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- Contributors in this issue: Bill Laws, Alan Mead

## British Athletics League Premiership

Match One, Cophall Stadium, Barnet, 5 May 2007.

### Straight into the relegation zone!

League table for 2007 after first of four matches

1	City of Manchester	331	8
2	Woodford Green wEL	321	7
3	Birchfield Harriers	290	6
4	Shaftesbury Barnet Harriers	268	5
5	Newham & Essex Beagles	267	4
6	City of Sheffield	235	3
7	Belgrave Harriers	228	2
8	Trafford AC	220	1

If somebody predicted that a quarter of the way through next season's football Premiership Manchester United would be in the relegation zone what would you say? "Impossible."

If somebody had predicted that a quarter of the way through the BAL Premiership season Belgrave would be in the relegation zone again you would have said "impossible".

Well, after this opening match at Cophall it's a reality. We avoided the wooden spoon by just 8 points.

### A depleted squad

The problem for the team managers was that with two large groups training in USA, the BUSA championships taking other athletes and yet more struck down by injury and illness we could only muster a team of 22 on the day of which only 18 were regular first team members. This depleted squad mixed and matched to get as many points as possible but even then seven events went uncontested. So 94 points were not fought for at all, and a further 104 points were chased by non-specialists who scraped a return of 26. So in effect just 26 points were culled from a further 198 on offer. Bearing in mind that if a team wins every event they score 508 points it doesn't take Einstein to work out that from the remaining 310 points on offer we scored a further 202 towards our final total of 228 points. So there were a few big points scorers and some excellent performances to lift the spirits of the team managers who generally had a glazed look in their eyes and fixed grins. Somebody remarked they looked like Gordon Brown on speed!

### Maximum in the high jump

The only max points came in the high jump won by Samson Oni ahead of Ben Challenger who now competes for Woodford Green. Darvin Edwards won the B high jump and also was ahead of Ben on count back so a good scalp there for Darvin. Joe Ive equalled the winning height in the pole vault but we missed Cameron Johnston who pulled out the day before with a virus. Richard Danso gained a third spot in the long jump and it was a big blow when Darragh O'Farrell failed to appear for the long and triple. It turned out his car had broken down on the motorway, Sadly, we had asked Adrian Phillips to compete in the Southern League!



### Bless the throwers

Scot Thompson had been taken into hospital on Friday night and Leith Marar stood in as a late substitute in the discus to get second in the B event. Mark Allen threw pb's in the hammer and discus and won the B shot to become our biggest individual points scorer of the day. With Chris Gearing gaining third in the A shot and Mick Jones throwing over 62m in the hammer on one training session since last August, the throwers were adding significantly to our points tally; and then two 2nds came in the Javelin with Wes Smith (pictured above by Jeremy Hemming) throwing two pb's to just pip Tom Dobbins in the last round. Bless the throwers.

### Top ranked men in the 5,000m

Only one track event contained our top ranked men and that was the 5,000m. Stephen Sharp ran a superb pb to finish second in the A event while a below par Phil Wicks won the B. William Sharman was doubtful to race following a lengthy lay off due to injury but did support the team to gain silver in the high hurdles. Darren Chin gained good points in the hotly contested sprints. And there were some golden oldies contributing too. Our past high jumper Richard Aspden was persuaded to run the A 400 and although last, ran a creditable 50.4. He was rewarded with the last leg in the sprint relay. Richard is in Government service based in India and is back for a few months so with little training his performances were amazing.

44-year-old Paul Beaumont again turned up willing to cover anything and gained points in the A400H, B110H, and B400. We had to restrain him from doing the steeplechase, which contained William Cockerell who is now just 7 points from becoming our next track and field points Centurion. This man wants it and when it happens it will not be more deserved!

### Début by young members

And finally to our young members who made their BAL débuts. The 800 was manned by Shugri Omar and George Martin, who were slightly overawed by the occasion but will gain from the experience, and Alex Bodin set his best 1500 time. Luke Sergeant ran well in the B200 among company he could not have dreamed of a week ago. He contributed to the sprint relay along with Richard Aspden, William Sharman and Darren Chin all of whom were instructed to get the baton round safely for last spot. They finished sixth in 43.47, which reflected the fighting spirit right to the end. Sadly, with no

400m men, the long relay was abandoned and at the last gasp our long held sixth place drifted to seventh.

