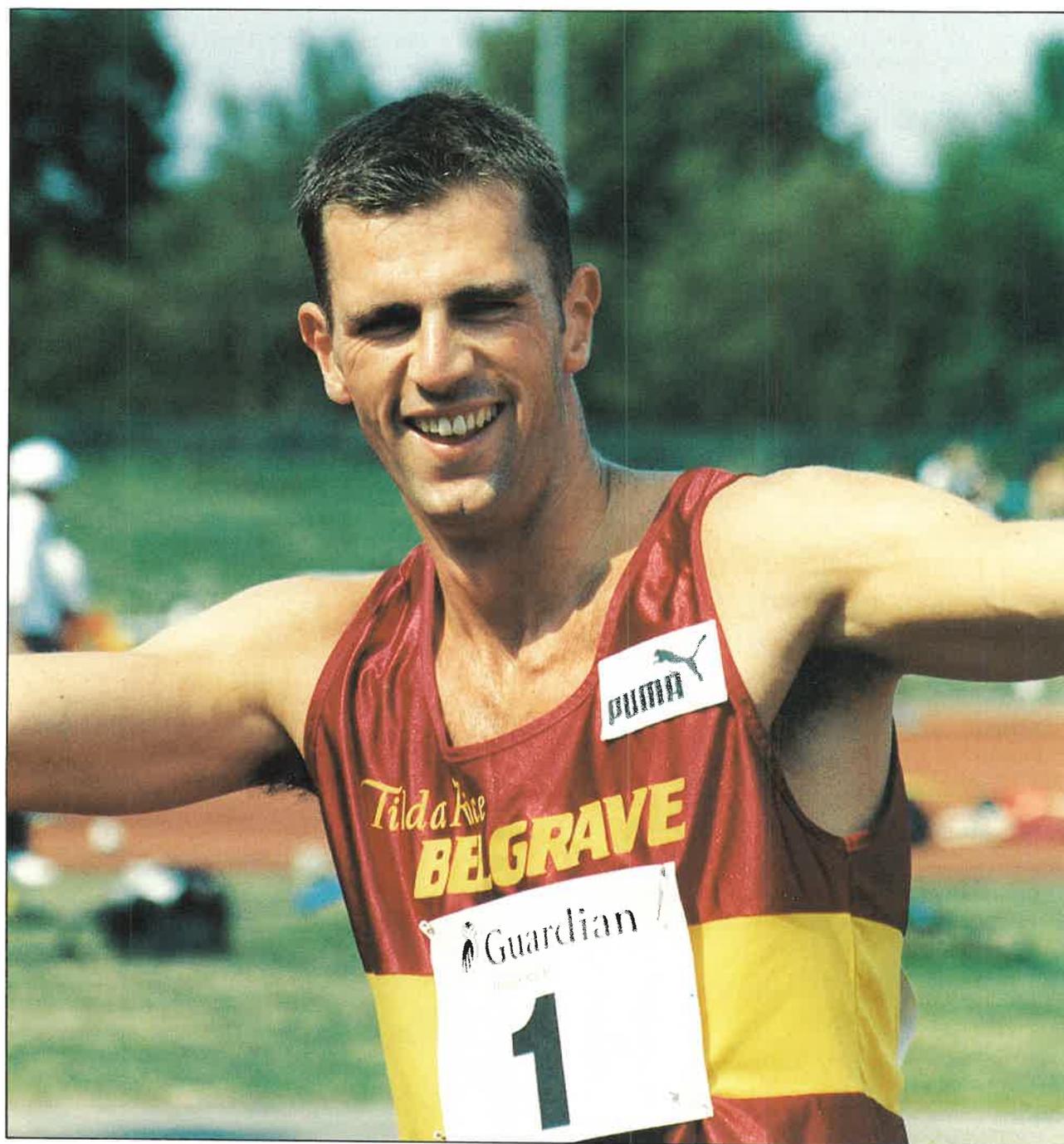


November 1995

The **Belgravian**



The official gazette of Belgrave Harriers

Number 223

OUR WINDOW ON THE PAST

Clive Shippen has been making great strides in his task of mounting, dating and annotating Belgrave memorabilia. Old photographs in particular enable us to step back through the years to join Belgravians now long gone and to follow the progress of the club from its early days in 1887 to the present time.

There are some surprising gaps to be filled, however. If you have any items stored away - programmes, photographs, etc. - please contact Clive who will be able to advise on whether the material will compliment that already held and will arrange for copying as necessary.

In particular Clive is keen to ensure that no material whatsoever is irrevocably lost. If you can arrange for items to be passed on to the Club one day then you will be doing your bit towards recording our history.

Please 'phone Clive now to talk about it. His telephone number is 0181-660 0480.

SITUATIONS VACANT

Auditors. Our two Honorary Auditors Ray Conway and Ken Miller have served the Club loyally for many years and feel that it is time to ease someone else into their shoes. Ray officially retired from the position in September and as he enjoys a little hard earned rest, we wholeheartedly thank them both for their endeavours on behalf of the Club.

Do you have the financial skills to assist the Club as an Auditor? The position would suit a young (or not so young) accountant making his way in the world and looking for experience. Apply now to the Hon. Secretary of Belgrave Harriers, Charles Henn (0181-940-9449) or to the Hon. Treasurer, Derek Manning (01342-312930).

What's on at Belgrave Hall this Winter

Fri. 3rd November Unveiling of Tom Carter's portrait
 Sat. 4th November Quiz Night with John Wasbrough
 Sat. 2nd December Darts Champs. for the "Denmark Pot" 8.00pm
 Sat. 16th December Christmas Disco (Tickets £3.50)
 Mon. 1st January Family Wombles of Wimbledon Walk
 Meet at Belgrave Hall at 10:30am
 Thu. 25th January Burns Night Supper (Tickets £7.50)
 With one of London's top pipers
 Sat. 10th February Valentine Disco (Tickets £3.50)
 Sat. 23rd February Music Quiz

To be confirmed:

March Quiz Night with John Wasbrough
 April or May Barn Dance

Tickets or more information about the above from Derek Manning (01342-312930), Jackie Stone, Chris Taplin or Alan Black



Belgrave Harriers Club Kit

✦ Tracksuits

In Tactel lined with Poly-Cotton

Sizes S, M, L, XL £59.00

✦ Belgrave Racing Strip (Men)

Complete (singlet and shorts) £15.00

Singlet (most sizes) £8.50

Shorts (most sizes) £7.50

✦ Also

Belgrave Sweatshirts £15.00

Belgrave Golf Umbrellas £15.00

Belgrave Car Stickers £1.25

Belgrave Cloth Badges £1.25

Belgrave Metal Car Badges £5.00

New Design Club Ties £6.00

Belgrave "College" Scarves £14.00

Belgrave Bow Ties £7.50

All the above are available from:

Ted Pallant, 83 Northwood Avenue, Knaphill, Woking, Surrey GU21 2ES. Telephone: 01483 488406

Add 50p for post and packing except for tracksuits and umbrellas (ask for P&P price).

✦ Belgrave Racing Strip (Women)

Complete (singlet and shorts) £15.00

Singlet (most sizes) £8.50

Shorts (most sizes) £7.50

These are available from Jacqui Smiter:

243 Frensham Drive, Putney Vale, London SW15 3EE. Telephone: 0181-789 4396.

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



Photographers Jeremy Hemming (0181-874 1645), Alan Mead (0181-224 2657) and Ray O'Donoghue (0181-337 8701) whose work appears in this issue will be pleased to supply you with copies of their pictures. Phone them for prices.

CASH PRIZES

Forget the National Lottery. With the Belgrave Harriers '200' Club for a £1 per month stake you have a 40 to 1 chance of winning something between £50 and £5 every month with an additional £100 prize available in June and December. The scheme has been in existence for 12 years now and prize money paid out in 1994 totalled £1,180. Phone Bill Couzens 0181-394 1410 for details.



The Belgravian

Number 223

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Tilda Rice must be pleased

Have we ever seen, in all our 108 year history, such a successful summer; the result of extremely hard work by our team managers, officials, coaches, organising committees - and of course our athletes.

Our Guardian Insurance British Athletic League Team again captured the Division One title and have earned themselves a trip to Turkey next year to represent Britain in the European Clubs' Cup. The Guardian Insurance Gold Cup just slipped from our grasp in the last event of the last match of the season but otherwise was another successful campaign by our first team. The Junior Men were unbeaten and have been promoted to Division Two (South Thames) of the National Junior League while our younger athletes romped away with their division of the McDonald's National Young Athletes League and have bounced straight back to the Southern Premier Division. The Mid-Weekers annexed the Eastern Division of the Rosenheim League and then resoundingly won the final. Our Men's Veteran Team were also unbeaten in every one of their Mid-London Division matches and they too were Champions in the high standard South of England final in only their third year of existence as a track & field team.

Concentrating on each of the foregoing leagues has, however, proved to be to the detriment of our Men's Southern League teams where athletes have been pulled out to support the BAL outfit and we have avoided making up the numbers with youngsters due to compete on the same weekend in the age-group leagues. Recent recruitment levels indicate that this should be less of a problem next year but

we really do need two or three times the number of middle and longer distance runners than we can currently boast.

The Women's Southern League team showed signs early on in the year that promotion could be gained by them as well. A poor turn-out then put paid to those hopes but nevertheless they have held steady in the upper reaches of their division. Next year we will be entering a girls' team in the National Young Athletes League for the first time ever and if the team achieves anything like the momentum that the boy's team has then our Senior Women's teams are going to look a lot stronger in the years ahead.

The Race Walking scene also seems to be picking up. From nowhere, thanks to a little talent and a lot of enthusiasm, we now seem to have one of the most thriving young walking teams in the country.

Our sponsors, Tilda Rice, must be pleased with the partnership that they have entered.

Coaching in schools

Thanks to the support of Tilda Rice Ltd. there has been great activity on our part in encouraging young people to take up the sport of athletics. On a regular basis we send coaches into the schools during the day to give expert advice on training and competition. Our aim is to give young people the chance to sample our sport, to help them into it gently by assisting them with their training and for those who do take to it, encouraging them to join an athletics club. You won't be surprised to know, of course, that the club we hope

continued on page 4 ...

Patron: Sir Eddie Kukukundis, O.B.E.

President: Snowy Brooks

Hon. General Secretary: Charles Henn, 23 Breamwater Gardens, Ham, Richmond, Surrey TW10 7SF. ☎ 0181-940 9449.

Hon. Treasurer: Derek Manning, 1 Bourg de Peage Avre, East Grinstead, West Sussex RH19 3YD. ☎ 01342-312930.

Hon. Membership Secretary: Carl Lawton, 50 Bramblewood Close, Carshalton, Surrey SM5 1PG. ☎ 0181-669 0971.

Hon. Editors of The Belgravian: Alan Mead, 29 Kingston Road, Ewell, Surrey KT17 2EG. ☎ 0181-224 2657 and Charles Dickinson, 20 Broadhinton Road, Clapham, London SW4 0LU. ☎ 0171-720 1062.

Front page: Neil Owen has every right to look pleased with himself. As our new Club Record holder for the 110 metre hurdles with 13.60, set when running to 2nd in the IAAF Grand Prix II event at Helsinki in June, he removed no less a name from our record books than that of Jon Ridgeon. The A.A.A. Championship Title also came his way with 13.63, he was selected to represent the United Kingdom in the World Championships and all told he cracked the 14 second barrier a dozen times compared with the previous season's twice. This and all other photos by Alan Mead unless otherwise stated.

they will join is Belgrave Harriers but what you *will* be surprised with is the fact that we do also send youngsters in the direction of other clubs where that club is more suitable.

How do we manage to find coaches to do this work for us? The answer is "With great difficulty". We do pay their expenses for this day-time school work which particularly helps those who have to give up the chance of earning a living at these times but we can only do this for qualified coaches - and we desperately need more qualified coaches!

If you have time that you can make available during the day and would like to become involved in this very worthwhile work then get in touch with our Coaching Secretary (address in Club Fixture Card) or any other Club official and we will organise things for you. If you are not qualified we will even arrange for you to attend the relevant coaching courses and pay the fees involved as well. Incidentally, we do not pay anyone for coaching, or carrying out any other Club work for that matter, when it takes place during the evenings or at other normal training times.

Putting some sparkle back

We mentioned our shortage of middle and longer distance runners, and now that we are entering the winter season you may rest assured that we are doing all we can to nurse this side of our activities back into good health. What we must realise, though, is that while on paper we have some of the strongest runners in the country, individually they operate at such a high level, actually making their living through the sport, that we can hardly expect them to support our teams and give up the chance of earning money on anything more than an occasional basis. Of course we will be trying to get them all together whenever we can but we really do need to put some sparkle back into the middle order men. The more we can build up our packs of runners the more chance there is that from these groups will spring the talent that we need. It might take some time: two, three, maybe five seasons or more, but as long as the progression is there we can take comfort in the knowledge that we will eventually succeed.

We now have a group of "engine-room" men training together on Saturday afternoons (races permitting) and they leave Belgrave Hall at 2pm sharp. Sunday morning runs start at 10.30am, also from the Hall and on Tuesdays we are attempting to build up a crowd who will set out on the roads at 6.30pm. For those who prefer to run on grass we have a group training from Tooting Track (using the commons) on Tuesdays and Battersea Track (running in the park or monthly 'Bridges' time trials) on Thursdays (both also at 6.30pm).

Au revoir Clive

Can it really be possible that we are about to say "au revoir" to Clive Shippen as he and Elizabeth make plans for a new life with their sons and grandchildren in Australia. Such high standards have been set by Clive in all that he has done for our Club that it has affected every single person who has followed in his footsteps.

When he and Malcolm Robinson collaborated as Editors of *The Belgravian* in 1959 we saw the first issue bearing a front page photograph and two years later the cover became an eye-catching gold with claret titling. The most meticulous of workers, Clive has spent years masterminding the results of our major races and much of the excitement of the Southern Road Relay was due to the barrage of stage rankings and results appearing at the finish barely before the runners had caught their breath. Someone required as Meeting Organiser for a home British League Match? That person had to be Clive with his ability to ensure that every little wrinkle in the organisation was smoothed away. Our archives are bulging with information - 19th and 20th century photographs, cuttings, results, scrap books, maps - all so beautifully organised and researched. No man could have done this like Clive. And how fitting that during his time as Secretary of our External Relations Management Committee, when we had discussed and responded in writing to Professor Peter Radford's Consultation Document *Athletics 21*, that we received a letter from the Executive Chairman of the B.A.F. stating, "... if only all the comments I received were as constructive as yours ...".

No doubt we will continue to hear from Clive and no doubt, also, we will read more of his contributions towards our Club's healthy state of affairs but in the meantime, Clive and Elizabeth, "Bon Voyage".

FROM THE BELGRAVIAN

25 years ago

.... June/September 1970

OUR sincere congratulations go to Les Cohen on becoming President of the Southern Counties A.A.A. - an honour he deserves more than any other man in Athletics. The responsibility he assumes, the work he does, the wires he pulls in the service of our Sport have become a tradition and a legend; and we all hope he will long continue serving and enriching Athletics at all levels.

WE CONGRATULATE also Bill Lucas on becoming President of the Surrey Co. A.A.A. - again an honour well deserved; and we wish him every success in his year of office. Incidentally, Bill is the first Belgrave man to become a Surrey President - which is just a little surprising for we have been members since the Association's inception.

CADOGAN A.C., under whose name and colours many Belgravians served in Middlesex County events over a period of nearly 40 years, is no more. A recent change in A.A.A. Laws permits clubs such as ours to affiliate to more than one County Association (with permission); and so Belgrave has affiliated to Middlesex County A.A.A., as well of course continuing in affiliation with Surrey County A.A.A.

THE POLYTECHNIC MARATHON, the premier marathon of the year, (run from Windsor Castle to Chiswick) was held in a heat wave. Lionel Mann was forced to retire when well placed and it was left to Trevor Hart to spearhead the team. This Trevor did in magnificent fashion. Running a well judged race, and refusing to be drawn out by the leading bunch, he led our team home with a new Belgrave record, knocking 2mins. 10 secs. off the time set by Barry Sawyer in 1963.

Result: 20, T.Hart 2:25:58 (Club record); 70, C.Shippen 2:41:20; 71, P.O'Connor 2:41:30; 104, B.Joines 2:53:57; 114, A.Brien 2:58:04. (G.I.B)

and, 50 years ago

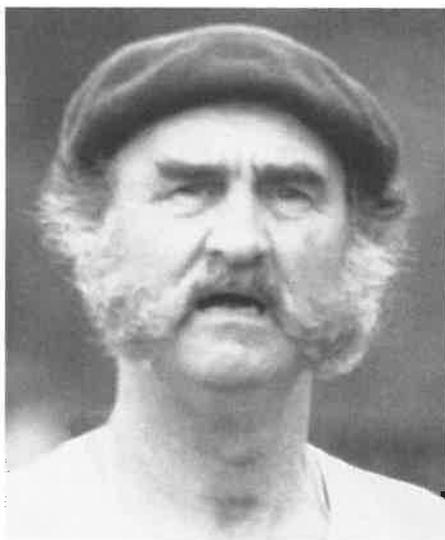
.... November 1945

SINCE the last issue events have moved quickly. The sudden ending of hostilities in the Far East has brought Peace to the World again. A number of our members have already been demobilised and many others hope to return to civilian life soon. We extend a hearty welcome to those who have been away from us and wish them the best of luck in the battles ahead for places in our teams. The Committee has decided that the Club shall return to its full pre-war programme, and a glance at the Fixture List will show that there is a busy season ahead.

At the outbreak of war we occupied a position which had never before been attained by any club. We were National Road Walking Champions (20 miles) and English Cross-Country Champions (10 miles). We also won the R.W.A. National "Junior" (qualification basis) Ten Miles Championship, whilst our runners had been placed in the Southern, and the London-Brighton Relay. Of our best individual performances, Harry Churcher was our brightest star. A.A.A. Champion at Two and Seven Miles, Inter-Counties Road Walking and Track Champion, unbeaten in Open Road Walks for two seasons. Ted Stimpson and Arthur Penny represented England in the International Cross-Country Race. Tom Carter was Southern Six Miles Track Champion, he also held the Surrey Title, and was fourth in the A.A.A. Ten Miles Championship. Eddie Pack was Southern and Inter-Counties 440 yards Champion, and runner-up in the A.A.A. title. Charlie Melchior was second in the Southern and third in the A.A.A. Javelin Throw. Joe Coleman was third in the A.A.A. Seven Miles and third in the Southern Two Miles Walk. Stan Botwright was third in the Southern Furlong. Many other members gained A.A.A. and Southern Standards, and won honours in County Races.

During the war our runners, walkers and field events men have striven hard to uphold the high position held by the Club, and we can say that no other club maintained such a high all-round level of performance. We can feel justly proud of our war-time record.

Officials - where would we
be without them ?



JOHNNY MORRIS is one of those stalwarts who turn out to help us by officiating at Track & Field Meetings whenever he gets the chance but he got more than he bargained for at the Rosenheim Meeting at Tooting Bec on June 14th. Judging the Pole Vault, with our members Jamie Webb, Susie Drummie and Julia Cockram taking part, he stepped onto the runway behind Jamie to catch the pole as it fell back. Unfortunately Jamie's progression skywards was interrupted by the cross bar and as athlete, bar and pole descended at once, Johnny got caught a nasty whack across the nose by the bar.

Sporting a pair of black eyes at the Thameside League a couple of days later he recounted the tale: "I'll give the buggers their due, though," he added, "at least none of them laughed."



Elected a Life Member last year, REX BALE competes regularly in veterans' races on all terrains yet still finds time to appear at track and field matches, both at home and away, with his clipboard, pencil and tape measure to help judge the field events.

Welcome

to the following new members who have joined us
since February 1995

| | | | | | |
|------------------------------|--------------|----------------|-----------------------------|--------------|----------------|
| Gabriel Aboya-Dana | U15B | Trk. | Keith McCrudden | U15B | Wkg. |
| Mark Adams | U15B | Fld. Trk. | Fraser McManus | U15B | Trk. |
| Syful Ahmed | U17M | Fld. | Cheryl Miles | U15G | Wkg. |
| Jody Akpoveta | U15B | Trk. | Kevin Miles | U13B | Wkg. |
| Frank Amoako | U15B | Trk. | Ryan Morgan | U15B | Trk. Fld. |
| Rebecca Andrews | | Trk. Fld. | Susanne Morgan | U13G | |
| Richard Aspden | U20M | Trk. | Michael Morris | Senior | C.C. Rd. |
| Michael Ayres | U17M | | Diana Mukasa-Oyaka | Senior | Trk. |
| Jean-Marie Bart | Senior | Fld. Rd. | Sam Murray | U15B | Trk. Fld. |
| David Bates | U13B | Rd. C.C. | Alexander Newberry | U17M | Fld. |
| Amir Becirhodzic | U17M | Trk. | Charles O'Brien | U13B | Trk. Fld. |
| Michelle Birchall | U15G | | Daniel O'Sullivan | U15B | Trk. |
| Christopher Blackman | U15B | Trk. Fld. | Judy Oakley | Senior | Trk. Rd. |
| Anthony Blackstock | U15B | Fld. Trk. | Chi-Chi Obuaya | U15B | Trk. Fld. |
| James Bucher | Senior | Trk. Rd. | Daniel Ofosuh | U17M | Trk. Fld. |
| Dean Chen | U15B | Trk. | Kenechukwu Okonkwo | U15B | Trk. Fld. |
| Aaron Collins | U15B | Trk. | Raymond Onwuka | U15B | Trk. Fld. |
| Ben Commins | U17M | Fld. | Stephen Opoku | U15B | Trk. Fld. C.C. |
| Parick Connor | U17M | Trk. | Emanuele Palladino | U17M | Trk. |
| Ben Copeland | U15B | C.C. Rd. | Joseph Panton | U17M | Trk. |
| Jonathon Corbett | Senior | Rd. C.C. | Markand Patel | U15B | Trk. C.C. Rd. |
| Alexis Coxon | U13G | Trk. Fld. Rd. | Harriet Payne | U13G | Trk. Fld. |
| Damian Coxon | U13B | | Samuel Pearson | U13B | |
| Nick Daniel | U15B | Trk. | Nick Perchard | Senior | |
| Nicholas Dawson | U17M | Trk. Fld. | Stacie Powell | U13G | Trk. Fld. |
| Alan Dunwoodie | U20M | Trk. Fld. | Hayley Powell | U13G | Trk. Fld. |
| Darren Edwards | U13B | Trk. Fld. | William Purves | Senior | Rd. C.C. |
| Simonah Edwards | U15G | Trk. | Kevin Quinn | U17M | Trk. C.C. |
| Christopher Eglington | Senior | C.C. Rd. | Lydia Raghaven | U13G | Trk. |
| Edward Ford | U15B | Trk. Fld. | Serina Raymond | U13G | Trk. |
| Matthew Ford | U20M | Trk. Fld. | Christopher Reed | U13B | |
| Bonnie Francis | U13G | Trk. Rd. | Jonathan Rees | U17M | Trk. Fld. |
| Scott Francis | U13B | Trk. Fld. | Christopher Rowland | U15B | Trk. Fld. |
| Tammy Francis | U15G | | Claire Sargeant | U15G | |
| Paul Graham | U13B | Trk. | Elly Sebaduka | U15B | |
| David Grice | U15B | Trk. | Ben Seiden | U17M | Trk. |
| Stewart Harper | U13B | Trk. Fld. | Darryl Shakes | U17M | Trk. |
| Keith Harris | Senior | | Michael Shannon | U15B | Trk. |
| Machel Hewitt | U15B | Trk. | Gail Sheldon | Senior | Rd. |
| Shereen Higginson | U17W | Trk. | Mark Simson | U17M | Trk. |
| Fiona Hoggard | Senior | Trk. Rd. C.C. | David Smith | Senior | Fld. |
| Oliver Howard-Wearn | U17M | Fld. | Neil Smith | U13B | Trk. Fld. |
| Andrew Howes | U15B | Fld. | Michael Soo | U15B | Fld. |
| Dominic Hockett-Joseph | U15B | Fld. C.C. Trk. | Anton Sostaric | Senior | C.C. Rd. |
| Tobias Hockett-Joseph | U15B | | Solomon St.Luce | U15B | Fld. |
| Dwayne Hutchinson | U15B | Trk. | Christopher Stanford | U15B | Wkg. |
| Phillip Idowu | U17M | Fld. | Antony Stanley-Clarke | U15B | Fld. |
| Richard James | U15B | Trk. Fld. | Kevin Stock | Senior | Fld. Co. |
| Christopher Johnson | U20M | Fld. | Daniel Stone | U17M | Fld. |
| Olisa Juwah | U15B | Fld. | Tiffany Symmons | Senior | Rd. C.C. |
| David Kelleher | Senior | Trk. Rd. C.C. | Graham Taylor | Senior | Trk. C.C. |
| Derek Kelleher | Senior | Rd. Trk. | Carlos Torres | U17M | Trk. |
| Nicholas Kello | Senior | Trk. C.C. Rd. | Samantha Trew | U13G | Trk. |
| Marlon Kerr | U15B | Trk. Fld. | Philip Turner | Senior | Trk. |
| Robert Killick | U15B | Trk. | James Tuson | U15B | Trk. Fld. |
| Richard Ladega | U17M | Trk. Fld. | James Venning | U17M | Trk. |
| Alexander Lambert | U15B | Trk. | Andrew Walcott | Senior | Trk. |
| Christopher Lambert | U15B | Trk. | Maryann Walter | Senior | |
| Natalie Law | U15G | Trk. | Gemma Watson | U13G | Trk. Fld. |
| Lesimba Lawrence | U13B | Trk. Fld. | John Webb | Senior | Fld. |
| Thomas Lerwill | U20M | Trk. | Alexander Weir | U15B | Trk. Fld. |
| Noel Levy | Senior | Trk. Fld. | Gary White | U15B | Trk. |
| Paul Lundy | Senior | Trk. Rd. | Jonathon Wignall | U15B | Trk. |
| Peter MacDonald | U17M | C.C. Trk. | Henry Wismayer | U15B | |
| Sean Maguire | U15B | Trk. | Peter Wright | U15B | Fld. Rd. C.C. |
| Alex Markham | U15B | Trk. | Carol Zeniou | Senior | Trk. Fld. |
| Adrian Martin | U15B | Trk. Fld. | | | |

SNOWY BROOKS

President of Belgrave Harriers 1995 - 1996

Turn up at the start of any of our main track fixtures, we wrote in 1973, and you are certain to see the muscular figure of Olympic Decathlete Snowy Brooks limbering up for the early events. Hours later as the meeting draws to a close he will still be there, holding together a relay team, having competed non-stop on the field and the track throughout the whole match.

Well, twenty-two years later, the story is much the same. He no longer competes at British League level of course but at 51 years of age he is still a force to be reckoned with in Southern League throwing events and when it comes to the world of veteran athletics - the man is phenomenal. He was always respected as an athlete, and continues to be so, but his stature has increased over the years as he has gone on to advise athletes of all levels on their fitness, technique and recovery from injury.

Snowy thought long and hard before accepting the role of President of Belgrave Harriers. Would he be able to devote the time to Club affairs that he felt he should as President? There is no way that he would take something on unless he was prepared or able to do his very best and he is still extremely committed as an athlete. Happily for us the answer was "Yes" and already we have seen him slip easily into roles of race starter, presenter of prizes and president over social functions. As Snowy himself has said: "I'm a Decathlete - that's ten events to train for and compete in - and as far as being President is concerned I shall add that event onto the others and make it eleven for the coming year."

Snowy was born in Camberwell on August 19th, 1944. At school he played football and cricket and as for most youngsters of that era, athletics was the once a year activity that took place in early summer - school sports day. At about fifteen or sixteen, while at St. Luke's Secondary Modern School in Kingston-upon-Thames he did make his way down to the local track to run in a few races for Kingston Athletic Club but just around the corner loomed a course of action that was to play a great part in his young life.

In 1960 at sixteen years of age Snowy signed on with the Senior Service, the Royal Navy, and during the next eleven years he served as a steward on board the anti-submarine frigate HMS Plymouth and the air-

craft carriers HMS Victorious and HMS Hermes. It was an enjoyable period of Snowy's life and his travels with the "Grey Funnel Line" gave him the chance to see a great deal of the world - the Mediterranean, the Far East, sights and cultures far removed from those to which most South London lads of the time were confined.

But a little corner of his mind was still reserved for the sport of athletics and during a spell of leave and with home now being Victoria in central London, he made his way down to Battersea athletic track to do a little training. What a stroke of luck for us, for who should he meet there but sprints coach Ben Lulham who had recently become a member of Belgrave Harriers.

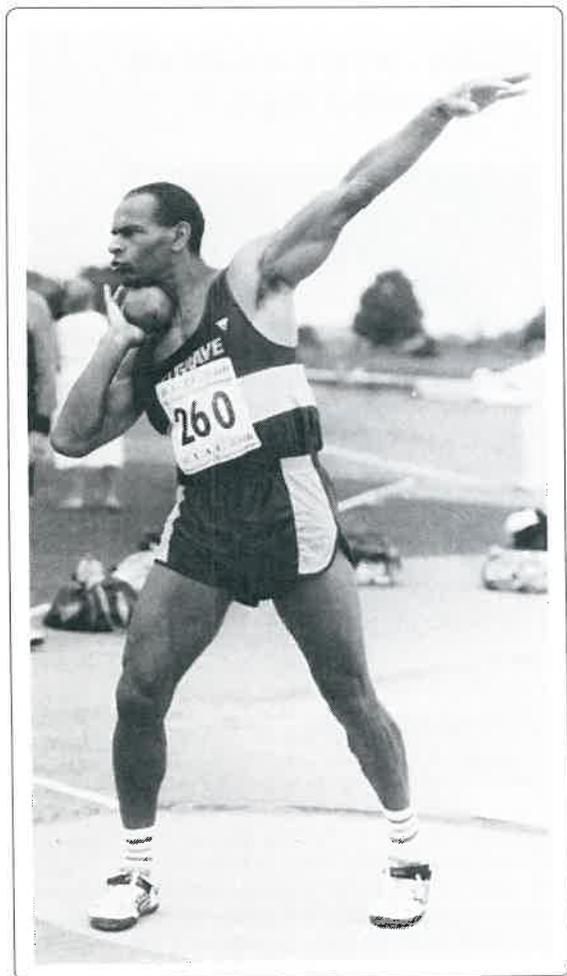
Ben had been the mainstay of Kingston Athletic Club. They had trained at Norbiton and Kingstonian Football Ground in Richmond Road and had among their number some remarkable sprinters. Kingston A.C. had recently wound up its affairs, however, with some of its members joining Surrey Athletic Club and others, including most of Ben's squad, coming to Belgrave. It was natural, then, that the next step should be for Ben to ask Snowy to fill out a membership form. This he did and he was duly elected to the Club on May 15th 1964.

Within a few weeks we were for the first time treated to a typical "Snowy performance". The Club Championships were held at Hurlingham and as a Junior Snowy won the High Jump and placed 3rd in the 100 yards but competing in Senior events on the same afternoon he also won the Long Jump and placed 2nd in the Triple Jump.

The Decathlon beckons

Being at sea much of the time meant that most of his training consisted of weight lifting which had to be done in a narrow space below deck in between the fuel tanks. Snowy's enthusiasm was not to be daunted, however, and in 1965, with his all-round ability, he made the natural progression to the ten-in-one event, the Decathlon, his first attempt being as a guest in the R. A. F. Championships.

He was greatly influenced by his training companion and fellow matelot, international



Above: Silver medallist in the World Veterans' Championships Decathlon in Buffalo, Snowy picked up medals galore during the BVA Open Championships at Exeter.

decathlete Peter Gabbett and by 1968 was beginning to make real progress. Sometimes this was to Belgrave's dismay, for in 1969 we lost one of the premier trophy meetings, the "Ryder Trophy" held at Southampton, to the Royal Navy. Their winning margin over us was just eight points and fifteen points were scored for the Navy that day by an athlete wearing a tracksuit with the name "Snowy" emblazoned across the shoulders!

There used to be an athletics competition for small ships and as Snowy was the only man on his vessel that wanted to take part, he entered all the events. The number of events that he won and the performances that he recorded are not now known but suffice it to say that "HMS Snowy" single-handedly won the trophy for his ship.

The Belgrave Club Record for the Decathlon was by now his own and in his final year with the service in 1971 he won their 400 metre hurdles championship, placed 3rd in the inter-services 400 hurdles and 2nd in the RN Decathlon behind Gabbett.

Now a civilian, life took on a different routine, one that involved an almost daily trip to the National Recreation Centre at Crystal Palace. He trained with a group of four or five other decathletes and his best season followed in 1972 with an unexpected win in the Surrey



Snowy's All-time PBs

| | |
|--------------------|--------------|
| 100 metres | 10.7 |
| 200 metres | 22.6 |
| 400 metres | 49.8 |
| 600 metres | 1:24.0 |
| 800 metres | 2:08.0 |
| 1500 metres | 4:47.0 |
| 110 metres Hurdles | 15.6 |
| 400 metres Hurdles | 55.1 |
| High Jump | 1.89m |
| Long Jump | 7.06m |
| Triple Jump | 12.21m |
| Pole Vault | 3.70m |
| Shot Putt | 13.99m |
| Discus Throw | 40.74m |
| Javelin Throw | 52.00m |
| Decathlon | 6,727 points |

County 400 metres Championship, representative honours for the Amateur Athletic Association and Southern Counties A. A. A. and eventually 7th place in the A. A. A. Decathlon Championships. A trip to Barbados, the easternmost island of the West Indies and the birthplace of his father, enabled him to compete in their athletics championships where he ran to a startling 10.7 for the 100 metres. It also gave the Barbadian authorities a timely reminder of some overseas talent that they could lay claim to and resulted in what must be the highlight of Snowy's career, selection to represent that Caribbean island in the Munich Olympic Games.

The Munich Olympics

Munich was the experience of a life time. The facilities and stadium were superb and in the athletes' village language problems were soon overcome and a friendly atmosphere prevailed among the competitors. Sadly, sportsmen and women are not left alone to befriend like-minded colleagues from other nations and the Games were marked by a tragedy growing out of political conditions in the Middle East. Members of a guerrilla organization killed two Israeli athletes and took nine hostages, who were later killed, along with five of the guerrillas and a West German policeman, in a gun battle with police at a Munich airport. Olympic activities were suspended for a day to hold memorial services for the murdered Israeli athletes.

But back in the village, in spite of the shadow over the Games, Snowy was looking forward to his event and particularly enjoyed meeting the U.S. Decathlon team and Bill Toomey, World Record holder and winner from the Mexico Olympics.

The competition took place on 7th/8th September and as he was not expected to excel

in this company Snowy found himself quite relaxed and admits to having felt a lot more nervous prior to a Surrey Championship. In front of an 80,000 crowd, for many of whom with the German love of *der Zehnkampf* the Decathlon was the event of the Games, the competition unwound. Snowy's overnight score was on a par with that set during his best ever performance and he was also able to take great delight in Peter Gabbett's superb first day which was terminated by a 46.1 400 metres to place him 5th. Day two dawned and they progressed through the Hurdles and Discus events but for both of them, the Pole Vault was to prove their undoing. Gabbett hit knee trouble and although getting in a clearance, had to withdraw from the competition. For Snowy there were no injuries; it was simply a case of the opening height being set in excess of his per-

sonal best and try as he might, the bar was beyond his reach and it was the end of any hope of improving his score. With the Javelin and 1500 metres remaining Snowy called it a day and sat back to watch the Soviet Union's Nikolay Avilov crush the world's best all-rounders to win with a World Record score of 8,454 points.

A Fine Ambassador

At the age of 28, Snowy had competed with the very best athletes the world could offer, in an event that more than any other, fulfills the Olympic motto - *Citius, Altius, Fortius* - Faster, Higher, Stronger. But as we know, this was far from the end of Snowy's career. On four further occasions he improved his Decathlon score, reaching 6,727 points in 1978, having advanced the Club Record by over 1,500 points during his prime; and still his encounter with the event goes on. With the aid of age-related tables to combat the onset of *anno domini* his score reached 7,299 in Buffalo this summer where he gained silver medal in the World Veterans' Decathlon Championship for over 50s.

The old gang still occasionally meet up for training sessions that have become a way of life: Nick Phipps, Pan Zeniou, Greg Richards, Mike Corden and Daley Thompson. At Battersea now it's not just training partners that greet him but their sons and daughters as well. Even trackside toddlers pottering about outside the changing rooms while mum or dad complete their warm-down will throw their arms up and run to him calling "Snowy" when he makes his entrance.

Snowy Brooks is a great Belgravian and a fine ambassador for our Club and sport.

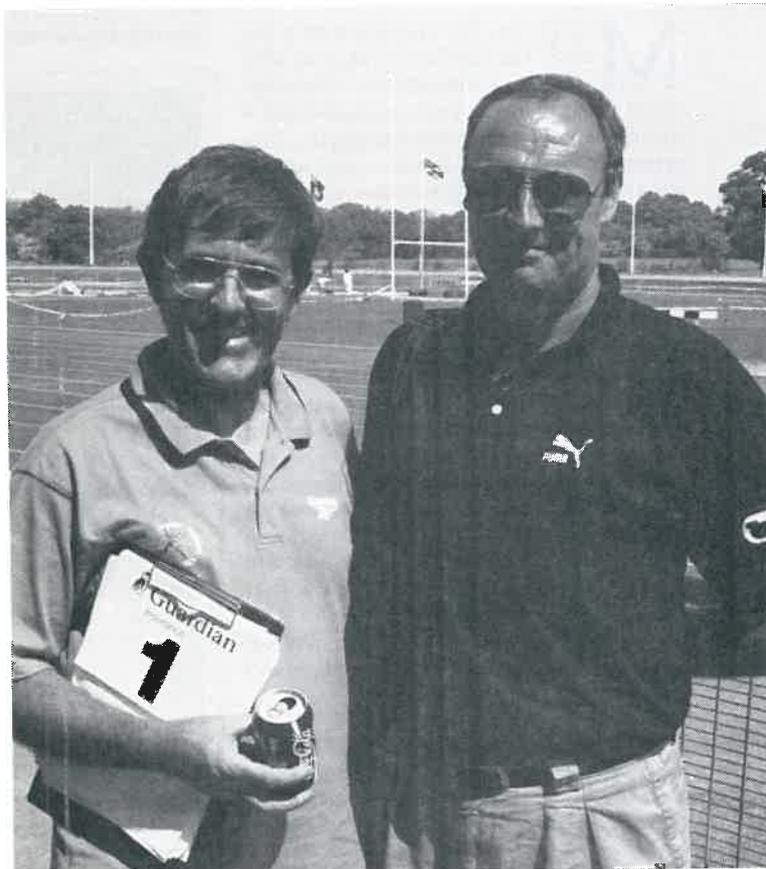
ARM



Right: Snowy the hurdler on Southern League duty. On this occasion in 1974 on the cinders of Mayesbrook Park he ran 58.4 and 16.4.

Side tracks

- ♦ Just because we don't see much of our Past President Geoff Davis now that he has retired to Peterborough it doesn't mean that that he is resting on his laurels. We note that he was the man taking entries for the Eastern Indoor Championships.
- ♦ Pat Lyttle is getting married. A regular sprinter for the Bels in the 80s, Pat still competes for us in field events and often forms half of our Southern League throwing events duo 'Lyttle and Small' whose combined weight belies their names and must be well over 30 stone. Pat had the shock of his life on his first date with the lady due to become his wife. They had to sprint for a bus with Pat leading the way. He turned to see where his partner had got to and was staggered to find her right on his shoulder. It turned out that she was once a sprinter with Coventry Godiva! Congratulations to you both.
- ♦ Lionel Mann and Dave McMillan are two of only 41 runners who have competed in every one of the fifteen London Marathons 1981-1995. Both received a commemorative medal and special tee-shirt after this year's event, together with a letter from Marathon organiser Alan Storey. Normally sharp-eyed scanners of the results at first missed Dave's name this year. He improved so much that we weren't expecting to find him in the 'just over 3hrs' section. He's not so far from picking up Club Championship medals now and another ten years should see him down to about 2:30!
- ♦ One of our young walkers Nigel Whorlow has picked up the habit of 'lifting' rather frequently - but he's not worried. You see he saves his airborne activities for the high jump, not competition of the heel and toe variety. At Dartford in the McDonald's YA League he 'flopped' over 1.50m to win his high jump in a personal best but at the moment it is walking where it looks as if he is going to make a name for himself. 'Nige' has tried sprints, cross-country, jumps and throws in the past couple of years but when he tried a walking event a while back he took to it like a duck to water and has already earned a trip to the English Schools, picked up medals in area and representative races and even competed for an English team against Ireland. It just goes to show, there's an event for everyone in athletics.
- ♦ Talking of 'lifting', we now have positive proof that runner (and we use the term loosely) Charlie Manning doesn't. He and brother Derek occasionally run over a six mile course from Sutton Arena. Charlie gets there half an hour before hand and sets out immediately. Derek comes along later, runs the same course and overtakes Chas. about a mile from the end. After a recent tour of this circuit by the brothers Manning, taken when a light shower had dampened the grass, Derek explained: "I couldn't see you Charlie but I knew you were out there ahead of me - I could see the ski marks on the grass!"
- ♦ What a pleasant surprise to see our old friend George Piddington down at Horsham for the Women's Southern League match at Horsham in May. He was there supporting his Havant team and was managing to walk with the aid of a stick. He looked a little pale but how good to see him out and about - and in spite of the ribbing from his local team, wearing a Belgrave tracksuit. Keep it up George.
- ♦ Harry Hare's daughter sent a donation for £100 to commemorate the 100th year since her father's birth on 9th May 1895. Harry was the founder of our Club magazine *The Belgravian*, its first Editor and the Club was a very great part of his life. What a delightful idea by his daughter and of course we are extremely grateful.
- ♦ Brian Gorman was off his feet earlier this year, with a spell in hospital to sort out a foot problem. Happily he is on the mend now, back behind the tea counter and holding court on Saturday afternoons at Belgrave Hall.
- ♦ Does anyone remember the name J.Blair-Fish, one of our cross-country runners from the 70s. He is still competing in his favourite event, fell running, winning the M40 section of the Carn Mor to Cairn Well Uphill Race at Glenshee by over 7 minutes.
- ♦ Gordon Doubleday, a past Editor of this magazine, regularly keeps in contact with your current Editors. He reminds us that Tilda Rice isn't the only Rice connected with us. When Gordon joined the Club in 1934 the Track Captain was one Bill Rice - a good all-round runner - cross-country, track and road relays - also Social Secretary. He lived at Battersea and made good use of his local knowledge on the first leg (Westminster to Clapham) of the London to Brighton Relay.
- ♦ Some of those who frequent Battersea Park Track, especially the veterans, will know of Barrie Laverick of Serpentine Runners. Barrie had a heart bypass operation in 1988 and a kidney transplant in 1992 but not one to let little incidents like that spoil his athletics he has come back to clock 57.2 for the 400m and won two gold medals at the World Transplant Games this summer. Many vets would be pleased with a time like that, transplant or not.
- ♦ Sadly we have said goodbye to John Dawson who recently returned to his native Australia. Still a Junior, John made a great contribution to our Southern League and National Junior League teams and even made a showing in the British League team at one point. But he is probably going to be remembered just as much for one or two other exploits: the 'Aussie' who drank his wine straight from the bottle at the 1994 Club Dinner, the runner who seemed to get faster every time he came back from blistering those fragile feet and the man who wore his Australian Club's bow tie and started a trend in Belgrave (order your Belgrave bow tie now from Ted Pallant). Good luck to you John and keep in touch.
- ♦ You know there's lot more to that man Tony Stone than at first meets the eye. All of us feel for the refugees in what was once Yugoslavia but Tony takes it a little further than that. In July he travelled by coach across Europe with a group of like minded souls to meet with and comfort the people that most of us only see, distressed, on our television screens. Tony has documented his trip in a 32 page booklet entitled *My Time In War Torn Yugoslavia*. Why don't you ask him for a copy? We are sure he'd be delighted to let you have one and no doubt the small donation that you offer will find its way to a very worthy cause.



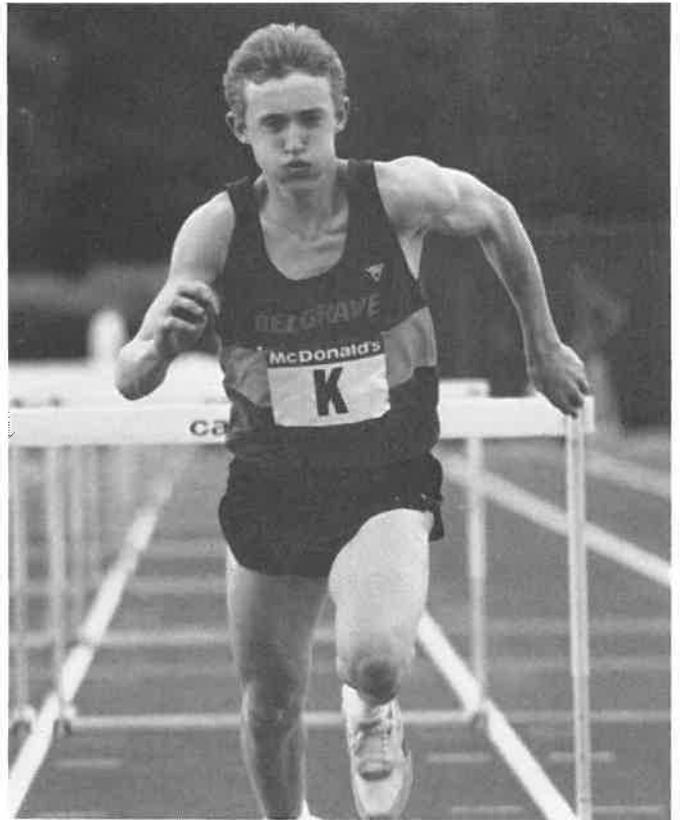
GREAT SCOTT !

A TRIP to the cash dispensing machine by two of our young members Steve and Sarah Scott and their cousin proved to be the start of an exciting episode. Before the folding stuff could be stowed away three guys jumped them, grabbed the money and made off. Not one to suffer such an indignity quietly, Sarah immediately started bellowing at the top of her voice, "Call the police, call the police", and as it happened the men in blue were quickly on hand to find out just what was going on.

It was decided that a tour of the vicinity in the squad car might enable the villains to be spotted - and so it proved. "There they are", yelled Steve, and as the driver jammed his foot on the brakes a policeman was already leaping out to give chase followed closely by Steve and Sarah.

Now Steve isn't our Under 17 Track & Field Captain for nothing. Before you could say "Get Set" he was out of that car seat and overhauling the bobby in the dash for his cash. But when their victims started leaping walls and fences then they were in trouble in a big way: well how were they to know that they were being pursued by Belgrave's record breaking ace hurdler! Steve grabbed thief number one and quickly put him in an arm lock, handing him over to the law before setting off on the next stage of this chase and doing a similarly successful job on villain number two. Number three got away.

The boys from the Met. were thoroughly impressed and suggested that Steve should be signed up to join the 'force' immediately. Steve's Dad was proud - but quite rightly had a few qualms. Suppose those crooks had been armed in some way ... He's right of course, but nevertheless, great work Steve!



45:43 10k by 9 year-old Paul !

NINE YEAR-OLD Paul Graham (son of one of our veteran runners, Mick) failed to be daunted when he arrived at Battle expecting to take part in the 10 to 12 years-old category of a two mile road race but found that it was in fact to be 10k! Sensibly, the organisers would only let Paul take part if his Dad accompanied him - no mean feat for father as it turned out.

They ran at steady 8 minute mile pace for the first three-quarters of

the race but Paul insisted that he wanted to run free for the remainder of the course and cut loose to such good effect that he soon started pulling right back on a projected finish time of around 48 minutes. Into the finishing straight and he received much applause from the onlookers as he carried his claret and gold racing singlet across the line in 45:43 - first home in the 10-12 group.

Was this enough for him? Not on your life. In spite of joining the Bels. because he wants to race the sprints in the under 13 age-group on the track next summer, he has accepted an invitation by the organisers of the Hastings 10k who were so impressed with Paul that they would like to see him in their race.

Another race nearer to home saw Paul place 4th in the under 12 section of a 1½ miles race at Langham, Colchester. His time was 8:48.

Well done Paul. Enjoy your running but don't take it too seriously just yet. There's plenty of time ahead of you and we look forward to seeing you in action over the shorter events as well.

And then there were three

CONGRATULATIONS to Sue and Southern League Captain Mike Bazire on the safe arrival of baby George, born on August 2nd (no wonder we didn't see you at the final Rosenheim match).

Clive wins photo competition

IN THE LAST issue of *The Belgravian*, on page 8, we featured a photograph of the start of a cross-country race headed by Colin Pearson and offered a prize for the person who could name the most runners in the picture. We had a clear winner in Clive Shippen who put names to no less than twelve of the faces in the field. There were another five or six that he recognised but could not name.

Clive identified John Hanscombe, John Phelan, Adrian Trowell, Laurie O'Hara, David North, Ray O'Donoghue, Dick Piotrowski, Colin Pearson, Pat O'Connor, Bob Roath, John Lee and Tony Binda.

The next best entry was received from ... er ... um ... well actually we only had the one entry. We told you he was a clear winner. Sadly, when Clive was told that he had won the prize, Alister Aitken's book *More Than Winning*, he felt moved to reveal that a copy of this volume was in fact already in his possession. A bit of a disaster as far as a competition was concerned wasn't it!

Management change

Pictured left: For thirteen years Leo Coy (left) has been half of the two-man management team that took the Bels. on the long road from the Southern League to the heights of the British Athletics League Division One. His partner through all that time, Bill Laws, paid tribute to Leo after the opening BAL match this year ... "He is surely one of the sport's all-time greats when it comes to team management."

Leo intends to concentrate on our McDonalds Young Athletes' Team and we have no doubt that he will be just as successful there. Assistant GB Team Manager John Jeffery (right), who has been easing himself into our administrative ranks over the past season or two, will be taking Leo's place and helping Bill to lead our BAL team to even greater success.

The Lost Legion

Every year we lose scores of members who move on to a new address without telling us. Mail is returned to us marked "GONE AWAY" and very often if we do get communication lines going again it is in the form of a resignation - "Well, I've heard nothing from the Club for months anyway". Don't be one of the lost legion. If you do change your address or telephone number then write to the Membership Secretary (address on page 3) or 'phone him up and let him know. If you tell someone else, with the best will in the world the chances are that they will forget to pass on the information.

SHOULDER TO SHOULDER



FRANK WEBB 1903—1995
NORMAN DEWBERRY 1902—1994

There used to be a watercolour painting hanging in the lounge bar of Belgrave Hall. It depicted a Saturday afternoon training pack making its way over Wimbledon Common. Nearest the artist were two figures, shoulder to shoulder; one wearing a bobble hat. It was impossible to recognise them individually, but together almost everyone seeing the picture for the first time guessed they were Frank Webb and Norman Dewberry. They were right; but why should that be so?

The lives of Frank and Norman were destined to follow parallel courses. They were born within a year of each other and joined Belgrave just six months apart in 1928. Their first race together was the Club '7' cross-country of that year; Frank finishing 10th and Norman 18th. But it was not always that way. Two years later, in an inter-club match at Wimbledon, Norman finished 8th (just one place ahead of a new lad called Tom Carter!) with Frank 25th.

In the 1930's Norman drifted from the scene with romantic commitments, while Frank became heavily involved in Club affairs. He made our National Cross-Country team in 1932 and the London-Brighton Relay team in 1933. At the same time he took on the post of Assistant Hon. Editor of *The Belgravian* and became a member of General Committee. In 1938 he was our track captain.

World War II saw him drafted into the R.A.F. He was first posted to Ireland and then to South Africa, where he did very little running and tried to keep a modicum of fitness by swimming.

Meanwhile Norman, now married, returned to the fold at Belgrave Hall helping the Club to survive a difficult period. He resumed racing but never regained the fitness he achieved pre-war when he used to rush from work to train from Belgrave's mid-week winter quarters at "The Rising Sun", Ebury Bridge Road, Victoria. In 1951 he raced for the last time.

When Frank returned home in 1945 he was happy to see Norman active again in club affairs. Once again his insatiable appetite for club work led him to return to the Committee, take on the track captaincy and become cross-country vice-captain with a special responsibility for Juniors. He ran his last race in 1953, a couple of years after Norman.

The end of their competitive careers did not mean a retirement from club affairs. They were always available to officiate at track and field meetings and in the winter could be found at Belgrave Hall every Saturday afternoon for their cross-country outing. For more than 25 years they acted as pointsmen in our cross-country races, standing out in all weathers to ensure a trouble-free race. Few could have been more dedicated.

Norman, a typewriter mechanic, donated to the Club in 1959 its first ever typewriter which was used to produce *The Belgravian* for many years.

At the same time Frank, an estate agent, would receive the boxed-up magazines (quarterly in those days), address 600 envelopes and distribute them to the membership. It should be mentioned here that Veterans A.C. also owed a great deal to F. R. Webb. Not only was he their secretary for a time, but also their Treasurer for no less than 20 years. Additionally, he was instrumental in the formation of Cadogan A.C., our Middlesex County off-shoot, in the days when clubs could be affiliated to one County only.

They were both quiet men, never an argument and always willing to help: the type clubs need so much. Frank's efforts were acknowledged by Belgrave when he was made a Life Member in 1946 and President in 1958. Norman was honoured with a Life Membership in 1964.

Norman married twice but Frank remained single, living with his sister and brother at Southall. Gertie looked after the brothers (both over 90) right to the end. She is still as sprightly as ever at the age of 96.

In December last, Norman died peacefully at his home just two months short of his 93rd birthday. Six months later Frank passed away, also two months short of his 93rd birthday. The duo had ended their association with Belgrave as they had begun it in 1928 - within six months of each other. They were a partnership we shall always remember.

Our sympathies are extended to their loved ones.

C.S.



Top left: Frank and Norman pose for an Evening News photographer in 1934. Above: Centenary year, July 1987. Norman and Frank at the Belgrave Open '20' are photographed by Clive Shippen.

**... a partnership we shall always
remember ...**



TOM MORRELL
1909 — 1995

... we owe so much ...

Tom, born just off the Walworth Road, tried his hand at boxing before joining Belgrave in 1926. He started as a sprinter despite the fact that a London evening paper carried a photograph of him, as a teenager, watching Lord Burghley demonstrating hurdling techniques but by November 1926 was fourth in the Surrey Junior Cross-Country. In the next few seasons he concentrated on middle distance events with mixed success. Unfortunately the need to earn a living prevented him from competing much in the mid 1930s but his long spell of "officialdom" began in 1938 as Hon. Social Secretary.

Leaving nothing to chance the Socials were led by "Morrell's Melody Makers"! The war years saw him continue to race whenever possible but he also took a more active part in helping to run the Club.

This was rewarded with Life Membership in 1945. Immediately post war Tom found himself appointed to the House Sub Committee and also Asst. to the Hon Treasurer! These were trying times as not only had repairs to be made to the bomb damage to the Hall but also club vests, spikes, etc. were in those days traded between members. As things eased it was possible to buy letters in yellow felt for track suits and for those of us not too good in the sewing department Tom's wife would stitch them in place at the cost of 5p!

The Asst. Hon Treasurer job lasted for 20 years and so Tom became a very well known figure at many meetings distributing numbers. Not only did he chase subscriptions, sell vests, ties and badges but also bought the medals and prizes. His success led to his election as President in 1954 and this added to the number of fixtures he attended.

He was ever present on the Brighton relay as a supporter, and the National Cross-Country Championships saw him on motor bike and side car tackling the fog and winter weather just to encourage the team. I will always remember him for taking me to task if he thought that my courting was interfering with my training - he expected to see me on Kingston Hill when on his way to work at 7 am.

When a serious heart condition meant the end of active athletics he turned to old time dancing and then bowls. In each he sought perfection and set high standards. Not content just to take part he was known, in Wymondham where he went to live, as the man with the carpenter's tools who would put things to rights for the Dell Bowling Club. In his spare time he built model farm carts and a magnificent scale model gypsy caravan. Eventually ill health intervened again and he became extremely frustrated not to be able to do all he wished. He was always keen to hear of the Club and the arrival of *The Belgravian* was a high spot especially

if it arrived before mine!

Among the many tributes received I would like to quote one in particular — "Tom said that the Club meant so much to him that he gave it a lot of time through the various offices he held; and felt that, but for that, he might have made the top grade as a runner — but he never regretted it". He gave talks on many aspects of his life and one which is remembered locally was on Belgrave.

To end I would just crib from an article he wrote for *The Belgravian* in November 1947 — "It is indeed gratifying to know that when one wants something for 'Belgrave Harriers' someone is always ready to oblige — that's the 'Belgrave' spirit". I can think of no better tribute to one who always had the Club in mind even in the last few days of his life. It is to men such as Tom that we owe so much for the work they did during the formative years when we were making our way and buying our HQ.

Eric Hall

We send our condolences to Tom's widow Rose, and to Mavis, Eric and all of Tom's family.

FRANK (FRED) BENTLEY
1903 — 1995

We are sorry to report the death of one of our oldest and distinguished members.

Frank (Fred) Bentley was born about 1903 and joined the Club in 1931. He quickly made his mark as a long distance walker and team man as the performances below demonstrate.

He was tall and made good use of his long legs and loose limbs, a cheerful character usually with a joke or quip on his lips. He was a policeman and won the famous Barking to Southend walk (33¾ miles) in 1934, 1936, 1937 and 1938. In 1938 he gained an international vest representing Great Britain in the European Championships in Paris. Unfortunately he struck a bad patch and it was one of his rare occasions when he did not finish.

His walking career ended with the outbreak of World War II in 1939. The following year saw him in Canada. He injured a shoulder whilst flying and was unable to rejoin the police after hostilities ended.

He went to South Africa for a while and finally settled in the Isle of Man.

In the 1930's there were only two R.W.A. Championships - 20 miles and 50 kilo's and Fred played a great part in our successes in these two events.

RWA 20 miles

2nd individual in 1938

Winning team 1938 and 1939

Nijmegen Shield (first team to finish eight) 1933, 1938 and 1939.

RWA 50 kilos

3rd individual 1936

2nd individual 1938

Winning team (3 to score) 1934, 1935, 1936 and 1938.

also

London to Brighton Walk (52 miles)

3rd individual 1934 and winning team.

Track 50 miles/8 hours at White City (1933)

First, covering 49 miles 799 yards.

So, we mourn the passing of a fine walker and a great competitor, a cheerful chap always a pleasure to meet.

Gordon Doubleday

FRANZ STAMPFL 1913 — 1995

Our members who were active in the period just before and after the war were only too well aware that another page of athletic history was turned earlier this year when on March 19th Franz Stampfl passed away in Melbourne, Australia. Franz was, of course, famous for the part he played as coach and advisor to Roger Bannister when he became the first man to run the mile in less than four minutes on May 6th 1954. But we also remember him for the training sessions that he supervised at the Duke of York's Barracks in the King's Road for all those willing to subject themselves to his methods and prepared to part with the sum of one shilling. Those sessions became legendary for their innovation and concentration.

Franz was born in Vienna in 1913 and even as a young man he excelled in most things that he did, being a gifted artist and a fine javelin thrower. He came to Britain as a coach at the age of 24 and formed a partnership with Belgrave Harriers where his enthusiasm and personality soon began to have great effect on our club.

With the outbreak of war in 1939 the young Austrian was determined to join up and serve the Allies in their struggle against the forces of Adolf Hitler but to his great dismay he found himself classed as an alien and as such was soon on board ship for Canada where he was to be interned. The ship never arrived. In icy Atlantic waters the *Andorra Star* was torpedoed and sunk and of the 2,400 internees on board only 400 survived the enemy action so cruelly followed by an ordeal of hours spent adrift in icy, oil contaminated waters. Tough Franz was one of them. Eventually he was picked up and reached Canada only to be shipped on to Australia.

In 1946 when peace had returned to the world, Stampfl returned to London and renewed his friendship with Belgravians. Such was the esteem with which he was held that he was asked to become the Club's professional coach. Frank Simmons, Club Track Captain, later wrote:

"This wise move had an almost immediate effect as our Field Events men began to show improvement which has continued until now when they are in a happy and flourishing state. The encouragement he has given to what was the 'Cinderella' side of Belgrave - the sprinters - is tremendous. We can now safely say we have our strongest ever sprint team."

Australia was now to play another part in the life of Franz Stampfl. In 1955 he was offered a post at Melbourne University where he became Director of Athletics. Students of our sport will know that this led to the start of a period of intense rivalry between himself and the eccentric Australian coach Percy Cerutti.

Times and training methods passed but sadly the celebrated Stampfl was not to be allowed to comfortably enjoy his success and later years. Fate had a bitter blow in store for him. In 1980 he was terribly injured in an accident when his car was hit by another vehicle whilst he was stationary at traffic lights. His injuries were so severe that for the remainder of his life he was paralysed and confined to a wheelchair, although still he retained an interest in athletics.

The page turns; another chapter in the continuing and varied history of our Club draws to a close.

ARM

1995 RANKINGS

In the next issue of *The Belgravian* we intend to feature our normal deep ranking lists for track & field, road running and walking. However, we can only include those marks that we have seen reported or which have been set in the meetings in which we compete as a team. For instance, we know that several Belgravians competed in the Wimbledon Half-Marathon but we have yet to see a set of results.

If you think that we may be unaware of your best performances of 1995 send them to us now to Belgrave Rankings, 29 Kingston Road, Ewell, Surrey KT17 2EG

WHEN THINGS DISAPPEAR IN THE NIGHT

It seems so long ago now. It was far into the night. The stairs had long stopped creaking and even the cats were asleep. But tucked away in a tiny attic lit only by the glow from the monitor of a personal computer an Editor struggled to pack a quart into a pint pot or, to be more precise, pack 78 pages of layout for the February *Belgravian* into 76 actual pages. A distant town clock struck an hour of little consequence to anyone other than an early rising milkman when it all suddenly, and surprisingly, slipped into place. At last, 76 pages to be delivered to the printer first thing in the morning and the job could be forgotten about until a copy was safely in the hands of each member.

Later the 'phone calls started coming in. "Oi! You haven't got the result of the last British League match" ... "and you haven't got the Guardian Gold Cup in either".

Panic. They were right. And the Walking rankings had gone missing as well ... and we'd left poor Rex Bale out of the new Life Members ... and we'd missed Steve Scott's 11.8 out of the 100 metres rankings ... and ...

Our apologies, particularly to Bill Laws, whose arms were quite sore from the twisting with which we had tortured him until he provided meeting reports that were sadly never to be committed to the pages of our gazette. However, for posterity we show below the bare bones of the missing results.

BRITISH ATHLETICS LG.E DIV. 1 MATCH 4, CRAWLEY, 6 AUG 1994

100m: (-2.6) 2, H.Korjie 10.76; (+0.8) 1, P.Goedluck 10.48. 200m: (-0.6) 1, P.Goedluck 20.79; (-0.6) 1, H.Korjie 21.31. 400m: 7, F.Hazlett 51.83; 7, J.Dawson 50.52. 800m: 7, G.Mason 1:53.33; 3, R.Turner 1:54.26. 1500m: 6, K.Tadesse 3:55.80; 5, D.Maynard 3:58.65. 5000m: 2, K.Tadesse 14:17.70; 2, R.Alsop 15:01.91. 110mH: (+1.8) 2, N.Owen 14.25; (-1.5) 2, S.Shirley 14.82. 400mH: 6, P.Beaumont 54.34; 3, I.Wells 54.75. 3000mSC: 1, D.Mead 8:49.76; 4, M.Bizio 9:50.40. HJ: 1, F.Salle 2.10; 5, J.Hilston 1.85. LJ: 3, J.Mackenzie 7.36w; 6, M.Edwards 6.34. TJ: 4, D.Browne 14.91; 7, P.Spivey 11.36. PV: 3, M.Edwards 5.25; 1, I.Tullett 5.00. SP: cancelled. DT: 2, L.Marar 51.96; 1, A.Ekoku 48:60. JT: 4, M.Morgan 61.62; 2, N.Bevan 56.16. HT: 5, P.Spivey 62.70; 6, L.Marar 42.92. 4x100m: 1, Belgrave (S.Shirley, N.Owen, H.Korjie, P.Goedluck) 40.95. 4x400m: 3, Belgrave (G.Mason, D.Maynard, S.Shirley, I.Wells) 3:17.36. Teams: 1, Thames Valley 338; 2, Belgrave 324; 3, Birchfield 259; 4, Shaftesbury 255; 5, Newham & Essex Bgls 253; 6, Haringey 242; 7, Sale 211; 8, Crawley 180.

GUARDIAN GOLD CUP FINAL, BEDFORD 17 SEP 1994

100m: (+3.5) 7, L.Paul 10.73. 200m: (+2.8) 3, H.Korjie 21.34. 400m: 4, P.Goedluck 48.70. 800m: 7, D.Maynard 1:58.63. 1500m: 6, R.Turner 4:02.96. 5000m: 1, K.Tadesse 14:32.69. 10000m: 6, J.Galley 31:38.70. 110mH: (+4.3) 3, N.Owen 14.25. 400mH: 4, I.Wells 53.71. 3000mSC: 7, M.Hillier 12:00.60. HJ: 1, F.Salle 2.00. LJ: 2, M.Morgan 7.46. TJ: 2, J.Mackenzie 16.17. PV: 3, M.Edwards 5.00. SP: 6, M.Morgan 13.84. DT: 6, D.Morris 50.38. JT: 1, N.Bevan 77.94. HT: 4, P.Spivey 61.30. 4x100m: 1, Belgrave (L.Paul, D.Powell, H.Korjie, P.Goedluck) 41.17. 4x400m: 4, Belgrave (G.Mason 49.7, D.Powell 50.3, I.Wells 49.6, R.Milner 50.7) 3:20.21. Teams: 1, Thames Valley 133; 2, Shaftesbury Barnet 113; 3, Birchfield 108; 4, Belgrave 106; 5, Blackheath 104; 6, Woodford Green 95; 7, Windsor, Slough & Eton 54.

SURREY CC CHAMPS., COULSDON, 10 DEC 1994

Senior Men. 9, J.Estell 44:53; 16, M.Kinane 45:32; 44, S.Chettati 48:35; 62, M.Webb 49:45. U20M. 9, A.Jones 35:47; 30, T.Earle 53:03. U17M. 7, S.Alexander 27:55; 22, S.Bramson 31:08. Senior Women. 9, N.Haines 30:42; 48, N.Mills 35:49. U15G. 33, A.Hearn 23:13. U13G. 17, D.Hearn 18:05.

SEAA CC CHAMPS., PARLIAMENT HILL, 28 JAN

Senior Men: 146, M.Webb 54:05. U20M: 26, M.Hillier 35:30. U17M: 45, S.Alexander 25:19; 80 G.Jones 26:33; 86, J.Wilson 26:41. U15B: 216, N.Whortlow 32:04; 217, T.Laws 31:10. Senior Women: 38, N.Haines 28:37. U15G: 43, J.Brown 20:32; 93, L.Wilson 21:52; positions of D.and A. Hearne not known. Teams: 14, Belgrave 368.

Write on!



He was always known as Uncle Jerry

Dear Editors,

Very many thanks for another great issue!

It was very sad to hear about Tom Carter just as we were leaving for Canada. This meant that we were not able to go to the funeral to pay our respects. As has been said elsewhere he will be sadly missed. There are not too many Belgravians I suspect who were as closely questioned by him as I was when Mavis and I started going out together! I was also confused at that time as he was always known as Uncle Jerry in the Morrell household and with his approaches to me I thought he was part of the family and I was more nervous of him than of TFM. No doubt TC traded on this to add to my discomfort. We will always remember him for his interest in us and our family whenever we met and also, in earlier days, of his telegrams to Stan and I in Melbourne and the dinner he helped to arrange for the pair of us, plus Ranjit Bhatia, in Rome.

We particularly liked Arthur Bruce's article and hope that there will be others of a similar nature. What names there are to recall in that piece - Harry Hicks became a team mate in 1956, Gordon Pirie a friend from the same time and then Walter Hesketh who was a Fascist election candidate for the area I was responsible for in Manchester! Stan and I dined at the next table to Alain Mimoun the evening he won the marathon and Mavis and I spent a few hours with Dot Tyler just before Christmas. John Parlett was my schoolboy hero as we were from the same school and then of course there was Harry Churcher - one of the very best walkers I have known.

I am not sure about the date of the photograph on page 63 but it is Joe Coleman, not Len, wearing number 7. I do not recall him walking much after I joined the Club in October 1948 and I suspect that it was taken around that year. Gordon Doubleday may be able to help as I do not know who the others in the picture are - perhaps the tall chap between Joe and Harry was Jim Morris of Surrey WC? The chap on the inside is not me although TFM thought it was. In those days I had black shorts.

I could go on and on I suspect.

Yours sincerely,

Eric Hall, Colchester, Essex

Don't miss the Darts Championship for the Denmark Pot - Belgrave Hall 2nd December at 8pm

Remember me to old friends

Dear Charles,

Please remember me to old friends, in particular Clive Shippen and Bill Laws. I've only met the latter when riding together in Eddie Kulukundis's stretch limo when the Commonwealth Games were held in Auckland. My wife and I were staying with our daughter and her family in New Zealand where we have been ten times in all. I am hoping to get there once more when my grand-daughter gets married in February '97, but am getting more and more disabled through arthritis and osteoporosis and such a trip seems unlikely at the moment, though heart and lungs are in good condition.

Have had to give up coaching after 64 years of it and miss it greatly, though I do take 9 year old grandchildren out to the local recreation ground twice a week for some running - what I call pre-club training. I was so cheesed off with newcomers to Medway AC (local group I coached ever since the War) who, when told to jog round 2-3 laps on their first night, would stop after one lap because they were tired or out of breath, and I want to ensure that these youngsters could jog 2-3 miles at a steady pace when they joined the club and were fit to start normal training. The fitness of many youngsters today is deplorable.

I still manage a walk around the houses of about ¾ mile, with stick, and stopping three times to rest on the name boards for about 2 minutes. But I haven't got to the stage like Charlie Smart, my old RAF colleague, who used to take a stopwatch with him when walking and recovering from a stroke!

With best wishes,

P.W. (Jimmy) Green, Rainham, Kent

Had to have my right shoulder rebuilt

Dear Carl,

The last twelve months have been very eventful for me. After two years of some of my best results for years I had a serious accident speed skating and had to have my right shoulder rebuilt, the ball and socket joint being smashed in a number of places. The operation was a success and the physio staff were brilliant. I eventually resumed training after five months without any physical activity and found myself running 2 minutes per mile slower. Fortunately I seem to have progressed quicker than I expected and am now only seconds slower than last year.

Give all at the club my regards.

Yours in sport,

Chris Fairfield, Stalybridge, Cheshire

The Crimson & Gold

Dear Chairman,

I was a member of the club during the 1930s onward and represented Belgrave in quite a few events, cross-country and track (middle-distance). I have never forgotten the happy times and companionship during that time. I am 86 years of age and still look forward to seeing the Crimson & Gold on TV.

Yours very sincerely,

Frank Tame, Plymouth, Devon

Delving into the archives, it was not long before the name F. Tame was discovered. He was elected to the Club on 30th October 1928, aged 19, and before too long his name cropped up among the 880 yards and 1 mile race results in inter-club competition. In a match vs. London Athletic Club he finished 3rd in the match mile and then won the Club 880 yards handicap in 1:57.2 (off 55 yards). Frank several times took part in our 5 mile road run, the field for the run of 9th April 1938 being headed by one A.W. Penny.

In the meantime our Membership Services Committee contacted Frank and sent him a Club Tie which elicited this further communication from our old member ...

Dear Ted

I have just arrived home from a short summer break to find your letter on the mat. I can't thank you enough for the tie and the very kind gesture thereof.

It is nice to learn that the Club has been successful in the Inter-Club Champs and I certainly wish all the best this coming Saturday in the GRE Gold Cup Final - brings back old memories.

Until quite recently I've had an apartment in Majorca and on one occasion somebody gave me a lift into Palma. During the journey conversation, (don't ask me why) led to athletics and lo and behold! the man was a Belgrave Harrier. I believe he was originally a member of Thames Valley Harriers and a sprinter.

I hope to be in London sometime soon and would very much like to meet up with you by making a point of visiting Belgrave Hall on a Saturday.

Kindest regards,

Frank Tame

Walkers on TV

Dear Editor,

We don't often see race-walking on TV, but on Saturday 15th October, HTV (West) showed a few shots of the Chippenham to Calne (6 miles) walk held the previous day.

Most shots were of the winner, Chris Maddocks of Plymouth, but a brief shot showed Carl Lawton stepping it out along this famous stretch of the old Great West Road in his impeccable style.

Unfortunately we didn't have enough entries for a team, and where were our ladies? See you all next year.

Regards,

Gordon Doubleday, Bath

Road & Country Roundup

British Half Marathon best ever from Evans

The Carthorse kicks back!

Paul Evans, turned down by the Sports Aid Foundation when it came to awarding grants and described last year by BAF Team Coach Malcolm Arnold as a "carthorse", kicked back at his critics with a sensational British and European Record in the Marrakesh Half Marathon on January 15th. His winning time of 60:09 took 50 seconds off Steve Jones' British mark set in 1986 and no other Briton has gone below 61:00. It also moved him to fourth fastest of all time behind Tanui (59:47), Masya (60:02) and Moneghetti (60:06).

Seven days earlier at Ratinaers, Germany, in the Silvesterlauf 10k. Paul's 28:13 was 5 seconds inside Khalid Skah's course record. In both races the runner up was Kenyan Chege, outkicked by the Belgravian's final surge.

Holding steady in Surrey CC League Division One

REEBOK SURREY CC LEAGUE, DIVISION 1 RACE 4 COULSDON 11 FEB

Needing to run well in this, the last match of the season, to avoid the possibility of relegation, the Belgrave team did just that, with their best performance of the winter in atrocious conditions on Farthing Downs.

The weather forecast the previous evening had predicted "rain and wind rushing from the West". If anything this was an understatement, with gale force winds and rain lashing against the runners as they ran up the first long hill. At least this part of the course was relatively free of the thick mud covering the rest of the lap.

