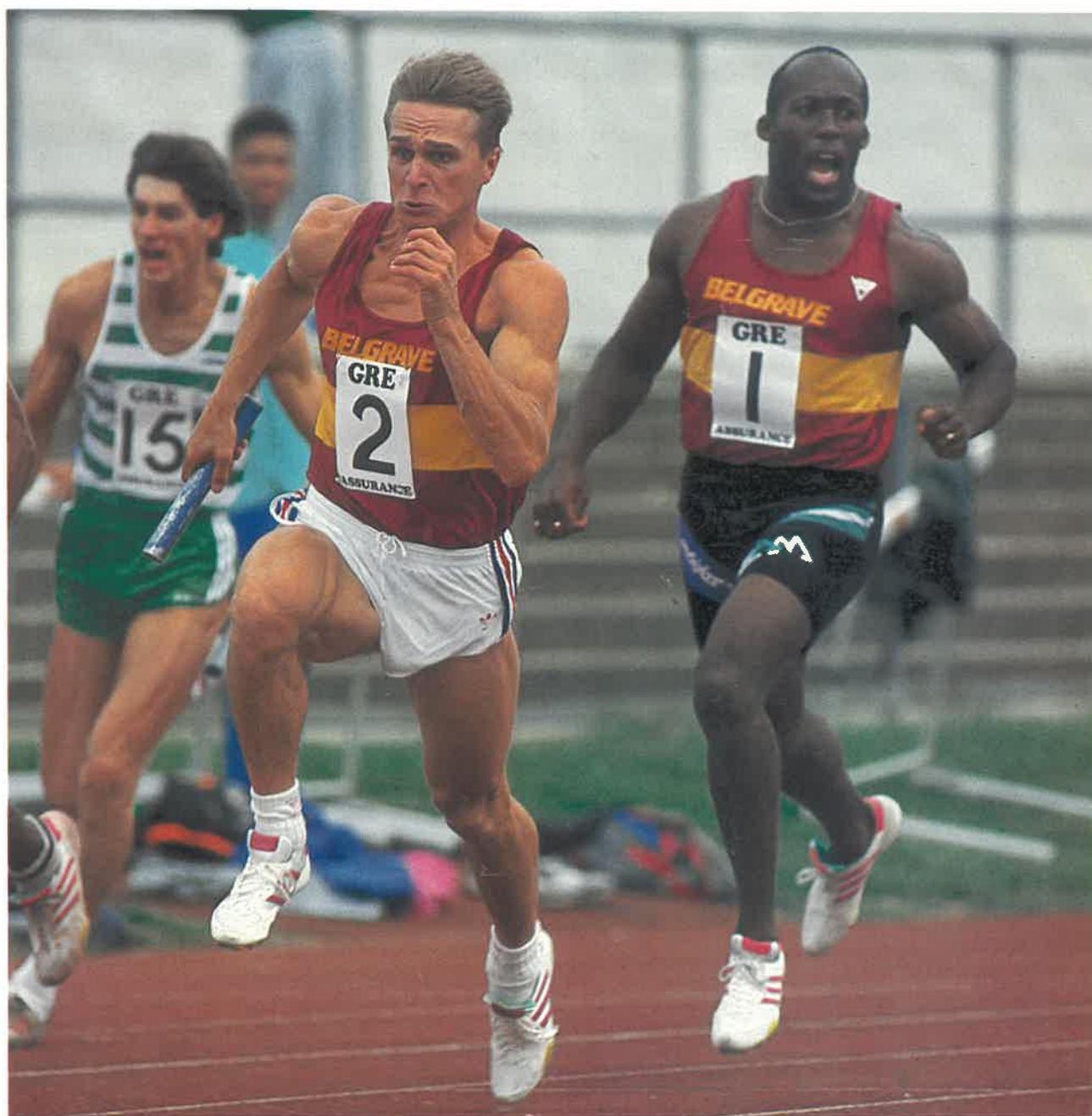


# The July 1991 Belgravian



The official gazette of Belgrave Harriers

Number 216

## President of Belgrave Harriers 1990-91



*Win is caught by the lens of Alex Apperley at a recent Club Championship meeting.*

Win Shepherd, Belgrave's first Lady President, has been associated with the club since the age of three. Her father, Dick Savage, joined Belgrave in the year 1910 and became President 1944-1946. Her late husband Dave Shepherd, who joined in 1932, was also President in 1962-1963.

Win became interested in race walking when she was fifteen years old but as there was no Ladies Section in those days she had to join London Olympiads. She was their Club Champion for three years, Surrey County Champion for three years, and

## Win Shepherd writes ...

It gives me great pleasure to send you this message as your first Lady President. I send my best wishes to you all and hope that you will have a good Walking, Cross Country, Road Racing and Track and Field season. I should like you to remember that you are members of a great club but although you are an individual you are also a member of a team. When you are asked to represent the Club, please do so.

Within the club there is a band of officials who work hard for your benefit. At the moment please note that we are very short of officials for track and field meetings. A certain few are keeping things going at home meetings. It would be nice if those of you who have hung up your running shoes would come along and help at the grass roots of Athletics. You will certainly enjoy yourselves!

Let's make the rest of 1991 a good year for Belgrave!

## Win Shepherd

...won the Inter-Counties and was second four times whilst representing Surrey. In addition she was twice a member of the Champion National Road Walk team. As you can see, she competed at the highest level.

Later, with her mother, Win organised the refreshments at Belgrave Hall on Saturday afternoons for a period of some nine years and when the Ladies Section was formed in 1976 she became our first Ladies Secretary. Win can always be seen at Belgrave meetings either officiating or scoring. With that claret and gold blood in her veins it would be difficult to keep her away!

C.D.

Semper Paratus



Founded in 1887

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# The July 1991 Belgravian

## The "new" Belgravian

This edition of the Belgravian is "new" in several respects. In fact we had even considered naming it "The New Belgravian" but finally thought that that was just too much of a departure from tradition.