And finally thanks to the Belgrave supporters and to Tony Ganio, sports masseur, whose magic hands eased tired legs and kept the team on track.

**Results:** 100m: 4 D Chin 10.6/nwr; 6 W Sharman 11.1/nwr; n/s 5r1 L Sargeant U20 11.8/0.1. 200m: 6 D Chin 21.76/0.4; 6 L Sargeant U20 22.91/0.4. 400m: 8 R Aspden 50.4; 7 P Beaumont M40 no time. 800m: 6 S Omar 1:56.0; 6 G Martin U20 1:59.1. 1500m: 7 D Anderson 3:58.53; 6 A Bodin U20 4:05.32. 5000m: 2 S Sharp 14:02.30; 1 P Wicks 14:24.50. 110mH: 2 W Sharman 14.34/nwr; 8 P Beaumont M40 24.32. 400mH: 8 P Beaumont M40 59.6; no B competitor. 3000mSC: 7 W Cockerell 10:08.38; no B competitor. HJ: 1 S Oni 2.15; 1 D Edwards 2.10. LJ: 3 R Danso 6.89w/2.8 (6.79/0.7); no B competitor. TJ: no competitor. PV: 2= J Ive 5.00; no B competitor. SP: 3 C Gearing 16.84; 3 M Allen 15.66. DT: 6 M Allen 49.94; 2 L Marar 49.70. JT: 2 W Smith 64.97; 2 T Dobbing 64.41. HT: 5 M Jones 62.72; 4 M Allen 53.60. 4x100m: 6 Belgrave 43.47 (W Sharman, D Chin, L Sargeant, R Aspden). 4x400m: no Belgrave team.

**Teams:** 1 City of Manchester 331; 2 Woodford Green w EL 321; 3 Birchfield H 290; 4 Shaftesbury Barnet H 268; 5 Newham & Essex Beagles 267; 6 City of Sheffield 235; 7 Belgrave H 228; 8 Trafford AC 220.

## News

### *Triple winners in Maidenhead AC's Easter 10 miler*

When Phil Wicks took the Maidenhead 10 miler this Good Friday, for a fourth consecutive year, he became the most prolific winner in the race's 55 year history.

**3 wins** Stan Eldon (Windsor & Eton) won in 1959, 1960 and 1961; Gerry North (Belgrave H) 1963, 1965 and 1968; Allan Rushmer (Tipton H) 1966, 1969 and 1970; John Jones (Windsor, Slough & Eton) 1971, 1974 and 1978.

**4 wins** Phil Wicks (Windsor, Slough, Eton & Hounslow/Belgrave H) 2004, 2005, 2006 and 2007.

Other Belgrave winners have been Charlie Walker in 1954 and Paul Evans in 1994.

### *Belles star at Loughborough International*

Belgrave's female athletes started the season with some sparkling performances at the Loughborough International.

After personal records of 62.14m and 62.70m in earlier rounds, with her final throw of the competition Goldie Sayers launched her javelin out to 65.05m – a new British Record – and an effort that took her to the top of the World Rankings for 2007. It was 3.60m further than she had ever thrown before.

Belgrave's Julie Hollman halted heptathlete rival Jessica Ennis' victorious start to the summer.

Ennis went into the first major match of the domestic season for England on the crest of a wave after breaking the UK under-23s' heptathlon record held by Denise Lewis and equalling the UK senior high jump record a fortnight ago. And it looked as if she would share victory with Scotland's Gillian Cooke in the Loughborough long jump when both registered 6.35m. But, as they were shaking hands, up popped guest competitor Julie for the last leap of the competition – and she reached 6.36m.

"It's all good friendly rivalry," smiled Hollman, who was the UK's number one heptathlete going into the 2002 Commonwealth Games in Manchester.

Hollman added: "I'd had a few no-jumps but when I saw them shaking hands, I thought, 'Hang on – it's not over yet!' I was determined."