Adrian Passey, one of our second claim stars, took a grip on the race immediately from the start. Unafraid to battle alone against the elements, he was followed by a group of Belgrave engine room men in the twenties and thirties.

Making light of the conditions, Passey had a lead of over twenty seconds at the end of the first lap, with Roger Alsop, running well again after Autumn injury problems, then Jim Estall next to show. Behind them were Graham Adams and Phil Carstairs and a little further back Bruce Barton, returned from 18 months travelling and no doubt regretting that he was not still in the warm climate of Australia.

By the end of the second lap, Adrian Passey had extended his lead to over a minute - a run of pure class. Those who watched the race were not surprised to hear that he was called up for international duty a couple of weeks later.

Roger Alsop slightly increased his lead over Jim Estall, heading him for the first time in a cross country race. They finished 22nd and 23rd. Phil Carstairs had been running well before Christmas but had been injured since then with pulled stomach muscles: he finished in 34th with a very good run. Just 10 seconds behind came Graham Adams with Bruce Barton hanging on well to finish just outside the top fifty.

Mike Webb was followed by a very strong looking Adam Jones in the early sixties, but came an ashen Junior Galley and miserable looking

Mark Anderson both no doubt thinking of the track but both hanging on well to bring all our scorers inside the top hundred for the first time this season.

The result was fifth place for Belgrave, only 100 points behind the winners on the day Thames Hare & Hounds. Overall we still only finished 7th, but avoided relegation by over 260 points. More importantly, however, the team rallied around captain Graham Adams at the finish reacting very positively to the fine example he had set throughout the season.

1, A.Passey 28:52; 2, M.Simpson (Hounslow) 29:58; 3, A.Marriott (Hercules Wim) 30:02; ... 22, R.Alsop 31:25; 23, J.Estall 31:30; 34, P.Carstairs 31:55; 41, G.Adams 32:04; other individual positions not to hand.
Teams: 1, Aldershot F&D 358; 2, Thames H&H 361; 3, Boxhill R 373; 4, Herne Hill 375; 5, Belgrave 460; 6, South London 501; 7, Croydon 547; 8, Boro Hounslow 557, 9, Hercules Wimbledon 563.

CROSS COUNTRY LEAGUE TABLES

Men

| | | |
|---|--------------------|------|
| 1 | Thames H&H | 1094 |
| 2 | Boxhill R | 1336 |
| 3 | Herne Hill | 1356 |
| 4 | Aldershot F&D | 1478 |
| 5 | Boro Hounslow | 1782 |
| 6 | South London | 2157 |
| 7 | Belgrave | 2218 |
| 8 | Hercules Wimbledon | 2480 |
| 9 | Croydon | 2480 |

Women

| | | |
|----|-----------------|----|
| 1 | Herne Hill | 36 |
| 2 | Stragglers | 34 |
| 3 | Epsom & Ewell | 29 |
| 4 | South London | 28 |
| 5 | Dulwich | 27 |
| 6 | Thames H&H | 20 |
| 7 | Belgrave | 17 |
| 8 | Tadworth | 13 |
| 9 | Woking | 10 |
| 10 | British Airways | 6 |

Gabby back with League win and Club Record

Gabby Collison was overall individual winner of the Surrey Women's Cross Country League 1993/94 when she led our team to become Division One Champions. Unfortunately the season 1994/95 saw Gabrielle suffering a few health problems and not only was she unable to turn out in races two and three of the four race series but we missed her so badly that instead of fighting for the team title again, we found ourselves struggling to avoid relegation.

At Brockwell Park for race three on January 22nd Nikki Haines ran a fine race to place 8th in 30:12 to match her position in race 2 but with very little backing Belgrave sank to 9th in the team race with 196 points. Another team performance like that and we would be back in Division Two after a single year in the premier division.

And so to Petersham where on February 18th our fate would be decided. Gabby was back and rumoured to be in fine fettle. As the race progressed the rumour proved to be correct as the Belgrave girl pulled further and further away from the opposition until she ran in a clear winner by over half a minute in 21:24. With Nikki 11th in 23:04, Belgrave were able to place 5th on the day and remain in 7th position overall - clear of relegation and hopefully ready to battle for the position of top Surrey Club again in 1995/96.

Just to prove that she really was in fine form again, a week later Gabby removed getting on for two minutes from her Club Record for 5 miles, clocking 27:54 to place 3rd in the Asics sponsored Hillingdon '5' at Ruislip.

SOUTH OF THAMES 'SENIOR' CC CHAMPS, ESHER, 18 FEB

1, S.Baines (Blackheath) 33:23; ... 31, M.Hillier 35:58; 93, A.Jones 39:10; 103, M.Nouch 39:38; 129, D.Anderson 41:27. Teams: 1, Thames H&H 146; .. Belgrave did not close in.

'5%' CLUB CHAMPIONSHIP, WIMBLEDON, 8 MAR

1, M.Nouch 32:26; 2, D.Anderson 32:59; 3, D.McMillan 33:16; 4, R.Bale 35:19; 5, T.Williams 35:59. H'cap: 1, D.Anderson (5:00) 28:14; 2, D.McMillan (5:00) 28:16; 3, M.Nouch (4:00) 28:26.

NATIONAL CROSS-COUNTRY CHAMPIONSHIPS, LUTON, 11 MAR

Senior Men
1, S.Duval (Cannock & S) 43:43; ... 390, M.Webb 52:49 to win the Parker Bowl; 1008, D.Anderson 58:55; 1790 finished.
Teams: 1, Blackheath 120 (6 in 39 and 9 in 200).
Under 20 Men
1, D.McCormack (Vauxhall) 30:18; ... 204, W.Swaffer 40:13; 211 finished.
Senior Women
1, K.McCandless (Parkside) 19:55; ... 46, G.Collison 22:20; 96, N.Haines 23:58.

Bels in the medals in own road relay

BELGRAVE ROAD RELAYS WIMBLEDON, 25 MAR

With Thames Valley's Cranford Road Relay on hold due to serious traffic problems a gap appeared in the road relay calendar and with team manager's needing a little more evidence of fitness before nominating their squads for the Southern Road Relay and runners needing a "sharpener", Belgrave stepped in to provide a new event. We don't yet know whether it will be an annual promotion and will be keeping in touch with the 'Valley' to see what they do. The course was a little more than two miles, being based on our old Youths' Road Relay Course of the early '60s - starting in The Causeway and following the 'Yacht' route to Windmill Road and back across the Common before diving left along a short stretch of footpath to the Village and onto The Causeway again - six laps for men and three for women.

It's only a few years since we last promoted a road relay but in that time some good administrators have

retired. We missed them as soon as the race organisation swung into action but luckily our some of our current officials learned their craft alongside the oldies and the only real problem was the fact that with the laps being so short and lapping taking place early on, it was impossible to keep on top of the results stage by stage. But with the aid of H/W's good old Pete Mulholland even this hiccup was overcome in time to present the prizes for the fastest laps.

The police had been asked to cone off a large section of The Causeway which was to be used as the take-over area but surprisingly, come Saturday morning, this had not been done. Luckily Gordon Biscoe has purloined a few cones 'of his own' over the years so no harm was done - although the licensee of *The Fox & Grapes* half a mile away might beg to differ. What on earth possessed the police to position their serried ranks



of traffic cones outside his pub we will never know!

And what of the race itself ... Southampton's 'B' team led home the field at the end of stage one thanks to Frenchman de la Torre but the next five were all close up behind including our own Graham Adams. Reading AC were in the driving seat in the women's race with Jacinta Moore for the Belles in 4th and Martina Ryan taking her first competitive strides for the 'B' team after a maternity break. While Southampton plunged on leg two, Boxhill took up the running and our own John Gladwin set the stage's 3rd fastest time to take the Bels to 4th nearly half a minute down on the leader.

Herne Hill have found themselves a strong new female runner in F.Bosnak but she was not officially free to run for them for a few days so their team turned into a non-scoring outfit on lap two. Jacqui Smiter, much more at home over shorter distances these days, dropped to 6th but an astounding run came from Gabby Collison to close in our women's team. Not only did she move us up to 3rd (officially 2nd) but ran a time that would have made most of our men's 'B' runners very happy.

Back in the men's race, Hounslow, hovering in the frame for the first two stages, went ahead through Simpson who set the day's fastest of 9:26 but running 9:36 and moving the Bels into 3rd was Kassa Tadesse. Roger Alsop was next up and 9 mins. 47 secs. later he had the Boxhill team manager putting in a serious complaint that the Belgravian must have cut the course as he move into 2nd with the stage's fastest time and 7th best of the day. Phil Carstairs had to give ground to Boxhill on stage 5 and then Simon Fairbrother took the 'Hill Billies' back to the front with 9:27 while Mark Anderson held us in 3rd spot.

Women. n/s, Herne Hill 36:07; 1, Reading 37:49; 2, Belgrave 38:26 (J.Moore 13:08, J.Smiter 14:21, G.Collison 10:57); 3, Windsor S&E 39:45; 4, Reading 'B' 40:04; 5, Hercules Wimbledon 40:05. 8 teams finished, 10 started. Belgrave 'B' ran out after 1 leg, M.Ryan 13:31. Fastest: G.Collison (Belgrave) 10:57; F.Bosnak (Herne Hill) 11:33; M.Chapman (Reading) 11:47.

Men. 1, Boxhill 58:53; 2, Boro Hounslow 59:06; 3, Belgrave 60:14 (G.Adams 9:57, J.Gladwin 10:10, K.Tadesse 9:36, R.Alsop 9:47, P.Carstairs 10:22, M.Anderson 10:22); 4, Windsor S&E 61:29; 5, SLH 61:45; 6, City Portsmouth 63:31; ... 15, Belgrave B 67:20 (G.Mason 10:37, S.Weston 11:31, A.Binda 11:51, A.Luce 10:56, C.Dickinson 11:12, D.Anderson 11:13); ... 22 teams finished, 27 started. Fastest: 1, M.Simpson (Hounslow) 9:26; 2, S.Fairbrother (Boxhill) 9:27; =3, K.Tadesse (Belgrave), I. de la Torre (Southampton) 9:37; 5, H.Brasher (Hounslow) 9:38; 6, G.Bishop (Boxhill) 9:43; 7, R.Alsop 9:47; =8, A.Green (Boxhill), I.Harpur (Southampton) 9:48.

Record run in London Marathon

LONDON MARATHON, 2 APR

Paul Evans had, by his own admission, had a disappointing couple of years marathonwise. No one doubts his ability to put himself on the line when it comes to tough races but sometimes gritty determination to go for the medals when the conditions or body are not at their best leads to the dreaded initials "dnf" appearing on the result sheet.

But Paul had wintered well, making an impact in international cross-country races as well as topping the British 10k and half-marathon rankings, the latter with a sparkling European Best just outside the magic hour.

Once again Gary Staines was entrusted with the pacemaking - no easy task when the main protagonists are talking in terms of 2:06 clockings. At 12 miles Gary and the Portuguese Pinto were clear of a large pack that included a strong looking Evans but one or two familiar Belgrave faces expected among the good club runners had already been missed by this point. Where was Leo Lyons, Junior Galley; and Jim Estall, normally so full of running and ready to wave back

on hearing his name called from the sidelines, looked positively sombre.

As the race progressed the contenders chasing Pinto thinned out. Paul was still in there fighting and beginning to look sure of a high placing but the 20 mile marker saw him in a spot of trouble as Moneghetti and Ceron prepared for their amazing chase to close in on the leader. The bad times passed, however, and as the Belgrave man crossed the finish line in the Mall the electronic clock flicked to 2:10:31 - a personal best and Club Record by just 5 seconds. As fifth man home and first Briton, Paul had earned himself the right to a run in the World Championships but soon made known his intentions of going for the 10,000 metres instead.

Jim Estall was second Belgravian but was very disappointed with his time. A year previously his 2:25:22 had augured well for an exciting run in 1995 as a first-year veteran. Training had gone well - in fact he hadn't lost a day through illness all winter - and then his family went down sick during the week preceding the race and aspirations of getting in

among the top 40 year olds had to give way to other priorities.

Junior had suffered badly early on in the race. He called it a day and then went down with 'flu', collapsing at work before the week was out. As for Leo Lyons, well, steady 70-75 miles per week had him hoping for a good time but he didn't make it to the start line as he picked up a late knee injury. Great running came from 49 years old Richard Pearson who collected a Belgrave 'bronze' and Dave McMillan, who started his athletic life as a sprinter in the 1960s, ran his fastest ever marathon. Both Dave and Lionel Mann have run every 'London'.

1, D.Ceron (Mexico) 2:08:30; ... 5, P.Evans 2:10:31; 146, J.Estall 2:33:37; 1375, R.Pearson 2:59:09; 1770, D.McMillan 3:03:05; 1943, R.Bale 3:05:08; 3611, M.Manning 3:18:48; 4570, M.Graham 3:25:37; 5630, P.Cross 3:31:21; 6361, L.Mann 3:35:46; 7000-ish, R.Mann 3:40-ish; 7648, E.Derouet 3:42:44; 11692 (approx), F.Gander 4:01:30; 12499, C.Henn 4:05:58.

No easy answers ...

SEAA DIADORA 12 STAGE ROAD RELAY, THURROCK, 9 APR

The results show that Belgrave finished 31st, over 37 minutes behind the winners, our worst ever position in the South of England 12-stage, a race we had won only five years ago.

So what was the problem? Well there is no single reason, there are a number of them, and all have been bubbling just below the surface for the last few seasons, issues which the road and cross country committee have been trying to address. The plain truth is that there are no easy, instant answers.

It is a credit to team manager Don Anderson that he managed to get a team out at all and some would say that we shouldn't have run with this team which, apart from three or four, would not normally have been in our 'A' squad. Others would disagree and felt proud that we were there in spite of everything. The fact is that every single one of the twelve athletes who did represent the club ran their hearts out, most competing way above their ability or level of fitness. How can you expect a half fit 800-1500m runner like Mark Anderson who has missed most of the winter to run a long stage - but he did just that and ran out of his skin.

The London marathon had taken place the week before and this took Paul Evans, Gary Staines, Jim Estall and Junior Galley out of the equation. With Darren Mead and Justin Chaston in America, Roger Alsop in Scotland, Kassa Tadesse a late withdrawal and others equally unavailable or unfit, what really showed up was the very

thin line we now have between quite good results such as the last Surrey league race, and the result at Thurrock. Belgrave just do not have sufficient depth in middle and long distance. We rely on too few, too much of the time. This is a problem that goes right through the club and is now causing huge problems to all of our Track and Field teams as well as road and cross country.

As for the race, it was the most exciting in years with Blackheath just holding off Shaftesbury for a course record. A good start for Belgrave with Captain Graham Adams leading off and then it was wonderful to see John Gladwin floating round on the second leg followed up by a typically gutsy performance by Marcello Bizio, clearly returning to full fitness. As previously mentioned, everyone else ran well, Alex Luce having been called up on the day, just as he was leaving for a ten miler in Richmond Park! Perhaps the best performance came on the last leg with a blinding run from 800m runner Rob Turner.

At the end of the day Don Anderson felt very let down by people in the club and has resigned as team manager. This is a pity for it was not Don's fault and it was not only the missing runners who did not support Belgrave on the day. Apart from a couple of officials there was no sign of Belgrave support around the course from committee members or anyone else. It is not good enough to just be there when we win, we particularly need to pull together when things are

not going so well.

1, Blackheath 3:40:26; 2, Shaftesbury B 3:40:30; 3, Chelmsford 3:41:40; ... 31, Belgrave 4:01:01. (Individual Belgrave times not available). Fastest long stage (4m 1448y) K.Cullen (Chelmsford) 22:14. Short stage (2m 1260y) J.Sherban Shaftesbury B) 12:33.

- The BAF Championship and World Cross Trial was held at Druridge Bay, Northumberland, on March 5th. Our second-claim member Adrian Passey was unlucky enough to lose a shoe during the race but after stopping to put it back on, came back through the field to 10th and was rewarded with selection. He went on to place 71st in the World Champs. three weeks later.

- Gary Staines made his marathon debut in uncomfortable conditions in Vienna, Austria on April 23rd. With the temperature at 27° he suffered in the heat and placed a disappointed 4th in 2:16:04. Winner was Prusik of Poland in 2:15:23.

- June 4th saw Gary back in action over the more familiar distance of 10k at Cardiff in the Great Welsh Run. His winning 28:34 moved him to no. 3 on the '95 UK list behind our own Paul Evans (28:13) and Skyrac's Whitehead (28:23) but there is more to come, for he had not eased up at all on his training programme prior to the race and had then "sat in" until cutting loose over the final kilometre.

**NATIONAL VETERANS' ROAD RELAYS
SUTTON PARK BIRMINGHAM, 20 MAY**

Belgrave teams in the M40's and M60's took part in the road relays this year and a great day was had by all. Although not quite managing to repeat their 1994 triumph at Aldershot, the over 60's team did manage a fine third place, with Laurie O'Hara again running the fastest leg of the day. A very enthusiastic M40's team all ran well to finish in 32nd place, the highest they have placed in the eight years the event has been held. A total of 1,180 veteran athletes from all over the country competed in this magnificent event.

Of the over 60s, Pat Newell ran the first leg for Belgrave and although now in his 65th year, ran as fast as he did four seasons ago, doing well to hold Ron Higgs of Barnet to a minute. Charlie Walker, a year older, ran a solid leg although the gap had widened, not only with the old enemy Barnet up ahead but also the new pretenders Wirral who led after the second leg. Laurie ran a blinder but hadn't banked on Bob Stewart running a minute quicker for Barnet than form suggested but nevertheless having to settle for second behind the awesome Wirral. Our three stars could not have performed better and were very pleased with their bronze medals.

After Belgrave's disappointments over the road and country this season how refreshing to have such a keen M40's team. It was made up half from new Vets and half old stagers - a good combination. It was particularly good of Tony Binda and Dave McMillan to stand in at short notice, Dave being 'phoned at work only the day before.

They all ran well, only a minute separating fastest and slowest with possibly the best of the day being the

17.01 run by Dave McMillan. With the hills the three mile course times are equivalent to a 5000m and this must be a pb for Dave. Don Anderson, reaching the veteran ranks only the week before, took the first stage and was amazed at the quality on this leg. Always the strongest leg in depth, this year many good veterans were blown away. Don hung on well to pass to Leo Lyons, not in the form of a year ago but getting fitter with every race. Leo was only eleven seconds slower than in 1991 and overtook no less than 15 on his leg.

Then came Dave McMillan, Charlie Dickinson and Richard Pearson, pleased to make the long journey up from Hampshire and still silky smooth in his last year as an M45. On to Mike Nouch, in his best form since he won the club ten, and then John Mather, slowly returning to form. Lastly came Tony Binda. Coming up that final hill it was the same Tony that ran so brilliantly as a Junior over twenty years ago. Now at long last we really do have a Vets team! Watch out Manchester 1996! M40

1, Swansea 2:05:57; 2, Salford 2:06:21; 3 Tipton 2:06:44; 32, Belgrave 2:14:59 (D.Anderson 16:47, L.Lyons 16:19, D.McMillan 17:01, C.Dickinson 16:22, R.Pearson 17:33, J.Mather 16:55, M.Nouch 16:30, T.Binda 17:32).

Fastest: 1, N.Gates (Brighton &H) 14:23; 2, M.Rees (Swansea) 14.44; 3; M.Hager (Tipton) 14.52. M60

1, Wirral 55:19; 2, Barnet &D 56:06; 3, Belgrave 56:50 (P.Newell 19:21, C.Walker 20.00, L.O'Hara 17:29) Fastest: 1, L.O'Hara 17:29; 2, R.Higgs (Barnet &D) 18:03; 3, L.Hodgkinson (Wirral) 18:03.

Road & Country Results . . .

January

- 1 Serpentine 10k. 1, K.Tadesse 30:50; 2, 4, R.Alsop 32:43. Teams: 1, World Sporting Exchange (USA); 3, Belgrave 87.
- 4 Halton, Sir Sefton Brancker 6¼ mile CC. M40 1, J.Estell 30:20.
- 8 Tadworth 10m. 55, R.Mann 66:10; 112, L.Mann 70:01; D.Davies 77:33; 456, R.Faithful 90:02
- 14 Wigmore Valley Park, Luton. Inter-Counties. U20M 7.6k: 86, M.Hillier 24:19; A.Jones reserve. U17M 5.7k: 100, S.Alexander 20:04. Senior Women 6k: 158, N.Haines 22:23.
- 15 Hastings 10k. 8, R.Turner 33:47.
- 15 Hounslow Heath, Stragglers 8k. 9, R.Mann 31:42.
- 15 Fleet Open 9k. 10, M.Chuter 36:56.
- 29 Canterbury Nike 10m. 2, K.Tadesse 51:03.

February

- 4 Wimbledon, VAC 4.8m CC. 13, R.Bale 29:52; 18, A.Hardy 31:09; 27, F.Barrett 32:58; 32, D.Maughan 33:43; 65, C.Manning 49:47; 67, D.McMullen 51:34.
- 4 Havant, SEAA Vets Cross Country Champs. M60 6, C.Walker 52:17.
- 5 Hook, 26.2 10k. 1, G.Staines 28:40 (course record); 6, G.Adams 31:39; E.Derouet 42:48; D.Davies 44:54; R.Faithful 48:26. Team 6th.
- 25 Wimbledon, VAC 4.8m CC. 3, M.Nouch 27:46; 7, R.Bale 29:52; 9, C.Taplin 30:05; 14, P.Newell 31:25; 17, A.Painter 32:12; 22, D.Maughan 33:49; 23, D.Clack 34:00; 45, J.Plummer 50:22; 46, D.McMullen 50:50; 47, C.Manning 51:02.
- 26 Ruislip, Asics Hillingdon 5m. M60 1, L.O'Hara 29:43.

March

- 4 Royal Executioner 20m. 104, L.Mann 2:33:04; 110, R.Mann 2:36:02.
- 5 Woking, Reebok 10m. 38, M.Bizio 55:10.
- 12 Portsmouth IBM Half Marathon. 11, J.Estell 67:08; 33, J.Galley 73:26.
- 18 Irvine, Scotland, BVAFF CC Champs. 10k M60 1, H.Rankine 41:30; ... 3, L.O'Hara 44:02; 25, P.Newell 50:11. Teams: 1, Barnet &D 40; 2, Heaton 40; 3, Bellahouston 55; 4, Belgrave 61. M65 1, W.Marshall 46:37; ... 5, C.Walker 50:50.
- 25 Wimbledon VAC 4.8m CC. 2, M.Nouch 27:17; 12, C.Taplin 29:56; 16, R.Bale 30:48; 18, A.Hardy 31:06; 52, D.McMullen 50:51; 53, C.Manning 51:58.
- 26 Braintree Charity 10k. 1, P.Evans 30:07.

International Road Results

November '94

27 Camillejas, Spain, 12k. 2, P.Evans 35:26.

January

6 San Sebastian, 10k 5, G.Staines 31:02.
7 Mallusk, Belfast, Coca-Cola IAAF World Cross. 8k. 19, D.Mead 24:44.

February

4 Albuquerque, Las Vegas Half Marathon. 7, J.Chaston 63:06.
5 Elgoibar, Spain, 11.9k 5, P.Evans 34:58.
12 Acoteias, Portugal, IAAF World Cross. 7, P.Evans 30:00.
19 Cross National de le Ville du Havre. 3, K.Tadesse 32:05.

March

4 San Vittore, Italy, Five Mills IAAF World Cross. 17, P.Evans 36:26.
5 Paris Half Marathon. 6, K.Tadesse 64:06.
12 Ballycotton, Ireland, 10m. 1, G.Staines 47:00 (rec).
19 Vallee de L'yeeres (nr Paris) Half Marathon. 3, K.Tadesse 63:46.

May

27 Portsmouth, BUPA International 5k. 5, P.Evans 13:51; 6, A.Passey 13:59; 8, G.Staines 14:08; 18, K.Tadesse 14:37.

1995 "Points" Road Competition

Scoring the best three results from five fixtures, the winner was John Mather (1, 1, 1) with 3 points. Robert Mann was on 5 points (2, 2, 1) and Larry McLean scored 6 (2, 1, 3). First Veteran receiving no other prize was Carl Cross with 9 points and first Woman was Hilary Saw with 3 points.



Left: Belgrave's Number One on Country, Road and Track.

As a prelude to her exploits on the track, two further Road Running Club Records came from Gabby Collison in the Spring. No less than 42 seconds was slashed from her own best 10k time, as she placed 4th with 34:32 in the B&Q Race at Eastleigh on March 19th. Battersea Park was then the venue for the Reebok Centenary Festival Of Running where Kenya's Sally Barsosio attempted to crack the World Best for 5k. The African girl won the race in 15:29 but failed in her bid to run the fastest time ever. Back in 21st place in this elite race, however, another staggering pb came from Gabby. Her time of 16:51 represented a huge improvement on her club mark of 17:42 and had her placed among some of the very best road runners in the country.

Photo: Jeremy Hemming.

Road & Country Results . . .

April

- 1 Harrow 10k. M60 1, L.O'Hara 36:33.
14 Maidenhead, Holiday Inn Easter 10m. 204, R.Mann 1:07:36; 253, L.Mann 69:40.
14 Folkestone 10m. 325, R.Faithfull 82:48.
23 Battersea Park, Reebok 5k. 9, A.Passey 13:51; 54, P.Carstairs 15:56.
25 Battersea Park, VAC 5.2m. 4, M.Nouch 29:00; 6, L.Lyons 29:44; 53, D.McMullen 52:22.
30 Tooting SCVAC 10k. M60 1, L.O'Hara 37:01
30 Richmond Half-Marathon. Women. 1, N.Haines 84:38.

May

- 7 Coombe Hill 5m. =1, G.Staines 24:38; 11, D.Anderson 29:31; 13, L.O'Hara 29:51.
8 Ewell, Epsom Fun Day 5m. 13, J.Mather 29:39; 48, L.McLean 33:02; 53, L.Mann 33:33; 58, 1, C.Cross (1st M55) 34:10; 65, E.Derouet 35:17; 68 A.Stone 35:31. Teams: 8, Belgrave 92.
16 Battersea Park, Vets AC 5.2 miles. =1, M.Nouch and L.Lyons 28:41; 32, D.McMullen 51:06; 33, C.Manning 51:55.
20 Sutton Park, National Vets. Road Relay. M40 1, Swansea 2:05:57; ... 32, Belgrave 2:14:29. Fastest N.Gates (Brighton &H) 14:23. M60 1, Wirral 59:19; 2, Barnet &D 56:03; 3, Belgrave (P.Newell 19:21, C.Walker 20:00; L.O'Hara 17:29) 56:50. Fastest L.O'Hara 17:29; Higgs (Barnet &D) and Vaughan Hodgkinson (Wirral) 18:03.
20 Crystal Palace, Puma Trinomic GP and London 10k. 4, K.Tadesse 29:50 (3rd in London Champs.) Women 7, N.Haines 39:26 (2nd in London Champs.)
21 Morden, Little League 10k. 1, J.Estell 32:38; 3, J.Galley 34:15; 10, S.Paton 36:16.
21 Tadworth 5m. 53, L.McLean 31:40; 61, C.Cross 33:26; 83, R.Faithful 38:27. Teams: 12, Belgrave 165.
22 Battersea Park, Sri Chinmoy 2m. 5, S.Chettati 9:57.

June

- 4 Teddington, Lensbury 10k. 1, C.Sweeney 29:42. M60 L.O'Hara 36:11.
4 Dorking and Surrey Co. 10 miles. 5, M.Webb 55:00; 54, P.Lee 63:00. Women. 4, M.Andrew 66:14.
12 Battersea Park, Sri Chinmoy 2m. M60 1, C.Walker 12:36.
19 Battersea Park, Sri Chinmoy 2m. 3, M.Bizio 10:07.
21 Peterborough, Thomas Cook Charity 6m. 18, D.Mead 29:37.
21 Reigate Priory, Midsummer 10k. 2, M.Hillier 34:36.
22 Dulwich Runners Midsummer 5k. 1, G.Staines 23:29.
22 Wimbledon, Windmilers 10k. M40 2, J.Mather 37:18.
25 Dysart Dash 10k. 27, J.Mather 36:12 (8th M40); 74, R.Mann 39:16; 114, L.Mann 41:40; 140, C.Cross 42:51; 184, E.Derouet 46:03; 192, M.Hutton 46:39; 245, Hilary Saw 52:46. Teams: 9, Belgrave 121pts.
27 Battersea, VAC 5.2m Champs. 3, M.Nouch 29:02; 7, L.Lyons 29:52; 23, L.Mann 34:36; 53, D.McMullen 53:06; 54, C.Manning 57:06.

July

- 3 Battersea Park, Sri Chinmoy 3m. 6, M.Bizio 15:33.
9 Battersea Park, BUPA Great London Run 5m. 21, J.Galley 26:30; 22, M.Bizio 26:33.
11 Battersea Park, VAC 5.2m. 3, L.Lyons 29:50; 8, L.O'Hara 30:42; 14, P.Lundy 32:20; 28, L.Mann 35:40; 45, D.McMullen 52:52; 46, C.Manning 55:58.
12 Battersea Park, Chemical Bank Corporate Challenge 3.5m. 10, R.Alsop 17:18.
16 Walton on Thames, Julie Button 10k. J.Mather 37:41; R.Mann 40:04; L.McLean 40:50; L.Mann 41:55; C.Cross 42:58; Judy Oakley 47:23; Hilary Saw 52:42.
? Cranfield 10k. 128, R.Mann 40:28; 169, L.Mann 42:04.
? Lions Half-Marathon. 78, R.Mann 1:31:34; 98, L.Mann 1:33:30.
16 Wycombe Half-Marathon. D.McMillan 1:27:23.
23 Oxford Half-Marathon D.McMillan 1:24:30.
24 Perivale, Asics Summer Steamer 5k. M60 1, L.O'Hara 17:12.

August

- 13 Wimbledon, Surrey 5k Champs. 7, M.Bizio 16:09; 19, L.O'Hara 17:39; 20, R.Mann 17:42; 30, R.Bale 18:38; 47, E.Derouet 20:49; 49, C.Cross 20:56; 66, Hilary Saw 24:55. Teams: 3, Belgrave 46.
15 Battersea Park, VAC 5.2m. 5, M.Nouch 28:59; 11, L.O'Hara 30:37; 17, R.Bale 32:47; 45, Hilary Saw 42:02; 52, D.McMullen 54:49; 54, C.Manning 56:38. 1 mile road race: 6, A.Verdie 5:25.
21 Perivale, Bella Pasta 5k. M60 1, L.O'Hara 17:05 (24th overall).
25 Hyde Park, Last Friday 5k. M60 1, P.Newall 20:17.
28 Crystal Palace, Reebok Runners 10k. 1, M.Bizio 32:27.

September

- 3 Leatherhead, 7 miles. P.Gilbey 41:37.
9 Perivale, Warwick Wright 10k. 1, P.Evans 29:01 M60. L.O'Hara 36:02.
24 Sutton 10m. 5, D.Mead 51:27.

date unknown

- Watford Half-Marathon. 4, J.Estell 69:44; 11, J.Galley 75:01; 203, J.Slough 89:26; 205, R.Mann 89:33; 395, L.Mann 96:18; 966, P.Davies (W) 120:+; 967; C.Henn 120

Autumn Great Race Series

BUPA GREAT NORTH RUN HALF MARATHON NEWCASTLE TO SOUTH SHIELDS, 17 SEP

In windy conditions, European Record holder Paul Evans was as good as his word. He had promised to go with the pace however fast it was. After two miles in 8:52 Moses Tanui was pushing on hard and only Masya and Evans could stay near, with Gary Staines in his first attempt at the distance just off the back. By four miles Paul knew it was not going to be his race and began to slip away until he was struggling to stay with Gary and Kariuki in 3rd and 4th. At this point Belgrave were getting the full monte as far as TV coverage was concerned for Brendan Foster, while quite correctly identifying the two Brits as Belgravians, made the mistake of thinking that Kariuki was our own Kassa Tadesse.

These three stayed together until near the end when the Kenyan just got away from Evans with Staines a further 8 seconds in arrears. Kassa was well down on this occasion but could not have expected much better, being very short of training due to his injury problems.

When interviewed on TV Paul Evans said that he was pleased to be the first Briton home while Gary, who must have been satisfied with his debut and was still looking cool in his shades, had the interviewer laughing with his, "I wouldn't have minded being first Belgrave".

Evans and Staines now occupy positions 1 and 3 on the British Rankings for 1995, with Justin Chaston 7th.

1, M.Tanui (Kenya) 60:39; 2, B.Masya (Kenya) 61:69; 3, J.Kariuki (Kenya) 62:29; 4, P.Evans 62:30; 5, G.Staines 62:38; 157, K.Tadesse 74:34.

BUPA GREAT CALEDONIAN RUN EDINBURGH, 1 OCT

Longwood's Andrew Pearson made all the early running in this 10k event held over the roads of Scotland's 'Auld Reekie'. With Gary Staines content to tuck in behind, the leading bunch was gradually whittled down as the young Yorkshireman forged along. From 5k, reached in 14:43, it was down to just the two of them and still it was Pearson just ahead of the Belgrave Harrier. Along Princes Street past Edinburgh Castle perched high on the crags above and now Gary was beginning to force the pace. Neither of them would back down as they hurtled along faster and faster. Into the last stretch and now the wind was against. The additional burden of the elements was just the last straw for Pearson as he was unable to match Gary's final surge and our man ran through the line in 28:48. It was his second win over the course in three years.

BUPA GREAT SOUTH RUN PORTSMOUTH, 8 OCT

Returning to the course where he set a short-lived British Record of 46:11 in 1993 and then won again with 47 dead in 1994, Gary Staines was looking for a hat trick of runs over this 10 mile course. But Kenya's Benson Masya had other ideas. Bouncing back from a defeat at the hands of our own Paul Evans over 30 kilometres of cross country the previous week, Masya immediately took up the initiative by leading through the first mile in 4:12 - only Gary went with him. From there on the Kenyan relentlessly moved ahead until he ran through the finish in an astounding 45:56. For the Belgrave man it was a lonely run as he wound up 2nd nearly two minutes behind in 47:47 but a minute and a half up on third man Wanderi, also from Kenya.

BUPA GREAT MIDLAND RUN COVENTRY, 15 OCT

This was a 10k race that Gary could probably have done without. Together with Andrew Pearson he prised a lead over Border AC's Paul Taylor after Kenyans Nyamongo and Morioki had set the early pace but at the 2k point it was Julius Kariuki, also from Kenya, pushing on ahead and the Brits were left to fight it out for second place. Unfortunately Gary had been under the weather during the preceding week and a quadriceps injury picked up during a hard training session also hampered him to the extent that when his rival kicked he feared to do the same in case he aggravated his problem Pearson's 28:35 was a pb while Gary improved on his Edinburgh time to clock 28:44. Kariuki's time was 28:18.

September continued

30 New York, 5th Avenue Mile. 5, M.Yates 4:05.0.

October

- 1 Teddington, Cabbage Patch '10'. 1, M.Handanga 49:47.
1 Wimbledon, VAC 4.8m CC. 1, C.Dickinson 25:55; 4, M.Nouch 26:50; 7, L.O'Hara 28:34; 15, C.Taplin 30:35; 19, J.Wasbrough 32:44; 20, A.Stone 33:21; 25, C.Walker 34:48; 26, D.Maughan 34:51; 29, A.Bruce 36:59.
1 Lidingsloppet, Sweden, 30k Cross Country. 1, P.Evans 1:36.01 (record) from B.Masya (Kenya) 1:36.09 from 15,000 starters; the World's longest and biggest cross-country race.
8 Dulwich Runners 10k. 3, J.Estell 32:37; 7, J.Galley 34:06.
8 Ashford, Julie Rose 10k. 4, R.Turner 32:46 (2nd in Kent Champs.).
15 Southend 10k. 14, M.Yates 32:00.

Young Athletes Road & Country Roundup

October '94

- 9 Paddock Wood, Whitbread 'Mini Minor 800'. Janine Brown arrived too late to run in her U15G race so took part in the under 20 women's event and placed 10th out of 18.
U20M. 26, W.Swaffer 30:18. U17M. 16, R.Peacock 17:04. U15B. 19, N.Whorlow 12:10. U13B. 3, R.Bignall 8:20; 5, D.Bond 8:28; 43, K.Bignell 9:59; 45, J.Stevens 10:03. Teams: 4, Belgrave. U11B. 30, S.Whorlow, Jr. 6:31; 58, M.Dray 7:34; 59, J.Timmis 7:35. U20W. 10, J.Brown 17:54.
U15G. 23, A.Gray 12:32; 37, K-A.Parker-Smith 13:28; 54, A.Butler 18:04. U13G. 34, L.Walden 6:51; 45, H.Kingsnorth 7:02; 55, N.Masters 7:39; 57, A.Timmis 7:44.

December

- 18 Reigate, Holly Run. U20M. 3, M.Hillier 34:02. U17M. 9, G.Jones 24:06; 13, W.Swaffer 25:03; 24, R.Peacock 34:01. U15B. 28, N.Whorlow 23:15. U13B. 18, J.Stevens 12:52; 33, R.Bignall 14:22; 37, K.Bignall 15:08; 38, D.Crook 15:18. U11B. 15, S.Whorlow, Jr. 7:40. U13G. 12, L.Walden 7:58; 22, L.Fryer 9:21.

January

- 8 Parkwood League 'C' Division. Boys. U17M. 15, R.Peacock 23:06. Team: 3, Belgrave. U15B. 14, N.Whorlow 11:04; 19, P.Hills 12:18; 21, J.Scott 13:23. Team: 3, Belgrave. U13B. 7, R.Bignall 11:02; 23, D.Crook 12:49. Team: 2, Belgrave.
Girls. U15G. 6, J.Brown 11:45; 9, A.Gray 13:01. Team: 2, Belgrave. U13G. 10, L.Walden 11:24; 17, L.Fryer 12:00. Team: 2, Belgrave.
25 Merton Schools. U20 1, T.Earle 20:36.

February

- 4 TSB County Schools.
London - Parliament Hill. Inter Boys. 13 S.Vella 22:49. Inter Girls 8, L.Wilson 12:32.
Kent - Junior Boys. 28, M.Semakula 20:21; 47, J.Stevens 21:04; 55, N.Whorlow 21:24; 71, R.Bignall 22:05; 97, D.Bond 23:47. Junior Girls. 11, J.Brown 13:46.
Surrey - Reigate Senior Boys. 2, M.Hillier 27:19; 4, T.Dolman 27:46; 5, A.Jones 27:56; 6, G.Mason 27:58; 7, T.Evans. Inter Boys. 7, S.Alexander 20:45.
Sussex - Brighton. Inter Boys 9, G.Jones 23:46.
11 Coulsdon, Reebok Surrey CC League Division One. U17 2, J.Wilson (Belgrave); 3, G.Smith (Boro Hounslow); ... 6, F.McManus.
Final positions: 1, Belgrave 152; 2, Boro Hounslow 236; 3, South London 253.
U13 1, C.Morris (Belgrave) 2, D.Bates (Belgrave) 3, A.Hogan (Herne Hill); ... 5, S.Whorlow.
Final Positions: 1, Belgrave 159; 2, Hercules Wimbledon 208; 3, South London 262.

March

- 4 TSB English Schools Champs., Stoneleigh, Warwickshire.
Senior Boys 13, M.Hillier 29:22; 38, T.Dolman 30:16; 50, G.Mason 30:40; 57, A.Jones 30:46; 317 finished. Teams: 1, Surrey 149; 41 teams closed in.
Inter Boys 97, S.Alexander.
Inter Girls 259, L.Wilson.
5 Parkwood League 'C' Division. Boys. U15B. 16, N.Whorlow 11:31; 21, J.Scott 13:15; 22, P.Hills 13:24. Team: 2, Belgrave 46. U13B. 7, C.Morris 10:39; 11, J.Stevens 11:03; 14, D.Bates 11:15; 19, R.Bignall 11:32; 29, K.Bignall 12:24; 31, L.Jones 12:41; 32, D.Crook 12:46; 36, C.Stanford 14:19; 37, K.McCruden 20:09.15, D.Bond 11:15. Teams: 1, Belgrave 18.
Girls. U15G. 1, J.Brown 11:12; 6, A.Gray 12:21; 9, K-A.Parker-Smith 13:01. Teams: 1, Belgrave 22. U13G. 11, L.Walden 11:27; 12, L.Fryer 11:36. Teams: 1, Belgrave 49.
12 Hastings Mini Marathon 2k. Boys. 9, N.Scamp (5th in age group); 11, R.Bignell (5th); 14, N.Whorlow (7th); 20, J.Stevens (1st); 48, D.Bond (22nd); 50, C.Wilson (12th); 56, D.Bates (16th); 70, K.Bignell (20th); 76, D.Crook (21st); 85, S.Whorlow, Jr. (22nd); 102, J.Scott (43rd); 114, C.Stanford (45th); 124, K.Miles (34th); 167, G.White (47th); 170, K.McCruden (55th).
Girls. 31, J.Brown (2nd); 72, A.Gray (4th); 84, L.Walden (7th); 100, N.Masters (10th); 101, L.Fryer (11th); 117, K-A.Parker-Smith (10th); 176, S.Patterson (32nd).
28 Parkwood League 'C' Division. Boys mixed age-group relay. 12, Belgrave (D.Bates 8:51, D.Bond 9:23, J.Scott 10:03, C.Wilson 9:38) 38:15. Other Belgrave competitors: G.White 12:16; K.McCruden 13:41; R.Bignall 9:14; N.Whorlow 9:29; J.Stevens dnf.
Girls mixed age-group relay. 5, Belgrave (L.Fryer 10:14, L.Walden 9:52, J.Brown 9:01, A.Gray 9:56) 39:03. Other Belgrave competitors: K-A Parker-Smith 10:09. Janine Brown was equal fastest under 15 on the day.

April

- 2 Nutrasweet London Mini-Marathon. Boys 16-17 16, J.Wilson 14:20; 41, S.Alexander 14:50. 14-15 48, A.Breeze 16:30.
4 Folkestone 2m. Boys. 4, M.Semakula 11:28; 10, D.Bates 12:04; 11, R.Bignell 12:09; 12, N.Whorlow 12:19; 16, D.Bond 12:46; 31, P.Hills 13:32; 34, L.Jones 13:42; 35, S.Whorlow, Jr. 13:43; 47, K.Bignell 14:22; 52, M.Bates 14:34; 54, C.Stanford 14:39; 60, D.Crook 15:05; 71, S.Furming 16:00; 87, G.White 19:18; 93, K.McCruden 21:43.
Girls. 1, J.Brown 12:23; 14, L.Fryer 14:07; 15, A.Gray 14:26.
9 Sutton Park, McDonalds YA National Road Relays. U13B 1, Liverpool 55:21; ... 37 Belgrave (C.Morris 15:39, C.Beaver 16:05, D.Poates 14:40, R.Bignall 14:51) 61:15.

Young Athletes Cross Country Points Competition 1994-95

Points are awarded as follows: 1st place 20pts, 2nd place 19pts 10th place 9pts, etc. One point is awarded for attendance at a meeting but not running and also one point for running but not finishing.

The number of matches attended counts first, followed by points scored. Those attending but not running or finishing are shown 3-1 putting them below athletes with 4 matches but above those with 3 matches.

Under 13

| | | | | | | | |
|-----|---------------|-----|----|----|----|----|----|
| 1 | C.Morris | 4 | 20 | 19 | 20 | 20 | 79 |
| 2 | S.Whorlow Jnr | 4 | 13 | 15 | 18 | 18 | 64 |
| 3 | R.Bignell | 3-1 | 19 | 18 | 19 | 1 | 57 |
| 4 | K.Bignell | 3-1 | 14 | 14 | 15 | 1 | 44 |
| 5= | J.Stevens | 3 | 17 | 0 | 16 | 15 | 48 |
| | D.Crook | 3 | 15 | 16 | 17 | 0 | 48 |
| 7 | D.Bond | 2 | 18 | 17 | 0 | 0 | 35 |
| 8 | S.Beaver | 1 | 0 | 20 | 0 | 0 | 20 |
| 9 | D.Bates | 1 | 0 | 0 | 0 | 19 | 19 |
| 10= | L.Jones | 1 | 16 | 0 | 0 | 0 | 16 |
| | K.Miles | 1 | 0 | 0 | 0 | 16 | 16 |

Under 15

| | | | | | | | |
|---|-----------|-----|----|----|----|---|----|
| 1 | N.Whorlow | 3-1 | 20 | 20 | 20 | 1 | 61 |
| 2 | A.Cuypers | 1 | 19 | 0 | 0 | 0 | 19 |

Under 17

| | | | | | | | |
|----|-------------|-----|----|----|----|----|----|
| 1 | R.Peacock | 3-1 | 15 | 16 | 15 | 1 | 47 |
| 2 | J.Wilson | 3 | 20 | 20 | 0 | 20 | 60 |
| 3 | S.Alexander | 3 | 19 | 18 | 20 | 0 | 57 |
| 4= | G.Jones | 2 | 18 | 0 | 19 | 0 | 37 |
| | T.Evans | 2 | 0 | 19 | 18 | 0 | 37 |
| 6 | S.Weston | 2 | 0 | 17 | 17 | 0 | 34 |
| 7 | S.McManus | 1 | 0 | 0 | 0 | 19 | 19 |
| 8 | J.Drake | 1 | 17 | 0 | 0 | 0 | 17 |
| 9 | R.Milner | 1 | 16 | 0 | 0 | 0 | 16 |

W.D. "Tommy" Thomas Dies

Sad news just in as we go to press is that that W.D. "Tommy" Thomas of South London Harriers has died after a period of illness. "Tommy" devoted his life to his beloved "Irrepressibles". He was one of those characters who took on so much admin. work that it is difficult to imagine how the wheels will turn without him. The cross country finishing funnel at Surrey League and County Championships will never be quite the same without him waiting there for his men to come home and similarly the trackside at Tooting will be a bleaker place without his presence at Rosenheim League matches.

Our condolences go to all South London Harriers.

INDOOR TRACK & FIELD

December '94

31 Birmingham Games.

60m: 5, H.Korjie 6.81 (6.78-sf); hts D.Powell 7.15. 200m: 5, H.Korjie 22.12; hts D.Powell 22.59. 800m: 3, D.Maynard 1:53.32. 60m: 5, H.Korjie 6.81 (6.78-sf); hts D.Powell 7.15. 200m: 5, H.Korjie 22.12; hts D.Powell 22.59. 800m: 3, D.Maynard 1:53.32.

January

21 Crystal Palace.

60mH: 2, N.Owen 8.0. U17M 60m: 2, M.Dickson 7.1; 4, J.Hilston 7.3.

22 Horsham, SEAA Indoor Champs.

PV: 1, I.Tullett 4.90; 4, J.Webb 3.90. Women: 3, S.Drummie 2.60; 4, J.Cockram 2.60.

28 Birmingham NIA. GB v Russia.

60m: 5, J.Regis (guest) 6.73. 200m: 1, J.Regis 20.65. HJ: 1, B.Reilly 2.26.

28 Horsham Open.

PV: 2, J.Webb 4.10.

29 Stafford, Asics Invitation.

HJ: 3, B.Reilly 2.21.

29 King's Lynn. 60mH: 1, I.Wells 9.0.

29 Birmingham NIA, Midland Counties Open. 20M 60m: R.David 7.30; A.King 7.61; M.Livingstone 7.78. 200m: A.Johnson 22.84; M.Livingstone 25.16. 400m: G.Mason 51.41; T.Beames 53.2. TJ: M.George 12.79.

U17M 60m: M.Dickson 7.12; J.Hilston 7.25. 200m: M.Dickson 23.04; G.Ojok 23.21; J.Panton 24.54; P.Fox 24.82; S.Mytlineos 30.81. 1500m: S.Weston 4:25.97; T.Evans 4:27.07. LJ: G.Ojok 6.15. M45 60m: R.Bridges 8.43. 200m: R.Bridges 27.34.

SW PV: 3, S.Drummie 2.80.

U20W 200m: P.Friel 27.86.

U17W 60m: G.Samson 9.12. 800m:

A.Hearn nt. SP: M.Stock 8.52.

U15G 800m: D.Hearn 3:07.44

February

4 Birmingham NIA, AAA Indoor Champs.

a) = 3rd. 60m: 4, J.Regis 6.72; sf 5, F.Salle 6.89. 800m: a) ht 4, D.Maynard 1:56.05.

60mH: 3, N.Owen 7.93. PV: a) 4, I.Tullett 5.10. TJ: 2, J.Mackenzie 16.07. SP: 4, J.Mason 16.54.

5 Stuttgart, Sparkassen Cup.

200m: 1, J.Regis 20.47 (UK record).

5 Crystal Palace, SC Indoors.

M50. 60m/60mH/SP/LJ: S.Brooks 1, 7.9(CBP)/1, 9.4/2, 12.47/3, 3.92.

11 Glasgow, GB v France.

60m: 5, J.Regis (gst) 6.73. 200m: 1, J.Regis 20.67. HJ: 2, B.Reilly 2.20.

11 Birmingham NIA, Midland Open.

PV: 1, I.Tullett 4.95.

U20 HJ: 1, R.Aspden 2.06.

U17 200m: 2, J.Hilston 22.81.

Women's PV: S.Drummie 3.00.

11 Crystal Palace, Puma Open.

SP: J.Mason 15.53. Women's PV: 1, J.Cockram 2.90.

12 Birmingham NIA, BVAF Indoor Champs.

M50. 60m/60mH/200m/SP/HJ: S.Brooks 3, 8.0/2, 9.3/3, 26.3/3, 12.20/1.45.

15 Crystal Palace, Puma GP Sprints.

Three U17M 60m wins came from Marlon Dickson with 7.3, 7.2, 7.3.

18 Vienna, Austria v England v Czech Republic v Hungary.

Fred Salle was elected English Team Captain and celebrated with a match win and indoor Club Record in the long jump with 7.90m. Brendan Reilly also took first place with his 2.18m high jump.

18 Birmingham NIA.

U20M HJ: 4, R.Aspden 2.10.

U17M 60m: 3, M.Dickson 7.07.

19 Lievin, France.

After a British record of 20.47 a fortnight earlier in Stuttgart, Regis was convinced that the indoor World Record was his for the taking, after all, Frenchman Bruno Marie Rose's mark only about 1/10th away at 20.36, set at this very stadium. However, a big upset occurred for the Belgrave man as he was not only disqualified for running out of his lane (although timed at a 'best' of 20.42) but Christie was already home in a

World Record breaking 20.25 with Fredericks closing quickly at 20.26!

22 King's Lynn, Norfolk.

60m: 1, I.Wells 7.5. 60mH: 1, I.Wells 8.9.

25 Birmingham NIA, KP International.

A speedy 20.44 from Regis to defeat Namibian Frankie Fredericks was followed swiftly by the news that once again the Belgravian had been unable to keep his powerful figure between the lines and that he had been disqualified for a "lane infringement".

60m: 8, J.Regis 6.73. 200m: J.Regis dq. HJ: 4, B.Reilly 2.20.

25 Horsham, Sussex Indoor Champs.

50m: 1, G.Palmer.

26 Crystal Palace, Surrey Indoor Champs.

PV: 1, J.Webb 3.80. U17M 60m: 1, M.Dickson 7.1; 3, G.Ojok 7.2. LJ: 1, G.Ojok 5.99.

27 Stockholm, IAAF GP.

A miserable indoor season was concluded for John Regis when he failed to finish the 200 metres through injury but had already been disqualified yet again for running out of his lane.

March

5 Sheffield, BVAF Pentathlon Champs.

M50 1, S.Brooks 3697 (9.3, 5.43, 13.12, 1.50, 3:50.4).

10 Barcelona, World Indoor Champs.

In heat 5 of the 200 metres John Regis appeared to be very tentative around the turn, running at well below full effort for 2nd in 21.21. In the semi he went to 2nd again, 20.94 behind Geir Moen's 20.59 but then pulled out of final. Brendan Reilly placed 9th in group B of the high jump qualifying round with 2.15m and 2.20m efforts, both achieved at the second attempt. Six went into final with 2.20m at first attempt!

12 Kingsmeadow, Kingston & Poly. Open.

U15 80m: 1, R.Hart 10.4.

18 Ewell, Nescot Flyers Musical Pole Vault.

M40 John Webb 2.80. U13 M.Miller 2.20.

KEEP ON COURSE
WITH **BIOCOMPASS**

IT'S JUST LIKE HAVING
A NAVIGATOR IN
YOUR POCKET !!



TWENTY DEGREES
NORTH NORTH EAST
SKIPPER

Bishop Johnny G gets top post

The Guildford Diocesan Herald

HUNDREDS of Christians are expected to converge on Guildford Cathedral on Friday 17 November at 8pm to pray for the Pilgrims' Way diocesan —

It is hoped that 10,000 people from churches throughout the diocese will attend the closing outdoor event in Rushmoor Arena, near Aldershot, when the Archbishop of Canterbury, Dr George Carey will be the main speaker.

The Bishop of Guildford, the Rt Revd John Gladwin has taken overall responsibility for Pilgrims' Way.

Rumours have been circulating about a new post to which our old mate John Gladwin may be appointed. It was thought that he might be taking over some responsibility for the course used for a very famous road race. Imagine our surprise, however, when we received the October issue of *The Guildford Diocesan Herald* (oh! yes, we take it regularly) and were informed by an article on the front page that the course involved was not that of the very famous road race but was in fact the extremely famous route used by religious travellers for the last couple of thousand years or so - the Pilgrims' Way.

We reproduce clippings from the article from which you will note that Johnny G has been keeping very quiet about some of his qualifications. Or do you think that we mitre made a mistake!

5TH IAAF WORLD CHAMPIONSHIPS IN ATHLETICS

GöTEBORG 1995

As the athletic world focused on Gothenburg between 5th and 13th August, and in particular on the happenings in the Ullevi Stadium, we could pride ourselves on being better represented than ever before. Nine Belgravians had been selected - ten if you include second-claimer Adrian Passey - and with John Jeffery as Assistant Team Manager, our representatives were not confined to the competitive variety. The '87, '91 and '93 IAAF Championships in Athletics had each brought us medals (thanks to the auspices of John Regis). Would '95 do the same?

Sadly, no. Adrian Passey, Du'aine Ladejo and Simon Shirley all had problems which necessitated withdrawal and John Regis, although reaching his final, was not quite performing at the level of the previous couple of years. Justin Chaston and Neil Owen both gave indications that they have more to come yet, Paul Evans was a little unlucky not to reach his final while Brendan Reilly and Fred Salle were not really at the top of their form.

Justin Chaston - 3000m Steeplechase.
Born 4th November 1968; personal best 8:23.90 ('94); coached by Jim McLatchie.

Coming on for 27 years of age, Justin is still getting stronger, year by year. Nineteenninetyfour gave him pbs over 3k, 5k and the 'chase and this year he has looked better than ever with his range becoming quite exceptional. February saw him start off with a 63:06 half-marathon that still has him ranked in the UK top ten in September, and at the height of the track season in July he ran to two more pbs - 3:46:58 for 1500m and 13:51.86 for 5000m. Twice he had been in the 8:26 area for his speciality event so going into the "Worlds" his followers were hoping that this might be the occasion for something really special.

With three rounds for those going all the way to the final and with the first six plus six fastest losers due to advance from round 1, inevitably the races tended to be "wait until late" affairs with speedy last laps but Justin was in the third and last of the heats and luckily it was the fastest of all. Just under 8:23 won it and with the next seven all recording around 8:24, more semi-finalists came from this race than any other, including our man who placed 8th in his fastest time of the year, 8:24.97. In many ways this was Justin's final - a good time run off a difficult pace.

Two days later, in the semis, if he had been able to reproduce his heat time Justin could have been a finalist; but it was not to be, and 8:38.90 took him to 8th place yet again.

Paul Evans - 10000 metres
Born 13th April 1961; personal best 27:47.79 ('93); coached by John Bicourt (Belgrave).

The first day of the games and what a line-up for the 10000 metres - Gebresilasie, the World Record Holder, Skah, the Olympic Champion, Tergat, the World Cross-Country Champion, Guerra, the European Cross-Country Champion - and this was just heat one! The first eight runners in each heat plus the fastest four losers would go through to the final and with a bit of luck Paul would be among the 20 who made it. Some super road runs early in the year had been followed by track bests of 7:56.17 for 3k and 13:25.38 for 5k before he qualified for Gothenburg at the Crystal Palace with 27:49.54, less than 2 seconds from his best ever over 25 laps.

Paul appeared to do everything right. Kilometres of around 2 mins. 50secs. had been the norm, steady but nothing to write home about, until with just under 3k to go, our East Anglian went to the front in his bid to speed things up and gain himself a ticket for the final. His 2:46 was followed by a 2:43 and finally a 2:41 but with eight of the big boys all queued up behind him at the bell one knew that come what may, Paul was going to be 9th; and he was, in 28:14.76. Could he have done anything better? If he had taken it up earlier and run at 27:50 pace the result would probably have been the same but never mind, a fastest loser berth was surely his.

What a turn-up heat two was, however. A near suicidal pace was set by Burundi's Nizigama (he came out at 7k) and then Kenyan's Machuka and Kimani pushed on as if this was the final itself. A Championship Best of under 27:30 was the result and the field went back to 17th before we found a time slower than Paul's. A run in heat two would probably have seen him through in a club record. Instead, for Paul, the Games were over.

Du'aine Ladejo - 4 x 400 metres.
Born 3rd August 1971; personal best 44.94 ('94); coached by Tony Hadley.

What an unhappy season from Du'aine. After the glory of '94 with individual European gold and Commonwealth silver, one could have expected a forward placing in the final in Gothenburg with more success to follow in the long relay. However, a succession of injuries and subsequent lack of fitness coincided with the rise of some amazing young British talent and Du'aine missed out on selection for the individual event. He was named for the relay and nearly got back to fitness in time, turning out in a Southern League event the week before - but finally had to give it away for 1995 and scratched from the event.

Neil Owen - 110 metre hurdles.
Born 18th October 1973; personal best 13.60 ('95); coached by Malcolm Arnold.

Neil was probably *the* success story of the Games as far as Belgrave were concerned. No medals of course - that would have been be-

yond even Neil's wildest dreams; he wasn't expected to make the final and didn't ... not even a season's best came his way. No, the pleasure was in the solid performance that took him to the semi-finals and confirmed beyond doubt that he has reached the ranks of the top hurdlers in the world.

In 1994 he twice broke the 14 second barrier and had a best of 13.80. Going to Gothenburg as AAA Champion, he had no less than 11 such times under his belt already this season, with five of those below 13.80. The promise to go further than just the early rounds was there.

The Finn Haapakoski led home Neil's heat in round 1 with the tall Belgravian in 4th, 13.74 (+1.7), and into round 2 by right. With the field now down to the 32 best high hurdlers in the world, round 2 was the critical one for Neil. Once again he lined up against the Finn but this time he had the additional company of USA's Jack Pierce and the Slovakian Kovac. These three were clearly away from the rest of the field but heading the race for the last semi-final place from this heat was Neil; 4th place again and 13.82 (+2.8).

Realistically, his job was done. 13.4 or 13.5 was going to be necessary to go any further so it was a matter of enjoying the occasion. Considering that it was only a semi, the race was still full of drama, dominated as it

was by eventual medallists with Jarrett first past the post in 13.19 and expected finalist Schwarthoff crashing to the ground and thumping the track in exasperation. Neil was 7th in 13.92 (+1.1).

John Regis - 200 metres and 4 x 100 metres.
Born 13th October 1966; personal best 19.87A ('94); coached by Mike McFarlane.

With an individual bronze medal from 1987, when as an unknown he shocked the world by heading the field only a few metres from home, and a silver from 1993, John could be forgiven for dreaming of collecting the missing medal that would complete his set. There were various predictions that he would finish 2nd (Athletics Weekly) or 3rd (Ian Hodge of the NUTS) but all the pundits agreed that USA's Michael Johnson would be the most likely winner in spite of the fact that he would have already run four rounds of 400 metre races.

Day 6 of the Games saw John at last rolling into action with round 1 taking place at the unearthly hour of 8:40am. In the 6th of 9 heats with the first three and fastest five losers to progress it was all a matter of routine for the Belgravian. 'Aussie' Damien Marsh took no chances by winning in 20.65 with John 20.78 (+1.0) in 2nd. Both Johnson and Fredericks

won their heats.

The rules became a little more simple for round 2 held during the afternoon, a finish position in the first four being required, but still no-one showed anything startling. Johnson again cruised to a win, fellow American Jeff Williams also led his heat while Regis found himself up against defending champion Fredericks who set the fastest time so far - 20.26 to John's 20.51 (+0.8) in 3rd.

At the semi-final stage on Day 7 it all got very serious. Drawn in heat 1 with the first four to qualify for the final and Johnson, Moen (Norway), Robson Da Silva (Brazil) and Marsh for company it was always going to be tight. The final was less than three hours away but it was still going to require a nigh on 100% effort to make sure of getting there. Probably the only man not to have to run flat out was the favourite who kept his unbeaten record and ran 20.01 into the bargain. The Brazilian looked very impressive but photographic evidence was required to untangle positions 3 to 5. Moen's 20.32 had him just ahead of Regis and Marsh who shared 20.39 (+0.3) but with the Australian unluckily due to take no further part.

Things now didn't look too good for the Belgrave man. As one of the slowest qualifi-

ers he found himself allocated to the unfavourable inside lane for the final and to be honest he didn't really get into the race. As Johnson recorded an historic double by adding the 200 metre title to his 400 metre win, John found that the only man behind him was Cuba's Garcia.

The result of the final: (+0.5) 1, M.Johnson (USA) 19.79; 2, F.Fredericks (Namibia) 20.12; 3, J.Williams (USA) 20.18; ... 7, J.Regis 20.67.

The relays usually give Britain the chance to sweep up a few more medals but with Christie out of the team with a hamstring problem the heart seemed to be gone from our squad. The heats were no problem but they were unable to reach the final with only 5th in the semi. John didn't look himself at all on leg 3 after taking the baton from Braithwaite and it was not a surprise to hear later that he was suffering a knee problem.

Brendan Reilly - High Jump.

Born 23rd December 1972; personal best 2.31 ('92); coached by Malcolm Smith.

In his first year with Belgrave, Brendan had regularly been around 2.24m/2.25m this sum-

mer but to get through the qualifying round was going to take 2.29m or a place in the first 12 should not enough jumpers clear that height. As it happened, only three athletes were successful and 2.27m was then looked at by the judges to fill out the final. Unfortunately Brendan was not one of the further thirteen jumpers that had made that height. Dalton Grant did, but even he was ruled out because he had needed three attempts.

Brendan had opened up with 2.20m and went clear immediately. 2.24m came next and was dealt with in the same manner but those extra 3 centimetres were too much on this occasion. Gallingly, a few weeks later, he achieved 2.27m in placing 3rd in the World Student Games.

Fred Salle - Long Jump.

Born 10th September 1964; personal best 8.10 ('94); coached by Ted King.

After the heady days of '94 when Fred's name became household property overnight when he won the World Cup event, 1995 has been a bit of a let down. True he leapt 7.95m in Seville in June and then used the rarified atmosphere of Sestriere to reach 7.80m (both marks wind aided) but beyond that, jumps in the 7.60m region have been the best he could attain. If he could only have repeated that 7.95 he would have been in the final but as it was, he failed to set a mark at all.

Simon Shirley - Decathlon.

Born 3rd August 1966; personal best 8036 ('88) as an Australian, 7980 ('94) as a Briton; coached by Mike Morgan (Belgrave).

With a score of 7822 racked up in Gotzis in May, Simon Shirley moved to 3rd on the UK '95 rankings and tucked away among his individual scores was a personal best for the shot - 14.59m. Surely he must have been in line for 8000 points again but, sadly, injury struck and we must wait for another year.

Callum Taylor - 4 x 400 metres (for New Zealand).

Born 25th October 1972; personal best 47.31 ('94); coached by John Powell (Belgrave).

Callum is no stranger to big time competition having competed for New Zealand in the World Student Games at Buffalo, USA, in 1993, the year he became New Zealand 400 metre Champion. And it's not only track & field at which he excels, for he competed for the NZ Surf Lifesaving team as a 'Beach Sprinter' in the 1994 World Champs in Wales. As a Hamilton club-mate of Duane Hart (who competed for us a couple of seasons back) he naturally came to the Bels. when he decided to come to England to see how he could progress his training and aim for the 'Worlds'.

It was no easy task. New Zealand had set a pretty tough qualifying standard for their 4 x 400m squad and Callum spent a good part of the summer chasing that target. Happily he made it. Although we don't know the split time he recorded on the first leg for the Kiwi team, Callum ran well but they did not make it through the heats with 6th in 3:06.39.

WORLDWIDE

April

- 14 Walnut, California, USA, Mt. SAC Relays. 3000mSC: 1, J.Chaston 8:32.23.
14 Pomona Pitzer Inv., USA. 200m: 1, P.Goedluck 20.98.
22 Irvine, USA. 100m: 2, P.Goedluck 10.48. 200m: 1, P.Goedluck 20.73.
22 Azusa, USA. 400m: 1, D.Ladejo 45.97.
? Playa de Las, Spain. SP: 2, J.Mason 16.38.
27 Fullerton, USA. 100m: 1, P.Goedluck 10.3w.

May

- 13 Los Angeles, Occidental Inv. 100m: 4, J.Regis 10.52. 200m: 3, J.Regis 20.62.
20 Ljubljana, Slovenia. A shock 400m result for Du'aine Ladejo as Welshman Iuan Thomas, drawn outside in lane 6, just would not come back and eventually scraped home by one hundredth to the Belgravian's 45.74.

27/28 Gotzis,

Decathlon: 20, S.Shirley 7822 (11.12/7.24/14.59/1.93/49.80 - 15.05/40.84/4.40/62.06/4:27.14).

June

- 3 Seville, Spain, Grand Prix II. LJ: 3, F.Salle 7.95 (+2.2).
5 Zorffingen, Switzerland. Neil Owen ran 14.18 into a slight breeze to win the 110mH and then in a second run over the same distance with the wind getting up a little stronger to 1.9mps against ran 13.87.
5 Moscow, Znamesky Memorial. JT: 7, N.Bevan 70.82.
8 Rome, Italy, IAAF Golden Gala. 100m: (+0.8) 7, J.Regis 10.48. 200m: (0.0) 6, J.Regis 20.77.

- 15 Nuremberg, Germany. 100m: (+0.6) 5, J.Regis 10.45. 5000m: 8, A.Passey 13:33.88.
18 Geneva, Switzerland. 100m: (-0.5) 6, P.Goedluck 10.61. 200m: (-0.4) 5, P.Goedluck 21.20.
18 Duisberg. 200: (+1.9) 3, J.Regis 20.74.
24 Cork City Games. 3000m: 6, P.Evans 7:56.17.
25 Lille, France, Europa Cup. 3000mSC: 5, J.Chaston 8:26.82.
28 Helsinki IAAF Grand Prix II. Great running came from Neil Owen whose 13.60, behind the American Anderson's 13.38, removed John Ridgeon's 13.62 from our record books. Neil was also significantly faster than his rival for a World Champs. team place, Andy Tulloch, who ran in the 'A' race. 400m: 5, D.Ladejo 46.85. 5000m: 4, P.Evans 13:25.38; A.Passey 13:35.69; 9, G.Staines 13:38.42. 110mH: 'B' (+1.5) 2, N.Owen 13.60.

July

- 1/2 Valladolid, Spain, Europa Cup. Decathlon. An attack of cramp caused Simon Shirley to fall in the first of the second day's events, the sprint hurdles. His first day score was 4,160 with 100m/11.16 LJ/7.31 SP/14.47 HJ 2.01 400/48.66.
2 Gateshead, BUPA Games. 200m: 8, P.Goedluck 21.45. 400m: D.Ladejo dnf (pulled muscle) 1500m: 16, J.Chaston 3:46.58.
2 Tessenderlo, Holland, U23 International. 110mH: (+0.6) 1, N.Owen 13.75.
3 Paris, France, IAAF Grand Prix. 200m: (+3.7) 7, J.Regis 20.76.
5 Lausanne, Switzerland, IAAF Grand Prix. 100m: B (+0.7) 6, J.Regis 10.32. 200m: (+2.3) 4, J.Regis 20.28.

WORLDWIDE

July continued ...

- 7 Crystal Palace, KP London Grand Prix.
Paul Evans was on for 27:30 at half-way in the 10k while Gary looked out of sorts. While Burundian Nizigama broke Brendan Foster's UK All-Comers record, Paul slowed a little but still ran to a time which was a World qualifier and just two seconds shy of his Club Record. 10000m: 5, P.Evans 27:49.54; 17 G.Staines 28:33.49. 110mH: 8, N.Owen 13.84. 3000mSC: 13, J.Chaston 8:33.22. HJ: =9, B.Reilly 2.20.
- 9 Budapest, Hungary, IAAF Permit Meeting.
DT: 5, K.Brown 56.22.
- 9 Cwmbran, Welsh Games.
100m: (+1.6) 3, J.Regis 10.41. 200m: (+4.0) 5, P.Goedluck 21.13. 400m: 1, D.Nolan 46.61; 5, C.Taylor 48.04. 800m: 6, D.Maynard 1:50.47; 11, D.Pamah 1:52.94. 110mH: (+4.4) 2, N.Owen 13.65. JT: 1, N.Bevan 77.14.
- 12 Nice, IAAF Nikaia Grand Prix. 200m: (-0.7) 1, J.Regis 20.26.
- 21 Oslo, Bislett Games.
110mH: 3, N.Owen 13.96. 3000mSC: 8, J.Chaston 8:26.35.
- 22 Hechtel, Belgium. 5000m: A.Passey 13:28.83.
- 22-23 Cardiff, Wales v Scotland v N Ireland v Turkey.
800m: 1, D.Maynard 1:51.62.
- 23 Sheffield, BUPA Games.
150m: (+3.9) 4, J.Regis 15.25. 110mH: (+2.5) 6, N.Owen 13.71. 400mH Development race: 4, N.Levy 52.17. HJ: 2, B.Reilly 2.25. JT: 5, N.Bevan 76.52.
- 25 Monte Carlo, Herculis Vittel Meet.
200m: (+0.2) 3, J.Regis 20.32. 400m: 7, D.Ladejo 47.03.
- 29 Sestriere, Italy, IAAF Grand Prix. LJ: 5, F.Salle 7.80 (+4.1).
- 29 Narbonne, France, GB U23 v France, Spain, Italy.
400mH: 4, N.Levy 51.78.

August

- 6 Belfort, France, Junior International.
400m: 3, T.Lerwill 47.57. HJ: 2, R.Aspden 2.08
- 21 Gateshead, GB v USA.
200m: (+0.2) 1, J.Regis 20.63. 110mH: (+0.2) 5, N.Owen 13.87. HJ: 5, R.Aspden 2.10. LJ: 6, F.Salle 7.02 (+1.4). DT: 4, K.Brown 56.90. HT: 1, D.Smith 69.20.
- 25 Brussels, Ivo van Damme Memorial.
10000m: 14, P.Evans 28:07.15.
- 31 Fukuoka, Japan, World Student Games.
110mH: (+2.1) 5, N.Owen 13.72. 3000mSC: 5, J.Chaston 8:39.28. HJ: 3, B.Reilly 2.27.

September

- 9 Monte Carlo, Grand Prix Final. 200m: 8, J.Regis 20.75.
- 11 Salgotargen. HJ: 2, B.Reilly 2.25.

BELGRAVE OPEN MEETING, BATTERSEA PARK, 8 APR

SM
100m: A 3, R.David (U20M) 11.7; 4, J.Dawson 12.0 (U20M); B 4, W.Swaffer (U20M) 12.1. 200m: A 3, J.Dawson (U20M) 23.5; B 3, R.David (U20M) 24.1; 5, R.McMillan 27.5. 400m: 1, W.Chisnall 53.5. 800m: A 1, G.Mason 1:56.6; B 6, J.Drake (U17M) 2:07.1; 9, W.Swaffer (U20M) 2:10.7. LJ: 1, G.Ojok (U17M) 6.50; 3, M.Livingston 5.74. PV: 4, John Webb 2.70; Jamie Webb no ht. SP: 1, S.Brooks (6.25kg) 12.62; 4, R.Peacock (6.25kg U20M) 9.13. DT: 1, S.Brooks 39.44. HT: 7, R.Bridges 25.90; 8, R.Peacock (U20M) 19.00. U17M
100m: 1, G.Ojok 11.8; 2, J.Hilston 11.8; 3, S.Scott 12.0. 200m: 1, G.Ojok 23.2; 2, J.Panton 24.6; 3, D.Shakes 26.5. 100mH: 2, S.Scott 14.4. U15B
100m: 1, R.Hart 12.6; 2, K.Bignell (U13B) 14.4; 3, C.Roberts 15.5. 200m: 1, R.Hart 25.6; 3, J.Stevens 29.9. 80mH: 1, D.Crook 16.6. HJ: 1, N.Whorlow 1.50; 2, K.Bignell

(U13B) 1.30; 3, R.Bignell 1.25; 4, D.Crook 1.25; 5, J.Stevens 1.20. LJ: 1, R.Hart 5.32. SP: 2, N.Whorlow 7.85. SW
200m: 4, J.Smiter 30.5; 5, J.Stone 30.8; 6, S.Howard 33.7. 400m: 6, N.Alexander (U20W) 73.7. 800m: 1, L.Wilson (U17W) 2:31.8; 6, S.Howard 2:50.4. 400mH: 4, J.Smiter 76.1. HJ: 2, J.Cockram 1.60; 4, J.Stone 1.35. LJ: 2, A.Patten 4.71; 3, S.Howard 4.09. TJ: 1, A.Patten 9.72. PV: 1, J.Cockram 2.60. SP: 2, M.Stock (U17W) 8.33; 3, S.Howard 6.19. DT: 1, M.Stock (U17W) 25.96; 2, A.Patten 24.08; 3, G.Richardson 21.70; 5, S.Howard 13.58. JT: 2, G.Richardson 28.44; 3, J.Smiter 19.86; 4, H.Mead (U20W) 19.46. HT: 3, G.Richardson 25.14. U17W
100m: 2, G.Sampson 14.9. U15G
100m: 1, N.Fabiyi 15.5; 4, K.Eames 20.0. 800m: 3, S.Waters 2:55.7; 4, L.Davison 2:57.6.