You will have noticed the new size and format. This is the result of a fresh editorial partnership with Alan Mead and Charles Dickinson working together for the first time. "The Belgravian" has now been brought up to date with a new layout designed by Alan using sophisticated desk top publishing software on his computer. This allows pages to be "set up" on the screen and then output to a laserjet printer prior to hand over to the print shop. 'Pasting up' is now a thing of the past. The larger page size allows for a great deal more flexibility in layout to accommodate pictures and different column widths. We trust you like it.

All this has, of course, freed up Charles a little to allow him to chase likely contributors for articles, badger Sectional Secretaries for results, get some more writing done himself - and even do a bit of extra training!

Following on fairly closely from the last edition in March, we believe we have caught up on the backlog of news and results from last year and the winter season just past. What with early Track and Field results, including the 1991 Club Championships, why we are almost topical!

We would like to thank those people who have contributed to the magazine. Items are always gratefully received. But let's not stop here; please let us know if you have any ideas which could be incorporated into the pages of our gazette. Write us letters, offer your services as a columnist, cub reporter or photographer, even as a seller advertising space - we'll consider anything..

## Finance

Incidentally, what are the thoughts of club members regarding the finance of the magazine? Three issues per year is

being considered, probably about 16 pages a time, and it does not take much in the way of mathematics to realise that this is likely to cost the club a lot more than has recently been spent in this area. Some folk have suggested that members might consider paying for their magazine outside of the normal subscription. This might be difficult to organise and anyway, it might not be considered fair on those, perhaps living away from the home counties, who continue to regularly pay their subs. without receiving any other material benefit. Once again, do write in and let the Editors know what you think.

## "The team is on a roll ..."

So runs a quote to be found elsewhere in this magazine, and reading through the reports in these pages one cannot help but be struck by the mood of optimism in all quarters of the club. Ok, so in some areas we have not been through the best of times, and yes, we do need to find some more qualified officials, but there does not seem to be a corner anywhere where improvement is not expected in the near future.

### Setting the record straight -

Which of you sharp eyed readers has noticed that although the last issue of the Belgravian was numbered 214, this one is number 216? Yes, it is deliberate. Back in October '83 and April '84 we had two consecutive issues numbered 207.

**Last copy date for the  
next issue - November 1st**

### Cover pictures.

Front page: Mike Edwards, highest UK vaulter for years with 5.50 metres, now almost certainly Tokyo bound.

Back page: Regis to Ridgeon - the Belgrave baton passes from one 1987 World Championship medallist to another.

Both photos by kind permission of Mark Shearman

## Sidetracks

*Bill Dance, who featured in our teams of the sixties and seventies, is now Assistant Director of the new Sheffield Stadium. He still runs of course, but is perhaps better known as a coach with Longwood Harriers who celebrated their centenary in 1988. His squad has several fine athletes, including Martin Steele the 800 metres international.*

*Our keeper of the Club archives is anxious to have any material held by our older members. Prior to 1930 a great deal of valuable historical information was lost as lofts were cleared and bon-fires lit. It is difficult to appreciate how the rubbish of one century becomes the museum of the next. We are particularly keen to collate all cine film held by members and to transfer selections on to video tape. Please contact Clive Shippen on 081-660 0480.*

*In spite of the fact that we usually seem to get together a willing band of helpers whenever the need arises, we really are becoming desperately short of qualified track and field officials. The time may well arise when turning up at a track and field match without the requisite number of officials could result in the Club being penalised by having their points score reduced! Please consider taking the necessary steps to becoming a qualified judge or timekeeper. By doing so you would become just as much a part of the team as those who wear the "Claret and Gold" so proudly - and you'll get a ringside seat at every match. Derek Crookes of 209 Lynmouth Avenue, Morden, Surrey, telephone 081-330 0132, is the person to contact to find out what your next step should be.*

*The Clacks turned out in numbers at the Surrey Cross Country Championships in what must be a club record. Derek, in his latest comeback, raced in the event for senior men whilst his wife Sue (if you can't beat him, join him) Clack ran very well in the senior ladies. His two children David (11) and Laura (12) also ran in their respective age groups. Unfortunately, in true Clack style they both ran with heavy colds and had to drop out but they will all be back next year to complete the race and possibly improve the record with the addition of Derek's other son Peter.*

## From "THE BELGRAVIAN"

### 50 YEARS AGO ..... June 1941

There was a war-time staging of the Southern Counties cross-country championship. "Nine teams, approximately sixty runners in all, raced over an undulating course at Cranford. Tom Carter headed the field at the finish once again, but on this occasion second place in the team race was the best we could do. Result, 1. C.T.Carter, 6. L.J.Cohen, 15. F.R.Webb, 18, T.F.Morrell. Teams: 1. Finchley Harriers, 2. Belgrave Harriers."

Belgrave v Blackheath at Wimbledon. "A good turn-out and a good crowd - mainly to see Sydney Wooderson. A good race too with Tom Carter in his unbeatable mood; and a 30 points margin in our team win. Oh! and Wooderson finished fifth."

"In this our second track season under war conditions we are endeavouring to give those of our members who are still with us as much competition as possible ..... if any of our lads in the Services can secure leave to come along then we promise them all a run. Three home fixtures have been booked at Tooting Common track against combined clubs."

### 25 YEARS AGO ..... August 1966

"Congratulations! Ray Middleton. Our leading walker continued the tradition of Belgravians being amongst Games walking medals by winning a well-earned "silver" in the 20 miles walk at the British Empire & Commonwealth Games in Jamaica."

"At 3 o'clock on April 2nd the Club record for the five and three-quarter miles road race stood at 27:15 by *Gerry* North; an excellent time set a few weeks after he had won the National cross-country title. But this time it was *Geoff* North's moment of glory as he tore down Lauriston Road to clock 27:14, just one second inside the record. The field had stretched out but never before have we had eight men under 28:30."

## LONDON SCHOOLS TRACK & FIELD CHAMPIONSHIPS

### BATTERSEA PARK, 8 JUNE 1991

When we heard that the London Schools Track & Field Championships were cancelled last year because of a lack of helpers and officials, we volunteered to help organise the event for 1991 with Helen Whiffen and Kate Hartwell of the London Schools Association. We were promptly elected onto the LSAA Committee.