And as if this wasn't enough, Eva Massey let fly with the 4kg shot to set a new Northern Ireland and Belgrave record of 16.60m – a 30cm improvement on her lifetime best set in 2003. The previous Irish record was set by Olympic Pentathlon gold medallist Mary Peters way back in 1970.

### *The long and the short of it*

Road running comes in many guises. Two Belgravians were recently in action over the shortest of distances on the tarmac – one mile.

The race was held in Oxford as part of the celebrations marking one thousand years of Oxfordshire and was started by the legendary Sir Roger Bannister. Cardiff's James Thie was winner in 4:06 but he was chased hard by Jonathan Blackledge, 4:08, and Phil Wicks, 4:09.

And then, way towards the farthest end of the road running spectrum, we have 100 kilometres – that's around 62 miles!

The UKA Championship was held from Heriot-Watt University and Louise Cooper celebrated her call up to represent England by placing 3rd, second Englishwoman home. Fighting her way through some bad patches and always refusing to be reduced to a walk, courageous Louise completed the distance in 9hrs. 21mins. 39secs. and helped her team win the Anglo-Celtic Plate.

### *European Champion Clubs Cup*

As we publish this newsletter a Belgrave team is preparing to leave for Albufeira, Portugal, to take part in Group A of the European Champion Clubs Cup on 26th/27th May. They will face the cream of European Clubs including the redoubtable "Luch" Moscow - a team that includes many of the Russian national squad.

The opposition:

"Luch" Moscow (Russia)  
G.A. Fiamme Gialle (Italy)  
Sporting Clube de Portugal (Portugal)  
Olimpiakos F.C. Club (Greece)  
Puma Chapin Jerez (Spain)  
AK Spartak Gubnica (Slovakia)  
Fenerbahce Spor Kulubu (Turkey)

The Belgrave team:

(event, name, date of birth, best performance):

100m: Wade Bennett-Jackson, 27 Feb 1987, 10.20w/10.33.  
200m: Chris Lambert, 08 Apr 1981, 20.34.  
4 x 100m: Darren Chin, 30 Jun 1981, 10.37A/10.38; Will Sharman, 12 Sep 1984, 10.74w/10.86; Wade Bennett-Jackson, 27 Feb 1987, 10.20w/10.33; Chris Lambert, 08 Apr 1981, 10.19w/10.24.  
400m: Ryan Thomas, 21 Mar 1987, 47.22.  
4 x 400m: Graeme Oudney, 11 Apr 1985, 48.87; Darren Chin, 30 Jun 1981, 49.30; Ryan Thomas, 21 Mar 1987, 47.22; Matt Douglas, 26 Nov 1976, 46.65.  
800m: Graeme Oudney, 11 Apr 1985, 1:47.99.  
1500m: Neil Speaight, 09 Sep 1978, 3:38.65i/3:40.62.  
3000m: Neil Speaight, 09 Sep 1978.  
5000m: Simon Jones, 29 Nov 1983, 14:41.3.  
110H: Will Sharman, 12 Sep 1984, 13.45w/13.49.  
400H: Matt Douglas, 26 Nov 1976, 48.54.  
3000 steeplechase: Justin Chaston, 04 Nov 1968, 8:23.90.  
Shot Putt: Chris Gearing, 30 Sep 1986, 17.89i.  
Discus: Scot Thompson, 10 Aug 1981, 55.32.  
Javelin: James Everard, 16 May 1981, 63.21.  
Hammer: Mick Jones, 23 Jul 1963, 76.43.  
Long Jump: Darragh O'Farrell, 15 Jun 76, 7.45.  
Triple Jump: Gary Wilson, 18 Sep 1985, 14.29w/14.18.  
High Jump: Samson Oni, 25 Jun 1981, 2.27i.  
Pole Vault: Joe Ive, 12 May 1987, 5.20.

