Hyett 9:46.67.
- 16 **Inter-Services Champs, Portsmouth.**
Men. JT: 1 T Dobbing 60.81. HT: 1 J Osazuwa 54.11.
- 17 **Trafford Grand Prix, Stretford.**
Men. 3000m: 9 P Freary M40 9:06.89.
- 17 **Watford Open Meeting, Watford.**
Men. 200m: 3r2 S Reidy 23.98/0.4.
Women. 1500m: 15r2 (mx) V Goodwin 5:25.71.
- 17 **LEAP, Loughborough.**
Men. 110mH: 4 W Sharman 13.59w/2.2 (1h2 13.71/0.4. HJ: 5 S Oni 2.10. LJ: 5 L Eving-Jones 7.23/0.6. DT: 6 B Morse 55.05.
Women. 400mH: 5 H Douglas 61.06.
- 19 **Ciudad de Barcelona, Spain.**
Men. 1500m: 15 N Speaight 3:43.05.
- 19 **Irish T&F Champs, Dublin.**
Men. 1500m: 4 D Mulhare 4:00.66 (ht 3:55.99).
- 19 **Herne Hill Open, Battersea Pk.**
Men. 200m: 4r2 M Peacock 25.01. 400m: 4r1 M Anukam 51.32; 3r3 R Norville 57.7. 1500m: 7r1 M Humphrey 4:34.92
Women. 400m: (mx) 3r4 V Goodwin 66.47. 1500m: 4r2 V Goodwin 5:19.59. SP: W55 1 V Thompson 10.08. JT: 1 V Thompson W55 24.62
- 20 **BMC Grand Prix, Stretford.**
Men. 800m: 2rC P Burkart 1:52.59. 1500m: 1rC D Gauson 3:49.16.
- 23 **Flanders Cup, Louis de Winterstadion, Belgium.**
Men. 1500m: 10 N Speaight 3:44.14; 11 J Blackledge 3:44.32. 110mH: 5 W Sharman 13.89/0.6.
- 23 **Rosenheim League Match 6, Tooting.**
Men. 100m: 4 P Walker U20 12.0; 6 n/s race 1 B Davies 12.3. 200m: 4 P Walker U20 24.2; 4r2 B Davies 25.2. 400m: 1 M Anukam U20 51.8; 2r1 J-C Roghi 52.5; 7r2 R McMillan 71.9. 800m: 1 J-C Roghi 2:05.3; 1r1 M Humphrey 2:08.6; 3r1 R Norville 2:09.2. 1500m: 5 D Mason 4:40.0. 3000m: 2 M Trees M45 8:58.6; 7 A Bodin 9:23.5; 8 L Eguia 9:27.5; 20 R Trees SW 11:45.2; 26 J Beecroft SW 12:40.0. 2000mSC: 2 D Mason 6:42.1. HJ: 1 P Mayfield 1.65. LJ: 1 D Wellstead 5.97. SP: 3 C Privett M45 10.23; n/s P Mayfield 9.99. JT: 3 P Mayfield 40.69. 4x200m: Belgrave H 1:36.4.
Match positions: 1 Hercules Wimbledon 68; 2 Belgrave H 64; 3 Herne Hill H 61; 4 Croydon H 53; 5 Striders of Croydon 41; 6 Serpentine R 33.
Final Eastern Division Standings: 1 Herne Hill H 33 (335); 2 Belgrave H 29 (313); 3 Croydon H 27 (294); 4 Serpentine 25.5 (267); 5 Hercules Wimbledon 24 (283); 6 Striders of Croydon 20.5 (246); 7 South London H 7 (113)
Women.
Match result: 1 Serpentine 30; 2 Striders of Croydon 23; 3 Herne Hill 14; 4 Croydon 7.
Final Eastern League Standings: 1 Serpentine 42 (179); 2 Striders of Croydon 32 (101.5); 3 Croydon H 27 (94.5); 4 Herne Hill H 20 (49); 5 Belgrave H 13 (31); 6 South London H 5 (14); 7 Hercules Wimbledon 4 (10).
- 25-26 **Aviva London Grand Prix, Crystal Palace.**
Men. 400m: 3 D Gillick 45.35. TJ: 1 P Idowu 17.42.
Women. JT: 2 G Sayers 63.82.
- 26 **Women's Southern League Senior Division 2, Battersea Pk.**
100m: 3 J Fitzpatrick 14.3; 3 K Morrow 14.6. 200m: 2 R Pile 26.5; 1 L Huebner 26.9. 400m: 1 R Pile 57.7; 1 V Goodwin 64.8. 800m: 1 V Goodwin 2:25.6. 100mH: 1 E Horn 17.1. LJ: 3 J Fitzpatrick 3.32. TJ: 1 R Pile 10.10; 1 V Goodwin 8.57. SP: 2 E Horn 10.33; 2 K Morton 6.70. JT: 1 E Horn 27.25; 2 L Huebner 16.06. 4x100m: 2 Belgrave 54.1 (K Morrow, L Huebner, E Horn, J Fitzpatrick). 4x400m: 4 Belgrave 4:31.3 (V Goodwin 65.1, E Horn 70.0, L Huebner 65.6, K Morrow 70.6).
1 Swindon 68; 2 Worthing 60; 3 Belgrave 56.
In Match 2. S Wellstead (Sutton) HJ: 2 1.40. SP: 2 9.74. TJ: 1 11.31. LJ: 1 5.54.
- 26 **Memorial Leon Buyle, Oordegem, Belgium.**
Men. 1500m: 16r2 J Blackledge 3:44.9; 18 N Speaight 3:48.8. 100m: 5rB J Ellington 10.61/-0.6
- 26 **London Inter-Club Challenge, Cophall Barnet.**
Men. 100m: 5r4 M Anukam nt. 200m: 2r4 M Anukam 23.17/0.9; 3r6 R Poulter M40 26.56/1.3. 400m: 4r3 R Poulter M40 58.35. 110mH: 1 W Sharman 13.71w/2.1. 400mH: 1 JC Roghi 54.47. TJ: 1 G Wilson 14.26.
Women. 100m: 1r2 S Porter 12.96/-1.5. 200m: 4r6 S Porter 27.15/1.3.
- 26-31 **European Veterans Champs, Ljubljana, Slovenia.**
M35. 100m: (26) 6s2 M Peacock 12.03/-0.4. 200m: (31) 5h1 M Peacock 24.21/1.4. 400m: (28) 7s2 M Peacock 54.14 (4h2 53.76).
- 28 **BMC Gold Standard Races, Stretford.**
Men. 800m: P Burkart 1:52.52.
- 29 **Corby Open.**
Men. HT: 2 M Allen 57.78.
- 30 **BMC Gold Standard Races, Watford.**
Men. 800m: 1rB J van der Toorn 1:52.69.
Women. 800m: 7rC V Goodwin 2:25.21.
- 30 **Watford Open.**
Men. 400m: 1r6 K McCarthy 50.99; 6 M Anukam 52.09. 3000m: 14r3 M Trees 8:52.86. BMC Gold Standard Races. 800m: 1rB J van der Toorn 1:52.69.
Women. 400m: (mx) 6 M Hutchison 57.73.