It was then that we received the backing from the Belgrave Committee to promote the meeting as a "home fixture" in order to muster as many of our qualified officials as possible. We aimed to encourage as many Mums and Dads, Past Presidents and current serving Committee Members as we could to help on the day so that everything would go smoothly.

Our 30 and more officials and helpers

bolstered the eight or so London Schools officials so that the programme ran to time despite a longer than advertised lunch break - which was needed to finish the strawberry cheesecake and apple pie! The end result was a very well pleased London Schools Committee and a big "Thank You" to everyone who helped - and would we like to do it again next year?

On the girls side our own Jessica Dash won the Girls 800 metres, and of the boys, Sean McLean and Stanley Osuide were first and second in the high jump while Peter Lloyd took the 800 metres. We would like to add our own thanks to everyone who turned out to help on the day. Please make a diary date for 1992 - Saturday June 6th (or possibly June 13th). Thankyou.

SUE and HARRY PORTER.

---

*Well done Charlie Gillett! Our popular Belgrave sprinter from the 70's won one of the prestigious 1991 Sony Radio Awards, the Oscars of the radio world. The gold award went to Charlie for his world music programme on London's Capital Radio.*

STUART PATON, in his own inimitable style, reports on -

## Two weeks Easter training in Lanzarote

We all met at Gatwick in the small hours of the morning of 21st March, excited at the prospect of two weeks training over Easter in the warm climate of Lanzarote. The first mishap occurred just before takeoff when Stanley realised that he had forgotten his passport. He had to return home to collect it and unfortunately missed the plane. He eventually arrived in Lanzarote four days later via Tenerife!

The rest of the party arrived safely and we knew that we were in for good weather when we were met by a very bronzed looking 'Morale Officer' - Vicky Peckham.

Everyone trained very hard for the two weeks, which was expected. What was not expected was the amount of tennis played in the first week. It was hard to believe the number of Pat Cash, John McEnroe, and Ivan Lendl look-alikes. This may have been due to the fact that there was a party of 15 girls from a tennis club in Wales staying there. Further evidence was that the interest in tennis

lapsed in the second week, after the girls had returned home. All of a sudden the game became 'boring'.

In the second week Hercules Wimbledon challenged us to a triathlon - and we lost! When have we ever lost to Hercules Wimbledon? Answers on a postcard to Belgrave Hall please. A 'kangaroo court' was held and 'Boo Boo' (Stuart Booth) was found guilty of losing us the race. He was sentenced to three years expulsion from the club, although in the clear light of the morning this was thought to be a little harsh and he was reinstated.

We also took part in an Athletes versus Surrey Cricket Club football match, Belgrave supplying six of the Athletes team. We lost 2-0 and afterwards found we had six injured runners. It was noted that Surrey Cricket club were as dirty as the club hall after a 'Gentlemen's' evening! The two weeks shot by very quickly and as well as all the training (I ran a total of 170 miles) we all made many new friends. This was emphasised

### John Martell

Regretfully we have to record the passing of John Martell who died on June 1st after an illness which had troubled him for some years. John was a greatly respected man, having served as Treasurer of the Amateur Athletic Association from 1971 to 1975 and then again from 1982 until 1986. These years saw dramatic changes in the way in which our sport was financed. The fortunes of the A.A.A. were turned around in spectacular fashion and much of the credit can be recorded against John's name. He was a long time Surrey Athletic Club man, becoming a Belgrave Harrier when the two clubs merged. Our condolences go to his family.

### Ron Pickering

Another great man of athletics has passed on this year - Ron Pickering. Of course he was not a Belgravian but his voice was as well known to us as that of any of our members, thanks to his knowledgeable television commentaries, feelingly made documentaries which often covered some of the more troubled aspects of sport, and his courage in standing up against what he knew to be wrong. We in Belgrave share in the loss of this colossus and sympathise with his family and his club Haringey AC.

when Ron and Ann Wyld booked a table for 15 to celebrate their 30th wedding anniversary and over twice that number turned up. What with the Karaoke and the dressing up in womens clothes, it was certainly an evening to remember. In all it was a very successful two weeks. Not only did we train very hard, but we had a great deal of fun and got an early season suntan. I believe

the trip will be organised again next year, so why not come and join us?

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*The start of the Belgrave 800 metre championship for 1991. From left to right: Nigel Clarke, Jon Coy, Mark Anderson, Brandon Reid, Gavin Teahan, Colin Bond and Tony Stone. photo: Charles Dickinson*



# W.G. "Bill" Webb (1894-1991)

## A Biographical Sketch

*Bill Webb, Past President and our longest serving Treasurer, died on Saturday 15th June 1991, just eight weeks short of his 97th birthday. CLIVE SHIPPEN relates some anecdotes of this most charming of Belgravians who will be missed by all who knew him.*

Bill was regarded with much affection by Belgravians and many will recall the welcoming letter they received from him during the 30 years or so that he handled membership applications.

Throughout his 64 years of membership he took a keen interest in Club affairs. He was our longest serving Treasurer and held the Presidency for two years in 1948-50. He was a fascinating conversationalist, entertaining company and his sense of humour never deserted him; though he suffered many set-backs during an eventful life.

It was a life that commenced in Fulham in 1894, when horse-drawn carriages trundled the streets of Victorian London. An active youngster, Bill Webb was frequently seen racing these horse-drawn vehicles sometimes jumping a lift on the back, but he had not thought of joining a running club.

Leaving school at 14 years of age he became a Telegraph Messenger Boy and then joined the South African Office as a messenger.

## Thankful to be alive

When World War I broke out Bill was just 20 years old and was soon drafted into the services where he saw action in the front line. It was an experience which left him just thankful to be alive. He was a corporal in charge of a section of stretcher-bearers and on one occasion was sheltering from a heavy bombardment in an old outhouse. It was not surprising that one of his men should request permission to visit the latrines, but permission could only be given in this situation if the applicant was accompanied. There were no volunteers, so Bill decided to join the man in a swift run to the lats. Immediately they reached the latrines a salvo of shells fell on the outhouse killing the rest of his section.