A Dream Start

BRITISH LEAGUE DIVISION 1 MATCH 1 COPHTALL, 7 MAY

In the week leading up to the season's first BAL clash, much was made of the fact that so many of the top stars were choosing not to turn out just yet, staying in warmer climes to put finishing touches to their training prior to laying their cards on the table in this World Championship year. The Bels were in the same boat as all the rest - but this time luck ran with us. It was Joint Team Manager Leo Coy's last day in charge alongside Bill Laws and what a send off he received as we romped to a dream start to the season.

No fewer than nine first places came our way including double wins in the discus, high jump and 400m and it was that one lap race that caused the most shock waves. We have never, ever notched up a double here but were this time treated to Dave Nolan carrying a brand new Tilda vest to a convincing ten metre margin of victory, followed minutes later by Callum Taylor's storming run from the outside lane where the opposition did not get near him.

We didn't see Hopeton Lindo in action in '94 but he kicked off his '95 campaign in style as he took the high jump at 2.10m. One other competitor also managed that height but seeing that it was our 'B' man, eighteen year-old Richard Aspden, we weren't too worried on that score. Richard was English Schools silver medallist in 1993 and is a fine boost to our jumps squad. Last year's World Cup hero Fred Salle was not to be denied in the long jump and with our normal vaulting duo of Tullet and Edwards in action we picked up maximum points here as well. Like many of our team, Mike Edwards competed more than once throughout the afternoon, doing good work at the long jump pit and in the four lap relay.

We always seem to be able to rely upon our throwers. Jim Mason and Kevin Brown both made worthy first appearances in our BAL team. Last season, at 22 years of age, Jim ranked among the top 20 shot putters in the UK and obviously has the potential to go a long, long way in the event. Kevin's another top-ranker, having placed 10th in the Victoria Commonwealth Games, and together with ever-present Leith Marar they notched up that other double - the discus.

A near win came for Darrell Maynard in the 800 metres. 'Valley's' Rose had set a blistering pace

around the first circuit that everyone else ignored. At the 600 metre mark it was obvious that he was going to be caught and half-way round the final turn the pack ate him up and jostled for good striking positions for the last dash. Darrell floated to the front and then went for it with a full 150m to go. It was just a touch to early.

With so many of our own top athletes due to come into the team in later matches, things looked very rosy indeed as we took away eight lovely league points to start our 1995 tally.

100m: (+2.8) 5, P.Goedluck 10.5; (+1.8) 2, H.Korjic 10.7. 200m: (-0.5) 3, P.Goedluck 21.6; (+2.6) 3, H.Korjic 21.9. 400m: 1, D.Nolan 47.2; 1, C.Taylor 48.9. 800m: 2, D.Maynard 1:51.9; 4, G.Mason 1:55.5. 1500m: 5, R.Turner 3:54.5; 4, D.Maynard 4:02.8. 5000m: 2, D.Mead 14:25.1; 3, J.Estell 15:23.7. 110mH: (+2.0) 6, L.Antoine 15.6; (-1.6) 4, I.Wells 15.5. 400mH: 5, I.Wells 54.4; 7, M.Bizio 76.8. 3000mSC: 6, B.Barton 10:08.9; 4, M.Bizio 10:09.8. HJ: 1, H.Lindo 2.10; 1, R.Aspden 2.10. LJ: 1, F.Salle 7.62; 2, M.Edwards 6.70. TJ: -, R.Aspden 3nj; -, M.Edwards 3nj. PV: 1, I.Tullett 5.10; 1, M.Edwards 5.00. SP: 4, J.Mason 15.63; 2, L.Marar 13.69. DT: 1, K.Brown 56.18; 1, L.Marar 51.24. JT: 3, N.Bevan 73.00; 3, M.Morgan 59.28. HT: 3, P.Spivey 59.40; 7, L.Marar 37.08. 4x100m: 2, Belgrave (L.Paul, D.Powell, H.Korjic, P.Goedluck) 41.30. 4x400m: 2, Belgrave (C.Taylor 49.8, G.Mason 49.8, M.Edwards 49.6, D.Nolan 47.9) 3:17.1.

Teams: 1, Belgrave 348; 2, Thames Valley 310.5; 3, Shaftesbury Barnet 293; 4, Blackheath 273; 5, Woodford Green 268; 6, Birchfield 241; 7, Haringey 234; 8, Newham & Essex 179.5.

Right: Steeplechaser Bruce Barton has had a phenomenal season. His previous best of 9:45.78 was set in 1993 but now a regular with the British League team and gaining confidence all the time his League and Cup progress in 1995 has been as follows:

| | | |
|----------|---------|----|
| 7th May | 10:08.9 | |
| 3rd Jun | 9:39.06 | pb |
| 1st Jul | 9:28.73 | pb |
| 30th Jul | 9:31.1 | |
| 19th Aug | 9:24.43 | pb |
| 9th Sep | 9:27.11 | |

BRITISH LEAGUE CHAMPIONS AGAIN!

Cruisin' to a Bruisin'

BRITISH LEAGUE
DIVISION 1 MATCH 2
CRYSTAL PALACE, 3 JUN

After the euphoria of match one everyone seemed to think that we were going to cruise to another win and an unassailable lead in the league. We were cruising all right - but it was towards a bruising! One problem after another seemed to arise and the Bels. crashed to fourth place, leaving a lot to be done to get back on terms with the powerful Thames Valley outfit. Even at the last event we might have ended up third but an astute Shaftesbury team manager, who had not intended to put out a 4x400m quartet, realised that simply taking part in that race would probably give them enough points to squeeze past - and squeeze past they did.

As usual the first track race was the 400 hurdles. It was Junior International Noel Levy's debut in Belgrave colours but it was not a happy experience for him, a hamstring pull striking him before the first barrier. We could only hope that the injury was of a minor nature. Andy Edwards had driven all the way from Sheffield to take part in the 'B' race but was so shattered by the experience that he felt he could not do himself

justice; luckily we have a superb reserve in Ian Wells who ran to a fine 2nd place.

The big guns were out in the sprints with even Linford Christie not having things all his own way, suffering a clear defeat over the longer race by Haringey's Solomon Wariso. For the Bels, Haroun Korjie was out injured and the night before, Lenny Paul was still in Germany when he received the message to "get his back-side over here". Lenny made it to the start in time but was not at his best while Dalton Powell found getting on terms with the star-studded line-up a difficult task. Dave Nolan's 21.76 200m was faster than he had run before this year but once again, in this company ...

Swinging back into action after a 7822 decathlon in Gotzis, a powerful looking Simon Shirley was reputed to be looking to do as many events as possible. In actual fact he competed in three but even he would most likely have baulked at being pointed in the direction of the 1500m where we found ourselves short of a runner. Kassa Tadesse, turning up early for

the 5000 metres, was offered this choice morsel as an hors d'œuvre at a few minutes notice. He struggled in this (for him) sprint and probably suffered in the later longer race as a result.

Both Bruce Barton and Matt Hillier were nervous at finding themselves in exalted company in the steeplechase but both ran magnificently to personal records and in Matt's case, after this half minute improvement, getting him to within sight of our U20M Club Record of 9:32.5 set nearly ten years ago by Simon Maynard. Another teenager who seems to be making the grade nicely is Gavin Mason. Always looking for a fast time Gavin has felt moved to take up the pace himself in nearly all his races this year. However, some pre-race talks with Team Manager John Jeffery regarding tactics resulted in a different approach being taken and when it came to the final attack he was faster than anyone. It was a marginal best ever clocking for him and had the race been 10 metres longer he would surely have tasted his first ever BAL victory.

We're missing Mike Morgan in the jumps. Mike was due in hospital for an ankle operation the following Thursday but he gamely turned out to cast the javelin for us. Coming back from injury, however, was Neil Owen to give us one of only three wins with his 'A' sprint hurdles, the others coming from discus throwers Kevin Brown and Leith Marar.

So, at the half-way stage we were two points down on Thames Valley with a bit of a mountain to climb!

100m: (-1.4) 7, D.Powell 11.27; (-0.8) 7, L.Paul 11.24. 200m: (-1.0) 6, D.Nolan 21.76; (-2.1) 5, D.Powell 22.57. 400m: 5, C.Taylor 48.38; 5, S.Shirley 49.71. 800m: 3, D.Maynard 1:53.58; 2, G.Mason 1:53.02. 1500m: 3, R.Turner 3:53.21; 5, K.Tadesse 4:00.64. 5000m: 4, K.Tadesse 14:44.59; 6, P.Carstairs 15:52.39. 110mH: (-2.7) 1, N.Owen 14.18; 4, S.Shirley 15.32. 400mH: dnf, N.Levy; 2, I.Wells 54.16. 3000mSC: 5, B.Barton 9:39.06; 4, M.Hillier 9:47.21. HJ: 4, H.Lindo 2.00; 2, R.Aspsden 2.00. LJ: 5, S.Shirley 7.09; 2, D.Costello 6.86w. TJ: 8, M.Ford 12.99; 7, D.Costello 12.39. PV: 5, M.Edwards 4.80; 2, I.Tullett 4.80. SP: 4, J.Mason 16.25; 5, K.Brown 13.27. DT: 1, K.Brown 56.88; 1, L.Marar 50.94. JT: 3, N.Bevan 74.12; 5, M.Morgan 52.18. HT: 3, P.Spivey 60.88; 5, L.Marar 40.78. 4x100m: 2, Belgrave (D.Powell, L.Paul, J.Regis, P.Goedluck) 40.79. 4x400m: 4, Belgrave (C.Taylor, A.Edwards,

G.Mason D.Maynard) 3:15.03. Teams: 1, Thames Valley 363; 2, Haringey 331; 3, Shaftesbury Barnet 288; 4, Belgrave 286; 5, Blackheath 261; 6, Woodford Green 226; 7, Newham & EB 211; 8, Birchfield 210.

After two matches: 1, Thames Valley 15; 2, Belgrave 13; 3, Shaftesbury Barnet 12; 4, Haringey 9 (565); 5, Blackheath 9 (534); 6, Woodford Green 7; 7, Birchfield 4; 8, Newham & EB 3.

Regis Turns The Tide

BRITISH LEAGUE
DIVISION 1 MATCH 3
BIRMINGHAM, 1 JUL

We badly needed a good result to get us back in the chase for major league honours but to be honest, when seven events were gone and we were lying in 7th place, even the optimists were having trouble envisaging a half-reasonable final score. Oh! so gradually, however, the tide turned in our favour.

Second and 1st positions came our way in the shorter sprint thanks to John Regis and Phil Goedluck and as the field event results began to come in our spirits rose higher still. The discus men gave us our first maximum points score as Kevin Brown hit an even 55 metres and Abi Ekoku beat everyone else in the competition to give us the 'B' event as well. Abi's availability is very limited these days and shortly after this match he was due to don the colours of the Rugby League Club Halifax. High jumper Brendan Reilly didn't want to get into a head to head with Haringey's Dalton Grant at this stage of the season but with his 2nd place and Hopeton Lindo's 1st the scores looked a little better again. We understand that it is goodbye to Hopeton for a while as he sets off to live in Japan for a year.

Another best ever came from Bruce Barton in the 'chase - a whopping 11 seconds we make it - as he settled into the BAL team as a regular but over the sprint barriers we missed Neil Owen who was on British Under-23 international duty.

Dennis Costello led for much of the triple jump, pretty





Above: Phil Goedluck and Haroun Korjie hold the British Athletics League Trophy with Bruce Barton, Darryl Maynard and Neil Owen for company.
Photo: Ted Pallant

good going in this bone jarring event when you consider that he is now in his 34th year. He had eighteen year-old Matt Forde for company and in fact it was a day for bleeding young talent as both Geoffrey Ojok (long jump) and Ben Cascoe (javelin) also made BAL debuts.

A pb came from Kevin Brown in the shot and then our push for points received a huge boost as the meeting drew to a climax. John Regis ran to a league record breaking 20.52 to take the 200 metres and while the excitement was still buzzing Phil Goedluck carried out similar demolition duties on the 'B' field a few minutes later.

Shaftesbury Barnet's Sherban ran away from the 5k field but Darren Mead steadily worked through to 2nd, running his own race, and amazingly, with two events left, like the sun bursting out from behind a cloud, the Bels. went into a four point lead in the match. Good points followed in the sprint relay with Geoffrey Ojok impressing his senior colleagues by running away from those inside him and overtaking the man outside him on first leg and now only the 4 x 400 metres remained. Team Manager John Jeffery pointed out to our squad that they needed to stay close to the Birchfield outfit to clinch the match and stay close they did, with 4th to the Midland team's 3rd. The day was ours and with the 'Valley' only in 3rd place it was dead level be-

tween us and them. Whichever team triumphed in the remaining match at Enfield takes the title and goes to Europe in '96.

100m: (-0.6) 2, J.Regis 10.50; 1, P.Goedluck 10.72. 200m: (-0.6) 1, J.Regis 20.52; (-1.9) 1, P.Goedluck 21.35. 400m: 6, C.Taylor 48.09; 6, D.Maynard 50.25. 800m: 4, D.Maynard 1:52.66; 5, M.Kloiber 1:54.90. 1500m: 5, R.Turner 3:57.92; 6, G.Adams 4:12.42. 5000m: 2, D.Mead 14:14.89; 4, R.Alsop 15:08.32. 110mH: (+0.5) 7, I.Wells 15.7; (-2.1) 6, L.Antoine 15.85. 400mH: 7, A.Edwards 53.73; 3, I.Wells 54.13. 3000mSC: 4, B.Barton 9:28.73; 5, M.Bizio 10:01.25. HJ: 2, B.Reilly 2.10; 1, H.Lindo 2.05. LJ: 6, G.Ojok 6.60; 7, M.Edwards 6.28. TJ: 3, D.Costello 14.68; 4, M.Forde 13.47. PV: 2, I.Tullett 5.00; =1, M.Edwards 4.80. SP: 4, J.Mason 15.26; 2, K.Brown 14.66. DT: 1, K.Brown 55.00; 1, A.Ekoku 52.26. JT: 8, B.Cascoe 51.16; 2, M.Morgan 51.10. HT: 5, P.Spivey 59.10; 7, A.Ekoku 24.36. 4x100m: 2, Belgrave (G.Ojok, P.Goedluck, J.Regis, D.Powell) 40.94. 4x400m: 4, Belgrave (M.Kloiber, D.Powell, C.Taylor, I.Wells) 3:14.45.

Teams: 1, Belgrave 316; 2, Birchfield 309; 3, Thames Valley 302; 4, Woodford Green 293; 5, Shaftesbury Barnet 278; 6, Haringey 256; 7, Blackheath 214; 8, Newham & Essex Beagles 188.

After three matches: 1, Thames Valley 21 (975); 2, Belgrave 21 (950); 3, Shaftesbury Barnet 16; 4, Haringey 12 (821); 5, Woodford Green 12 (787); 6, Birchfield 11 (760); 7, Blackheath 11 (748); 8, Newham & Essex Beagles 4.

Europe Here We Come !

BRITISH LEAGUE DIVISION 1 MATCH 4 ENFIELD, 19 AUG

What an exciting finale to the Guardian Insurance British League. It was hammer and tongs all the way. Thames Valley took an early advantage but the Bels. went ahead after 7 events when Justin Chaston ran a magnificent solo effort in the 'chase with Bruce Barton lopping yet another 4 seconds off his best. To the accompaniment of tremendous noise generated on our behalf by a busload of our young athletes, shipped up to Enfield specifically for that purpose, we maintained our lead to the very end. We are British Athletic League victors for only the second time in our history and have now set ourselves up nicely for another attack on the European Clubs' Cup to be held in Turkey next May.

Once again our team was sprinkled with junior talent, auguring well for the next few years ahead. Gavin Mason has been in the squad regularly now but match 4 gave him his first BAL win in the 'B' 800m. Sixteen year-old Geoffrey Ojok again tackled the long jump and relay and he was joined by fellow McDonalds stars Marlon Dickson, who was entrusted with last leg in the 4 x 100m, James Hilston, on a low 48 split in the 4 x 400m, and Phillip Idowu in the triple jump. With under-20 Richard Aspden winning the 'B' high jump as well, the future looks rosy.

The 400 hurdles gave us more points than usual as Noel Levy came back into the team and the ever present Ian Wells beamed with pleasure at his 'B' victory. Neil Owen gave us an expected win in the high hurdles before setting off to Japan with Justin for the World Student Games and it was good to see Max Robertson turning out in the 'highs' as well. Dave Nolan was back with a bang and it took 46.34 to keep him out of first spot in the one lap sprint where Callum Taylor also picked up 2nd.

Brendan Reilly had a great high jump competition, the only event in the match in which maximum points came our way. His winning height was "only" 2.20m but one of his attempts at the Olympic qualifying height of 2.27 was mighty close. The Tullett and Edwards show are always good for high

scores in the pole vault and Ian came away from the event having equalled his pb at 5.30 - a height he last scaled in 1992.

It was a bad day for long jumper Fred Salle who was well below his best and for the first time in a long while he failed to make the cut and qualify for a further three leaps. The throws men, however, were as solid as ever. Kevin Brown scored well in shot and discus (where a mighty 61m throw from Birchfield's Bob Weir broke the league record) while Leith Marar took the 'B' discus by a clear margin.

Well done team! Well done Team Managers! Now, can we make it two years in a row?

100m: (-2.4) 5, P.Goedluck 10.87; (-0.5) 2, H.Korjie 10.63. 200m: (-1.0) 2, P.Goedluck 21.43; 4, H.Korjie 21.89. 400m: 2, D.Nolan 46.82; 2, C.Taylor 47.49. 800m: 4, M.Kloiber 1:52.54; 1, G.Mason 1:53.86. 1500m: 6, D.Pamah 4:02.32; 5, M.Kloiber 4:03.01. 5000m: 4, D.Mead 14:26.0; 6, P.Carstairs 16:10.8. 110mH: (+0.6) 1, N.Owen 14.09; (-0.5) 4, M.Robertson 15.27. 400mH: 3, N.Levy 52.62; 1, I.Wells 54.41. 3000mSC: 1, J.Chaston 8:43.18; 2, B.Barton 9:24:43. HJ: 1, B.Reilly 2.20; 1, R.Aspden 2.05. LJ: 6, F.Salle 6.82; 4, G.Ojok 6.56. TJ: 5, D.Costello 14.87; 6, P.Idowu 13.81w. PV: 2, I.Tullett 5.30; 1, M.Edwards 5.20. SP: 5, J.Mason 14.61; 3, K.Brown 14.20. DT: 2, K.Brown 56.84; 1, L.Marar 55.06. JT: 2, N.Bevan 72.68; 4, S.Shirley 52.38. HT: 5, P.Spivey 59.76; 6, L.Marar 42.62. 4x100m: 6, Belgrave (G.Ojok, H.Korjie, P.Goedluck, M.Dickson) 42.08. 4x400m: 3, Belgrave (C.Taylor, G.Mason, J.Hilston, D.Nolan) 3:13.62. Teams: 1, Belgrave 347; 2, Thames Valley 322; 3, Haringey 301; 4, Birchfield 262; 5, Blackheath 251½; 6, Woodford Green 246½; 7, Shaftesbury Barnet 246; 8, Newham & Essex 221.

British Athletics League Division One

| | | | |
|----|------------------------------|-------------|----|
| 1, | Belgrave Harriers | 1297 | 29 |
| 2, | Thames Valley Harriers | 1297½ | 28 |
| 3, | Haringey AC | 1122 | 18 |
| 4, | Shaftesbury Barnet | 1105 | 18 |
| 5, | Birchfield Harriers | 1022 | 16 |
| 6, | Woodford Green AC | 1033 | 15 |
| 7, | Blackheath Harriers | 999½ | 15 |
| 8, | Newham & Essex Beagles | 799½ | 5 |

GUARDIAN GOLD CUP

Bels Become Firm Favourites

GUARDIAN GOLD CUP SEMI-FINAL
ENFIELD, 30 JUL

At last it was time for Belgrave to begin their Guardian Insurance Gold Cup campaign for 1995. Clubs placing among the first four teams in the previous year's final avoid having to go through the preliminary rounds, only having to make their entrance when it is down the last 32.

As is normal at these events the hammer is on early and with Phil Spivey taking 2nd place, a position matched shortly afterwards by Ian Wells in the 400m hurdles, and Mike Edwards having a rest from vaulting by placing 3rd in the long jump, we were immediately in contention for the lead. In fact this was the pattern for the rest of the afternoon. Rarely were the Bels out of the first three in any event and when the wins started rolling in our lead just grew and grew.

The heat was oppressive but sprinter Phil Goedluck appeared to revel in the conditions, romping to a 10.5/21.3 double before heading off to his shift at Clapham Fire Station. Marcello Bizio, on the other hand, most definitely did not enjoy the situation during the longest event on the programme. Slogging out 25 laps in that sort of heat, even with the help of a drinks station in the back straight ... well it just ain't no fun!

Leith Marar was comfortably in charge of the discus, operating at a level some 6 metres below his best ever performance set at Tooting a month earlier but still landing his discus 3 metres clear of the next man here. Shot putter Jim Mason took 2nd and with Nigel Bevan's javelin being cast far beyond anyone else's, our throwers took good points.

Ian Tullett's experience brought us a maximum score in the pole vault but two men just beginning their athletic careers rounded off our jumps squad. Junior Richard Aspden has already made a name for himself this summer; he wasn't best pleased with his 2m effort in spite of the fact that it was another 7 points in the bag for us. But for fifteen year-old triple jumper Syful Ahmed this was the big time in a big way. Leaping from McDonald's League straight into our first team he claimed 3rd spot and is just one of a pool of young talent we have in this event.

Neil Owen turned in a 'man of the match' performance for an exhibition run in the sprint hurdles. A time of just over 14 secs. is commonplace for him now but it put him some four metres clear of the rest.

Bruce Barton, now a regular for us over the 3k barriers, showed how much confidence he is gaining by heading the bunch for much of the steeplechase and Junior Galley appeared on the track for the first time of the season, attempting to convert some of that road speed into track points.

What an asset Dave Nolan's is. A clear win in the individual 400m was later followed by another solid anchor run in the 1600m relay that took our quartet to a fastest Belgrave clocking for the year. The middle distances had also been dominated by speed as tactical races played into the hands of Blackburn's Jason Lobo, owner of a sub-50 one lap time that gave him a distinct advantage at the end of slowly run races where both Dave Pamah and Rob Turner got safely home near the head of the chasing packs.

Quickest mover of the day must have been Team Manager Bill Laws, however. As the starter called the runners to their marks for the sprint relay Bill could be seen haring across the field towards our 3rd leg man Haroun Korjie, carrying with him a singlet bearing numbers to replace Haroun's numberless vest. The gun was fired, our runner pulled the garment over his head as the first take-over was completed ... and we took another seven points instead of facing likely disqualification.

Our points tally was by far the highest of any of the "semis" and things looked good for the final.

100m: 1, P.Goedluck 10.5. 200m: (-0.2) 1, P.Goedluck 21.3. 400m: 1, D.Nolan 47.4. 800m: 3, D.Pamah 1:54.4. 1500m: 3, R.Turner 3:55.8. 5000m: 6, J.Galley 16:09.6. 10000m: 6, M.Bizio 34:38.6. 110mH: 1, N.Owen 14.1. 400mH: 2, I.Wells 53.9. 3000mSC: 3, B.Barton 9:31.1. HJ: 2, R.Aspden 2.00. LJ: 3, M.Edwards 6.85. TJ: 3, S.Ahmed 12.97. PV: 1, I.Tullett 5.00. SP: 2, J.Mason 15.87. DT: 1, L.Marar 49.60. JT: 1, N.Bevan 69.30. HT: 2, P.Spivey 59.34. 4x100m: 2, Belgrave (L.Paul, D.Powell, H.Korjie, N.Owen) 42.0. 4x400m: 1, Belgrave (A.Edwards 49.7, D.Maynard 47.4, M.Kloiber 49.4, D.Nolan 47.3) 3:13.8.

Teams: 1, Belgrave 142½; 2, Cardiff 118; 3, Old Gaytonians 103; 4, Enfield 100; 5, Nottingham 77; 6, Croydon 68; 7, Blackburn 65½; 8, Crawley 57.



Above: It's all to play for on the last lap of the last event in the Guardian Insurance Gold Cup Final - the 4 x 400 metres. Matthew Kloiber (48.5) hands the baton to Dave Nolan (46.6) but the 'Beagles' are at the head of the pack.

Underdogs 'Beagles' Snatch A Famous Victory

GUARDIAN GOLD CUP FINAL,
STOKE, 9 SEP

As League winners and acknowledged favourites for this event we were in high hopes of doing the "double" but did ever a meeting build up to such an exciting finish only to end with such an anticlimax. We came from nowhere to take the lead just before the wire - and then lost it!

After five events we had been 4th with the 'Beagles', destined for relegation in the League, here surprisingly already well clear. Seven events gone and we were up to 3rd but still no less than 14 points adrift of the East Londoners. And then, oh! so slowly, the clawback began. Event by event we inched our way back into the match, one or two points at a time, until going into the relays, the Bels went ahead for the first time. A point was dropped in the 4x100 metres leaving us with a buffer of 4 points to hold on to as the 400 metre men took their marks for the long relay.

Now we were pretty sure that we were not going to win this last event while the Beagles, we knew, had a good squad. As long as they didn't win (an extra point is awarded for 1st place) then we must stay within four places of them to take the match, but if they crossed the line first we needed to place 3rd. In his wisdom Team Manager John Jeffery had a word with Cardiff 400m star Jamie Baulch who seemed to be going like a train every time out. "Look Jamie, we don't want the Beagles to win this race ... do us a favour ... take it for Cardiff". Jamie

just laughed.

Well, for three legs we hovered four or five slots behind Newham & Essex Beagles who were away in 1st and looking invincible, while Cardiff were near the back of the field. And then the last lap. Dave Nolan grabbed the baton for us and charged after the leaders. Relentlessly cutting them down as he rounded the final turn there was jubilation as he took us into 3rd as he travelled the last stretch. We were there ... or were we? We had thought Nolan was shifting but the blue clad figure of Baulch was streaking through the field like lightning ... past one runner ... another one ... until just before the finish he nosed ahead of our man ... and then ran out of track. He'd run a sub-45. We were 4th and the Beagles were 1st. It was the worst possible result as we were now equal on points and the overall result would be decided on the number of wins ... and we knew they'd got it.

There were some good events from the Bels. and one of the highlights was Kevin Browne's discus where he threw a lifetime best just 50cm short of the 60 metre line. Mike Edwards was involved in an exciting "jump-off" where he and Haringey's Hughes duelled by attempting to vault 5.20m four times, and then 5.15m, and then 5.10m before one of them - Mike - got the upper hand.

Brendan Reilly was ahead of



Dalton Grant all the way in the high jump until on the last possible leap the Haringey man slid over 2.28m, an Olympic Qualifying height, to steal the win. Also on the field Denis Costello picked up an unlooked for 2nd in the "triple", javelin man Nigel Bevan gained another, and Phil Spivey launched the hammer to his best mark since '94.

Fortunes were a bit more mixed on the track. Noel Levy did all that was asked of him in the long hurdle race and Neil Owen was again a class apart in the sprint hurdles but Haroun Korjie never recovered from a terrible 100 metre start and an unfit Kassa Tadesse looked sadly and uncharacteristically unfit in the 10k.

Hearts were in mouths as Darren Mead arrived only shortly before his 5000m, delayed by traffic. Spectator Roger Alsop was fully prepared to run, even though he had been swigging an evil looking home-made concoction which he swore was orange squash laced with lemon balm. But Darren got there with just enough time in the end, started steadily and picked off the

field one by one until he moved into a comfortable 2nd place near the end.

Of all of our targets for the summer this, then, was the one that got away. As we made our way to the car park a Belgrave team manager was heard to jokingly utter: "This could be the last time any other club wins this competition in my lifetime", ... or was he joking!

100m: (+2.0) 8, H.Korjie 10.92. 200m: (+1.7) 6, P.Goedluck 21.30. 400m: 3, D.Nolan 47.03. 800m: 4, M.Kloiber 1:51.93. 1500m: R.Turner. 5000m: 2, D.Mead 14:35.42. 10000m: K.Tadesse. 110mH: (+2.6) 1, N.Owen 14.10. 400mH: 3, N.Levy 53.62. 3000mSC: 5, B.Barton 9:27.11. HJ: 2, B.Reilly 2.24. LJ: 3, F.Salle 7.44. TJ: 2, D.Costello 15.01. PV: 1, M.Edwards 5.10. SP: 6, K.Browne 13.74. DT: 1, K.Browne 59.50. JT: 2, N.Bevan 74.00. LJ: 3, P.Spivey 63.46. 4x100m: 4, Belgrave (N.Owen, D.Powell, H.Korjie, P.Goedluck) 40.77. 4x400m: 4, Belgrave (I.Wells 51.2, J.Hilston 48.3, M.Kloiber 48.5, D.Nolan 46.6) 3:14.60.

Guardian Insurance Gold Cup Final

| | | |
|----|---------------------|-----|
| 1, | Newham & Essex Bgls | 113 |
| 2, | Belgrave | 113 |
| 3, | Haringey | 103 |
| 4, | Shaftesbury Barnet | 93½ |
| 5, | Thames Valley | 85 |
| 6, | Border | 83½ |
| 7, | Cardiff | 78 |
| 8, | Woodford Green | 67 |

Area titles spread across England and Wales

SENIOR AREA CHAMPS. 17/18 JUN

The Belgrave talent was spread nationwide when it came to area championship weekend. Five titles came our way, nine medallists and sixteen finalists in all, but two performances were particularly outstanding.

Up at Gateshead in the Northern Champs. Dave Nolan gave Britain's selectors a nudge to make sure they know of yet another talent to be brought into the reckoning when it comes to planning 4x400 metre teams. His 46.75 win saw him miles clear as the second man home was timed at over 48 seconds.

In the Southern at the 'Palace' it was 18 year-old Richard Aspden stealing the headlines again. A week earlier he had soared to a win in the

Surrey Schools, adding a massive 12 centimetres to the county record. Now here he was taking on the South's best Seniors - and winning again! It was close, a countback being required to separate the Belgravian from British Universities Champion Ohrland, but Richard's first time clearance at 2.10 settled the matter.

Aiming for a fast time at Crystal Palace was Callum Taylor. He clocked his fastest time of the season in running to 3rd over 400 metres and setting a time fractionally outside the New Zealand qualifying mark required for a berth in the Kiwis' Gothenburg 4x400m squad.

At Birmingham, Kevin Brown and Dalton Powell equalled their Southern brethren's tally of two wins, while 'Welsh' two-lapper Darrell Maynard found that all that was required to to strike 'gold' in the West was a mere sub-1:56.

Southern Championships at Crystal Palace

a = 17th, b = 18th.

100m: a sf 4, L.Paul 10.94 (-2.2); hts 5, B.Williams 11.40 (-1.7); 7, C.Edozie 11.71 (-1.0). 200m: b (-3.0) 2, P.Goedluck 21.43; hts 6, B.Williams 22.81 (-0.6). 400m: b 3, C.Taylor 47.61. 800m: a hts 6, D.Pamah 1:56.87. 1500m: b 9, R.Turner 3:56.13; (3:55.69 ht); a hts 11, B.Barton 4:08.51. 110mH: b (-2.1) 2, N.Owen 13.95; hts 4, S.Shirley 15.33 (0.1). 400mH: a hts 4, I.Wells 55.07; 6, P.Beaumont 57.36; 4, A.Edwards 53.76. HJ: b 1, R.Aspden 2.10; 6, S.Shirley 2.00. LJ: a 4, S.Shirley 7.23; 19, C.Edozie 6.39. PV: a 4, S.Shirley 4.70; 10, J.Webb 4.10. SP: a 4, J.Mason 15.96. DT: a 2, L.Marar 53.78.

Midland Championships at Birmingham

100m: 4, D.Powell 11.01 (10.97 ht). 200m: (2.3) 1, D.Powell 21.71 (22.30 1.3 ht). 110mH: (1.4) 4, L.Antoine 15.51. SP: 1, K.Brown 13.84.

Northern Championships at Gateshead

400m: 1, D.Nolan 46.75.

Welsh Championships at Newport

800m: 1, D.Maynard 1:55.6.

posted a 1:51/48 800m/400m double a week earlier and was brimming with confidence. Tom, by the way, is the son of our one time member Alan Lerwill. Gavin was heading the field at the crucial point when Lerwill rushed past and although probably fractionally faster over the last 200m, he couldn't quite get back to Lerwill's 1:53.21.

Richard Aspden became our only SEAA champion in the under 20 age group with his 2.05 high jump but Matt Forde's fine 13.63 gained him a triple jump bronze.

Outstanding this season so far is Geoffrey Ojok who collected the under 17 long jump title with a leap of 6.66, marginally aided by a 2.2 mps wind. But while the breeze was favourable for the jumpers, the sprinters found themselves hindered by the conditions and although Marlon Dickson got up to 3rd in the 100m final he was not at all happy with his time.

a = 27th, b = 28th.

U20M

100m: a hts 5, A.Dunwoodie 11.57. 400m: a 8, A.Daniel 51.66 (50.76 ht); hts R.David 51.68. 400mH: a hts 6, A.Daniel 58.18. 800m: 2, G.Mason 1:53.34. HJ: a 1, R.Aspden 2.05. LJ: b 6, M.George 6.26 (+2.0). TJ: 3, M.Forde 13.63 (+1.2).

U17M

100m: a (-1.4) 3, M.Dickson 11.35 (11.34 ht -1.5); hts 5, E.Hassan 12.08 (-1.5); 7, J.Panton (-1.4). 200m: b hts 4, E.Hassan 23.75 (-2.4). LJ: b 1, G.Ojok 6.66 (+2.2); 5, E.Hassan 5.86 (+1.6); 5, E.Hassan 5.86.

U15B

100m: hts (-1.1) 4, J.Tuson 12.70. 200m: b hts (-0.9) 2, N.Daniel 24.73. 400m: a hts N.Daniels dsq. 80mH: b (-2.6) hts 5, R.Killick 13.84. HJ: b 7, J.Tuson 1.60.

U15G

100m: a (-1.6) 8, N.Law 12.97. 200m: b (-3.5) 8, N.Law 27.00 (26.97ht -3.1).

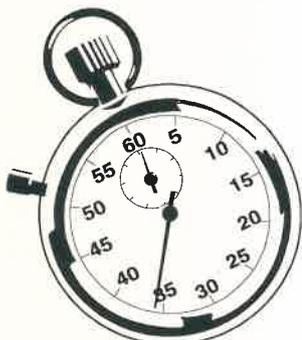
Left: Dalton Powell ran to his fastest times of the year in the Midland Championships at Birmingham.

Natalie reaches both SEAA sprint finals

SEAA U20 CHAMPS. CRYSTAL PALACE, 27/28 MAY

Although our only female competitor in the SEAA 'Junior' Championships, Natalie Law made up for the lack of claret and gold by reaching two finals. She qualified for the 100m final by running to 2nd in her heat and in the 200m in particular set a couple of very promising times into strong headwinds. No doubt we'll be hearing more from Natalie!

At last it was down to the pb zone for two-lap racer Gavin Mason. After a 1:54.8 in the heats on day one he came up against Braintree's Tom Lerwill who had



Owen and Regis take AAA titles

**KP AAA CHAMPIONSHIPS
BIRMINGHAM, 15/16 JUL**

Amidst all the hype about who was and who wasn't running in this qualifying meeting for the World Championships, an emphatic victory from a good field came from John Regis in his speciality, the 200 metres. It underlined that he is running into great form at the right time.

The 400 metres now has a real depth of young talent in this country but Dave Nolan was looking to frighten a few of the more fancied runners. Sadly he was just edged out of the qualifiers in his semi-final by Brian Whittle who then went on to dnf in the final.

Wolve's Andy Tulloch had run the fastest of the sprint hurdle heats (13.79) but could squeeze out no more for the final where our own Neil Owen shocked the opposition by running to his first AAA Championship in a world class time, taking him straight into the Gothenburg team.

Our third winner was World Cup victor Fred Salle, this season troubled with a thigh injury. Taurima of Australia took an early lead from Fred with 7.41 but then nigh-on 40 year-old Barrington Williams went to 7.50 in round 2. On the third time through the card the Belgravian went ahead with 7.66 and although the Australian came back at him, the result was settled.

It was good to see that three of our women were also in action. Julia Cockram had the beating of Susie Drummie in the pole vault by taking 2.70 at her first attempt while her club-mate needed two shots; neither could get over 2.85. In the 5000 metres our prolific record-breaker Gabrielle Collison placed 8th in a time that on this occasion was just a second short of her best set last year.

The high jump was held in abysmally rainy conditions making life difficult for the earlier jumpers.

Richard Aspden could not match the previous weekend's 2.16. He came in at 2.02, took 2.07 at the first attempt and then failed at 2.12. Brendan Reilly then came in at 2.17 and needed 3 shots to go clear before finding 2.22 beyond him on this occasion. Towards the end of the competition the weather improved and the sun eventually came out in time to shine on Liverpool's Steve Smith who cleared 2.35.

Neither Kevin Brown (discus) or Nigel Bevan (javelin) could make enough of an impact to catch the selectors' eyes. Kevin stayed in 4th from round one with his best throw coming on his second attempt, while Nigel's furthest was saved for his very last effort, although it was not enough to move him out of the 3rd place he had occupied since the beginning. Leith Marar improved steadily throughout the discus competition, but even if he had matched his best ever throw it would have only moved him up two slots.

a = 15th, b = 16th

Men
200m: b (+0.5) 1, J.Regis 20.37; hts 6, D.Powell 22.45 (+0.5). 400m: a sf 5, D.Nolan 47.07; hts 4, C.Taylor 47.62. 800m: a hts 3, D.Maynard 1:50.98; 7, D.Pamah 1:53.34. 5000m: a 7, J.Chaston 13:51.86; 10, G.Staines 14:03.74; A.Passey dnf. 110mH: b (-0.3) 1, N.Owen 13.63. 400mH: hts a 5, I.Wells 53.34; 7, I.Abinbola 58.51; 3, N.Levy 53.06; 4, A.Edwards 54.08. HJ: a 4, B.Reilly 2.17; 10, R.Aspden 2.07. LJ: a 1, F.Salle 7.66 (+1.1). PV: b 3, M.Edwards 5.10; 5, I.Tullett 5.10. SP: b 12, J.Mason 15.59. DT: a 4, K.Brown 57.24; 7, L.Marar 52.54. JT: a 3, N.Bevan 76.58.

Women
5000m: a 8, G.Collison 16:45.43. PV: 11, J.Cockram 2.70; =12, S.Drummie 2.70.

just missed out on the medals in the triple jump but his 13.90 quite clearly made him the Belgrave No. 2 in the event for 1995.

Our medal winners were not restricted to the older age-group. Nigel Whorlow walked strongly in a well spread 3000 metre field and was rewarded with a silver medallion to take home to Folkestone while Antony Stanley-Clarke launched the 600 gramme javelin to a bronze winning distance in just his first month of Belgrave membership.

U17M

100m: (+1.2) 3, J.Hilston 11.07 (11.06ht); 7, M.Dickson 11.19

Geoffrey Ojok wins AAA U17 Title

AAA U17 CHAMPS. BIRMINGHAM, 29/30 JUL

Geoffrey Ojok leapt to his longest ever mark at Birmingham to become our only Under-17 AAA gold medallist. His 6.83 came in round five and was further than any Belgravian of his age has ever jumped before but unfortunately it was marginally aided by a wind speed of 2.4mps which means that his leap of 6.75 set in the TSB Schools International remains the Club Record.

This time James Hilston missed out on gold in the 400 metres. He made a mistake in letting Rotheram's McNabb get a fair old lead and when he came on strong in the home stretch it was too late to get back.

Sixteen year-old Phillip Idowu

TSB Rankings

These national rankings include all track & field events with positions determined by recourse to the Hungarian scoring tables. Points are scored by averaging each athlete's top six performances over a rolling two year period and additional points are scored for major championships. Seems fair enough but it does seem a bit ridiculous that a man who twice broke the World Record while winning the World Championships this summer (Jonathon Edwards) can be ranked only 5th in his country while the women's list is led by a lady (Sally Gunnell) who has been out injured for most of the season?

Nevertheless, we are not going to argue too much as we are delighted to see some of our own club members featuring highly.

In the younger age-groups Belgravians made a most impressive showing but the most startling inclusion was that of fourteen year-old Natalie Law - placed at no 8 for her age in the Country thanks to some fine 200 metre running. Only one Belgravian places higher than Natalie - John Regis at no. 6 in the senior men's list.

Among the others to make high showings was 800 metre expert Tom Lerwill, 16th under 20. Tom, who has only recently joined us, is the son of international long jumper Alan Lerwill who also once wore Belgrave colours. Another high-flyer in the TSB lists who has recently switched to the Bels. is Matthew Yates, already well known to some of our middle-distance men.



Above: A finalist in the All-England Schools Junior Girls 200 metres, Natalie Law is rated at number 8 in the country.

| Senior Men | | | |
|------------|----------------|--------|---------|
| 6, | John Regis | 200m | 1410.33 |
| 9, | Du'aine Ladejo | 400m | 1298.50 |
| 21, | Paul Evans | 10000m | 1194.50 |
| 23, | Matt Yates | 1500m | 1191.67 |
| 30, | Gary Staines | 10000m | 1168.67 |
| 36, | Neil Owen | 110mH | 1159.67 |
| 39, | Justin Chaston | | 1154.83 |
| 48, | Brendan Reilly | HJ | 1139.83 |
| 49 | Fred Salle | LJ | 1139.67 |

| Under 20 Men | | | |
|--------------|----------------|------|------|
| 15, | Richard Aspden | HJ | 1017 |
| 16, | Tom Lerwill | 800m | 1017 |

| Under 17 Men | | | |
|--------------|---------------|------|-----|
| 13, | James Hilston | 400m | 950 |

| Under 15 Boys | | | |
|---------------|------------|------|-----|
| 41, | Sam Murray | 400m | 739 |

| Under 15 Girls | | | |
|----------------|-------------|------|-----|
| 8, | Natalie Law | 200m | 970 |

(11.11sf). 400m: 2, J.Hilston 49.02. LJ: 1, G.Ojok 6.83 (+2.4). TJ: 4, P.Idowu 13.90 (+1.3).

U15B

400m: hts N.Daniel 54.0. JT: 3, A.Stanley-Clarke 48.74. 3k Walk: 2, N.Whorlow 15:56.3; 10, D.Bond 18:33.9; 12, C.Stanford 20:23.5; 13, J.Stevens 22:27.9; 14, J.Scott 22:38.0; dnf, K.McCrudden.

U15G

200m: hts N.Law 26.6. 1500m: hts. J.Brown 5:08.0. 3k Walk: 16, K-A.Parker-Smith 19:21.6; 20, L.Fryer (U13G) 22:04.1.

CHRISTMAS DISCO

**Saturday
16th December
Belgrave Hall**

£3.50

Club Championships 1995

MAIN CHAMPIONSHIPS BATTERSEA PARK, 9 JUL

WITH the numbers just a few up on last year and additional events including a walk for all age-groups, Club Championship Day was again a successful affair held in glorious sunshine. The one big draw-back to this fixture is the fact that the only spare date seems to be the day after the English Schools Championships but we will look again at the likely fixture list during the coming winter season and see if we can shoe-horn the meeting into another spot if possible for 1996.

It had been felt that competition for Under-23s might encourage more young seniors to take part but to be honest it was the under-20s that picked up the under-23 medals (and a good proportion of the senior medals) so next year we will make another adjustment by awarding under-20 medals for certain events instead.

One further innovation was the decision to award medals at a special presentation evening in the autumn at Belgrave Hall. Although this might seem a bit of a pain for the athletes it means that we only have to order and get engraved the medals that we actually need to present, a big saving in money. It also avoids the free-for-all at the end of the meeting when someone has to work out how many were in each event, who beat the standard performances and how many medals should be presented.

Not intended as part of the afternoon's entertainment was the demonstration by the ParaMedic Corps (with a Blackheath Harrier as one of their number) who landed their helicopter in the middle of the arena at the close of our meeting. But seriously, well done those people who did



Right: Starter for the day Derek Crookes looks happy enough now that firearms expert Stuart Bennett has arrived and coaxed the guns back into action

Right: John Jeffery and Bill Bull take the entries.



exactly the right things when the unfortunate accident occurred. Happily all problems now seem to be resolved. Next year we might have to make do with a steel band instead.

Senior Women

100m: 1, A.Abrams 13.4; 2, J.Cockram 14.3; 3, J.Smiter 14.4; 4, G.Richardson 15.6. 200m: 1, J.Smiter 30.1; 2, S.Howard 32.1. 400m: 1, S.Howard 69.1; 800m: 1, S.Howard 2: 47.8. 2, J.Oakley 2: 53.7. 100mH: 1, J.Cockram 19.6; 2, G.Richardson 19.9; 3, J.Smiter 20.7. 4, H.Mead (U20W) 21.1. 3000mW: 1, H.Miller (W45) 22: 31.7. HJ: 1, J.Cockram 1.45; 2, J.Smiter 1.45; 3, J.Stone 1.30; 4, S.Howard 1.25. LJ: 1, A.Abrams 5.02; 2, J.Cockram 4.12; 3, J.Smiter 4.05; 4, G.Richardson 3.89. TJ: 1, J.Smiter 9.64; 2, J.Cockram 9.04. PV: L.Lowe (Guest) 2.70; F.Peake (Guest) 2.70; 1, J.Cockram 2.60; 2, M.Jones (W45) 1.80. SP: 1, G.Richardson 7.68. DT: 1, P.Keeler (U20W) 22.82; 2, G.Richardson 22.78; 3, J.Smiter 18.32; 4, S.Howard 14.56. JT: 1, G.Richardson 27.82; 2, J.Smiter 21.94; 3, H.Mead (U20W) 19.68; 4,

J.Cockram 15.90; 5, M.Jones (W45) 14.54; 6, S.Stracey (U20W) 10.98. HT: 1, P.Keeler (U20W) (Club Rec) 30.44; 2, G.Richardson 28.08; 3, M.Jones (W45) 21.48; 4, H.Mead (U20W) 15.18.

Under 23 Women

100m: 1, S.Stracey (U20W) 13.7. LJ: 1, S.Stracey (U20W) 4.91. SP: 1, H.Mead (U20W) 6.60.

Under 17 Women

100m: 1, M.Bentt 14.5. 400m: 1, L.Wilson 64.5. 800m: 1, L.Wilson 2: 34.2. 1500m: 1, A.Hearn 6: 16.5. DT: 1, M.Stock 28.42. SP: 1, M.Stock 8.38; 2, M.Bentt 7.94.

Under 15 Girls

100m: 1, L.Davison 16.0; 2, A.Gray 16.1. 200m: 1, L.Davison 31.8; 2, D.Hearn 32.2. 800m: 1, J.Brown 2: 35.2; 2, K-A.Parker-Smith 2: 42.5; 3, D.Hearn 2: 50.7; 4, L.Davison 3: 06.4. 1500m: 1, A.Gray 6: 01.9. 3000mW: 1, K-A.Parker-Smith 19: 16.9. LJ: 1, R.Letang 4.20; 2, D.Hearn 3.60; 3, L.Davison 3.24. DT: 1, R.Letang 18.48; 2, K-A.Parker-Smith 11.38. JT: 1, R.Letang 25.38; 2, J.Brown 19.44.

Under 13 Girls

100m: 1, G.Watson 13.8; 2, B.Simon 13.8; 3, M.Birchall 14.4; 4, H.Kingsnorth 14.5; 5, S.Raymond (U11G) 15.2; 6, S.Morgan 16.1. 200m: 1, G.Watson 30.6; 2, S.Trew 33.1; 3, L.Warwick 33.7. 800m: 1, R.Andrews (U11G) 3: 45.0. LJ: 1, G.Watson 4.24; 2, B.Simon 4.24; 3, H.Kingsnorth 4.03; 4, S.Raymond (U11G) 3.78; 5, R.Andrews (U11G) 2.87. HJ: 1, H.Kingsnorth 1.30; 2, A.Lawton 1.30. JT: 1, K.Warwick 7.50.

Senior Men

100m: Heat 1; 1, R.David (U20M) 11.5; 2, A.Daniel (U20M) 11.7; 3, G.Mason (U20M) 11.8; 4, A.King (U20M) 12.3; Heat 2; 1, B.Williams 11.9; 2, E.Hassan (U17M) 12.0; 3, C.Husbands 12.6; 4, E.Derouet 14.0; Final; 1, R.David (U20M) 11.1; 2, B.Williams 11.3; 3, A.Daniel (U20M) 11.8; 4, G.Mason (U20M) 11.9; 5, E.Hassan (U17M) 12.1. 200m: 1, R.David (U20M) 23.2; 2, P.Lundy (M40) 26.3; 3, R.Hopkins (M40) 26.4. 400m: 1, G.Mason (U20M) 50.1; 2, P.Lundy (M40) 59.2. 800m: 1, M.Fani 2: 02.8; 2, S.Smullen 2: 08.0. 1500m: 1, R.Alsop 4: 11.0; 2, B.Barton 4: 11.4; 3, A.Luce 4: 16.6; 4, P.Carstairs 4: 19.1; 5, S.Chettati 4:

29.4. 2000mSC: 1, M.Hillier 6: 16.0; 2, L.Lyons (M45) 6: 52.6. 3000mW: 1, C.Lawton (M45) 14: 59.5; 2, P.Warburton (M40) 16: 07.9. LJ: 1, C.Edozie 5.18; 2, E.Derouet 3.89. PV: 1, Jamie Webb 4.00; 2, M.Edwards, Snr (M50) 3.40; 3, C.Husbands 2.90. SP: R.Peacock (U20M) † 9.80; K.Stock (Guest) 9.00; 1, E.Derouet 8.40; 2, S.Whorlow Snr (M45) 7.72; R.Wilson (Guest) 6.86; 3, B.Green 6.68. DT: 1, C.Husbands 19.84; 2, S.Whorlow, Snr (M45) 19.68; 3, R.Peacock (U20M) 18.96; 4, B.Green 16.32. JT: 1, C.Mountifield 44.38; K.Stock (Guest) 32.52; 2, R.Peacock (U20M) 25.24; R.Wilson (Guest) 19.86. HT: R.Peacock (U20M) † 23.54; 1, S.Whorlow, Snr (M45) 18.04; 2, B.Green 16.00.

Under 17 Men

100m: 1, E.Hassan 12.0; 2, D.Chen 12.2; 3, D.Shakes 13.1. 200m: 1, E.Hassan 23.8; 2, P.Hills 25.1; 3, D.Shakes 25.8. 100mH: 1, S.Scott 14.0. 400mH: 1, S.Scott 59.8. LJ: 1, D.Ofosuh 4.11. TJ: 2, J.Scott (U15) 9.59; 1, J.Stevens (U15B) 9.52. SP: 1, P.Hills 9.98.

Under 15 Boys

100m: 1, J.Tuson 12.7; 2, O.Pomells 12.8; 3, J.Wignall 13.3; 4, A.Markham 13.8. 200m: 1, J.Tuson 25.8; 2, R.Bignell 27.2; 3, N.Whorlow 28.5; 4, S.Mytilineos 29.7; 5, J.Stevens 29.8; 6, J.Scott 31.1. 400m: 1, D.O'Sullivan 66.6; 2, J.Stevens 67.5; 3, S.Mytilineos 67.7; 4, J.Scott 75.7; 5, D.Gillen 99.0. 800m: 1, R.Bignell 2: 35.7; 2, J.Scott 3: 35.8. 1500m: 1, L.Nation 4: 59.8; 2, D.Bond 5: 04.8; 3, R.Bignell 5: 13.0. 80mH: 1, M.Louis-Sidney 12.6; 2, E.Gyekye (U13B) 14.6; 3, D.Crook 15.7; 4, B.Asante (U13B) 19.8. 3000mW: 1, N.Whorlow 16: 44.9; 2, D.Bond 19: 07.6; 3, C.Stamford 22: 14.1; 4, J.Scott 23: 17.9; 5, K.McCruden 25: 47.7. HJ: 1, J.Tuson 1.50; 2, N.Whorlow 1.50; 3, D.Bond 1.35; 4, D.Crook 1.30; 5, R.Bignell 1.20; 6, J.Stevens 1.15. LJ: 1, D.Crook 4.59; 2, J.Stevens 4.02. JT: 1, J.Scott 30.06; 2, N.Whorlow 19.10; 3, R.Bignell 15.84. SP: 1, J.Scott 10.08; 2, K.McCruden 5.86. DT: 1, N.Whorlow 23.78; 2, C.Stanford 14.26. HT: 1, J.Scott 19.72; 2, K.McCruden 12.68; 3, J.Stevens 9.84.

Under 13 Boys

100m: 1, E.Gyekye 13.8; 2, S.Opoku

13.9; 3, L.Lawrence 14.0; 4, K.Bignell 14.4; 5, R.James 14.7; 6, F.Hughes 14.7; 7, C.Bentt 16.1. 200m: 1, K.Bignell 28.7; 2, R.James 29.2; 3, F.Hughes 29.4; 4, M.Shannon 31.7; 5, R.Biscoe 33.1. 400m: 1, K.Bignell 68.7; 2, F.Hughes 71.9; 3, M.Shannon 72.2. 800m: 1, D.Bates 2: 33.8; 2, R.James 2: 34.5; 3, J.Stevens 2: 44.3; 4, S.Whorlow Jnr (U11B) 3: 03.0; 5, R.Biscoe 3: 09.4. 1500m: 1, D.Bates 5: 14.8; 2, J.Astey 5: 18.1. 2000mW: 1, S.Whorlow, Jnr (U11B) 15: 55.8. LJ: 1, E.Gyekye 4.34; 2, R.James 4.29; 3, B.Asante 4.13; 4, F.Hughes 3.93; 5, M.Shannon 3.86; 6, C.Bentt 3.47; 7, R.Biscoe 3.31; 8, S.Whorlow, Jnr (U11B) 2.71. HJ: 1, S.Opoku 1.35; 2, F.Hughes 1.30; 3, K.Bignell 1.25. JT: 1, F.Amoako 13.50; 2, F.Hughes 12.24. SP: 1, C.Bentt 6.92; 2, F.Hughes 5.92; 3, S.Whorlow Jnr (U11B) 4.58.

† Used U20M weight in senior competition.

**"GRIFFIN" CUP
5000m CHAMPS
BATTERSEA PARK, 21 JUN**

With only six Belgravians among the starters (Serpentine Runners were holding their championship in conjunction with ours) Roger Alsop looked to be the favourite so it was something of a surprise to find him 20 metres down on "Serp" Zizzari after one lap. It was soon obvious that it was just a case of over-exuberance as Roger conservatively worked his way back to him over the next couple of circuits and then spent the remainder of the race apparently getting faster and faster as he threaded his way through runners who were lapped once ... twice ... three times and more. Not too far behind in his wake were others who have learned their trade at the Arthur Bruce School of Middle-Distance Running, among them Said Chettati, now in his second year with the Club and running to a best ever as he swapped last year's 'bronze' for a nice shiny 'silver'. Chas Dickinson had a rare old dust-up down the straight with the original leader while Michael Manning became engaged in somewhat earnest and heated discussions with the lap scorers, insisting that he was being asked to run a lap too far.

1, R.Alsop 15:22.5; 2, S.Chettati 15:48.8; 3, P.Carstairs 15:57.8; 4, C.Dickinson 16:19.5; 5, M.Manning 18:29.8; 6, C.Morris 19:28.4.

**"TOM CARTER" TROPHY
CLUB 10000M CHAMPS.
BATTERSEA PARK, 6 SEP**

Once again the event was held in conjunction with Vets AC but to avoid some of the problems caused by multi-lapping, two races were held: Belgrave and veterans under 50, and veterans 50 or over.

The main Belgrave event as far as we were concerned, for the *Tom Carter Trophy*, turned out to be one of the most exciting for years. A pack of five or six formed at the front with Roger Alsop, as is often his preferred way of getting into a race, staying just

Right: Track Judges Tony Fairclough, Natalie Tracey and Pat Mead are regaled with another amusing anecdote from Stuart Bennett (seated), or is he making some caustic comment about the timekeeper in unaccustomed shades - Cecil Gittins



off the pace at first. Said Chettati (known as Limpet to his training partners) had obviously picked his likely candidate for the title by attaching himself to Roger's shoulder. The pace for first 7k was churned out by Marcello Bizio, except for a three or four lap spell at the front from Phil Carstairs who then dropped back ... and eventually out with 2k remaining, suffering from blisters.

With the lap board showing that six more circuits were required Roger went ahead for the first time, Said still glued to him but seemingly having trouble in holding himself back. Only four to go now and Marcello pushed ahead once more, legs tangling with Said's as no-one wanted to give away a single centimetre. But last year's winner Roger had no intention of leaving it to the end and after one lap tucked in second place he was away and stretching his lead all the way to

the finish. Said made a great effort to shake off Marcello but it was in vain and the latter had enough pace over the last lap to see him home for the silver medal.

Charlie Dickinson had a torrid duel with fellow vet and VAC member Liam O'Hare for virtually the whole journey. He had enough strength to dispose of O'Hare towards the end and took the Vets AC Championship for his trouble.

1, R.Alsop 32:42.0; 2, M.Bizio 32:50.3; 3, S.Chettati 32:52.4; 4, C.Dickinson 33:25.9; 5, N.Keller 35:35.6; 6, L.O'Hara 36:27.9; 7, D.Manning 49:26.4. S.Willimont and P.Carstairs retired.

Below: The additional hazard of having spectators closely watching the progress of the runners made the steeplechase an interesting spectacle.



Above: Chief Timekeeper Cecil Gittins has a shrewd idea that he is the subject of one of Stuart's ribald comments.



County Championships

SURREY AA CHAMPS.

ONLY three Bels. could be persuaded to turn out for Part One of the county championships, held as early as the end of April. They scored well though, with Matt Hillier, Sue Porter and Michael Livingstone each coming away with a County Title.

Then gale force conditions mostly kept performances down during the main two days of the 'Surreys'. Our old friend from Vets' AC, Bob Belmore, sitting halfway down the straight opposite the stand, was kept busy all weekend as wind-gauge operator - not just recording the gusts but hanging onto the gauge, his papers and everything else that seemed to want to end up blown against the fence at the end of the 100 metre stretch!

We said 'mostly kept performances down' but Marlon Dickson used the conditions magnificently. He flew to his fastest ever 100 timing of 10.9 in the heats, aided by a 5.5mps wind, and then started a parade of claret and gold vests in the final as he took that event plus the 200m with Es Hassan, Geoffrey Ojok, James Hilston and Darrell Shakes all as fellow finalists. In the longer race, as the finish was approached, James shut his eyes in an all-out effort to catch Marlon; unfortunately for him, when he opened them again Geoffrey had come past as well!

The one lap runners were all well down on their best times due to that adverse breeze in the back straight but somehow James Hilston flew that stretch and came home for a 50.4 time that promises a '48 and bits' in good conditions. The tall Belgravian wasn't in a position to enjoy his success for a while though, sitting with his head in his hands after vomiting due to the effort he had put in.

Geoffrey Ojok's jumping is relentlessly improving. On this occasion his best leap was measured at 6.58m for a one centimetre improvement on the championship best. Unfortunately, by the time the Field Event Referee had been called over to verify the mark and the tape had been tugged taut a few times the official distance went down to 6.57; his name will now only go down as having equalled the best. In the Senior long jump it was good to meet up with new member Chido Edozie, overcoming a recent hamstring problem and picking up third place medal. Richard Aspden was in a class of his own in the vertical leap, a comfortable 2.00m being out of reach of anyone else.

Melissa Bent had a busy time in the sprints but made most impact in the shot where she headed our U17W throws specialist Michelle Stock for a while. Michelle came back at her but had her best competition in the discus where she won 'silver'. Both are in their first year in the age-group and will be looking to get well into the medals next year.

Julia Cockram was another to

reach 2nd place, gaining the advantage over record holder Susie Drummie in the pole vault, and yet more silver came Belgrave's way when Gabby Collison courageously attempted to hold on to GB international Zara Hyde in the 1500m. It worked well for two laps but once the slightest of gaps opened up Gabby was at the mercy of the elements and the last circuit must have been a most uncomfortable journey as she struggled to keep her momentum.

The conditions turned the men's middle distance events into tactical affairs. Gavin Mason had spurned the U20M 800m event in an attempt to find a fast time with the seniors. Sadly everyone played into the hands of Haringey's Fairbrother who had far too much pace after a first lap dawdle. Nevertheless, the Belgravian must have gained satisfaction at seeing off the rest and running a 55 second final circuit. Fairbrother had played the same hand on day one in the 1500m.

This year was the first time that the county had staged a meeting entirely for veterans and Mike Small celebrated by cleaning up in the M40 category and setting his 2nd veterans' Club Record this year in the Hammer event.

Part three of the 'Surreys' came around in July - relays and odds and ends. Bianca Simon set a Championship Best in the heats of her U13G 150m before winning the final in 20.2.

The most comment was caused by our U17M relay squads, however. They are probably among the very best teams in the country but when not one other club turned out a team to challenge them it is not surprising that they did not bother to turn on the power. Having received adverse comment for not running fast enough in the shorter events, they did no more than go through the motions for the 4x400m and even the announcer could not refrain from joining in the barracking at this. Perhaps this just about sums up the situation as far as the Surrey County Champs. are concerned: it's become too drawn out, too many events, too boring and generally quite meaningless.

a = Part One 29 Apr, Wimbledon Park
b = Part One 30 Apr, Wimbledon Park
c = Part Two 13 May, Croydon Arena
d = Part Two 14 May, Croydon Arena
e = Veterans 28 May, Tooting Bec
f = Part Three 1 Jul, Walton
g = Part Three 2 Jul, Walton

SM
100m c: hts 6, C.Edozie 11.5 (+3.4).
800m d: 2, G.Mason 1:56.0. 1500m
c: 5, R.Alsop 4:05.6; 10, B.Barton
4:12.6 (4:11.4 ht); hts 4, M.Anderson
4:27.2; 8, A.Luce 4:33.4. 5000m d:
7, M.Bizio 15:54.7; 8, S.Chettati
16:04.1. LJ d: 3, C.Edozie 6.62 (+1.0).
PV c: J.Webb no ht. HT d: 2, P.Spivey
60.66.
U20M

2000mSC a: 1, M.Hillier 6:20.4. LJ
a: 1, M.Livingstone 5.44. HJ c: 1,
R.Aspden 2.00.
U17M

100m c: (+2.5) 1, M.Dickson 11.1
(10.9 ht +5.5); 3, G.Ojok 11.5 (11.3
ht +5.3); 5, E.Hassan 11.6 (11.5 ht
+5.3). 200m d: (+3.5) 1, M.Dickson
22.6; 2, G.Ojok 22.7; 3, J.Hilston
22.9; 4, E.Hassan 23.2; 7, D.Shakes
26.9 (26.3 ht +3.5). 400m c: 1,
J.Hilston 50.4. 1500mSC: f 1,
S.Alexander 4:58.3. LJ c: 1, G.Ojok
6.57 (=CBP +5.3); 4, E.Hassan 5.85
(+1.8). 4x100m f: 1, Belgrave 65.3.
4x200m f: 1, Belgrave 2:36.8.
4x400m g: 1, Belgrave 3:52.0.

U15B
800m f: hts 1, A.Winchester 2:15.2.
U13B
80mH f: 5, C.Bent 17.8. LJ f: 5,
C.Bent 3.14. SP f: 5, C.Bent 6.80.
M40
DT/JT/HT e: 1, M.Small 39.90/41.78/
44.68.

M45
5000m e: 1, L.Lyons 16:44.4.

M50
DT e: 1, S.Brooks 39.60.

M65
800m/1500m e: 1, C.Walker 2:53.6/
5:35.4.

SW
400m c: hts 7, J.Smiter 68.6. 1500m
c: 2, G.Collison 4:40.8. PV d: 2,
J.Cockram 2.70; 3, S.Drummie 2.60.
3000mW a: 1, S.Porter 18:00.6.

U17W
100m c: hts 5, M.Bent 13.5 (+6.6).
200m d: sf (+0.9) 7, M.Bent 29.4
(28.2 ht +4.5). SP c: 4, M.Stock 7.97;
5, M.Bent 7.88. DT c: 2, M.Stock
28.44.

U13G
75m: f 1, B.Simon 10.6; 150m: f 1,
B.Simon 20.2 (19.9 ht)

KENT AA CHAMPS. CRYSTAL PALACE, 13/14 MAY

A fair old contingent of our number contested the Kent County Championships with New Zealander Callum Taylor making a strong showing in the senior sprints. But it was in the U15B 3k Walk that we made our presence most felt with Nigel Whorlow setting a championship best performance, while behind him Belgravians also filled 2nd to 4th positions.

SM
200m: 2, C.Taylor 22.27; hts
D.Newman 24.77. 400m: 1, C.Taylor
48.99.

U20M
800m: hts W.Swaffer 2:15.0. 1500m:
hts W.Swaffer 4:34.17. SP: 3,
R.Peacock 9.???. HT: 4, R.Peacock
23.36.

U17M
100m: 8, P.Hills 11.96.

U15B
100m: hts J.Stevens 14.24; R.Bignell
15.42. 200m: hts R.Bignell 30.32.
800m: hts D.Bond 2:30.87; J.Stevens
2:33.59. 80mH: hts D.Crook 15.92;
R.Bignell 17.15. HJ: 7, N.Whorlow
1.45; 9, D.Crook 1.30; 10, D.Bond
1.20; 11, J.Stevens 1.15. LJ: D.Crook
4.33; 11, D.Bond 3.60. SP: 3, J.Scott

9.41; 7, K.McCrudden 6.02. DT: 4,
N.Whorlow 25.80; J.Scott 20.28.
3000m Walk: 1, N.Whorlow 16:21.54
(CBP); 2, D.Bond 19:58.40; 3, J.Scott
22:27.14; 4, K.McCrudden 24:18.59.

U15G
800m: 8, J.Brown 2:34.92
(2:30.51ht); ht A.Gray 2:52.43.
1500m: hts J.Brown 5:19.75; A.Gray
5:52.62. JT: 8, J.Brown 18.82. DT: 13,
J.Brown 11.50. 2,500m Walk: 4, K-
A.Parker-Smith 16:03.30; 5, L.Fryer
18:15.50.

... and at Bexley, 18 Jun.

U15B Combined Events (80mH, SP,
LJ, HJ, 800m) 8, N.Whorlow (17.1,
8.30, 4.23, 1.53, 2:30.7) 1605pts; 12,
J.Scott (17.3, 9.66, 4.06, 1.23, 3:02.2)
1153pts; 13, J.Stevens (17.9, 5.91,
4.04, 1.17, 2:33.8) 1111pts.

U13G Individual events. 80mH: 4,
H.Kingsnorth 11.6; 8, A.Coxon 12.0;
S.Morgan 13.1. 70mH: 1, A.Coxon
13.2; L.Fryer 19.5. 600m: L.Fryer
2:09.9. 150m: 3, H.Kingsnorth 21.5.
HJ: 2, H.Kingsnorth 1.30. LJ: 16,
S.Morgan 3.19. SP: 9, S.Morgan 5.08;
11, L.Fryer 4.49.

OTHER COUNTY RESULTS.

Army man David Nolan, based at Catterick in Yorkshire proved to be the fastest 400 runner of all the county championships. His 47.1 must have surprised international Peter Crampton whose 47.6 was good enough only for 2nd. Another Belgravian who recorded the weekend's best was Nigel Bevan whose 74.50 was a Championship Best for Suffolk. Still in East Anglia Ian Wells, in great form this year, was a prolific winner as he mopped up both hurdles races at Norwich and also took the 400m for good measure. But what about Kenny Pereira: competing out west in Herefordshire he took home no fewer than four gold medals.

GWENT CHAMPS. NEWPORT

400m: 1, D.Maynard 49.5 (record).
Herefordshire at Hereford.
100m/200m/LJ/TJ: 1, K.Pereira 12.5/
25.0/5.5?/11.81.

NORFOLK CHAMPS. NORWICH.

400m/110mH/400mH: 1, I.Wells
50.7/16.1/55.1.

NOTTINGHAMSHIRE CHAMPS. MANSFIELD

100m/200m: 1, D.Powell 11.2/22.7.

SUFFOLK CHAMPS. IPSWICH

JT: 1, N.Bevan 74.50 (CBP).

SUSSEX CHAMPS. HORSHAM.

100m: 1, G.Palmer 11.00. 1500m:
R.Turner 3:55.?. U17M 800m: 6,
G.Jones 2:08.0. 1500m: 4, G.Jones
4:22.0.

YORKSHIRE CHAMPS. SHEFFIELD

400m: 1, D.Nolan 47.1.

Below: David Nolan, fastest County Championship winner in the whole of the country over 400 metres, went on to become Inter-Counties Champion.

Photo: Ted Pallant.



INTER COUNTY CHAMPS BEDFORD, 28/29 MAY

There seem to be so many 'Inter-county' competitions these days that we appear to have lost track of the famous meeting that used to be the first major competition of the season, held over the Whitsun Bank Holiday. Now 'Whitsun' is no more and the qualifying county championships seem to have lost their relevance. Nevertheless, we are reliably informed that this was the 55th edition of the Inter-County Champs.

A good number of Belgravians took part, representing a bewildering number of shires. The throwers were most successful with Kevin Brown twice throwing 55.88 to take the discus and spearman Nigel Bevan putting out five efforts beyond the reach of the next best man. Dave Nolan underlined the fact that his early season 400m form was no fluke and gave us our third win of the meeting.

Time and position for Roger Alsop in the 5000m seem to be closely guarded secrets. We can only assume that they were not what he was looking for.

a = 28th, b = 29th

100m: a hts 4, D.Powell (Notts) 10.98 (+1.24). 200m: b hts 5, D.Powell (Notts) 22.46 (+1.5). 400m: a 1, D.Nolan (Yks) 47.74. 5000m: b ?, R.Alsop (Sry); 110mH: a hts 5, I.Wells (Nfk) 15.83 (+0.9). 400mH: b hts 5, I.Wells (Nfk) 54.88. HJ: b 5, H.Lindo (Sry) 2.05. DT: a 1, K.Brown (Wks) 55.88. JT: a 1, N.Bevan (Sfk) 73.54.

Women's 5000m: 5, G.Collison 17:34.

- 5:50.3; 7, A.Gray 6:06.3. HJ: 7, H.Kingsnorth 1.25. LJ: 17, K.Parker-Smith 3.33. DT: 12, J.Brown 12.98; 13, C.Miles 10.80; 14, K.Parker-Smith 9.96. JT: 4, J.Brown 15.98.
U13G. 100m: (2) 5, L.Walden 15.4. (4) 1, H.Kingsnorth 14.6. 800m: (2) 4, L.Walden 3:00.0; 6, L.Fryer 3:05.9. LJ: 5, L.Walden 3.77; 19, L.Fryer 2.84. SP: 5, L.Fryer 4.96.
U11G. 800m: (1) 9, R.Andrews 4:08.2.
15 Brighton Open. 100m: 1, D.Gomme 11.9.
16 Crawley Open. HT: 1, P.Spivey 61.90.
17 Woking Open. PV: 1, J.Webb 4.00.
U15B LJ: 1, R.Hart 5.20.
17 Crystal Palace, Easter YA Open.
U17M 100m: 1, M.Dickson 11.3.
U13G 100m: 1, B.Simon 14.3. 200m: 1, B.Simon 29.0.
17 Tonbridge Open.
U20M. 1000m: W.Swaffer 3:07.0. SP: 5, R.Peacock 8.21. DT: 2, R.Peacock 19.62. HT: 3, R.Peacock 19.22.
U15B. 600m: 3, J.Stevens 1:52.0; 4, D.Bond 1:52.4. 80mH: 3, D.Crook 16.3; 4, K.Bignell 19.0. HJ: 2, N.Whorlow 1.35; D.Crook 1.30; R.Bignell 1.20; D.Bond 1.20. LJ: 3, D.Crook 4.31. SP: 4, J.Stevens 5.45. DT: 3, N.Whorlow 22.22.
U11B. 60m: S.Whorlow, Jr. 11.0. 600m: 8, S.Whorlow 2:11.6.
U13B. 150m: 2, K.Bignell 22.4; 3, D.Bates 24.9; 4, L.Jones 26.7. 600m: 1, D.Bates 1:50.9; 6, L.Jones 2:08.7. HJ: K.Bignell 1.25.
U15G. 1000m: 4, J.Brown 3:26.6; 6, A.Gray 3:46.6. DT: J.Brown 15.74m.
U13G. 70mH: 4, L.Fryer 18.2. SP: L.Fryer 4.23.
23 L.Christie Stad., TVH Hexagon Open. 200m: 1, C.Taylor 22.2.
26 Crystal Palace Open. DT: 1, L.Marar 53.14.
27 Haywards Heath Open. 100m/200m: 1, M.Bazire 11.5/23.5.
29 Enfield, SEAA Inter-Regional. 800m: 4, G.Mason 1:55.48. 3000m (inc. SEAA Champs): 3, R.Alsop 8:27.02. HJ: =3, H.Lindo 2.00; 5, R.Aspden 2.00. DT: 1, L.Marar 53.32.

May

- 6 Brighton. 400m: 1, D.Gomme 50.5.
17 Wythenshawe. 800m: 9, D.Maynard 1:52.8.
20 Birmingham, Midlands v North v South. 110mH: 'B' (+1.9) 1, S.Shirley 15.42; 2, L.Antoine 15.43. HJ: 2, R.Aspden 2.11. PV: 'B' 2, I.Tullett 5.00. SP: 3, K.Brown 58.36.
20 Loughborough, Loughborough Uni. v Brunel v London. 3000m: D.Mead 8:01.0. SP: 2, L.Marar 14.04. DT: 1, L.Marar 55.32; 2, A.Ekoku 52.96. JT: 1, N.Bevan 78.86.
24 Loughborough, Loughborough Uni. v Police v Army. 200m: 2, D.Nolan 21.5.
28 Harrow, Old Gaytonians/Parkside Open. 200m: 1, C.Taylor 22.1.
31 Crawley, Open Meet. U17M 100m/LJ: 1, P.Sowten 11.9/5.65. U15B 100m/LJ: 1, R.Hart 12.2/5.38.