Race Walking

July 2008

- 9 **Sefton & SEAX Trophies, Copthall Barnet.**
Men. 3000m: 1 J Hall M55 15:32.8; 4 M Culshaw 18:28.9.
Women. 1 M Noel W40 19:05.2.
- 26 **London Inter-Club Challenge, Copthall Barnet.**
Men. 3000m: 1 A Wright U20 13:12.34; 3 J Hall M55 15:12.56; 4 C Lawton M60 16:11.37.
- 29 **VAC 5 miles, Battersea Pk.**
Men. 1 M Easton (Surrey WC) 38:49; 5 C Lawton M60 46:33; 6 M Scammell M50 46:52; 9 P King M55 48:33.

Road & Country

April 2008

- 20 **Flitwick 10k.**
Men. 1 O Matthews (Bedford & C) 31:57; 127 P Cross M50 42:26.
- 27 **Bracknell Half Marathon.**
Men. P Adams (St. Albans) 1:13:49; 44 P Cross M50 1:30:59.

May 2008

- 5 **Whitstable 10k.**
Men. B Royden (Medway) 33:18; 58 P Cross M50 40:34.
- 25 **Canterbury Half Marathon.**
Men. 1 A Whittingham (Altrincham) 1:17:55; 33 P Cross 1st-M50 1:33:33.
- 26 **BUPA London 10k.**
Men. 1 M Kogo (?) 28:08; 98 E Smith 40:21; 384 P Cross 44:35.

