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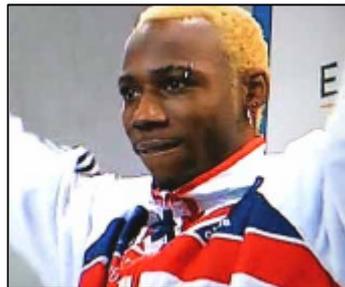
Contributors in this issue:
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European Indoor Champs., Birmingham, 2-4 March 2007.

European Gold for Idowu and Gillick

Commonwealth - and now European Indoor Champion

A leap of 16.90 metres was required for an automatic advance to the final. Phillips Idowu turned in a first effort of 16.82m and then confidently sat out the next two rounds in the belief that he had done enough and making sure that his previously bruised heel was not tested more than necessary. His judgement was spot on as his jump turned out to be third best of the day.



There was something in the way that Phillips had handled the qualifying round that gave hopes that this would be a very good competition for the Belgravian - even though he was not tipped as a medallist by *Athletics Weekly*. As is often the way in this event, it was the opening round that did the damage. A massive Idowu effort of 17.56m set the standard and although Nathan Douglas worked hard and set two personal records, it was Phillips' jump that took the gold. It was far and away his best ever jump indoors and compares well with his best outdoor mark of 17.68m, set when placing 2nd in the 2002 Commonwealth Games. Commonwealth Champion - and now European Indoor Champion - this man's career could have a long way to go.

Afterwards Phillips revealed on TV:

"Wow - that was close! My aim today was to get a big first jump in and then be a spectator for the rest of the competition. I have to give credit to Nathan though, he made me carry on jumping! It's great to be able to call myself "European Champion". The atmosphere was fantastic and the crowd really gave me a lift. I had to wait until the last round to be really sure that I'd won as Nathan kept going further and further. For us to get a GB 1-2 is great."

1 P Idowu (GB&NI) 17.56 WL CR (17.56, 17.25, -, 14.12, 16.47,x) (3Q 16.82); 2 N Douglas (GB&NI) 17.47; 3 A Sergeev (Russia) 17.15.

David Gillick retains his 400 metre European title



Defending Champion David Gillick of Ireland and Belgrave was second fastest in the first round, winning his heat with 46.70. Fastest was Germany's Bastian Swillims, 46.08, and the German was again impressive in the semi-

finals, recording an unpressed 45.92, just outside Gillick's European leading mark of 45.91. The second semi-final saw Britain's Robert Tobin take the lead and then fight strongly down the back straight and final bend to hold off Gillick. But the Irishman came again to take the win.

From the way the semi-finals were run it looked certain that the first lap of the 400 metres final would be *very* fast. It was! Swillims made the running, going through 200 metres in 21.17. At that pace the only thing that defending champion David Gillick could do was hang in there - and it turned out to be the perfect tactic. With the field strung out, Gillick kept close to the German and sure enough, his powerful finish allowed him to overhaul the erstwhile leader in the dying seconds of the race. A marvellous win and to take the title twice in a row is the mark of a real champion.

David's thoughts:

"I knew if I was going to win that I had to get myself to the inside at the break. To do that, I had to go out fast at the start. Swillims went off so hard that I just had to stay with him and wait. I knew in the last 50 metres I would have him. To compete, I know I've got to go out and take the race by the scruff of the neck. This season has taught me that I've got the strength to do that."

1 D Gillick (Ireland) 45.52 Irish Record EL (1s2 46.16 1h2 46.70); 2 B Swillims (Germany) 45.62; 3 R Tobin (GB&NI) 46.15.

With some big jumps behind him this winter, including a personal record of 2.27m, there was just the chance that Samson Oni could squeeze into the high jump final. The automatic qualifying height was 2.30m but only three men had attained that in qualifying group A, so when the B men came into the arena it was pretty certain that a leap of 2.27m would be enough. It was - but unfortunately Samson was not one of those who achieved it. He cleared 2.23m on his second attempt but on this day he was unable to equal his best and make the cut at the next height.

=10QB S Oni 2.23 (2.13o, 2.18o, 2.23xo, 2.27xxx).

Welcome ... to the following, who became members of Belgrave Harriers in February and March 2007.

Andrew Allen - road running, cross-country, triathlon.

Mark Clayton - middle, long distance and road running, cross country, triathlon.

Bryan Gauson - supporter.

Gerbrand Grobler - javelin.

Emma Hancock - road and cross-country.

Alexander Marek - middle, long distance and road running, cross country.

Conor McGee - middle, long distance and road running, cross-country.

Mark Pollard - middle, long distance and road running, cross-country

Keith Wotherspoon - supporter.

Sam Brodie - triathlon.

Hugh John - middle distance, cross-country.

George Martin - middle distance and road running.

Road Running & Cross Country

Women's Surrey Cross Country League, Match 4, Petersham, 10 February 2007.

Belles top the league again ...