June

- 10 Bedford, International Games. 100m: (+3.6) 3, P.Goedluck 10.43; (+2.1) 6, D.Powell 11.00. 200m: (+4.3) 3, P.Goedluck 20.88; (+2.4) 3, D.Powell 21.90. 110mH: (+0.6) 6, L.Antoine 15.48. SP: 3, J.Mason 16.41. Women's PV: 6, S.Drummie 2.80.
11 Loughborough, England v Students v GB Juniors. Gary Staines always looked in total control of the 10k which doubled as the AAA Champs. and World Champs. qualifying race. The lack of real opposition put paid to the chance of gaining the qualifying time as well, so our man now needed to look for a fast race elsewhere.
400m: 5, C.Taylor (gst) 48.32; 'B' 1, D.Nolan 46.91. 10,000: 1, G.Staines 28:49.29. 110mH: (-1.1) 1, N.Owen 13.88. HJ: 1, B.Reilly 2.20; 5, H.Lindo 2.10. OV: 4, M.Edwards 4.90. DT: 1, K.Brown 57.26.
21 Loughborough, Students v Midland Counties v RAF. DT: 1, K.Brown 58.32.
21 Tooting, HAC Memorial Trophy.
U15B 800m: 2, L.Nation 2:19.7.
U17M 200m: 5, J.Panton 24.1; 1, D.Shakes 25.7. 800m: 4, D.Ofosuh 2:22.1. SP: 1, D.Stone 11.89. Team 7th 32pts.
21 Crystal Palace, South London H Open. 100m: 1, P.Goedluck 10.9.
23/24 Scottish Champs. SP: 3, J.Mason 15.80.
24 Tooting. In the relaxed atmosphere of Herne Hill Harriers' Club Champs./Open Meeting a lifetime best came from Leith Marar in the discus. JT: N.Bevan 73.72. DT: L.Marar 55.38.
Women. 100m: G.Watson 13.9. PV: J.Cockram 2.50.
24 Cardiff, BMC Meeting. 800m: 4, M.Kloiber 1:54.8; 6, D.Pamah 1:55.2.
26 Aldershot, Army v Hants. v Surrey. 200m: 1, D.Nolan 21.16.

July

- 1/2 Bedford, AAA U20 Champs. HJ: 6, R.Aspden 2.08. LJ: 15, M.George 5.87 (+1.1).
5 Cosford, Inter-Services Champs. 400m: 1, D.Nolan 49.0.
9 Horsham, Open Meeting. SP: 2, J.Mason 16.74.
16 Parliament Hill, Highgate H. Open. 400mH: 1, I.Wells 54.6.
19 L.Christie Stadium, Sefton Brancker Trophy. 800m: 4, D.Pamah 1:53.7.
23 Braintree, Heavy Lift Cargo Airlines GP. SP: 3, J.Mason 16.25. DT: 1, L.Marar 53.32.

Around The Tracks

March

- 25 Crawley Open. HT: 1, P.Spivey 60.02.

April

- 2 Crawley Open. 400m: 1, D.Gomme 51.9. HT: 1, P.Spivey 59.22.
U20M SP: 1, R.Peacock 8.42. DT: 1, W.Swaffer 22.50.
U15B 100m: 1, R.Hart 13.1.
U13B 800m: 1, D.Bates 2:34.6.
9 Horsham Open 800m: 1, J.Bucher 2:06.7.
U15B 100m: 1, R.Hart 12.6. 200m: 1, R.Hart 25.3.
9 Crystal Palace, Reebok Hercules Wimbledon YA Open.
U17M. 100m: (Race 1) 2, M.Dickson 11.3; (2) 1, E.Hassan 11.7. 200m: (1) 2, M.Dickson 22.9; 3, J.Hilston 23.5; 4, E.Hassan 23.6. LJ: 3, E.Hassan 6.03.
U15B. 200m: (5) 4, C.Stanford 34.9. 800m: (2) 4, N.Whorlow 2:31.8; 5, J.Stevens 2:37.0; (3) 7, D.Crook 2:47.3; (4) 7, G.White 3:04.1. 1500m: (2) 9, D.Bond 5:25.9. HJ: 10, N.Whorlow 1.40; 11, J.Scott 1.30; 12, D.Bond 1.25; 13, J.Stevens 1.20. LJ: 22, D.Bond 3.76; 23, D.Crook 3.76; 25, K.McCradden 2.95. SP: 4, J.Scott 8.15; 6, N.Whorlow 7.41; 8, L.Dray 4.97; 9, C.Stanford 4.56; 10, K.McCradden 4.35. DT: 6, N.Whorlow 20.30. JT: 2, J.Scott 28.44.
U13B. 100m: (2) 2, K.Bignell 14.4; (3) 3, L.Jones 16.2; 7, S.Whorlow 18.3; (4) 7, K.Miles 17.0. 200m: (2) 1, K.Bignell 29.9. 1500m: (2) 13, K.Miles 6:30.9; (2) 6, L.Jones 5:40.7. LJ: 13, K.Bignell 3.75; 22, L.Jones 3.35. SP: 8, K.Miles 3.90.
U11B. 1500m: (2) 3, S.Whorlow 5:57.7.
U15G. 800m: (3) 1, J.Brown 2:36.5. 1500m: (2) 6, K.Parker-Smith



Above: Brendan Reilly relaxes after a tussle with Dalton Grant at the Guardian Insurance Gold Cup Final at Stoke.

■ ENGLISH SCHOOLS high jump winner Richard Aspden had been worried about getting his junior international colours this year. He leapt a superb 2.16 metres to become the schools champion but just missed out on selection for the European Junior Championships. Eventually he gained reward for his exploits by being picked for the junior match against France and Benelux and then, out of the blue and just hours before the event, came the invitation to represent Britain in the full senior international against the United States of America. Flying to Gateshead on the morning of the match was not the best preparation so he did well to reach 5th place and add his points to the total that enabled the home country to gain victory. What an exciting year for this talented young man. - full senior international honours in a season that has also seen him win Surrey Schools, Surrey County AA Senior and Junior and South of England AA Senior titles.

But the story is far from over. Richard's talent has now been rewarded by his being included in a British high jump squad that will be spending our winter in the warmth of Australia. Others in the group are Mark Mandy (Cannock), Steve Smith (Liverpool), Dalton Grant (Haringey) and our own Senior Club Record holder Brendan Reilly. If he doesn't pick up some tips from that lot then he never will!

Richard is expected to return to the UK in April and by then, if everything goes according to plan, instead of being a 2.10 man he should be able to regularly hit 2.20 with the occasional special effort.

Belgrave duo leap into the spotlight

■ BELGRAVE HARRIERS' period of being strong in high jumpers appeared to be on the wane until this season when two young men came along and put the vertical leap right back into the spotlight again.

The 'senior' man of our jumping duo is Brendan Reilly, not yet 23 years of age and surely destined to take our Club Record into previously undreamed of territory - as long as Richard Aspden doesn't upstage him.

At the beginning of the year our best ever mark stood to Ossie Cham, a 2.20m leap achieved back in 1989, while the best indoor height was Andy Hutchinson's 2.06m from 1994.

The indoor mark was the first to go when Brendan took maximum points for Great Britain & Northern Ireland in the match against Russia at the Birmingham NIA in January with 2.26m. Outdoors he started a little more slowly - well, it was going to be a long season. Twice in June he equalled Ossie's record and then in July made it his own property with a first time clearance at 2.25m before unsuccessfully tackling 2.28m at Sheffield's BUPA Games. Brendan also gained an important scalp in that Don Valley Stadium competition, for Britain's no. 1, Steve Smith, also failed 2.28m and having sat out 2.25m had to fall back to a 2.20m for his best height of the day.

Then, in August, in far off Fukuoka, Japan, the bar went up even higher in a closely fought competition to decide the World Student Games Champion. One-time European Champion Dragutin Topic of Yugoslavia was the victor with 2.29m from the German Kreissig on the same height. Brendan was successful at 2.27m and took 3rd spot, not having dislodged the bar at all until he attempted 2.29m.

Now off to Australia to spend our winter at the New South Wales Sports Academy, the idea is that he trains hard and tackles some back to back competitions after Christmas time when the weather will be at its most humid and very like the conditions to be experienced in Atlanta for the '96 Olympics. With bests from pre-Belgrave days of 2.32 (indoors) and 2.31 (outdoors) it looks certain that our Club Record high jump progression will not be slowing for a while yet.



Above: English Schools Champion and British Athletics League regular Richard Aspden.

Around The Tracks

July continued ...

- 23 Aldershot, Representative Match. 400m: 1, D.Nolan 46.82.
- 26 Crystal Palace, SLH Open. 200m: 3, H.Korjie 22.2.
- 26 Cheltenham, 3C Windows Open. 600m: 1, M.Kloiber 1:22.4.
- 28 Tooting Bec, Herne Hill Open Meet.
U20W LJ: 1, S.Stracey 4.74.
U13G 100m: 2, G.Watson 13.6.
SM 1500m: 3, A.Luce 4:18.0.
U15B 100m: 3, C.Obuaya 13.6.
- 30 Tooting Bec, U13 Inter-County. 100m: 3, B.Simon 13.4. 200m: 1, B.Simon 27.9.

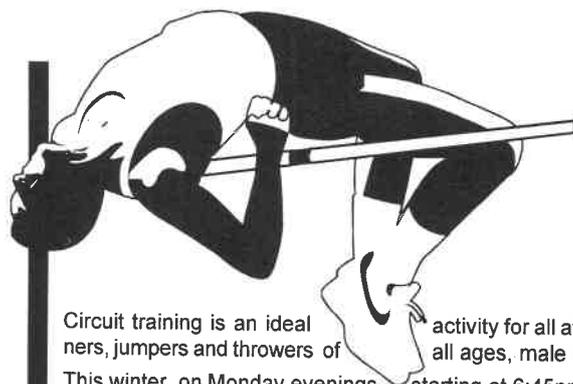
August

- 2 Rugby, Cresta Open. 800m: 2, M.Kloiber 1:51.7.
- 2 Parliament Hill, N.London Open. 800m: 6, D.Pamah 1:54.9.
- 5 Brighton, Fire Service Champs. 100m: 1, P.Goedluck 10.7 (CBP). 200m: 1, P.Goedluck 21.6 (CBP). 400m: D.Pamah 50.3. 1500m: 1, G.Adams 4:01.2.
- 6 Copthall South of England Inter-Counties. U20 400m: 1, J.Hilston 48.35. 800m: 5, G.Mason 1:59.23. LJ: G.Ojok dist. not known.
- 6 Basingstoke, Team Solent GP. 400mH: 2, I.Wells 54.2
- 9 Watford Open. 800m: 4, M.Kloiber 1:51.6. JT: 1, N.Bevan 70.52
- 9 Birmingham, Civil Service Champs. 200m: 3, D.Maynard 22.3. 400m: 1, D.Maynard 48.6.
- 13 Kingsmeadow, Inter-County Match.
U20 800m: 1, G.Mason 1:55.4. HJ: 1, R.Aspden 2.10. TJ: 3, M.George 13.48. U17 100m: 1, M.Dickson 11.4. 200m: 1, M.Dickson 22.7. 400m: 1, J.Hilston 50.1.
- 13 NESH Champs. HT: 1, D.Smith 65.14.
- 13 L.Christie Stadium, TVH Open. BMC 800m: 4, D.Pamah 1:53.7.
- 16 Woking Open. PV: =2, J.Webb 4.00.
- 20 Horsham Open.
U17 100m: 1, P.Sowten 12.1. LJ: 1, P.Sowten 5.83.
U15 200m: 1, N.Daniel 24.0. 400m: 1, N.Daniel 54.7.
- 20 Braintree, Heavy Lift Cargo Meet. DT: 1, L.Marar 53.62.
- 23 Stretford, Trafford Open. B 800m: 1, M.Kloiber 1:51.1
- 26 Tooting Bec, Herne Hill Open.
U15B 100m: 1, M.Louis-Sidney 12.6.
U13B 80mH: 1, S.Opoku 16.3. HJ: 1, S.Opoku 1.50.
Women TJ: 2, J.Smiter 9.69.
- 28 Crystal Palace, McDonald's Games. JT: 7, N.Bevan 74.78. Development events. SP: 7, J.Mason 14.09. McDonalds YA 400m: 2, J.Hilston 48.73.
- 28 Peterborough, City Games. 200m: 3, D.Powell 22.23. 400mH: 2, I.Wells 54.59. PV: 2, I.Tullett 5.20.
- 28 Croydon, Southern Inter-County Match. PV: 3, J.Webb 4.20.
- 28 Crawley, Seeboard Youth Games. U15 100m/200m: N.Daniel 11.8/23.9.

September

- 3 Southampton, Solent GP. 400mH: 1, I.Wells 54.0.
- 3 Croydon, London Boroughs Champs. LJ: 2, G.Ojok 6.69.
- 9 Copthall, Inter Area Match. U20 HJ: =1, R.Aspden 2.10.
- 10 Wythenshawe, NWHS Champs. HT: 1, D.Smith 66.60.
- 17 Sutton Arena, Sutton & District Open. 100m: J.Hilston 11.3; K.Agyepong 11.7. 200m: J.Hilston 22.8; A.Daniel 23.6; K.Agyepong

WINTER CIRCUIT TRAINING



Circuit training is an ideal activity for all athletes - runners, jumpers and throwers of all ages, male and female.

This winter, on Monday evenings starting at 6:45pm and finishing at 8:15pm at Westminster College, Battersea Park Road, Belgrave Harriers will be offering circuit training under the expert guidance of experienced coaches. Each session will finish with a period of volleyball. The cost is just £1.00 per session.

See you there.

Men's Southern League

SOUTHERN LEAGUE DIVISION 2 MATCH 1 PLYMOUTH, 6 MAY

With the majority of our Southern Leaguers preferring a jaunt to Brighton for the Division 6 match it was left to a handful of our younger athletes plus old stagers Bob Bridges and Pat Lyttle, both nursing injuries, to defend the Club's honour in far-flung Plymouth. Having been relegated at the end of last season it would have been nice to start off 1995 strongly but we had to make do with some superb individual performances instead of our magnificent seven.

Ben Williams was in the form of his life and looked set for a 7 metre long jump this summer. He started the afternoon off with a 2nd place leap while 400/800 man John Dawson kept anxiously looking out for jumper Kenny Pereira to show up before eventually having to fill in in this unaccustomed event. Ben went on to set pbs in the 100m with 11.1 and a staggering 22.4 for the 200m - a full 8/10ths below his previous best and a time that would have won the 'A' race.

Richard David was another who ran to best ever figures in the 100m and with Adam Daniel looking good over 200m and John Dawson due to join in, we thought we had our relays sorted out. What we had reckoned without, however, was the damage that can be done in a short time when the weather is so blisteringly hot. John had come close to winning the 800 but paid for his effort with a huge tear in the arch of his foot where sock and flesh had become painfully welded.

Jamie Webb had played the waiting game in the pole vault, keeping the team manager on tenterhooks as he steadfastly refused to come in at the lower heights. His tactics were vindicated when he sailed over 4 metres and won on countback thanks to his lower number of attempts. Jamie was rewarded with opening stint in both relays and the boys ran well for two second places.

As the team made their way back to the coach, shared with Queens Park Harriers, who should show up but Kenny Pereira; a burst radiator had left him broken down on the motorway!

100m: 3, R.David 11.3; 1, B.Williams 11.1. 200m: 2, A.Daniel 23.1; 1, B.Williams 22.4. 400m: 2, R.David 50.8. 800m: 3, J.Dawson 1:58.3. LJ: 2, B.Williams 6.62; 4, J.Dawson 5.79. PV: 1, J.Webb 4.00; =3, R.Bridges 1.80. SP: 4, P.Lyttle 9.80; 4, R.David 7.33. DT: 4, P.Lyttle 28:13; 5, R.Bridges 18:14. JT: 4, R.David 36.24; 3, P.Lyttle 32:14. HT: 3, R.Bridges 21:12; 3, P.Lyttle 13.78. 4x100m: 2, Belgrave (J.Webb, R.David, A.Daniel, B.Williams) 46.2. 4x400m: 2, Belgrave (J.Webb 59.8, B.Williams 52.5, A.Daniel 51.2, R.David 50.1) 3:33.6. Teams: 1, Guildford & God. 127; 2, Cornwall 121; 3, Queens Park 113.5; 4, Royal Navy 82; 5, Belgrave 63.5.

SOUTHERN LEAGUE DIVISION 6 MATCH 1 BRIGHTON, 6 MAY

Veteran athletes scored heavily in our 'C' Team but in a close fought match in which we were just short of a full team we we had to be content with fourth spot. Mike Small, competing at or around our M40 record level whenever he gets into the circle, picked up three great wins in the throws with his M50 colleague Snowy Brooks collecting 'B' points behind him. Mike Edwards, Snr., another M50, vaulted to 2nd place and again it was Snowy backing up. The chase saw M45 Leo Lyons in action while 'near Vet' Don Anderson plugged gaps in the middle distance events. Our Southern League Captain is Mike Bazire. Now he's not a vet - it's just that he's been around a long time! Mike took advantage of the meeting being held in his home town and scorched to a treble in the 100m/200m/400m, all in good times, and then threw in a 50 second lap in the long relay.

100m: 1, M.Bazire 11.3; 2, P.Mercer 12.3. 200m: 4, M.Ramshaw 26.0; 1, M.Bazire 23.4. 400m: 1, M.Bazire 51.0. 800m: 4, J.Drake 2:10.6; 2, C.Knight 2:13.6. 1500m: 4, D.Anderson 4:29.0; 3, W.Swaffer 4:36.2. 5000m: 4, D.Anderson 16:58.2; 4, J.Drake 20:14.5. 110mH: 4, C.Knight 21.4; 4, P.Mercer 27.0. 400mH: 2, C.Knight 60.4; 1, M.Ramshaw 66.3. 3000mSC: 3, L.Lyons 11:00.5; 3, W.Swaffer 11:28.1. LJ: 1, P.Mercer 6.02. PV: 2, M.Edwards, Snr 3.20; 1, S.Brooks 2.80. SP: 1, M.Small 12.14; 2, S.Brooks 10.51. DT: 1, M.Small 39.00; 1, S.Brooks 32.58. JT: 4, M.Small 43.52; 1, S.Brooks 39.34. HT: 1, M.Small 43.84; 5, R.Peacock 17.82. 4x100m: 3, Belgrave 47.3. 4x400m: 2, Belgrave 3:38.3. Teams: 1, Haywards Heath 128; 2, Invicta EK 115; 3, Tower Hamlets 112; 4, Belgrave 108; 5, Blackheath 54.

SOUTHERN LEAGUE DIVISION 2 MATCH 2 ST. IVES, CAMBS., 3 JUN

On a rain-swept hill top in Cambridge-shire act two in our Southern League drama was played out. The plot seemed to be a continuation from act one - plenty of talent in the sprints but a dire shortage of distance men to fill out the team. At one point in the afternoon we were actually lying second but our shortcomings could not be disguised and as the curtains of rain drew the performance to a close, a final place of fourth was announced for the Bels.

Luckily we already knew that we were likely to be upgraded to 3rd. The announcer was one of those bully-boys that seem to want to dominate the proceedings as soon as they get the microphone in their hands. First



Men's Southern League continued

he announced that unless we got our team declaration sheet to him in the next few minutes then we would not be allowed to take part in the meeting - this at around 1 o'clock in the afternoon with our team manager competing in the hammer in an adjacent field. Then, because we had no name on the sheet for a 'B' 200m but managed to get someone to fill in, he pronounced that we would be disqualified from that race! All totally outside the normal SL rules. No amount of reasoning from Team Manager Bob Bridges could move the Track Referee but an evening call to the League Secretary did the trick.

Our under-20s looked in fine fettle. Adam Daniels dominated the long hurdle race while Richard David was close to his pb in the 400m and then went to 50.1 on the last leg of the relay. Back from that horrible foot injury at Plymouth, John Dawson ran 1:58.8 on no training at all for nigh on a month - and then followed up with 200m and 400m relay stints.

Mike Small scored well in the throws and with Ben Cascoe back from injury and sending his spear beyond 50 metres again and Bob setting two pbs during the hammer competition, the heavy events looked good.

Pete Mercer leapt a startling 6.21 off little background while Ben Williams was ... well ... Ben Williams ... in other words he always does all he can to help ... which normally means three wins and a relay leg. Said Chettati equalled his best ever in the 5k as did Jamie Webb in the 'vault, both in spite of the miserable weather.

Well, we're 21st in the league now, with some of the top clubs to meet next time.

100m: 1, B. Williams 11.5; 1, R. David 11.6. 200m: 1, B. Williams 23.0; 1, J. Dawson 24.0. 400m: 2, R. David 50.9; 3, J. Webb 61.6. 800m: 3, J. Dawson 1:58.8. 1500m: 5, A. Luce 4:25.3. 5000m: 4, S. Chettati 15:56.0. 110mH: 5, P. Mercer 24.1. 400mH: 1, A. Daniel 58.2. HJ: 4, P. Mercer 1.50. LJ: 2, B. Williams 6.34; 1, P. Mercer 6.21. TJ: 5, P. Mercer 10.71. PV: 1, J. Webb 4.00; 2, T. Lawton 2.80. SP: 2, M. Small 11.89; 3, P. Lyttle 10.30. DT: 2, M. Small 37.70; 4, P. Lyttle 25.86. JT: 2, B. Cascoe 51.90; 1, M. Small 40.22. HT: 2, M. Small 44.44; 2, R. Bridges 29.46. 4x100m: 1, Belgrave (B. Cascoe, R. David, A. Daniel, B. Williams) 45.2. 4x400m: 2, Belgrave (J. Webb 60.5, J. Dawson

51.6, A. Daniel 52.5, R. David 50.1) 3:34.7.

Teams: 1, Dartford 122; 2, Cambridge & C 120; 3, Belgrave 98.5; 4, Aldershot F&D 98; 5, Invicta EK 87.5.

SOUTHERN LEAGUE DIVISION 6 MATCH 2 BASILDON, 3 JUN

Once again a close match. If ever one wanted an example of why every point counts then this was it. One extra athlete, one additional last place and we would have ended up third on the day. Considering that we had *nobody* in any event longer than 400 metres then the performance of those that *were* there is seen to be all the more remarkable. Now, we promise not to mention our shortcomings again.

New member Mark Simson contributed greatly - and rumour has it that he's been seen to be pretty nifty in training with the javelin as well. Charles Mountifield and Chris Husbands were both out for the first time this summer; three or four events, not counting relays, is nothing for these Division Sixers but young Bobbie Peacock went back home having scored nearly 25% of our day's tally! 100m: 1, K. Pereira 12.6; 1, M. Simson 12.5. 200m: 1, M. Simson 24.9; 1, K. Pereira 24.7. 400m: 1, M. Bazire 52.5; 3, C. Husbands 57.3. HJ: =3, C. Husbands 1.30. LJ: 4, C. Husbands 5.09; 4, M. Edwards, Snr. 4.24. TJ: 2, K. Pereira 12.15; 3, R. Peacock 9.15. PV: 1, M. Edwards, Snr. 3.00; 1, C. Husbands 2.80. SP: 3, R. Peacock 8.48; 2, M. Bazire 8.02. DT: 3, C. Mountifield 23.34; 3, R. Peacock 20.08. JT: 1, C. Mountifield 44.10; 3, R. Peacock 18.30. HT: 3, R. Peacock 19.62. 4x100m: 1, Belgrave 47.6. 4x400m: 1, Belgrave 3:46.1.

Teams: 1, Kent 129.5; 2, Ealing & Southall 114.5; 3, Queens Park 86; =4, Belgrave and Chelmsford 85.5.

SOUTHERN LEAGUE DIVISION 2 MATCH 3 PERIVALE, 1 JUL

Oh! oh! We're in trouble! Coming away from Perivale at the end of the meeting, things were looking serious. We'd scored well in the sprints and jumps and had pbs in the throws but 4th team place overall meant that we were sliding into the relegation zone again.

Yet another veteran best ever came from Mike Small and this time

he removed the name of Ted Gaworski from our M40 record list; that discus record had stood since 1957! The standard in the throws was tremendously high and Mike found himself picking up unaccustomed 3rds and 4ths.

Sprinter Haroun Korjie did just as much as was necessary to win on his way back from injury and he was well backed up by Ben Williams. It was nice to see Joe Nicholson back in action for the first time this season and he partnered Richard David to good points in the 400m while injury prone John Dawson turned on his normal blistering sprint to get up near the front in the 800.

Long jumpers Pete Mercer and Chido Edozie collected our only max on the field although the vaulters came close with Jamie Webb always over 4 metres now and Terry Lawton setting new personal best figures and earning himself a representative berth for Surrey in a vets inter-county match.

But we're now in 22nd slot with a mere 6pts.

100m: 1, H. Korjie 11.0; 1, B. Williams 11.2. 200m: 1, H. Korjie 22.3; 1, B. Williams 23.2. 400m: 2, R. David 51.3; 1, J. Nicholson 51.5. 800m: 2, J. Dawson 1:56.7; 5, A. Armstrong 2:30.9. 1500m: 5, A. Luce 4:20.0; 5, A. Armstrong 4:31.5. 5000m: 3, S. Chettati 15:58.8. 110mH: 4, P. Mercer 25.2. 300mSC: 4, L. Lyons 10:39.0. HJ: =4, P. Mercer 1.60; =2, R. David 1.60. LJ: 1, P. Mercer 6.31; 1, C. Edozie 6.02. TJ: 3, C. Edozie 11.66; 3, P. Mercer 11.11. PV: 1, J. Webb 4.00; 2, T. Lawton 3.10. SP: 4, M. Small 12.54; 5, R. Bridges 6.99. DT: 3, M. Small 42.20; 5, P. Mercer 24.54. JT: 4, M. Small 41.28; 4, R. David 35.30. HT: 4, M. Small 44.24; 4, R. Bridges 26.92. 4x100m: 1, Belgrave (B. Williams, C. Edozie, R. David, H. Korjie) 44.7. 4x400m: 4, Belgrave (J. Webb 62.2, J. Nicholson 54.6, P. Mercer 58.5, R. David 51.2) 3:46.5.

Teams: =1, Sutton & D and Ealing S&M 125.5; 3, Thurrock 119; 4, Belgrave 94; 5, Milton Keynes 58.

SOUTHERN LEAGUE DIVISION 6 MATCH 3 DEANGATE, 1 JUL

If things were bad at Perivale then they could only be classed as sad at Deangate, where we turned out just eight athletes to compete against clubs that were all in the top half of the league. Field event wins came from Snowy Brooks and Mark Simson, and Mike Bazire never seems to lose his speed over 400 metres but with so many events not covered we were not far short of scoring only half the points of the team that came 4th! The Division Sixers are now also in 22nd spot overall but with just 4½ league points appear to be in even more dire straits than the Division Twoers.

100m: 5, M. Simson 12.8; 2, M. Bazire 11.5. 200m: 5, M. Simson 26.2; 5, P. Hills 28.4. 400m: 1, M. Bazire 51.6; 5, P. Hills 59.9. 1500m: 5, N. Whorlow 5:09.2. 5000m: 5, R. Peacock 23:41.2. HJ: 4, N. Whorlow 1.55. LJ: 4, P. Hills 5.16; 5, N. Whorlow 4.14. TJ: 5, G. Sagar 9.27; 5, R. Peacock 8.09. SP: 2, S. Brooks 10.40; 4, R. Peacock 8.06. DT: 1, S. Brooks 34.28; 4, G. Sagar 20.60. JT: 3, S. Brooks 40.12; 1, M. Simson 34.88. HT: 5, R. Peacock 22.26; 4, S. Whorlow Snr 16.16. Teams: 1, Thames Valley 148; 2, Bexley 123; 3, Barnet & D 104; 4, GEC Avionics 95; 5, Belgrave 54.

SOUTHERN LEAGUE DIVISION 2 MATCH 4 ST. IVES, CAMBS., 22 JUL

It's unusual to return to the same venue twice in a season and sadly our unhappy experiences at St. Ives in early June were matched by further disputes on this occasion. There is something about this venue that just does not agree with the Bels. This time Richard David found himself being judged as 2nd in both sprints when everyone, including the "winner" was convinced that the Belgravian had got home first. But when track judges are in short supply and inexperienced ... and we have not provided any ourselves ... it is difficult to get the decision reversed.

The pole vault proved to be a hot competition but when Jamie Webb damaged his ankle by landing in the box we had more to worry about than winning an extra point or two. The St. John's Ambulance people were immediately called in and luckily, early fears that Jamie had broken his ankle were dispelled, but it was no more vaulting from him for the day.

Adam Daniel was in full control in the 'B' sprints and we had a double win in the hammer but in spite of six events from Richard David, our small team of nine men had no chance of impressing the opposition. We really should have won this match, the rival clubs being amongst the weakest in the league. Now we are second from bottom with only Huntingdon behind us - and even they had beaten us on the day!

100m: 2, R. David 11.3; 1, A. Daniel 11.6. 200m: 2, R. David 23.1; 1, A. Daniel 23.2. 400m: 5, S. Chettati 63.2. 800m: 5, P. Carstairs 2:55.8. 1500m: 4, A. Luce 4:19.7. 5000m: 4, S. Chettati 15:59.7; 4, P. Carstairs 16:35.8. 110mH: 5, R. David 17.9. HJ: 3, R. David 1.75; =3, S. Chettati 1.20. LJ: 4, R. David 5.26. PV: 2, J. Webb 4.00; 4, R. Bridges 1.50. SP: 3, M. Small 12.38; 2, P. Lyttle 10.29. DT: 2, M. Small 36.34; 1, P. Lyttle 32.24. JT: 3, M. Small 43.38; 4, R. David 35.22. HT: 1, M. Small 41.02; 1, R. Bridges 26.92.

Teams: =1, North London and Ilford 115; 3, Kingston & P 111; 4, Huntingdon 104; 5, Belgrave 72.



Left: The Long Jump Gang take a break from training at Battersea. Left to right - Coach Tony Ganio, Wesley Smith, Darrell Shakes, Joe Pantan and Geoffrey Ojok.

**SOUTHERN LEAGUE
DIVISION 6 MATCH 4
CRAWLEY, 22 JUL**

Good news from the 'Sixers'. Crawley was obviously a more popular venue than the wilds of Cambridgeshire and our 'three-quarters decent' team were strong enough to equal our highest points of the season so far and give us second team place. With the track only a stone's throw from Crawley Hospital where Sue Bazire was due to give birth any minute, even our Captain Mike Bazire was able to turn out at this late stage! Paul Hills' dad was roped in as a time-keeper - goodness me, we even had an official.

Back from Buffalo, USA, where he had taken silver medal in the World M50 Decathlon Champs., Snowy Brooks was in fine fettle; four wins came from him, although we bet he didn't like Mark Simson getting in front of him by 26cm in the javelin.

Mat George turned in two personal records in the hurdles and triple jump, Wesley Swaffer took the 1500m, Steve Smullen enjoyed himself in the middle-distance events - yes, it was a good day. Our league position was up to 19th and we look like hanging on.

100m: 3, M.Simson 12.3; 4, G.Sagar 12.8. 200m: 4, M.Simson 26.9; 3, G.Sagar 26.9. 400m: 1, M.Bazire 50.9; 3, P.Hills 57.0. 800m: 1, S.Smullen 2:09.2. 1500m: 1, W.Swaffer 4:26.2; 1, S.Smullen 4:38.0. 5000m: 5, J.Mather 17:37.0. 110mH: 1, M.George 16.4; 1, M.Ramshaw 19.7. 3000mSC: 5, W.Swaffer 11:24.7. HJ: 5, P.Mercer 1.50; 3, G.Sagar 1.50. LJ: 3, P.Mercer 6.48. TJ: 1, M.George 13.42; 2, J.Druce 11.91. PV: 1, S.Brooks 3.00. SP: 1, S.Brooks 10.03; 3, R.Peacock 8.07. DT: 1, S.Brooks 31.10; 3, P.Mercer 22.02. JT: 1, M.Simson 40.56; 1, S.Brooks 40.30. HT: 3, R.Peacock 19.06; 3, P.Mercer 17.62. 4x100m: 1, Belgrave 46.1. 4x400m: 1, Belgrave 3:41.2.

Teams: 1, Hastings 141; 2, Belgrave 108; 3, Paddock Wood 104; 4, Hol-land Sports 91; 5, Muswell Hill 85.



Left: Noel Levy, returning from injury, made his first appearance in the Southern League match at Barn Elms.

**SOUTHERN LEAGUE
DIVISION 2 MATCH 5
BARN ELMS, 5 AUG**

Amazing isn't it. Our strongest turn-out of the season (although it should have been stronger still) but this time we were up against the leading clubs in the division and finding them in no mood to do us any favours. Going into this match Verlea were lying 2nd, Luton were 3rd and Richmond & Twickenham 6th but we gave them a good run for their money.

What a delight it was to have European Champion Du'aine Ladejo and British League regulars Leith Marar and Noel Levy in the squad. The first two came up with divisional records that had the judges scurrying for Referee's signatures to make sure that all was in order while Noel, our top 400m hurdler sharpened up by tackling the sprints.

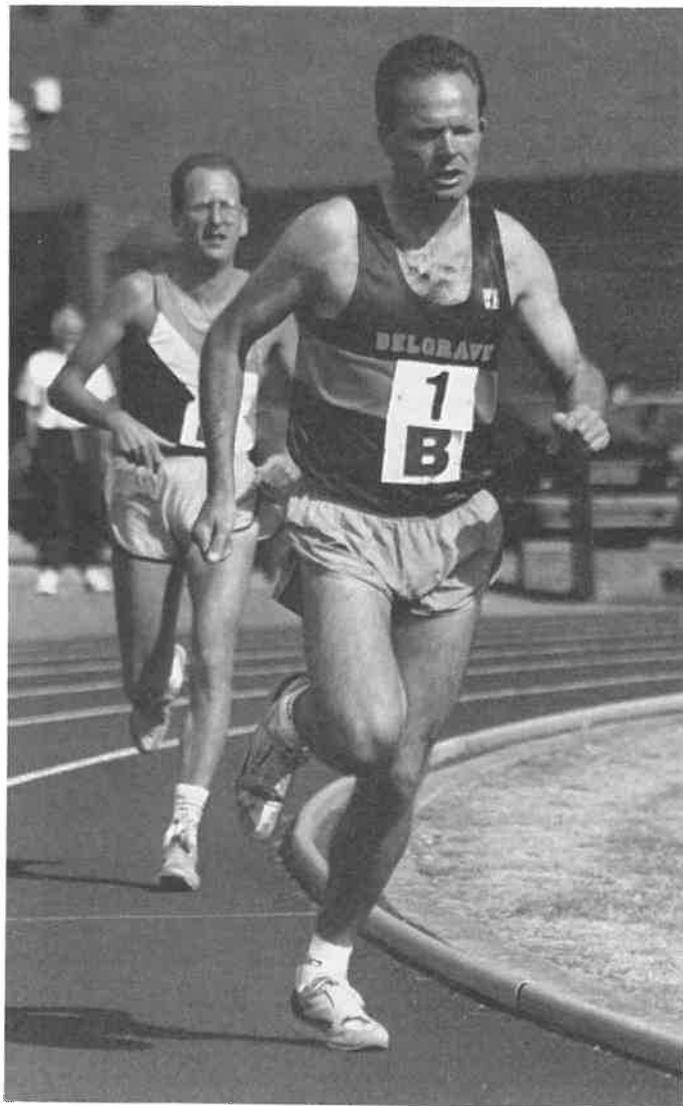
The Richmond & Twickenham 400 metre runner's face was a picture when he saw Ladejo drawn in an adjacent lane. Once he had picked his jaw up off the track, however, he, like the others in the event, enjoyed hopelessly chasing Du'aine around the Mondo oval and when the race was over, photographs taken and autographs signed, was able to go home and say that he had run against Europe's best.

Long jumper Pete Mercer is regularly getting into the winning habit. This time he was a mere centimetre clear but nevertheless, had a 6.80 'no jump' that only just marked the plasticene. That would have been his best leap since his teens.

There was a good smattering of youth in the team, all of whom scored well - Phillip Idowu, Mat George, Andrew Hill - and two new members - thrower Kevin Stock and steeple-chaser Jean-Marie Bart.

The middle distances were covered much better than usual. Only one tenth separated Alex Luce and Phil Carstairs in the 1500m while Said Chettati ran to his best ever in the 5k with Junior Galley taking 2nd in the 'B'. We still failed to cover the 4x400 and second string 800m but with similar teams throughout the summer we would have been sure of staying up; as it was, we remained 24th!

100m: 3, N.Levy 11.4; 4, J.Dawson 11.8. 200m: 2, N.Levy 22.7; 5, J.Dawson 24.6. 400m: 1, D.Ladejo 47.4; 1, J.Dawson 51.2. 800m: 3, S.Weston 2:01.5. 1500m: 4, A.Luce 4:16.7; 3, P.Carstairs 4:16.8. 5000m: 4, S.Chettati 15:44.2; 2,



Above: Mick Nouch - first year as a veteran and first year into the Southern League team as well.

J.Galley 15:55.8. 110mH: 2, M.George 16.0; 3, P.Mercer 19.2. 400mH: J.Dawson 60.7; 2, M.George 59.6. 3000mSC: J-M Bart 10:52.1. HJ: 4, P.Idowu 1.70; 4, P.Mercer 1.50. LJ: 1, P.Mercer 6.49; 3, P.Idowu 5.76. TJ: 2, P.Idowu 13.60; 1, M.George 13.23. PV: 1, J.Webb 4.00; 2, A.Hill 3.00. SP: 2, M.Small 12.54; 5, K.Stock 9.50. DT: 1, L.Marar 55.36; 1, M.Small 39.80. JT: 5, M.Small 40.06; 5, K.Stock 34.04. HT: 3, M.Small 43.96; 3, R.Bridges 28.72. 4x100m: 4, Belgrave (N.Levy, J.Dawson, P.Mercer, M.George) 46.3. Teams: 1, Verlea 124; 2, Luton 118.5; 3, Richmond & T 115; 4, Belgrave 105.5; 5, Walton 68.

**SOUTHERN LEAGUE
DIVISION 6 MATCH 5
KINGSMEADOW, 5 AUG**

Our magnificent seven could not be faulted on effort. It was doubling and trebling up all round in an attempt to cover the card and pick of the bunch has got to be Steve Smullen. A competitor in the 400m Hurdles, Long Jump, 400m, 800m and 1500m (and we wouldn't be at all surprised to find out that he ran in the relays as well), we want to know why he failed to cover the 'B' 5000m!

Seriously though, a match at Kingsmeadow should be almost like a home fixture but with such a small turn-out it is not surprising that we

ended up sandwiched between White Horse and West Suffolk in 4th place.

Probably the finest performance of the meeting came from 53 year-old Mike Edwards who vaulted a season's best of 3.50m to finish 90cm clear of the next best man.

100m: 3, J.Panton 11.9; 4, D.Shakes 12.6. 200m: 3, J.Panton 24.4; 3, D.Shakes 25.9. 400m: 1, M.Anderson 57.8; 1, S.Smullen 58.6. 800m: 1, S.Smullen 2:06.3; 3, D.Anderson 2:19.2. 1500m: 2, S.Smullen 4:39.1; 1, M.Anderson 4:44.3. 5000m: 3, D.Anderson 19:27.6. 400mH: 5, S.Smullen 82.6; 5, D.Anderson 83.4. HJ: =3, G.Sagar 1.00. LJ: 4, S.Smullen 5.09; 5, G.Sagar 4.22. PV: 1, M.Edwards Snr 3.50. SP: 1, P.Lyttle 10.25; 2, G.Sagar 8.59. DT: 2, P.Lyttle 30.60; 5, D.Anderson 11.56. JT: 4, G.Sagar 32.54; 1, P.Lyttle 31.84. HT: 5, G.Sagar 14.84; 5, P.Lyttle 13.68. 4x100m: 3, Belgrave 50.6. 4x400m: 1, Belgrave 3:59.6. Teams: 1, Kingston & Poly 122; 2, Milton Keynes 120; 3, White Horse 116; 4, Belgrave 84; 5, West Suffolk



Men's Southern League continued

SOUTHERN LEAGUE DIVISION 2 MATCH 6 BATTERSEA PARK, 19 AUG

There were a lot of "if onlys" after this final match in the 1995 series. Four more points here and we would have actually won the meeting but let's face it, even with a win our lowly scores elsewhere would have still meant that the name of Belgrave H would be positioned just below the relegation line on the final league table for the year. Twelve months ago it was, "goodbye division one", now it's, "hello division three!"

Basildon's Eamonn Martin was the class act of the day. Churning out the laps in the 5k, it seemed for some time that he was destined to crack the league record. But while it was all in a day's work to Eamonn, poor Mick Nouch, in his first ever 5000m at this level, found himself completely run out after 11½ laps and reeled off the track in a bad way with the bell ringing in his ears. Hopefully it'll not deter him from other such attempts because we badly need such triers.

A super finish from John Dawson in the 800m gave us just a glimpse of the power this Under 20 "Aussie" has beneath the bonnet. Unfortunately though, it was his last run for the Bels before disappearing off back home to Oz. Another young man at the top of his form late in the season was Jamie Webb, soaring over a pole vault bar set at 4.15m for a fine pb. Much more improvement and the Southern League Team will be losing him to the British League. (Just over a week later he was up to 4.20.)

Andre Johnson was a convincing winner of the short sprint as was fellow Junior Mat George in the high hurdles, and it was nice to welcome a new face to the 400 metre scene - Phil Turner.

So, it's division three next year but let's not get too despondent. A lot of our problems were caused by having British League matches on the same day as Southern League events and losing our SL men as either scorers or reserves to the premier competition. On this occasion, as we used the magic of the mobile 'phone to link up with our first team at Enfield, we took great comfort from the fact that they were going into a league winning position and furthermore, with our increasing numbers of top class men and strengthening Under-20 section, our second team is likely to get a lot more attention next summer. Anyone going to give odds on us bouncing straight back to division two?

100m: 1, A.Johnson 11.2; 3, J.Nicholson 11.7. 200m: 3, A.Johnson 23.2; 2, J.Nicholson 23.3. 400m: 2, P.Turner 50.3. 800m: 1, J.Dawson 1:55.2; 3, M.Fani 2:02.5. 1500m: 3, R.Alsop 4:15.5; 2, A.Luce 4:19.3. 5000m: 2, J.Galley 16:03.0. 110mH: 1, M.George 16.3; 4, P.Mercer. 400mH: 3, A.Daniel 58.0; 2, M.George 60.4. 3000mSC: 4, J-M.Bart 10:58.3; 2, R.Harding 11:05.0. HJ: 5, A.Johnson 1.40. LJ: 2, P.Mercer 6.42; 2, M.George 6.00. TJ: 2,

M.George 13.45; 2, P.Mercer 11.48. PV: 1, J.Webb 4.15; 2, T.Lawton 2.80. SP: 2, M.Small 12.02; 2, P.Lyttle 10.30. DT: 1, M.Small 40.34; 2, P.Lyttle 29.88. JT: 2, M.Small 45.32; 5, P.Lyttle 28.64. HT: 3, M.Small 44.62; 5, R.Bridges 27.40. 4x100m: 2, Belgrave 45.1. 4x400m: 1, Belgrave (J.Nicholson 53.4, P.Mercer 57.2, R.David 50.9, P.Turner 50.4) 3:31.9.

Teams: 1, Hastings 123; 2, Basildon 121; 3, Belgrave 119; 4, Newquay & Par 96; 5, Met.Police 56.

SOUTHERN LEAGUE DIVISION 6 MATCH 6 BATTERSEA PARK, 19 AUG

If the division two contingent were suffering the malady of being short of athletes then it was obvious that the division six team at the same venue would have the same symptoms - only worse. We had no hurdlers of any sort, no steeplechasers and had to rely on the good old vets for our middle distance. If it wasn't for the fact that Castle Point AC didn't bother to show up we probably would have found the 'Sixers' becoming 'Sevensers' for next season. As it was we hung on by the skin of our teeth.

Sixteen year-old Joe Panton excelled himself in both sprints and raced to a 53.4 split for the last leg of the long relay. Meanwhile, a little further up the age scale, Messrs. Sagar and Druce caught the eye of the Vets Team Manager, thinking about his teams for 1996 and beyond!

100m: 1, J.Panton 12.0; 1, K.Pereira 12.3. 200m: 1, J.Panton 24.1; 3, K.Pereira 26.1. 800m: 3, D.Anderson 2:17.7. 1500m: 4, D.Anderson 4:54.5; 3, T.Earle 5:05.6. 5000m: 4, T.Binda 18:31.7; 3, D.Anderson 19:08.8. HJ: 4, G.Sagar 1.20. LJ: 3, K.Pereira 5.37; 3, J.Panton 4.85. TJ: 2, J.Druce 12.07; 1, K.Pereira 11.50. SP: 2, K.Stock 9.53; 3, G.Sagar 8.50. DT: 3, K.Stock 25.58. JT: 3, G.Sagar 32.56; 2, K.Stock 32.26. HT: 4, K.Stock 18.54; 3, G.Sagar 17.32. 4x100m: 2, Belgrave 49.3. 4x400m: 3, Belgrave (D.Anderson 64.6, T.Earle 64.5, K.Pereira 56.4, J.Panton 53.4) 3:58.9. Teams: 1, London Irish 143; 2, Trent Park Trotters 127; 3, Lowestoft 114; 4, Belgrave 77; Castle Point did not turn up.

Late Results

October

- 1 Reading, Veterans Open Meeting. M40 SP/DT/JT: M.Small 11.69/40.52/45.54. M45 PV: M.Edwards 3.45.
- 15 Brierley Hill, Claire Powell Memorial. U11G 80m: 2, D.Johnson 13.9. U13G 800m: 3, L.Fryer 3:05.1. U13B 100m: 2, S.Whorlow 18.6. U13B 800m: 3, R.Banham 3:04.8; 4, S.Whorlow 3:05.8. 800m Run for Walkers: 1, D.Bond 2:36.8; 2, J.Stevens 2:44.3; 3, G.White 2:46.8; 4, J.Scott 2:52.1; 8, C.Stanford 3:10.8.
- 29 Eastway, Vets AC 5k Road Champs. 17, M.Manning 17:50; 22, R.Bale 18:56. Women and Men over 60. 1, L.O'Hara 18:14. 5k Walk. 1, C.Lawton 24:55; 3, D.Sharpe 28:02.
- 29 Fleet & Crookham Open 9k. 5, M.Chuter 34:02; 8, D.Beaver 34:49. U15 3k 2, S.Beaver 9:13.

Southern League Division Two

| | | |
|---------------------|------|-----|
| 1, Verlea | 757½ | 27 |
| 2, Ealing, S & M | 765½ | 26½ |
| 3, Thurrock | 737 | 26 |
| 4, Luton United | 727½ | 26 |
| 5, Guildford & G | 721 | 25 |
| 6, Sutton & Dist | 724 | 24½ |
| 7, Hastings | 710 | 23 |
| 8, Richmond & T | 709 | 22 |
| 9, Basildon | 628½ | 17½ |
| 10, Dartford | 643½ | 17 |
| 11, Cambridge & C | 643 | 17 |
| 12, Milton Keynes | 570½ | 17 |
| 13, Kingston & Poly | 641 | 16 |
| 14, Royal Navy | 632 | 16 |
| 15, Ilford | 573 | 15½ |
| 16, North London | 546½ | 15½ |
| 17, Cornwall | 604 | 15 |
| 18, Kent | 596½ | 15 |
| 19, Newquay & P | 594½ | 15 |
| 20, Met. Police | 586 | 15 |
| 21, Aldershot F & D | 589 | 14 |
| 22, Queens Park | 589 | 14 |
| 23, Belgrave | 552½ | 12 |
| 24, Walton | 552 | 11 |
| 25, Huntingdonshire | 463½ | 7 |

Southern League Division Six

| | | |
|---------------------|------|-----|
| 1, Haywards Heath | 892 | 30 |
| 2, Thames Valley | 892 | 29 |
| 3, Invicta E K | 838½ | 28 |
| 4, Bexley | 828 | 27 |
| 5, Tower Hamlets | 775 | 26 |
| 6, Hastings | 810½ | 25 |
| 7, Barnet & D | 690½ | 22 |
| 8, Ealing, S & M | 718½ | 21 |
| 9, GEC Avionics | 698½ | 21 |
| 10, London Irish | 693½ | 21 |
| 11, Trent Park | 653 | 20 |
| 12, Paddock Wood | 605 | 17 |
| 13, Kingston & Poly | 579½ | 17 |
| 14, Lowestoft | 613½ | 16 |
| 15, Castle Point | 523½ | 16 |
| 16, Kent | 572 | 15 |
| 17, White Horse | 570 | 14 |
| 18, Milton Keynes | 538½ | 13 |
| 19, Belgrave | 516½ | 12½ |
| 20, Muswell Hill | 542 | 12 |
| 21, West Suffolk | 523 | 12 |
| 22, Queens Park | 367½ | 9 |
| 23, Holland Sports | 362½ | 8 |
| 24, Chelmsford | 383½ | 7½ |
| 25, Blackheath | 294 | 7 |

"Belles" K.O'd in the First!

GUARDIAN JUBILEE CUP ROUND 1 BASINGSTOKE, 30 APR

Sadly it was a knockout in round one for the "Belles" as far as the Guardian Jubilee Cup was concerned. With a team of only nine it was to be expected, especially when we had to fill some of the middle distance events by tossing a coin to decide which non-distance runners would have to drag themselves round - Hazel Mead and Jacqui Smiter were the unlucky ones - but overall it wasn't a bad performance for we missed advancing to the next round by a mere 5 points.

Long jumper Andrea Abrams was our only winner but Julia Cockram came close, losing the high jump on count back. Julia went on to compete in four events by the end of the afternoon. Jacqui wasn't far behind her though, with three events, including that dreaded 5k, and in spite of hurdling off her 'wrong' leg she ran

to her fastest ever 400m hurdles time.

Laura Wilson has been running a few 400s as an alternative to her more normal two lap races and with her powerful stride she scores just as well over the shorter event. On this afternoon she also tackled the 200m but didn't cause the home club's international Linda Keough too many worries.

It's always good to see the way field event competitors help each other, even if they are on opposing teams. Pet Keeler was already suffering from a stiff neck and didn't find that hitting the circle with her hammer made her feel any better. She still went on to take a couple of throws with the discus, helped by the attention of one of the other competitors who happened to be a physiotherapist.

100m: 3, Andrea Abrams 13.8. 200m: 4, L.Wilson 29.1. 400m: 2, L.Wilson 62.6. 800m: 5, H.Mead 3:22.4. 1500m: 3, J.Moore 5:18.0. 5000m: 5, J.Smitter 23:23.1. 100mH: 4, J.Cockram 20.1. 400mH: 4, J.Smitter 73.6. HJ: 2, J.Cockram 1.50. LJ: 1, Andrea Abrams 5.49. TJ: 4, J.Cockram 9.26. SP: 5, G.Richardson 6.91. DT: 4, P.Keeler 21.94. JT: 2, G.Richardson 28.48. HT: 4, P.Keeler 26.88. 4x100m: 4, Belgrave (H.Mead, Angela Abrams, Andrea Abrams, J.Smitter) 55.9. 4x400m: 4, Belgrave (J.Cockram 73.9, J.Moore 70.9, Angela Abrams 71.9, L.Wilson 66.4) 4:43.9. Teams: 1, Basingstoke & MH 128; 2, Verlea 122, 3, Walton 98; 4, Belgrave 94; 5, Serpentine 77.

Women hold steady in Southern League

Equal 2nd at home

WOMEN'S SOUTHERN LEAGUE DIVISION 3 MATCH 1
BATTERSEA PARK, 22 APR

Would the 1995 season see us getting out of division three and back to division two for the first time since 1989? We were not really any wiser by the time the match was over. It could be done. We'll need a couple of team wins along the way but it is just possible.

Jacqui Smiter opened up the track events for us with a win in the 400 metre hurdles and in no time at all Jackie Stone had followed her example in the 'B' event. Solid performances were set throughout the rest of the afternoon by our mostly young team and although Braintree were well away it was desperately close between ourselves, Kingston & Poly and Bexley. Going into the last event, the 4x400m relay, a win would have given us a clear second place. Around the final turn Jacqui was still ahead but an outstanding Braintree athlete who had already won a 400/800 double just had too much speed for our runner. The result - we shared second place points overall.

We mentioned that our team was young and so it is. Sprinter Melissa Bentt, middle-distance runners Laura Wilson and Angela Hearn, and thrower Michelle Stock are all first year under-17s yet in the Southern Women's League they have to compete as Seniors. A tough job but one which they tackled with courage.

We had several winners in the youngest age-group but a special mention must be made of new member Natalie Laws who won the 200m, that tough middle-distance runner Janine Brown and our mighty throwers Tigho Ejoh and Rhian Letang.

SW

100m: 3, M.Bentt 14.0; 5, L.Spencer 16.8. 200m: ? dnf; 3, J.Stone 30.6. 400m: 3, J.Smiter 67.2; 3, N.Alexander 72.5. 800m: 2, L.Wilson 2:32.4; 1, J.Moore 2:37.2. 1500m: 4, S.Howard 5:54.3; 1, A.Hearn 5:58.6. 3000m: 3, J.Moore 11:47.1; 2, N.Mills 12:49.9. 100mH: 4, A.Patten 19.7; 2, J.Cockram 20.6. 400mH: 1,



Above: Three of our young sprinters - Melissa Bentt (U17), Natalie Law (U15) and Gemma Watson (U13).

J.Smiter 72.8; 1, J.Stone 74.5. HJ: 3, L.Wilson 1.45; 2, J.Cockram 1.45. LJ: 2, A.Patten 4.58; 2, S.Stracey 4.38. TJ: 2, A.Patten 9.93; 3, J.Cockram 8.47. SP: 3, M.Stock 8.03; 3, H.Mead 6.82. DT: 3, M.Stock 26.98; 3, P.Keeler 19.10. JT: 2, G.Richardson 28.80; 2, H.Mead 20.58. HT: 2, P.Keeler 27.84; 2, G.Richardson 25.50. 4x100m: 5, Belgrave 57.2. 4x400m: 2, Belgrave 4:30.9. U17W 80mH: 3, M.Bentt 15.7. U15G

100m: 4, H.Kingsnorth 14.5; 4, L.Walden 15.8. 200m: 1, N.Laws 28.1; 3, L.Davison 33.6. 800m: 1, J.Brown 2:35.5; 3, D.Hearn 2:54.6; n/s L.Davison 2:57.8. 1500m: 2, A.Gray 5:51.7. LJ: 5, L.Walden 3.72; 4, L.Davison 3.04. SP: 2, T.Ejoh 8.47; 2, R.Letang 8.31. DT: 1, R.Letang 22.60; 1, T.Ejoh 21.34. JT: 2, R.Letang 21.58; 2, J.Brown 12.58. 4x100m: 3, Belgrave 57.5. Teams: 1, Braintree 210; =2, Belgrave and Kingston & P 167; 4, Bexley 145; 5, Harlow 82.

The Gabby Collison Show

April

29 Enfield, SEAA Inter-Regional. 3000m: 1, G.Collison 9:52.11.

May

20 Birmingham, Midlands v North v South. 3000m: 2, G.Collison 9:46.15 (just a stride or two behind the winner).

June

24 Tooting, HHH Open. 1500m: 1, G.Collison 4:33.85.

July

9 Horsham, Open Meeting. 1500m: 1, G.Collison 4:29.3. Two seconds inside Hilary Baxter's fourteen year old Club Record.

15 KP AAA Champs, Birmingham. 5000m: 8, G.Collison 16:45.43.

23 Aldershot, Representative Match. 1500m: 1, G.Collison 4:45.04.

29 Birmingham, Women's AAA Champs. 3000m: 2, G.Collison 9:38.67.

August

9 Watford Open. 1500m: 3, G.Collison 4:27.4.

Michelle nears 30 metres

WOMEN'S SOUTHERN LEAGUE DIVISION 3 MATCH 2
HORSHAM, 20 MAY

The team were keen to get down to Horsham for match number two - nothing to do with the athletics though, more to do with hanging out in the adjacent McDonald's Restaurant when the meeting was over. Sad to say the McDonald's has gone since our last jaunt to this arena but the good news is that by covering every single event we chalked up another second place. After two matches the Bels. were now up to tenth of the twenty-five clubs in Southern League Division Three.

Even more good news. Our old mate George Piddington was there with his team from Havant.

Best events for the seniors were the long and high jumps where the pairings of Andrea Abrams and Syreeta Stracey, and Julia Cockram and Laura Wilson both scored double wins, but the most surprising event was the 400 metre hurdles - when was the last time you saw Gail Richardson line up for the start of such a race?

Michelle Stock had a great competition with the discus. Getting close to the 30 metre mark with her best ever throw, she just lost out to the winner by 8cm.

Unlike in recent years we scored well in the under 15 age group. Winner in match one over 800 metres,

Janine Brown found herself beaten here even though she set a faster time, but she made up for it by joining with Rhian Letang to record two firsts in the javelin. The sprints saw Natalie Law clash repeatedly with a very good Crawley runner. The Belgrave girl got the best of her over 100 metres - but it was close! In the 200 metres the positions were reversed so when it came to the relay with both runners receiving the baton for the last leg at the same time the noise was deafening as our girls screamed Natalie on. It was the Crawley girl who just got home first but what a race.

SW

100m: 3, Andrea Abrams 13.8; 4, M.Simon 14.4. 200m: 4, S.Stracey 29.0; 5, H.Mead 31.6. 400m: 5, J.Smiter 68.7; 3, J.Moore 67.1. 800m: 5, L.Wilson 2:28.8; 3, J.Moore 2:34.8. 1500m: 5, J.Moore 5:33.9; 4, A.Hearn 6:12.8. 3000m: 5, N.Mills 12:30.7; 5, S.Porter 15:10.6. 100mH: 3, J.Smiter 20.3; 1, J.Cockram 19.9. 400mH: 3, J.Smiter 72.5; 5, G.Richardson 92.8. HJ: 1, J.Cockram 1.50; 1, L.Wilson 1.45. LJ: 1, Andrea Abrams 5.15; 1, S.Stracey 4.53. TJ: 3, J.Cockram 9:13; 2, J.Smiter 9.01. SP: 3, M.Stock 8.35; 3, H.Mead 6.82. DT: 2, M.Stock 29.46; 2, G.Richardson 23.04. JT: 2,

G.Richardson 27.00; 3, H.Mead 17.46. HT: 3, G.Richardson 25.62; 5, S.Porter 11.42. 4x100m: 3, Belgrave (L.Wilson, M.Simon, Andrea Abrams, S.Stracey) 54.3. 4x400m: 2, Belgrave (L.Wilson) 63.7, S.Stracey 68.8, J.Moore 66.8, J.Smiter 65.4) 4:24.7. U17W

80mH: 4, M.Simon 13.4; 3, A.Hearn 18.8. U15G

100m: 1, N.Law 13.2; 5, S.Morgan 16.8; n/s E.Gyeyke 14.6; L.Davison 15.0; M.Birchall 15.6. 200m: 2, N.Law 27.2; 4, C.Sargeant 34.9. 800m: 2, J.Brown 2:33.8; 3, D.Hearn 2:52.5; n/s L.Davison 2:53.8; L.Fryer 3:04.2; M.Birchall 3:16.7; S.Morgan 3:24.2; C.Sargeant 3:26.0. 1500m: 2, K.Parker-Smith 5:37.1; 2, A.Gray 5:56.6. 75mH: 5, C.Sargeant 20.2; 5, L.Fryer 19.3. HJ: 3, K.Parker-Smith 1.20; 3, E.Gyeyke 1.10. LJ: 2, B.Simon 4.13; 4, L.Davison 3.10. SP: 2, R.Letang 8.25; 2, B.Simon 5.46. DT: 2, R.Letang 21.48; 2, B.Simon 12.84. JT: 1, R.Letang 20.32; 1, J.Brown 17.26. 4x100m: 2, Belgrave (E.Gyeyke, B.Simon, R.Letang, N.Law) 55.2.

Teams: 1, Crawley 224; 2, Belgrave 167½; 3, South London 159½; 4, Havant 157; 5, Haywards Heath 109.



We win in Wiltshire

WOMEN'S SOUTHERN LEAGUE DIVISION 3 MATCH 3 SWINDON, 3 JUN

After our trusty coach driver had driven the wrong way into one of Swindon's one way streets - not having noticed the "No Entry" sign - and then had to reverse back onto the "magic roundabouts" against the flow of traffic with Harry P directing, you'd have been forgiven for thinking that we'd had enough excitement for the day. Not a bit of it. In spite of the pouring rain our team all excelled themselves and we led the match throughout the afternoon until with just a couple of events to go, Colchester crept ahead by a single point. It was touch and go, but a few minutes after the result cards for the last events had been handed in it was announced that: "... the winners today are Belgrave Harriers ...". With that the good townfolk of Swindon were startled by the cheering and whooping of some fifty pairs of Belgrave lungs.

It all went well from the very beginning thanks to double wins in the hammer with Gail Richardson getting pretty close to Pet Keeler. Michelle Stock won her first ever senior discus competition (not bad for someone who reached her 15th birthday just a couple of weeks earlier) and with another double win in the javelin from Gail and Angela Patten, the throwers did us proud.

In the middle-distance events it was Angela Hearn's first ever attempt at 3000 metres. She had a good run and it was some time before our 'A' runner Nina Mills got past her. Gabrielle Collison gave us maximum points with an 800/1500m double, her experience holding her in good stead as she refused to be drawn into a first lap that was far too fast in the shorter race.

Natalie Law was fresh from a 27 second run in the Southern Champs. a week earlier and she had no trouble in scoring another Belgrave double in the U15 100/200m prior to putting the finishing touches to our winning sprint relay team. There were several girls competing for us for the first time and all of them did well.

Even in the non-scoring event, the pole vault, held in conjunction with the men's, we were well represented as Susie Drummie vaulted 2.90 and Julia Cockram put in a 2.40 effort before deciding to concentrate on the events that scored marks.

At the half-way point in the league's fixtures we are now up to 6th place. Five teams get promoted and the clubs lying 3rd, 4th and 5th are all due to meet each other in a single

clash in match 4. We're on our way!

SW

100m: 5, S.Simon 14.4; dq, M.Simon. 200m: 4, S.Simon 29.0; 5, H.Mead 32.0. 400m: 4, L.Wilson 64.2; 4, S.Stracey 66.0. 800m: 1, G.Collison 2:19.3; 3, J.Moore 2:39.5. 1500m: 1, G.Collison 4:43.2; 2, J.Moore 5:27.2. 3000m: 4, N.Mills 12:30.8; 2, A.Hearn 12:40.0. 100mH: 3, A.Patten 20.5; 4, A.Hearn 20.3. 400mH: 4, J.Smiter 73.9; 2, J.Stone 76.9. HJ: 3, J.Cockram 1.45; 3, J.Stone 1.30. LJ: 2, A.Patten 4.59; 3, S.Stracey 4.57. TJ: 2, A.Patten 9.91; 2, J.Cockram 8.93. PV n/s: S.Drummie 2.90; J.Cockram 2.40. SP: 4, M.Stock 8.17; 3, H.Mead 6.50. DT: 1, M.Stock 27.72; 4, P.Keeler 17.52. JT: 1, G.Richardson 29.22; 1, A.Patten 25.04. HT: 1, P.Keeler 28.34; 1, G.Richardson 28.14. 4x100m: 2, Belgrave (S.Simon, M.Simon, S.Stracey, J.Smiter) 54.7. 4x400m: 4, Belgrave (J.Moore, S.Stracey, J.Smiter, G.Collison) 4:28.8.

U17W

100mH: 3, M.Simon 13.9; 2, L.Wilson 15.6.

U15G

100m: 1, N.Law 13.3; 2, B.Simon 14.6; n/s R.Osodi 15.8; B.Sanwo 15.2; H.Kingsnorth. 200m: 1, N.Law 27.5; 2, G.Watson 30.6. 800m: 3, D.Hearn 2:52.1; 4, L.Davison 2:57.2; n/s L.Fryer 3:20.8; K.Obispsan 4:07.4. 1500m: 2, J.Brown 5:17.4; 1, A.Gray 5:58.8. 75mH: 2, L.Fryer 20.2; 3, B.Sanwo 17.3. HJ: 2, H.Kingsnorth 1.20; 2, R.Osodi 1.20. LJ: 3, B.Simon 3.75; 4, L.Davison 2.81. SP: 3, R.Letang 7.98; 3, B.Simon 5.72; n/s L.Fryer 4.50. DT: 2, R.Letang 17.26; 3, J.Brown 10.90. JT: 1, R.Letang 22.68; 1, J.Brown 18.64. 4x100m: 1, Belgrave (B.Simon, H.Kingsnorth, R.Letang, N.Law) 55.7; n/s (D.Hearn, A.Gray, G.Watson, L.Davison) 61.3. Teams: 1, Belgrave 185; 2, Colchester 178; 3, Swindon 168; 4, Southend 143; 5, Richmond 111.

But then the wheels come off!

WOMEN'S SOUTHERN LEAGUE DIVISION 3 MATCH 4 SALISBURY, 22 JUL

A win here on the green all-weather surface of Salisbury track would put us in line for promotion and we were up against teams that on paper shouldn't have given us too much trouble. At least that was how the theory went. The facts proved to be somewhat different as we suffered an extreme shortage of bodies due to people not turning up to meet the coach at Battersea and as is often the case ended up with too many people having to do too many events. It was goodbye to any hope of winning promotion to division two as we wound up last on the day.

We only had three winners in the whole meeting - all in 'B' events; fifteen year-old Angela Hearn put up with the severe heat to win the senior 3000 metres, Jacqui Smiter in the triple jump and Janine Brown in the U15G javelin. Of course we mustn't forget the pole vault where Julia Cockram was the only female competitor - but she actually vaulted higher than any of the men in the men's match!

A whole succession of under-15 2nd places came our way thanks to Gemma Watson in the sprints, Janine and Debbie Hearn in the 800 metres and Rhian Letang in the throws but the best performance of the day came in the oldest age-group where Ray James pulled Win Shepherd around the track in record time in the chariot race!

SW

100m: 5, S.Stracey 14.2; 4, J.Cockram 14.7. 200m: 5, J.Smiter 30.8; 5, J.Stone 32.1. 400m: 3, L.Wilson 63.4; 4, J.Moore 69.7. 800m: 4, J.Stone 2:53.7; 3, S.Stracey 3:00.5. 1500m: 3, J.Moore 5:35.0; 3, N.Mills 6:07.6. 3000m: 3, N.Mills 12:34.4; 1, A.Hearn 13:06.5. 100mH: 5, A.Patten 20.1; 4, J.Cockram 19.2. 400mH: 3, J.Smiter 73.4; 2, J.Stone 80.4. HJ: 2, J.Cockram 1.50; 2, L.Wilson 1.45. LJ: 5, A.Patten 4.51; 4, J.Cockram 4.42. TJ: 2, A.Patten 9.85; 1, J.Smiter 9.19.

PV n/s: 1, J.Cockram 2.80. SP: 3, M.Stock 9.12; 4, H.Mead 6.73. DT: 4, M.Stock 28.98; 5, P.Keeler 16.70. JT: 5, H.Mead 17.20; -, A.Patten 3nt. HT: 3, P.Keeler 23.52; 5, P.Mead 13.54. 4x100m: 5, Belgrave (H.Mead, J.Smiter, S.Stracey, J.Cockram) 57.3. 4x400m: 4, Belgrave (S.Stracey 68.2, L.Wilson 63.7, J.Moore 70.1, J.Smiter 67.9) 4:29.9.

U17W

80mH: 2, L.Wilson 16.4; 2, A.Hearn 25.0.

U15G

100m: 2, G.Watson 13.6; 4, R.Osodi 14.9. 200m: 2, G.Watson 28.8; 3, H.Kingsnorth 29.8. 800m: 2, J.Brown 2:33.1; 2, D.Hearn 2:47.6; n/s L.Fryer 3:01.4; S.Trew 3:09.5. 1500m: 3, K-A.Parker-Smith 5:23.7. 75mH: 4, B.Sanwo 16.2; 5, L.Fryer 19.9. HJ: 4, H.Kingsnorth 1.30; 4, K-A.Parker-Smith 1.15. LJ: 4, G.Watson 4.14; 5, D.Hearn 3.48; n/s L.Fryer 3.14; B.Sanwo 3.86; K.Obisesan 3.32; S.Trew 2.58. SP: 2, R.Letang 8.39; 4, K.Obisesan 6.10. DT: 5, R.Letang 18.76; 5, J.Brown 8.74. JT: 2, R.Letang 25.26; 1, J.Brown 19.16. 4x100m: Belgrave (D.Hearn, H.Kingsnorth, R.Letang, G.Watson) 57.2; n/s (S.Trew, K.Obisesan, B.Sanwo, R.Osodi) nt.

Teams: 1, Wimborne 181; 2, Newquay & P 166; 3, Wycombe 164; 4, Worthing 150; 5, Belgrave 135.

Women's Southern League Division Three

| | | |
|----------------------|-----|-------|
| 1, Braintree | 29 | 1213½ |
| 2, Newham & Essex | 28 | 1182½ |
| 3, Wimborne | 27 | 1136½ |
| 4, Crawley | 26 | 1133 |
| 5, Tonbridge | 25 | 1133 |
| 6, Havant | 21 | 1040½ |
| 7, St. Albans | 21 | 1011½ |
| 8, Wycombe Phx | 21 | 1000 |
| 9, Blackheath | 20 | 976½ |
| 10, Colchester | 20 | 972 |
| 11, Belgrave | 19½ | 955½ |
| 12, Kingston & Poly | 19½ | 954 |
| 13, Worthing & Dist | 19 | 947 |
| 14, Bexley | 17 | 937 |
| 15, Hercules Wimb. | 18 | 921½ |
| 16, East Grinstead | 16 | 908 |
| 17, South London | 15 | 874½ |
| 18, Newquay & Par | 14 | 873½ |
| 19, Radley | 15 | 861 |
| 20, Swindon | 14 | 845 |
| 21, Southend | 10 | 748 |
| 22, Harlow | 12 | 729½ |
| 23, Haywards Heath | 10 | 703½ |
| 24, Richmond & Twick | 7 | 656½ |
| 25, Watford | 7 | 650 |

To see Gail Richardson hurdling at Wimbledon Park you wouldn't have thought that she normally throws javelin and shot - and started off as a walker!



Local rivals pipped at the post

**WOMEN'S SOUTHERN LEAGUE DIVISION 3 MATCH 5
WIMBLEDON PARK, 12 AUG**

It was back to something much more like our true potential as we surprised ourselves at Wimbledon Park by pipping local rivals Hercules Wimbledon by a single point. The announcer must have been a refugee from a hospital radio station as he kept up a cheerful patter throughout the afternoon but even he couldn't hide his disappointment as at the end of the meeting he announced, "... 3rd are Hercules Wimbledon, and you really don't know how painful it is for me to have to say this, 2nd are Belgrave Harriers ...". Of course our girls' cheers were all the louder for that but even they couldn't compete with the mighty roar let out by the Newham & Essex Beagles ladies whose win took them to the top of the league.

We were still a bit short of athletes but when you've got girls like Debbie and Angela Hearn turning up when they should have been enjoying the last day of their holidays then you know you've got good team spirit.

Judy Oakley had her first track race for us - the 800m and enjoyed it so much that she did another - the 1500m. Julia Cockram had an unaccustomed run over two laps and it seemed to do her good for it started a run of success where she won the sprint hurdles (with an unusual but effective alternate leg lead) and high jump. Come to think of it, that's nearly half the heptathlon inside 30 minutes.

Laura Wilson is looking very strong over 400 metres this season but even she had to give way to training partner Amanda O'Shea. Andrea Abrams was not far short of her best in winning the long jump and Gail Richardson had a great afternoon with 2nd in the hammer, 2nd in the 'B' hurdles and 1st in the 'B' javelin. Good job our girls are all-rounders.

Of the under-15s Natalie Law really looks the business when she sprints but on this day she could only pick up two 2nd places while that determined 1500m runner Abigail Gray also ran to 2nd - but then she was up against an English Schools cross country champion.

SW
100m: 3, Andrea Abrams 13.4; 3, M.Bentt 13.9. 200m: 4, M.Bentt 29.5; 3, J.Smiter 30.2. 400m: 2, L.Wilson 63.2; 3, G.Husbands 70.3. 800m: 4, J.Oakley 2:51.8; 2, J.Cockram 2:56.7. 1500m: 3, J.Oakley 5:58.0; 2, A.Hearn 6:10.9. 3000m: 2, M.Ryan 12:19.1. 100mH: 1, J.Cockram 18.9; 2, G.Richardson 20.3. 400mH: 4, J.Smiter 77.3; 2, J.Stone 77.9. HJ: 1, J.Smiter 77.3; 2, J.Stone 77.9. HJ: 1, Andrea Abrams 5.25; 3, J.Cockram 4.38. TJ: 3, A.Patten 9.87; 1, J.Smiter 9.61. SP: 3, M.Stock 8.83; 2, G.Richardson 7.25. DT: 2, M.Stock 29.14; 2, A.Patten 25.88. JT: 3, A.Patten 27.98; 1, G.Richardson 26.66. HT: 2, G.Richardson 28.06; 3, H.Mead 15.58. 4x100m: 4, Belgrave (H.Mead, J.Cockram, Andrea Abrams, J.Smiter) 55.0. 4x400m: 3, Belgrave (J.Stone 72.2, L.Wilson 64.4, J.Cockram 71.8, J.Smiter 67.9) 4:36.3.

U17W
80mH: 2, L.Wilson 15.0; 2, A.Hearn 19.2.