## Results Roundup

### Triathlon

#### April 2007

- 8 **Goodwood Duathlon.** 4k run 24k bike 4k run  
1 - Juliette Clark 14:40 (4) 38:52 (12) 15:33 (4) - 1:09:05
- 9 **London Triathlon League, Hampton Sprint Triathlon.**  
426m swim 21km bike 5km run.  
Men  
3rd overall/1st in category - Greg Billington (Cambridge Tri) 6:40 (5/3) 34:59 (12/1) 17:35 (2/1) - 59:14.  
8/3 - Tom Fordyce (Ful-On-Tri) 8:09 (32/11) 35:07 (14/5) 18/17 (3/1) - 1:01:33.  
Women  
102/1 - Anne Hegvold 8:05 (29/1) 41:50 (176/4) 22:28 (89/2) - 1:12:23.  
137/8 - Rieko Trees (2XU) 9:09 (79/10) 42:30 (193/9) 23:01 (105/6) - 1:14:40.  
238/13 - Catherine Eastham 11:26 (208/15) 48:18 (283/14) 23:56 (154/3) - 1:24:00.

#### May 2007

- 7 **London Triathlon League, Hampton Sprint Triathlon.**  
426m swim 21km bike 5km run.  
Men  
8th overall/3rd in category - Tom Fordyce (Ful-On-Tri) 8:10 (35/10) 35:34 (10/5) 18:47 (3/2) - 1:02:31.  
Women  
75/3 - Rosie Powell 10:32 (187/14) 38:57 (74/2) 22:01 (61/2) - 1:11:30.  
134/2 - Anne Hegvold 7:23 (15/1) 46:19 (260/9) 22:07 (65/1) - 1:15:49.  
215/13 - Catherine Eastham 11:22 (232/26) 47:45 (283/26) 23:18 (99/10) - 1:22:25.
- 13 **London Triathlon League, Morden 6n6.**  
600m swim 6 mile run.  
3rd overall - Lee Greatorex 9:27 (15) 33:40 (4) - 43:07.  
6 - Tom Fordyce (Ful-On-Tri) 9:52 (24) 33:29 (2) - 43:21.  
32 - Anne Hegvold 8:19 (6) 40:46 (52) - 49:05.  
33 - Sarah Murphy 11:05 (53) 38:24 (30) - 49:29.  
74 - Catherine Eastman 13:14 (93) 43:47 (68) - 57:01.

### Road & Country

#### January 2007

- 28 **Canterbury 10 miles.** Men. 1 M Coleman (Medway &M) 51:18;  
25 M Kazimierski 1:02:37; 86 P Cross M50 1:07:18.

#### February 2007

- 4 **Watford Half Marathon.** Men. 1 T Abyu (Salford) 1:04:50; 2 M Miles 1:06:04; 5 H Raidi 1:09:12; 16 K Tadesse 1:13:38; 206 R St. Clair 1:29:56; 233 P Cross M50 1:30:46.  
Women. 1 L Yelling (Bedford) 1:13:42; 8 V Clarke 1:26:34.

#### April 2007

- 29 **Nicola's 5 miles, Canvey Island.** Men. 1 C Bloomfield (Billericay) 25:07; 75 P Cross M50 32:51.
- 29 **Cherry Creek Sneak Elite 5 miles, Denver Colorado.** Men. 1 D Kite (Colorado) 25:06.7; 3 N Speaight 26:04.3.

#### May 2007

- 2 **Middlesex University 5 km.** Men. 1 L Mangleshot (unatt.) 18:46; 2 M Humphrey 19:08.
- 5 **Regents Park Summer 10 km.** Men. 1 H Raidi 32:34.
- 6 **Great Edinburgh 10 km.** Women. 1 J Prokopcuka (Latvia) 32:53; 9 B Dagne 35:26.
- 6 **Bluebell Trail 10 km, Angmering.** Men. 1 J Baker (Chichester) 33:12; 20 P Cross 41:39.
- 12 **Oxford Road 1 Mile.** Men. 1 J Thie (Cardiff) 4:06; 2 J Blackledge 4:08; 3 P Wicks 4:09.
- 12 **Bushy Park 5 km Time Trial.** Men. 1 A Bodin U20 16:15.
- 12 **Wimbledon Common 5 km Time Trial.** Men. 1 O Edwards (Shaftesbury B) 16:10; 2 W Cockerell 16:19; 11 G Adams 18:43.
- 13 **BA Concorde 10 km, Cranford.** Men. 1 M Boucher (Aldershot F&D) 34:21; 2 M Humphrey 35:23.
- 13 **Ranelagh Surrey Half Marathon Champs, Petersham.** Men. 1 J Simpson (South London) 1:08:57; 2 P Buckley 1:11:50; 55 G Reid M45 1:24:02; 135 P Cross M50 1:30:53; 390 D McMillan M55 1:46:55; 525 C Henn M75 1:54:35.  
Teams: 1 South London H 31; 2 Ranelagh H 39; 3 Stragglers 41; 7 Belgrave 180.
- 14 **Self Transcendence 5 km, Battersea Pk.** Women. 1 V Clarke 18:14.
- 17 **Parklands 4 x 3 miles relay, Richmond Park.**  
Men. 1 Thames H&H 59:32; 2 Herne Hill 1:00:57; 3 Thames H&H 1:02:02; 13 Belgrave 1:08:41 - J Fairbourn 15:40 (4), D McMillan M55 (21) 20:33; M Humphrey (14) 16:14; M Whiting (13) 16:14.
- 19 **Wimbledon Common 5 km Time Trial.** Men. 1 M Farmer (South London) 15:45; 10 H Corbett M45 18:14.