At Ypres he emerged from a dug-out to obtain further medical supplies and was confronted by four enemy soldiers. When he recovered from the initial shock he realised they had been disarmed and sent to the rear. Bill decided not to accom-



pany them back but gave the dejected quartet the remains of his biscuit ration and told them to follow a taped route through the shelled and pitted landscape. They had barely reached the other side of the nearest crater when a salvo of shells killed them outright. Once again he realised that he could so easily have been one of the victims.

By the time the war had ended one of his brothers had been killed and another had lost a leg. He returned to England dejected and disillusioned. To compound his problems there was mass unemployment and it was some time before he could obtain a poorly paid clerk's job.

During his time in the trenches his unit had been visited by the Prince of Wales who had engaged Bill in conversation. Several years later Bill was walking along Piccadilly feeling very depressed with life and short of money when the Prince of Wales emerged from a house he was just passing and walked alongside him. The future King exchanged pleasantries with Bill as they took the short walk to Hyde Park Comer, but Bill was too shy to reveal that he knew who his companion was and also to say that they had already met in the trenches; a decision he always regretted.

## Belgrave Harriers

Some time later, after passing the Civil Service entrance examination and obtaining a permanent position in the Ministry of Pensions, Bill was persuaded by a colleague to join Polytechnic Harriers. He was keen to become his old active self once more and to mix socially, but he found the members rather aloof; not uncommon amongst the "better" clubs of those days. It was following an

incident during a training run on Wimbledon Common that he decided to resign his membership of Poly. The training pack were wearing their usual freshly laundered white strip that day and Bill obediently followed the group over their familiar course. When the final run for home was signalled the tempo was raised and the pack, momentarily, split to avoid a deep muddy puddle. Bill was through like a shot, showering his companions with black muddy water; an action which was received with much annoyance. The bad feeling continued in the dressing room and Bill resigned.

Some years later Bill encountered another runner at the Ministry. This was none other than our own Teddy Peacock who was on his way to a Civil Service match. When Bill expressed interest in the event Teddy persuaded him to not only go along but to actually fill in for a missing team member. His performance was good enough to revive his interest and he discussed training with Peacock. When Teddy suggested that he join Belgrave Harriers Bill told him about the Poly. episode and his apprehension about joining another club. Peacock was reassuring, telling him that the Bels was full of puddle-splashers and that a little man called Footer positively expected you to race through them; what is more they were a friendly bunch and he would feel quite at home.

So Bill Webb joined Belgrave Harriers on 3rd November 1927 and never forgot the welcome he was given. It was the beginning of an era which meant a great deal to him throughout his life. At 33 years of age he was a mature newcomer who made his mark immediately by finishing 8th in the Yacht '3' with 15:55 (off 25 secs). In only his second match for Belgrave he closed-in our scoring team just behind first-team regulars Wally Bayliss and Micky Pyer. The Belgravian Scribe was induced to write

*"The runners have lately been joined by W.G. Webb and A. Robertshaw and I suggest that the presence of these valu-*

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***"Peacock was reassuring, telling him that the Bels was full of puddle-splashers and that a little man called Footer positively expected you to race through them"***

---

*able men gives our team a new impetus of enthusiasm."*

Webb and Robertshaw were just the injection Belgrave needed and they celebrated by gaining bronze team medals in the South of the Thames Senior for 1928 - our first medals in the event for 24 years! Bill went on to be our second scorer in the "Southern" and our first man home in the "National" at Leamington. A final flourish in the London-Brighton Relay and he had in one season established himself as a remarkably consistent runner who would always respond to the occasion. Within a year he was elected Captain.

## Paavo Nurmi

In 1934 he was appointed Honorary Treasurer, a position he held for 14 years. He was one of our most effective Treasurers, particularly when it came to collecting subscriptions. The perfect gentleman, he would always find a charming turn of phrase when he approached late-payers.

When the great Paavo Nurmi visited England he asked if he could be provided with two training companions to assist him in his preparation for a new world record. Bill Webb and Bert Footer were the lucky ones selected to help assist him in his preparations. They did so by running alternate repetition miles with the Olympic Champion/World Record Holder.

Nineteen thirty six was an eventful year for Bill on two fronts. First, he married Maud, his companion for the next 50 years or so, and secondly he was elected a Life Member of the Club which meant so much to him. It was in some respects a double marriage.

During his time in the Civil Service he occupied, for some two years, an office next to James Callaghan, the future Prime Minister, and got to know him well. On one occasion they travelled to Stamford Bridge together, a judge and timekeeper respectively, for the Civil Service Championships.

## Walking and cycling

Just as his first race was the Yacht '3' so was his last. In 1950, at the age of 56, he finished 47th out of 56 and decided to call it a day. But he still continued his running.

As the years went by, Bill's exercise was reduced to walking and cycling. At the age of 92 he was walking round Bushey Park every day, and at 94 he would still take his bicycle for short rides. This gave him more time to read biographies and

enjoy the novels of Trollope and Hardy, his favourite authors. But none of this stopped him from making occasional visits to Belgrave Hall to follow our events and resume acquaintances with other longer serving members.

In August 1984 the Club held a 90th birthday celebration for Bill at Belgrave Hall. He enraptured his audience with a lucid account of those early days in the Club. To mark the occasion our President of the day, Tom Carter, presented Bill with a cut-glass decanter bearing a silver necklace engraved with the good wishes of Belgrave Harriers.

A year or so ago he was advised to have his heart pace-maker replaced at the Westminster Hospital so that he could visit his grand-daughter's end-of-school ceremony in the U.S.A., where Bill's elder son Martin was living. Only a few days before departure he suffered an impact fracture of the spine and the trip he was so looking forward to was off. Sheer willpower enabled him to walk again with sticks, but another accident while he was gardening (!) put paid to his outdoor exercise. It was shortly after being told that he would have to leave the house in which he had cared for

himself for so long and which contained so many family memories, that Bill died. Prior to the 1988 Seoul Olympics he had been invited to a reception at the Korean Embassy by the Ambassador. Bill's charm was such that the Koreans invited him to the Olympic Games as one of their guests. But at the age of 92 he felt it was a bit too much for him, so declined. He was later invited to other Embassy functions but did not want to be seen as an ex-athlete with sticks.