U15G
100m: 2, N.Law 13.0; 1, G.Watson 13.2. 200m: 2, N.Law 26.7; 3, G.Watson 29.2. 800m: 3, D.Hearn 2:53.5. 1500m: 2, A.Gray 5:59.9. HJ: 4, E.Gyekye 1.20. LJ: 5, D.Hearn 3.60; G.Watson 3nj. 4x100m: 3, Belgrave (E.Gyekye, G.Watson, A.Gray, N.Law) 56.1.

Teams: 1, Newham & EB 211; 2, Belgrave 147; 3, Hercules Wimb. 146; 4, Radley 130; 5, East Grinstead 118.

Harry's swan song

**WOMEN'S SOUTHERN LEAGUE DIVISION 3 MATCH 6
NORMAN PARK 2 SEP**

Rain! We had become so used to competing in hot sunny conditions this summer that to take part in a drizzle was quite a novelty - well for a few minutes anyway.

The meeting started well with Gail Richardson and Hazel Mead both sending the hammer out to near pb and pb distances and they then went on to pick up good points in other throws as well. Our other thrower Michelle Stock only turned 15 in May so is just out of the under-15 group but here she was getting 2nd in the senior shot and actually winning the discus. What an asset this young woman is.

This time there was no stopping Natalie Law as she romped to a double sprint win and Cindy James looked set for good points in the hurdles until she badly crashed at the last flight of barriers.

The 3000 metres provided a real battle right to the end. Jacinta Moore was our 'A' runner but after one lap she was obviously in trouble, if not downright ill as she dropped away dramatically and then plugged away for the rest of the race to win the 'B' race. Martina Ryan, however, took up the pace and tried all she could to wear down the opposition. With a few laps to go she was still working hard and her only rival was a Tonbridge girl, sticking to her like glue. Into the finishing straight with Martina throwing in every effort but she just could not get away. Then with 20 metres left the inevitable happened and the Tonbridge girl pounced for the narrowest of victories.

The end of the season and the end of an era as well. It was Harry Porter's last time in charge of the Belles T&F team and next season will see Jacqui Smiter taking up the reins although Cynthia James will continue to be team manager on the day.

SW
100m: 3, A.Abrams 13.6; 3, S.Stracey 13.9. 200m: 3, L.Wilson 28.7; 5, J.Stone 31.3. 400m: 5, J.Smiter 70.1; 5, J.Cockram 77.4. 800m: 2, L.Wilson 2:27.0; 4, A.Hearn 3:00.8. 1500m: 3, J.Moore 5:43.0; 3, N.Mills 6:12.7. 3000m: 2, M.Ryan 11:33.6; 1, J.Moore 12:20.5. 100mH: 3, C.James 20.9; 2, J.Cockram 19.6. 400mH: 3, J.Smiter 72.2; 2, J.Stone 79.3. HJ: 2, J.Cockram 1.55; 3, J.Smiter 1.45. LJ: 2, A.Abrams 5.04; 2, S.Stracey 4.50. TJ: 3, J.Smiter 9.15; 3, J.Cockram 8.56. SP: 2, M.Stock 8.59; 2, G.Richardson 7.40. DT: 1, M.Stock 28.40; 1, G.Richardson 23.06. JT: 2, G.Richardson 29.38; 1, H.Mead 16.26. HT: 2, G.Richardson 27.30; 1, H.Mead 19.32. 4x100m: 3, Belgrave (H.Mead, C.James, A.Abrams, S.Stracey) 54.0. 4x400m: 2, Belgrave

(J.Smiter, J.Stone, S.Stracey, L.Wilson) 4:27.7.

U17W
80mH: 2, L.Wilson 14.9; 2, A.Hearn 19.6.

U15G
100m: 1, N.Law 13.1; 2, S.Edwards 14.0; n/s D.Watkins 15.1. 200m: 1, N.Law 27.3; 4, R.Osodi 31.2. 800m: 5, D.Hearn 2:52.3; 5, L.Davison 3:05.5; n/s L.Fryer 2:55.2. 1500m: 4, J.Brown 5:16.3; 4, A.Gray 5:56.1. 75mH: 5, L.Fryer 19.3; 4, D.Watkins 16.4. HJ: 5, R.Osodi 1.20. LJ: 4, D.Watkins 4.06; 5, L.Davison 2.96. SP: 5, L.Fryer 4.73; 5, L.Davison 3.52. DT: 5, J.Brown 13.38. JT: -, J.Brown 3nt; -, D.Hearn 3nt. 4x100m: 2, Belgrave (S.Edwards, A.Gray, R.Osodi, N.Law) 56.0.

Teams: 1, Tonbridge 186, 2, St.Albans 180; 3, Blackheath 168; 4, Belgrave 154; 5, Watford 108.

The "Belles". Photos on next two pages (clockwise starting top left): Under-15 800 metre runner Debbie Hearn finished the season with a best of 2:44.4.

Gail Richardson started off her athletics as a walker but is now mostly to be seen in the throwing events where she's not too far behind Pet Keeler's Hammer Record.

Syreeta Stracey and Rhian Letang take it easy at the end of a summer training session at Battersea.

Georgina Husbands (centre) races it out over 400 metres at the Wimbledon Park League match.

Julia Cockram's favourite event, the pole vault, is not yet included in the Southern League but whenever there's a men's match held in conjunction she makes sure that she gets an extra competition in; she set a pb this year of 2.80m. Angela Patten was our top ranked triple jumper for 1995.

A new member this year, under-13 Gemma Watson has made a big impact in the sprints.

Hazel Mead starts off the Central Surrey Schools sprint relay team at Kingsmeadow.

Competing in her first year as an under-17, Michelle Stock scored heavily for us in senior shot and discus competitions, topping our 1995 rankings in both events.

Angela Hearn has been a regular in 3k track races and has even competed over 10k on the road.

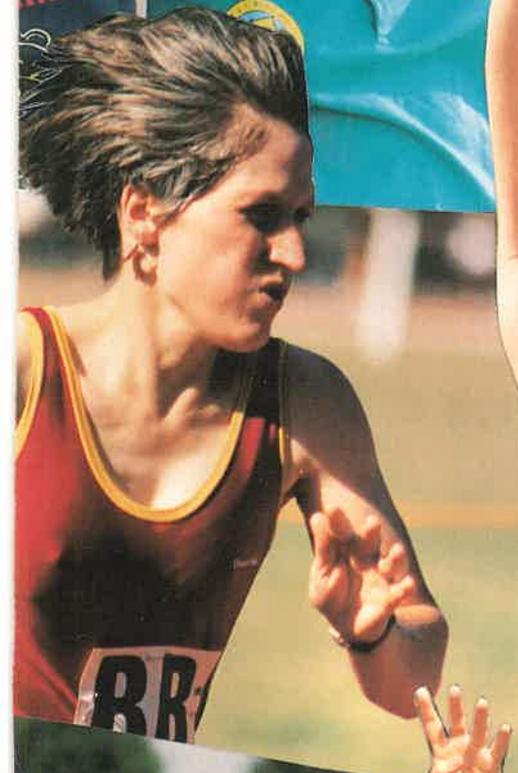
Andrea Abrams continues to dominate our long jump lists and had a best this year of 5.49m.

Spear girl Rhian Letang eyes the 30 metre line before sending down another high scoring throw.



Left: Abigail Gray always goes for it but this time she was tracked by Hercules Wimbledon's Schools cross-country champion.





Pat's Brats raid 'Rosenheim' again

ROSENHEIM LEAGUE EASTERN DIVISION MATCH 1 BATTERSEA PARK, 17 MAY

Our young team, with a little maturity added in the form of Phil Carstairs and veteran Mike Small, made light of the appallingly cold and miserable conditions and with no less than seven wins out of the possible twelve a good start was made in our attempt to retain the 'Rosenheim'. From the first event, Adam Daniels' 400m hurdles, to the last, with Ben Williams anchoring the relay team, it was Belgrave all the way, piling up a huge 62 points out of a possible 72. Has any team ever got the max!

Sixteen year-old Marlon Dickson looked sharp and got the verdict in the closest of finishes in the 100m while for Ben Williams' and Gavin Mason's races our two track judges, aided by a helpful schoolboy who had turned up simply to watch, had things a little easier.

It was a first outing for David Kelleher in 'claret and gold'. David was close to Junior International level for Ireland back in '87 before going to college in the USA and not doing a lot in the years since. Let's hope he can find a little of his old form for the Bels.

The weather was nasty for pole vaulting but Jamie Webb and Susie Drummie kept the Belgrave colours flying high and at least had the right equipment to get to their cars should the water level in the car park rise any higher.

It was one of those matches where we were desperately short of officials. Just two timekeepers, two track judges (one of those our own Team Manager), a couple of field judges and a starter managed to keep things going, kept warm by a constant supply of hot tea from the caravan. All credit to those who helped in that climate, including Pete Mulholland of Hercules Wimbledon who assisted Alan Mead with the results after he had started hallucinating on tea and fruit cake.

100m: 1, M.Dickson 11.0. n/s C.Smeale 11.8; M.Livingstone 11.8; M.Simson 12.2. 200m: 1, B.Williams 22.8; n/s C.Smeal 24.2; S.Hughes 26.0. 400m: 1, G.Mason 50.6; n/s S.Hughes 54.0. 800m: 4, S.Weston 2:02.4; n/s B.Barton 2:01.7; Marlon Anderson 2:05.5. 1500m: 2, D.Kelleher 4:09.5. 3000m: 2, P.Carstairs 9:06.2; n/s M.Manning 10:32.2. 400mH: 1, A.Daniels 60.1. TJ: 4, J.Webb 9.25. PV: 1, J.Webb 3.20; n/s Susan Drummie 2.60. DT: 1, M.Small 39.24. HT: 3, M.Small 41.78; n/s R.Bridges 26.10. 4x200m 1, Belgrave (G.Mason, B.Williams) 1:35.6.

Teams: 1, Belgrave 62, =2, Hercules Wimbledon, Herne Hill and South London 41; 5, Sutton & D 35; 6, Croydon 25.

ROSENHEIM LEAGUE EASTERN DIVISION MATCH 2 CRYSTAL PALACE, 31 MAY

This time the ball was set rolling by Matt Hillier, out on his own in the 2000m steeplechase as a preamble to the weekend's British League race. Five laps and six points later the evening's trend had been set.

A very competitive 800 metres saw scorer Bruce Barton just get home ahead of non-scorer Mark Anderson after a neck and neck struggle all down the straight and under-20 Richard David had a great run to chalk up a best ever time for him in the n/s 400m. On the field another under-20, Ben Cascoe, was welcomed back with open arms. Ben's javelin soared over the 50 metre line for his first competition of the year - and there's a lot more to come.

We expected Mike Small to score well in the shot but we did not expect distance runner Said Chettati to become so competitive in the high jump. He only went over to the jumping fan to clear any old height for a point but when he sailed over 1.50m and showed every sign of continuing, the Team Manager had to send an emissary to pull him out and remind him that he had a 3k to come yet. At the next Battersea training session, after he had been jokingly asked (within the earshot of coach Arthur Bruce) to have a crack at the pole vault, Arthur was heard to be making him repeat the words, "I will *not* do the high jump, I will *not* do the high jump".

100m: 3, M.Dickson 11.2; n/s 1, C.Edozie 11.6; 3, M.Livingstone 11.8. 200m: 1, B.Williams 22.7; n/s M.Simson 24.3; E.Bedieko 26.7; Jacqui Smiter 29.8. 400m: 1, G.Mason 49.4; n/s 1, R.David 50.2. 800m: 2, B.Barton 2:01.6; n/s 3, Mark Anderson 2:01.9; 5, A.Luce 2:04.7. 1500m: 5, S.Smullen 4:24.5. 3000m: 2, M.Bizio 9:01.5; 4, P.Carstairs 9:03.7; 7, S.Chettati 9:09.5; 18, M.Manning 10:24.8. 2000mSC: 1, M.Hillier 6:22.1. HJ: 4, S.Chettati 1.45. LJ: 2, C.Edozie 5.62; n/s M.Livingstone 5.43. SP: 1, M.Small 12.47. JT: 1, B.Cascoe 50.62; n/s M.Small 42.82. 4x200m: 1, Belgrave (G.Mason, C.Edozie, G.Ojok, B.Williams) 1:32.1.

ROSENHEIM LEAGUE EASTERN DIVISION MATCH 3 TOOTING, 14 JUN

Now known as "that bloody Belgrave woman team manager" by a member of an opposing club, Pat Mead was looking for a third consecutive win - and got it! At least eight personal bests were set by team members right across the spectrum of events, ages and gender and the Belgrave lead in the series went up to four league points.

The hammer didn't give us a win (although it would have done if Mike



Above: Team Manager Pat Mead is presented with the Rosenheim Plate by the League's founder, Hercules Wimbledon A.C.'s Jim Braben. Photo by Ray O'Donoghue

Small's mightiest effort, unofficially measured at a 'best' of 45.70, hadn't resulted in him tripping over the rim of the circle) but the competition between Petronell Keeler and veteran Bob Bridges resulted in both of them going over 30 metres for the first time. Pet's effort registered an improvement in her own Club Record. Meanwhile, Mike's glory came in the discus where he recorded a 41.46 pb and veterans' Club Record.

Marlon Dickson had showed up for the 100 metres even though he was unwell. Of course we did not let him run, and his absence gave fellow 16 year-old, 400 metre expert James Hilston, a chance to have a go at the 'dash'. The result was second place and a startling pb of 11.3 - to which he later added a second best ever when leading home the scoring 200 metre field as a non-scorer! Our sprinters were in hot form and what they did not realise at the time was that as all under-20s, their 4x200m time was a new U20M Club Record at an average of 23.0 per man.

Bruce Barton clipped 2 minutes for the first time in the 'half', Marlon Anderson reduced his best in the same event (his training with Frank Horwill is obviously working) and Phil Carstairs, as our 3k runner, went under 9 minutes for yet another personal record. Junior Mat George tackled the senior height sprint hurdles to good effect and went on to win the triple while Jamie Webb was again highest in the meeting's other 'jump'.

The outstanding event of the night was the 400 metres where Hercules' Surrey Schools winner Scantlebury was looking for an English Schools qualifying mark of 49.3 and was up against our own Surrey Schools winner over 800m, Gavin Mason. The Hercules man screamed the first 150m and held up well around the turn and into the straight but Gavin's relentless stride from an inside lane progressively ran him down until the Belgravian took the lead 40 metres out for a 49.1win to 49.7. As announcer Dave Cocksedge voiced: "... great running from two 18 year-olds ...".

Is it possible for a team to win all six matches? Even the official result sheet commented, "So what are we going to do about Pat's lot then?"

They just keep on coming - and you should see where some of their non-scorers placed as well!"

100m: 2, J.Hilston 11.3; n/s A.Swanson 12.1; M.Simson 12.1; M.Livingstone 12.1. 200m: 3, R.David 23.2; n/s J.Hilston 22.6; A.Swanson 24.6; M.Simson 24.7. 400m: 1, G.Mason 49.1; n/s R.McMillan 63.2; 800m: 2, Mark Anderson 2:00.5; n/s B.Barton 1:59.9; Marlon Anderson 2:02.8; S.Smullen 2:05.0; A.Luce 2:06.8. 1500m: 3, M.Bizio 4:10.7; n/s M.Gilbertson 4:16.4; BMC race G.Adams 3:58.5; R.Alsop 4:03.2. 3000m: 4, P.Carstairs 8:59.9; n/s S.Chettati 9:12.2; C.Dickinson 9:28.3; D.Anderson 9:40.3; J.Mather 9:54.1; A.Armstrong 9:57.7; S.Smullen 10:18.8; M.Manning 10:24.6. 110mH: 2, M.George 17.7. TJ: 1, M.George 13.09. PV: 1, J.Webb 3.90; n/s Susan Drummie 3.00; Julia Cockram 2.80. DT: 1, M.Small 41.46. HT: 2, M.Small 44.32; n/s R.Bridges 30.44; Petronell Keeler 30.10 (Club Record); 4x200m: 2, Belgrave (M.Simson, G.Mason, R.David, J.Hilston) 1:32.0. Teams: 1, Belgrave 60; 2, Hercules Wimbledon 55; 3, South London 50; 4, Herne Hill 33; 5, Sutton & D 28; 6, Croydon 16.

ROSENHEIM LEAGUE EASTERN DIVISION MATCH 4 TOOTING, 5 JUL

Our 100% record went by the way-side as we badly missed some of our younger athletes, busily preparing themselves for the trip to Nottingham for the All-England Schools the following day. It was also the first time in this 1995 series that we failed to fill out a full team-sheet but added to our weakness was the fact that the opposition were obviously determined not to let us have things all our own way and turned out much stronger outfits than in recent weeks. Hercules Wimbledon pounced heavily and with Herne Hill also inching past us our league lead went down to 2 points.

Our only match win of the night

came in the relay where our time should put us among the top half dozen senior teams in the country when the ranking lists are drawn up. Richard David was in good form to pick up two 2nd places when mostly 3rds and 4ths were our lot and Dave Pamah blazed to a fine win in the BMC invitation 800 metres - unfortunately not a scoring race.

100m: 3, A.Johnson 11.3; n/s M.Bazire 11.5; J.Nicholson 11.5; M.Livingstone 11.6; D.Gomme 11.7. 200m: 3, B.Williams 22.9; n/s G.Mason 23.3; J.Nicholson 23.6. 400m: 2, R.David 51.0; D.Gomme 50.8; M.Bazire 50.9; D.Sleet 57.6. 800m: 3, B.Barton 2:00.5; n/s M.Anderson 2:04.6; A.Luce 2:05.6; BMC Inv race 1, D.Pamah 1:52.7. 1500m: 5, S.Smullen 4:24.2. 3000m: 4, P.Carstairs 9:06.4; n/s C.Dickinson 9:34.9; M.Manning 10:11.8; M.Bizio dnf. HJ: 2, R.David 1.80. LJ: 3, B.Williams 5.91. SP: 3, M.Small 12.55. JT: 4, M.Small 39.72. 4x200m: 1, Belgrave (M.Bazire, R.David, J.Nicholson, B.Williams) 1:31.5. Teams: 1, Hercules Wimbledon 58; 2, Herne Hill 45; 3, Belgrave 44; 4, South London 36; 5, Croydon 35; 6, Sutton & D 27.

*Below: The season comes to a close with Pat's Brats celebrating their second successive Rosenheim Final victory. Left to right - Jamie Webb, ? (obscured), Marlon Dickson, Matt George, Phil Goedluck, Mike Small, Pat Mead, Marcello Bizio (obscured), Roger Alsop, Jim Braben, Pete Mercer, Dave Pamah, Dalton Powell, Richard David.
Photo by Ray O'Donoghue*

ROSENHEIM LEAGUE EASTERN DIVISION MATCH 5 CARSHALTON, 19 JUL

It was back to winning ways for the Rosenheim Raiders at Sutton Arena. Matt Hillier's 2k steeplechase effort was his fastest ever and our young sprinters followed up with some suooor runs. We are used to seeing sixteen year-old Marlon Dickson mixing it with the seniors but were quite unprepared for the 11-dead run unleashed by fellow under-17 James Hilston in the non-scoring race. James later demolished his previous best in the 200, as did Richard David, and the three of them teamed up with Mat George to set a new Junior Club Record in the 4x200 metres relay. That relay run would have been faster still but for a mix-up on the second take-over, followed by Marlon being forced to run in the second lane all around the third turn.

Personal records weren't restricted to the track. Mat upped his triple jump mark to 13.33 while M50 Terry Lawton equalled his best height in the 'vault. Some way short of his best ever was hammer thrower Phil Spivey but his ball and chain still landed far beyond anyone else's to give us another 6 points and enable us to get back to the 60 point region.

Our league lead was back to 3 points and with one match remaining we would have to finish among the last two teams to miss out on retaining our Eastern Division trophy.

100m: 3, M.Dickson 11.1; n/s (1) 1, J.Hilston 11.0; 2, R.David 11.2; (2) 4, M.Simson 12.2; (3) 1, P.Spivey 12.3. 200m: 1, J.Hilston 22.2; n/s 1, R.David 22.9. 400m: 4, M.Simson 61.5. 800m: 2, B.Barton 2:00.4; n/s (1) 4, S.Smullen 2:03.8; 5, A.Luce 2:05.3 (2) K.Quinn 2:16.8. 1500m: 3, P.Carstairs 4:20.1. 3000m: 2, S.Chettati 9:10.3; n/s 5, C.Dickinson

9:31.4. 2000mSC: 1, M.Hillier 6:11.3. TJ: 1, M.George 13.33. PV: 1, Jamie Webb 4.00; n/s 1, T.Lawton 3.10. DT: 3, M.Small 41.76. HT: 1, P.Spivey 55.28. 4x200m: 2, Belgrave (M.George, R.David, M.Dickson, J.Hilston) 1:31.2.

Teams: 1, Belgrave 60; 2, Hercules Wimbledon 51; 3, South London 38; 4, Herne Hill 35; 5, Sutton & D 31; 6, Croydon 26.

ROSENHEIM LEAGUE EASTERN DIVISION MATCH 6 TOOTING BEC, 2 AUG

As long as we finished no more than three places behind our Hercules Wimbledon rivals then the Eastern Division Trophy would stay in our hands. There was never any danger of such an occurrence and we retained the division title with a clear margin of 4½ league points.

In a closely fought match the Bels spent much of the evening lying in second place, just a few points short of H/W's score, but when sprint star Phil Goedluck, already winner of the 100m, lined up for the 200 metres with our rivals having to field their team manager, then we cruised into a match winning position. It was great to have Phil in the team. Of course he's a brilliant sprinter but to have him working for points alongside our younger athletes and giving them advice gave them a great boost.

The sprint hurdles were back in the programme but we were surprised to find that Mat George was not quite so nifty as normal. Eventually we found out what he was trying to keep quiet. He was racing in flat shoes, having brought two left footed spiked shoes with him!

Once again Mike Small improved in the shot (he's making mincemeat of our M40 records) while

the non-scoring 200m turned out to be an exciting duel between established British League man Haroun Korjie and English Schools 400m winner James Hilston. Both were given the same time but Haroun got the verdict.

Another to set a personal record was Said Chettati. 3000m races at Tooting are invariably interesting events where runners of all standards seem to crawl out of the woodwork as dusk falls for the last individual event of the night. Said was always handy, near the front of the field and fully aware that he had to beat the Hercules Wimbledon man. At one point he almost seemed to be going for a win but he settled for a 2nd place in 9 minutes dead - his target for the year attained!

This time we turned out an Under-17 squad in the relay in an all-out attempt to head the national rankings. Their winning 1:31.3 will surely top the list for 1995; it was also three whole seconds inside our club record and just 1/10th shy of the Under-20 men's time.

100m: 1, P.Goedluck 10.9; n/s H.Korjie 11.1. 200m: 1, P.Goedluck 21.6; n/s H.Korjie 22.3; J.Hilston 22.3. 400m: 3, G.Adams 53.6 n/s S.Smullen 56.0. 800m: 5, M.Harris 2:12.5; n/s M.Gilbertson 2:08.0. 1500m: 2, A.Luce 4:18.8; n/s M.Manning 4:45.8. 3000m: 2, S.Chettati 9:00.0; n/s P.Carstairs 9:11.8; D.Anderson 9:59.6. 110mH: 3, M.George 16.7. HJ: 2, J.Hilston 1.90. LJ: 2, J.Hilston 6.32. SP: 3, M.Small 12.67; n/s K.Stock 9.60. JT: 3, M.Small 45.62; n/s K.Stock 34.86. 4x200m: 1, Belgrave (S.Scott, G.Ojok, J.Panton, J.Hilston) 1:31.3. Teams: 1, Belgrave 56; =2, Hercules Wimbledon and Herne Hill 45; 4, Croydon 41; 5, South London 38; 6, Sutton & D 11.



**ROSENHEIM LEAGUE FINAL
TOOTING BEC, 23 AUG**

Last year we ran out winners in the Rosenheim Final with a record score but the whole standard of competition seems to have gone up in 1995. With 5 wins out of 6 matches in the Eastern Division, Pat's Brats *should* pull it off again ... but *would* they?

Adam Daniel shook off the effects of his 18th Birthday celebrations the night before and started us off with a 400 metre hurdles 3rd place. So far so good, and while veteran Mike Small got himself all fired up for a shot putt competition with fellow vet Bill Fuller of Epsom, we dealt our trump card - Phil Goedluck in the 100m. Two-lap man Dave Pamah, inspired by Kiptanui's front running in Grand Prix races had decided that he too needed no pacemakers and blasted a first lap that saw him well clear of the field and beyond being caught, and when an unexpected victory came from Phil Turner in the 400 metres the Bels. began to feel unbeatable. But Herne Hill Harriers had a trick or two up their sleeve yet in the form of 2nd-claimer Eddie White of Sale. The Midlander had no intention of letting Phil Goedluck run to

an easy 200m win and there seemed to be just an element of 'needle' as the Belgravian looked across at his rival at the line. It was a Rosenheim record for Phil with White 1/10th in arrears.

Always looking for a 48 metre Javelin throw to add to his other veteran records, Mike Small had to be satisfied with 44-odd but a good 2nd place. Jamie Webb was also operating at pb level to try and get the better of Epsom's Dylan McDermott - 2nd for him too.

Most embarrassed athlete of the evening was long jumper Pete Mercer. After two 'no jumps' and fearing the consequences of bombing out on jump no. 3 and failing to get any points, let alone get past the cut, he realised that the safest of safe jumps would guarantee him three more attempts. His effort was measured at 2.04! Happily Pete was able to follow with 6.43 and 6.19, both of which were good enough for 1st.

Neither Marcello Bizio nor Roger Alsop were at their best in the longer events but going into the relay we were home and dry. Our fastest 4x200m of the season could have been

a lot better still with half-decent takeovers but 2nd was good enough on the night behind a Herne Hill outfit that caught us on the hop.

It was a points record again - 1 more than our 1994 score - and a sprightly looking Jim Braben, the originator of the competition and now in his 90th year, presented the Rosenheim Plate to our beaming Team Manager. Three in a row chaps?

100m: 1, P.Goedluck 10.8; n/s (1) 1, J.Hilston 11.1; 3, D.Powell 11.3; (2) 5, M.Simson 12.4. 200m: 1, P.Goedluck 21.5; n/s 1, J.Hilston 22.4; 2, D.Powell 22.5; 4, J.Nicholson 23.7. 400m: 1, P.Turner 50.8. 800m: 1, D.Pamah 1:55.9; n/s1, G.Mason 1:58.0. 1500m: 4, R.Alsop 4:11.8; n/s 3, A.Luce 4:16.0. 3000m: 4, M.Bizio 9:14.2; n/s J.Galley 8:58.0; 7, P.Carstairs 8:58.4; M.Gilbertson 9:09.7; J.Madsen 9:32.8; 22, S.Willimont 9:55.0. 400mH: 3, A.Daniel 59.0. LJ: 1, P.Mercer 6.43. PV: 2, J.Webb 4.10. SP: 2, M.Small 12.43. JT: 2, M.Small 44.82. 4x200m: 2, Belgrave (A.Daniel, J.Nicholson, D.Powell, P.Goedluck) 1:30.2.

**The formation of the
South of the Thames
Cross Country
Association**

In the late 1880s athletics experienced its first boom. The established clubs of the time, South of the River Thames, were Ranelagh, Thames Hare & Hounds, South London and Blackheath. These clubs were extremely careful in accepting new members and this led to many new clubs being formed. Very often these newer, minor, clubs were attached to Public Houses. The fortunes of these newer clubs were very mixed: some continued but many died, amalgamated, or were absorbed by others. The standing of the established clubs seemed unaffected by the boom.

The newer, minor, clubs accepted the 'Junior' or 'Second-Class' status put on them by the established clubs and they had no opportunity of competing against these established clubs.

In November 1887 a group of the newer clubs from South London, led by Reindeer Harriers, asked the Southern Counties C.C.A. for permission to run a South of the Thames Second Class Inter-Club Race. Similar clubs North of the Thames requested that the race be extended to include them but this was turned down by the South of Thames clubs and so the North of Thames clubs formed their own association.

On the 14th January 1888 the first South of the Thames Second Class Inter-Club Race took place on Wandsworth Common, which venue was used up to and including 1894.

A formal constitution was written in 1893 but the true start of the Association was, without question, the 14th January 1888.

Over the years the Association has expanded from a South London Association to a truly South of the Thames Association covering, at present, clubs from Surrey, Kent, Sussex, Wiltshire, Berkshire and Hampshire (including the Channel Islands).

The 'established' clubs previously mentioned have, over the years, all affiliated to the Association and have very often hosted races.

In 1910 the Association started annual 'Junior' (by standard) races in addition to the Championship race. Initially the 'Junior' races were on a County, or group of Counties, basis but changed to a one race only basis in 1933. The County idea has, however, continued with the 'County' Medals given at these races.

From the South of the Thames C.C.A. Handbook

Left: Flashback! Twentynine years ago at Crystal Palace, and Jim Vivian, Chris Martin, Robert Nelson and Dave Mitchell pose for the camera of Ed. Lacey after placing 6th in the final of the A.A.A. 4 x 220yds relay Championship in 1:31.9.

**Rosenheim League Eastern
Division**

| | | |
|----------------------------|-----|-----|
| 1, Belgrave | 342 | 34 |
| 2, Hercules Wimbledon ... | 297 | 29½ |
| 3, Herne Hill | 230 | 21½ |
| 4, South London | 247 | 21 |
| 5, Croydon | 186 | 11 |
| 6, Sutton & District | 156 | 9 |

Rosenheim Final

| | |
|-----------------------------|-----|
| 1, Belgrave | 78 |
| 2, Herne Hill | 64½ |
| 3, Bank of England | 49 |
| 4, Hercules Wimbledon | 46½ |
| 5, South London | 45 |
| 6, Epsom & Ewell | 42 |
| 7, Walton | 31 |

Flashback - 1967 !



DISCOVERY OF 1891 TROPHY

FOR many years it was thought that the HAIG & HAIG Cup, presented by our President of 1897 - John Ogilvy Haig of whisky fame - was our earliest Club trophy. That view now has to be revised.

We recently received a call from Mike Stevens, father of England full-back Gary Stevens, and grandson of J.R. Stevens, a Belgrave athlete of the 1890's. He had discovered a trophy in his grandfather's loft bearing the name of Belgrave Harriers and wondered whether it was the property of the Club.

Research into the archives revealed that our founding President, H. Morton Carr, had presented cups in 1889, 1890 and 1891 for a series of one-mile handicap races along the Chelsea Embankment; each race awarding points, with the highest total at the end of the series receiving the Challenge Cup. The races were well supported with as many as 60 starters on some occasions.

J.R. Stevens started the last race of 1891 with an eight points lead. He finished fourth, clinching the title, and was presented with the last of the three cups by H. Morton Carr. It became the property of the winner. No further cups were put up and it is probable that the series of races was discontinued.

Our picture shows the 1891 cup. Similar cups were held by W. Presley (1889) and G. Brodie (1890).

We are grateful to Mike Stevens for advising us of the existence of this 104 years old trophy.



The H. Morton Carr
Challenge Cup of 1891

OFFICIALS ON THE MOVE

Thanks to Harry Porter.

IT IS NOW fourteen years since Harry Porter became involved with Belgrave Harriers but we'd like to bet that he hadn't got an inkling of what he was letting himself in for when he first brought daughter Gail along to compete. In a very short time Harry was assisting Derek Jones, then the Ladies Section Secretary, and with his enthusiasm and drive he was an obvious choice to take the job over when Derek stepped down.

Schools matches, Committees, League Organisation, cross-country, track and field, it's all been grist to the mill as far as Harry was concerned and no-one was surprised when in 1991 he was elected President of our Club.

But all things move on and Harry has decided that it is time that he too stepped down from some of the tasks he has been carrying out. He will continue to look after our Women's Cross-Country and Road Running teams as Team Manager but no longer will he be the person in charge of our Women's Track & Field Team and his last match at the helm was the final Southern League match at Norman Park in September.

Cynthia James has been very ably assisting Harry as Team Manager, taking on many of the 'on the day' jobs that have to be done. She will continue to fill this role but our new Team Manager is Jacqui Smiter who joined the Club as an eleven year-old in 1983 when Harry was just taking over. Recently elected Vice-President of Belgrave, Jacqui has plenty of ideas and will no doubt also be involved with our young women's National YA League team. We wish her the best of luck.

In the meantime we say "Many, many thanks to Harry". We owe a great deal to you and you may rest assured that whatever we achieve in the future, none of it would be possible without the foundations you have laid.

ANOTHER to have earned a rest is our Officials Secretary Jean Hutcherson. This has got to be one of the least enviable jobs in the Club. We have so many teams now that ensuring that we fulfill our obligations has become a real headache. Jean was assisted last season by Win Shepherd and Sue Porter and we thank these three ladies heartily for their efforts. The new person taking up the challenge of Officials Secretary is Pat Mead and in view of this, Pat has relinquished her position as Minutes Secretary for the Main Committee. The Committee are of course very sad to see her step down after setting such an extremely high standard with her work. Hon. Secretary Charlie Henn is probably sadder than most as it is he who will add this task to his portfolio.

BILL LAWS has moved back to become Secretary of our Public Relations & Sponsorship Committee while John Powell has taken up the new Main Committee position of Youth Development Scheme Director with Laurence Rogers as his Assistant. Clive Shippen regretfully is unable to continue as External Relations Secretary due to his plans to emigrate to Australia and for now the post remains vacant.

AS MENTIONED above, Jacqui Smiter was elected Vice-President at the 1995 A.G.M. as was Jon Coy who although only 24 seems to have been involved in organising teams for donkey's years. Jon continues to be our National Junior League Team Manager and will also be looking after the under-20s as far as cross-country is concerned. A popular third Vice President was also elected - none other than sprint star Phil Goedluck who has been in the thick of things all the way from the Southern League days and who continues to lead from the front in our first team.

OUR two Hon. Auditors Ray Conway and Ken Miller, who between them seem to have put in so many years that it can't be true, were elected Life Members of Belgrave Harriers. Ray, who has been a member since 1954 and has served as Auditor for the past 16 years, is now going into a very well merited retirement, while Ken, just coming up for 40 years of membership and with a staggering 37 years as Auditor, stays on for the time being. Gentlemen, we can't thank you enough.

TWO who should be thanked are our Hon. Secretary Charles Henn and our Hon. Treasurer Derek Manning. Both have only been in harness for a year but it is a time of considerable change in our Club and both have already earned the greatest of respect from their clubmates.

Schools Track & Field Results

COUNTY SCHOOLS CHAMPIONSHIPS, 10 JUN

Nineteen-ninetyfive saw what must have been our most successful County Schools Championships ever with no fewer than 17 winners in all. We know that there are details of one or two performances that have not reached us and we feel sure that there must be some news from Kent and Sussex - can anyone fill us in?

Record flurry at the Surrey's

The towering Richard Aspden leapt a huge 2.10 in the high jump (that's 6 feet 10½ inches for anyone who still buys their dolly mixtures by the ¼ pound) to add a massive 12cm to the county record that has been shared by three athletes since 1976.

Middle-distance man Gavin Mason was also looking for records. Simon Weston immediately took up the running in the 800m but a full 500 metres from home it was Gavin striding to the front and going away with a powerful raking stride that did not falter for a second over the remainder of the race. Announcer was Mike Fleet, an international 800m runner himself back in the '60s, and there was no disguising the pleasure he had got from watching the race when he announced that the Championship Best Performance had indeed gone. A 58 first circuit, followed by a 55 had carried Gavin to 1:53.1 to remove the name of Simon Jones (our own Adam's brother) from the record books.

Intermediate Es Hassan was carrying a hamstring niggle that had him worried during the preliminary rounds. You wouldn't have spotted his anxiety from the way he powered around the turn in the 200m final but an arm punched aloft as he crossed the line in gold medal position told how pleased he was with his win. Another win and a near record came from James Hilston with 50.0 in the one lap sprint, showing that he is

gradually getting back to his sub-50 shape under the guidance of coach Bob Bridges.

The County were maintaining a rigid stance on who would actually go to the All-England Schools. It wasn't enough just to win - one had to achieve a very high standard qualifying time as well. Matt Hillier wins the 2000m steeplechase every time out but inevitably is so far in front of the field that he finds it difficult to sustain his pace without any opposition. It happened again here: a time of 6:05 was required - and he went for it - but faded to a winning 6:29 and bits by the end. Luckily the selectors were eventually forced to recognise that his super run in the British League 3k event was at least worth 6:05 and he was awarded a All-England Schools place.

Senior Boys

100m: 1, A.Dunwoodie 11.6. 800m: 1, G.Mason 1:53.1 (CBP); 2, T.Dolman 1:57.2; 3, S.Weston 1:59.8. 3000m: 3, T.Earle 10:56.1. 2000mSC: 1, M.Hillier 6:29.7; 2, T.Evans 6:57.0. HJ: 1, R.Aspden 2.10 (CBP).

Intermediate Boys

200m: 1, E.Hassan 23.5. 400m: 1, J.Hilston 50.0. 3000m: 4, K.Quinn 10:07.7. 400mH: 2, P.Fox 62.1.

Junior Boys

200m: 1, R.Hart 24.8

Senior Girls

JT: 3, H.Mead 23.70.



Above: After a week of worrying about a hamstring niggle, Eshref Hassan had no trouble in picking up gold in the Surrey Intermediate Boys' 200 metres.

London pride!

While our Surrey members had come up with seven wins it was "no contest" as far as our Londoners were concerned - they went into double figures with no fewer than 10 titles going their way.

Steve Scott has been nibbling away at our Club Record for the 100m hurdles for some time. Last year he equalled it with 14.3, in May this year he made it his own with 14.0 and now he turned on the turbos to skim the barriers in a scintillating 13.8. An All-England Schools medal is beginning to look a possibility.

Another in Club Record mood was long jumper Geoffrey Ojok. His winning 6.74 leap moved him to 3rd in the UK for his age-group in '95 and added 10 centimetres to the oldest Club Record on our books: John Key's mark set in 1954! In fact the jumps were our strongest events at Croydon for Dulwich College's Andrew Hill took the Inter pole vault, Matthew Forde annexed the Senior Boys triple jump while also among the Inters, Syful Ahmed's 13.21 triple, although not a winning mark, was recognised as being worthy of a trip to

the Harvey Hadden Stadium.

Natalie Law only signed up with the Bels in the Spring but she is already making a name for herself. A product of our Crystal Palace Wednesday night initiative she is regularly chipping away at her pbs and here did so again to win the Junior 200m. The name of Simon is not one that is new to us, however, and this time it was Bianca hurdling to an 80m win.

With Michelle Stock cracking 30 metres for the first time in the discus and creeping to within reach of Cindy James' Club Record and Angela Hearn running off with the 3000m we can feel proud that not only is our overall strength spreading over track and field, it is also not just confined to the boy's events.

Senior Boys

TJ: 1, M.Forde 13.61. JT: 1, B.Cascoe 55.50.

Intermediate Boys

100m: 1, M.Dickson 11.0. 100mH: 1, S.Scott 13.8. LJ: 1, G.Ojok 6.74. TJ: 2, S.Ahmed 13.21. PV: 1, A.Hill 2.80.

Intermediate Girls

3000m: 1, A.Hearn 13:35.4. 80mH: 1, B.Simon 13.1; DT: 1, M.Stock 30.26.

Junior Girls

200m: 1, N.Law 26.8. 800m: 8, D.Hearn 2:49.? (2:44.4 ht).



Left: Paul Fox gets his Central Surrey 4 x 100 metres team off to a good start

Three gold and two bronze medals at All-England Schools

TSB ENGLISH SCHOOLS CHAMPS NOTTINGHAM, 7/8 JUL

The All-England Schools provided a tremendous showcase for the strides we are making in Youth Athletics. With more of our young competitors taking part than ever before, the two day mini-olympics at Harvey Hadden Stadium ended with a Belgrave tally of three gold and two bronze medals.

What a competition high jumper Richard Aspden had on the opening day. Richard had been looking for a European Junior Championships qualifying mark since the beginning of the season. At last he got the height he wanted by clearing 2.16m in the closest of competitions where two others shared the same height but were placed behind him due to inferior clearance records. It was Richard's best ever by 5cm and moved him ahead of Stanley Osuide in the Club Record stakes. We thought that Stanley's record of 2.15m was out of this world but it didn't last 4 years! Unfortunately the "Euro qualifier" arrived just too late to earn Richard selection

Below: English and International Schools Champion James Hilston is now down to 48.71 for 400m - and is still sixteen years old! With a talent like that, good luck with health and some hard graft he could go to the very top levels of our sport.



for a trip to Hungary with the nation's best Under-20s but he'd earned the respect that was shortly now to take him to a Junior and then full Senior international vest.

Amongst the other action Steve Scott found himself the victim of the unfortunate decision to use Nottingham's seven lane track. Steve placed 2nd in his 100m hurdles heat in 13.86 into a slight breeze but when it came to the semis where the first three plus fastest loser were due to progress to the final the judges were handed the problem of finding the fastest loser from four who had all clocked the same time of 13.8. One other had run 13.8 and gone through to the final by right by placing 3rd. A non-timed run-off was required in which Steve again excelled to place 2nd. Eight lanes as per normal and he would have been in, but as it was ...

Phillip Idowu got up to 8th in the Inter Boy's triple jump but Syful Ahmed had the galling experience of travelling all the way to Nottingham to produce three no jumps! Never mind Syful with another year in the same age-group time is on your side.

Saturday was the big day for finals.

Early on, Natalie Law set a sparkling new Under-15 200m Club Record of 25.34 to get up to 3rd place and progress to the finals. Then, within a minute or two, it was time for the Junior Boys' 400m where Sam Murray and Nicky Daniel clashed in the same 400m semi-final; at 5th and 6th it was the end of the road for them but what superb times for under-15s. The Intermediate Boys' 400m was next up and here James Hilston cruised through his semi-final in 49.49 - another season's best after his 49.70 heat the previous day.

Southern U20M Champion Tom Lerwill was favourite for the Senior Boys' 800m title and he didn't disappoint. Gavin Mason was 3rd, just half a stride behind 2nd place in a personal record. We haven't included Tom's win in our medal haul but a couple of months later he signed up for the Bels.

Marlon Dickson had reached the final of his 100m with an easy 2nd in his heat and then a second round win in 11.18. Looking for that elusive wind-legal sub-11 in the final, Marlon was out of luck. A 2.20mps wind took the winner to 10.74 and our man to 3rd in 11.06 - and even that he had to share with a fellow competitor given the same time and place.

Next to leap into action was Geoffrey Ojok. Jumping into a steady breeze his mark of 6.72 was just 2cm down on his best ever and gave us our second gold medal of the meeting.

Back on the track Natalie claimed 7th spot in a very competitive 200m final but disappointing in the Senior Boys' 2k steeplechase was Matt Hillier. Unaccountably Matt was in trouble from the very beginning, yet the following day in the Club Champs. he front ran a time 18 seconds faster.

And so to the final event as far as we were concerned, the Inter Boys' 400m final, where James Hilston's 49.17 was his third improvement in two days and this time taking him to a new Under-17 Club Record and gold medal number three for the Bels.

a = 7th, b = 8th
Senior Boys

100m: hts a (-2.20) 4, A.Dunwoodie (Surrey) 11.6.
800m: b 1, T.Lerwill (Essex) 1:50.49; 3, G.Mason (Surrey) 1:52.85; hts a 4, T.Dolman (Surrey) 1:56.70. 2000mSC: b 12, M.Hillier (Surrey) 6:34.28.
HJ: a 1, R.Aspden (Surrey) 2.16. JT: b 18, B.Cascoe (London) 49.82.

Intermediate Boys

100m: b (+2.2) =3, M.Dickson (London) 11.06.
400m: b 1, J.Hilston (Surrey) 49.17. 100mH: a sf (-



Above: Sometimes fate lends a hand. The one event in the McDonalds League where we were looking for some help was the Under 15 Javelin - and then along came Antony Stanley-Clarke, Battersea resident but Berkshire Schools Champion with over 50 metres.

2.00) 5, S.Scott (London) 13.8. LJ: b 1, G.Ojok (London) 6.72 (-2.60). TJ: a 8, P.Idowu 13.35 (+1.10); S.Ahmed 3nj.

Junior Boys

400m: b sf 5, S.Murray 53.11 (a 52.64 ht); 6, N.Daniel 54.50 (a 53.95 ht). JT: b 11, A.Stanley-Clarke (Berks) 43.58.

Junior Girls

200m: b (+1.60) 7, N.Law (London) 26.30 (b 25.34 sf).

Now it's 48.71!

TSB SCHOOLS INTERNATIONAL COLWYN BAY, 15 JUL

The North Welsh resort of Colwyn Bay in Clwyd was the scene for a storming 400 metre run from James Hilston while representing England against the other home countries. With his Under-17 Club Record just seven days old, the powerful Ewell Castle pupil took his best down another notch to 48.71 for a clear win and a time that is the best ever recorded by a Belgrave Under-20 ... and he's sixteen years old! Well done coach Bob Bridges for nursing James along so expertly after he missed out on pre-season background work.

Long jumper Geoffrey Ojok also featured in the action at this meeting, also competing for England, and as a result his name too will be added to the Junior Internationals Honours Board at Belgrave Hall. On this occasion he didn't get into the frame but his 6.75 represented yet another improvement on his Club Record. Both he and coach Tony Ganio know that when they have ironed out his still raw technique, regular 7 metre jumps should become the norm.

Junior Men Promoted in NJL

The **NATIONAL JUNIOR LEAGUE** is providing the perfect springboard to help our young track and field men along the road to success as seniors. Formed in 1989 with just twelve clubs taking part in that inaugural year, it really is now a national organisation with 135 teams participating in the 1995 version of the event - 92 men's teams and 43 women's.

Belgrave men have been taking part since 1992, languishing in the lower reaches of the competition while our U20 club strength has gradually been built up. A large percentage of our team are still actually U17 but it really is heartwarming to see how the squad has kept together as they have moved up from the younger sections of our Thameside league, through the different age groups of the McDonalds League to this final stepping stone before senior status.

Opposition slain in opening NJL

**NATIONAL JUNIOR LEAGUE DIVISION 3 SOUTH 'A', MATCH 1
PERIVALE, 23 APR**

It was apt that the opening match in the 1995 National Junior League series fell on St. George's Day. As the competition got under way we were treated to the sight of new member Mat George slaying the opposition as he notched up victories in events as diverse as triple jump, javelin and sprint hurdles. Mat along with other new members Adam Daniel (a powerful looking runner over one lap) and triple jumper Syful Ahmed joined in with the talented young men who formed the mainstay of our team last year to enjoy a points scoring spree that took us to our first ever NJL win. And still a good percentage of them have another two years in the age group - enough to take us a long way towards the top division.

One of our top scorers was Geoffrey Ojok, not yet 16 years of age at this date. He showed plenty of talent when he donned the claret and gold for the first time in 1994 but this year he has come back fitter and stronger in every way, popping up all over the arena to push the score along.

In the longer events, John Wilson was mighty pleased with his 'B' 3k win in a best ever time, in spite of a shortage of training, while up ahead Matt Hillier loped to a fine 'A' win prior to making it a double with top points also in the 'chase.

There were some awesome sprinters around and Ealing placed their top man on the last bend of the sprint relay, hoping to gain enough of a lead to enable them to hold on. Last

legger Marlon Dickson had other ideas. He tore back to the front for the Bels, stabbing a finger skywards as the line was crossed.

The 4 x 400m was another Belgrave showpiece as our quartet set new Club Record figures. The league record of 3:23.1 is well within their sights.

100m: 2, M.Dickson 11.2; 2, R.David 11.4; n/s 1, J.Hilston 11.5; 2, E.Hassan 11.8; 3, M.Livingstone 12.0. 200m: 2, J.Hilston 23.1; 1, G.Ojok 23.3; n/s 1, R.David 23.5; 2, P.Hills 26.0. 400m: 1, G.Mason 50.6; 1, A.Daniels 51.8. 800m: 2, S.Weston 2:02.3; 1, J.Dawson 2:07.4. 1500m: 4, T.Evans 4:20.6; 2, A.Jones 4:29.3. 3000m: 1, M.Hillier 9:02.5; 1, J.Wilson 9:33.3. 110mH: 1, M.George 17.2; 1, R.David 18.1. 2000mSC: 1, M.Hillier 6:33.0; 1, A.Jones 7:08.5. HJ: 2, J.Hilston 1.85; 2, S.Ahmed 1.50. LJ: 2, G.Ojok 6.29; 1, E.Hassan 5.73. TJ: 1, S.Ahmed 12.81; 1, M.George 12.69. SP: 3, R.Peacock 8.89; 3, P.Hills 6.64. DT: M.Dickson 24.00; 2, R.Peacock 19.28. JT: 2, G.Ojok 40.00; 1, M.George 29.00. HT: 3, R.Peacock ???.??. 4x100m: 1, Belgrave (M.Livingstone, G.Ojok, J.Hilston, M.Dickson) 44.2. 4x400m: 1, Belgrave (G.Mason 52.1, R.David 51.7, A.Daniel 52.8, J.Dawson 51.5) 3:28.1 (Club Record). Teams: 1, Belgrave 221; 2, Herne Hill 165; 3, Ealing S&M 152, 4, Invicta EK 113; 5, Cambridge H 34.



Above: Its another McDonald's win for Joe Panton - but it could just as easily have been the National Junior or Southern League Division 6.

Five Bels race to decide last relay slot

**NATIONAL JUNIOR LEAGUE DIVISION 3 SOUTH 'A', MATCH 2
SUTCLIFFE PARK, 18 JUN**

It wasn't just that the the Bels dominated this match by constantly gaining forward positions, what also caught the eye were some of those individual performances. There was also the luxury of having so many non-scorers on hand to fill in as reserves and a non-scoring 100 metres had no fewer than five claret and gold vests to the fore, racing it out to decide who was going fill the last slot in the sprint relay. And when it came to that relay our quartette produced a rocketing run to come within a couple of strides of wiping out our 30 year-old Junior 4x100m record; this from a team where the first three runners were all under-17s. A Division Two match was being held in conjunction and a quick comparison of results shows that should we achieve promotion (and we're pretty sure we will), next year we'll still be looking for team wins at the higher level.

Man of the match was Ealing's outstanding sprinter Kevin Mark; our own Marlon Dickson and Adam Dan-

iel both got washed away to 2nd places in his wake but in the 'B' string races all-rounder Geoffrey Ojok and Andre Johnson, competing for us for the first time, both scorched to wins. Double wins came in the 400m, where Richard David, in the 'B' race, was hoping for an English Schools qualifying time but found that the swirling wind put paid to his chances, and the 800m where new member James Venning celebrated his entry to the side with a 'B' win.

Simon Weston ran a strong 'A' 800 metres to reduce his pb for the second time in a couple of weeks and another to break new ground was Wesley Swaffer who looked so positive in the 'chase and took metres out of Herne Hill's class performer Ben Woodd every time they tackled a barrier.

Our sprint hurdlers were in a realm of their own. Both strings were run off together and we saw Steve Scott pitted against Mat George and racing the Junior event for the first

time. Triple jump winner Mat gained the advantage and held it to the line but it was a great baptism for under-17 record holder Steve - the switch to 110 metres from 100, with higher obstacles and more space between them is a daunting task but he handled it well. Clear in the one lap hurdle race was Adam Daniel, gradually getting back to his best form.

Spearman Ben Cascoe now seems over his shoulder problems and the throws were strengthened by Chris Johnson and Daniel Stone while Bobbie Peacock seemed to be everywhere.

100m: 2, M.Dickson 11.2; 1, A.Johnson 11.2; n/s R.David 11.4; S.Scott 11.6; B.Cascoe 11.6; M.Livingstone 11.9; M.Miller 12.0. 200m: 2, A.Daniel 23.4; 1, G.Ojok 23.9; n/s G.Mason 23.2; J.Panton 23.9; M.Miller 25.9; D.Shakes 26.6. 400m: 1, G.Mason 50.4; 1, R.David 51.6. 800m: 1, S.Weston 1:59.1. 1, J.Venning 2:10.9. 1500m: 5, W.Swaffer 4:37.9. 4, D.Ofosuh

5:02.4. 3000m: 2, J.Wilson 9:48.2; n/s K.Quinn 9:58.5. 110mH: 1, M.George 16.0; 1, S.Scott 16.5; n/s M.Miller 18.1. 400mH: 1, A.Daniel 57.9; 2, W.Swaffer 68.8. 2000mSC: 2, W.Swaffer 6:42.0. HJ: 2, M.Miller 1.80; 2, R.David 1.70. LJ: 1, G.Ojok 6.45; 3, M.Livingstone 5.58. TJ: 1, M.George 13.14; 2, R.Peacock 9.24. SP: 3, D.Stone 11.11; 3, R.Peacock 9.55. DT: 4, M.Dickson 26.68; 2, R.Peacock 21.18. JT: 1, B.Cascoe 49.14; 1, C.Johnson 39.32. HT: 3, R.Peacock 22.84; 2, D.Stone 19.20. 4x100m: 1, Belgrave (S.Scott, G.Ojok, M.Dickson, A.Johnson) 42.9; n/s (B.Cascoe, M.Miller, M.Livingstone, J.Panton) 46.3. 4x400m: 1, Belgrave (S.Weston 52.7, G.Mason 50.8, R.David 55.1, A.Daniel 54.1) 3:32.7. Teams: 1, Belgrave 226; 2, Herne Hill 207; 3, Ealing S&M 155; 4, Invicta EK 122; 5, Cambridge H 36.

Result a foregone conclusion

NATIONAL JUNIOR LEAGUE DIVISION 3 SOUTH 'A', MATCH 3
SOUTHEND 30 JUL

The trouble with having such small divisions and meeting the same clubs each time is that the results become pretty much a foregone conclusion. We had already won two matches out of two and the fire seemed to have gone out of the opposition. Only three teams out of the five turned up at Southend and of these, Herne Hill had eight athletes and Ealing, Southall & Middlesex had just four to pit against our twenty. In other words we had nearly twice as many as the rest put together.

If the situation regarding athletes was bad, it was even worse regarding officials; as the meeting began just two or three were present.

Our young vaulters appreciated having Jamie Webb on hand to advise them and they both did well to win, having some four years ahead of them in this competition. In fact wins were so commonplace that there is no way that we can pick them all out but one event that must be mentioned is the sprint hurdles. In only his second race over the distance and competing above his age-group, Steve Scott annihilated our U17M best on record for the 110m/99.0cm event and also wiped out the U20M records set by Mark Lindsay-Bayley and Tony Tymms. Tony's record run came in 1962 and he went on to become an international. We were not the only ones to appreciate Steve's run and he was made the athlete of the match.

100m: 1, A.Johnson 11.0; 1, R.David 11.2. 200m: 1, A.Johnson 22.5; 1, R.David 22.5. 400m: 1, A.Daniel 55.4; 1, D.Shakes 67.1. 800m: 1, A.Jones 2:10.6; 2, J.Venning 2:18.5; n/s J.Panton 2:12.9. 1500m: 2, W.Swaffer 4:37.5. 3000m: 2, J.Wilson 9:44.3; - K.Quinn dnf. 110mH: 1, S.Scott 14.8; 1, M.George 15.5. 400mH: 1, A.Daniel 65.8; 2, S.Taylor 93.7. 2000mSC: 1, W.Swaffer time not known. HJ: 2, R.David 1.70; 1, A.Hill 1.60. LJ: 2, P.Idowu 6.37; 1, M.George 6.16. TJ: 1, M.George 13.07; 1, C.Johnson 9.70. PV: 1, A.Hill 3.10; 1, S.Taylor 2.10. SP: 2, D.Stone 9.93; 2, P.Oyelade 9.76. DT: 2, P.Oyelade 28.30; 2, R.Peacock 18.34. JT: 2, C.Johnson 38.60; 2, M.George 8.14. HT: 2, P.Oyelade

23.04; 2, D.Stone 15.72. 4x100m: 1, Belgrave (A.Johnson, R.David, S.Scott, M.Livingstone) 45.9. 4x400m: 1, Belgrave (A.Jones, M.George, A.Daniel, R.David) 4:17.7.

Teams: 1, Belgrave 220; 2, Herne Hill 155; 3, Ealing S&M 60; Invicta EK and Cambridge H did not show up.



Above: Junior Captain Adam Jones was subjected to the time-honoured custom of being dunked in the water-jump (after being rugby tackled by Adam Daniel) when his team were victorious in four out of four National Junior League matches, thereby making absolutely certain of promotion.

Marlon 'runs' a 400 !

NATIONAL JUNIOR LEAGUE DIVISION 3 SOUTH 'A' MATCH 4
HOUNSLOW, 27 AUG

Back in London for the final fixture, we would have had to finish in last place to miss out on becoming division winners - and in actual fact we won yet again. Several members of our team failed to show up, however, and although we just about cracked the 200 point score we can not afford to be so lax next season when we compete in division two.

It was a bit of a sad day for Mat George. Having competed in umpteen events in all four of the NJL matches, this meeting saw the very first time that he had finished out of 1st place in any competition as he ran to 2nd in the sprint hurdles.

This was also the day that we were to see Marlon Dickson run a 400 metre leg in the relay. It was good race for two laps. After a toss-up to decide who would run first Joe Panton cruised to the 200 metre point saying to himself, "Not now Joe ... not now ... but NOW", as he tore round the bend. Paul Fox also had a neck and neck struggle with the opposition, but don't get excited, Marlon had no intention of putting himself into oxygen debt as he jogged a 65.7 lap three in flats and track suit bottoms. Even this was not the slowest time. Adam Jones managed to get around in over 88 seconds on lap four before being carried off for the time-honoured custom of being dunked in the water jump as division winning team captain.

Well done Team Manager Jon Coy.

100m: 2, M.Dickson 11.0; 1, R.David 11.3. 200m: 1, R.David 22.9; 2, P.Fox 25.2. 400m: 2, A.Daniel 54.7; 1, J.Panton 55.1. 800m: 3, G.Jones 2:14.5; 2, J.Wilson 2:16.9. 1500m: 3, J.Wilson 4:47.2. 3000m: 1, K.Quinn 10:16.0; 1, W.Swaffer 10:30.7. 110mH: 2, M.George 15.7. 400mH: 2, A.Daniel 61.6; 2, P.Fox 67.7. 2000mSC: 3, W.Swaffer

7:27.0. HJ: 4, O.Howard 1.60; -, R.David no ht. LJ: 1, G.Ojok 6.41; 1, M.George 5.96. TJ: 1, M.George 13.57; 2, C.Johnson 9.18. SP: 2, A.Daniel 8.63; 2, R.Peacock 8.55. DT: 4, R.Peacock 16.88; 2, A.Jones 13.24. JT: 2, C.Johnson 40.83; 1, R.Peacock 31.31. HT: 3, R.Peacock 20.74; 2, A.Jones 17.54. 4x100m: dsq. Belgrave (J.Panton, A.Daniel, M.Dickson, R.David) 46.0. 4x400m: 2, Belgrave (J.Panton 59.4, P.Fox 55.7, M.Dickson 65.7, A.Jones 88.9) 4:29.7.

Teams: 1, Belgrave 200; 2, Invicta EK 148; 3, Herne Hill 128; 4, Ealing S&M 118; 5, Cambridge 59.

Circuit training with Tony

As you will notice elsewhere, circuit training is now in full swing at Westminster College in Battersea Park Road on Monday evenings. But we have another group working out on Sundays at a fitness centre in Wandsworth Road. Tony Ganio is the man in charge so if you are interested, give him a call on 0171-652 8596.



National Junior League Division 3 South Thames 'A'

| | | |
|-------------------------------|-----------|----|
| 1, Belgrave | 867 | 24 |
| 2, Herne Hill | 655 | 19 |
| 3, Ealing, Southall & M | 485 | 15 |
| 4, Invicta East Kent | 383 | 11 |
| 5, Cambridge H | 129 | 6 |

Matthew Coleman lying 5th in Wheelchair Grand Prix

MATTHEW Coleman has been racing regularly in the Wheelchair events during 1995.

At Silverstone over 10k on the road he clocked 29:17 for 5th place and in road races at Leeds placed 21st in a Senior 5k in 15:42 and 8th in a 3k with 9:50.

On the track his best times (as at June) were 100m/20.4, 200m/36.28, 400m/60.8, 1500m/4:05.41, 5000m/15:31.28 and 10000m/36:15.01. The last we heard he was lying 5th in the Junior Grand Prix just one or two points behind 4th place.

BIG MAC BONANZA

A solid start

**McDONALD'S YA LEAGUE SOUTHERN DIV 1 (EAST) MATCH 1
SUTCLIFFE PARK, 30 APR**

Our second place gave us a solid start at Sutcliffe Park, Eltham, but with no competitors in any of the distance events and pole vault in the older age-group, we handed top spot to Ipswich by the small margin of 25 points. The pressure is now on to win the remaining 1995 fixtures to ensure that we bounce straight back to the Premier Division.

No fewer than eight of our team came up with personal best performances in this the very first match of the season and none was more impressive than Stephen Scott's first ever attempt at the 400m hurdles. A cracking 60.7 had him streets ahead of the opposition. Fellow U17 Es Hassan upped his long jump to 5.80 and the 100 metres had Marlon Dickson and Geoffrey Ojok breaking new ground with 11.1 and 11.4 apiece.

Some way away from his best at the moment, James Hilston nevertheless has such talent that he came away with the man of the match award for his 50.7 400 metres. James and Es are two of our best sprinters but with so much talent around at the moment neither of them were present in the sprint relay squad that ripped to a new U17M Club Record of 44.0 (they were both saved for the winning 4x400m outfit). Well done Stephen, Geoffrey, Joe Pantan and Marlon - with six to choose from at any given time that record is sure to go down to 43-odd before long.

Plenty was happening in the younger age-groups as well! David Bates and Chris Beaver gave as a double win the under-13 800 metres while in the under-15s Roy Hart scored heavily with wins in the 100m, 200m and long jump before he finally ran last leg in the relay. Nicky Daniel's 54.6 clocking to win the 400 metres was outstanding. He had slashed whole seconds off his best for the one lap race in one go but just to prove that it was no fluke he ran to 54.4 in the relay. Nicky also teamed up with another talented sprinter, Moses Semakula, to give us maximum points in the shot.

Roll on match number two.

U17M

100m: 1, M.Dickson 11.1; 2, G.Ojok 11.4. 200m: 1, M.Dickson 22.9; 1, E.Hassan 23.6; n/s J.Panton 24.4; D.Shakes 27.1; K.Quinn 28.4; S.Mytilineos 30.2. 400m: 1, J.Hilston 50.7; 3, G.Jones 58.2. 800m: 2, G.Jones 2:10.1; 4, S.Mytilineos 2:44.0; n/s K.Quinn 2:20.4. 100mH:



Left: David Bates was a regular in under-13 800 metres races throughout the whole summer.

1, S.Scott 14.4; 1, E.Hassan 18.9. 400mH: 1, S.Scott 60.7; 1, S.Taylor 74.8. HJ: 2, J.Hilston 1.70; 1, S.Ahmed 1.50. LJ: 1, G.Ojok 6.35; 1, E.Hassan 5.80. TJ: 1, S.Ahmed 12.19; 1, P.Hills 10.78. SP: 3, J.Panton 8.89; 3, P.Hills 8.00. DT: 2, M.Dickson 30.28; 3, S.Taylor 14.54. JT: 2, G.Ojok 46.00. HT: 2, S.Scott 20.38. 4x100m: 1, Belgrave (S.Scott, G.Ojok, J.Panton, M.Dickson) 44.0. 4x400m: 1, Belgrave (E.Hassan 55.3, D.Shakes 59.9, P.Hills 56.4, J.Hilston 50.3) 3:41.9.

U15B

100m: 1, R.Hart 12.3; 2, M.Semakula 13.1. 200m: 1, R.Hart 25.0; 1, M.Kerr 25.7; n/s J.Wignell 26.1; D.Crook 30.4; J.Scott 31.1. 400m: 1, N.Daniel 54.6; 2, A.Cuyper 63.1. 800m: 3, J.Stevens 2:29.9; 4, G.White 2:53.1; n/s D.Bond 2:37.7; D.Crook 2:53.9; K.McCruden 3:57.2. 1500m: 4, R.Bignell 5:11.4; 3, D.Bond 5:21.6. 3000m: 3, K.Bignell 10:54.8; 2, C.Morris 11:17.3. 80mH: 4, J.Tuson 16.3; 3, E.Burkle 15.0. HJ: 3, J.Tuson 1.50; 2, N.Whorlow 1.40. LJ: 1, R.Hart 5.10; 1, E.Burkle 4.75. SP: 1, N.Daniel 10.70; 1, M.Semakula 10.06. DT: 3, N.Whorlow 24.95; 2,



MATCH 1 continued

D.Sumner 19.46. JT: 2, M.Semakula 28.26; 2, J.Scott 27.40. HT: 3, J.Scott 17.58; 3, K.McCruden 10.28. 4x100m: 3, Belgrave (M.Kerr, M.Semakula, J.Wignell, R.Hart) 51.2. 4x400m: 3, Belgrave (J.Tuson 60.9, J.Stevens 63.3, N.Whorlow 65.2, N.Daniel 54.4) 4:03.8. U13B
100m: 2, K. Bignell 14.3; 2, F.Hughes 14.4. 200m: 4, N.Flynn 30.2; 2,

K.Bignell 28.4; n/s C.Stanford 35.4, S.Whorlow 36.4. 800m: 1, D.Bates 2:32.3; 1, C.Beaver 2:45.5; n/s S.Whorlow 3:02.2. 1500m: 2, L.Jones 5:38.3; 2, R.Biscoe 6:18.5. LJ: 4, F.Hughes 3.61; 4, D.Bates 2.97. 4x100m: 2, Belgrave (F.Hughes, D.Bates, N.Flynn, K.Bignell) 58.2. Teams: 1, Ipswich 218; 2, Belgrave 193; 3, Thurrock 146; 4, Cambridge H 138.

Massive win at Dartford

**McDONALD'S YA LEAGUE SOUTHERN DIV 1 (EAST) MATCH 2
DARTFORD, 21 MAY**

The Belgrave McDonald's Machine turned up the heat so impressively that they came away from Dartford with a massive winning margin of 96 points, sounding a warning that they are seriously looking for promotion. The team were so good it was almost embarrassing. Seventy seven events go to make up a YA match and it was quite incredible that in 71 of them the Bels placed 1st or 2nd. Add to this the fact that we had wave after wave of reserves competing in the non-scoring events and you can see that something very special is happening in our younger ranks.

Captain Steve Scott led his men into battle with an outstanding run in the sprint hurdles where he was up against the '94 English Schools winner. Even Steve couldn't cope with this outstanding rival but what he did do was smash the U17M Club Record by 3/10ths of a second in his efforts to get on terms. The old record dated back to 1984 and was set by another English Schools winner Clive Gardner. Things are looking good for Steve.

A titanic struggle took place in the under under-13 800 metres where Stephen Opoku, running in flat shoes, ran almost out of sight of the rest of the competitors over the first lap. But with 300m to go, one of the pack decided to give it a go. It was our own 'B' runner David Bates. Gradually he worked on his man until all down the straight it was impossible to predict who would win. At the line there was tremendous applause for such a great race as Stephen got home by the narrowest of margins - and pbs for both lads.

There were too many fine per-

formances to mention them all individually here but one couldn't help smiling as Marlon Dickson cruised to his 200m win in 22.9 and then only perceptibly slowed down as he passed the finish, turned into the next bend and was almost back to his blocks before he stopped - real international stuff!

U17M

100m: 1, M.Dickson 11.2; 1, J.Panton 11.8; n/s P.Hills 12.3; D.Shakes 13.0. 200m: 1, M.Dickson 22.9; 1, E.Hassan 23.4. 400m: 1, J.Hilston 51.5; 1, P.Hills 57.5. 800m: 1, G.Jones 2:12.0; 1, A.Hill 2:24.9. 1500m: 2, P.Connor 4:28.5; 1, D.Ofosuh 5:09.4; n/s K.Quinn 4:34.0. 100mH: 2, S.Scott 14.0; 1, R.Ladego 66.3. 400mH: 1, S.Scott 63.2; 1, R.Ladego 66.3. 1500mSC: 2, P.Connor 5:27.6; 1, D.Ofosuh 5:42.9. HJ: 2, A.Hill 1.55; - J.Hilston no ht. LJ: 1, E.Hassan 5.74; 1, D.Shakes 4.60. TJ: 1, R.Ladego 11.15; 1, S.Taylor 9.47. PV: 2, A.Hill 2.70; 1, S.Taylor 1.90. SP: 1, D.Stones 12.09; 1, B.Cummins 10.14. DT: 2, M.Dickson 25.06; 2, B.Cummins 24.60. JT: 4, J.Panton 26.14; 2, S.Taylor 21.20. HT: 3, D.Stones 21.62; 3, B.Cummins 5.46. 4x100m: 1, Belgrave (S.Scott, J.Panton, E.Hassan, M.Dickson) 46.2. 4x400m: 1, Belgrave (E.Hassan 57.4, D.Shakes 60.1, J.Panton 58.1, G.Jones 57.2) 3:52.8.

U15B

100m: 2, R.Hart 12.4; 1, J.Wignell 12.6; n/s G.Aboyo-Dana 12.7; C.Blackman 13.4; J.Stevens 14.3; A.Collins 14.4; D.Crook 14.7; N.Whorlow 14.9; D.Bond 15.1; K.McCruden 18.2. 200m: 2, N.Daniel 24.7. 2, R.Hart 25.0. 400m: 2, S.Murray 54.8; 1, A.Blackstock

58.7. 800m: 1, E.Ford 2:16.9; 1, A.Kirby 2:28.7. 1500m: 3, A.Kirby 4:53.0; 1, D.O'Dullivan 5:02.3; n/s L.Nation 5:02.5; D.Bond 5:05.4; J.Stevens 5:14.4; J.Scott 5:50.3; D.Crook 5:50.8; K.McCruden 7:10.2. 3000m: 2, M.Adams 11:08.6; 1, C.Morris 11:10.1. 80mH: 1, A.Sakyi 13.1; 1, A.Collins 14.3. HJ: =1, J.Tucon 1.55; 1, N.Whorlow 1.50. LJ: 1, R.Hart 5.30; 1, H.Wismayer 5.26; J.Tucon 5.34; G.Aboyo-Dana 4.88. PV: 1, N.Daniel 2.15; -, A.Collins no ht. SP: 2, R.Onwuka 11.06; 1, C.Blackman 10.44; n/s C.Rowland 9.26; J.Scott 8.66; S.St.Luce 8.61; K.McCruden 8.58. DT: 2, C.Blackman 26.48; 1, S.St.Luce 23.30. JT: 1, J.Wigan 32.98; 1, P.Bateman 30.44; n/s C.Rowland 30.30; J.Scott 29.26; C.Blackman 24.10. HT: 1, E.Ford 28.40; - R.Onwuka 3nt; n/s C.Blackman 22.10. 4x100m: 1, Belgrave (J.Wignall, J.Tucon, G.Aboyo-Dana, R.Hart) 52.1. 4x400m: 1, Belgrave (S.Murray, A.Blackstock, J.Tucon, E.Ford) 3:52.4.

U13B

100m: 2, D.Hutchinson 13.2; 2, K.Bignell 14.1; n/s J.Akpoveta 14.3; F.Hughes 14.6; A.Lambert 14.6; R.Morgan 15.5. 200m: 3, K.Bignell 29.1; 1, J.Akpoveta 29.6. 800m: 1, S.Opoku 2:28.4; 1, D.Bates 2:28.7. 1500m: 2, S.McGuire 5:17.0; 1, B.Asante 5:26.5. HJ: n/s R.Morgan 1.25. LJ: 2, D.Hutchinson 4.23; 1, J.Akpoveta 3.97. 4x100m: 1, Belgrave (K.Bignell, J.Akpoveta, A.Lambert, D.Hutchinson) 56.3.

Teams: 1, Belgrave 256; 2, Tonbridge 160; 3, Woodford Green 141; 4, Eastbourne 85.

And again at Woodford

MCDONALD'S YA LEAGUE SOUTHERN DIV 1 (EAST) MATCH 3 WOODFORD GREEN, 4 JUN

Another huge win came in cold and rainy conditions at Ashton Playing Fields and once again a man of the match award came the way of Belgrave as Steve Scott skimmed the barriers into the teeth of a strong breeze and still managed to stop the watches at 14.5.

Not everything went completely smoothly. Geoffrey Ojok found himself disqualified in the 100m for two false starts and we were still without competitors in the U17 3000 metres. But the points piled up nicely and at the end of the day our under-17 sprint relay men (different combination this time) equalled their 44.0 Club Record.

The under-13s swept all before them on the track, winning every event 'A' and 'B' from 100 to 1500 metres plus the relay. Many of our team seem to be able to score heavily in any event but Edward Ford must have the most unlikely pairing - 800 metres and hammer where he gained a 2nd and 1st before adding his presence to both relays. Danny Bond, Anthony Blackstock, Christopher Blackman and Danny Stones are other points winners whose names cropped up with regularity, while this was the third match in a row where we have seen Roy Hart competing with the best in both sprints, the long jump and relay.

Our under-17 triple jumpers were unstoppable. Both Syful Ahmed and James Hilston were over 12 metres, winning their events with ease but marginally fouling the take-off board with 13 metre leaps. And let's not forget Gavin Jones, always one to put in a lot of effort and who toughed it out over 800 and 1500 metres to make sure that the scoring spree was maintained in the middle distances.