The team was not at all confident going into the last match of the series and holding only a narrow advantage over Ranelagh Harriers. With the race being held on Ranelagh's home ground and our own team missing a few key runners it was going to be a job to stop our rivals from lifting the league title for a third consecutive year.

But it seemed that all clubs were hit by absentees and with Sarah Murphy leading the way, the Belles all upped their game and a third win of the winter meant that we were Women's Surrey League Champions again.

Well done to them! And if that wasn't enough, with three under 15s in action, we placed second in that age group on the day.

Women. 1 C Diss (Herne Hill) 21:10; 2 G Bruinvels (Dorking MV) 21:20; 3 R Townend (guest) 21:21; 7 S Murphy 21:43; 16 M Heaton 22:40; 19 J Clark W40 22:48; 24 S Gailey 23:28; 25 E Fogg 23:32; 30 H Smethurst W40 23:44; 112 S Howard 29:03.

Teams: 1 Belgrave H 81; 2 Ranelagh H 87; 3 South London H 90; 4 Herne Hill H 133; 5 Reigate Priory 154; 6 Thames H&H 165.

Overall: 1 Belgrave 273; 2 Ranelagh H348; 3 Thames H&H 511; 4 South London H 570; 5 Stragglers 589; 6 Herne Hill H 631.

U15. 1 I Brinsden (Epsom & E) 17:18; 4 M Evans 17:58; 8 K Galley 18:30; 17 J Foxley 20:50.

Teams: 1 Sutton & Dist 28; 2 Belgrave H 66.

"Sweatshop" Surrey Cross Country League, Match 4, Petersham, 10 February 2007.

... and the men also finish on a win

Having seen the women's team excel themselves, the men prepared for action. New member Hugh John combined with Matthew Taylor-Holland to place second as a team in the U17/U15 race (five runners should make up a team but such is the scarcity of young runners these days that a team placing can be achieved with less).

And then it was time for the Seniors to set out. David Anderson is down to a mere three training spins a week these days – but that was all he needed to pull off an individual win and lead the team to a rare win. In fact we hadn't won a Surrey League race since October 2004 when the individual winner was ... Dave Anderson.

Seventeen year-old Greg Billington made his league debut and was all geared up to be second man home until Malachi Byansi pipped him on the line. Mal was supposed to be resting up at home prior to the following day's Wokingham Half Marathon but he phoned the TM to say that he felt bored and would turn up to jog round – and then admitted to getting over excited and going for a high finish. (The following day he set a massive half-marathon pb).

Padraic Buckley impressed as he prepared for the Irish National CC Champs with a slightly dodgy calf muscle and it was great to welcome Royal Marine Tim Watson back from the Middle East, safe but unfit. Amazingly it was Junior Galley who closed in the team – not a keen cross-country man and due in hospital for a hernia operation within weeks!

Men. 1 D Anderson (Belgrave) 28:53; 2 C Smith (HHH) 28:57; 3 L Jones (Reigate P) 29:16; 6 M Byansi 29:50; 7 G Billington U20 29:51; 14 P Buckley 30:16; 16 T Watson 30:29; 19 W Cockerell 30:35; 23 T Ellacott 30:59; 31 K Hegvold M40 31:38; 56 J Webb 33:07; 63 J Galley M40 33:26; 75 A Marek 34:15; 96 M Taylor M40 35:46; 109 A Allen 37:22; 119 H Corbett M45 38:55; 122 P Cross M50 39:27; 129 S Baxendale 41:14.

Teams: 1 Belgrave H 236; 2 Herne Hill H 273; 3 Thames H&H 336; 4 Ranelagh H 350; 5 Reigate Priory 441; 6 South London H 509; 7 Stragglers 561; 8 Guildford & Godalming 581; 9 Dulwich R 808.

Overall: Herne Hill H 773; 2 Thames H&H 1220; 3 Belgrave H 1346; 4 Ranelagh H 1499; 5 South London H 2113; 6 Reigate Priory 2175; 7 Guildford & Godalming 2178; 8 Stragglers 2221; 9 Dulwich R 2895.

U17/U15. 1 J Wheldon U17 (Herne H) 15:56; 3 H John U17 16:16; 9 J Taylor-Holland 19:33.

Teams: 1 Herne Hill H 43.5; 2 Belgrave H 94.5; 3 South London H 97.5.

ECCA "National" Cross Country Champs., Herrington Country Park, Sunderland, 10 March 2007.

A disappointing "National"

You'd have to say that this was a disappointing day. Thirty-two men were entered – which came down to eight on the start line – and six who made it to the finish. We were within a whisker of the dreaded days when we failed to complete a team. Then there were our two senior women who run like demons every time they are let off the leash in the championships – but nobody else to back them up; just two additional runners placed somewhere between 100 and 125 would have meant a top ten team place.

But it wasn't all doom and gloom on the reclaimed and turfed spoil heaps that were, as recently as 2000, an open cast mine on the site of the century old Herrington Colliery. We did at least have runners in four different races to support.