He always kept up with the times and would ask after John Regis, John Gladwin and Gary Staines with the same fervour as he once spoke of Nurmi and Zatopek. There is no doubt that all who had occasion to know Bill Webb, whatever their position, regarded him with respect and much affection. His was a spirit which will be sadly missed by all who valued his friendship.

Amongst the many floral tributes at his funeral was one from the Ambassador of Korea. Our condolences are extended to his family and to his Belgravian brother Frank.

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*Young Frank and Bill at Tooting Track*



# Walking Results

“ ... a more positive approach for 1991 ... ”

As reported in the last issue of *The Belgravian*, 1990 was not one to go down as a great year of achievement, writes **CARL LAWTON**. But 1991 has started with a more positive approach; a distant 2nd in the New Year's Day Races and wins in the London 10 miles and Ladies Southern Standard 5k. We also managed to start and finish a team in the National 10 miles at Victoria Park.

On the “down” front we have, regrettably, lost Sian Spacey who has returned to Canada to finish off her medical course. Replacing her in number one position though is Dee Walker, who having only taken up walking at the end of last year has already turned in some useful performances.

Overall we still have not got strength in depth and are still having to rely on the “old regulars”. Just when the ladies are building up we lose another and are back to square one.

## BELGRAVE 10M CHAMP. WIMBLEDON, 21 JAN 1990

1, P.Blagg (Cambridge) 75:47; ... 4, J.Hall 83:40; 9, P.King 91:06; 13, J.Dunsford 95:11; 15, D.Fotheringham 96:42; 25, J.Morris 111:56.

## LONDON MEN'S 10M and LADIES' 5K BATTERSEA, 10 FEB 1990

Men: 12, P.King 88:56; 19, D.Fotheringham 91:43; 24, J.Dunsford 93:52; 27, D.Sharpe 95:02.  
Teams: 1, Ilford 20; ... 4, Belgrave 70.

Women: 1, S.Spacey 25:36; 5, S.Morrison 28:37; 7, G.Brackpool 30:12; 16, H.Miller 36:02; 17, M.Stroud 36:40.

## SOUTHERN WOMEN'S 10K WIMBLEDON, 31 MAR 1990

1, S.Spacey 55:48.

## SOUTHERN 20M ENFIELD, 28 APR 1990

1, S.Phillips (Ilford) 2:46:00; ... 6, J.Hall 2:59:08; 21, P.King 3:28:48; 28, D.Sharpe 3:37:43.

## BELGRAVE 10K CHAMP. BATTERSEA, 3 MAY 1990

1, N.Carmody (Cambridge) 46:53; ... 3, P.Warburton 54:29; 5, P.King 56:20; 6, D.Fotheringham 56:22; 10, D.Sharpe 58:11; 15, S.Morrison 60:34 (1st lady).

## BELGRAVE 3K CHAMP. BATTERSEA, 3 SEP 1990

1, J.Hall 13:53; 2, J.Llewellyn 14:16.3; ... 4, C.Lawton 14:40.8; 5,

M.Scamell 15:27.7; 6, D.Fotheringham 15:34.22; 7, D.Sharpe 16:13.0; 8, J.Dunsford 16:30.5; 9, P.King 16:37.5; 11, E.Crutch 17:10.9; 12, P.Warburton 18:43.6.  
Ladies: 1, G.Brackpool 18:08.0; 2, H.Miller 22:11.6; 3, M.Stroud 22:38.0.

## SOUTHEND 5M, 30 SEP 1990

Men: 1, R.O'Rawe (Southend) 39:41; 2, C.Lawton (Belgrave) 40:04; ... 15, M.Scamell 42:51; 22, D.Fotheringham 44:58; 23, D.Sharpe 45:33.

## INTER-CLUB 5M WIMBLEDON, 6 OCT 1990

1, N.Carmody (Cambridge) 37:06; 2, C.Rawlings (Brighton) 39:31; 3, C.Lawton (Belgrave) 40:42; ... 6, M.Scamell 43:16; 7, D.Fotheringham 43:22; 11, J.Dunsford 45:13.  
Ladies: 1, S.Spacey (Belgrave) 44:06; 2, M.Rawlings (Brighton) 44:59; 3, S.Barker 50:43; 4, G.Brackpool 54:22.

## CHIPPENHAM TO CALNE 6M 13 OCT 1990

Men: 1, M.Bell (Splott) 42:21; ... 13, C.Lawton 49:03; 30, D.Fotheringham 53:41; =38, J.Dunsford 56:04.

Ladies: 1, A.Crofts (Leicester) 50:10; ... 3, S.Spacey 51:45; 13, K.Barker 61:29; 18, G.Brackpool 63:53;  
Teams: 3, Belgrave.

## BELGRAVE OPEN 7M WIMBLEDON, 24 NOV 1990

Numbers for this race were on a par with the previous year but still dramatically lower than a few years ago. The course was yet again revised to try to provide a safe, although not traffic free,

course.

Men: 1, S.Taylor (Boundary) 50:54; 2, P.Nunn (Steyning) 52:34; 3, D.Bearman 52:34; ... 6, J.Hall 53:49; 12, J.Llewellyn 56:33; 16, M.Scamell 59:22; 21, D.Fotheringham 61:24; 28, J.Dunsford 63:56; 45, J.Morris 73:31.

Teams 1, Steyning 23; 2, Belgrave 55; 3, Surrey 64.

Ladies: 1, S.Brown (Surrey) 59:28; 2, L.Spreadborough (Aldershot) 63:10; 3, M.Worth (Steyning) 68:16.

## ILFORD 10K CHIGWELL, 15 DEC 1990

1, D.Baxter (Steyning) 47:38; ... 5, C.Lawton 51:04; 18, D.Fotheringham 55:06; 20, P.King 56:09; 34, D.Sharpe 65.44.