June 2008

- 4 **D-Day 10k, Portsmouth.**
Men. 1 J Baker (Chichester) 32:19; 3 T Watson 33:49.
- 5 **Great Ormond Festival of Running 5k, Battersea Pk.**
Men. 1 D Ibbotson (Jersey Spartan) 16:28; 6 I Ball 19:18.
- 7 **Ergebnis Einlauf, Neuss, Germany.**
Men. 1 E Hedrit (Germany) 14:22; 7 S Jones 14:32.
- 7 **Richmond Park 5k Time Trial.**
Men. 1 A Vandenberg (unatt) 18:05; 3 T O'Neill M55 18:33.
- 8 **Southend Half Marathon.**
Men. 1 C Coleman (Windsor SE&H) 1:11:13; 72 P Cross M50 1:30:18.
- 9 **Self Transcendence 2 miles, Battersea Park.**
Women. 1 C Imrie (Serpentine) 12:26; 3 M Evans U17 13:24.
- 9 **Mizuno Blaydon Race, 5.7 miles.**
Women. 2 B Dagne 32:05.
- 10 **TVARC Summer 5k, Hurley.**
Men. 1 M Trees M45 16:15.
- 14 **Bushy Park Time Trial 5k.**
Men. 1 J Goullis (Stragglers) 15:47; 2 M Trees M45 15:49.
- 14 **Cardiff Blackweir Park Time Trial 5k.**
Men. 1 A Friend (Cardiff) 16:06; 2 A Bodin 16:28.
- 14 **Richmond Park Time Trial 5k.**
Men. 1 J Flood (unatt) 18:28; 2 T O'Neill M55 18:31.
- 15 **He Runs She Runs Bluewater 10k.**
Men. 1 A Margessa (Ethiopia) 29:53; 3 K Tadesse 32:38; 90 P Cross M50 42:13.
Women. 1 R Gessesse (Ethiopia) 33:43; 3 B Dagne 34:32.
- 18 **Chichester Midsummer 5 miles.**
Men. 1 J Baker (Chichester) 25:34; 2 T Watson 26:44.
- 20 **Serpentine Last Friday 5k, Hyde Park.**
Men. 1 P Killingley (?) 16:05; P Marsh 3rd M55 19:10.
Women. 1 C Imrie (Serpentine) 19:04; 4 H Smethurst W40 19:37.
- 21 **Richmond Park Time Trial 5k.**
Men. 1 T O'Neill M55 18:24.
- 21 **Bushy Park Time Trial 5k.**
Men. 1 M Trees M45 16:40.
- 22 **Weald of Kent 10 miles.**
Men. 1 P Hasler (Paddock Wood) 55:52; 34 P Cross 1:10:52.
- 25 **Dulwich Runners Midsummer 5k, Dulwich Park.**
Men. 1 T Elsey (Herne Hill) 15:24; 23 W Lynch 18:14; 42 P Cross 2-M50 19:30; 56 L Rehn M45 20:05; 133 M Culshaw M40 22:46.
Women. 1 V Knight 17:54; 7 M Evans U17 20:51; 11 N Anderson U17 21:30.
- 26 **Reebok Manchester Sizzler 5k, Wythenshawe Park.**
Men. 1 T Humphries (C&S) 14:53; 5 P Freary M40 15:56.
- 28 **Richmond Park Time Trial 5k.**
Men. 1 M Holden (West 4) 18:26; 2 T O'Neill M55 18:43.
- 29 **Dysart Dash 10k, Ham.**
Men. 1 S Major (Newham & EB) 32:42; 105 P Cross M50 41:27.
- 29 **Clapham Common 10k.**
Women. H Smethurst W40 39:55.

July 2008

- 1 **Rochdale 10k, Springfield Park, Lancs.**
Men. 1 I Grime (Newham & EB) 32:32; 2 P Freary M40 33:16.
- 2 **Portsmouth Promenade 5k.**
Men. 1 J Baker (Chichester) 15:10; 3 T Watson 15:50.