- 19 **Farthing 5 km, Coulsdon.** Men. 1 J Burdett (South London) 17:58; 3 M Humphrey 18:37.
- 20 **BUPA Great Manchester 10 km.** Men. 1 M Kogo (Kenya) 27:21; 32 S Jones 30:08; 43 P Freary 30:54.
- 20 **UKA 100 km Championship, Edinburgh.** Women. 3 L Cooper (Eng) 9:21:39.
- 20 **Hornsey YMCA 10 km, Crouch End.** Men. 1 M Byansi 33:02.

### Race Walking

#### May 2007

- 13 **Kent County Champs, Ashford.** Men. 3000m: 1 A Goudie 14:06.74.
- 12 **Middlesex County Champs, Barnet Cophthall.** Men. 3000m: 1 J Hall M55 15:44.00; 4 D Fotheringham M75 18:59.72.  
Women. 2 M Noel W40 18:11.50.
- 12 **Surrey County Champs., Kingsmeadow.** Men. 3000m: 4 D Mason 18:13.43. Women. 1 E Viljoen 14:48.96.

### Track & Field

#### March 2007

- 16 **Fayetteville, Louisiana, USA.** Men. 5000m: N Kay 15:38.44.
- 18 **Kingston & Poly H Open Meeting, Kingsmeadow.** Additional result. Women. HT: 1 H Arbuthnot 32.28.
- 24 **Baton Rouge, Louisiana, USA.** Men. 3000mSC: N Kay 9:42.87.
- 25 **Leicester Corinthian Spring Open.** Men. SP: 1 S Thompson 16.02. DTa: 1 S Thompson 51.46. DTb: 1 S Thompson 51.41.
- 31 **Stanford, California, USA.** Men. 1500m: 3 T Bayley 3:45.01.