## NEW YEAR'S DAY 10K CITY OF LONDON 1 JAN 1991

1, M.Easton (Surrey) 41:43; ... 7, C.Lawton 50:14; 15, D.Fotheringham 54:13; 18, P.King 55:28; 20, D.Sharpe 55:36; 21, J.Dunsford 55:41.

Teams: 1, Surrey 12; 2, Belgrave 40.

## MET. POLICE 11K IMBER COURT, 13 JAN 1991

1, M.Easton (Surrey) 47:14; ... 15, C.Lawton 54:47; 24, P.Warburton 59:53; 27, D.Fotheringham 60:37; 34, P.King 62:04; 37, J.Dunsford 62:40; 55, J.Morris 72:49; 56, G.Beecham 74:24.

Teams: 1, Steyning 24; ... 4, Belgrave 98.

## SURREY WC 10M inc. BELGRAVE Champ. MONK'S HILL, 19 JAN 1991

John Hall overcame Carl Lawton's challenge after a long fought battle to win the championship in 81:38 to Lawton's 81:52.

## SOUTHERN MEN'S 20K and LADIES' 5K WIMBLEDON, 2 MAR 1991

Men: 1, S.Phillips (Ilford) 94:00; ... 4, C.Lawton 107:21; 9, P.King 115:40; 12, J.Dunsford 118:03; 18, D.Sharpe 128:39.

Teams: 1, Surrey 42; 2, Belgrave 43.

Ladies: 1, S.Brown (Steyning) 26:09; 2, S.Spacey (Belgrave) 27:11; 3, D.Walker (Belgrave) 28:17; ... 7, S.Porter 30:59; 11, K.Barker 31:52; 17, H.Miller 39:44.

Teams: 1, Belgrave 12; 2, Steyning 15.

## NATIONAL MEN'S 20K and LADIES' 10K SHEFFIELD, 17 MAR 1991

Held on a basically flat length of road closed off specially for the events, it was a good spectator's course. The mens race was won by Surrey Walking Club's Mark Easton. Belgrave had to rely on stalwart Doug Fotheringham (58th, 115:17) to finish.

The ladies were a little more successful with four starters and finishers, picking up third team in the process.

1, B.Sworoski (Sheffield) 47:23; ... 13, S.Spacey 52:06; 16, D.Walker 53:02; 27, S.Porter 58:58; 36, K.Barker 62:34.

Teams: 1, Sheffield 6; 2, Steyning 50; 3, Belgrave 56.

## LONDON MEN'S 10M and LADIES' 5K BATTERSEA, 24 MAR 1991

Men: 1, -.Stone (Steyning/guest) 68:27; ... 5, J.Hall (3rd in Champs.) 80:10; 8, C.Lawton (6th) 81:38; 14, P.Warburton 86:11; 17, D.Fotheringham 90:45; 26, J.Dunsford 99:13.

Teams: 1, Belgrave 30; 2, Ilford 52.

Ladies: 1, V.Larby (Aldershot/guest) 23:52; ... 3, D.Walker (Belgrave 1st in Champs) 26:18; 8, S.Porter (2nd) 28:31; 10, K.Barker 28:57.

Southern Area Standard Championship Team: 1, Belgrave 9.

## BELGRAVE 10K inc. SOUTHERN COUNTIES, SURREY & MIDDLESEX CHAMPS. BATTERSEA, 2 MAY 1991

The inclusion of the Southern helped to boost this field to a suitable number and a fast winning time came from Mark Easton.

1, M.Easton (Surrey) 41:31.8 1st Surrey; 2, N.Carmody (Cambridge) 44:47.3; 3, J.Hall (Belgrave) 48:43.6, 1st Middx.; 4, J.Llewellyn 49:11.6; 5, C.Lawton 49:38.9 2nd Surrey; 10, P.Warburton 51:56.7; 14, M.Scamell 53:00.5; 16, D.Fotheringham 54:46.9; 19, J.Dunsford 58:08.7.

# World Championship Changes?

Recently the IAAF has been provoking a lot of discussion among track and field athletes and fans regarding its consideration of changing the World Championship cycle from four years to two. ALAN MEAD rounds up some of the views that have been aired - and throws in a few of his own.

Many of the fans are predictably delighted but while athletes of other continents seem to view the prospect with equanimity, the Europeans, and in particular the British, seem somewhat less enthusiastic.

IAAF President Primo Nebiolo seems to be the man behind the proposal and powerful though he is, he must be pleased to find that an original opponent of his idea, British Athletics' Promotions Officer Andy Norman, now has come out strongly in favour. Norman has been quoted recently in "Athletics Today" as saying:

*"We are looking at this from a British point of view. We have the European Championships as well and we value them. But if you are an American, an African, a non-European, the European Championships don't count ... I believe this World Championships thing will be passed."*

About two-thirds of the United Kingdom team do not like the idea and one of the most outspoken has been John Regis, again reported in "AT":

*"It's madness. Athletes need at least one fallow year in four when they don't want to have the mental torture of a major championships. And Britain is about the only nation which takes part in all the big championships ... Commonwealth and Europeans as well as the Olympics and Worlds. Also you're going to take away from the power of the World Championships. It would make the Europeans more prestigious, because they're only once in*

*four years.*

*"It's going to be ridiculous. If this goes through you're going to have World Championships this year, the Olympics in 1992, World Championships in 1993, the Commonwealth and Europeans in 1994, and so on. We won't have time to breathe ..."*

One has the feeling that Nebiolo's proposal will become a reality but while thinking along the lines of changing the cycle of "major games" athletics perhaps a few other ideas might be introduced into the equation.