The U17 Men's event was early on our programme and it was a first ever taste of "big time" cross-country for fifteen year-old Hugh John. At the bottom end of the age group, he nevertheless had the courage to start strongly to claim a place in the 60s, hold that position throughout race, and then overtake a few on the run in to the finish. In the same age group next year he could well get near the top 20.

An "as expected" run came from James Fairbourn in the U20 men's 10k – the sole survivor of a team that had threatened to medal before a variety of problems took out Messrs. Billington, Bodin and Gauson. Anaemia has been identified as the cause of recent below par runs from James but he now looks as if he's on the upward path again.

In the senior women's race, as always, there was very little between Catherine Bryson, starting a little steadier than normal, and Sarah Murphy. There was half a minute gap splitting them in the "Southern" but here it was down to just 5 seconds after 33 minutes of running.

Eight races had now taken place and one would have expected the ground to have cut up badly but a constantly driving wind had sucked the moisture from the parkland and it remained firm to the end. Malachi Byansi made a fast start, eager to beat the Skipper to win the cross-country plate and maybe the "Parker Bowl" for first Belgravian home. Mal was ahead of our posse as the field climbed past the Miners' Memorial, buffeted by the wind, but that self-professed loather of cross-country Simon Jones was on his tail and by lap two was leading our team. Simon had agreed to run around Christmas time, hoping that he might sneak home in March as sixth scorer in a medal-winning outfit.

At this point it became obvious that Brad Poore had come out. The foot pain that has restricted his marathon training recently was flaring up again. Ok – so now it was down to Dave Mason, going along nicely and slipping into our scoring six. Further up, Will Cockerell and Pete Willis were slugging it out ahead of an out of sorts John Kimaiyo. But on the final lap, up at the Miner's Memorial again, it was noted that our Pete was also missing. Twice on some rough ground he'd jarred his hip and now Matt Whiting was completing our six and every finisher was a scorer!

It was a good run from Simon but now he's itching to show at least 60 of those ahead of him that he's a different animal on the tarmac. Mal Byansi, too, ran well up to form and was in the top 100 for the first time ever.

But now another race was on – the one for trains and planes. There was no time for our post race tea and bun party. We hear that the Skipper only made his flight by the skin of his teeth. And after being delivered to Durham station in time for his five o'clock train, Jonesy's journey was delayed and a mate had to be summoned from Cardiff to Bristol to save from him sleeping on the platform. For the rest it was a six or seven hour slog down the A1(M)! Thankfully the race will be in Birmingham next year.

Senior Men's 12 km. 1 F Tickner (Wells C) 37:31; 2 H Lobb (Bedford & C) 38:11; 3 G Raven (Sale) 38:14; ... 71 S Jones 40:41; 92 M Byansi 41:20; 194 W Cockerell 43:50; 244 J Kimaiyo 44:58; 250 D Mason 45:07; 331 M Whiting 46:42; 916 finished.

Teams: 1 Leeds City 162; 2 Bedford & C 226; 3 Sale H 287; 17 Belgrave H 1178; 71 teams closed in.

U20 Men's 10 km. 1 K Deighton (Bridlington 32:12; ... 106 J Fairbourn 38:08.

U17 Men's 6 km. 1 D Forrester (St Helen's Sutton) 20:38; ... 59 H John 22:53.

Senior Women's 8 km. 1 L Yelling (Bedford & C) 28:56; 2 H Yelling (Windsor SE&H) 29:35; 3 L Damen (Winchester & D) 29:40; ... 37 C Bryson 32:56; 41 S Murphy 33:01.

CROSS COUNTRY PLATE RESULTS 2006-2007

WOMEN		Lg 1	Lg 2	Lg 3	SEAA	Lg 4	ECCA Total
1	Sarah Murphy	19	18	19	19	20	114
2	Catherine Bryson	18	19	20	20		97
3	Tilly Heaton	17	16	18		19	70
4	Sarah Gailey	15	14	15		17	61
5	Helen Smethurst	14	13	16		15	58
6	Erica Fogg	16	15			16	47
7	Chrissie Wellington	20	20				40
8	Louise Cooper	13	12	14			39
9	Juliette Clark			17		18	35
10	Vicky Clarke		17				17
11	Sophia Howard					14	14
12	Maureen Noel			13			13
13	Jennifer Beecroft			12			12
14	Marketa Johnson		11				11