#### April 2007

- 11 **Norman Fowler Memorial Open, Tonbridge.** U23M. 300m: 1 G Selway 35.0.
- 14 **Providence Rhode Island, USA.** Men. 800m: 3 T Bayley 1:49.71.
- 15 **Athletics Tayside Partnership, Dundee.** Men. JT: 2 T Dobbing 59.85.
- 15 **Hercules Wimbledon YA Meeting, Crystal Palace.**  
U15B. 800m: 4r2 J Taylor-Holland 2:26.3.  
U13B. 100m: 4r3 P Petrovic 14.5. LJ: 7 P Petrovic 3.86.  
U15G. 1500m: 7r1 M Evans 5:11.6; 6r2 J Foxley 5:52.5.
- 15 **Havering Mayesbrook Spring Warm Up, Barking.**  
U20M. 100m: 1 L Sargeant 11.5.
- 18 **Watford Open Meeting.** Men. 400m: 3rF R Aspden 51.44.
- 21 **Woodford Green Open.** Men. 400m: 2 K Sempers 50.7.
- 21 **Larry Ellis Invitation, Princeton, New Jersey, USA.** Men. 1500m: r1 T Bayley 3:42.80.
- 21 **Baton Rouge, Louisiana, USA.** Men. 1500m: N Kay 4:05.61.
- 21 **Louisville, Kentucky, USA.** Men. 1500m: 2 D Gauson 3:49.54.
- 22 **Welsh T6 Throwing Circle, Aberdare.** Men. HT: 1 M Richards 53.30. U20 SP: 1 B Morse 14.54. DT: 1 B Morse 52.89.
- 22 **Bournemouth AC Open Meeting.** Men. 400mH: C Minn 57.4.
- 22 **Walton AC Open Meeting.** Men. 200m: 3r2 M Peacock 25.01. 400m: 3r1 R Aspden 50.87; 6r2 M Peacock 55.89. PV: 1 L Samms 3.00.  
Women. PV: 5 J Anderson 2.20.
- 28 **Women's Southern League Division 1, Match 1.** 400m: 1 S Bovill 56.4. LJ: 1 S Wellstead 6.04; 1 K Euridge 5.35. TJ: 1 S Wellstead 11.91. SP: 2 J Nicholls 10.92. DT: 1 J Nicholls 43.46.
- 28 **London Inter-Club Challenge, Cophthall Stadium, Barnet.**  
Men. 100m: 6r2 R Danso 11.57/0.9; 4r3 K Sempers 11.27/1.9; 7r5 M Peacock 12.44w/2.7; 8r6 R McMillan 14.11/0.5. 200m: 6r4 M Peacock 25.03/0.7; 4r5 R McMillan 27.80/1.5. 400m: 4r1 R Aspden 50.74; 6r1 K Sempers 50.87; 8r2 M Peacock 55.10; 8r3 R McMillan 62.10. JT: 2 K Sempers 53.45. HT: 2 C Privett M45 42.96.  
Women. DT: 1 J Loney 31.66. HT: 2 J Loney 39.38
- 28 **Loughborough University Open.** Men. LJ: L Eving-Jones 7.02. SP: Comp 1. 1 S Thompson 16.91; Comp 2. 1 S Thompson 17.20. DT: S Thompson 52.48.
- 28 **Orlando, Florida, USA.** Men. 100m: 1 W Bennett-Jackson 10.81/0.3. 200m: 1r3 J Hussain 21.61/-0.1; 4r3 R Thomas 22.14/-0.1.
- 29 **Stanford, California, USA.** Men. 1500m: 3 D Gauson 3:46.77.

#### May 2007

- 2 **Watford Open.** Men. 400m: 2rA R Aspden 50.90. 1500m: 4rA G Billington 4:00.53.  
Women. 800m: 3rF mx C Bryson 2:15.47.
- 2 **Rosenheim League Match 1, Battersea Park.**  
Men. 200m: 6 M Peacock 24.9. 800m: 1 T Ellacott 2:08.7. HT: C Privett M40 42.42.  
Women. 800m: 2 S Gaily 2:21.6. DT: 1 J Loney 33.02; 2 B Hill 29.21. HT: J Loney 40.29.
- 5 **Gliders Classic, Altamonte Springs, Florida, USA.** Men. 100m: 5 J Hussain 10.93.
- 5 **BAL Division Three, Stoke.** Men. 400mH: 4 C Minn 56.7.
- 5 **Men's Southern League Division 4S, Match 1 Battersea Park.**  
100m: 1 T Kennedy 12.0; 1 D Cebele 12.3. 200m: 1 I Akidele 22.4; 1 T Kennedy 23.8. 400m: n/s 1 I Akidele 49.6; 2 M