## Who qualifies ?

Why do we need to adhere to the Olympic rule stipulating that every affiliated nation is restricted to one competitor per event as of right, irrespective of standard, or up to three competitors so long as the set standard has been achieved by each of them? The next championships will be devalued by the exclusion of an athlete of the calibre of the USA's Roger Kingdom simply because at the time of his national trial, two months earlier, he had not reached a sufficient standard of fitness while returning from injury. When the 110 metre hurdles winner stands on the podium in Tokyo's stadium a slight shadow of doubt will be cast over his victory by the American's absence - and who knows, in a Grand Prix meeting just a few days later, the two-time Olympic victor might even beat the new World Champion. Similar stories could be told regarding other

events. No, why not do away with qualification by nation. The IAAF should set a high qualification standard and then allow all athletes from affiliated nations who reach that standard during the 12 months before the games to take their places at the championships. No more "Coe must go" type problems. No arguments as to whether favouritism exists among selectors. And if the hammer throw ends up with five men from the USSR in the last eight doesn't that reflect the true state of the event?

By all means allow one athlete per event from any participating country where the standard has not been attained, just to keep alive the possibility of an inspired performance by a complete unknown, and maybe allow the three medal winners from the previous championships entry without qualification by performance.

We would then have a complete contrast to the Olympics where the worthy notion of "taking part" is, supposedly, paramount. It may well be that in time athletes do not necessarily regard the Olympics as *the* Games to aim at, leaving them to become more of a celebration of sporting and cultural achievements rather than pure competition. Doesn't the sport of Athletics need a proper World Championships on a more frequent basis, leaving the "fill-in" Olympics to the more circus like activities of synchro-trampolining and the spectacle of a man who is so far removed from being among the world's top ski jumpers that he actually makes news when he takes part.

Long time Belgrave member and past Hon. Editor of "The Belgravian" GORDON DOUBLEDAY moved to Bath 10 years ago. Still actively involved in athletics, Gordon often travels up to London to help officiate at events such as the "12-stage" and the Club "20". Gordon likes to keep in touch with old and new friends at the club and has gained a remarkable insight into the whereabouts of club members by volunteering to address those envelopes which arrive from the club onto your doormat. He writes of:

## Belgrave Geography

When the club was formed in 1887, it drew its members largely from Belgravia, Pimlico, Chelsea, Westminster and across the river from Battersea and Wandsworth. In those days people worked long hours and public transport was less available. Nevertheless, their enthusiasm and love of sport helped to lay the foundations of the Belgrave Harriers of today.

Leaping on half a century we find that in the 'thirties our membership had extended to places like Fulham, Hammersmith and Kensington, and over the river again to Balham, Brixton, Clapham, Streatham, Tooting and Wimbledon. Also to areas outside the London postal districts like Carshalton, Epsom, New Malden, Sutton and Wallington with a few more even further afield.

Nowadays, with people having more leisure time, better transport and a higher percentage of car owners (we've always had a few who would cycle to meetings), our members are even more scattered. Also, many members, Past Presidents, Hon. Life Members and Vice Presidents have moved away from London. I have been through the members' address list and excepting London and the adjoining counties of Surrey, Middlesex, Kent and Essex, I have compiled a list of the various counties to which club mail is sent. The aforementioned area covers the bulk of our membership; the "Home Counties" include Colchester (Essex) and Canterbury (Kent) as well as other places not exactly Metropolitan. Below are the counties with the number of members in brackets.

Avon (Somerset) (2), Berks. (3), Bucks. (3), Cambridge (2), Cheshire (1), Cleveland (1),

Clwyd (1), Derbys. (1), Devon (2), Dorset (3), Hants. (8), Herts. (2), Gloucs. (1), Isle of Man (1), Leics. (1), Norfolk (1), Oxford (1), Suffolk (4), Sussex (10), Ross (Scotland) (1), W. Midlands (1), W. Yorks. (1), Wilts. (1) and Worcs. (1).

We also have members overseas, and our mail goes to Arab Republic (Yemen), Australia, Canada, Hong Kong, India, Portugal and U.S.A.

Did those early pioneers of over 100 years ago realise that they had started one of the country's strongest clubs which would produce not only national individual and team winners, but Olympic, World, Commonwealth and European Champions and attract members from such a wide area? Could they have imagined that we would have welcomed membership from Africa, Australia, Austria, Belgium, The Channel Islands, Cyprus, Denmark, Finland, France, Germany, Greece, India, Italy, New Zealand, Russia, Switzerland, U.S.A. and the West Indies as well as Ireland, Scotland and Wales? These members have added variety and richness to the club, and have been and still are valued members of our teams.

# Young Athletes

## Cross-country

### SURREY ROAD RELAY, WIMBLEDON PARK, 8 SEP 1990

Boys 4 x 1.5M: 1, Woking 34:33; ... 7, Belgrave (11th T.Earle 9:54, 8th S.Booth 8:52, 8th R.Downs 9:41, 7th S.Debell 9:15) 37:42.

### SURREY CC LEAGUE RICHMOND PARK, 20 OCT 1990

Youths and Boys: 1, R.Young (Mitcham & Sutton) 15:11; 2, K.Hobbs (Mitcham & Sutton) 15:21; 3, W.Brierly (Hercules Wimb.) 15:23; ... 11, S.Debell 16:27; 14, D.Heeney 17:20; 15, S.Booth 17:26; 17, T.Earle 17:40.  
Teams: 1, Mitcham & Sutton 30; 2, Hercules Wimb. 39; 3, Belgrave 90; 4, Herne Hill 116; 5, Ranelagh 127; 6, South London 138.

Colts: 1, P.Lloyd (Belgrave) 16:44; 2, A.Joyce (Mitcham & Sutton) 16:48; 3, A.Ward (Mitcham & Sutton) 17:01; ... 10, D.Clack 20:12; 11, A.Hill 20:28; 16, R.Baxter-Warman 23:56.

Teams: 1, Mitcham & Sutton 36; 2, Hercules Wimb. 52; 3, Belgrave 69; 4, South London 103.

### HERNE HILL CC LEAGUE BROCKWELL PARK, 27 OCT 1990

Youths 4M: 1, J.Wilson (GEC Avionics) 25:11; ... 17, D.Heeney 30:54.

Boys 3M: 1, S.Ralph (Medway) 19:34; ... 29, S.Booth 21:58; 35, T.Earle 22:43; 42, S.Debell 23:20.