MEN		Lg 1	Lg 2	Lg 3	SEAA	Lg 4	ECCA Total
1	Malachi Byansi	18		18	19	19	93
2	Will Cockerell	17	18	7	17	15	92
3	John Kimaiyo	19	19		16		71
4	Knut Hegvold	14	15	19		13	61
5	Phil Wicks		20		20		40
6=	James Fairbourn	12	13	11			36
	Mike Trees	16		20			36
8	Matthew Taylor	6	11	8		9	34
9	Padraic Buckley			16		17	33
10	Richard Stannard	15		17			32
11=	Tom Ellacott		17			14	31
	Dave Mason				15		16
13	Robert Norville	9	12	9			30
14	Matt Whiting				14		29
15	Alex Bodin	13		15			28
16=	Peter Cross	5	9	6		6	26
	Jason Webb			14		12	26
18	Warren Lynch	11	14				25
19	Harry Corbett	4	10			7	21
20=	Stephen Sharp	20					20
	David Anderson	-				20	20
	Simon Jones						20
23=	Pete Willis				18		18
	Sam Baxendale	-			13		18
	Greg Billington					18	18
26=	Mark Humphrey		16				16
	Tim Watson					16	16
28	Tom Fordyce			13			13
29=	Sean Ryan			12			12
	Edward Taylor				12		12
31=	Lars Rehn	3	8				11
	Junior Galley					11	11
33=	Rob Harding	10					10
	Terry O'Neill			10			10
	Alex Marek					10	10
36=	Steve Zealey	8					8
	Andrew Allen					8	8
38	Tim Weeks	7					7
39	Carl Moynihan			5			5
40	David McMillan	2					2

IAAF World Cross Country Champs.,
Mombasa, Kenya, 24 March 2007.

Phil wears his GB vest with pride

The severe heat of Mombasa was always likely to be the biggest worry for the British team and when competitors in the earlier races were to be seen staggering in the finish straight, quite obviously distressed, one feared that the venue had been very ill-chosen.

But a conservative start all round by the Brits in the senior men's 12 km meant that they were able to come through strongly, eventually placing 8th and first European squad to finish.

Wearing his GBR vest with pride, 23 year-old Phil Wicks contributed greatly to his team's tally as 6th scorer with a race position of 82nd and should be rightly proud of his performance. We have no doubt that this will not be his last experience of the IAAF World Cross and he tells us:

"I was really pleased with my placing in the World Cross and have learnt so much from the experience. I'm very positive about the future and about hopefully progressing to a new level with my training.

"I ran into Marty at the end of the race – really nice guy – it was great to meet a fellow Belgravian in Kenya."

Marty Dent, running for Australia, had also benefited from a conservative start and placed, 71st and fifth scorer for his team.

Hats off to first Briton home Mo' Farah who went through the field like a dose of salts from 68th on lap 1 to eventually place 10th.

Results Roundup

Road & Country

January 2007

- 14 **Rough 'n' Tumble 10 miles multi-terrain, Marlborough.** Men. 1 V Graffagnino (Clevedon) 1:08:16; 101 P Cross M50 1:29:33.
- 20 **Australian World CC Trials, Canberra, Australia.** Men. 1 M Dent 23:42.
- 21 **Dartford 10 miles.** Men. 1 C Bloomfield (Billericay S) 52:47; 107 P Cross M50 1:08:31.
- 26 **Last Friday 5 km, Hyde Park.** Women. 1 C Wilding (Serpentine) 17:56; 4 H Smethurst (W40) 19:06; 15 M Noel W40 22:09.

February 2007

- 3 **Bushy Park Time Trial 5 km.** Men. 1 P Edmondson (Tipton) 16:03; 2 R Stannard 16:12.
- 3 **Wimbledon Common Time Trial 5 km.** Men. 1 N Gould (Thames H&H) 16:34; 5 A Marek 18:10; 20 D Anderson M50 20:20.
- 3 **Surrey Schools CC Champs, Reigate.** Junior Girls. 1 A Gorecka (C Surrey) 14:39; 9 M Evans 15:58.
- 4 **Puma Longleat 10 km.** Men. 1 P Parry (Bristol & W) 32:43; 2 P Freary 32:54.
- 10 **Bushy Park Time Trial 5 km.** Men. 1 C Payne (Tortoise & Hare) 16:20; 3 R Stannard 16:54.
- 10 **Buller Marathon, Westport, New Zealand.** Men. 1 M Lukes (Christchurch) 2:38:13; 9 Paul Coughlan 3:02:26.
- 10 **Love Run 10 km, Battersea Park.** Women. 1 V Clarke 38:13.
- 11 **Wokingham Half Marathon.** Men. 1 W Chinha (Poole) 1:04:52; 4 S Jones 1:07:45; 5 M Byansi 1:08:57; 11 M Trees M40 1:12:43; 209 P Cross M50 1:29:13.
- 11 **Women.** 1 A Braham (BBC) 1:17:19; 30 R Trees 1:30:48.
- 11 **26.2 RRC Valentines 10 km.** Men. 1 G Price (Shaftesbury B) 31:34; 4 L Greatorex 34:11.
- 17 **Bushy Park Time Trial 5 km.** Men. 1 S Perkins (Ranelagh) 15:54; 3 R Stannard 16:44.
- 18 **Draycote Water 35 miles, Rugby.** Women. 1 A Salt (Trentham) 4:00:35; 3 L Cooper 4:21:59 (Marathon 3:11:54, 30 miles 3:41:56, 50km 3:49:57).
- 18 **Sussex Beacon Half Marathon.** Men. 1 J Baker (Chichester R) 1:08:33; 143 P Cross M50 1:27:09; 872 C Moynihan 1:42:53; 1328 D McMillan M55 1:50:26.
- 23 **Catforth Canter 5 km, Nr. Preston.** Men. 1 P Freary 15:29.
- 23 **Last Friday 5 km, Hyde Park.** Men. 1 T Boardman (Leigh H) 15:19; 12 M Whiting 17:06.