U17M

100m: 1, M.Dickson 11.4; -, G.Ojok dsq; n/s P.Sowten 12.2. 200m: 1, E.Hassan 23.5; 1, J.Panton 24.6. 400m: 2, D.Shakes 58.6; 3, S.Mytillinos 69.3. 800m: 1, G.Jones 2:14.8; 3, D.Ofosuh 2:35.3. 1500m: 2, G.Jones 4:31.0; 3, D.Ofosuh 5:43.8. 100mH: 1, S.Scott 14.5; 2, S.Taylor 19.7. 400mH: 1, S.Scott 64.5; 1, S.Ahmed 64.9. 1500mSC: 1, P.Connor 5:30.9. HJ: 2, S.Ahmed 1.55; 2, S.Taylor 1.40. LJ: 1, G.Ojok 5.79; 1, P.Sowten 5.26. TJ: 1, J.Hilston 12.54; 1, S.Ahmed 12.08. PV: 2, S.Taylor 2.10. SP: 1, D.Stones 11.45; 1, M.Dickson 11.20. DT: 2, M.Dickson 27.68; 2, D.Stones 23.06. JT: 2, G.Ojok 37.82; 2, J.Panton 18.76. HT: 3, D.Stones 19.58; 2, S.Scott 18.26. 4x100m: 1, Belgrave (S.Scott, J.Hilston, M.Dickson, G.Ojok) 44.0. 4x400m: 1, Belgrave (E.Hassan 56.1, J.Panton 59.8, G.Jones 59.3, J.Hilston 58.7) 3:53.9.

U15B

100m: 3, R.Hart 12.5; 1, J.Wignell 13.1; n/s R.Onwuka 13.2; J.Scott 15.0; D.Crook 15.1. 200m: 2, R.Hart 25.5;

Right: introduced to Belgrave by Pam Davies, Triple Jumper Syful Ahmed has competed in McDonald's, National Junior and Guardian Gold Cup competitions in 1995.



1, A.Blackstock 26.5. 400m: 1, S.Murray 56.2; 1, A.Blackstock 59.8. 800m: 2, E.Ford 2:20.9; 3, M.Adams 2:28.8; n/s J.Stevens 2:33.4; A.Collins 2:41.8; D.Crook 2:47.2; J.Scott 3:33.7; K.McCruden 4:20.4. 1500m: 3, D.O'Sullivan 5:12.8; 1, D.Bond 5:13.0. 3000m: 3, C.Morris 11:40.4; 2, D.Bond 11:48.4. 80mH: 2, A.Sakyi 13.3; 1, R.Killick 13.9. HJ: 2, N.Whorlow 1.50; 1, A.Collins 1.35. LJ: 1, R.Hart 4.97; 1, A.Blackstock 4.81. PV: 3, A.Collins 1.60; - C.Blackman no ht. SP: 1, C.Blackman 11.60; 1, R.Onwuka 10.76. DT: 2, C.Blackman 27.64; 2, N.Whorlow 23.48. JT: 3, J.Scott 28.10; 1, C.Rowland 27.76. HT: 1, E.Ford 31.34; 1, R.Onwuka 28.60. 4x100m:

1, Belgrave (J.Wignell, S.Murray, E.Ford, R.Hart) 50.0. 4x400m: 2, Belgrave (S.Murray 60.3, J.Stevens 67.5, A.Blackstock 60.0, E.Ford 59.5) 4:07.3.

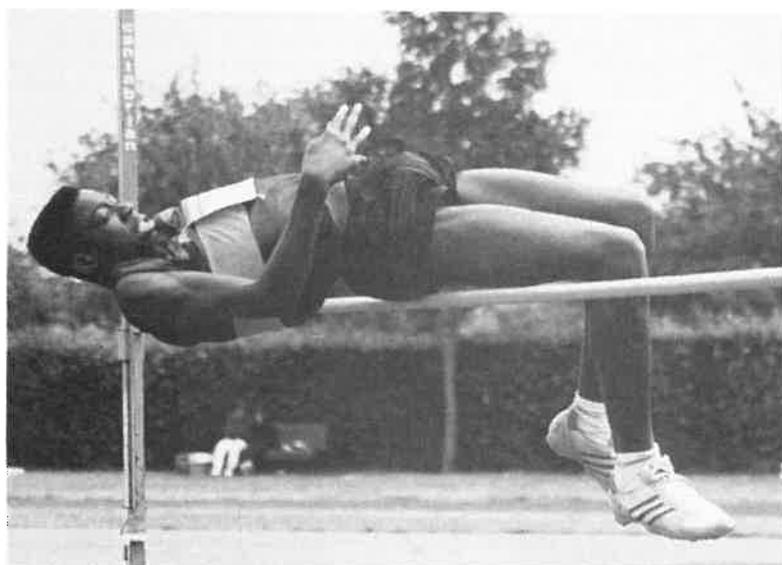
U13B

100m: 1, D.Hutchinson 13.6; 1, F.Hughes 14.9; S.Whorlow 17.6. 200m: 1, S.Opoku 28.6; 1, J.Akpoveta 29.4. 800m: 1, S.Opoku 2:32.5; 1, D.Bates 2:36.0. 1500m: 1, B.Asante 5:33.7; 1, S.Whorlow 5:51.9. LJ: 2, D.Hutchinson 3.83; 1, J.Akpoveta 3.80. 4x100m: 1, Belgrave (B.Asante, J.Akpoveta, F.Hughes, D.Hutchinson) 57.1.

Teams: 1, Belgrave 246; 2, Verlea 164; 3, Herne Hill 141; 4, Dartford 135.



Above: Unbeaten in any under-17 McDonald's sprint in 1995, Marlon Dickson



Above: another to compete at every level with great distinction was Philip Idowu

Bels go top at Kingsmeadow Showdown

McDONALD'S YA LEAGUE SOUTHERN DIV 1 (EAST) MATCH 4
KINGSMADOW, 25 JUN

This was the crunch match. We were going into the meeting in second position behind league leaders Bedford - and here they were, our main opposition but far from the only team at Kingsmeadow looking for a win. Of the 16 clubs in our division, Sutton & District were lying 4th and Bexley were 7th, so whoever came out on top on this scorching afternoon would be a good bet for promotion at the end of the season. We needn't have worried. In spite of added distractions like organising the meeting, the Bels took an early lead in the glorious weather and just kept on going away as the day wore on. In the end our margin of victory was a decisive 65 points.

There were so many great performances from the lads in claret and gold that it is difficult to pick them out. Steve Scott found himself up against the English Schools favourite Hargrave of Bedford so it was always going to be difficult for him to get a win in his speciality, the 100m sprint hurdles. Both were away like lightning and although our Captain was unable to reach the line first, his 13.8 clocking yet again equalled his Club Record. Steve's grandfather was a sprinter in his time and he was on hand to witness the event; he must have been a proud man.

We didn't drop a single point in any event up to 800m in the under-17 group and our sprinters teamed up to turn in a massive improvement in the Club Record for 4 x 100 metres. Their 43.3 was just 3/10ths short of the league record.

Not quite recording a Belgrave best ever was discus thrower Phillip Oyalade, but built in the mould of our senior star Abi Ekoku, it is surely only a matter of time before this young man makes a big impact on our record books.

Among the under-15s Sam Murray stood out with his 200m and 400m efforts and Roy Hart is another fine sprinter who carries his talent over onto the field where he took the long jump as well. But in spite of all these great performances it was young Dwayne Hutchinson who earned himself the man of the match award with his 13.2 100 metre run in the under-13 section.

U17M
100m: 1, M.Dickson 11.3; 1, G.Ojok 11.5; n/s E.Hassan 12.0; J.Panton 12.3. 200m: 1, E.Hassan 23.6; 1, J.Panton 24.5; n/s E.Palladine 24.9. 400m: 1, J.Hilston 53.6; 1, G.Jones 58.6. 800m: 1, M.Ayres 2:04.7; 1, G.Jones 2:11.0. 1500m: 3, J.Venning 4:31.1; 3, P.Connor 4:59.2; n/s K.Quinn 4:37.0. 3000m: 4, S.Alexander 10:43.8. 100mH: 2, S.Scott 13.8; n/s A.Hill 16.1. 400mH: 1, S.Scott 62.4; 1, A.Hill 63.9. 1500mSC: 2, M.Ayres 5:30.1; 4, S.Alexander 5:49.6. HJ: 4, A.Hill

Right: Spearman Antony Stanley-Clarke turned Sutcliffe Park into a missile launch site.

1.55; 3, P.Oyalade 1.50. LJ: 2, G.Ojok 6.13; 1, E.Hassan 5.52; n/s W.Smith 5.69. TJ: 2, J.Hilston 13.47; 1, M.Ayres 11.08. PV: 1, A.Hill 2.80. SP: 2, D.Stones 11.84; 2, B.Cummins 9.61. DT: 1, P.Oyalade 39.02; 1, M.Dickson 28.95; n/s D.Stone 27.70. JT: 1, A.Newberry 41.15; 1, G.Ojok 37.94. HT: 3, P.Oyalade 24.48; 2, D.Stone 18.80. 4x100m: 1, Belgrave (S.Scott, J.Hilston, G.Ojok, M.Dickson) 43.3. 4x400m: 1, Belgrave (E.Hassan 57.7, E.Palladine 55.8, J.Panton 57.9, J. Hilston 56.1) 3:47.5.

U15B

100m: 2, R.Hart 12.4; 1, C.Obuaya 12.8; n/s G.Aboyo-Dana 12.8; R.Onwuka 12.9. 200m: 2, S.Murray 24.4; 1, R.Hart 25.2. 400m: 1, S.Murray 56.6; -, A.Collins dnf. 800m: 2, P.Wright 2:18.7; 4, E.Ford 2:37.4; n/s n/s R.Bignell 2:46.4. 1500m: 3, M.Patel 4:49.5; 3, D.Bond 5:11.4. 3000m: 2, C.Morris 11:13.2; 2, R.Bignell 11:16.4. 80mH: 3, M.Louis-Sydney 12.7; 1, A.Sakyi 13.2; n/s R.Killick 13.4. A.Collins 14.7. HJ: 1, J.Tuson 1.65; 1, N.Whorlow 1.55. LJ: 1, R.Hart 5.37; 1, A.Martin 5.18; n/s R.Onwuka 4.76; J.Tuson 4.57; D.Crook 4.57; J.Stevens 4.06; D.Bond 3.85. PV: 1, M.Kerr 2.10; 1, A.Collins 2.00. SP: 2, R.Onwuka 10.90; 2, J.Scott 10.37; n/s S.St.Luce 8.46. DT: 3, A.Howes 23.15; 2, R.Onwuka 21.76; n/s N.Whorlow 22.05; J.Scott 17.52. JT: 2, C.Mosieri 30.05; 1, J.Scott 30.02. HT: 2, R.Onwuka 30.82; 2, E.Ford 25.52; n/s J.Scott 20.54; S.St.Luce 18.88; A.Howes 16.30; K.McCradden 11.92. 4x100m: 1, Belgrave (M.Kerr, J.Tuson, C.Obuaya, R.Hart) 48.9. 4x400m: 1, Belgrave (P.Wright, J.Tuson, E.Ford, S.Murray) 4:07.3.

U13B

100m: 1, D.Hutchinson 13.2; 1, E.Gyekye 13.9. 200m: 1, E.Gyekye 27.9; 4, K.Bignall 30.1. 800m: 2, R.J. 2:37.9; 2, C.Beaver 2:52.2. 1500m: 2, B.Asante 5:17.0; 3, S.Whorlow Jnr 5:41.8. LJ: 1, D.Hutchinson 4.52; 1, J.Akpoveta 4.17. 4x100m: dsq, Belgrave (F.Hughes, J.Akpoveta, K.Bignell, D.Hutchinson). Teams: 1, Belgrave 239; 2, Bedford 174; 3, Sutton & District 172; 4, Bexley Borough 126.



Back to the Premier Division

McDONALD'S YA LEAGUE SOUTHERN DIV 1 (EAST) MATCH 5
SUTCLIFFE PK. 16 JUL

If our McDonald's team had been good up to now, it was simply dominating at Sutcliffe Park where our crushing 80 point victory confirmed us as league winners, now destined for the Southern Premier Division in 1996.

It was the first time out in our colours for javelin thrower Antony Stanley-Clarke. Just a week earlier he had placed 11th in the English Schools Champs. with 43 metres-odd and here he got perilously close to 50 metres to win his event hands down. He was far from the only under-15 to shine, however. There were so many winners, with lads like Nicky Daniel and Ken Okonkwo chalking up two, Mark Louis-Sidney skimming to an 80m hurdles win and many more, but literally head and shoulders above the rest was fourteen year-old James Onwabilili - all 6 foot of him!

Dwayne Hutchinson was again in good form, adding 50cm to his best long jump but ace jumper Es Hassan in the under-17s had trouble this time, getting to his last attempt before managing to avoid marking the plasticene and winning by the skin of his teeth. Probably the best event of the day for talent in both 'A' and 'B' strings was the triple jump where Philip Idowu and Sayful Ahmed both leapt the sort of distances that will soon be taking them into the senior teams.

Marlon Dickson looked superb to take the sprints in the oldest age-

group and as the meeting got towards the end he and Steve Scott were joined by Geoffrey Ojok and James Hilston, rushing back from the Schools International to have another crack at that league record. Unfortunately the heavens opened and in monsoon-like conditions the track was soon awash. It left off in time for the race but with puddles all around the circuit a fast time looked hopeless. Their run was staggering. It was as if an international senior team was taking part as Marlon crossed the line almost before the second team had entered the straight. The time? Same as before - 43.3. What a scorching run but they looked so disappointed.

Once again a man of the match award went to a Belgravian, this time Sam Murray for his super under-15 Boys 200m in 24.0 but it might just as well have been for his equally impressive one lap race.

U17M

100m: 1, Marlon Dickson 11.3; 1, S.Scott 11.5; n/s D.Shakes 12.9. 200m: 1, M.Dickson 22.9; 1, J.Panton 24.4. 400m: 1, E.Hassan 52.9; 1, P.Fox 55.3. 800m: 2, M.Ayres 2:05.2. 1500m: 2, G.Jones 4:29.4; 2, K.Quinn 4:40.1. 3000m: 2, P.MacDonald 10:11.8. 100mH: 1, S.Scott 14.0; 1, S.Ahmed 17.2. 400mH: 1, S.Scott 60.5; 1, P.Fox 61.5. 1500mSC: 1, M.Ayres 5:12.3; 1, P.MacDonald 5:17.5. HJ: 1, P.Idowu 1.70; 1, S.Ahmed 1.60. LJ: 1, E.Hassan 6.01;

1, P.Idowu 5.67. TJ: 1, P.Idowu 13.68; 1, S.Ahmed 13.36. PV: 3, S.Taylor 2.20; 2, P.MacDonald 1.90. SP: 2, D.Stone 11.78; 1, P.Oyelade 11.14. DT: 1, P.Oyelade 30.42; -, M.Dickson 4nt. JT: 2, J.Rees 33.90; -, D.Stone 4nt. HT: 1, P.Oyelade 26.59; 1, D.Stone 19.35. 4x100m: 1, Belgrave (S.Scott, G.Ojok, J.Hilston, M.Dickson) 43.3. 4x400m: 1, Belgrave (E.Hassan, D.Shakes, J.Panton, Gavin Jones) 3:43.5. U15B 100m: 2, J.Onwabalili 12.3; 1, C.Obuaya 12.9; n/s J.Tuson 12.7; M.Kerr 12.8; J.Wignell 12.9; A.Weir 13.5; C.Blackman 13.5; J.Stevens 14.3; N.Whorlow 14.4; D.Crook 14.9; G.White 16.1; K.Okonkwo 16.1; K.McCradden 18.2. 200m: 1, S.Murray 24.0; 1, N.Daniel 24.3. 400m: 1, S.Murray 54.3; 1, N.Daniel 55.0. 800m: 3, L.Nation 2:24.5; 4, F.McManus 2:26.4. 1500m: 3, M.Patel 4:58.8; 3, A.Kirby 5:02.6; n/s D.Crook 5:33.8; G.White 6:15.9; K.McCradden 7:59.3. 3000m: 3, D.Bond 11:24.0. 800mH: 1, M.Louis-Sidney 12.3; 1, K.Okonkwo 13.2. HJ: 1, J.Tuson 1.65; 1, N.Whorlow 1.50.

LJ: 3, A.Stanley-Clarke 5.14; 2, C.Obuaya 5.05. PV: 1, N.Daniel 2.00; 1, M.Kerr 2.00; n/s A.Weir 1.90. SP: 1, J.Onwabalili 11.73; 1, C.Blackman 10.72; n/s K.Okonkwo 9.57; D.Onwabalili (U13) 8.87. DT: 1, J.Onwabalili 31.75; 1, K.Okonkwo 25.94. JT: 1, A.Stanley-Clarke 49.06; 2, C.Rowland 33.64. HT: 3, C.Blackman 18.25; 1, M.Soo 15.51. 4x100m: 1, Belgrave (J.Onwabalili, J.Tuson, C.Obuaya, J.Wignell) 51.0. 4x400m: 2, Belgrave (S.Murray, J.Tuson, ?, N.Daniel) 3:50.3. U13B 100m: 2, D.Hutchinson 13.4 n/s F.Hughes 15.3; J.Akpoveta 14.0; S.Whorlow Jnr 17.7. 200m: 2, S.Opoku 28.7; 1, R.James 29.8. 800m: 3, D.Bates 2:33.9; 1, A.Lambert 2:43.9. 1500m: 1, R.Whelan 5:15.8; 3, B.Asante 5:23.8; n/s J.Murray 5:41.2; S.Whorlow Jnr 5:58.0; LJ: 1, D.Hutchinson 5.01; 1, J.Akpoveta 4.23. 4x100m: 1, Belgrave (F.Hughes, J.Akpoveta, S.Opoku, D.Hutchinson) 54.6. Teams: 1, Belgrave 244; 2, Basildon 164; 3, Invicta East Kent 116; 4, Hercules Wimbledon 98.

McDonald's Young Athletes League Southern Area Division One (East)

| | | |
|------------------------|-------|----|
| 1, Belgrave | 1178 | 19 |
| 2, Ipswich | 1026½ | 19 |
| 3, Bedford | 1001½ | 18 |
| 4, Sutton & District | 972 | 16 |
| 5, Basildon | 952.5 | 16 |
| 6, Verlea | 878.5 | 15 |
| 7, Thurrock | 845 | 14 |
| 8, Dartford | 806 | 12 |
| 9, Bexley | 806 | 11 |
| 10, Herne Hill | 756 | 11 |
| 11, Cambridge | 775 | 10 |
| 12, Woodford | 759½ | 9 |
| 13, Tonbridge | 654½ | 9 |
| 14, Invicta East Kent | 606 | 8 |
| 15, Eastbourne | 546½ | 7 |
| 16, Hercules Wimbledon | 583½ | 6 |

Thameside League Results

THAMESIDE LEAGUE MATCH 1 BATTERSEA PARK, 6 MAY

Now in it's eleventh year, it must be some time since we finished at the top of the pile in any of the Thameside age-groups at the end of the season. Will 1995, with our added impetus for all things to do with Youth be any different? Well we must wait and see, but with the exception of our under-13 girls, match 1 did not give any real cause for jubilation when the final scores were calculated.

Among the names to watch out for as the summer gets under way are those of Bianca Simon and Alexis Coxon, who both seem to win whatever they enter, while three tough under-15 girl middle distance runners are Janine Brown, Laura Davison and Abigail Gray. Of the boys, sprinters Emmanuel Gyekye and Richard James stood out. It's good to note good old Belgrave family names like James and Biscoe making their way onto the score sheet yet again!

U15B 100m: 3, J.Wignall 12.8. 400m: 3, J.Stevens 64.1; 800m: 4, C.Morris 2:32.7; 1, F.McManus 2:34.1. 1500m: 4, C.Morris 5:16.2. 800mH: 4, D.Crook 15.9. HJ: 4, D.Crook 1.20; LJ: 6, J.Stevens 4.08; 2, D.Crook 4.03. Teams: 1, Herne Hill 225; 2, Croydon 189; 3, Camberley & D 137; 4, Richmond & T 134; 5, Paddock Wood 95; 6, Belgrave 90.

U13B 100m: 1, E.Gyekye 14.0; 1, R.James 14.0. 200m: 1, E.Gyekye 29.1; 1, R.James 29.5. 800m: 3, R.Biscoe 3:16.1; 3, S.Harper 3:34.4; n/s D.Coxon 3:16.4. 1500m: 4, S.Whorlow 5:52.9. HJ: 3, C.O'Brien 1.15. LJ: 6, C.O'Brien 3.22; 6, S.Whorlow 2.43. 4x110m: 2,

Belgrave 60.9. Teams: 1, Herne Hill 169; 2, Croydon 124; 3, Belgrave 105; 4, Paddock Wood 74; 5, Queens Park 69; 6, Richmond & T 55.

U15G 100m: 2, N.Law 13.1. 200m: 2, N.Law 27.3. 800m: 1, J.Brown 2:40.2; 1, L.Davison 2:54.9. 1500m: 1, A.Gray 5:49.4. LJ: 5, L.Davison 3.28. DT: 4, J.Brown 12.44. JT: 3, J.Brown 13.10. 4x100m: 2, Belgrave 58.0. Teams: 1, Croydon 198; 2, Camberley & D 158; 3, Belgrave 106; 4, Paddock Wood 72; 5, Herne Hill 54; 6, Richmond & T 35.

U13G 100m: 1, B.Simon 13.8; 1, A.Coxon 14.8. 200m: 1, B.Simon 28.3; 1, A.Coxon 31.0. 800m: 2, D.Hearn 2:45.5. 70mH: 1, A.Coxon 13.2. LJ: 5, D.Heam 3.54. SP: 1, B.Simon 6.25. 4x100m: 1, Belgrave 57.9. Teams: 1, Camberley & D 154; 2, Belgrave 107; 3, Herne Hill 85; 4, Croydon 78; 5, Richmond & T 75; 6, Paddock Wood 63; 7, Queens Park 40.

THAMESIDE LEAGUE MATCH 2 BATTERSEA PARK, 27 MAY

It was the 50th match in the Thameside series and with our Youth Development Scheme beginning to take effect we were able to field teams that were much larger than they have been recently. The result - both girls' teams in 2nd place and both boys' teams running out winners, although by the narrowest of margins.

David Bates and Steven Opoku, stars of the previous week's McDonald's match, clashed over 400 metres this time while Karl Bignell partnered Richard James for maxi-

mum points in the sprints. The under-13 girls also had a slightly different line-up: Bianca Simon still did the business in the 'A' events but this time was joined by Hazel Kingsnorth and Valencia Dawson - same result though!

A strong run came from Debbie Hearn in the U15G 800 while in the under-15 boys match our best scores came on the field where we won every single 'A' string event. Nigel Whorlow was in a class of his own in the walk. Strangely enough this is not a scoring event for the boys (it is for the girls) but he made up for it with a personal best in the high jump.

U15B 100m: 3, R.Hart 12.4; 3, D.Crook 14.8. 200m: 3, R.Hart 25.0; n/s 1, R.Bignell 31.3. 400m: 1, M.Adams 61.2; 3, J.Stevens 66.0. 600m: n/s 1, D.O'Sullivan 1:49.7; 2, R.Bignell 1:54.5; 3, J.Scott 2:17.3. 800m: 2, M.Adams 2:24.9; 1, J.Stevens 2:32.9. 80mH: 1, ? 13.8; 2, D.Crook 16.2. 1500m: 2, D.Bond 5:07.4; 1, C.Morris 5:13.3. 1600mW: 1, N.Whorlow 8:45.6; 2, D.Bond 10:21.1; 3, K.McCradden 11:39.7. HJ: 1, N.Whorlow 1.53; 3, D.Crook 1.35. LJ: 1, R.Hart 5.41; 1, A.Blackstock 4.97. DT: 1, N.Whorlow 21.86; 1, J.Scott 20.52. JT: 1, C.Rowland 30.20; 2, J.Scott 29.18. 4x100m: 3, Belgrave 56.1.

Teams: 1, Belgrave 218; 2, Croydon 208½; 3, Herne Hill 205; 4, Richmond & T 77; 5, Paddock Wood 66; 6, Camberley 35½; 7, Queens Park 11.

U13B 100m: 2, K.Bignell 14.1; 1, R.James 14.8. 200m: 1, K.Bignell 29.7; 1, R.James 30.2. 400m: 1, S.Opoku 66.6;

2, D.Bates 68.3. 800m: 1, D.Bates 2:29.4; 1, R.Biscoe 3:01.5. 1500m: 1, D.Grice 5:11.0. 80mH: 2, S.Harper 20.5. 1200mW: 1, S.Whorlow 8:39.8. HJ: 1, K.Bignell 1.30. LJ: 5, S.Harper 3.38. SP: 2, D.Grice 7.36; 3, S.Whorlow 4.01. 4x100m: 2, Belgrave 60.8.

Teams: 1, Belgrave 156; 2, Herne Hill 155½; 3, Croydon 143; 4, Richmond & T 128; 5, Paddock Wood 55; 6, Camberley 40½; 7, Queens Park 20.

U15G 100m: 3, G.Watson 13.9; 1, R.Ogodi 14.8. 200m: n/s 1, A.Grant 30.8; 2, M.Powell 35.6; 4, S.Powell 45.3. 800m: 1, D.Hearn 2:47.7. 1500m: 4, L.Davison 6:19.2; 4, S.Morgan 6:44.2. 1600mW: 2, K-A.Parker-Smith 9:50.2. LJ: 2, A.Grant 4.21; 2, D.Hearn 3.47. 4x100m: 3, Belgrave 60.0.

Teams: 1, Croydon 148; 2, Belgrave 119; 3, Camberley 109; 4, Herne Hill 92; 5, Richmond & T 76; 6, Paddock Wood 66.

U13G 100m: 1, B.Simon 13.8; 1, V.Dawson 14.9. 200m: 1, B.Simon 28.9; 1, H.Kingsnorth 30.0. 70mH: 5, L.Fryer 17.5; 1, V.Dawson 13.8. 1200mW: 1, L.Fryer 7:07.5. HJ: 2, H.Kingsnorth 1.30; 1, V.Dawson 1.30. LJ: 1, B.Simon 4.20; 5, K.Doyley 1.84. 4x100m: 1, Belgrave (V.Dawson, H.Kingsnorth, ?, B.Simon) 60.2.

Teams: 1, Paddock Wood 161; 2, Belgrave 136; 3, Camberley 119; 4, Herne Hill 92; 5, Croydon 78; 6, Queens Park 49; 7, Richmond & T 35.



Thameside League Results continued



Left: Richard James has now put his knee operation behind him (the result of a footballing accident) and has been competing over 200 and 800 metres this summer.

THAMESIDE LEAGUE MATCH 3 BATTERSEA PARK, 17 JUN

After earlier signs of a resurgence in our fortunes in this league it was back to a poor turn out again and an inability to cover many of the events.

If there had been an "athlete of the match" award it surely must have gone the way of Gemma Watson whose three wins went a long way to make up for the fact that the under 13 girls team were placed last in the team event. What a fine prospect this young sprinter is. In the older girls' group Janine Brown and Debbie Hearn gave us a double win in the 800m and both went on to compete in other events with Janine also winning the javelin. Two who did not win but who fought well were Abigail Gray (one day her front running tactics will pay off in the 1500m) and the stylish young walker Kelly-Anne Parker-Smith.

Only one win came our way in the under 15 boys section - Nigel Whorlow in the high jump - but it was in this age group that we had most competitors and a variety of 2nds and 3rds kept us in fairly close contention with Herne Hill for the team event. Stephen Opoku led our under 13 boys with wins in the 400m and high jump with Fred Hughes also scoring well. The most repeated name on the result sheet was that of K.Bignell - Karl doing the scoring events and Kurt backing up as a non-scorer.

With one match remaining we were lying 3rd in the league in both boys' competitions and 2nd in both girls'.

U15B

100m: 3, O.Pomalls 13.7; 2, F.Caumba 13.1; n/s R.Bignell 15.1. 200m: 3, O.Pomalls 29.4; 2, F.Caumba 28.7. 400m: 4, J.Stevens 65.6. 800m: 3, F.McManus 2:29.1; 2, J.Stevens 2:32.6; n/s R.Bignell 2:42.7.

1500m: 2, M.Patel 4:51.5; 2, C.Morris 5:11.2. 80mH: 3, D.Crook 15.7; 2, J.Stevens 17.3. n/s 1200m Walk: S.Whorlow 8:24.7. HJ: 1, N.Whorlow 1.50; =2, E.Sebaduka 1.40; n/s R.Bignell 1.20. LJ: 2, D.Crook 4.63; 3, D.Bond 3.84. DT: 2, N.Whorlow 24.56; 5, R.Bignell 9.56. JT: 4, K.Bignell 18.52; 4, J.Stevens 13.96. 4x100m: 2, Belgrave 56.4.

Teams: 1, Herne Hill 222.5; 2, Belgrave 182.5; 3, Richmond & T 167; 4, Croydon 165; 5, Paddock Wood 82; 6, Queens Park 38.

U13B

100m: 3, K.Bignell 14.2; 1, F.Hughes 14.7; n/s C.Reed 17.4; K.Bignell 18.3. 200m: 3, K.Bignell 30.4; 1, F.Hughes. 400m: 1, S.Opoku 64.6; 3, ? 85.4. n/s 800m: 1, S.Whorlow 3:05.2; 2, R.Biscoe 3:08.6; 5, S.Harper 3:20.8; 6, H.Powell 3:20.8; 7, C.Reed 3:28.4; 8, K.Bignell 4:28.6. HJ: 1, K. Bignell 1.25; 1, S.Opoku 1.15. LJ: 3, F.Hughes 3.84. SP: 6, R.James 5.79. 4x100m: 1, Belgrave 59.2.

Teams: 1, Herne Hill 150; 2, Croydon 147; 3, Richmond & T 127; 4, Belgrave 113; 5, Camberley 77; 6, Paddock Wood 69; 7, Queens Park 51.

U15G

100m: 5, L.Davison 15.0. 200m: 4, L.Davison 31.7. 800m: 1, J.Brown 2:35.7; 1, D.Hearn 2:46.6. 1500m: 2, A.Gray 5:48.4. 1600m Walk: 2, K.A.Parker-Smith 10:15.4. LJ: 5, D.Hearn 3.45; 3, L.Davison 3.39. DT: 4, J.Brown 14.58. JT: 1, J.Brown 18.74. 4x100m: 3, Belgrave 61.5.

Teams: 1, Herne Hill 154; 2, Croydon 151; 3, Richmond & T 126; 4, Belgrave 118; 5, Camberley 101; 6, Paddock Wood 90.

U13G

100m: =1, G.Watson 14.1; n/s S.Powell 17.5; M.Powell 20.9. 200m: 1, G.Watson 29.2; 4, S.Powell 36.3. LJ: 1, G.Watson 4.04; n/s N.Richardson 2.70.

Teams: 1, Camberley 138.5; 2, Pad-

dock Wood 119; 3, Richmond & T 116; 4, Herne Hill 93; 5, Queens Park 73; 6, Croydon 50; 7, Belgrave 45.5.

THAMESIDE LEAGUE MATCH 4 BATTERSEA PARK, 8 JUL

The last Thameside match of the season rolled around and with it came the retirement, as League Secretary, of Derek Crookes. The league has a lot to commend it, providing the sort of meetings where every youngster who wants to take part can find a niche. A lot of water has gone under nearby Chelsea Bridge since the league's inception and we have seen young Belgravians and athletes from other clubs go on to achieve success as Juniors and even Seniors. Derek of course has been instrumental in the league's success and to mark the occasion a special presentation was made - a case of strong ales. But how on earth was he going to get the goods home on that trusty push-bike? There was a suggestion that he might consume the bulk of his award, preferably at the end of the meeting, and perhaps travel home the next morning; but common sense prevailed and the case was duly delivered for him by car. Fittingly, to round off the season, the competition was good. Two athletes that caught the eye were Kelly-Anne Parker-Smith, who walked with great style to beat the very good Paddock Wood girl, and 1500 metre runner Janine Brown who seems to get more and more impressive with every race she runs. Another to set a personal best was Louise Davison in 800m.

Young Gemma Watson always makes an impact when she sprints, usually winning whatever she enters, but on this occasion the impact was painful as she crashed into her next runner while handing over the baton in the relay. A trip to hospital was required to check that there were no broken bones but happily she was back in action the next day at the Club Championships even if she was more than a little bruised.

In the boys matches hurdler Mark Louis-Sydney showed all the signs of following in the footsteps of Steve Scott as he romped to victory, while the Bignell family seemed to crop up everywhere in all manner of events. We didn't quite have enough cover in all the events, however, and in both matches could only get up to 3rd.

U15B

100m: 4, M.Louis-Sydney 13.4; 3, F.Amoako. 400m: 4, J.Stevens 65.9; 3, D.Crook 67.4. 800m: 5, D.Bond 2:28.1; 2, R.Bignell 2:33.5. 1500m: 1, R.Bignell 5:09.9; 1, J.Stevens 5:22.4. 80mH: 1, M.Louis-Sydney 12.7; 1, D.Crook 14.9. HJ: 2, N.Whorlow 1.55; 3, D.Crook 1.35. LJ: 5, D.Bond 4.19; 4, J.Stevens 4.16. SP: 2, J.Scott 10.21; 3, F.Amoako 4.76. DT: 2, N.Whorlow 22.24; 1, J.Scott 21.14. JT: 2, J.Scott dist. not known. 4x100m: 3, Belgrave 55.4.

Teams: 1, Croydon 226; 2, Herne Hill 205; 3, Belgrave 183; 4, Richmond & T 120; 5, Paddock Wood 92; 6, Camberley 47.

Final positions: 1, Herne Hill 25; 2,

League Organiser Derek Crookes retires from Thameside Duties after many years service

Croydon 23; 3, Belgrave 20; 4, Richmond & T 17; 5, Paddock Wood 12; 6, Camberley 9; 7, Queens Park 3.

U13B

80m: n/s 7, Kurt Bignell 16.2. 100m: 2, K.Bignell 14.0; 1, L.Lesimba 14.0; n/s (1) 1, S.Pearson 15.4; 7, Kurt Bignell 19.8. 200m: 1, K.Bignell 29.3; 1, M.Shannon 32.6; (2) 1, A.Lambert 14.3; 4, W.Simba 16.2. 400m: 4, S.Pearson 68.7; 2, M.Shannon 69.9. 800m: 2, A.Lambert 2:33.0; n/s S.Whorlow 3:01.8. 1500m: 2, B.Asante 5:21.1. 80mH: 2, B.Asante 15.9. 1200m Walk: n/s 1, S.Whorlow 9:20.3. HJ: 1, S.Opoku 1.40; 2, K.Bignell 1.20. LJ: 4, M.Shannon 3.67; n/s S.Whorlow 2.94; Kurt Bignell 2.53. SP: 5, S.Pearson dist. not known. 4x100m: 1, Belgrave 57.7.

Teams: 1, Herne Hill 168; 2, Croydon 158; 3, Belgrave 152; 4, Richmond & T 140; 5, Queens Park 70; 6, Paddock Wood 48; 7, Camberley 27. Final positions: 1, Herne Hill 28; 2, Croydon 23; 3, Belgrave 20; 4, Richmond & T 15; 5, Paddock Wood 11; 6, Queens Park 6; 7, Camberley 6.

U17G n/s

SP: M.Stock 8.08. DT: M.Stock 26.84.

U15G

100m: 5, R.Osodi 14.9; 2, A.Grant 14.5. 200m: 4, R.Osodi 31.0. 800m: 3, L.Davison 2:52.4. 1, D.Hearn 2:59.8. 1500m: 1, J.Brown 5:17.7; 1, A.Gray 5:55.0. 1600m Walk: 1, K.A.Parker-Smith 9:25.6. LJ: 4, D.Hearn 3.77; 2, L.Davison 3.33. SP: 1, R.Letang 8.51. DT: 2, R.Letang 18.48. JT: 2, R.Letang 22.10; 1, J.Brown 18.28. 4x100m: 2, Belgrave 60.0.

Teams: 1, Croydon 181; 2, Belgrave 163; 3, Richmond & T 119; 4, Paddock Wood 90; 5, Camberley 73; 6, Herne Hill 58; 7, Queens Park 9.

Final positions: 1, Croydon 27; 2, Belgrave 21; 3, Camberley 17; 4, Herne Hill 16; 5, Richmond & T 15; 6, Paddock Wd. 12; 7, Queens Pk 1.

U13G

80m: n/s 1, L.Fryer 13.5; 2, S.Powell 14.1; 3, A.Jones 14.4; 4, A.Ragouzaridis 14.8; 6, H.Powell 18.3. 100m: 1, G.Watson 13.6; 1, B.Simon 14.2; n/s 1, S.Raymond 15.7; 2, L.Fryer 16.5; 3, S.Powell 17.4; 4, N.Richardson 17.5; 5, A.Jones 18.0; 6, H.Powell 23.1. 200m: n/s 1, B.Simon 28.8; 2, G.Watson 29.6. 600m: n/s 1, A.Ragouzaridis 2:26.0. 800m: 4, S.Trew 3:00.3. 1200m Walk: 1, L.Fryer 7:47.9. LJ: 1, G.Watson 4.38; 1, B.Simon 4.06; n/s 1, S.Raymond 3.73; 2, S.Powell 2.74; 3, N.Richardson 2.70; 4, A.Jones 2.65; 5, H.Powell 2.38. SP: 5, L.Fryer 4.61. Teams: 1, Paddock Wood 165; 2, Richmond & T 139; 3, Camberley 138; 4, Herne Hill 102; 5, Belgrave 77; 6, Croydon 46.

Final positions: 1, Camberley 24; 2, Paddock Wood 22; 3, Herne Hill 17; 4, Richmond & T 15; 5, Belgrave 13; 6, Croydon 11; 7, Queens Park 6.

Men's Veteran T&F team unbeaten since '94

SCVAC T&F LEAGUE MID-LONDON DIV. MATCH 1 BATTERSEA PARK, 24 APR

A cold April night is not the best time to be stretching aging limbs to the maximum and once again poor Bob Bridges had his season ruined early on by a 'pull'; his face said it all as he limped across the line in the 100m.

Paul Lundy turned out for us for the first time and made a fine partner for Pan Zeniou in the 400 metres. It was great also to welcome into the team long time members who have only recently turned 40, Reg Hopkins and Mike Nouch. Reg got such a 'buzz' from racing again that he was reputed to be training daily during the next few weeks.

Mike Small cleaned up in the M40 throws and now that Snowy Brooks is an M50 he made a killing in everything he entered. You know Snowy - pushes everything to the limit whether it's Starters or Take-over Judges; his pass to Pan in the sprint relay was straight out of the Regis to Christie text-book. Good job it was dark!

While the men romped to a win the women's team was weakened by injuries and they were unable to continue from their high point at the end of the '94 season - especially with the

mighty Serps out in force. Second place was a good effort though, with wins from Jacinta Moore (of course), Sue Porter leading home the walkers and Sally Scott sharing the spoils in the high jump.

Carol Zeniou made her debut but making far from her first appearance, the ubiquitous Barbara Dunsford found herself competing (and still winning) against a veteran team that included her own daughter! How time flies.

M40-M45

100m: 4, P.Zeniou 13.0; 7, R.Bridges nt; n/s R.Hopkins 13.1. 400m: 1, P.Zeniou 57.3; 2, P.Lundy 63.8. 1500m: 3, M.Nouch 4:33.3; 2, L.Lyons 4:37.6. 2000m Walk: 1, C.Lawton 9:42.9; 1, P.Warburton 10:17.5. HJ: 1, A.Bent 1.55. SP: 1, M.Small 11.88; n/s P.Zeniou 10.44; R.Hopkins 8.84. HT: 1, M.Small 42.66; n/s R.Bridges 24.50. 4x100m: 2, Belgrave (S.Brooks, P.Zeniou, J.Jeffery, R.Hopkins) 51.7.

M50+

100m: 2, S.Brooks 12.8. 400m: 1, S.Brooks 62.1. 1500m: 4, A.Stone 5:42.0; n/s R.Hearn 7:01.9; C.Manning 9:04.4. HJ: 1, S.Brooks 1.45. SP: 1, S.Brooks 11.65. HT: 4, S.Brooks 20.38. Teams: 1, Belgrave 222; 2, Met. Police 206; 3, Serpentine 162; 4, Thames Valley 149; 5, Hercules Wimbledon 113; 6, Herne Hill 85; 7, Old Gaytonians 69.

W35-W45

100m: 3, S.Scott 15.7; 4, N.Stracey 16.9. 400m: 1, J.Moore 67.8; 3, S.Porter 97.9. 1500m: 1, J.Moore 5:29.4; 2, N.Mills 5:59.4. 2000m Walk 1, S.Porter 11:51.7; 2, H.Miller 13:48.0. HJ: =1, S.Scott 1.20. TJ: 4, N.Stracey 5.43; n/s C.Zeniou 7.86. SP: 3, C.Zeniou 8.13. HT: 3, M.Jones 16.62. 4x100m: 2, Belgrave 66.7.

W50+

2000m Walk: 2, M.Stroud 14:00.0. TJ: 2, B.Dunsford 4.45. SP: 1, B.Dunsford 7.01. HT: 1, B.Dunsford 23.80.

Teams: 1, Serpentine 235; 2, Belgrave 208; 3, Parkside 135; 4, Metropolitan Police 133.

Left: In a class of his own in the SCVAC Final over 3000 metres, Jim Estall begins to break away from the field.

SCVAC T&F LEAGUE MID-LONDON DIV. MATCH 2 BATTERSEA PARK, 15 MAY

This was Serpentine Runners' home match and with the added incentive of it being 'their' evening they just got the verdict at the last knockings. We had scored so well on the field that it was difficult to see how we had lost, even though it was close. But with the arrival of the official result sheet some time later and the correction of a few errors we came out ahead after all - it's always worth checking!

This time it was Donny Anderson entering the veteran ranks at the rare old age of 40 years and 5 days; we don't waste any time. Don got the feel of things in his 800 metre race and then chopped another 5 seconds off when it came to the same distance in the medley relay.

Leo Lyons likes to go from the start but when the gun was fired for the 'chase a red Serpentine vest shot away from the field at lightning speed. Leo was not fazed and he patiently took four and a half of the five laps to prove that it was *he* that knew the best way to run a steeplechase.

Tony Stone was delighted with his run - he does just as well without all that training, and having Mike Edwards in M50 action allowed us to set fellow M50 Terry Lawton loose on the young upstarts.

With Barbara Dunsford away and injury problems becoming even more prevalent there was no point in

doubling and trebling up in the women's match but second team spot came our way all the same.

M40-M45

200m: 5, R.Hopkins 27.8; 2, P.Zeniou 26.1. 800m: 4, P.Lundy 2:21.4; 2, D.Anderson 2:19.7; n/s, D.McMillan 2:30.1. 2000mSC: 1, L.Lyons 6:50.2. LJ: 1, P.Zeniou 4.96. TJ: D.McMillan nj. PV: 1, T.Lawton (M50) 2.70. DT: 1, M.Small 39.38. Medley Relay (200/200/400/800): 5, Belgrave (P.Lundy, J.Jeffery, D.Macmillan 67.3, D.Anderson 2:14.4) 4:17.6.

M50+

200m: 2, S.Brooks 27.1. 800m: 3, A.Stone 2:36.6; n/s C.Manning 4:19.1. LJ: 1, S.Brooks 4.83. TJ: 3, M.Edwards 8.44. PV: 1, M.Edwards 3.20. DT: 1, S.Brooks 38.46.

Teams: 1, Belgrave 192; 2, Serpentine 189; 3, Thames Valley 147; 4, Met. Police 137; 5, Hercules Wimbledon 136; =6, Herne Hill and Old Gaytonians 78.

W35-W45

200m: 2, J.Moore 30.7. 800m: 1, J.Moore 2:34.2. LJ: 2, C.Zeniou 4.93 (?). PV: n/s, M.Jones 1.80. DT: 3, C.James (W50) 19.64. JT: 2, C.Zeniou 15.66.

W50+

DT: 1, P.Mead 13.10. JT: C.James nt. Teams: 1, Serpentine 219; 2, Belgrave 116; 3, Met. Police 48; 4, Parkside 46.

SCVAC T&F LEAGUE MID-LONDON DIV. MATCH 3 COLINDALE, 26 JUN

We took a league lead of 3 league points to the Peel Centre at Colindale, expecting to find the Met. Police with their home advantage the team to beat. Not so. From the early events of hammer and hundred, we set up a steady run towards first team place and by the time we reached the 4x400m with an injured Bob Bridges cannily holding onto our relay lead it was the 'Valley' who had provided most of the opposition.

Snowy Brooks was in fine fettle with five wins in the over 50s group. But led by Pan Zeniou and Paul Lundy, who cleaned up in the 400s, and Mike Small, who turned in a best hammer throw for eight years, our youngsters didn't do so badly either. Every single field event went the way of the Bels. but in the distance races things were a little more makeshift as Tony Stone turned up to encourage the rest and found himself in the 1500m and 5000m races. Walker John Hall was given the chance to 'lift' for a change and did so with vigour in the 5k run and talking of 'lifting', we could swear that Charlie Manning *didn't* throughout the whole of his 1500m race - but a nice round ten points came our way thanks to his exertions.

Carol Zeniou and Barbara Dunsford did their best by scoring

heavily in each of their events but with just the two of them in action our chances of making the Women's final began to look impossible.

M40-M45

100m: 3, P.Zeniou 13.0; 2, R.Hopkins 13.1. 400m: 1, P.Zeniou 56.9; 1, P.Lundy 59.8. 1500m: 2, L.Lyons 4:32.0; 5, A.Stone 5:57.3. 5000m: 5, J.Hall 17:50.7. 4x400m: 1, Belgrave (P.Lundy, R.Hopkins, L.Lyons, R.Bridges) 4:19.7. HJ: 1, P.Zeniou 1.60. SP: 1, M.Small 12.25. JT: 1, P.Zeniou 48.44. HT: 1, M.Small 45.18.

M50+

100m: 1, C.Brooks 13.1. 400m: 1, C.Brooks 60.8. 1500m: 4, C.Manning 9:09.4. 5000m: 5, A.Stone 20:53.4. HJ: 1, C.Brooks 1.45. SP: 1, C.Brooks 11.64. JT: 1, C.Brooks 46.02. HT: 5, A.Mead 17.92.

Teams: 1, Belgrave 255; 2, Thames Valley 218; 3, Met. Police 193; 4, Serpentine 182; 5, Old Gaytonians 122; 6, Hercules Wimbledon 94; 7, Herne Hill 60.

W35-W45

100m: 1, C.Zeniou 14.0. HJ: 1, C.Zeniou 1.35. TJ: 1, C.Zeniou 9.42.

W50+

JT: 2, B.Dunsford 11.14. HT: 1, B.Dunsford 21.76. TJ: B.Dunsford 4.51.



Teams: 1, Serpentine 232; 2, Parkside 113; 3, Belgrave 106; 4, Met.Police 72.

**SCVAC T&F LEAGUE
MID-LONDON DIV. MATCH 4
HARROW, 25 JUL**

For some reason or other this meeting was held on a Tuesday instead of the accustomed Monday. Not that it stopped some of our team from making the long trip to Harrow on the Weald on the Monday night - in spite of the word TUESDAY being writ large on the travel instructions. And in spite of the dummy run on Monday the Hopkins family still underestimated how long it would take to get there and young Reg gallingly got to the track too late for the 200m.

At the start of the meet we were 6 league points clear but with Met Police, Serpentine and TVH all together on 18 a good team competition was in prospect to determine who would accompany us to the finals in September. Our own team looked pretty shaky - getting to Harrow for a 6.30pm start after a day at work did not seem to be a popular move and there were some big gaps in the squad. Of our walkers only Margaret Stroud made the trip - until our team manager, desperate to pick up points, decided that he would fill the Men's 50 slot and surprised himself by picking up more of a score than he bargained for. Our only other female athlete was Jacinta Moore who for the first time suffered a defeat in the 800m.

Just back from Buffalo and the World Veterans Champs., Snowy did his usual damage in the Men's over 50 section, and with wins in the 3k from Chas Dickinson and Leo Lyons, and pole vault where Terry Lawton and Mike Edwards did their double act, at least those who were there were making their presence felt.

Paul Lundy weighed in with good runs over 200m and 800m and Reg Hopkins made up for his late appearance by scoring well in the long jump and even the triple jump where a badly bruised heel did not stop him from making a mark for a 'point'. Mike Small is, of course, unstoppable at the moment and continued his unbeaten record in this league with two more wins; he was rewarded with a 200 metre leg in the relay! Now a half-marathon specialist, Dave McMillan ran two laps for us, as did Charlie Manning who again picked up 10 match points.

Incredibly, when the totals were finally announced, our men's team had just sneaked a win by a mere three point advantage. Every single endeavour had counted. One effort less and we could not have boasted an unbeaten record in '95.

M40-M45
200m: 3, P.Lundy 25.9. 800m: 2, P.Lundy 2:16.2; 6, D.McMillan 2:33.2. 3000m: 1, C.Dickinson 9:40.0; 1, L.Lyons 9:46.8. LJ: 2, R.Hopkins 5.39. TJ: 4, R.Hopkins 9.57. PV: =1, T.Lawton (M50) 2.80. DT: 1, M.Small 41.60. JT: 1, M.Small

44.92. 4x200m: 2, Belgrave (R.Hopkins, M.Small, P.Lundy, S.Brooks) 1:49.3.

M50+
200m: 1, S.Brooks 27.7. 800m: 4, C.Manning 4:28.8. 2000m Walk: 3, A.Mead 13:23.7. LJ: 1, S.Brooks 4.76. TJ: 2, M.Edwards 9.15. PV: 1, M.Edwards 3.30. DT: 1, S.Brooks 40.00. JT: 1, S.Brooks 38.88. Teams: 1, Belgrave 256; 2, Met.Police 253; 3, Serpentine 233; 4, Old Gaytonians 193; 5, Thames Valley 165; 6, Herne Hill 67. W35-W45
200m: 2, J.Moore 30.6; 800m: 2, J.Moore 2:38.7. 2000m Walk: 3, M.Stroud 15:10.8. Teams: 1, Serpentine 259; 2, Parkside 121; 3, Belgrave 40; 4, Met. Police 24.

Right: Frightening! The powerful Pan Zeniou in action over 200 metres.



Left: He just goes on and on ... Laurie O'Hara placed 2nd in the over 50 3000 metres in a record time (for an M60) of 10:09.1

Eric gets stitched up!

Dear Veterans' T&F Team Manager,

Mavis is particularly cross with you for suggesting that you could still find a place for me in a Belgrave team!! I have started training but as I met with an accident after my first outing up in York she was not best pleased - nor were the NHS! The accident resulted in a head injury so it cannot have any long lasting effects and once I have seen my German specialist, my agent, the PR team and, possibly the BAF representative, I intend to hold a press conference to explain just why I did not turn out at your meeting!

Eric goes on to tell us that the 'accident' was falling when coming out of the shower - blood everywhere and seven stitches. But he was right, fortunately the injury was not long lasting for we recently noted the name 'E.Hall' cropping up in a walking race in Southend.

SCVAC Veterans' Mid-London T&F League

| | | | |
|----|--------------------------|-----------|-----|
| 1, | Belgrave | 925 | 32 |
| 2, | Met. Police | 814 | 25 |
| 3, | Serpentine | 766 | 24 |
| 4, | Thames Valley | 679 | 22 |
| 5, | Old Gaytonians | 462 | 13½ |
| 6, | Hercules Wimbledon | 343 | 11 |
| 7, | Herne Hill | 290 | 10½ |

CHAMPIONS OF THE SOUTH ! ▶▶▶▶

CHAMPIONS OF THE SOUTH!

SCVAC T&F LEAGUE FINAL COLINDALE, 3 SEP

This was our men's first ever appearance in a SCVAC final. Not surprising really when you consider that our vet's track & field team has only been in existence for three seasons. But here we were at Colindale, ready to do battle with the best veteran clubs in the South of England and taking part in the premier 'A' final for division winners. There was just a sneaking feeling that if all went well we might pull off a surprise.

As far as our women's team was concerned, a mix up in the scoring had led us to believe that we had not qualified for the 'B' final but when we arrived for the match we found that we had in fact been included - by just one point. Carol Zeniou and Barbara Dunsford happened to be there but as our only competitors, they could obviously only notch up a small team score. Hopefully next year we can get our women's team back on track.

Travel to Colindale by road is always fraught - that long haul up the Edgware Road - and our first event gave us a weak start as Paul Lundy got promoted to 'A' 100 metre runner and Terry Lawton got dragged away from the pole vault for the 'B' - all this while Pan Zeniou sat and fumed in a traffic jam a couple of miles away! Well, we'd have to come from behind now.

1500 metre men Charlie Dickinson and Don Anderson found the standard surprisingly high but came away from their event with solid scores while on the field Pan had now arrived and was getting stuck into the long jump and javelin. Terry Lawton matched his best ever vault of 3.10 to win his speciality, not having been upset by another foray into unknown territory by tackling the triple jump.

Vet's T&F Captain Snowy Brooks had been rounding into magnificent form, preparing for another assault on the decathlon in a week or so's time, and as he began to work his way through the ten events lined up for him here, and as Mike Small chipped in with wins in each of his throwing events, we crept back into contention until just before the lunch-break it was announced that we were 2nd, 23 points adrift of Blackheath.

Disaster number 2. The walk was reckoned to be the event where our rivals would be caught napping - but not so. While the Heathens shocked us by turning out Shaun Lightman, our own Carl Lawton had still not arrived as the contestants were being marshalled for the start. Nothing for it! With no other option up his sleeve and still aching from heaving the hammer, the Team Manager again

Right: What a team! Pan Zeniou, Snowy Brooks, Martin Chuter and Paul Lundy clocked 49.4 for 2nd in the 4x100m and then took 2nd in the medley relay as well.



Left: One time 400 hurdler, M40 Paul Lundy has raced well over distances from 100 to 800 metres this summer.

found himself on the track for a 2k heel-and-toe race. His feelings could not be described as he approached the end of the first lap to see a forlorn looking Carl standing at trackside, bobble hat perched at a particularly sad looking angle while he muttered helplessly about the traffic.

That man Ray Middleton is a trump! A Commonwealth Games silver medallist at 20 miles in his time, and winner and record-breaker in countless other long distance walks, yet here he was tackling a sprint walk to win points for his Club and fill out the team sheet in spite of being out of

practice - a real sport. And as it turned out all was not lost as Paul Warburton strode to victory in the 'A' race and Alan Mead got 3rd in the 'B'. We had only dropped two points after all.

The gap was down to 14 points as the 3000 metres got under way. Jim Estall was in a different class to the rest, going away all the time, and with Mick Nouch running his heart out to pass a black-vested rival in the straight and Laurie O'Hara doing likewise and setting M55 and M60 records in the process, the tide was gradually turning.

Good points came from Mike Edwards with an M40 pole vault win (in spite of the fact that he's an M50) and then he went and set a Belgrave age-best in the 'triple' for good measure. Strong running from Martin Chuter over 800 and 400 metres, Paul Lundy running vet pbs in the longer sprints, Tony Stone keeping the blanks off our sheet in the M50 middle-distance events ... eventually we crept into a four point lead ... and then twenty ... with all other clubs miles behind the Bels. and the 'Heath.

As long as we didn't mess up the relays we were home and dry. Blackheath scorched to wins in both events but with our men placing second in each and setting Club bests into the bargain it was all over.

What a superb performance from Snowy. He had won five field events, placed 2nd in the two shorter sprints, 3rd in the 400m and had run both relays for a personal score of 127 points. What a Captain!

Make a note in your diary for next year - keep the first weekend in September clear. We will need a strong team to return and retain our booty.

M40-M45
100m: 4, P.Lundy 12.8; 6, T.Lawton (M50) 15.4. 200m: 4, P.Zeniou 25.7; 2, P.Lundy 25.8. 400m: 3, M.Chuter 56.0; 2, P.Lundy 57.6. 800m: 3, M.Chuter 2:07.7; 2, D.Anderson 2:15.3. 1500m: 4, C.Dickinson 4:28.4; 2, D.Anderson 4:30.4. 3000m: 1, J.Estall 9:04.6; 2, M.Nouch 9:32.7. 2000m Walk: 1, P.Warburton 10:23.7; 3, A.Mead (M50) 12:38.4. HJ: 4, P.Zeniou 1.55. LJ: 1, P.Zeniou 4.93. TJ: 7, T.Lawton (M50) 8.24. PV: 1, M.Edwards (M50) 3.30. SP: 1, M.Small 12.05. DT: 1, M.Small 40.92. JT: 1, P.Zeniou 48.12. HT: 1, M.Small 43.46. 4x100m: 2, Belgrave (M.Chuter, P.Lundy, S.Brooks (M50), P.Zeniou) 49.4. Medley Relay (200, 200, 400, 800): 2, Belgrave (S.Brooks (M50), P.Zeniou, P.Lundy, M.Chuter) 4:05.5.

M50+
100m: 2, S.Brooks 12.7. 200m: 2, S.Brooks 27.1. 400m: 3, S.Brooks 61.8. 800m: 6, A.Stone 2:51.0. 1500m: 5, T.Stone 5:27.7. 3000m: 2, L.O'Hara (M60) 10:09.1. 2000m Walk: 4, R.Middleton 13:09.3. HJ: 1, S.Brooks 1.50. LJ: 1, S.Brooks 5.27. TJ: 2, M.Edwards 9.36. PV: 1, T.Lawton 3.10. SP: 1, S.Brooks 11.49. DT: 1, S.Brooks 40.14. JT: 1, S.Brooks 44.36. HT: 5, A.Mead 18.58.

Teams: 1, Belgrave 456; 2, Blackheath 438; 3, Oxford City 348; 4, Epsom & Ewell 343; 5, Havant 300; 6, Brighton 274; 7, Ilford 152. W35-W45

LJ: 1, C.Zeniou 5.19. SP: 1, C.Zeniou 8.21.

W50+
Teams: 1, Bexley 443; 2, Radley 426; 3, Verlea 354; 4, Woking 237; 5, Belgrave 90.



SCVAC Veterans' South of England Premier Final

| | |
|--------------------------|-----|
| 1, Belgrave | 456 |
| 2, Blackheath | 438 |
| 3, Oxford City | 348 |
| 4, Epsom & Ewell | 343 |
| 5, Havant | 300 |
| 6, Brighton & Hove | 274 |
| 7, Ilford | 152 |

Veteran T&F Results Roundup

May

- 3 Battersea Park, VAC Meet. DT: 1, M.Small 39.04. JT: 1, M.Small 43.18.
10 Battersea Park, VAC Meet. HT: 1, M.Small 43.68. 5000m: 3, L.Lyons 17:02.8; 16, D.McMullen 30:10.0; 17, C.Manning 32:35.2.

June

- 7 Battersea Pk, VAC Meet. 1 mile h'cap.2, M.Nouch 4:55.4; 3, L.Lyons 4:58.5; 8, D.McMullen 9:14.2.
21 Battersea Park, VAC Meet. 100m: S.Brooks 12.9; C.Manning 19.3. 400m: S.Brooks 63.8. 5000m: 2, M.Nouch 16:25.8; 14, D.McMullen 31:44.8. SP: M.Small 12.60. DT: M.Small 41.20. S.Brooks 40.42 (1.5kg).

July

- 4 Crawley, South East England Veterans' Inter-Counties. Two meeting records by Mike Small - the discus by about 6 metres. M40 800m: 2, M.Chuter 2:02.6. 1500mSC: 3, L.Lyons 4:56.1. DT: 1, M.Small 40.90. HT: 1, M.Small 42.16. M50 PV: 1, M.Edwards 3.40; 2, S.Brooks 3.10. LJ: 1, S.Brooks 5.23. DT: 1, S.Brooks 40.22.
5 Parliament Hill, N.London AC Open. LJ: 1, P.Zeniou 5.66.
13/23 Buffalo, USA. World Veterans' Champs. Snowy went to Buffalo looking for the M50 Decathlon title and confident in the knowledge that he was in good all-round shape. He even took Mike Edwards' "special" pole with him which was sure to keep him competitive in the vault. What he hadn't bargained for, however, was the fact that an unknown but very talented German was also making a bid for the title. In spite of good points in all events and setting a score that would have broken his own British M50 record but for a puff of illegal wind, Snowy had to settle for 2nd. He was satisfied though, for as he said afterwards: "It wasn't as if I had a bad competition. I competed well and did my best. I just came up against someone who was better on the day."
M50 Decathlon: 2, S.Brooks 100m/12.97 LJ/5.83 SP/11.94 HJ/1.51 400m/60.06 100mH/15.14 DT/39.88 PV/3.20 JT/47.50 1500m/6:43.75.
26 Battersea Park, VAC Meeting. 100m/200m: C.Manning 19.5/43.7. 5000m: L.Lyons 16:44.1; M.Nouch 16:45.8; L.O'Hara 17:33.1; D.McMullen 30:38.7. SP: 1, M.Small 12.13. HT: 1, M.Small 42.38.

August

- 5/6 Exeter, BVAf Champs. M45 5000m: 2, C.Dickinson 16:10.9. M50 All S.Brooks 100m: 7, 12.9. 200m: 6, 26.52. 100mH: dq LJ: 2, 5.34. PV: 3, 3.00. SP: 3, 11.87. DT: 2, 41.50. JT: 2, 46.34.
9 Battersea Park, VAC Meeting. 100m: 3, P.Lundy 13.2. 400m: 2, P.Lundy 57.8. 1 mile: 3, M.Nouch 4:51.4; 15, C.Manning 8:59.1; 16, D.McMullen 9:14.6. Women JT: P.Mead 14.86.
26 Tooting Bec, Herne Hill Open. PV: T.Lawton 2.80. Women PV: M.Jones 1.40.
27 L.Christie Stadium, Vets AC Champs. M40 SP/DT/JT/HT: 1, M.Small 12.02/38.12/45.36/43.76 (All CBP). M60 1500m: 1, L.O'Hara 4:54.6 (CBP). M65 1500m: 1, C.Walker 5:39.0. M70 1500m: 1, D.McMullen 8:37.0. W50 SP/DT/JT/HT: P.Mead 6.77/14.90/14.62/15.12. W55 HT: B.Dunsford 22.80.

September

- 9 Barn Elms, Richmond & Twickenham Open. M40 SP/DT/HT: M.Small 12.00/37.76/41.08. W50 DT/JT/HT: P.Mead 18.56/16.56/18.24.
9/10 Sheffield, BVAf Decathlon Champs. M40 1, P.Zeniou 100m/12.6 LJ/5.33 SP/10.72 HJ/1.64 400m/58.2 110mH/19.6 DT/31.74 PV/3.00 JT/51.58 1500m/5:09.3 5830pts. M50 1, S.Brooks 100m/12.8 LJ/5.54 SP/12.02 HJ/1.46 400m/60.8 100mH/15.9 DT/39.90 PV/3.00 JT/43.08 1500m/6:25.1 6893pts.
17 Sutton Arena, Sutton & District Open. PV: M.Edwards 3.30. JT: M.Small 42.66. DT: M.Small 39.64.

OSTENDE RELAYS

FOUR Londoners, three Welshmen, one Northerner, one Irishman and one Australian met early one Saturday morning - 6.30am and ready for the convoy down to Ramsgate led by Harry "Sharp" Porter. But not even a mile down the road lights started to flash and cars screamed to a halt. Out popped Dalton with "John the Aus has left his passport". The convoy continued while the turbo power turned and headed back to Kensington.

We arrived at Ramsgate and met the Sussex lot, one from Norfolk and yet another Northerner at Greasy Joe's for 'brekkie'. The crossing by jet foil was pleasant ... until we reached the other side and had yet further problems with missing passports! This time it was the Irishman on his way back, deported back to Blighty. Would we see him again? While Frazer was somewhere on the North Sea we made our way to the hotel.

Saturday night on the town. A few beers ... a game of pool ... all seemed quiet ... but problems always come in threes. Walking back to the hotel a quick head count showed that one had gone missing. It was the late stand-in from Wales, Del-Boy. After a search party returned without him his room-mate showed his concern with, "Sod him! Let's have a pint!" Little did we know that at that point he was phoning home to his other half, crying "Buggers. They've left me. I'm lost!"

It was two hours before we saw him wandering down the road still not knowing where he was until "Snakehead" Maynard called out and ran to him. It was like two lovebirds meeting.

While half the team were in the street celebrating the lost boy's return the team manager continued to have problems. Two more members were still required to complete the team - but at 2am Kenny turned up and now we needed just one.

SUNDAY morning, the day of the race and still no sign of Frazer. Darrell phoned London to see where he was and found that he had missed the jetfoil by two minutes. Good ole Frazer though. He wasn't going to let the side down and was sitting patiently waiting for the next day's crossing service to start. At 1.30pm a cab finally arrived with our hero inside.

The Race. Ian Wells, veteran of the party and 400m hurdler, picked the short straw and landed the 800m leg - at 600m he found out what it's like to tread water. On to leg 2 and Dave "the Army boy" Nolan ran a blinding 600m in a way that made you believe he is going to stick with the 400m for a while.

Next came Pete Mercer, out of retirement to run the first of the short legs over 200m. He's now got the buzz to continue his athletics career and passed the baton to Dalton "the Karaoke King" Powell. Still singing he handed over to Glen "Giggs, look at me" Palmer who passed on to Delwyn Bainton, managing to get around 1200m without getting lost.

Leg 7 was another one of 1200m and Steve "five bellies" Davies carried the baton before he collapsed in a heap next to his compatriot Delwyn. Darrell "Snakehead" Maynard had taken over and slithered around the course without dropping the baton before giving it to John "diarrhoea" Dawson who ran a storming leg in his rush to get to the toilet. On his way he passed over to Mike.

Mike "the vet" Bazire felt his legs begin to buckle before he heard the deadly words "catch that fridge", and gave the baton to Frazer Hazlett. Frazer guarded the baton with his life before handing over to final leg runner, Kenny "the brass monkey" Pereira who blistered the home straight to bring the team home to 3rd in the International Race.

The lads got on the rostrum proudly, with grace and dignity!

We headed back to the hotel to the warmth of the bar while Wells went for a swim. The rest of the night was party time and we partied in style

Arriving back at the terminal we felt that nothing else would go amiss now - how wrong we were. As an Australian John tends to get held back at customs. As a result he missed the bus back to our cars and then got directed onto a bus heading in completely the wrong direction while we sat at the terminal wondering if he had been deported. back 'down under'.

UNFORTUNATELY we could only get a lad's team out this year due to injuries and lack of support from the lasses. However, this didn't stop the two 'J's (Jackie Stone and Jacqui Smiter) and the honeymoon couple Jonathon and Jennifer Hart (Harry and Sue Porter) from supporting the lads. Fun was enjoyed by all and if you bump into Harry on your travels ask him about his carrot! Say no more.

The team: Ian Wells, Dave Nolan, Pete Mercer, Dalton Powell, Glen Palmer, Delwyn Bainton, Stephen Davies, Darrell Maynard, John Dawson, Mike Bazire, Frazer Hazlett, Kenny Pereira.

If you are interested in coming to join the merry gang next year contact Darrell Maynard (men) 0633 865097, or Jacqui Smiter (ladies) 0181-789 5772 or Jackie Stone (ladies) 0181-540 0507.

This report was written with the help of all Belgravians who were in room 318 on Monday morning waiting for the departure home.

Race Walking

Light at the end of the tunnel ?

Or has someone left a torch on the way out?

Steve Whorlow, despite criticism from certain quarters, has provided the Walking Section with some success this year including a winning team and individual medals in the National Young Age Group Championships. The method he employs is one of encouraging young athletes to have a go at all events, without prejudice. Unfortunately, walking, although it has been one of the mainstays of the Club for many years, is not encouraged by all coaches or officials. This may be because it is too esoteric, or perhaps they do not understand the present rules appertaining to the judging system.

If our system was such that we could encourage walking in all track leagues then things would certainly be different. To do that, however, we would have to have support from within the Club from the very top, ie. those that move in the upper echelons of athletics, and to encourage all youngsters to try all events at grass roots.

Last year's Belgrave '7' was supported by walkers from all over the country. This year it will be the same but we anticipate a stronger field as we are planning to offer travelling expenses to selected competitors and the usual array of prizes unmatched elsewhere for walkers. Regretably our own strength is still poor and we are not increasing but decreasing. With Doug Fotheringham now moved to the depths of Lincoln he will not be around for many events and with no-one to fill the gap we will be all the worse.

Carl Lawton

... a bit of fun ...

The 1994/95 season started as a bit of fun and something else to do during the winter.

After a couple of minor races in the Cambridge Harriers League, Carl Lawton asked if any of the young athletes would like to take part in the London Grand Prix. With minimal success the group decided to enter more events and by the beginning of July they had improved to the point that they were becoming a threat to the much bigger and specialised walking clubs, not only in the South but around the rest of the country.

By the end of August the group had won medals at County, Regional and National level, along with the Boys U15 RWA Younger Age Groups Grand Prix Series where as a club and including all the younger age-groups we placed 5th. All this in half a season.

To top off a first class effort from all the walkers, Nigel Whorlow, who led the way in the event, was selected for the RWA 'England' team to compete in Dublin, Ireland on September 23rd. The rest of the group, not to be outdone, also travelled as a Belgrave team to compete in the open events.

We are all looking forward to a full season, during which the group hope to continue along the road of success. The first major event will be the English Schools Walking Championships at Stoke on September 17th where the Club will have six representatives walking for Kent.

Steve Whorlow Svr.

RWA National Young Age-Group Grand Prix

Final points and rankings (Best 5 from 9 events)

U13G: 4, L.Fryer 198pts (28 took part; team 6th from 10).
U15G: 12, K-A.Parker-Smith 151pts (23 took part; team 6th from 11).
U13B: 22, K.Bignell 32pts (25 took part; as a team 7th. from 8).
U15B: 3, N.Whorlow 224pts; 8, C.Stanford 189pts; 11, J.Stevens 124pts; 13, J.Scott 116pts; 14, K.McCrudden 107pts; 15, D.Bond 96pts; 20, R.Bignell 30pts Team: 1, Belgrave H 886pts; 2, Leicester WC 791pts; 3, Sheffield WC 625pts;
4, Steyning WC 230pts.
Overall Girls 7th Belgrave 349pts
Overall Boys 4th Belgrave 920pts
Combined 5th Belgrave 1269pts

CAMBRIDGE H WINTER LEAGUE incorporating the RWA SOUTHERN AREA CHAMPS. BEXLEY, 11 MAR

Thirteen young athletes travelled to Bexley to take part in the RWA Southern Area Young Age-Group Championships which were held in conjunction with the Cambridge Harriers Winter Walking League. The event turned out to be one of the highlights of the season. Not only did our youngsters do themselves proud, some of the not so young also excelled and at the end of the day's proceedings Carl Lawton was announced as overall winner of the individual competition by 8 seconds; he seemed somewhat stunned!

In the Under 15 Boys' event Nigel Whorlow took the 'silver' to add to the Kent County 'gold' he won in February, confirming his place as Kent's no. 1 race walker and the Southern Area's no 2 in his age group. He should now be selected for the Inter-Area event at the Nationals in April.

A surprise 'bronze' came to Robert Bignall in the same age-group. He had already gained 'silver' in the Kent Champs. Making up the squad that gained the team 'gold' was Jonathon Scott, 5th individual.

Yet another medal was earned in this meeting - the Under 17 'silver'

- which went to Robert Peacock.

The League result also gave reasonable success to the Belgrave young athletes as the team took 3rd place in their first year in this event. Most surprised of all was Stephen Whorlow (9½ years) who took 3rd individual place for his performances throughout the whole season in the Under 11 category.

SM 10k: 5, C.Lawton 51:32; 10, D.Sharpe 55:36; 11, P.King 56:34. Team: 3, Belgrave 74.

U17M 5k: 2, R.Peacock (2nd Southern) 41:21.

U13B/U15B 2.5k: 6, N.Whorlow (2nd) 14:46; 7, R.Bignall (3rd) 15:38; 9, K.Bignall (5th U13B) 17:19; 10, J.Scott (5th) 17:20; 12, D.Bond (8th) 18:21; 14, K.McCrudden (7th) 21:12; C.Stanford and J.Stevens dnf.

Teams: U15B Southern Area 1, Belgrave.

U11B 1.2k: 3, S.Whorlow, Jr. 10:00. SW 5k: 6, S.Porter 30:22.

U13G/U15G 2.5k: 8, K-A.Parker-Smith (5th U15G) 16:36; 12, L.Fryer (5th) 18:38; 13, S.Patterson (6th) 22:21.

Winter League final result: 1, Colchester; 2, Steyning; 3, Belgrave.

Walking Results Roundup

December

10 Cambridge H Winter League, previously unreported results.
U17 5k: 5, R.Peacock 36:26. U13B 2.5k 7, R.Bignell 16:31; 8, D.Bond 17:21; 9, K.Bignell 17:21; 10, K.McCrudden 21:57. Team: 3, Belgrave.

January

7 MPAA v Sussex Clubs 10k Walk. 5, P.King 57:26; 6, D.Fotheringham 58:04.
15 Imber Court, MPAA 11k Walk. 5, J.Hall 55:29; 17, D.Sharpe 59:20; 21, P.Warburton 62:00; 22, C.Lawton 62:20; 23, P.King 62:41; 24, D.Fotheringham 63:13. Teams: 1, Surrey WC 47; 2, Ilford 58; 3, Belgrave 65. Women. 2, S.Porter 70:40.
21 Monk's Hill 10m Walk. 3, P.King 95:45.
22 Southend, Essex Walking League. 15k (reduced due to weather). 2, D.Sharpe 59:03; 10, D.Fotheringham 64:24.
28 Regents Park, Stock Exchange 7m Walk. 3, P.King 63:55.

February

4 Crystal Palace, London Open Champs.
SM 10k: 11, J.Hall 85:06; 20, D.Sharpe 93:41; 21, P.King 94:17. Team: 2, Belgrave 33.
U15B 2.5k: 5, N.Whorlow 14:33; 9, J.Scott 17:40.
U13B 2.5k: 7, R.Bignall 15:45; 9, C.Stanford 16:13; 10, K.Bignall 17:15; 11, D.Bond 17:48. Team 3, Belgrave 25.
U11B: 1k: 2, S.Whorlow Jr. 6:54.
SW 5k: 15, S.Porter 30:59; other competitors not known. Teams: 1, Colchester 18; 2, Sheffield 19; 3, Belgrave 26.
U13G 2.5k: 4, L.Fryer 17:58. Open Team Race: 3, Belgrave. Standard Novice Team: 2, Belgrave 37.
11 Bexley, Cambridge H Winter League.
10k: 3, C.Lawton 52:14; 6, D.Sharpe 56:36; 7, P.King 56:48. Teams: 1, Belgrave 50; 2, Medway 54.
U17 5k: R.Peacock 39:10.
U13B: 2.5k 5, N.Whorlow 15:29; 6, R.Bignall 15:55; 8, C.Stanford 16:07; 9, J.Scott 16:38; 11, K.Bignall 17:46; 12, K.McCrudden 22:59. Team: 1, Colchester 15; 2, Belgrave 19.
U13G: 2.5k 7, K-A.Parker-Smith 16:57; 8, L.Fryer 18:23; 10, C.Miles 19:32. Teams: 1, Steyning 6; 2, Belgrave 25.
18 Basingstoke 10m. 9, P.King 91:56.
25 Chigwell, Essex 10m Champs. 8, D.Sharpe 94:31.