- 2 **Forest Park Ladies 5k, Warrington.**
Women. 1 C Davies (Spec) 18:46; 2 L Cooper 19:14.
- 3 **Caldervale Village Supper Run 4 miles, Garstang.**
Men. 1 S Littler (Wesh) 19:34; 2 P Freary M40 20:13.
- 3 **Nonsuch Park 4 x 1.9 miles relay.**
An exciting race saw Legal & General and Belgrave sharing their runners as Tim Chidgey (Belgrave) opened up vs. Phil Wicks (L&G). Phil grabbed a large lead which L&G then held through to stage three. All the while, Epsom & Ewell were solid in second spot and threatened to steal the show in spite of the efforts of our own Lee Creatorex and Will Cockerell. Then for the final leg it was Phil Wicks (Belgrave) vs. Tim Chidgey (L&G). Showing no sign of having already run 8:29 for fastest of the day, Phil ran 8:33 to clinch a win for the Bels.
1 Belgrave H 'A' 37:14 - T Chidgey 9:33 (3), L Creatorex 9:35 (3), W Cockerell 9:33 (3), P Wicks (1) 8:33; 2 Epsom & Ewell H 37:27 - 9:35, 9:19, W Clarke 9:07, P Sanger 9:26; 3 Legal & General 38:12 - P Wicks 8:29 (1), A Roberts (1) 9:59, S Major (1) 9:21, T Chidgey (3) 10:23; Belgrave H 'B' - D McMillan M60 13:00; D Cockerell SW 10:40, D Anderson M50 12:42; W Cockerell.
- 5 **Lord Mayor's City Centre 5k, Norwich.**
Men. 1 S Jones 15:02.
Women. 1 B Dagne 17:02.
- 5 **Richmond Park Time Trial 5k.**
Men. 1 S Bush (SW unatt) 17:26; 5 T O'Neill M55 18:20.
- 5 **Bushy Park Time Trial 5k.**
Men. 1 M Trees M45 16:12; 2 W Cockerell 16:15.
- 6 **Gold Coast Half Marathon, Queensland, Australia.**
Men. 1 M Shelley (?) 62:27; 3 M Dent 63:55.
- 6 **Asics British 10k, London.**
Men. 1 S Baldini (Italy) 30:06; 6 K Tadesse 32:34; 30 D Mason 35:54.
- 6 **Tadley Runners Summer 10k.**
Men. 1 D McCarthy (Aldershot) 32:30; 32 P Cross M50 41:02 (3rd in Southern Area Post Office Champs, held in conjunction, 1st M50).
- 8 **Swansea Bay 5k, Swansea.**
Men. 1 S Jones 15:09.
- 9 **Reigate Priory Summer 10k.**
Men. 1 T Elsey (Herne Hill) 33:50; 47 P Cross M50 42:52.
- 10 **Reebok Manchester Sizzler 5k, Wythenshawe Park.**
Men. 1 J Martin (Sun R) 14:55; 3 P Freary M40 15:34.
- 10 **JP Morgan Chase Corporate Challenge, Battersea Park.**
Men. 1 P Wicks 16:16.
- 12 **Bushy Park 5k Time Trial.**
Men. 1 J Trapmore (Shaftesbury B) 15:32; 3 W Cockerell 16:17.
- 12 **Richmond Park 5k Time Trial.**
Men. 1 T O'Neill M55 18:18.
- 12 **Wimbledon Common 5k Time Trial.**
Men. 1 J Savage (?) 16:36; 23 H Corbett M50 21:11.
- 13 **Felstead 10k.**
Men. 1 B Powell (Woodford Gn) 32:08; 64 P Cross M50 40:46.
- 14 **Sri Chinmoy 2 miles, Battersea Park.**
Men. 1 T Docanto 10:14; 4 M Humphrey 10:54.
- 15 **TVARC Summer 5k, Windsor.**
Men. 1 M Trees M45 16:48.
- 17 **Standard Chartered 5k, London.**
Men. 1 P Wicks 14:18; 8 A Stewart 15:58.
Women. 1 D Luna (JP Morgan) 18:21; 6 K Swanson 19:23.
- 19 **Bushy Park 5k Time Trial.**
Men. 1 O Laws (Newham & EB) 15:32; 2 M Trees M40 16:10; 10 T O'Neill M55 18:12.
- 19 **Wimbledon Common 5k Time Trial.**
Men. 1 D Symonds (Runnymede R) 17:08; 7 G Adams M40 19:18.
- 20 **BUPA Great Capital Run 10k.**
Men. 1 M Kigh (Kenya) 28:42; 20 H Raidi 35:01.
- 20 **Elmbridge 10k.**
Men. 1 K Tadesse 32:19; 171 L Rehn 42:34.
- 21 **Self Transcendence 1 mile, Battersea Park.**
Women. 1 O Balme (Dulwich) 5:49; 3 M Evans U17 5:56.
- 26 **Self Transcendence 10k, Battersea Pk.**
Men. 1 G Saqui (Highgate) 33:09; 2 H Raidi 33:47.
- 26 **Wimbledon Common Time Trial 5k.**
Men. 1 M Gaunt (Serpentine) 16:42; 21 P Cross M50 20:34.
- 26 **Bushy Park Time Trial 5k.**
Men. 1 D Norman (Altrincham) 15:46; 17 T O'Neill M55 18:17; 33 B Barton 19:19.
- 27 **Tenby 10k.**
Men. 1 J Chaston 32:36; 2 M Chaston M40 34:47.
- 27 **Down Tow Up Flow Thames Towpath Half Marathon.**
Men. 1 M Bradfield (unatt) 1:25:27; 14 P Cross M50 1:38:31.
- 27 **BUPA Great Wales 10k, Cardiff.**
Men. 1 E Wendimu (Kenya) 27:45; 22 S Jones 30:37.
- 29 **Serpentine Last Friday 5k, Hyde Pk.**
Women. 83 M Noel W40 21:28.