- 24 **CAU Inter-Counties Championship, Wollaton Park, Nottingham.** Men's 12 km. 1 F Tickner (Avon) 39:25; 8 P Wicks (Surrey) 40:43; 101 M Byansi (Surrey) 44:06.
U20 Men's 8 km. 1 J Pepper (Herts) 27:04; 14 G Billington (Suffolk) 28:15.
Women's 8 km. 1 H Yelling (Middlesex) 29:33; 63 S Murphy (Surrey) 33:15; 220 L Cooper (Berkshire) 38:16.
- 24 **SLH v Blackheath Mob Match, Coulsdon.** Men's 7.5 miles . 1 P Tucker (Blackheath &B) 48:09; 13 M Humphrey 53:17.
- 24 **Bushy Park Time Trial 5 km.** Men. 1 B Kiptum (Kenya) 15:43; 2 R Stannard 16:21; 4 A Bodin U20 17:09.
- 25 **Lostock 6 miles.** Men. 1 T Cornthwaite (Blackburn) 30:28; 2 P Freary 30:37.
- 25 **Bramley 10 and 20 miles.** 20 miles - Men. 1 D Mitchinson (Newham & EB) 1:45:44; 20 L Greatorex 1:59:04.
20 miles - Women. 1 H Foundling-Walker (Honiton) 2:03:42; 10 H Smethurst 5th-W40 2:18:28 (1:08:33 at 10 miles).
10 miles - Women. 1 M Neal (Headington) 1:02:40; 41 C Eastham 1:17:21.

March 2007

- 3 **SLH Schools Race, Coulsdon.** U18 Men. 1 N James (Judd) 20:41; 3 H John 21:08.
- 3 **Bushy Park 5 km Time Trial.** Men. R Stannard 16:06.
Women. 1 C Saunders (Thames H&H) 19:10; 9 C Eastham 22:10.
- 3 **Wimbledon Common 5 km Time Trial.** Men. 1 W Clark (Epsom &E) 16:29; 25 Don Anderson M50 22:00.
- 4 **International 10 km, Barcelona, Spain.** Men. 3 S Sharp 30:02.
- 4 **Puma 10 km, Woburn Abbey.** Men. 1 M Draper (Blackheath) 31:07; 2 J Blackledge 31:09; 3 P Freary 33:08.
- 4 **Trafford 10 km, Partington.** Men. 1 P Riley (Leigh) 29:33; 2 M Miles 29:40.
- 4 **Heathside 5 miles, Finsbury Park.** Men. 1 B Noad (Highgate) 24:30; 4 P Buckley 26:41; 5 C McGee 26:49.
- 7 **Teddy Hall Relays, Oxford.** Men. Fastest: J Blackledge 17:23.
- 10 **Irish CC Championships, Sligo.** Men's 12 km. 1 G Murray (St. Malachy's) 38:19; 18 C McGee 40:35; 31 P Buckley 42:24.
- 10 **Wimbledon Common Time Trial 5 km.** Men. 1 W Clark (Epsom &E) 16:07; 21 D Anderson 21:13.
- 11 **Asics Fleet Half Marathon.** Men. 1 M Miles 1:06:05.
- 11 **Hastings Half Marathon.** Men. 1 G Baaru (Kenya) 1:03:22; 221 P Cross M50 1:29:53; 1055 L Rehn M40 1:45:46; 1221 D McMillan M55 1:48:48.
Women. 1 B Dagne 1:16:02.
- 11 **Roddlesworth Roller 6 miles, Abbey Village, Chorley.** Men. 1 P Freary 31:24.
- 11 **Wimbledon Audi 10 km.** Men. 1 J Sumpter (?) 32:01; 4 K Hegvold M40 (omitted from official result) 33:14; 40 G Reid M45 38:20; 67 C Hobbs 40:32.
- 17 **Bushy Park 5 km Time Trial.** Women. 1 L Watson (Stragglers) 18:16; 8 C Eastham 22:14.
- 17 **Wimbledon Common 5 km Time Trial.** Men. 1 K Kyereme (Shaftesbury B) 15:24; 10 S Ryan 18:04.
- 18 **Finchley 20 miles, Ruislip.** Men. 1 P Sanger (Epsom &E) 1:54:56; 3 W Cockerell 1:56:24.
- 18 **adidas Silverstone Half Marathon.** Men. 1 H Ramaala (RSA) 1:06:53; 5 K Tadesse 1:13:50.
Women. 1 L Yelling (Bedford &C) 1:14:34; 2 B Dagne 1:16:55.
- 24 **Wimbledon Common 5 km Time Trial.** Men. 1 C Phelan (South London) 17:09; 5 S Ryan 17:58.
- 24 **Thames Hare & Hounds 10 miles Challenge, Richmond Pk.** Men. 1 W Cockerell 58:52.
- 24 **IAAF World Cross Country Champs., Mombasa, Kenya.** Men's 12 km: 1 Z Tadesse (Eritrea); 71 M Dent (Australia) 40:00; 82 P Wicks 40:25.
- 25 **Bath Half Marathon.** Men. 1 T Shiferaw (Ethiopia) 1:02:09; 10 S Jones 1:07:28; 14 C McGee 1:09:08; 24 M Byansi 1:10:33; 56 W Lynch 1:15:00; 362 C Hobbs 1:26:38; 1072 L Rehn M40 1:37:22.
Women. 1 L. Yelling 1:09:28; 3 B Dagne 1:16:27; H Smethurst 1:26:29.
- 25 **Reading Half Marathon.** Men. 1 S Kasimili (Kenya) 1:03:06; 4 M Miles 1:04:29; 13 R Ashe 1:09:43; 48 L Greatorex 1:14:56; 268 R St. Clair 1:24:54; 404 P Cross 1:27:32.
Women. 1 L. Damen 1:10:47; 18 T Heaton 1:23:30; 20 S Murphy 1:23:38; 28 L Cooper 1:25:55; C Eastham 1:44:29.
- 25 **B&Q Eastleigh 10 km.** Men. 1 F Tickner 29:38; 3 J Blackledge 30:16; 16 R Bale M60 44:30.
- 25 **Amida 10 km, Beckenham.** Men. 1 M Humphrey 35:12 (started well over a minute after the rest of the field).
- 25 **Carterton 10 km.** Men. 1 P Willis 34:01.