Walking Results Roundup continued . . .

25 Enfield, Middlesex 10m. 3, J.Hall 84:37; 7, D.Fotheringham 93:41.

March

- 5 Blackheath, LPR 9k. 3, C.Lawton 49:31; 4, D.Sharpe 50:21; 5, D.Fotheringham 50:33.
 25 Horsham, BAF 20k Champs. 36, D.Sharpe 118:10; 39, P.King 120:04; 40, D.Fotheringham 120:31.
 29 Hornchurch, Essex 10k Track Walking Champs. 8, D.Sharpe 53:41; 9, M.Scamell 55:15; 13, D.Fotheringham 56:40.

April

- 8 Belgrave Open Meeting. 3000m: 1, D.Sharpe 15:38.6; 2, N.Whorlow (U15B) 17:01.9; 3, R.Bignell (U15B) 18:56.4. Women: 3, S.Porter 18:11.12.
 17 Tonbridge Open. U15B 3000m: 1, N.Whorlow 16:10.8; 8, C.Stanford 20:14.3. U13G 2000m: 1, L.Fryer 13:54.9.
 22 Leicester, Inter-Area and Grand Prix.
 Two young Belgravians were picked to represent the South of England and both of them, Kelly-Anne Parker-Smith and Nigel Whorlow, walked well to fully justify their selection.
 U15B 3k: 3, N.Whorlow 15:35; 10, R.Bignall 19:16; 11, D.Bond 19:36; 12, C.Stanford 20:00; 15, K.McCruden 24:35.
 U13B 2k: 17, S.Whorlow, Jnr. 14:33.
 U15G 3k: 11, K-A.Parker-Smith 19:26.
 U13G 2k: 7, L.Fryer 12:37.
 23 Blackheath, LPR H'cap. 1, D.Sharpe 47:47; 2, P.Warburton 49:28; 4, M.Scamell 48:47; 20, D.Fotheringham 52:50. Teams: 1, Colchester 25; 2, Belgrave 25.
 27 Battersea Park, VAC 5m. 4, C.Lawton 41:38; 9, D.Fotheringham 45:41; 10, P.King 46:20. Women 2, S.Porter time not known.

May

- 3 Battersea Park, Belgrave & County Champs. 10k: 2, J.Hall 51:28.2; 4, C.Lawton 52:46.3; 9, P.Warburton 56:12.2; 10, D.Sharpe 56:17.3; 11, P.King 57:06.6; 12, D.Fotheringham 57:08.6.
 Middlesex: 1, Hall; 3, Fotheringham.
 Surrey: 1, Lawton; 3, King.
 Women's race: 1, S.Porter 63:32.3 (1st Surrey).
 6 Sutton Park, RWA YA Champs.
 Nigel Whorlow led the way to second team place for our under-15 boys squad, gaining the RWA Standard Grade I in the process. He wasn't the only one to gain a standard, for Laura Fryer, racing in the under-13 girls category, earned a Grade II.
 U15B 3k: 2, N.Whorlow 15:08; 8, C.Stanford 18:35; 9, D.Bond 18:49; 12, J.Scott 21:16; 13, K.McCruden 25:02; R.Bignell dsq. Teams: 1, Leicester 11; 2, Belgrave 19; 3, Sheffield 28.
 U15G 3k: 11, K-A.Parker-Smith 19:23.
 U13G 2k: 8, L.Fryer 12:13.
 16 Battersea Park, Vets AC 5 miles. 6, P.King 45:25; Women. 1, S.Porter 49:43.
 17 Woodford, Wednesday Race, Track 3k. 5, D.Sharpe 15:33.3; 10, D.Fotheringham 16:14.2.
 28 Colchester, Essex 20k. 7, D.Sharpe 116:29; 10, D.Fotheringham 121:45.
 28 Bedford, Inter-County Champs. 3000m Walk: 8, J.Hall (Mdx) 13:55.35.
 29 Chesham, Pednor 5m. 1, C.Lawton 43:23.

June

- 3 Enfield, National 20k. 8, J.Hall 3:06:03; 13, P.King 3:15:56; 21, D.Sharpe 3:27:09. Teams: 3, Belgrave 40.
 10 Sutton Park, Birmingham. 20k. 17, D.Fotheringham 117:29.
 27 Battersea, VAC 5m 1, J.Hall 39:49; 5, P.Warburton 44:34; 7, M.Scamell 45:00; 8, D.Fotheringham 45:09; 10, P.King 46:02. Women. 2, S.Porter 51:18.

July

- 19 L.Christie Stadium, Sefton Brancker Trophy. 3k: 5, J.Hall 14:33.0.
 25 Ilford 10k. 12, D.Sharpe 56:35.

August

- 9 Birmingham, Civil Service Champs. 3k. 2, J.Hall 13:59.1.
 9 Woodford Open 3k. 4, D.Sharpe 16:31.9.
 12 Leamington, Alan Flear Trophy.
 U15B 2k: 2, N.Whorlow 10:30; 6, D.Bond 11:40; 8, C.Stanford 11:52; 15, J.Stevens 12:55; 19, J.McCruden 14:19.
 U15G 2k: 11, K-A.Parker-Smith 12:04.
 U13G 2k: 4, L.Fryer 12:40.
 U11 Boys and girls 1 mile: 6, S.Whorlow Jnr. 11:35.
 "Luck of the draw" Relay: 1, R.Oldale, L.Bishop, N.Whorlow (Belgrave) 10:39.
 15 Battersea Park, VAC 5m. 2, J.Hall 39:54; 10, P.King 48:15.
 19 Basildon, SRWA & Essex 50k. 7, D.Sharpe 6:00:59 (47.5k).
 27 L.Christie Stadium, Vets AC Champs. 3000mW 1, D.Sharpe 16:33.3.
 28 Colchester, Essex League. 5, M.Scamell 25:56; 11, D.Sharpe 27:19.

September

- 6 Blackheath, Civil Service Champs. 7m: 3, J.Llewellyn 58:03; J.Hall 65:09.
 Women's 5k: 2, S.Porter 31:38.

Race Walking Rankings 1994

Unfortunately a mix-up resulted in the 1994 rankings for race walking being omitted from our last issue - but better late than never! Watch out for the 1995 rankings which we hope to publish in the Spring 1996 issue of *The Belgravian*.

As for this list, argue with Alan Mead if your time has been left out! Figures after the time indicate National Ranking.

| 1.6 km track | | | | | | | |
|---------------|-------------------|------|----------|----------------------|--|--------|--|
| 10:53.9 | Amy Butler | U15G | 29-5-80 | Battersea Pk | | 28May | |
| 2 km track | | | | | | | |
| 9:10.0 | John Hall | M45 | 18-1-49 | Battersea Pk | | 20Jun | |
| 10:05.1 | Paul Warburton | M40 | 20-1-52 | Tooting | | 25Jul | |
| 10:30.5 | Doug Fotheringham | M55 | 18-4-36 | Battersea Pk | | 25Apr | |
| 11:03.4 | Paul King | M40 | 4-2-51 | Battersea Pk | | 25Apr | |
| 11:34.0 | Sue Porter | W45 | 14-7-47 | Colindale | | 4Sep | |
| 12:24.4 | Lionel Mann | M50 | 21-9-40 | Tooting | | 25Jul | |
| 12:50.7 | Nigel Whorlow | U15B | 26-11-80 | Cophall | | 7Aug | |
| 13:17.5 | Johnny Morris | M60 | 11-4-32 | Tooting | | 25Jul | |
| 14:18.6 | Margaret Stroud | W55 | 12-7-35 | Tooting | | 25Jul | |
| 14:19.9 | Heather Miller | W40 | 27-10-49 | Tooting | | 25Jul | |
| 2.5 km | | | | | | | |
| 20:04.3 | Amy Butler | U15G | 29-5-80 | Crystal Palace | | 15Apr | |
| 3 km track | | | | | | | |
| 13:36 | 25 John Hall | M45 | 18-1-49 | Battersea Pk | | 5Sep | |
| 14:25.5 | Carl Lawton | M45 | 20-1-48 | Sutcliffe Pk | | 29Aug | |
| 14:42.9 | John Llewellyn | M45 | 26-6-45 | Battersea Pk | | 5Sep | |
| 15:43.4 | Doug Fotheringham | M55 | 18-4-36 | Bedford | | 16Jul | |
| 15:49.2 | Dave Sharpe | M40 | 13-9-53 | Battersea Pk | | 5Sep | |
| 17:37.92 | Nigel Whorlow | U15B | 26-11-80 | Birmingham | | 17Sep | |
| 19:53.3 | George Beecham | M60 | 26-2-31 | Canvey Island | | 7Jun | |
| 22:48.0 | Cecil Gittins | M65 | 30-12-28 | L Christie Stadium | | 28Aug | |
| 24:00.7 | Amy Butler | U15G | 29-5-80 | Tonbridge | | 4Apr | |
| 5 km track | | | | | | | |
| 26:54.98 | Doug Fotheringham | M55 | 18-4-36 | Bedford | | 17Jul | |
| 32:13.10 | John Dunsford | M60 | 15-7-33 | Athens, GRE | | 8Jun | |
| 5 km road | | | | | | | |
| 27:48 | Dave Sharpe | M40 | 13-9-53 | Southend | | 6Nov | |
| 28:25 | Sue Porter | W45 | 14-7-47 | Bexley | | 12Feb | |
| 31:38 | Gill Broderick | W | 18-5-62 | Wimbledon | | 5Mar | |
| 36:29 | Bobbie Peacock | U17M | 12-1-78 | Bexley | | 22Oct | |
| 5 miles road | | | | | | | |
| 39:31 | John Hall | M45 | 18-1-49 | Battersea Pk | | 14Jun | |
| 43:48 | Carl Lawton | M45 | 20-1-48 | Battersea Pk | | 14Jun | |
| 44:08 | Paul Warburton | M40 | 20-1-52 | Battersea Pk | | 14Jun | |
| 44:20 | Doug Fotheringham | M55 | 18-4-36 | Battersea Pk | | 11 May | |
| 44:56 | Paul King | M40 | 4-2-51 | Battersea Pk | | 13Apr | |
| 45:21 | Dave Sharpe | M40 | 13-9-53 | Southend | | 25Sep | |
| 49:16 | Sue Porter | W45 | 14-7-47 | Battersea Pk | | 13Apr | |
| 10 km track | | | | | | | |
| 48:52.1 | 22 John Hall | M45 | 18-1-49 | Corby | | 29May | |
| 56:05.0 | Paul Warburton | M40 | 20-1-52 | Battersea Pk | | 5May | |
| 57:42.0 | Doug Fotheringham | M55 | 18-4-36 | Battersea Pk | | 5May | |
| 59:18.0 | Paul King | M40 | 4-2-51 | Battersea Pk | | 5May | |
| 62:49.2 | Sue Porter | W45 | 14-7-47 | Battersea Pk | | 5May | |
| 10 km road | | | | | | | |
| 51:20 | Carl Lawton | M45 | 20-1-48 | Bexley | | 11Dec | |
| 55:36 | Paul King | M40 | 4-2-51 | Selsdon | | 2Jul | |
| 55:40 | Dave Sharpe | M40 | 13-9-53 | Chigwell | | 18Dec | |
| 55:51 | Mike Scamell | | | Hornchurch | | 30Mar | |
| 56:12 | Doug Fotheringham | M55 | 18-4-36 | Stanmore | | 15Mar | |
| 57:09 | Paul Warburton | M40 | 20-1-52 | Ilford | | 26Jul | |
| 10 miles road | | | | | | | |
| 1:17:41 | John Hall | M45 | 18-1-49 | Stanmore | | 6Apr | |
| 1:32:39 | Paul King | M40 | 4-2-51 | Monk's Hill | | 22Jan | |
| 1:34:17 | Doug Fotheringham | M55 | 18-4-36 | Wimbledon | | 5Mar | |
| 1:35:29 | Paul Warburton | M40 | 20-1-52 | Victoria Pk | | 9Jul | |
| 1:40:18 | Dave Sharpe | M40 | 13-9-53 | Victoria Pk | | 9Jul | |
| 20 km road | | | | | | | |
| 1:55:56 | D.Fotheringham | M55 | 18-4-36 | Birmingham | | 21May | |
| 1:52:46 | Carl Lawton | M45 | 20-1-48 | Brighton to Steyning | | 18Jun | |
| 1:57:47 | Paul Warburton | M40 | 20-1-52 | Brighton to Steyning | | 18Jun | |
| 2:00:10 | Paul King | M40 | 4-2-51 | Brighton to Steyning | | 18Jun | |
| 50 km road | | | | | | | |
| 5:22:13 | Paul King | M40 | 4-2-51 | Basildon | | 13Aug | |

Walking Results Roundup continued . . .

September

- 10 Blackheath, LPR Festival. 10k: 9, C.Lawton 54:47; 12, P.Warburton 55:25; 13, D.Sharpe 55:55; 16, P.King 58:04. Teams: 3, Belgrave 34. U15 2.5k: 1, N.Whorlow 12:15. Teams: 2, Belgrave 27.
- 13 Woodford, 3k. 6, D.Sharpe 15:52.5.
- 16 Stoke on Trent, TSB English Schools. Junior Boys 3k. 2, N.Whorlow 15:04.34; 10, D.Bond 17:21.81; 24, K.McCruden 21:53.37. Junior Girls 2.5k. 12, K-A.Parker-Smith.
- 20 Chigwell, Dunkley Cup 10m 6, P.King 95:41.24 Southend 5m. 4, J.Llewelin 40:22; 5, C.Lawton 41:33; 9, D.Sharpe 43:29; 11, P.Warburton 44:06; 14, P.King 46:51; 15, D.Fotheringham 47:12; 16, E.Hall 47:56. Teams: 1, Colchester 24; 2, Belgrave 29; 3, Southend 50.

October

- 7 Leicester Open. U17 3k. 3, N.Whorlow 15:22. U15 2, D.Bond ? time; 3, C.Stanford 17:08.
- 14 Chippenham to Calne. 11, C.Lawton 50:12.
- 15 Blackheath, LPR 9k. 7, D.Sharpe 50:13; 8, P.Warburton 49:46.
- 15 Brierley Hill, Claire Powell Memorial Meeting.
SM/U20M/U17M 5k. 13, N.Whorlow 27:05.4; 21, J.Scott 36:01.2.
U15B 2k. 2, D.Bond 10:56.7; 3, C.Stanford 11:01.1; 7, J.Stevens 11:25.0; 13, G.White 13:00.4; 14, K.McCruden 13:58.9; 16, B.Harvey 14:50.5.
U13B 2k. 5, S.Whorlow 13:38.5; 8, R.Banham 14:18.0.
3k Devil take the hindmost. 4, N.Whorlow 17:15.3.
SW/U20W/U17W 3k. 8, K-A.Parker-Smith 18:21.1.
U15G 2k. 15, V.Parker-Smith 14:20.6; 17, S.Morgan 15:26.3.
U13G 2k. 6, L.Fryer 12:43.2; 8, S.Read 13:54.3.
U11G 1k. 3, D.Johnson 7:04.1; 5, L.Asling 7:31.4.
Final Results
Women:
1, Solihull 132; 2, Dudley & Stourbridge 106; 3, Leicester 105; 6, Belgrave 63; 10 teams took part.
Men:
1, Leicester 132; 2, Belgrave 112; 3, Sheffield 110; 12 teams took part.

Below: Belgrave's Young Age Groups Walking Team for the Festival of Race Walks in Dublin.

Back row: Lindsay Whorlow, Jonathon Scott, Kelly-Anne Parker-Smith, Susanne Morgan, Jason Stevens, Gary White, Keith McCrudden, Nigel Whorlow, Stephen Whorlow Snr
Front row: Danny Bond, Stephen Whorlow Jnr., Laura Fryer.
Photo compliments of Stena-Sealink UK Ltd.



Bord Luithchleas na hEirean Festival of Race Walks

PHOENIX PARK, DUBLIN, 23 SEP

Ten of Belgrave Harriers' Young Athletes travelled to Dublin to take part in the BLOE Festival of Race Walks which included a Young Athletes International Match (Ireland vs. England). Nigel Whorlow competed for England in his first International in the Under 16 Boys 3km event, coming 5th in a time of 15:32, and helped the England team to the gold medals. He also took the club teams gold medal with Jonathon Scott as his team mate. England lost the overall match by 4 points 63-67.

In the Open events the Club also had other successes. The Under-14 Boys A and B teams taking the silver and bronze medals whilst Stephen Whorlow Jnr (U12B), Laura Fryer (U12G), Susanne Morgan (U12G) and Kelly-Anne Parker Smith (U14G) all gained TSB Walking Standards as well as personal bests. As well as the Races, the Young Athletes were entertained by the Irish RWA, and have made many new friends from both Ireland and England.

The most dramatic part of the week-end was the trip home, scheduled for 11 hours but ending up taking over 27 hours. The ferry was

stranded outside Holyhead for 3 hours because of bad weather and as a result the team missed the last connection to London by 2 minutes meaning a 9 hour wait at Holyhead station. Then there was the defective train en route to London and trouble with a cross-London taxi, all combining to make it the most traumatic trip home that the squad has ever had.

Thanks must go to Stena Sealink UK for sponsoring the squad's ferry trip and for entertaining and feeding them during their overnight stay in Holyhead.

Steve Whorlow Snr.

U16B 3k: 5, N.Whorlow 15:32; 11, J.Scott 18:53. Club Teams: 1, Belgrave.

U14B 2k: 7, D.Bond 11:31; 8, J.Stevens 12:17; 10, G.White 13:02; 11, K.McCruden 13:46. Club Teams: 1, Leicester 7; 2, Belgrave 'A' 15; 3, Belgrave 'B' 21.

U12B 1k: 9, S.Whorlow 6:39. U14G 2k: 9, K-A, Parker-Smith 11:28.

U12G 1k: 6, L.Fryer 5:32; 23, S.Morgan 6:51.

International Match. 1, Ireland 63; 2, England 67.

CAMBRIDGE H WINTER LEAGUE, BEXLEY, 21 OCT

- U17M 5k. 2, N.Whorlow 27:04.
U17W 5k. 3, K-A.Parker-Smith 32:12.
U15B/U13B 2.5k. 1, D.Bond 14:04; 4, S.Whorlow (U13B) 17:27; 8, G.White 17:56; 9, R.Banham (U13B) 17:57; 10, B.Harvey 18:13. Team 1,

- Belgrave 13.
U15G/U13G 2.5k. 7, V.Parker-Smith 18:11; 9, K.White 18:34. Team: 3, Belgrave 38.
U11G 1.2k. 3 L.Asling 9:18; 5, D.Johnson 10:13; 6, R.Andrews 10:13.

Belgrave Harriers Club Records

What a statistical feast we are able to offer you. The compilers of the following lists of records have spent scores of hours poring over old Belgravians, Athletics Weekly magazines and British Athletics Annuals to establish the full details of the best ever performances by Belgrave athletes. Notes written by Steve Williams in the '80s have played their part, as too have helpful comments from Gordon Doubleday and additional information from Snowy Brooks and Laurie O'Hara. Conversions from imperial measurements have been checked, converted performances set over imperial distances shorter than the current metric ones have been removed (although kept as "other notable performances" until such times as the metric event is clearly superior), weights of implements used in throws have been ascertained, as far as possible, and similarly banished from the main list where superceded. We have even gone to the lengths of investigating and including Surrey AC performances from before the merging of our clubs, where they are still superior to any "pure" Belgrave ones. Imagine the vexation caused when a long investigation into the full details of, for example, Dave Mote's Under-20 400 metres from 1977 was finally concluded, only to find that some young upstart had gone and wiped out his record overnight!

Men's records and all veterans' records were compiled by Hazel and Alan Mead. Women's records, apart from those for veterans, were compiled by Derek Jones.

Where the best electronic and manual times are close (ie within 1/10th) then both are shown.

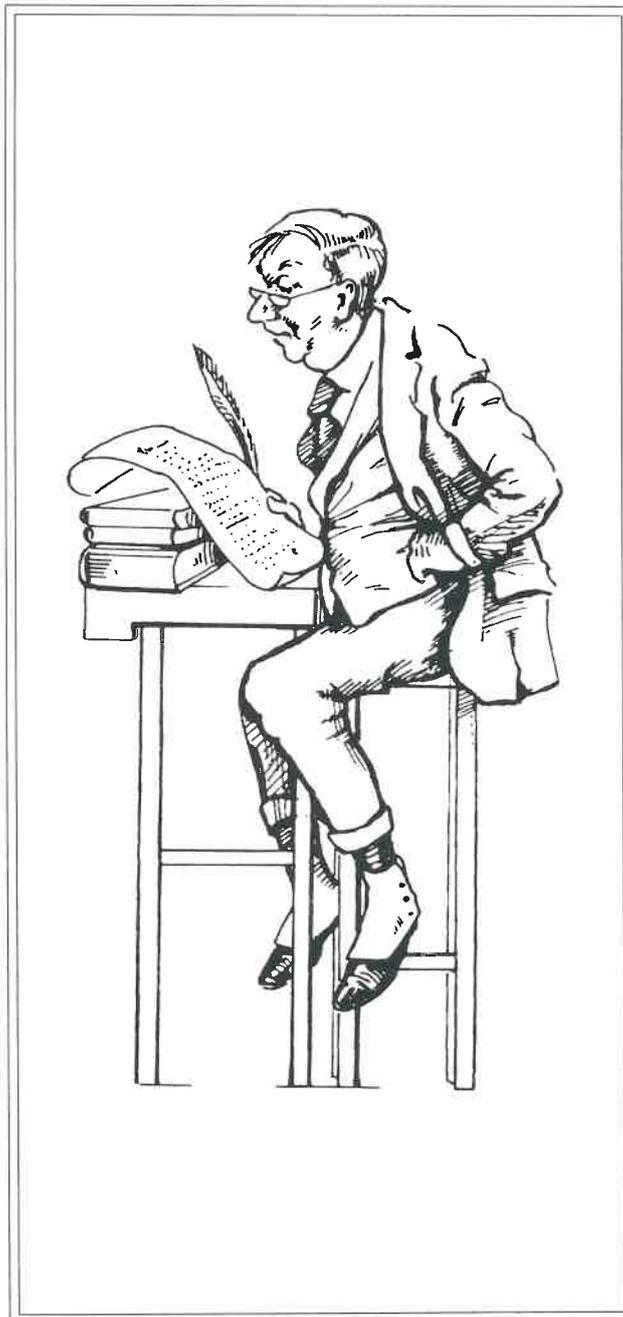
Inter-club and area league meetings rarely benefit from the presence of a wind gauge and it is in these type of meetings that most age-group records are set. It is difficult to exclude a record when it has been marginally assisted by a recorded following wind when on other occasions performances *may* have been assisted but wind readings were not available. Therefore, unless patently assisted by the conditions, age-group records are not ruled out entirely if 'windy'.

We still have further work to do: we are not entirely comfortable with the male veterans' road records that we offer (please let us know if you have any disagreements), and we have yet to think about female veterans' road records and veteran walks. In the meantime, if anyone can add any information where the asterisks are shown, or if there are any queries, then please get in touch with the compilers at:

29 Kingston Road, Ewell, Surrey KT17 2EG.

The 1995 Ranking lists covering Track, Field, Road Running and Walking will appear in the next issue of The Belgravian, hopefully to be published late Spring 1996. If you have any performances that are unlikely to have been picked up by the compilers then please send them in to the address shown above.

Nineteen-ninetyfive has been an astounding year for Club Records. No fewer than 115 best ever marks by Belgravians have been equalled, broken and broken again in the period starting 1st January and ending 30th September. A perusal of the table shown below soon shows that our veteran athletes have contributed 54 of these marks but even if you take them out (and they are very worthy performances as we are sure you will agree when you look at the lists) it still leaves a resounding 61 marks set in mainstream athletics. The table also quite clearly shows the areas that are not currently progressing. Maybe we can do something about these in 1996.



Records set during 1995 (up to September 30th)

| | M60 | M55 | M50 | M45 | M40 | SM | U20M | U17M | U15B | U13B | U13G | U15G | U17W | U20W | SW | W35 | W45 | W50 | Totals |
|----------------|----------|----------|-----------|----------|-----------|-----------|----------|-----------|----------|----------|----------|----------|----------|----------|----------|----------|----------|----------|------------|
| Track | 1 | 1 | 6 | 1 | 5 | 1 | 7 | 19 | 0 | 0 | 0 | 1 | 0 | 0 | 3 | 1 | 0 | 0 | 46 |
| Field | 0 | 0 | 14 | 2 | 7 | 5 | 1 | 3 | 3 | 0 | 0 | 0 | 0 | 2 | 2 | 1 | 2 | 3 | 45 |
| Road | 0 | 0 | 0 | 0 | 2 | 5 | - | - | - | - | - | - | - | - | 3 | - | - | - | 10 |
| Walking | - | - | - | - | - | 0 | 0 | 0 | 1 | 0 | 0 | 0 | 0 | 0 | 0 | - | - | - | 1 |
| Track (indoor) | - | - | 3 | 1 | 0 | 1 | 0 | 3 | - | - | - | - | - | - | - | - | - | - | 8 |
| Field (indoor) | - | - | 4 | 0 | 0 | 1 | 0 | 0 | - | - | - | - | - | - | - | - | - | - | 5 |
| Totals | 1 | 1 | 27 | 4 | 14 | 13 | 8 | 25 | 4 | 0 | 0 | 1 | 0 | 2 | 8 | 2 | 2 | 3 | 115 |

Notes to be used in conjunction with the following record lists -

- | | | | | | |
|---|--|--|---|--|--|
| a | World record. | | | | 14:28 for 5000m. |
| b | European record. | | t | | Team subsequently disqualified for being encouraged from inside arena. |
| c | Commonwealth record. | | | | |
| d | United Kingdom record. | | u | | Details of individual unknown. |
| e | United Kingdom All-comers record. | | v | | Discus weight unknown. Current U15B weight is 1.25kg. It is likely that a 1kg implement was used for this performance. |
| f | Scottish record. | | w | | Shot weight unknown. Current U15B weight is 4kg. It is likely that an 8lbs implement was used for this performance but it may have been 10lbs (approx 4.54kg) which would make it superior to the record shown. However, John Martin was actually 15 in 1962 so this cannot be classed as a U15B record unless the date is wrong. |
| g | Assuming that Graham Seatter's 3k timing was correct then Stan Vicker's long standing time for 2miles, worth 12:08.6 for 3k, becomes superceded. | | x | | Superceded equipment used. |
| h | Long distance race originally recorded in miles and yards. Stan Vicker's 1 hour mark was 8mls.702yds., Ray Middleton's 6, 7 and 8 hour marks were 40mls.581yds., 46mls.1264yds. and 53mls.352yds., Jack Stirling-Wakeley's 24 hours mark was 122mls.1411yds. | | | | Weights for throwing implements were changed in 1971 for males as follows: |
| i | Record set using heavier weight, 6.25kg instead of 6kg. | | | | U20 Discus 1.5kg became 1.75kg, Shot 12lb became 6.25kg. |
| j | Multi-event scores calculated using Veteran Points Tables. For example, using standard tables Snowy Brooks' M40 Decathlon 24-25 Aug 1985 would be 4993pts. | | | | U17 Discus 1kg became 1.5kg, Shot 10lbs became 5kg. Specification for the Senior Men's Javelin was changed in 1982 to shorten the length of throws. |
| k | Official intermediate time set during World Champs. 200m final 1993. | | y | | Originally recorded as 5601pts. May have been rescored on more modern decathlon tables. |
| l | Team includes a 2nd-Claim member. | | z | | Originally recorded as 61.74 but same date and venue. Possible previous error in conversion from imperial to metric? |
| m | Performance recorded over 120yds which is 0.272m less than 110m (less than 4/100ths). | | § | | Tom Lerwill (U20M, 400m, joined 21 Aug 1995) and Dave Smith (SM, Hammer, joined 18 Sep 1995) both set Club Records before their applications for membership had been accepted by the Belgrave Committee but after they date they had originally completed their membership forms. Both of their "records" are therefore included among the "other notable performances". |
| n | The individual events comprising these multi-events differ. Comparison cannot therefore be made. | | | | Performance set at altitude. |
| o | Junior equipment used throughout. | | S | | Surrey AC record not yet beaten in which case the best Belgrave H performance is also shown. |
| p | Standard Senior equipment used throughout . | | * | | More information required. Type of information required shown in <i>italics</i> . |
| q | Record set over 4x110 yards which is 2.36m longer than 400m. Can be converted to 4x100m for comparison by subtracting 0.2sec., therefore giving 42.6. | | | | |
| r | Richard Langley's U15B 2 miles time of 10:08 can convert approx. to 9:27 for 3000m. | | | | |
| s | Adrian Major's U17M 3 miles time of 15:17 converts approx. to 15:51 for 5000m. Tony Brien's indoor 3 miles time of 13:58 converts approx. to | | | | |

TRACK & FIELD - SENIOR MEN

| | | | | | |
|-----------------|----------|--------|--------------------|---|----------------|
| 100m | 10.15 | +1.9 | John Regis | 1st, n/s European Clubs' Cup, UTE Stadium Budapest, HUN | 29 May 1993 |
| 150m | 15.15 | +0.9 | John Regis | 2nd, McDonalds International, Sheffield | 4 Sep 1994 |
| 200m | 19.87 | +1.8Ad | John Regis | 1st, IAAF Grand Prix, Sestriere, ITA (2,035m altitude) | 31 Jul 1994 |
| | 19.94 | +0.3 | John Regis | 2nd, World Championships, Stuttgart, GER | 20 Aug 1993 |
| 300m | 31.67 | bcde | John Regis | 1st, Vauxhall International, Gateshead | 17 Jul 1992 |
| 400m | 44.94 | | Du'aïne Ladejo | 3rd, IAAF Grand Prix, Monte Carlo | 2 Aug 1994 |
| 800m | 1:45.14 | | John Gladwin | 3rd, International Meeting, Paris, FRA | 22 Jul 1986 |
| 1000m | 2:17.14 | | John Gladwin | 4th, Compaq IAC International, Edinburgh | 6 Jul 1990 |
| 1500m | 3:35.26 | | John Gladwin | 4th, IAAF Grand Prix, Ivo van Damme, Brussels, BEL | 5 Sep 1986 |
| 1 mile | 3:51.02 | | John Gladwin | 2nd, Weltklasse Meeting, Zurich, SUI | 19 Aug 1987 |
| 2000m | 4:53.69 | | Gary Staines | 4th, International Meeting, Lausanne, SUI | 15 Sep 1987 |
| 2 miles | 8:23.16 | | Gary Staines | 4th, Pearl Assurance International, Gateshead | 10 Aug 1991 |
| 3000m | 7:41.79 | | Gary Staines | 3rd, International Meeting, Oslo NOR | 14 Jul 1990 |
| 5000m | 13:14.28 | | Gary Staines | 5th, International Meeting, Zurich SUI | 15 Aug 1990 |
| 10000m | 27:47.79 | | Paul Evans | 4th, IAAF Grand Prix Stockholm, SWE | 5 Jul 1993 |
| 110mH (106.7cm) | 13.60 | +1.5 | Neil Owen | 2nd, IAAF Grand Prix II 'B', Helsinki, FIN | 28 Jun 1995 |
| 200mH | 22.79 | | John Regis | 3rd, Welsh Champs Invitation Race, Cardiff | 1 Jun 1991 |
| 400mH (91.4cm) | 48.73 | | Jon Ridgeon | 2nd, International Meeting, Rieti, ITA | 6 Sep 1992 |
| 2000mSC | 5:31.4 | | John Bicourt | 2nd, Borough Road College v AAA, Crystal Palace | 26 May 1976 |
| 3000mSC | 8:22.82 | | John Bicourt | 8th, International Meeting, Stockholm, SWE | 8 Jun 1976 |
| High Jump | 2.27 | | Brendan Reilly | 3rd, World Student Games, Fukuoka, JPN | 31 Aug 1995 |
| Long Jump | 8.10 | -0.2 | Fred Salle | 1st, World Cup Final, Crystal Palace | 9 Sep 1994 |
| Triple Jump | 16.21 | * | Derek Boosey | 1st, Madeley College - event | 15 Jun 1968 |
| Pole Vault | 5.52 | | Mike Edwards, Jnr. | 1st, Collegiate Match, Abilene, USA | 13 May 1993 |
| Shot (7.26kg) | 20.33 | | Paul Edwards | 1st, Open Meeting, Walton | 13 May 1992 |
| Discus (2kg) | 60.08 | | Abi Ekoku | 1st, Loughborough v WLIHE v Leeds, Loughborough | 16 May 1990 |
| Javelin (800gm) | 81.70 | | Nigel Bevan | 3rd, AAA Championships, Birmingham | 28 Jun 1992 |
| Hammer (7.26kg) | 66.68 | § | Phil Spivey | 8th, IAAF World Cup Final, Havana, CUB | 26 Sep 1992 |
| Decathlon | 7980 | | Simon Shirley | 3rd, Commonwealth Games, Victoria, CAN | 23/24 Aug 1994 |

Belgrave Harriers Club Records

TRACK & FIELD - SENIOR MEN continued . . .

| | | | | | |
|-----------------------------------|---------|------|---|---|-------------------|
| 4x100m Relay | 40.05 | | Lenny Paul Phil Goedluck John Regis Neil Owen | 3rd, European Clubs' Cup, UTE Stadium Budapest, HUN | 29 May 1993 |
| 4x200m Relay | 1:25.91 | | Mike Bazire John Regis (U20) Phil Goedluck (U20) Marcus Adam (U20) | 1st, International Youth Friendship Games, Crystal Palace | 29 Sep 1985 |
| 4x400m Relay | 3:12.90 | | Rob Turner Daryl Maynard Phil Goedluck Jon Ridgeon | 7th, European Clubs' Cup, UTE Stadium Budapest, HUN | 30 May 1993 |
| Indoor | | | | | |
| 60m | 6.62 | | Ernie Obeng | 1st, Invitaton International, Budapest, HUN | 7 Feb 1987 |
| 200m | 20.48 | | John Regis | 1st, Sparkassen Cup, Stuttgart, GER | 5 Feb 1995 |
| 300m | 33.22 | c | John Regis | 1st, Dairy Crest Invitation, Cosford | 15 Mar 1987 |
| 400m | 46.26 | | Du'aine Ladejo | 1st, European Champs., Paris, FRA | 13 Mar 1994 |
| 800m | 1:53.32 | | Daryl Maynard | 3rd, Birmingham Games, Birmingham NIA | 31 Dec 1994 |
| 1500m | 3:46.65 | | Stuart Paton | 1st, AAA Champs., Cosford | 29 Jan 1983 |
| 1 mile | 3:59.54 | | John Gladwin | 1st, England v USA, Cosford | 13 Mar 1987 |
| 2000m | 5:05.20 | d | John Gladwin | 2nd, Dairy Crest Invitation, Cosford | 15 Mar 1987 |
| 3000m | 8:04.72 | | Gary Staines | 1st, AAA Champs., Cosford | 13 or 14 Mar 1984 |
| 60mH (106.7cm) | 7.86 | | Neil Owen | 3rd, AAA Champs., Birmingham | 19 Feb 1994 |
| High Jump | 2.26 | | Brendan Reilly | 1st, GB & NI v Russia, Birmingham | 28 Jan 1995 |
| Long Jump | 7.96 | | Fred Salle | 4th, GB & NI v Russia, Kelvin Hall, Glasgow | 30 Jan 1993 |
| Triple Jump | 16.13 | f | John Mackenzie | 2nd, Birmingham Games, Birmingham | 8 Jan 1994 |
| Pole Vault | 5.30 | | Mike Edwards | 1st, NAIA Champs., Fargo, USA | 12 Mar 1994 |
| Shot (7.26kg) | 19.47 | | Paul Edwards | 1st, England v Austria v Czechoslovakia, Vienna, AUT | 6 Feb 1994 |
| Other notable performances | | | | | |
| 100m | 10.07 | +2.2 | John Regis | 3rd, European Champs., Split, YUG | 28 Aug 1990 |
| 150m | 14.93 | k | John Regis | World Champs. 200m intermediate time, Stuttgart, GER | 20 Aug 1993 |
| 3 miles | 13:58.0 | s* | Tony Brien | Indoor, USA - <i>no other details known</i> | 1974 |
| 2000mSC | 5:40.4 | * | John Bicourt | Indoor - <i>no other details known</i> | 1974 |
| Javelin (800gm) | 83.44 | Sx | Dave Travis | 1st, European Cup Semi-Final, Zurich, SUI | 2 Aug 1970 |
| Hammer (7.26kg) | 71.18 | § | Dave Smith | 1st, Wakefield Open Meeting, Wakefield | 17 Sep 1995 |

TRACK & FIELD - UNDER 20 MEN

| | | | | | |
|-----------------|----------|-------|---|--|----------------|
| 100m | 10.46 | +1.80 | Marcus Adam | 1st ht, European Junior Champs., Birmingham | Aug 1987 |
| 200m | 20.78 | | John Regis | 1st, International Youth Friendship Games, Crystal Palace | 29 Sep 1985 |
| | 20.92 | +1.89 | Marcus Adam | 1st ht, European Junior Champs., Birmingham | Aug 1987 |
| 400m | 48.35 | § | James Hilston (U17) | 1st, U20 Inter-Counties Meeting, Cophthall | 6 Aug 1995 |
| 800m | 1:46.46 | | John Gladwin | 5th Oslo Invitation Meeting, Oslo, NOR | 7 Jul 1982 |
| 1000m | 2:26.0 | * | John Gladwin | 1st, Fire Brigade Meeting - <i>venue, full date</i> | 1980 |
| 1500m | 3:42.86 | | Stuart Paton | 1st U25 International, Amsterdam, HOL | 29 Aug 1982 |
| 1 mile | 4:09.5 | | John Gladwin | 1st, Lauriston Runners Champs., Wimbledon Pk. | 30 Jul 1980 |
| 3000m | 8:14.5 | | Paul Richley | 2nd, guest in Southern Counties AAA repr. match, West London | 27 Apr 1983 |
| 5000m | 14:24.02 | | Kassa Tadesse | 1st, British League Division 1, Edinburgh | 7 Aug 1993 |
| 10000m | 29:42.93 | | Kassa Tadesse | 6th, European Clubs Cup, UTE Stadium, Budapest, HUN | 29 May 1993 |
| 110mH (99.0cm) | 14.8 | | Steven Scott (U17) | 1st, National Junior Lg. Division 3 (S), Southend | 30 Jul 1995 |
| 110mH (106.7cm) | 15.56 | | Gareth Allison | 6th, British League Division 1 'B', Newham | 25 Jul 1987 |
| 400mH (91.4cm) | 56.3 | S | Alistair Johnson | 4th, Southern Counties AAA U20 Champs., West London | 17 Jul 1976 |
| | 56.64 | | Alistair Grant | 6th, Dairy Crest South'n Counties AAA U20 Champs., Haringey | 28 May 1989 |
| 2000mSC | 5:53.5 | | Stuart Paton | 1st, Inter-County U20 Champs., Motspur Pk. | 10 Aug 1980 |
| 3000mSC | 9:32.5 | | Simon Maynard | 1st, British League Division 2 'B', Battersea Pk. | 23 Aug 1986 |
| High Jump | 2.16 | | Richard Aspden | 1st, English Schools Champs., Nottingham | 7 Jul 1995 |
| Long Jump | 7.18 | S | Anthony Tymms | 1st, Kangaroo Club Meeting, Erith | 24 Sep 1961 |
| | 7.13 | | Martin Scott | 1st, Surrey County AAA U20 Champs., Motspur Pk. | 16 May 1974 |
| Triple Jump | 15.47 | | Rodney Heward-Mills | 1st, English Schools Champs., Crystal Palace | 9 Jul 1971 |
| Pole Vault | 4.20 | | Mark Shippen (U17) | 1st, Grazier Trophy Invitation, Woking | 10 Sep 1977 |
| Shot (7.26kg) | 11.47 | | Matthew King | 2nd, Senior Belgrave Club Champs., Motspur Pk. | 9 Jul 1977 |
| Shot (6.25kg) | 12.29 | | Scott Thompson | 1st, National Junior League Division 3 (S), Basingstoke | 20 Jun 1993 |
| Discus (2kg) | 35.76 | | Matthew King | 2nd, Senior Belgrave Club Champs., Motspur Pk. | 9 Jul 1977 |
| Discus (1.75kg) | 38.65 | | Scott Thompson | 1st, National Junior League Division 3 (S), Basingstoke | 20 Jun 1993 |
| Javelin (800gm) | 71.66 | | Nigel Bevan | 3rd, rep. Southern Counties AAA v Norway, Sanders, NOR | 22 Aug 1987 |
| Hammer (7.26kg) | 49.18 | | Scott Thompson | 1st, British League Division 1 'B', Kingsmeadow | 8 May 1993 |
| Hammer (6.25kg) | 59.96 | | Scott Thompson | DSD Hammer Open, Sunderland | 2 Sep 1993 |
| Decathlon | 5161 | p | Reg. Hopkins Jr. | 4th, AAA Junior Champs., Crystal Palace | 21/22 Jul 1973 |
| 4x100m Relay | 42.8 | q | John Mitchell Denis Gleeson Chris Martin James Vivian | 1st, AAA Junior Champs., Hurlingham | 28 Aug 1965 |
| 4x200m Relay | 1:31.2 | | Matt George Richard David Marlon Dickson (U17) James Hilston (U17) | 2nd, Rosenheim League Eastern Division, Sutton Arena | 19 Jul 1995 |

TRACK & FIELD - UNDER 20 MEN continued . . .

| | | | | | |
|-----------------------------------|---------|------|--|--|--------------|
| 4x400m Relay | 3:28.1 | | Gavin Mason (52.1) Richard David (51.7) Adam Daniel (52.8) John Dawson (51.5) | 1st, National Junior League Division 3 South A, Perivale | 23 Apr 1995 |
| Indoor | | | | | |
| 60m | 6.87 | | Marcus Adam | 2nd, National U20 Champs., Cosford | 20 Mar 1987 |
| 200m | 21.76 | | Marcus Adam | 3rd sf, AAA Senior Champs., Cosford | 23 Jan 1987 |
| 3000m | 8:28.14 | | Paul Richley | 1st, AAA U20 Champs., Cosford | 18 Mar 1983 |
| 60mH (99.0cm) | 8.8 | | Milton Holder | 2nd, Surrey County AA Indoor Champs., Crystal Palace | 30 Jan 1994 |
| Pole Vault | 3.40 | | Jamie Webb | 2nd, Surrey County AA Indoor Champs., Crystal Palace | 27 Feb 1994 |
| Other notable performances | | | | | |
| 100m | 10.45w | | John Regis | ht, Dairy Crest AAA U20 Champs., Birmingham | 3 Aug 1985 |
| | 10.4 | * | Marcus Adam | <i>Reported in 'AW' annual rankings but no other details known</i> | 1985 |
| 400m | 47.57 | § | Tom Lerwill | 3rd, GB v France and Benelux, Belfort, FRA | 6 Aug 1995 |
| Long Jump | 7.17w | | Martin Scott | 1st, Surrey County AAA U20 Champs., Motspur Pk. | 16 May 1974 |
| Shot (12lb) | 16.23 | Sx | C. Cogswell | 1st, Surrey County AAA Junior Champs., Motspur Pk. | 30 May 1964 |
| | 16.18 | Bx | John Powell-Jones | 1st, AAA Junior Champs., Birmingham | 31 Jul 1954 |
| Discus (1.5kg) | 48.41 | Sx | Dave Travis | 2nd, Junior Inter-County Meet., Mayesbrook Pk. | 7 Sep 1963 |
| | 41.96 | Bx* | John Grey | 1st, Surrey County AAA Junior Champs. - venue | 4 Jun 1949 |
| Pentathlon | 3216 | Sx* | Dave Travis | Norbiton - <i>no other details known</i> | 16 Jul 1963 |
| | 2816 | * | R. Jones | <i>No other details known</i> | 1978 |
| Decathlon | 6319 | Sxy* | Dave Travis | 6th AAA Senior Champs., Loughborough - <i>confirm score</i> | 7/8 Aug 1964 |

TRACK & FIELD - UNDER 17 MEN

| | | | | | |
|-----------------|---------|-------|---|---|-------------------|
| 100m | 10.96 | * | Phil Goedluck | ht, AAA Youths Champs., Birmingham - <i>exact date</i> | 11 or 12 Aug 1984 |
| | 11.0 | | Marlon Dickson | 1st, Rosenheim League Eastern Division, Battersea Pk. | 17 May 1995 |
| | | | Marlon Dickson | 1st, London Schools Champs., Croydon Arena | 10 Jun 1995 |
| | | | James Hilston | 1st n/s, Rosenheim League Eastern Division, Sutton Arena | 19 Jul 1995 |
| | | | Marlon Dickson | 2nd, National Junior League Division 3 (S), Hounslow | 27 Aug 1995 |
| 200m | 22.14 | * | Phil Goedluck | ht, AAA Youths Champs., Birmingham - <i>exact date</i> | 11 or 12 Aug 1984 |
| | 22.2 | | James Hilston | 1st, Rosenheim League Eastern Division, Tooting Bec | 19 Jul 1995 |
| 400m | 48.35 | | James Hilston | 1st, U20 Inter-Counties Meeting, Copthall | 6 Aug 1995 |
| 800m | 1:54.3 | | John Gladwin | 2nd, Southern Counties Open Meet, Crystal Palace | 9 Sep 1979 |
| 1500m | 4:02.8 | | Glyn Tiernan | 2nd, Southern League Division 2, Battersea Pk. | 3 Aug 1985 |
| 1 mile | 4:26.0 | | Matt Kinane | 7th, Peter Coe Mile, Crystal Palace | 11 Sep 1985 |
| 3000m | 8:55.0 | | Steven Webster | n/s, Rosenheim League Final, Tooting Bec | 20 Aug 1986 |
| 5000m | 16:19.0 | | Peter Carton | 10th, Belgrave Senior Club Champs., Battersea Pk. | 16 Jul 1969 |
| 100mH (91.4cm) | 13.86 | -0.90 | Steven Scott | 2nd ht, English Schools Champs., Nottingham | 7 Jul 1995 |
| | 13.8 | | Steven Scott | 1st, London Schools Champs., Croydon | 10 Jun 1995 |
| | | | Steven Scott | 2nd, McDonalds YA Lg. South Division1 (E), Kingsmeadow | 25 Jun 1995 |
| | | -2.00 | Steven Scott | 5th sf, English Schools Champs., Nottingham | 7 Jul 1995 |
| | | | Steven Scott | 1st, National Junior League Division 3 (S), Southend | 30 Jul 1995 |
| 110mH (99.0cm) | 14.8 | | Rob Milner | 3rd, SEAA U17 Champs., Crystal Palace | 29 May 1994 |
| 400mH (84.0cm) | 56.39 | | Rob Milner | 1st, National Junior League Division 3 (S), Tooting Bec | 28 Aug 1994 |
| 400mH (91.4cm) | 58.3 | | Rob Milner | 2nd, McDonalds YA Lg. South Prem. Division., Deangate | 6 Jun 1993 |
| 1500mSC | 4:38.4 | | Matt Hillier | n/s 1st, National Junior League Division 3 (S), Battersea Pk. | 1 Aug 1993 |
| 2000mSC | 6:35.2 | | Matt Hillier | 2nd, Belgrave Senior Club Champs., Battersea Pk. | 26 May 1993 |
| 3000mSC | 10:26.2 | | Matt Hillier | 1st, Croydon Arena - <i>meeting</i> | 1 Sep 1991 |
| High Jump | 2.15 | * | Stanley Osuide | 4th, Schools International, Colwyn Bay | 15 Jul 1995 |
| Long Jump | 6.75 | | Geoffrey Ojok | 1st, Dunlop YA League South Central Division, Worthing | 2 Jun 1985 |
| Triple Jump | 14.17 | | Festus Ogwuda | 1st, Grazier Trophy Invitation, Woking | 10 Sep 1977 |
| Pole Vault | 4.20 | | Mark Shippen | 1st, Inter-County Youth Match 'B', Motspur Pk. | 2 Jul 1978 |
| Shot (5kg) | 13.88 | | Stuart King | Battlebridge - <i>no other details known</i> | 30 Aug 1975 |
| Discus (1.5kg) | 46.86 | S* | Bryan Long | <i>No other details known</i> | 1978 |
| | 41.22 | * | Stuart King | 1st, National Junior League Division 3 (S), Sutcliffe Pk. | 22 Aug 1993 |
| Javelin (800gm) | 52.52 | | Ben Cascoe | 2nd English Schools Champs., Hull | 21 Jul 1962 |
| Javelin (700gm) | 60.69 | Sz | Dave Travis | 3rd, SEAA U17 Champs., Crystal Palace | 28 May 1994 |
| | 56.80 | | Ben Cascoe | 1st, Schools Inter-County Match, Newham - <i>full name</i> | 29 Jun 1975 |
| Hammer (5kg) | 48.00 | S* | M. Cousins | 2nd, Woolworths YA Lg. South Division 1 (E), Horsham | 7 Jun 1992 |
| | 28.82 | | Obi Megafu | <i>No other details known</i> | 1971 |
| Pentathlon | 2650 | * | Reg. Hopkins, Jr. | 8th, UK v France, Lille | 11/12 Sep 1976 |
| Decathlon | 5881 | So | Bryan Long | Open Combined Events Meet, Nottingham - <i>position</i> | 17/18 Aug 1985 |
| | 5010 | o* | Festus Ogwuda | <i>No other details known</i> | 1971 |
| | 3748 | p* | Reg. Hopkins Jr. | 1st, McDonalds YA Lg. South Division 1 (E), Kingsmeadow | 25 Jun 1995 |
| 4x100m Relay | 43.3 | | Steve Scott Geoffrey Ojok James Hilston Marlon Dickson | | |
| 4x100m Relay | | | Steve Scott Geoffrey Ojok James Hilston Marlon Dickson | 1st, McDonalds YA Lg. South Division 1 (E), Sutcliffe Pk. | 16 Jul 1995 |
| 4x200m Relay | 1:31.3 | | Steve Scott Geoffrey Ojok Joe Pantou James Hilston | 1st, Rosenheim Lg. Eastern Division, Tooting Bec. | 2 Aug 1995 |

Belgrave Harriers Club Records

TRACK & FIELD - UNDER 17 MEN continued . . .

| | | | | | |
|--------------|--------|--|--|---|------------|
| 4x400m Relay | 3:33.8 | | Robert Milner (55.0) Michael Parper (52.5) Lee Jenner (56.0) Gavin Mason (50.3) | 2nd, National Junior League Division 3 (S), Battersea Pk. | 1 Aug 1993 |
|--------------|--------|--|--|---|------------|

Indoor

| | | | | | |
|------|-------|---|----------------|---|-------------------|
| 60m | 7.1 | | Marlon Dickson | 2nd, SEAA U17 Indoor Champs Crystal Palace | 21 Jan 1995 |
| | 7.12 | | Marlon Dickson | 1st, Midland Open Meeting, Birmingham | 29 Jan 1995 |
| 200m | 23.0 | | Phil Goedluck | 1st, Cosford Open Meeting, Cosford | 19 Nov 1983 |
| | 23.04 | * | Phil Goedluck | sf AAA Youth Champs., Cosford - <i>exact date</i> | 17 or 18 Feb 1984 |
| | | | Marlon Dickson | 3rd, Midland Open Meeting, Birmingham | 29 Jan 1995 |
| 400m | 51.67 | * | Sean Richards | 2nd, AAA Youth Champs., Cosford - <i>exact date</i> | 17 or 18 Feb 1984 |

Other notable performances

| | | | | | |
|--------------|--------|------|---|--|-------------------|
| 100m | 10.77 | +3.3 | Phil Goedluck | 1st, AAA Youths Champs., Birmingham - <i>exact date</i> | 11 or 12 Aug 1984 |
| 4x400m Relay | 3:25.5 | t | Richard David Michael Parper Robert Milner Gavin Mason | 1st (dsq), Surrey County AA Champs., Walton | 19 Sep 1993 |
| 3 miles | 15:17 | s | Adrian Major | 9th Belgrave Senior Club Champs., Battersea Pk. | 22 Jul 1964 |
| Long Jump | 6.83 | +2.4 | Geoffrey Ojok | 1st, AAA U17 Champs., Birmingham | 29 Jul 1995 |
| Shot (10lbs) | 15.84 | Sx* | C. Cogswell | 2nd English Schools Champs., Chelmsford - <i>full name</i> | 20 Jul 1963 |
| | 14.75 | x | John Powell-Jones | 1st, Surrey County AAA Youth Champs., Tooting | 10 May 1952 |
| Discus (1kg) | 42.87 | x | John Martin | 1st, Inter-Club Meeting, Chiswick | 29 Jun 1964 |
| Pentathlon | 3264 | Sx* | Dave Travis | Norbiton - <i>no other details known</i> | 17 Jul 1962 |
| Hexathlon | 3004 | n | Mark Davis | 2nd, TSB London Schools Multi-Events, Battersea Pk. | 7 May 1993 |
| Octathlon | 5154 | Sn* | Bryan Long | Crystal Palace - <i>no other details known</i> | 25/26 Sep 1976 |
| | 4215 | n | Mark Davis | 6th, English Schools Regional Multi-events, Bracknell | 26/27 Jun 1993 |

TRACK & FIELD - UNDER 15 BOYS

| | | | | | |
|-----------------|---------|----------|--|--|-------------------|
| 100m | 11.70 | * | Marlon Dickson | 2nd, SEAA U15 Champs., Mayesbrook Pk. - <i>exact date</i> | 29 or 30 May 1993 |
| | 11.7 | S | Dave Mote | 1st, Blackheath H Winter Track Meet, Crystal Palace | 24 Mar 1974 |
| 200m | 22.9 | S | Dave Mote | 1st, Surrey v Essex v London Schools Meet, Crystal Palace | 23 Jun 1974 |
| | 23.59 | * | Es Hassan | 1st, SEAA U15 Champs., Crystal Palace - <i>exact date</i> | 28 or 29 May 1994 |
| 400m | 52.48 | | James Hilston | 1st, English Schools, Blackpool | 10 Jul 1993 |
| 800m | 2:03.79 | | Adrian Ross | 3rd, Dairy Crest Junior Inter-Area Invitation Race, Crystal Palace | 14 Sep 1986 |
| 1500m | 4:21.16 | | Simon Vella | ht, AAA U15 Champs., Birmingham | 30 Jul 1994 |
| 1 mile | 4:47.6 | * | Richard Langley | <i>No other details known</i> | 1968 |
| 3000m | 9:43.8 | S* | Simon Shanks | Oxford - <i>no other details known</i> | 2 Apr 1977 |
| | 9:46.1 | | Simon Vella | 1st, McDonalds YA Lg. South Prem. Division, Southampton | 18 Jul 1993 |
| 80mH (84.0cm) | 11.6 | * | Barry Quirk | 1st, East London Schools Champs., - <i>venue, date</i> | 1968 |
| | | | Barry Quirk | 1st, London Schools Champs., Crystal Palace | 15 Jun 1968 |
| | | | Clive Gardner | 1st, Surrey Schools Champs., Motspur Pk. | 11 Jun 1983 |
| | | (+2.26)* | Clive Gardner | 1st, English Schools Champs., Plymouth - <i>exact date</i> | 8 or 9 Jul 1983 |
| 1500mSC | 5:31.9 | | Richard Scott | 2nd, Woolworths YA Lg. S. Thames Division 2, Battersea Pk. | 21 Jul 1991 |
| 2000mSC | 6:58.6 | | Simon Vella | 3rd, Belgrave Senior Club Champs., Battersea Pk. | 10 Jul 1994 |
| High Jump | 1.90 | | Stanley Osuide | 2nd, English Schools Champs., Wigan | 8 Jul 1989 |
| Long Jump | 6.02 | * | Sean Mclean | 3rd, during pentathlon, Birmingham - <i>meeting details</i> | 17 Sep 1989 |
| Triple Jump | 12.26 | S | P. Adams | Reading - <i>no other details known</i> | 20 Jun 1976 |
| | 12.24 | | Mark Aldred | 1st, Woolworths YA Lg. S. Thames Division 2, Battersea Pk. | 21 Jul 1991 |
| Pole Vault | 3.50 | | Mark Baldock | 1st, 1st, Woolworths YA Lg. South Division 1 (E), Basildon | 19 Jul 1992 |
| Shot (4kg) | 12.69 | S | Bryan Long | Young Athletes League, Ewell Court - <i>position</i> | 7 Jul 1974 |
| | 12.40 | | Damien Daldin | 1st, Thameside League, Battersea Pk | 8 Aug 1992 |
| Discus (1.25kg) | 39.60 | S | Bryan Long | 1st, Surrey County Boys AAA Champs., Motspur Pk. | 14 May 1974 |
| | 31.75 | u | James Onwabili | 1st, McDonald's YA Lg. South Division 1 (E), Sutcliffe Pk. | 16 Jul 1995 |
| Javelin (600gm) | 51.16 | | Ben Cascoe | 1st, Thameside League, Battersea Pk. | 8 Aug 1992 |
| Hammer (4kg) | 40.84 | S* | L. Glitherow | 2nd, Young Athletes League Final, Crystal Palace - <i>full name</i> | 12 Sep 1976 |
| | 31.34 | | Edward Ford | 1st, McDonalds YA Lg. South Division 1 (E), Woodford | 4 Jun 1995 |
| Pentathlon | 2777 | * | Sean McLean | 2nd, Birmingham (100/SP/LJ/HJ/800) - <i>meeting details</i> | 17 Sep 1989 |
| 4x100m Relay | 45.8 | | Paul Sowten Marlon Dickson James Hilston | 1st, Surrey County AA U15 Champs., Walton | 19 Sep 1993 |
| | | | Daniel Jackman | | |
| 4x200m Relay | 1:36.9 | | Paul Sowten Marlon Dickson James Hilston Daniel Jackman | 1st, Surrey County AA U15 Champs., Walton | 19 Sep 1993 |
| 4x400m Relay | 3:45.2 | S* | K.Wilson P.Maher S.Noble K.Phillips | 5th, Young Athletes League Final, Crystal Palace - <i>full names</i> | 12 Sep 1976 |
| | 3:46.4 | | Rob Milner (56.6) Mark Baldock (56.1) Peter Lloyd (57.9) James Ganio (55.8) | 1st, Woolworths YA Lg. South Division 1 (E), Horsham | 7 Jun 1992 |

Other notable performances

| | | | | | |
|------|-------|---------|-----------|---------------------------------------|-----------------|
| 200m | 23.30 | (+5.9)* | Es Hassan | 7th, English Schools Champs., Telford | 8 or 9 Jul 1994 |
|------|-------|---------|-----------|---------------------------------------|-----------------|

TRACK & FIELD - UNDER 15 BOYS continued . . .

| | | | | | |
|---------|-------|----|--------------|---|------|
| 2 miles | 10:08 | r* | R Langley | <i>No other details known</i> | 1968 |
| Shot | 13.00 | w* | J. Martin | <i>No other details known</i> | 1962 |
| Discus | 40.49 | v* | D. Thorogate | 3rd, Inter-Club match, Norbiton (now Kingsmeadow) | 1964 |

TRACK & FIELD - UNDER 13 BOYS

| | | | | | |
|----------------|--------|----|------------------|--|-------------|
| 100m | 12.0 | * | Ian Gilley | <i>No other details known</i> | 1984 |
| 200m | 24.6 | * | Ian Gilley | <i>No other details known</i> | 1984 |
| 400m | 56.6 | * | Ian Gilley | <i>No other details known</i> | 1984 |
| 800m | 2:22.4 | * | Matthew Cannon | Hercules AC Memorial Trophy - <i>position</i> | 14 Jul 1976 |
| 1500m | 4:49.2 | S* | N.Montague | Southern Counties AAA Open Meet., Crystal Palace - <i>full name</i> | 13 Oct 1976 |
| | 4:49.5 | | Olivier Bazin | 2nd, McDonalds YA Lg. South Pre. Division, Oxford | 27 Jun 1993 |
| 80mH (76.2cm) | 13.4 | S* | K. Wilson | Norbiton (now Kingsmeadow) - <i>no other details known</i> | 22 Jul 1975 |
| | | S* | K. Thomas | Norbiton (now Kingsmeadow) - <i>no other details known</i> | 19 Jul 1977 |
| | 13.9 | | Steve Scott | 2nd, Thameside League, Battersea Pk. | 3 Aug 1991 |
| High Jump | 1.58 | * | Matthew Cannon | 1st, Belgrave Boys' Medal Competition, Battsea Pk. - <i>exact date</i> | 1976 |
| Long Jump | 5.41 | * | Ian Gilley | <i>No other details known</i> | 1984 |
| Triple Jump | 9.86 | S* | W. Davey | Walton - <i>no other details known</i> | 1 Aug 1978 |
| | 9.26 | * | Scott Wyld | 2nd, Ebbisham League, Walton | 16 Jul 1977 |
| Pole Vault | 2.30 | * | Michael Miller | Sutton & Dist. Open Meeting, Sutton Arena - <i>position</i> | 18 Sep 1994 |
| Shot (3.25kg) | 9.77 | | Moses Semakula | 1st, Thameside League, Battersea Pk. | 2 Jul 1994 |
| Discus (1kg) | 13.18 | * | Steven Taylor | Belgrave U15 Club Champs., Battersea Pk. - <i>1.25kg used ?</i> | 9 Jun 1993 |
| Javelin (600g) | 25.34 | * | Steve W. Crosbie | 3rd, Belgrave U15 Club Champs., Battersea Pk. - <i>exact date</i> | 1974 |
| Javelin (400g) | 31.76 | | Moses Semakula | 1st, Belgrave Club Champs., Battersea Pk. | 10 Jul 1994 |
| 4x100m Relay | 52.1 | | Andrew Hill | 1st, Surrey County AA U13 Champs., Kingsmeadow | 22 Sep 1991 |
| | | | Marlon Dickson | | |
| | | | James Hilston | | |
| | | | Daniel Jackman | | |
| 4x200m Relay | 1:50.4 | | Daniel Jackman | 1st, Surrey County AA U13 Champs., Kingsmeadow | 22 Sep 1991 |
| | | | Andrew Hill | | |
| | | | James Hilston | | |
| | | | Marlon Dickson | | |

Other notable performances

| | | | | | |
|------------|------|-----|----------|--|-------------|
| Pentathlon | 2664 | Sn* | K.Wilson | Norbiton (now Kingsmeadow) - <i>no other details known</i> | 22 Jul 1975 |
|------------|------|-----|----------|--|-------------|

Back in December 1951, encouraged by our Hon. Secretary of the time A.A. Harley, one of our older members Ted Good put pen to paper to describe the Club as he first knew it at the turn of the century. Ted's notes recently came to light again ...

Club life at the turn of the century

My first interests were awakened by reading the inscription on the biscuit bowl that stood on the "chiffonier" at home - "Presented to A.J. Good (my father) Bloomsbury Rifles 1 Mile Championship 1880.

When I was about eight years old (1890) I remember being taken to the Scottish Highland Gathering. Highly coloured bills announced it was taking place at the Kennington Oval. I was much impressed by the brawny Scotsmen trying to upend a huge pole (tossing the caber). They reduced the length after all had failed, until one at last succeeded. The "slinging" the 56lb weight and the dancing to bagpipes must have taken my attention from the running events. This was my first meeting.

About 1898 I remember visiting Old Stamford Bridge. It may have been the Championships but I remember that W.J.Sturgess won the Walking race. I was then living at Chelsea and I often went to sports meetings at the "Bridge".

In 1901 I was introduced to the Club by Frank Bool, the Hon. Sec. I should like to place on record that the "Bels" owed their existence to Frank and his Committee. How they managed to keep the right side of the financial fence only they know. I was elected to the Committee quite early on in my career and Frank's persuasion to a possible prize donor or back-

ward subs-dodger taught me all the approaches for when I took over with W.Mathewson the Co-Secretaryship. I am sure the present members are more regular in paying their subs.

When I joined perhaps 25% of our members were working long hours for small wages. Shop assistants working to 8 pm with an occasional let-off for our races on Saturdays when in the ordinary way they may be working until 10 pm.

We held our races according to the fixture card with prizes £1, 10/- and 5/-. We were supposed to start our evening races at 8 pm. sharp but seldom did - the late-comers entries and subs just managed to keep us solvent. Stop watch competitions only to members of course (don't make me laugh!), raffles, etc. All brought grist to the mill.

Our evening training quarters was the William IV. This was about half a mile from where we started in 1887. I got the impression the landlord thought we burnt too much gas and did not drink enough beer.

The distance races were held around Battersea Park, 3¼ miles out and home - twice if you wanted to. William IV was open till midnight anyway! And they were open again for rum and coffee at 5.30 am. I was told that just prior to my joining the Club some of the members went round the course with an official "chain measurement". Three miles 400 yds.

they said.

The 440 yds. started just above Grosvenor Road railway bridge - and what a lovely start down-hill for the short mark men! The 880 yds. and Boxing Day Sprint started in the opposite direction - the annual get-together of the old'uns.

Imagine a damp, murky night. Just an occasional Handsome Cab with bells ringing as you went on your way, perhaps startling a courting couple. They must have had a lot to talk about because they were still there the second time round.

I came back with my extremities numb and frozen. Our trainer said he would soon put some life into it (!). My goodness he did! How was I to know he had just been rubbing his previous clients chest with Sloans Liniment. How I walked - or shuffled - home I do not recall but I was in agony for days. But for all that Bill Harland, our trainer, was very loyal to us all. Many a time he has been at our Saturday quarters, the Railway Tavern ? Wandsworth Common, when only two have turned out, but always the hot tub when we returned.

Hopefully we will be able to bring you more from Ted Good's notebook in the next edition of *The Belgravian*.