- Peacock 57.7. LJ: 1 A Phillips 6.68; 1 R Bowers 4.67. SP: 2 C Privett 9.58. DT: 1 R Collier 33.76; 1 M Peacock 24.06. JT: 1 R Collier 44.19; 1 M Peacock 39.59. HT: 1 C Privett M45 41.10; 2 R Bridges M55 17.32. 4x100m: 1 47.5 (D Cebele, R Bowers, T Kennedy, I Akindele).
- 5-6 **IAAF Comb. Events Challenge, Desenzano del Garda, Italy.** Men. Decathlon. 12 K Sempers 7257 (11.38/1.3, 7.09/0.6, 12.02, 1.97, 50.30, 14.91/1.6, 36.37, 4.30, 56.89, 4:50.60).
- 5-7 **BUSA Champs., Bedford, 5-7 May 2007.** Men. 400m: c 5 G Selway 48.28 (b 2s3 49.26, 2h4 49.45). 1500m: b 9h3 M Humphrey 4:30.47. 10000m: b 14 J Charles 33:43.10. 110mH: c 1 W Sharman 14.06/1.4 (1h1 14.31w/4.0). TJ: c 5 G Wilson 14.18/1.2; PV: b 3 K Higham 4.80. SP: b 11 Z Sandell 12.18 (8QA 12.04). HT: b 9 A Allen 33.09. Women. 100m: b 1h4 A Onuora 12.21 (dns in semi). DT: c 3 J Nicholls 43.83. HT: 10 H Arbutnot 33.68.
- 6 **Lawrence, New Jersey, USA.** Men. 400m: T Bayley 48.89.
- 7 **May Day Hammer Festival, Bournemouth.** Men. HT: Series 1. 1 M Richards 54.12. Series 2. 2 M Richards 54.50.
- 12 **Buckinghamshire Champs., High Wycombe.** Senior Women. 400mH: 1 H Douglas 61.5.
- 12 **Hampshire Champs., Portsmouth.** Senior Men. LJ: 1 D O'Farrell 7.34w/4.6 (CBP).
- 12 **Middlesex Champs., Barnet Copthall.** Senior Men. LJ: A Phillips 6.90/0.3. JT: 3 M Peacock 39.84. Senior Women. 800m: 1 M Hutchison 2:07.29. DT: 1 J Loney 32.56. HT: 1 J Loney 41.27.
- 12 **Scottish Champs., Scotstoun, Glasgow.** Senior Men. JT: 1 T Dobbing 63.51.
- 12-13 **Kent County Champs., Ashford.** Senior Men. SP: a 1 C Gearing 17.40.
- 12-13 **Surrey County Champs., Kingsmeadow.** Senior Men. 200m: 6h2 K Adjepong 24.72. 1500m: b 4 T Ellacott 4:18.73; 6 D Mason 4:29.76. TJ: b 1 G Wilson 14.11. PV: a 1 J Ive 5.00. U20 Men. 100m: a 1 T Gilling 11.13 (1h2 11.24). 200m: b 3 T Gilling 22.88. 400m: 400m: a 1h2 I Akindele 50.94. Senior Women. 400m: a 4 S Gailey 1:02.74. 800m: a 4 S Gailey 2:23.58. 1500m: b 1 C Bryson 4:31.4; 7 V Goodwin 5:38.6. 3000m: 1 C Bryson 9:52.7. LJ: a 1 S Wellstead 5.92/1.9; 5 K Euridge 5.39/2.0. DT: a 1 J Nicholls 45.33.
- 12-13 **Sussex County Champs., Crawley.** Senior Men. 200m: a 1 G Selway 22.9. 400m: b 1 G Selway 48.5. HT: a 1 M Jones M40 62.33. Under 20 Men. 200m: 1 L Sargeant 23.9
- 12-13 **USA Collegiate Champs., Princeton University, NJ USA.** Men. 800m: 1 T Bayley 1:50.00 (1:48.70 ht)
- 13 **Berkshire County Champs., Reading.** Senior Men. 1500m: 2 P Willis 4:09.7. Under 20 men. 800m: 1 G Martin 1:56.8.
- 16 **Watford Open.** Women. 100m: 3rB mx J Fitzpatrick U20W 14.43/-0.4.
- 18-19 **DODDS European Schools Champs., Rüsselsheim, Germany.** U18. 1500m: a 1 G Billington U20 3:56.89. 3000m: b 1 G Billington 8:34.16.
- 20 **Loughborough International.** Men. 100m: 5 W Bennett-Jackson (gst) 10.70/-1.3. 200m: 2 D Gillick (Lough) 21.55/-0.9. 400m: 3InvB G Selway 48.56; 5 R Thomas 48.91. 800m: 5 G Oudney (Sco) 1:47.99. 1500m: 4 N Speaight (gst) 3:45.56. 3000m: 6 S Sharp (gst) 8:04.75. HJ: 1 S Oni (Lough) 2.25. PV: 2 J Ive (Eng) 5.20; 3 K Higham (BUSA) 5.10. SP: 5 S Thompson (Sco) 15.96. DT: 4 S Thompson (Sco) 52.05; 5 B Morse (GBJ) 48.83. Women. 100mH: 3 J Hollman (gst) 14.25/0.0. LJ: 1 J Hollman (gst) 6.36/0.3. SP: 1 E Massey (gst) 16.60; 7 J Hollman (gst) 12.52. JT: 1 G Sayers 65.05 (GBR Record).