Race Walking

February 2007

- 4 **London Walks, Victoria Park.** Men's 10 km: 1 Dom. King (Colchester) 43:33; 6 A Goudie 50:00; 13 J Hall M55 54:36; 22 C Lawton M55 57:44; 25 M Culshaw M40 58:02; 33 P King M55 60:43.

- Women's 5 km: 1 E Viljoen W35 25:03; 4 M Noel W40 30:11 (10 km 61:10).
Team: 1 Belgrave 36; 2 Ilford 41.
- 10 **Cambridge H Winter League 5 km, Bexley.** Men. 1 N Silvester (Aldershot F&D) 23:51; 3 A Goudie 24:47; 9 C Lawton M55 27:29; 15 P King 29:33.
- 24 **Southern 20 km, Bexley.** Men. 1 N Silvester (Aldershot F&D) 1:52:16; 3 M Culshaw M40 1:56:36; 7 C Lawton M55 2:01:06; 11 P King M55 2:03:06.
Teams: 1 Belgrave H 71; 2 Ilford AC 70.
Women. 1 M Noel W40 2:06:22.

March 2007

- 3 **Enfield League 5 miles.** Men. 1 S Davis (Ilford) 38:58; 12 C Lawton M55 46:24; 17 P King M55 48:39.
- 3-4 **BMAF Indoor Champs., Lee Valley.** M50. 3000m: 1 J Hall 14:51.41.
- 10 **Cambridge H League 5 km, Bexley.** Men. 1 A Goudie 23:32; 9 C Lawton M55 27:27; 13 P King M55 29:16.
Teams: 1 Surrey WC 21; 2 Belgrave 23; 3 Ilford AC 24.
Overall winner: A Goudie.

Indoor Track & Field

January 2007

- 30 **Indoor Classic, Vienna, Austria.** Men. 60m: 5 D Chin 6.70 (4h 6.86. 200m: 2r2 J Ellington 21.95. 400m: 2r3 R Dinham 48.91.