Belgrave Harriers Club Records

TRACK & FIELD - SENIOR WOMEN

| | | | | |
|-----------------|----------|--|---|-------------|
| 100m | 11.84 | Jackie Harman | ht, WAAA Champs, Crystal Palace | 31 Jul 1982 |
| 200m | 24.14 | Jackie Harman | ht, WAAA Champs, Crystal Palace | 30 Jul 1982 |
| 300m | 42.9 | Serrita Simon | London Schools, Linford Christie Stadium | 8 Jun 1994 |
| 400m | 56.91 | Carol Glasgow | 4th ht, Southern Champs, New River | 19 Jun 1988 |
| 800m | 2:12.8 | Hilary Baxter | 5th, Highgate Open, Parliament Hill | 15 Jul 1981 |
| 1500m | 4:27.4 | Gabby Collison | 9th, Open Meeting, Watford | 9 Aug 1995 |
| 1 mile | 4:55.0 | Hilary Baxter | Beretta Trophy, Parliament Hill | 14 Jun 1981 |
| 3000m | 9:38.67 | Gabby Collison | 2nd, Women's AAA Champs., Birmingham | 29 Jul 1995 |
| 5000m | 16:44.58 | Gabby Collison | 3rd, Reebok Track Challenge, Crawley | 29 May 1994 |
| 10000m | 38:09.2 | Morag Andrew | 1st, Surrey Champs, Wimbledon Pk. | 8 May 1994 |
| 100mH (84.0cm) | 14.7 | Ese Oshevire | British Universities Combined Events, Cannock | 24 Jun 1989 |
| 400mH (76.2cm) | 65.7 | Nina Christou | 4th, Middlesex Champs, Copthall | 19 May 1990 |
| High Jump | 1.81 | Joanne Hilliard | 2nd, Southern Inter-Counties, Enfield | 26 Jul 1986 |
| Long Jump | 6.26 | Andrea Coore | 4th, Southern Champs, Basildon | 17 Jun 1989 |
| Triple Jump | 10.15 | Angela Patten | 1st, Club Champs, Battersea Pk. | 10 Jul 1994 |
| Pole Vault | 2.95 | Susan Drummie | Holzminden, GER | 11 Sep 1993 |
| Shot (4kg) | 13.55 | Wendy Dunsford | 3rd, Southern Champs, New River | 19 Jun 1988 |
| Discus (1kg) | 51.12 | Joanne Hilliard | 4th, UK Champs, Cwmbran | 25 May 1986 |
| Javelin (600gm) | 43.16 | Tracey Denton | 1st, London Borough of Wandsworth Open, Tooting Bec | 24 Nov 1986 |
| Hammer (4kg) | 30.44 | Petronell Keeler | 1st, Belgrave Club Champs., Battersea Pk. | 9 Jul 1995 |
| 4x100m Relay | 48.8 | Cindy James Angela Abrams Andrea Abrams Alison Caulker | 3rd, Southern Champs, Bournemouth | 22 Aug 1987 |
| 4x200m Relay | 1:42.9 | Ese Oshevire Angela Abrams Andrea Abrams Andrea Coore | 2nd, Rosenheim Final, Tooting Bec | 17 Aug 1988 |
| 4x400m Relay | 4:02.4 | Dezrine Conard Angela Abrams Alexis Wotherspoon Carol Glasgow | 2nd, GRE Cup Round 2, Bromley | 29 May 1988 |
| 3x800m Relay | 7:47.4 | Jacinta Coppinger Jackie Stone Jacqui Smiter | 1st, Southern Champs., Bournemouth | 23 Aug 1987 |

TRACK & FIELD - UNDER 20 WOMEN

| | | | | |
|-----------------|---------|---|---|-------------|
| 100m | 11.84 | Jackie Harman | ht, WAAA Champs., Crystal Palace | 31 Jul 1982 |
| 200m | 24.14 | Jackie Harman | ht, WAAA Champs., Crystal Palace | 30 Jul 1982 |
| 300m | 42.9 | Serrita Simon | London Schools, Linford Christie Stadium | 8 Jun 1994 |
| 400m | 60.1 | Jackie Harman | 1st, Wandsworth Schools, West London | 24 May 1983 |
| 800m | 2:20.9 | Jenny Webb | Rosenheim League, Tooting Bec | 5 Aug 1987 |
| 1500m | 4:37.5 | Jenny Webb | Southern League Division 2, Feltham | 8 Aug 1987 |
| 3000m | 10:09.7 | Jenny Webb | Southern League Division 2, Bournemouth | 30 Apr 1988 |
| 100mH (84.0cm) | 15.3 | Angela Abrams | Southern League Division 2, Basildon | 20 Jun 1987 |
| 400mH (76.2cm) | 66.4 | Angela Abrams | Southern League Division 2, Basildon | 20 Jun 1987 |
| High Jump | 1.60 | Andrea Coore | Belgrave H. Club Champs., Battersea Pk. | 14 Jul 1984 |
| Long Jump | 5.86 | Andrea Coore | Southern League Division 2, Battersea Pk. | 3 Sep 1988 |
| Triple Jump | 9.41 | Alex Barber | Southern League Division 3, Horsham | 24 Jul 1993 |
| Shot (4kg) | 10.56 | Wendy Dunsford | Inter-Club match, Sutcliffe Pk. | 8 Sep 1979 |
| Discus (1kg) | 32.58 | Cindy James | Southern League Division 4, Battersea Pk. | 6 Sep 1986 |
| Javelin (600gm) | 43.16 | Tracey Denton | London Borough of Wandsworth Open, Tooting Bec | 24 Nov 1986 |
| Hammer (4kg) | 30.44 | Petronell Keeler | 1st, Belgrave Club Champs., Battersea Pk. | 9 Jul 1995 |
| 3x800m Relay | 7:49.4 | Brenda Davis Suzanne Jordan Shirley Daure | 2nd, Southern Champs., Crystal Palace <i>Check 7:59.4</i> | 14 Aug 1982 |

TRACK & FIELD - UNDER 17 WOMEN

| | | | | |
|----------------|----------|----------------|--|-------------|
| 100m | 11.84 | Jackie Harman | ht, WAAA Champs., Crystal Palace | 31 Jul 1982 |
| 200m | 24.14 | Jackie Harman | ht, WAAA Champs., Crystal Palace | 30 Jul 1982 |
| 300m | 42.9 | Serrita Simon | London Schools, Linford Christie Stadium | 8 Jun 1994 |
| 400m | 60.1 | Jackie Harman | 1st, Wandsworth Schools, West London | 24 May 1983 |
| 800m | 2:23.4 | Vicky Mitchell | 1st, Southern League Division 3, Battersea Pk. | 7 Sep 1985 |
| 1500m | 4:52.6 | Jenny Webb | 3rd, London Youth Games, Crystal Palace | 7 Jul 1985 |
| 3000m | 10:46.12 | Jenny Webb | 9th, WAAA Champs, Birmingham | 27 Jul 1985 |
| 80mH (76.2cm) | 11.9 | Angela Abrams | 6th, Southern Champs., Copthall | 6 Jun 1987 |
| 100mH (76.2cm) | 15.3 | Angela Abrams | 2nd, Southern League Division 2, Basildon | 20 Jun 1987 |
| 200mH (76.2cm) | 29.7 | Angela Abrams | 4th, Southern Champs., Copthall | 7 Jun 1987 |
| 300mH (76.2cm) | 45.63 | Jessica Dash | ht, English Schools, Blackpool | 10 Jul 1993 |
| 400mH (76.2cm) | 66.4 | Angela Abrams | 2nd, Southern League Division 2, Basildon | 20 Jun 1987 |
| High Jump | 1.60 | Andrea Coore | 1st, Club Champs., Battersea Pk. | 14 Jul 1984 |
| Long Jump | 5.52 | Andrea Abrams | 2nd, GRE Cup Round 2, Kingsmeadow | 14 Jun 1987 |
| Triple Jump | 7.30 | Hazel Mead | 3rd, Southern League Division 3, Cambourne | 13 Aug 1994 |
| Shot (4kg) | 9.26 | Cindy James | 2nd, Southern League Division 2, Bracknell | 18 Jul 1987 |

TRACK & FIELD - UNDER 17 WOMEN continued . . .

| | | | | |
|-----------------------------------|--------|-------------------|---|-------------|
| Discus (1kg) | 32.58 | Cindy James | 1st, Southern League Division 4, Battersea Pk. | 6 Sep 1986 |
| Javelin (600gm) | 37.24 | Tracey Denton | 1st, Southern League Division 3, Battersea Pk. | 10 Aug 1985 |
| Hammer (4kg) | 14.54 | Hazel Mead | 5th, Southern League Division 3, Perivale | 16 Jul 1994 |
| 4x100m Relay | 51.4 | Sonya Jackson | 4th, Southern Champs., Crystal Palace | ? Jun 1979 |
| | | Pamela St. Ange | | |
| | | Julie Reid | | |
| | 51.4 | Glenda Mahoney | | |
| | | Cindy James | 5th, WAAA Champs., Bournemouth | 20 Jul 1985 |
| | | Angela Abrams | | |
| | | Andrea Abrams | | |
| | | Diane Power | | |
| 4x200m Relay | 1:48.5 | Michelle McIntosh | 1st, Southern Champs., Bournemouth | 22 Aug 1987 |
| | | Fiona Lambe | | |
| | | Michelle Green | | |
| | | Michelle De Leon | | |
| 3x800m Relay | 7:49.4 | Brenda Davis | 2nd, Southern Champs., Crystal Palace <i>Check 7:59.4</i> | 14 Aug 1982 |
| | | Suzanne Jordan | | |
| | | Shirley Daure | | |
| Other notable performances | | | | |
| Medley Relay | 2:25.5 | Marjorie White | Surrey Champs., Walton | 9 Sep 1993 |
| (100x200x300x400) | | Mabel Jackson | | |
| | | Serrita Simon | | |
| | | Jessica Dash | | |

TRACK & FIELD - UNDER 15 GIRLS

| | | | | |
|-----------------|--------|-------------------|--|-------------|
| 100m | 12.6 | Pamela St. Ange | 1st, Southern Lg. Division 3 (S), Eastbourne | 21 Jun 1980 |
| | | Lydia Montoute | 1st, Lily B League Division 3, Guildford | 18 Sep 1982 |
| 200m | 25.34 | Natalie Law | 3rd sf, English Schools Champs., Nottingham | 8 Jul 1995 |
| 800m | 2:26.0 | Laura Wilson | 1st, Southern League Division 3, Sutcliffe Pk. | 4 Jun 1994 |
| 1500m | 5:03.2 | Jackie Stone | 3rd, Surrey Schools Champs., Motspur Pk. | 8 Jun 1985 |
| 75mH (76.2cm) | 11.8 | Pamela St. Ange | 1st, London Schools Champs., Crystal Palace | 5 Jun 1980 |
| 80mH (76.2cm) | 13.5 | Andrea Coore | 2nd, Lily B League, Wimbledon Pk. | 10 Sep 1983 |
| High Jump | 1.56 | Saskia Buckland | 1st, Southern League Division 3, Battersea Pk. | 1 Aug 1992 |
| Long Jump | 5.39 | Michelle McIntosh | 1st, Southern Champs., New River | 19 Jun 1985 |
| Shot (3.25kg) | 10.08 | Inoyo Etete | 1st, Southern League Division 3, Hornchurch | 8 May 1982 |
| Discus (1kg) | 30.08 | Diane Bowen | 1st, Southern League Division 3, Battersea Pk. | 7 Sep 1985 |
| Javelin (600gm) | 29.64 | Anne-Marie Henry | 2nd, Thameside League, Battersea Pk. | 2 Aug 1986 |
| 4x100m Relay | 51.4 | Sonya Jackson | 4th, Southern Champs., Crystal Palace | ? Jun 1979 |
| | | Pamela St. Ange | | |
| | | Julie Reid | | |
| | | Glenda Mahoney | | |
| | 51.4 | Cindy James | 5th, WAAA Champs, Bournemouth | 20 Jul 1985 |
| | | Angela Abrams | | |
| | | Andrea Abrams | | |
| | | Diane Power | | |
| 4x200m Relay | 1:48.5 | Michelle McIntosh | 1st, Southern Champs., Bournemouth | 22 Aug 1987 |
| | | Fiona Lambe | | |
| | | Michelle Green | | |
| | | Michelle De Leon | | |
| 3x800m Relay | 8:08.6 | Suzanne Jordan | 6th, Southern Champs., Bournemouth | 15 Aug 1982 |
| | | Tracey Johnson | | |
| | | Gail Porter | | |

TRACK & FIELD - UNDER 13 GIRLS

| | | | | |
|-----------------|--------|-------------------|---|-------------|
| 100m | 13.1 | Pamela St. Ange | 2nd, Club Champs., Motspur Pk. | 7 Jul 1979 |
| 200m | 27.0 | Pamela St. Ange | 1st, Southern League Division 4, Erith | 14 Jul 1979 |
| | | Tracy Ritson | 2nd, Thameside League, Battersea Pk. | 30 Jun 1986 |
| 800m | 2:36.7 | Jackie Stone | 1st, Club Champs., Battersea Pk. | 14 Jul 1984 |
| 1500m | 5:14.8 | Lulu Bright | 5th, London Schools Champs., Crystal Palace | 5 Jun 1980 |
| | | Laura Wilson | 1st, Southern League Division 3, St. Albans | 18 Jun 1992 |
| 70mH (68.5cm) | 13.1 | Melissa Simon | 1st, Thameside League, Battersea Pk. | 3 Aug 1991 |
| 75mH (76.2cm) | 12.6 | Pamela St. Ange | 1st, Lily B League Division 2, Croydon | 17 Jun 1979 |
| High Jump | 1.40 | Michelle McIntosh | 1st, Thameside League, Battersea Pk. | 5 Jul 1987 |
| Long Jump | 5.00 | Pamela St. Ange | 7th, Southern Champs., Crystal Palace | ? Jun 1979 |
| Shot (2.72kg) | 7.97 | Rhiann Letang | 2nd, Inter-Counties, Tooting Bec | 8 Aug 1993 |
| Shot (3.25kg) | 10.08 | Inoyo Etete | 1st, Southern League Division 3, Hornchurch | 8 May 1982 |
| Discus (0.75kg) | 20.20 | Inoyo Etete | 1st, Southern League Division 3, Bedford | 17 Apr 1982 |
| Javelin (600gm) | 19.80 | Rhiann Letang | 5th, Southern League Division 3, Horsham | 24 Jul 1993 |
| 4x100m Relay | 56.2 | Sonya Jackson | 1st, Inter Club, Hastings | 29 Jul 1978 |
| | | Janet Bridges | | |
| | | Jackie Weldin | | |
| | | Pamela St. Ange | | |
| 4x200m Relay | 2:02.3 | Team Unknown | 2nd, Melbourne Trophy, Wimbledon Pk. | 29 Sep 1979 |

Belgrave Harriers Club Records

TRACK & FIELD - VETERAN MEN M40

| | | | | | |
|--|---------|----|--|--|----------------|
| 100m | 11.9 | * | Charlie Gillett | n/s, Rosenheim Lg., - venue | 29 Jun 1983 |
| 200m | 23.6 | | Charlie Gillett | n/s, Rosenheim Lg., Southwark Pk. | 30 Jun 1982 |
| 400m | 53.4 | * | Charlie Gillett | n/s, Rosenheim Lg., - venue | 27 Jul 1983 |
| 800m | 1:59.1 | | Alan Painter | n/s, Rosenheim League, Tooting | 5 Aug 1987 |
| 1500m | 3:58.5 | | Laurie O'Hara | SCAAA Open Meet, Crystal Palace | 19 Sep 1973 |
| 1 mile | 4:21.2 | | Laurie O'Hara | 1st, AAU Champs., Los Angeles USA | Jun 1973 |
| 3000m | 8:22.0 | a | Laurie O'Hara | 6th, Southern Counties AAA Snr. Champs., Crystal Palace | 22 Jun 1973 |
| 5000m | 14:28.2 | | Laurie O'Hara | 3rd, Southern Lg. Division 1, Luton | 29 Jul 1972 |
| 10000m | 30:21.0 | | Laurie O'Hara | 19th, Southern Counties AAA Snr. Champs., Crystal Palace | 6 Apr 1975 |
| 110mH (99.6cm) | 16.29 | | Snowy Brooks | ht, World Veterans' Champs., Rome, ITA | 23 Jun 1985 |
| 110mH (106.7cm) | 16.8 | | Snowy Brooks | during Decathlon, Middx. Champs. & Open, Parliament Hill | 25 Aug 1985 |
| 400mH (91.4cm) | 64.4 | | Pete Gilbey | 5th, Southern Lg. Division 5, Maidenhead | 14 Aug 1993 |
| 2000mSC | 6:19.2 | | Clive Shippen | 3rd, Greater London Champs., East London Stadium | 2 Sep 1972 |
| 3000mSC | 9:26.4 | * | John Bicourt | <i>No other details known</i> | 1986 |
| High Jump | 1.64 | | Snowy Brooks | during Decathlon, Middx. Champs. & Open, Parliament Hill | 24 Aug 1985 |
| Long Jump | 6.59 | | Snowy Brooks | 3rd, European Veterans' Champs., Malmo | 29 Jul 1986 |
| Triple Jump | 9.71 | | Bob Bridges | 4th, Southern League Division 6 'B', Battersea Park | 29 Jun 1991 |
| Pole Vault | 3.60 | | Mike Edwards Snr. (M45) | 7th, GRE Gold Cup Semi-Final, Birmingham | 15 Jul 1990 |
| Shot (7.26kg) | 12.67 | | Mike Small | 3rd, Rosenheim Lg. Eastern Division, Tooting Bec | 2 Aug 1995 |
| Discus (2kg) | 42.20 | | Mike Small | 1st, Southern Lg. Division 2, Perivale | 1 Jul 1995 |
| Javelin (800gm) | 47.68 | | Dave Mole | 3rd, Southern Lg. Division 2, Battersea Park | 15 Aug 1987 |
| Hammer (7.26kg) | 45.18 | | Mike Small | 1st, SCVAC Track & Field Lg. Mid-London Division, Colindale | 26 Jun 1995 |
| Pentathlon | 3475 | j | Snowy Brooks | 3rd, World Veterans' Champs, Rome, ITA (LJ 6.17, JT 46.78, 200m 24.1, DT 28.90, 1500m 5:06.2) | Jun 1985 |
| Decathlon | 6204 | jp | Snowy Brooks | Middx Champs. & Open, Parliament Hill (1500m not comp.) | 24/25 Aug 1985 |
| 4x100m Relay | 49.4 | l | Martin Chuter Paul Lundy Snowy Brooks Pan Zeniou (2nd-Cl) | 2nd, SCVAC T&F Lg. 'A' Final, Colindale | 3 Sep 1995 |
| 4x200m Relay | 1:49.3 | | Reg. Hopkins, Jnr Mike Small Paul Lundy Snowy Brooks | 2nd, SCVAC Track & Field Lg. Mid-London Division, Harrow | 25 Jul 1995 |
| 4x400m Relay | 4:16.8 | | Snowy Brooks Bob Bridges Leo Coy Leo Lyons | 6th, SCVAC Track & Field Lg. Mid-London Division, Colindale | 27 Jun 1994 |
| Medley Relay (200m, 200m, 400m, 800m) | 4:05.5 | l | Snowy Brooks (M50) Pan Zeniou (2nd-Cl) Paul Lundy Martin Chuter | 2nd, SCVAC T&F Lg. 'A' Final, Colindale | 3 Sep 1995 |
| Indoors | | | | | |
| 60m | 7.7 | | Snowy Brooks | ht, British Veterans' Champs., Cosford | 23 Mar 1985 |
| 200m | 25.4 | | Snowy Brooks | ht, British Veterans' Champs., Cosford | 23 Mar 1985 |
| 60mH | 9.1 | | Snowy Brooks | during Pentathlon, British Veterans' Champs., Cosford | 26 Mar 1988 |
| High Jump | 1.65 | | Snowy Brooks | during Pentathlon, British Veterans' Champs., Cosford | 28 Mar 1987 |
| | | | Snowy Brooks | during Pentathlon, British Veterans' Champs., Cosford | 26 Mar 1988 |
| Long Jump | 6.14 | | Snowy Brooks | 1st, British Veterans' Champs., Cosford | 23 Mar 1985 |
| Shot (7.26kg) | 11.95 | | Snowy Brooks | during Pentathlon, British Veterans' Champs., Cosford | 26 Mar 1988 |
| Pentathlon | 2814 | j | Snowy Brooks | 1st, British Veterans' Champs., Cosford (60mH 9.2, LJ 6.01, SP 11.52, HJ 1.65 1000m 3:13.2) | 28 Mar 1987 |

TRACK & FIELD - VETERAN MEN M45

| | | | | | |
|-----------------|---------|---|-------------------------|---|----------------|
| 100m | 12.5 | | Snowy Brooks | during Decathlon, British Veterans' Champs., Sheffield | 12 Sep 1992 |
| | | | Snowy Brooks (M50) | during Decathlon, British Veterans' Champs., Sheffield | 24 Sep 1994 |
| 200m | 26.52 | | Snowy Brooks (M50) | 6th, British Veterans' Champs., Exeter | 5 Aug 1995 |
| 400m | 57.6 | | Alan Painter | 1st, VAC Champs, West London Stadium | 16 Aug 1992 |
| 600m | 1:30.8 | | Alan Painter | 2nd, VAC Meeting, Battersea Pk. | 6 May 1992 |
| 800m | 2:07 | * | Laurie O'Hara | Tooting - <i>no other details known</i> | 3 Jun 1979 |
| 800m | 2:07.3 | | Alan Painter | n/s, Rosenheim Lg., Tooting | 17 Jun 1992 |
| 1500m | 4:06.5 | * | Laurie O'Hara | Haringey - <i>no other details known</i> | 2 Sep 1977 |
| 3000m | 8:37.4 | | Laurie O'Hara | Open Meeting, West London Stadium | 3 Aug 1977 |
| 5000m | 15:16.8 | | Laurie O'Hara | 4th, Greater London Champs., West London | 5 Sep 1981 |
| 10000m | 31:46 | | Laurie O'Hara | 3rd, Middlesex Champs., West London | 9 Sep 1979 |
| 110mH (99.6cm) | 18.5 | * | Snowy Brooks | during Decathlon, British Veterans' Champs., Sheffield - date | Sep 1990 |
| 110mH (106.7cm) | 20.3 | | Snowy Brooks | 3rd, Southern Lg. Division 5, Crawley | 18 Jun 1994 |
| 400mH (91.4cm) | 66.91 | | Snowy Brooks | British Veterans' Champs., Bedford | 16 Jul 1994 |
| 2000mSC | 6:40.9 | | Leo Lyons | 1st, Belgrave Club Champs., Battersea Pk. | 10 Jul 1994 |
| 3000mSC | 10:16.3 | | Leo Lyons | 1st, SCVAC T&F Lg. Mid-London Division, Battersea Pk. | 16 May 1994 |
| High Jump | 1.58 | * | Snowy Brooks | during Decathlon, British Veterans' Champs., Sheffield - date | Sep 1990 |
| Long Jump | 5.80 | * | Snowy Brooks | World Veterans' Champs., Turku FIN during decathlon ? | 18/19 Jul 1991 |
| Triple Jump | 9.36 | | Mike Edwards Snr. (M50) | 2nd, SCVAC T&F Lg. 'A' Final, Colindale | 3 Sep 1995 |
| Pole Vault | 3.60 | | Mike Edwards Snr. | 7th, GRE Gold Cup Sem-Final, Birmingham | 15 Jul 1990 |
| Shot (7.26kg) | 10.98 | * | Snowy Brooks | during Decathlon, British Veterans' Champs., Sheffield - date | Sep 1990 |
| Discus (2kg) | 35.30 | | Snowy Brooks | 1st, British Veterans' Champs., Cophthall | 18 Jul 1992 |

TRACK & FIELD - VETERAN MEN M45 CONTINUED . . .

| | | | | |
|-----------------|--------|--|--|----------------|
| Javelin (800gm) | 47.50 | Snowy Brooks (M50) | during Decathlon, World Veterans' Champs., Buffalo USA | 14 Jul 1995 |
| Hammer (7.26kg) | 41.92 | Bill Treharne | 4th, British Lg. Division 5, Crewe | 4 Jun 1983 |
| Decathlon | 5798 | Snowy Brooks | 3rd, British Veterans' Champs., Sheffield | 12/13 Sep 1992 |
| 4x200m Relay | 1:57.3 | Leo Lyons Dave McMillan Snowy Brooks John Jeffery (M50) | 3rd, SCVAC T&F Lg. Mid-London Division, Tooting | 25 Jul 1994 |

Indoors

| | | | | |
|----------------------|-------|--------------------|--|-------------|
| 60m Hurdles (99.6cm) | 9.31 | Snowy Brooks | during Pentathlon, British Veterans' Champs., Cosford | 4 Mar 1990 |
| 200m | 26.3 | Snowy Brooks (M50) | 3rd, British Veterans' Champs., Birmingham | 12 Feb 1995 |
| High Jump | 1.62 | Snowy Brooks | during Pentathlon, British Veterans' Champs., Cosford | 4 Mar 1990 |
| | | Snowy Brooks | during Pentathlon, British Veterans' Champs., Cosford | 10 Mar 1991 |
| Long Jump | 5.87 | Snowy Brooks | during Pentathlon, British Veterans' Champs., Cosford | 10 Mar 1991 |
| Shot (7.26kg) | 11.00 | Snowy Brooks | during Pentathlon, British Veterans' Champs., Cosford | 4 Mar 1990 |
| Pentathlon | 3652 | Snowy Brooks | British Veterans' Champs., Cosford - <i>position</i> (60mH 9.31, LJ 5.80, SP 11.00, HJ 1.62, 1000m 3:29.58) | 4 Mar 1990 |

TRACK & FIELD - VETERAN MEN M50

| | | | | |
|-----------------|---------|-------------------|--|-----------------|
| 100m | 12.5 | Snowy Brooks | during Decathlon, British Veterans' Champs., Sheffield | 24 Sep 1994 |
| 200m | 26.52 | Snowy Brooks | 6th, British Veterans' Champs., Exeter | 5 Aug 1995 |
| 400m | 60.06 | Snowy Brooks | during Decathlon, World Veterans' Champs., Buffalo USA | 13 Jul 1995 |
| 800m | 2:24.6 | Tony Stone | Kingsmeadow - <i>no other details known</i> | 15 Jun 1992 |
| 1500m | 4:13.9 | Laurie O'Hara | Battersea Pk. - <i>event, etc.</i> | 16 Jul 1984 |
| 3000m | 8:58 | Laurie O'Hara | 15th, Open Meeting, West London Stadium | 3 Aug 1983 |
| 5000m | 15:44 | Laurie O'Hara | Greater London Champs., West London | 4 Sep 1982 |
| 10000m | 33:19.0 | Laurie O'Hara | 1st, Southern Veterans' Champs., Tooting | 18 Sep 1985 |
| 100mH (91.4cm) | 15.14 | Snowy Brooks | World Veterans' Champs., Buffalo USA | Jul 1995 |
| High Jump | 1.52 | Snowy Brooks | during Decathlon, British Veterans' Champs., Sheffield | 24 Sep 1994 |
| Long Jump | 5.83 | Snowy Brooks | during Decathlon, World Veterans' Champs., Buffalo USA | 13 Jul 1995 |
| Triple Jump | 9.36 | Mike Edwards Snr. | 2nd, SCVAC T&F Lg. 'A' Final, Colindale | 3 Sep 1995 |
| Pole Vault | 3.45 | Mike Edwards Snr. | 2nd, Open Meeting, Reading | 24 Aug 1994 |
| Shot (7.26kg) | 10.51 | Snowy Brooks | 2nd, Southern Lg. Division 6 'B', Brighton | 6 May 1995 |
| Shot (6kg) | 12.62 | Snowy Brooks | 1st, Belgrave Open Meeting, Battersea Pk. | 8 Apr 1995 |
| Discus (2kg) | 34.28 | Snowy Brooks | 1st, Southern Lg. Division 6, Deangate | 1 Jul 1995 |
| Discus (1.5kg) | 41.50 | Snowy Brooks | 2nd, British Veterans' Champs., Exeter | 5 or 6 Aug 1995 |
| Javelin (800gm) | 47.50 | Snowy Brooks | during Decathlon, World Veterans' Champs., Buffalo USA | 14 Jul 1995 |
| Hammer (7.26kg) | 40.90 | Bill Treharne | 1st, Southern Lg. Division 2 'B', Stevenage | 14 Jun 1986 |
| Decathlon | 7288 | Snowy Brooks | 2nd, World Veterans' Champs., Buffalo USA | 13/14 Jul 1995 |
| Indoors | | | | |
| 60m | 7.9 | Snowy Brooks | 1st, Southern Counties Veterans' Champs., Crystal Palace | 5 Feb 1995 |
| 200m | 26.3 | Snowy Brooks | 3rd, British Veterans' Champs., Birmingham | 12 Feb 1995 |
| 60mH (91.4cm) | 9.3 | Snowy Brooks | during Pentathlon, British Veterans' Champs., Sheffield | 5 Mar 1995 |
| High Jump | 1.50 | Snowy Brooks | during Pentathlon, British Veterans' Champs., Sheffield | 5 Mar 1995 |
| Long Jump | 5.43 | Snowy Brooks | during Pentathlon, British Veterans' Champs., Sheffield | 5 Mar 1995 |
| Shot (6kg) | 13.12 | Snowy Brooks | during Pentathlon, British Veterans' Champs., Sheffield | 5 Mar 1995 |
| Pentathlon | 3697 | Snowy Brooks | 1st, British Veterans' Champs., Sheffield | 5 Mar 1995 |
| | | | (60mH 9.3, HJ 1.50, LJ 5.43, SP 13.12, 1000m 3:50.4) | |

TRACK & FIELD - VETERAN MEN M55

| | | | | | |
|--------|---------|---|---------------------|---|-------------|
| 1500m | 4:24.8 | d | Laurie O'Hara | 8th Belgrave Centenary Champs., Battersea Pk. | 11 Jul 1987 |
| 3000m | 10:09.1 | | Laurie O'Hara (M60) | 2nd, SCVAC T&F Lg. 'A' Final, Colindale | 3 Sep 1995 |
| 5000m | 16:21.5 | | Laurie O'Hara | 2nd, Southern Lg. Division 2 'B', Battersea Pk. | 15 Aug 1987 |
| 10000m | 34:17.0 | * | Laurie O'Hara | Veterans' AC Champs. - <i>date</i> | 1987 |

TRACK & FIELD - VETERAN MEN M60

| | | | | | |
|-------|---------|--|---------------------|--|-----------------|
| 800m | 2:35.7 | | Charlie Walker | 6th, British Veterans' Champs., Reading | 8 or 9 Jul 1989 |
| 1500m | 4:50.84 | | Laurie O'Hara | 3rd, British Veterans' Champs., Bedford | 16 Jul 1994 |
| 3000m | 10:09.1 | | Laurie O'Hara (M60) | 2nd, SCVAC T&F Lg. 'A' Final, Colindale | 3 Sep 1995 |
| 5000m | 17:10.9 | | Laurie O'Hara | 1st, British Veterans' Champs., Copthall | 18 Jul 1992 |

TRACK & FIELD - VETERAN MEN M65

| | | | | | |
|-------|---------|--|----------------|---|-------------|
| 1500m | 5:29.92 | | Charlie Walker | 2nd, British Veterans' Champs., Bedford | 16 Jul 1994 |
|-------|---------|--|----------------|---|-------------|

Belgrave Harriers Club Records

TRACK & FIELD - VETERAN WOMEN W35

| | | | | |
|--|---------|--|---|-------------|
| 100m | 15.1 | Sally Scott | 2nd, SCVAC T&F Lg. Mid-London Division, Colindale | 27 Jun 1994 |
| 200m | 30.6 | Jacinta Moore | 2nd, SCVAC T&F Lg. Mid-London Division, Harrow | 25 Jul 1995 |
| 400m | 65.9 | Jacinta Moore | 3rd, Veterans' Inter-County Meet, Crawley | 5 Jul 1994 |
| 800m | 2:29.1 | Jacinta Moore | 1st, Veterans' Inter-County Meet, Crawley | 5 Jul 1994 |
| 1500m | 5:13.0 | Jacinta Moore | 1st, Southern Lg. Division 3 'B', Basildon | 4 Sep 1993 |
| 3000m | 11:26.6 | Jacinta Moore | 1st, SCVAC T&F Lg. Mid-London Division, Battersea Pk. | 16 May 1994 |
| 5000m | 19:53.0 | Jacinta Moore | 1st, SCVAC T&F Lg., Mid-London Division, Tooting Bec | 25 Jul 1994 |
| 100mH: | 23.9 | Sharon Dray | 3rd, Belgrave Club Champs., Battersea Pk. | 10 Jul 1994 |
| High Jump | 1.25 | Sally Scott | 1st, SCVAC T&F Lg. Mid-London Division, Colindale | 27 Jun 1994 |
| Long Jump | 3.51 | Sally Scott | 4th, SCVAC T&F Lg. 'C' Final, Colindale | 5 Sep 1993 |
| Triple Jump | 5.80 | Natalie Stracey | 3rd, SCVAC T&F Lg. Mid-London Division, Colindale | 27 Jun 1994 |
| Pole Vault | 1.80 | Maureen Jones (W45) | n/s, SCVAC T&F Lg. Mid-London Division, Battersea Pk. | 15 May 1995 |
| Shot (4kg) | 7.76 | Cynthia James (W45) | 2nd, SCVAC T&F Lg. Mid-London Division, Battersea Pk. | 5 Jul 1993 |
| Discus (1.0kg) | 20.04 | Cynthia James (W45) | 5th, GRE Jubilee Cup Round 1, Bracknell | 5 May 1991 |
| Javelin (600gm) | 16.38 | Pat Mead (W45) | 3rd, Southern Lg. Division 3, St. Albans | 18 Jul 1992 |
| 4x100m Relay | 63.3 | Marcia Harewood Hilary Saw (W40) Pat Mead (W45) Sally Scott | 4th, SCVAC T&F Lg. 'B' Final, Colindale | 4 Sep 1994 |
| 4x200m Relay | 2:10.1 | Sally Scott Pat Mead (W45) Natalie Stracey Jacinta Moore | 1st, SCVAC T&F Lg. Mid-London Division, Tooting Bec | 25 Jul 1994 |
| 4x400m Relay | 5:11.2 | Pat Mead (W45) Sally Scott Nina Mills (W45) Jacinta Moore | 2nd, SCVAC T&F Lg. Mid-London Division, Colindale | 27 Jun 1994 |
| Medley Relay (200m, 200m, 400m, 800m) | 5:07.0 | Pat Mead (W45) Nina Mills (W45) Jacinta Moore | 1st, SCVAC T&F Lg. Mid-London Division, Battersea Pk. | 16 May 1994 |

TRACK & FIELD - VETERAN WOMEN W40

Currently as for Veteran Women W45

TRACK & FIELD - VETERAN WOMEN W45

| | | | | |
|-----------------|---------|---------------------------|---|-------------|
| 100m | 16.4 | Pat Mead | VAC Meeting, Battersea Pk. | 7 Sep 1994 |
| 200m | 35.8 | Pat Mead | 2nd, SCVAC T&F Lg. Mid-London Division 'B', Battersea Pk. | 16 May 1994 |
| 400m | 82.9 | Pat Mead | 3rd, SCVAC T&F Lg. 'B' Final, Colindale | 4 Sep 1994 |
| 800m | 3:27.7 | Sue Porter | 5th, SCVAC T&F Lg. 'B' Final, Colindale | 4 Sep 1994 |
| 1500m | 5:30.7 | Nina Mills | 3rd, Belgrave Club Champs., Battersea Pk. | 10 Jul 1994 |
| 3000m | 11:35.7 | Nina Mills | 5th, Inter-Club Match, Battersea Pk. | 11 Apr 1992 |
| High Jump | 1.10 | Pat Mead Maureen Jones | 3rd, SCVAC T&F Lg. Mid-London Division, Tooting | 21 Jun 1993 |
| Pole Vault | 1.80 | Maureen Jones | 3rd, SCVAC T&F Lg. Mid-London Division, Battersea Pk. | 25 Apr 1994 |
| Shot (4kg) | 7.76 | Cynthia James | n/s, SCVAC T&F Lg. Mid-London Division, Battersea Pk. | 15 May 1995 |
| Discus (1kg) | 20.04 | Cynthia James | 2nd, SCVAC T&F Lg. Mid-London Division, Battersea Pk. | 5 Jul 1993 |
| Javelin (600gm) | 16.38 | Pat Mead | 5th, GRE Jubilee Cup Round 1, Bracknell | 5 May 1991 |
| Hammer (4kg) | 21.48 | Maureen Jones | 3rd, Southern Lg. Division 3 'B', St. Albans | 18 Jul 1992 |
| | | | 3rd, Belgrave Club Champs., Battersea Pk. | 9 Jul 1995 |

TRACK & FIELD - VETERAN WOMEN W50

| | | | | |
|-----------------|--------|------------------------|---|-------------|
| 100m | 17.4 | Cynthia James | 3rd, SCVAC T&F Lg. Mid-London Division, Colindale | 27 Jun 1994 |
| 200m | 36.3 | Cynthia James | 3rd, SCVAC T&F Lg. 'B' Final, Colindale | 4 Sep 1994 |
| 400m | 91.0 | Cynthia James | 2nd, SCVAC T&F Lg. 'B' Final, Colindale | 4 Sep 1994 |
| 800m | 4:04.0 | Cynthia James | 2nd, SCVAC T&F Lg. Mid-London Division, Tooting Bec | 25 Jul 1994 |
| Long Jump | 2.59 | Cynthia James | 6th, SCVAC T&F Lg. 'B' Final, Colindale | 4 Sep 1994 |
| Shot (3kg) | 7.70 | Cynthia James | 1st, SCVAC T&F Lg. Mid-London Division, Tooting Bec | 25 Jul 1994 |
| Javelin (600gm) | 14.86 | Pat Mead | 1st, VAC Meeting, Battersea Pk. | 9 Aug 1995 |
| Javelin (400gm) | 16.56 | Pat Mead | Richmond & Twickenham AC Open, Barn Elms | 10 Sep 1995 |
| Discus (1kg) | 19.64 | Cynthia James | 3rd, SCVAC T&F Lg. Mid-London Division, Battersea Pk. | 15 May 1995 |
| Hammer (3kg) | 25.22 | Barbara Dunsford (W55) | 1st, SCVAC T&F Lg. Mid-London Division, Colindale | 27 Jun 1994 |

TRACK & FIELD - VETERAN WOMEN W55

| | | | | |
|-----------------|-------|------------------|---|-------------|
| High Jump | 0.90 | Barbara Dunsford | 1st, SCVAC T&F Lg. Mid-London Division, Colindale | 27 Jun 1994 |
| Long Jump | 1.69 | Barbara Dunsford | 1st, SCVAC T&F Lg. Mid-London Division, Battersea Pk. | 16 May 1994 |
| Triple Jump | 4.70 | Barbara Dunsford | 4th, SCVAC T&F Lg. 'B' Final, Colindale | 4 Sep 1994 |
| Shot (4kg) | 5.49 | Barbara Dunsford | 4th, Belgrave Open Meeting, Battersea Pk. | 9 Apr 1994 |
| Shot (3kg) | 7.32 | Barbara Dunsford | 1st, SCVAC T&F Lg. 'B' Final, Colindale | 4 Sep 1994 |
| Discus (1kg) | 13.00 | Barbara Dunsford | 1st, SCVAC T&F Lg. Mid-London Division, Battersea Pk. | 16 May 1994 |
| Javelin (600gm) | 13.15 | Barbara Dunsford | Richmond & Twickenham Open Meet, Barn Elms | 11 Sep 1994 |
| Hammer (3kg) | 25.22 | Barbara Dunsford | 1st, SCVAC T&F Lg. Mid-London Division, Colindale | 27 Jun 1994 |

TRACK & FIELD - VETERAN WOMEN W60

| | | | | |
|-------|---------|------------|--|-------------|
| 5000m | 25:08.5 | Pam Davies | 2nd, SCVAC T&F Lg., Mid-London Division, Tooting Bec | 25 Jul 1994 |
|-------|---------|------------|--|-------------|

ROAD RUNNING - SENIOR WOMEN

| | | | | |
|---------------|---------|----------------|--|-------------|
| 5 kms | 16:51 | Gabby Collison | 21st, Reebok 5k, Battersea Pk. | 23 Apr 1995 |
| 5 miles | 27:54 | Gabby Collison | 3rd, Hillingdon '5', Ruislip | 26 Feb 1995 |
| 10 kms | 34:32 | Gabby Collison | 4th, B & Q, Eastleigh | 19 Mar 1995 |
| 10 miles | 1:00:48 | Frances Guy | 21st, National Champs., Copthall | 5 Oct 1986 |
| Half-Marathon | 1:22:07 | Helen Maskrey | 1st, Belgrave Half-Marathon, Wimbledon | 14 Mar 1993 |
| 25 kms | 1:39:00 | Frances Guy | 2nd, Mitcham '25', Mitcham Common | 12 Jan 1986 |
| 20 miles | 2:03:25 | Frances Guy | 1st, Belgrave '20', Wimbledon | 19 Jul 1986 |
| Marathon | 2:49:30 | Frances Guy | 24th, London Marathon | 20 Apr 1986 |
| 30 miles | 4:10:?? | Pam Davies | SLH 30 | 7 Sep 1985 |

ROAD RUNNING - SENIOR MEN

| | | | | |
|---------------|------------|--------------|---------------------------------------|-------------|
| 5 kms | 13:51 | Paul Evans | 5th, BUPA International, Portsmouth | 27 May 1995 |
| 5 miles | 23:29 | Gary Staines | 1st, Dulwich Runners Midsummer '5' | 22 Jun 1995 |
| 10 kms | 28:13 | Paul Evans | 1st, Silvesterlauf, Dusseldorf, GER | 8 Jan 1995 |
| 10 miles | 46:11 | Gary Staines | 1st, BUPA Great South Run, Portsmouth | 10 Oct 1993 |
| Half-Marathon | 1:00.09 bd | Paul Evans | 1st, Marrakesh Half Marathon | 15 Jan 1995 |
| Marathon | 2:10.31 | Paul Evans | 5th, London Marathon | 2 Apr 1995 |

ROAD RUNNING - VETERAN MEN M40

| | | | | |
|---------------|---------|-------------------|---|-------------|
| 5 kms | 15:55 | Charlie Dickinson | 12th, British Veterans' Champs., Dunsfold | 14 Apr 1991 |
| 5 miles | 24:19 | Laurie O'Hara | 1st Veteran, Wycombe '5' | 6 Oct 1973 |
| 10 kms | 31:01 | Laurie O'Hara | 1st, Veterans' Race, Copthall | 15 Jun 1974 |
| 10 miles | 50:30 | Laurie O'Hara | Walton Open | 18 Oct 1975 |
| Half-Marathon | 1:07:08 | Jim Estall | 11th, IBM Half-Marathon, Portsmouth | 12 Mar 1995 |
| 25 kms | 1:22:24 | Laurie O'Hara | 2nd, Bruges, BEL | 14 Jun 1975 |
| Marathon | 2:33:37 | Jim Estall | 146th, London Marathon | 2 Apr 1995 |

ROAD RUNNING - VETERAN MEN M45

| | | | | |
|---------------|---------|---------------------|--|-------------|
| 5 kms | 16:47 | Laurie O'Hara (M55) | Harrow | 3 Apr 1989 |
| 5 miles | 24:30 | Laurie O'Hara | 1st Veteran, Hanwell '5' | 16 Jun 1979 |
| 10 kms | 32:12 | Laurie O'Hara (M50) | 1st Veteran, 29th overall, Harrow Open | 20 Apr 1985 |
| 10 miles | 53:13 | Laurie O'Hara (M50) | 53rd, Walton Grand Prix | 2 Feb 1983 |
| Half-Marathon | 1:12:30 | Laurie O'Hara (M50) | 1st Veteran, 4th overall, Harrow | 6 Nov 1983 |
| Marathon | 2:37:?? | Laurie O'Hara | London Marathon | 29 Mar 1981 |

ROAD RUNNING - VETERAN MEN M50

| | | | | |
|---------------|---------|---------------------|--|-------------|
| 5 kms | 16:47 | Laurie O'Hara (M55) | Harrow | 3 Apr 1989 |
| 5 miles | 25:48 | Laurie O'Hara | 1st Veteran, Feltham '5' | 8 Apr 1985 |
| 10 kms | 32:12 | Laurie O'Hara | 1st Veteran, 29th overall, Harrow Open | 20 Apr 1985 |
| 10 miles | 53:13 | Laurie O'Hara | 53rd, Walton Grand Prix | 2 Feb 1983 |
| Half-Marathon | 1:12:30 | Laurie O'Hara | 1st Veteran, 4th overall, Harrow | 6 Nov 1983 |
| Marathon | 2:49:04 | Tony Verdie (M55) | 1st M50, Flying Fox Marathon, Stone | 4 Oct 1992 |

ROAD RUNNING - VETERAN MEN M55

| | | | | |
|---------------|---------|---------------|---------------------------------------|-------------|
| 5 kms | 16:47 | Laurie O'Hara | Harrow | 3 Apr 1989 |
| 5 miles | 26:10 | Laurie O'Hara | 2nd Veteran, Hillingdon '5' | 14 Feb 1988 |
| 10 kms | 32:51 | Laurie O'Hara | 1st Veteran, Lensbury 10k, Teddington | 7 Jun 1987 |
| 10 miles | 59:21 | Tony Verdie | Dorking '10' | 5 Jun 1994 |
| Half-Marathon | 1:14:55 | Laurie O'Hara | 1st Veteran, Uxbridge | 20 Mar 1988 |
| Marathon | 2:49:04 | Tony Verdie | 1st M50, Flying Fox Marathon, Stone | 4 Oct 1992 |

ROAD RUNNING - VETERAN MEN M60

| | | | | |
|---------------|---------|---------------|---------------------------------|-------------|
| 5 kms | 16:55 | Laurie O'Hara | 1st Veteran, Perivale | 22 Aug 1994 |
| 5 miles | 27:25 | Laurie O'Hara | 1st Veteran, Hillingdon | 2 Dec 1992 |
| 10 kms | 35:18 | Laurie O'Hara | Reebok 10k, Harrow | 17 Apr 1994 |
| Half-Marathon | 1:18:42 | Laurie O'Hara | 1st M60, Hillingdon | 15 Feb 1994 |
| Marathon | 3:11:13 | Arthur Bruce | 6th M60, New York Marathon, USA | 1991 |

ROAD RUNNING - VETERAN MEN M70

| | | | | |
|----------|---------|---------------|-------------------------|-------------|
| 10 miles | 1:26:16 | Geoff Pearson | Epsom '10', Epsom Downs | 17 Nov 1991 |
|----------|---------|---------------|-------------------------|-------------|



Belgrave Harriers Club Records

WALKING - SENIOR MEN

| Road | | | | | |
|----------------------------------|-----------|-----------------------|---|--|-------------|
| 5 kms | 21:39 | Carl Lawton | 2nd, City Festival | 30 Jul 1978 | |
| 5 miles | 35:34 | Carl Lawton | 1st, London Vidarians '5', Carshalton | 5 May 1976 | |
| 6 miles | 42:56 | Richard Dorman | 2nd, Chippenham to Calne | 11 Oct 1980 | |
| 10 kms | 42:59 | Graham Seatter | 1st, Belgrave & Surrey Champs., Battersea Pk. | 2 May 1984 | |
| 11 kms | 48:57 | Paul Blagg | 3rd, Met. Police Open, Imber Court | 11 Jan 1981 | |
| 7 miles | 49:36 | Stanley Vickers | 1st, Leicester WC Open '7', Leicester | 4 Oct 1958 | |
| 15 kms | 1:07:21 | Paul Blagg | 2nd, Metropolitan WC, Battersea Pk. | 29 Nov 1980 | |
| 10 miles | 1:10:19 | Carl Lawton | 7th, RWA Champs., Crystal Palace | 18 Mar 1978 | |
| 20 kms | 1:27:37 | Graham Seatter | 1st, RWA Invitation, Stretford | 16 Jul 1978 | |
| 30 kms | 2:23:55 | Paul Blagg | 2nd, Commonwealth Games Trial, Victoria Pk. | 31 Jul 1982 | |
| 20 miles | 2:26:56 | Graham Seatter | 1st, Leicester Mercury '20' | 26 May 1984 | |
| 35 kms | 2:43:35 | Murray Day | 3rd, National Champs., Leicester | 15 Jun 1985 | |
| 25 miles | 3:25:43 | Vaughan Thomas | 1st, Birmingham '25' | 13 Jul 1963 | |
| 50 kms | 4:15:51 * | Ray Middleton | 5th, Great Britain & Northern Ireland v West Germany - exact date | 1972 | |
| 100 kms | 10:20:56 | Pat Duncan | 2nd, Lugano International, SUI | 3 Nov 1968 | |
| 100 miles | 16:55:44 | John Moullin | 1st, Surrey WC, Ewhurst | 25/26 Jun 1971 | |
| Track | | | | | |
| 1 mile | 6:16.4 | Murray Day | 3rd, Inaugural Meeting, McMillan Stadium | 26 Jun 1985 | |
| 3 kms | 12:06 | Graham Seatter | <i>No other details known</i> | 1978 | |
| 5 kms | 21:39.8 | Carl Lawton | 1st, Southern Counties AAA Open Meeting, Crystal Palace | 14 Jan 1976 | |
| 10 kms | 43:07 | Graham Seatter | <i>No other details known</i> | 1978 | |
| 1 hour | 13,357m | Stanley Vickers | during Highgate H. "St.Dunstan's" 1 Hour Walk, Parliament Hill | Sep 1958 | |
| 40 miles | 5:56:29 | Ray Middleton | International 8 hour Walk, New River Haringey | 29 Sep 1974 | |
| 50 miles | 7:31:06 | Ray Middleton | International 8 hour Walk, New River Haringey | 29 Sep 1974 | |
| 6 hours | 64,905m | Ray Middleton | International 8 hour Walk, New River Haringey | 29 Sep 1974 | |
| 7 hours | 75,185m | Ray Middleton | International 8 hour Walk, New River Haringey | 29 Sep 1974 | |
| 8 hours | 85,617m | Ray Middleton | International 8 hour Walk, New River Haringey | 29 Sep 1974 | |
| 24 hours | 197,630m | Jack Stirling-Wakeley | Surbiton Town SC 24hr race, Motspur Pk. | 13/14 Aug 1948 | |
| Other notable track performances | | | | | |
| 2 miles | 13:02.4 | g | Stanley Vickers | 1st, White City | 16 Jul 1960 |
| 7 miles | 50:09.0 | | Stanley Vickers | during Highgate H. "St.Dunstan's" 1 Hour Walk, Parliament Hill | Sep 1958 |
| 8 miles | 57:13.6 | | Stanley Vickers | during Highgate H. "St.Dunstan's" 1 Hour Walk, Parliament Hill | Sep 1958 |

WALKING - UNDER 20 MEN

| Road | | | | | |
|----------|----------|----------------|--|---|------------|
| 5 kms | 23:09 | Richard Dorman | 1st, Blackheath Festival of Walking | 16 Sep 1978 | |
| 5 miles | 37:13 | Richard Dorman | 1st, Belgrave Champs., Wimbledon | 19 Jan 1980 | |
| 10 kms | 43:18 | Richard Dorman | 1st, National Junior Champs., Coventry | 18 Oct 1980 | |
| 10 miles | 1:12:56 | Richard Dorman | 1st, GLC Champs., Battersea Pk. | 19 Jan 1980 | |
| 20k | 1:38:19 | Richard Dorman | 7th, Southern RWA, Victoria Pk. | 16 Aug 1980 | |
| Track | | | | | |
| 1 miles | 7:08.9 | * | John Knifton | <i>No other details known</i> | Jul 1958 |
| 2 kms | 9:36.4 | | M.Nicholls | 5th, Inter-County Youth Match, Motspur Pk. | 2 Jul 1978 |
| 3 kms | 12:24.5 | | Richard Dorman | 2nd, Senior AAA Champs., Crystal Palace | 5 Sep 1980 |
| 10 kms | 45:51.87 | * | Richard Dorman | 1st, AAA U20 Champs., Birmingham - check position | 3 Aug 1980 |

WALKING - UNDER 17 MEN

| Road | | | | | |
|--------|---------|---------------|------------------------------------|--|-------------|
| 5 kms | 23:38 | Shaun Maxwell | 2nd, RWA Youths Champs., Sheffield | 16 Oct 1976 | |
| 10 kms | 53:08 | * | Jonathon Dunsford | <i>No other details known</i> | 1974 |
| 10 kms | 52:18 | * | Martyn Bennett | <i>Confirm age, position, venue, event, date needed</i> | 1974 |
| Track | | | | | |
| 2 kms | 9:06.8 | | Shaun Maxwell | 1st, National Youths, Kirkby Liverpool | 26 Jul 1975 |
| 3 kms | 14:26 | * | M.Nicholls | 7th, Junior/Youth Champs, West London - full name, confirm age | 25 Mar 1978 |
| 3 kms | 14:32 | * | Jonathon Dunsford | <i>No other details known - was this road or track</i> | 1974 |
| 5 kms | 23:15 | * | M.Nicholls | 4th National Youth Champs., Croydon - road or track, conf. age | 20 Oct 1979 |
| 10 kms | 50:49.6 | * | M.Nicholls | 11th, Southern Counties AAA Champs., Crystal Palace ?age | 14 Mar 1979 |

WALKING - UNDER 15 BOYS

| Road | | | | | |
|-------|----------|---|-------------------|---|-------------|
| 3 kms | 14:38 | | Jonathon Dunsford | 3rd, English Schools Champs., Bebington Cheshire | 1973 |
| Track | | | | | |
| 2 kms | 10:19 | * | I.McDermot | 2nd, Southern Track Lg., East London Stadium - name | 6 Jun 1981 |
| 3 kms | 15:04.34 | | Nigel Whorlow | 2nd, English Schools Champs., Stoke on Trent | 16 Sep 1995 |

WALKING - UNDER 13 BOYS

| | | | | | |
|---------|------|--|-------------------|--|-------------|
| 1.5 kms | 8:36 | | Jonathon Dunsford | 3rd, Southern Area RWA Champs., Victoria Pk. | 22 Jul 1972 |
|---------|------|--|-------------------|--|-------------|

WALKING - SENIOR WOMEN

| | | | | |
|---------|---------|-------------|---|-------------|
| 2 kms | 9:31.0 | Sian Spacey | 1st, London University Champs., Motspur Pk. | 26 Apr 1988 |
| 3 kms | 14:56.9 | Sian Spacey | 1st, Surrey Champs., Woking | 24 Apr 1988 |
| 5 kms | 25:32 | Sian Spacey | 1st, London Champs., Battersea Pk. | Feb 1989 |
| 10 kms | 52:06 | Sian Spacey | 13th, National Champs, Sheffield | 17 Mar 1991 |
| 11 kms | 69:02 | Sue Porter | 1st, Met. Police Open, Imber Court | 9 Jan 1994 |
| 15 kms | 82:14 | Sian Spacey | 2nd, National Champs., Leicester | 13 May 1989 |
| 5 miles | 44:06 | Sian Spacey | 1st, Inter Club, Wimbledon | 6 Oct 1990 |
| 6 miles | 51:45 | Sian Spacey | 3rd, Chippenham - Calne | 13 Oct 1990 |
| 7 miles | 59:27 | Sian Spacey | 1st, Pewsey Cup, Calne | 3 Dec 1989 |

WALKING - UNDER 20 WOMEN

| | | | | |
|--------|----------|----------------|---|-------------|
| 2 kms | 11:11.0 | Rachel Parrott | 2nd, MAFF Champs., Battersea Pk. | 2 Sep 1985 |
| 3 kms | 15:48 | Shirley Rook | City of London New Year's Walks Road | 1 Jan 1978 |
| | | Anna Matthews | 6th, City of London New Year's Walks Road | 1 Jan 1978 |
| 5 kms | 27:40.?? | Linda Nicholls | 1st, Southern Champs., Battersea Pk. | 3 Mar 1979 |
| 10 kms | 57:41 | Anna Matthews | West London | 25 Mar 1978 |

WALKING - UNDER 17 WOMEN

| | | | | |
|---------|----------|----------------|--------------------------------------|-------------|
| 1.5 kms | 8:21.1 | Gail Porter | n/s, Midweek League, Southwark Pk. | 4 Jul 1984 |
| 2 kms | 11:11.0 | Rachel Parrott | 2nd, MAFF Champs., Battersea Pk. | 2 Sep 1985 |
| 3 kms | 16:21.?? | Gail Porter | 14th, English Schools, Keswick | 4 May 1985 |
| 5 kms | 27:40.?? | Linda Nicholls | 1st, Southern Champs., Battersea Pk. | 3 Mar 1979 |
| 10 kms | 58:51.?? | Linda Nicholls | 1st, Ilford Open, Ilford | 24 Dec 1978 |

WALKING - UNDER 15 GIRLS

| | | | | |
|---------|----------|----------------|-------------------------------------|-------------|
| 1.5 kms | 8:39.7 | Rachel Parrott | 1st, Midweek League, Southwark Pk. | 4 Jul 1984 |
| 1.6 kms | 8:56.0 | Gail Porter | 2nd, Lily B League Div 3, Aldershot | 28 May 1983 |
| 2 kms | 11:11.0 | Rachel Parrott | 2nd, MAFF Champs., Battersea Pk. | 2 Sep 1985 |
| 2.5 kms | 13:38.?? | Gail Porter | 3rd, LPR Festival, Blackheath Pk. | 10 Sep 1983 |
| 3 kms | 16:55.?? | Jane Pritchard | 5th, Enfield Harriers Open, Enfield | 28 Aug 1976 |

WALKING - UNDER 13 GIRLS

| | | | | |
|---------|----------|----------------|--------------------------------------|-------------|
| 1 km | 5:41.?? | Rachel Parrott | 2nd, RWA Southern, Battersea Pk. | 3 Mar 1984 |
| 1.2 kms | 6:36.2 | Rachel Parrott | 1st, Thameside League, Battersea Pk. | 28 Jul 1984 |
| 1.5 kms | 8:39.7 | Rachel Parrott | 1st, Midweek League, Southwark Pk. | 4 Jul 1984 |
| 2 kms | 11:21.?? | Rachel Parrott | 9th, Steyning Open, Worthing | 1 Jul 1984 |
| 2.5 kms | 14:24.68 | Rachel Parrott | 15th, WAAA Champs., Copthall | 8 Sep 1984 |
| 3 kms | 19:20.?? | Rachel Parrott | 3rd, Brighton & Hove Open, Brighton | 25 Mar 1984 |

- English Schools Walking Champs. were not held wholly on the track until 1991/92. Previous events started and finished on the track but were in fact road walks. Further work is required, particularly for the girls' walks to establish which of the known marks were set on the road and to settle on best marks for the track.
- It would also seem that standard distances for young walkers are 3k for U15s and 2.5k for U13s. Bearing these facts in mind and

anticipating a flood of additional information (!), we promise to reprint the Young Athletes Walking Records again if and when things have become clearer.

- If you know of any additional information regarding Belgrave best ever performances for Walking, particularly where there is some doubt as to whether the performance was set on road or track, then please get in touch with the compilers.

Right: The Women's Southern League Team pose for the final picture of 1995 after the match at Norman Park.
Photo by Nina Mills



Arthur Bruce continues his series on the development of our sport and we reach the XVth Olympiad and ...

The Athletics World of 1952

Nineteen-fiftytwo: What memories the year conjures up! The climax of course being the Olympic Games in Helsinki from July 19 to August 3. World Athletics had moved on since 1948 with a new array of world stars appearing on the scene. Over 69 countries took part in the XV Games with the Olympic torch carried into the stadium by that great legend of the past Paavo Nurmi. Watching the simple but dignified parade of athletes forming only an overture to the first day's competition one realises today how much the Games have been surrendered to commercial influences with a whole day now devoted to the glitzy opening ceremony.



As for the progress of individual countries since the 1948 games, the United States retained its premier position, producing an excellent well balanced track & field team. Of the prominent countries in 1948 only Sweden slipped from their previous impressive showing. The Soviet Union, making their Olympic debut, showed enough to indicate they would be a future power to be reckoned with. Of the smaller countries to show prominently Jamaica and Luxembourg were outstanding.

The stadium, set among the pine forests on the edge of the city with its towering simplicity, provided a magnificent setting for the gladiatorial contests.

Right: Australia's Shirley Strickland (third from left) wins the British Empire vs U.S.A. 80m hurdles at White City in August 1952. Left to right: P.Seaborne (G.B.), Jean Desforges (G.B.), who later married Ron Pickering, Strickland, E.Maskell (S.A.) and C.Denowski (U.S.A.)

Photo by Photographic News Agencies Ltd.

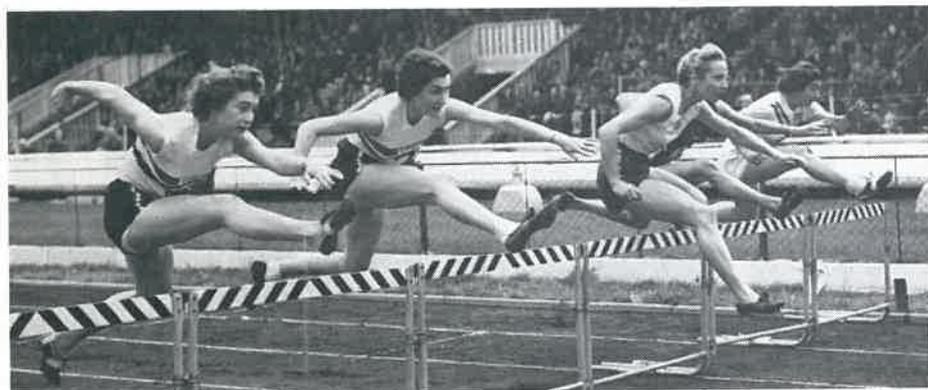
The two sprint events maintained the United States' supremacy with a narrow win by Lindy Remigino in the shorter race with the first four given the same time and a clear win by Andy Stanfield in the 200 metres. Britain's MacDonald Bailey ran extremely well for 3rd place in the 100m and 4th in the 200m but did not quite recapture his form of the previous year when he equalled the World 100 metre Record. Herb McKenley, the World 400 metres Record holder surprised everybody by his performance in the 100 metres, losing by inches.

The 400 metres seemed to be a straight contest between the usual strong USA trio and Jamaica with George Rhoden, Herb McKenley and Arthur Wint. The final produced a Jamaica 1-2 with Rhoden holding off McKenley by inches with the holder Wint 5th. This Jamaican superiority was confirmed in the 4 x 400 metres relay with a tremendous narrow win over the United States with Great Britain 5th.

The middle-distance events provided their usual intriguing competition with the major protagonists of 1948 fighting it out again in almost identical times, Mal Whitfield again proving just too strong for Arthur Wint with Albert Webster excelling himself in 5th place. The 1500 metres provided the surprise of the Games in which semi-finals were introduced for the first time. Barthel of Luxembourg surprised all with his scintillating burst to win in a new Olympic Record of 3:45.1. Roger Bannister disappointed his supporters with 4th place in 3:46 which was still the fastest by an Englishman to that date.

The Czech Locomotive

The five and ten thousand metres went to the Czech Locomotive Emil Zatopek, who despite an appendix operation earlier that year was astounding in his defeat of the world's best. An ability to follow and finish or to front run made him a formidable opponent despite opposition from such brilliant performers as Alain Mimoun of France and Herbert Schade of Germany. The United Kingdom maintained their high standard in these events with 4th, 5th and 11th in the 5,000m



The Sports Journal Title in Progress at Moscow Park, Soviet Union

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- 4 D. G. STEWARD (New Zealand) answers the Questionnaire
- 6 RESULTS OF SENIOR COUNTY CHAMPIONSHIPS (cont.)
- 8 JUNIOR AND YOUTH COUNTY CHAMPIONSHIPS
- 13 FYRE AND BAILEY IN THE STATES, by Jack Crump

final and 5th, 7th and 8th in the 10,000m; great performances by Gordon Pirie, Chris Chataway, Frank Sando, Alan Parker and Fred Norris. Chataway's fall on the final bend in the 5,000m will long be etched on the memories of those who were there.

That man Zatopek again turned out as a novice in the marathon and proceeded to trounce the world's best by over 2½ minutes despite a brave attempt by Jim Peters to run everybody into the ground. Geoff Iden ran a sensible race to finish a good 9th.

The three hurdle or barrier events continued the superiority of the USA. Harrison Dillard came back after his sprint win in 1948 to take the high hurdles followed by the other two Americans. Charles Moore won a great battle with Lituyev of the USSR in 50.8 with our own Harry Whittle a fine, battling 5th place. The steeplechase provided a big improvement in standards compared to 1948 as more milers took to the barriers. Horace Ashenfelter of America drew away from Kazantsev of the USSR, who just prevailed over our own John Disley; the Olympic Record was improved by six seconds.

The long and high jumps as expected went to the United States. Expectedly by Walt Davis in the High Jump but unexpectedly by J. Biffle in the Long Jump, the standard being surprisingly low. The Triple Jump, however, went to the World Record holder Ferreira Da Silva of



Above: G.B.R. Whitlock (Met. W.C), on this occasion winner of the 100 miles Bath to London Race, placed 4th in the 50k Walk in the Olympics.

Photo by Sport & General.

Right: Britain's John Disley (right) came 3rd in the Olympic 3,000m Steeplechase. U.S.A.'s Horace Ashenfelter (centre) was the winner with Vladimir Kazantsey (left) 2nd.
Photo by Olympic World Photo Pool.



Brazil, well clear of the field in 16.22. The Pole Vault provided its usual American dominance with a great fight between Bob Richards and Don Laz although Europe, spearheaded by the USSR, were beginning to show prominently.

Finland were disappointed to lose the Javelin, their specialist event and on their own ground, to superior Americans. The USA continued their domination of the power events in both Shot and Discus but a mighty battle between the Europeans produced a victory for Czermak of Hungary from Storch of Germany in the Hammer. The glamour of the Decathlon was confirmed by the outstanding performances of the young American Bob Mathias and Milt Campbell who, together with Simmons, gave America a clean sweep and a new Olympic Record.

Finally the Walks, especially the short track walk, produced the usual controversies as to the interpretation of rules. The disqualification of Roland Hardy and Lol Allen in their heats was most disappointing. However, George Coleman walked well in the final to finish 5th to Mikaelson of Sweden. The 50,000 metre Walk was more satisfying with Dordoni of Italy prevailing over Dolezal of Czechoslovakia with Britain's G.B.R. Whitlock a well merited 4th.

When we examine the Women's results in the Games we realise what enormous strides we have made in women's athletics, both in range and in performance. The sprints produced the wonder Australian sprinter Marjorie Jackson who showed superiority in both 100 and 200 metres from European rivals and Hasenjager of South Africa. Russia showed their potential for the future in these events. The relay was not surprisingly won by Australia clearly from the Dutch team by a full second.

Right: Marjorie Jackson successfully takes the baton from Winsome Cripps in the sprint relay in the British Empire vs. U.S.A. match at White City, thus making up for her dropping it at Helsinki. The Australian team, completed by Verna Johnson and Shirley Strickland, defeated the Americans.

Photo: Photographic News Agencies Ltd.

The Australian wins were supplemented by the victory of Shirley Strickland in the 80 metre hurdles from Golubichnaya of the USSR with Jean Desforges 5th.

The jumps high and long were won by Commonwealth athletes. Yvette Williams of New Zealand in the Long Jump and surprisingly Esther Brand of South Africa in the High Jump. Our girls performed well, Sheila Lerwill taking the silver in the High Jump and Shirley Cawley the bronze in the Long Jump.

The family Zatopek collected their fourth gold with a good win by Emil's wife Dana in the Javelin from two Soviet performers. The Soviet women showed how post war women's power events would go with wins in the Shot and Discus (first three in the Discus), both events in Olympic Records.

It's surprising the small range of women's events in 1952. The thought of women running 1:55.0 for 800 metres would have been considered amazing in the early 'fifties.

Britain had made great advances

We now come to the place of British Athletics as set in the World scene in 1952. The great pre-war stars had now passed from the scene and a new array of



performers had arrived. Britain had made great advances since the austerity days of 1948. America was as powerful as ever, Germany had made a good athletic recovery and the athletic world inevitably had a more far flung range of talent, especially with the presence of the Soviet Union, with East Germany and Africa waiting in the wings.

The A.A.A. Championships of 1952 showed the new standard reached. MacDonald Bailey retained his no. 1 position held since 1948 as shown by his close 3rd in the Olympic 100 metre final. Several talented newcomers were now on the scene, such as Ken Jones, Willie Jack, John Wilkinson and Nick Stacey but Bailey still remained King. Arthur Wint continued to dominate the scene in the 400m although Les Lewis, Alan Dick and Terry Higgins were beginning to show prominently.

Our 800 metre competition was still commanded by Arthur Wint unless challenged by Roger Bannister and the two other performers Frank Evans and Albert Webster. The Great British middle distance event was of course dominated by Roger Bannister with new British mile and 1500 metre Records but perhaps a little disappointing in the Olympic Games. He was ably backed up by Bill Nankeville, four times British Champion, Len Eyre, John Parlett and Doug. Wilson. Other promising junior talent was emerging with D. Williamson, Derek Burfitt and Roger Dunkley.

Britain's 5,000/10,000m challenge, thwarted by the presence of Zatopek, showed quality in depth. The rivalry between the hard school as pioneered by Gordon Pirie and the more cavalier approach of Chris Chattaway produced new British Records from 3,000 metres to 10,000. Frank Sando, Walter Hesketh, Alan Parker and Fred Norris provided strong opposition to our leading pair.

British hurdling produced good competitors in the high hurdles by European standards but Peter Hildreth and Frank Parker were still the proverbial half second behind their American counterparts. The same could be said of our 400 metre hurdlers. Harry Whittle, despite his poor hurdling, made up for it in dogged persistence and reached most world class fi-



Left: 21st June 1952. Five months after her accession to the throne Her Majesty Queen Elizabeth II visits the A.A.A. Championships at White City. On the left is Belgrave's President A.A. Harley and on the right is A.A.A. President The Marquess of Exeter. Photographer unknown.

nals. Angus Scott and Douglas Gracie pushed Whittle hard in all the Championships.

The steeplechase in Britain had shown dramatic improvement after the National Coach Geoff Dyson persuaded John Disley to turn to the event from miling, resulting in new British Records. The emergence of Chris Brasher in this event can be noted as reaching the Olympic final.

The field events, apart from a few notable exceptions such as John Savidge in the Shot, Geoff Elliott in the Pole Vault and Ron Pavitt in the High Jump, proved to be the weak link in Track & Field. Standards were rising but generally lagged behind the world level. Our excellent walkers Roland Hardy and Lol Allen, whilst succeeding domestically, suffered from the controversial judging in Olympic and European Championships during this decade.

Our good performances on the track at the large events was reflected in the continuing high standard of our Cross Country Running with Gordon Pirie, Walter Hesketh, Frank Sando and Fred Norris being individually, on their day, the best in the world. One should, perhaps, note for future reference the link between world class cross country performers and top grade 10,000 metre performers.

Birchfield breathed a sigh of relief

For Belgrave 1952 was a year of mixed fortunes. The Club was in a state of transition from the successful post-war teams which were aging and the slow emergence of young talent yet to appear in depth. The year started on a high note with a usual good win in the Surrey Cross Country Champs. at Oxted where we were led by Charlie Walker in 2nd spot and our scoring six were in 11 places. We were clear winners from Herne Hill and our

men in 43 places led by a good solo performance in 11th spot by Vern Blowfield.

The Club Ten Mile Championship following the Counties was won by Jack Brown from Charlie Walker and Bill Lucas, confirming our hopes for the big races ahead. Our expectancies rose again with our win in the Southern Championships at Hadleigh where we beat Aylesford Paper Mills by 10 points with our six scoring

men in 43 places led by a good solo performance in 11th spot by Vern Blowfield.

And so to the National at Great Barr where we had high hopes. Unfortunately, despite excellent runs by Vern Blowfield, 26th, Jack Brown, 40th, and Charlie Walker, 58th, we did not quite have the depth to succeed and finished 5th. Our Youths performed well in 4th place led home by Frank Wright in 7th.

The short road relay season followed the National closely and at Ilford in the 10 x 3½ miles race we entered three teams. Our 'A' team were 1st of the 33 teams that took part, the 'B' team failed to close in, having only 8 men present, but the 'C' team, mostly composed of juniors, did well to place 14th. At Cranford of Thames Valley's 4 x 5 miles relay we placed 2nd to the host club with all five of our teams closing in and our 'B' team being strong enough to take 3rd place.

Snow bound roads at Wimbledon meant that our 5 miles road race, a precursor to the National Road Relay over the London to Brighton course, had to be called off. In that National race Charlie Walker ran first leg but had been suffering from a poisonous hand and was well below par to finish in 16th place at the end of his stage. Great runs followed from Len Herbert and "Ginger" Newell, who had been brought in as a reserve, to take us back to 4th and then Bill Lucas went into 3rd. Ray Tooby equalled our own Charlie Smart's stage record and by now we were only 37 seconds behind the leaders. Bob Taylor and Vern Blowfield moved us closer and then Len Adams took us to 2nd. Eddie Short ran well against Birchfield's ace Freddie Green and finally Jack Brown took us to within 5 seconds of winning the event on that last stage with his Club Record breaking run. Only then could winners Birchfield breath a sigh of relief.

The track season

The Track Season; and the first significant indicator was the County Championships. Notable performances for us were the 1st and 2nd places in the Kent Mile by Ray Tooby and Jack Brown and over in Middlesex Bob Taylor in the 880 yards with Ron Holtum gaining the runner up's spot in the 100 yds. Over to Surrey where Basil Walden and D.J.Merrett placed 3rd in their sprints, Don Maclean found only Bill Paget too good for him in the mile and another 2nd was gained in the Steeplechase by Eddie Short. Harry Churcher had his usual win in the 2 mile Walk.

We subsequently finished 2nd in the Brockman Trophy with record wins by Bill Lucas in the 3 Miles and Alan Sexton in the 440 yds. At the interclub Kinnaird Trophy Meeting (the British League match of the day) we finished 4th out of the top nine clubs with good performances from Alan Sexton, 3rd in the 440 yds., and Basil Walden, runner up in the 100.

At the Southern Championships our best performers were Basil Walden, a surprise winner in the 100 yds., and G.Gregory in the 2 Miles Walk. Our Juniors won the 4x110 yds. relay.

As we approached the climax of the season, the Club Championships were held at Battersea Park in cold and wet conditions. Denis Merrett sprang a surprise with an excellent double in both sprints, defeating Basil Walden and Ivan Mayers. The 440 went as expected to Alan Sexton in the good time of 50.6 in atrocious conditions with Jim Heathfield 2nd. Bob Taylor won the 880 yds. from Ian Badiali in 1:58.5 which was almost matched by Frank Wright in the Junior race with 1:59.5, both being meeting records. Jack Brown retained his mile title from Don Maclean and Bill Lucas in 4:19, just outside his meeting record made in 1951. Promising Geoff Goode took the Junior Mile in 4:31. Our Nigerian performer E.Bone took the High Jump from P.Luxon who had previously done the double with both the Javelin and Long Jump. Surprise winner of the Shot was Junior Alan Law.

The meeting of the year from a domestic angle was of course the A.A.A. Championships held early in June for Olympic selection and these produced a number of good performances. Our two top sprinters Basil Walden and Denis Merrett reached the semi-finals in their respective events but then went out against strong British and foreign competitors. Both Bob Taylor and Jack Brown reached their finals with Jack finishing 5th to Bill Nankeville in an excellent 4:13.6 - a personal best. Both Bill Lucas and Len Herbert ran well in hot 3 and 6 Miles races, peppered with star performers, and both gained A.A.A. Standards. G.Gregory maintained his form with 2nd in the 2 Miles Track Walk.

Only 3 seconds outside British Record

At the subsequent L.A.C. 4 x 1 Mile Relay at the White City, the team of Ray Tooby, Don Maclean, Jack Brown and Len Herbert finished 2nd to Walton A.C.

and only 3 seconds outside the British Record. The A.A.A. 4 x 440 Yards Relay at Uxbridge also gave us a well deserved 4th.

The end of season meetings produced some sound results for the Club. In the London Championships we had winners in the 100 yds with Ron Holtum, 3 Miles, Arthur Bruce, Junior Mile, Geoff Goode, and 3rd in the Senior Mile with Don Maclean. The final track meetings were the two floodlight meetings held at the White City with excellent wins by Jack Brown in the Mile beating Gordon Pirie in 4:13 and Ray Tooby in the 2 Miles in 9:12 with Bob Taylor a close 2nd in the 880.

The Autumn Road Relay season followed and started a little disappointingly in the Surrey Road Relay 6 x 3 miles. Our usual supremacy was missing and a weak team achieved only 5th.

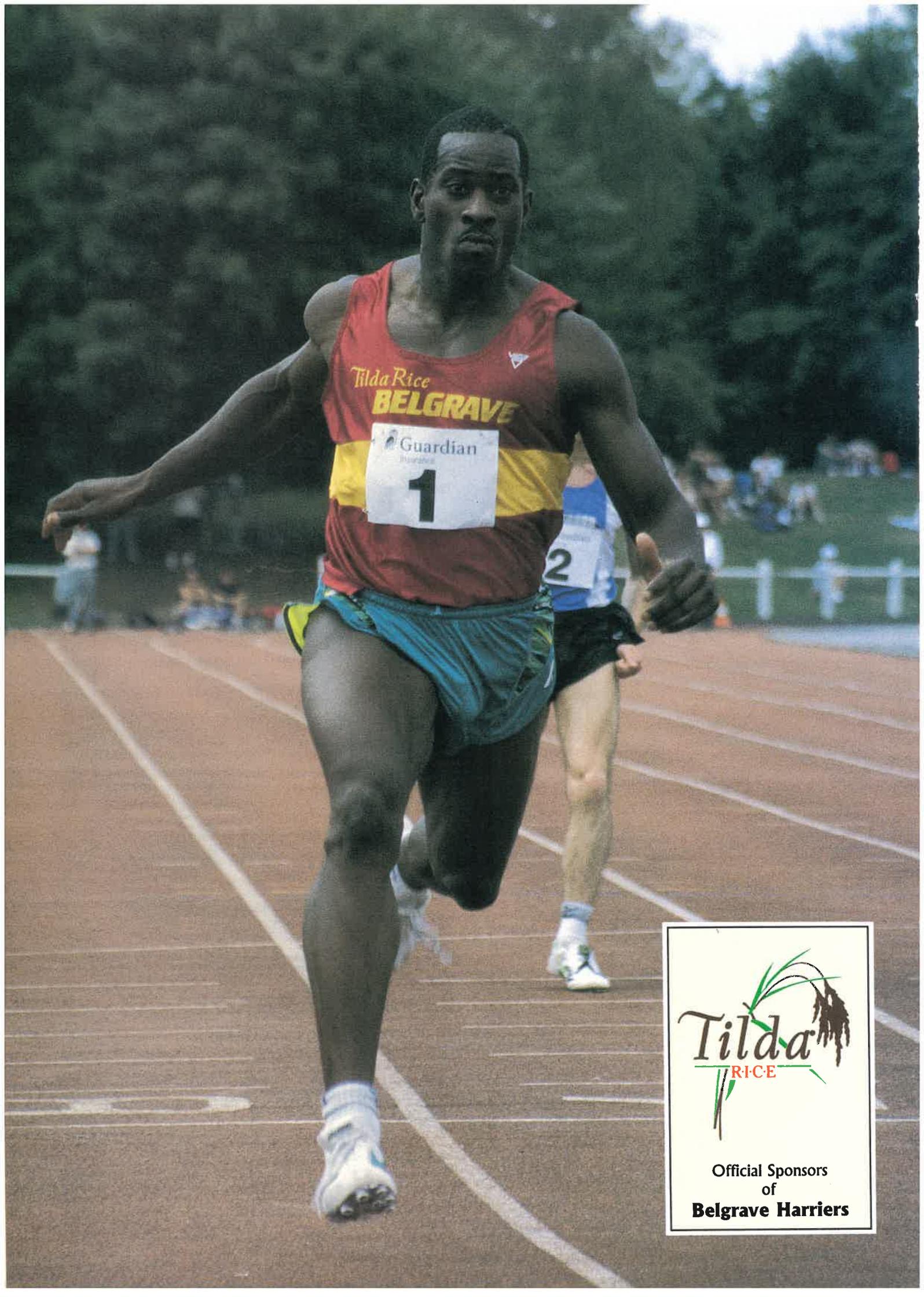
And so we came to the big one on October 11th, the London to Brighton Relay Southern Road Relay at which we always pulled out all the stops. After a brilliant start by Jack Brown we subsequently dropped to 6th place but record runs by Arthur Bruce, Ray Tooby, Len Adams and Eddie Short on their stages gave Bill Lucas a 9 second lead on the final stage and he made no mistake. Our time was only a few seconds outside the course record.

A few words on the start of the 52/53 winter season: the opening Club 5 Mile cross country run at the end of October produced a weak field of 66 runners and this was followed two weeks later by fielding four teams in the South of the Thames "Junior" at Maidenhead with Pat Newell finishing an individual 2nd!

*Right: The road runner's wildest dream. Entering the Olympic Stadium at the end of the Marathon in 1st place with the second man not yet in sight. Emil Zatopek adds yet another Olympic gold medal to his collection.
Photo: Olympic World Photo Pool.*

Back Page: What a Club man. Phil Goedluck seems to have given a lifetime of competing in our British League events and at the 1995 A.G.M. his contribution to our teams was officially recognised as he was elected a Vice-President of Belgrave Harriers.





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