## Paul Ireland 1965-2007

We regret to inform that sprint coach Paul Ireland died in April when he took his own life.

Paul, who had a Masters degree in sports science and a background in teaching, identified and coached many youngsters of great talent, some of whom became Belgravians.

He was a tremendously enthusiastic man and in 2001, when managing our Under 20 Men's Team, took them to the National Final at Derby where they failed to win the title by a single point – after a Belgrave dq in the relay.

The pinnacle of Paul's career was when he was appointed coach to the British Bobsleigh Team competing in the 2006 Winter Olympics at Turin.

Paul will be greatly missed by all who knew him.

## From The Belgravian

### 75 years ago ... 1932

It was bronze medals for Belgrave in the National 12-Stage Relay in April 2007 ... and so it had been, seventy-five years ago, in the premier road relay of the day – The London to Brighton Relay. It was the first time that the club had ever got among the medals and *The Belgravian* recorded:

This date – April 16th 1932 – will remain memorable in Belgravian history as the day when one of the most impressive achievements by our runners was recorded. ... We have, indeed, set ourselves a very high standard to maintain in the future ...

In those days the race was over ten stages. A combined grandstand and dressing room in the shape of a double-decked bus arrived at Westminster and nine team men, three reserves and a full complement of supporters took their seats as the vehicle set off for the first change-over at Clapham Common.

Big Ben sent the runners on their way at the first stroke of eleven o'clock and as the runners crossed the Thames, Tom Carter was to be seen forcing the pace; but at Clapham it was Highgate Harriers leading from South London Harriers with Belgrave 19 seconds off the lead but only a couple of strides down on Birchfield Harriers who were third. Highgate and South London were overtaken by Belgrave's Jack Flower by the time the race reached Mitcham but Jack was, in turn, passed by the international Jack Holden, who had taken Tipton's colours to the front. Welsh champions Cwmbran Harriers had also come by.

By Purley the black vest of Birchfield headed the procession and Alec Robertshaw, for Belgrave, had slipped to fifth – albeit a mere second behind the Army team Aldershot Command – but Belgrave's own international Arthur Allum now took up the challenge. A record breaking run came from Platt of Salford who took his team to second place but Arthur was in fine fettle and caught Tipton only to have their runner fight back at the end. The race had reached "The Feathers" at Merstham and we were within three seconds of the medals.

Stage five ended at "The Chequers," Horley, by which time Syd Warboys had had to give way to Aldershot. Salford had now moved into the lead. Jack Fletcher, one of our younger runners, pulled us back to fourth and our Running Secretary Ernie Duffett maintained this position over the four and a half mile stretch to Handcross – as did Arthur Penny over stage seven.

Great excitement came on stage nine as our Vice Captain Bert Footer surpassed himself to overtake Aldershot Command and bring the Bels into third place. Birchfield had gained the initiative at the head of the field but held a mere one second advantage over Salford.

And so to the final stage, ending on the sea-front at Brighton. Bill Webb ran the race of his life and played a true Captain's role as he held on to third place – and up front Salford again wrested the lead from Birchfield Harriers.

Our supporters had shouted themselves hoarse, not only encouraging their own men but engaging in banter with the members of other clubs.

The Mayor of Brighton distributed the awards and Joe Binks of *The News of the World*, organisers of the race, spoke of some of the outstanding performances. The announcement that only two men had ever beaten 28 minutes for the ninth stage and that one of them was our own H.E. Footer was drowned in cheers. Bill Webb had the honour to lead our team up for their bronze medals amidst hearty applause.

Our time of 4 hrs. 44 mins. would have won the race on no less than three occasions in the previous five years and our men had set club records on every single one of the ten stages.