February 2007

- 3 **Notre Dame, Indiana, USA.** Men. 3000m: 33 D Gauson 8:29.06.
- 3 **Celtic Indoor Cup, Cardiff.** Men. 800m: 3 G Oudney 1:50.3.
- 3 **New Balance Invitation, New York USA.** Men. 1 Mile: 4 T Bayley 4:02.52.
- 3 **Bergen, Norway.** Men. 60m: 2 D Chin 6.75.
- 6 **PSD Bank Meeting, Dusseldorf, Germany.** Men. 400m: 1r1 D Gillick 45.91.
- 10 **Washington Husky Classic, USA.** Men. 1 mile: 3 T Bayley 4:00.24.
- 10-11 **UK Champs & European Trials, Sheffield.** Men. 60m: **b 6 D Chin 6.67 (2s3 6.68, 2h3 6.86).** 3000m: **8 S Sharp** 8:13.24; J Blackledge dnf. 60mH: b 3 W Sharman 7.84 (1h4 7.98); 3h1 D Davis 8.16; 5h1 K Sempers 8.37. HJ: b -6 S Oni 2.11. LJ: a 1 B Yeboah 7.50; 5 R Danso 7.22.
Women. 1500m: b 8 M Hutchison 4:37.09. PV: b =6 T Grant 3.85. SP: a 8 E Massey 14.10.
- 14 **RAF Open, Sheffield.** Men. 400m: 1r1 S Osho 49.59. 60mH: 1r1 K Sempers 8.19.
- 16 **Bloomington, Indiana, USA.** Men. 3000m: 3 D Gauson 8:28.12. LJ: 6 D Wellstead 6.62. TJ: 5 D Wellstead 13.80.
- 16 **New York, USA.** Men. 400m: 4 T Bayley 49.97.
- 17 **Irish Champs., Belfast.** Men. LJ: 2 D O'Farrell 7.16.
Women. SP: 1 E Massey 14.92.
- 17 **Norwich Union GP, Birmingham.** Men. 60mH: 6 W Sharman 7.97. HJ: 2 S Oni 2.27.
- 18 **SCVAC Indoor Champs, Sutton.** W55. SP: 1 V Thompson 10.71.
- 24 **Floro, Norway.** Men. 60mH: 1 W Sharman 7.89 (1h2 7.91).
- 24 **Scottish Universities Indoor Champs., Glasgow.** Women. 60mH: 2 C Bertram 11.58. LJ: 3 C Bertram 4.32. HJ: 2 C Bertram 1.30. SP: 3 C Bertram 7.90.
- 24 **SECTA Weights Pentathlon, Ewell.** W70. 1 B Dunsford 2287 (HT 18.38, SP 5.50, DT 9.69, JT 8.29, WT 6.14).
- 24-25 **Combined Events International, Lee Valley.** Men. Heptathlon: 4 K Sempers 5302 (60m: 7.17, LJ: 7.00, SP: 11.79, HJ: 2.00, 60mH: 8.22 PV: 4.00, 1000m: 2:54.05).
- 28 **UK Inter-City Challenge, Sheffield.** Men. 60mH: 2 W Sharman 7.93.

March 2007

- 3 **Notre Dame, Indiana, USA.** Men. 1 mile: 12 D Gauson 4:07.37.
- 3-4 **Kent County Indoor Champs., Sutton Arena.** Men. SP: 1 C Gearing 17.09.
- 3-4 **Surrey County Indoor Champs., Sutton Arena.** Men. PV: 1 J Ive 5.20. U20 Men. 60m: 1 I Akindede 7.06 (1s2 7.2, 1h5 7.21)
Women. PV: 1 T Grant 3.90.
- 3-4 **Sussex County Indoor Champs., Sutton Arena.** U20 Men. 60m: 1 L Sargeant 7.29.
- 3-4 **BMAF Indoor Champs., Lee Valley.** M50. SP: 1 M Small 14.28. DT: 1 M Small 43.78.
- 4 **Boston Massachusetts, USA.** Men. 1000m: 2 T Bayley 2:25.58 (ht 2:25.39).
- 8 **NAIA Champs., Johnson City, Indiana, USA.** Men. TJ: 7 D Wellstead 14.73.
- 9 **NCAA Champs Champs., Fayetteville, Arkansas, USA.** Men. 1 mile: 11 T Bayley 4:07.06 (ht 4:00.49).
- 10-11 **BUSA Indoor Champs., Sheffield.** Men. 1500m: 5h4 M Humphrey 4:26.70. 3000m: 5 J Blackledge 8:18.79 (1h3 8:31.15); 7h1 M Humphrey 10:08.01.
Women. 3000m: 7h1 C Bertram 10:36.90.

Outdoor Track & Field

February 2007

- 17 **Potchefstroom, Republic of South Africa.** Men. JT: 1 G Grobler 77.17.
17 **Telstra A Series, Sydney Australia.** Men. 3000mSC: 2 M Dent 8:24.2.

March 2007

- 2 **Telstra Track Classic, Melbourne, Australia.** 5000m: 5 M Dent 13:49.62.
Women. HT: 1 H Arbuthnot 32.28.
9 **Pretoria, Republic of South Africa.** Men. JT: 1 G Grobler 78.60.
17 **European AA Winter Throws, Yalta, Ukraine.** Women. JT: 2 G Sayers 60.02.
18 **RSA T&F Champs., Durban, Republic of South Africa.** Men. JT: 2 G Grobler 73.91.
18 **Kingston & Poly H Open Meeting, Kingsmeadow.** Men. JT: 2 J Everard 63.10.

News

Ultra distance records for Louise ...

Louise Cooper is becoming something of an ultra distance running star. At the Draycote Water 35 miler at Rugby on 18 February she went through the marathon distance in 3:11:54 and 50km in 3:49:57 before reaching the finish and third place in 4:21:59. That's got to go down as an inaugural Club Record. As she already holds our best for 50 km and took our 30 mile mark down some 20 minutes in this race, her list of "ultra" personal bests is looking pretty impressive.

... followed by an England vest

Louise was then told that she's been selected to represent England in the UKA 100K Champs in Edinburgh on 20 May. "It's very exciting ... a real England vest!"

She thanks everyone who has been so encouraging throughout her recent 'challenges'. When tackling her ultra runs the comments from work colleagues has often been along the lines of ... "Why would you want to do that" ... "you're obviously completely mad", and "why don't you just use a car."

This 100k will be tough as Louise is well aware that she still has much to learn about ultra running (like trying to digest jam butties while on the run!). She would love to achieve the GB qualifying time of 8 hours 45 mins., but a lesser goal is simply to make sure that she finishes.

Louise will be doing shorter races during the build up so look forward to seeing her regular running mates soon!

Well done Louise – another name to go on the Internationals Board at Belgrave Hall.

It's a small world

A group of road runners met at the crack of dawn at Wimbledon station on Sunday morning, ready for the two hour drive to Bath for the Half Marathon.

New Belgravian Conor McGee didn't expect to know anyone but he and John Kimaiyo immediately recognised each other. Conor, who hails from Dublin, was out in Kenya a while back and trained at one of the camps with John Kimaiyo and others where Conor was given the name of Kipchumba. Neither of them had any idea that the other now lived in London – and in fact they both live within a couple of hundred metres of each other at Elephant & Castle.

Skipper's Corner

A hapless day – March 11, 2007

National Cross Country Champs: Thank goodness we finished a team on one of the most hapless days we've had this Century. A fortnight ago we had 15 sleek stallions bang up for Sunderland. On Monday down to 11 ... and then within 24 hours we lost our three top guns. And in the race itself two disappointing dnf's for Pete and Brad – disgusting luck for both after the huge journey. But Belgrave have a new hero! We would all have been pretty gutted if we had failed to register in the six to score, but Matt Whiting calmly and clinically delivered when it mattered most – his best ever National finish. Man of the match of course. At the other end of our team, thanks to Jonesy indeed. He claims not to like grass, but there's a cross-country runner in there just bursting to come out.

Mal deservedly has stopped my Cross-country Plate sequence in its tracks. He has run great all winter – although it all actually came down to the very first race where he beat me by just 3 secs. Had I have known then what I know now, I would have taken him *down!* But the best man has most certainly won – I now look forward to us doing battle in the marathon.

Misleading and out-of-date ...

I had two moments of pure farce in the day, one lasting two minutes, the other two hours ... I buy the race programme every year for two distinct reasons: one for the course map, two to confirm the start time of my race beyond all reasonable doubt. It's £2, so I guess a pound for each nugget of info. Otherwise, the race programme is possibly the world's most misleading and out-of-date piece of literature on sale. It's a noble mission to try and list the starters, but around 70% were nowhere near the course on Saturday. I do see that Belgrave had the 3rd most entrants in the senior race (32) behind that little known outfit Sunderland Strollers (33), and of course, the Serpentine juggernaut: 37 advertised starters, 3 finishers.

Anyway, I digress. On pages 1, 42 and 68 of the programme, the start of the men's race is noted as 3:05pm. Okaaay, I thought. Esoteric and obscure, but someone has spent a long time figuring this out, I shall therefore be on the start line at 3:03pm. T'was a shame when the race started at dead on 3pm. At 2:58pm I was calmly slipping out of my tracksuit; time for half a dozen strides and a final pit-stop. Announcer Bud Baldaro: "One minute to the start - We will not wait for you!" Mad sprint down the hill, throw my polo neck at a bemused Bob Smith (Newham TM), and line up with Newham and Serpie men. "What time is the start?" I ask a marshall. He consults his brief. "3pm," he replies. "ten seconds to go." Gnash gnash. I'm tempted to ask for my pound back.

Exciting stuff

British Airways had two flights on offer after the race, a cheap one at 6:30pm and a far pricier one at 7:45pm. I went for the cheapo knowing that it could be a bit of a squeaker to get to the airport in time. Matt Whiting kindly offered a lift to Sunderland's Metro. But the queue leaving the car park was nearly half an hour. I couldn't take the pressure. I launched myself from the car and into stone-bonkers No Man's Land, somehow needing to get to Newcastle airport 30 miles away ... I ran and jogged for 20 minutes and then a ghoulish sign: "Sunderland 4." Fifteen minutes later I stumbled across the town of South Hylton. Found their Metro ... 30 gruelling stops took 72 minutes ... got to airport with six minutes before my gate closed. Exciting stuff – or at least it would've been if not for a 45-minute delay to the flight.

Skip