Teams: 1, Medway 38; 2, Invicta East Kent 50; 3, GEC Avionics 56; ... 9, Belgrave 212.

Colts 2M: 1, P.Lloyd (Belgrave) 14:22; 2, T.Davies (Invicta) 14:28; 3, S.Waltherman (Dartford) 14:39; ... 39, D.Clack 17:03; 43, A.Hill 17:37.

Teams: 1, GEC Avionics 59; 2, Medway 79; 3, Dartford 81; ... 9, Belgrave 195.

### COLLINGWOOD RACES, 4 NOV 1990

The Colts team took 2nd place with individual positions as follows: 2nd C.King, 7th J.Drake and 8th S.Peschier. Chris Drake ran in the Mini-colts event, loving every minute of it, and Martin Hancock made his debut for the club in the Boys race.

### SURREY CC LEAGUE WIMBLEDON, 17 NOV 1990

Youths and Boys.1, K.Young (Mitcham & Sutton) 15:21; 2, J.Prowse (Mitcham & Sutton) 15:27; 3, R.Xerri (Hercules Wimb. 15:32; ... 10, M.Readhead 16:20; 12, C.Wainwright 16:57; 15, T.Earle 17:20; 16, R.Downs 17:21; 18, S.Booth 17:41; 24, S.Pascoe 21:38.

Teams:1, Mitcham & Sutton 27; 2, Hercules Wimb. 37; 3, Belgrave 70; 4, Herne Hill 93; 5, South

## Peter Lloyd



Peter Lloyd has had an outstanding Cross Country season

as a Colt this winter. He won the individual colts award for the lowest points score in the Surrey League, winning the races at Petersham and Dorking and coming second at Wimbledon. He won the Middlesex Cross Country Championships at Alexander Palace on December 15th and was leading the Herne Hill Harriers CC League after three rounds but unfortunately the final match clashed with the English Schools CC Championships at Taunton. Aged 13, he lives in Pimlico and attends Westminster City School. He joined Belgrave just over a year ago and regularly trains at the Battersea Park track with Leo Coy's squad of Young Athletes. The summer season will see him concentrating on running 800m on the track and he has already shown great promise, running 2 mins. 14 secs. to take the Surrey title in May. C.D.

## "... an upturn in Belgrave's fortunes ..."

### LEO COY reports

The cross country and road relay season saw an upturn in Belgrave's fortunes. We managed to enter a Boys team in the Surrey and Southern Road Relays for the first time in a number of years. We also competed well in the Cross Country leagues with help from an influx of athletes from Chris Knight.

Star of the year was Peter Lloyd, who captured the Middlesex Cross Country title, was individual winner of the Surrey Cross Country League and 2nd in the London Schools. Michael Collins and Chris King also did well to gain selection for Surrey and Toby Earle, Sam Debell and Richard Downs all figured prominently in the Merton Schools.

Next year we will again follow the same pattern of races and hope to include the National Road Relay and two invitation cross country races on Wimbledon Common.

London 128. Belgrave were 3rd overall in the league.

Colts.1, A.Joyce (Mitcham & Sutton) 16:42; 2, P.Lloyd (Belgrave) 16:48, 3, M.Woods (Mitcham & Sutton) 16:49; ... 27, R.Baxter-Warman 27:02.

Teams:1, Mitcham & Sutton 21; 2, South London 51; 3, Hercules Wimb. 62; 4, Belgrave 113.5. Our overall league position in the Colts was 4th.

### HERNE HILL CC LEAGUE BROCKWELL PARK, 24 NOV 1990

Boys 2.5M: 1, S.Ralph (Medway) 16:09; 2, A.McDougall (GEC Avionics) 16:24; 3, F.Barden (GEC Avionics) 16:32; ... 32, S.Debell 18:25; 36, M.Hancock 18:54; 38, T.Earle 19:12; 39, R.Downs 19:14; 50, B.Cooper 22:58

Teams: 1, GEC Avionics 28; 2, Medway 51; 3, Invicta 83; ... 10, Belgrave.

Colts 2M: 1, A.Newman (Blackheath) 13:47; 2, P.Lloyd (Belgrave) 14:17; 3, P.Birchall (Guildford & G) 14:21; ...8, M.Collins 14:50; 11, C.King 15:26; 18, J.Drake 15:43; 28, S.Peschier 16:33; 30, D.Clack 16:44; 31, M.Elgar 16:45; 43, R.Elgar 18:46.  
Teams: 1, Blackheath 58; 2, Belgrave 67; 3, GEC Avionics 67.

### CLUB CHAMPIONSHIPS WIMBLEDON, 1 DEC 1990

Boys: 1, C.Wainwright 9:50; 2, R.Downs 10:23; 3, B.Cooper 10:50.

Colts: 1, P.Lloyd 9:40; 2, D.Clack 11:16; 3, R.Elgar 13:02; 4, M.Elgar 13:15.

### SURREY CC CHAMPS COULSDON, 8 DEC 1990

Boys 2.5M: 1, G.Creagh (Walton)

15:34; 2, C.Rogers (Woking) 15:57; 3, R.Fletcher (Reigate) 22:43; ... 28, S.Booth 17:47; 30, C.Wainwright 17:49; 40, M.Hancock 18:16; 41, R.Downs 18:16.

Teams: 1, Woking 28; 2, Mitcham & Sutton 38; 3, Oxted County School 43; ... 7, Belgrave 116.

Colts 2M: 1, T.Dew (Reigate) 14:20; 2, A.Cannon-Wailes (Woking) 14:26; 3, Y.Xacin (Croydon) 14:28; ... 11, M.Collins 15:08; 15, C.King 15:20; 47, J.Drake 16:43; 51, S.Peschier 16:53; 58, M.Emmett 17:23.

Teams: 1, Mitcham & Sutton 39; 2, Oxted County School 60; 3, Woking 67; ... 5, Belgrave 122.

### MIDDLESEX CC CHAMPS COULSDON, 15 DEC 1990

Colts 2M: 1, P.Lloyd (Belgrave) 13:59; 2, I.Cunningham (Ealing & Southall) 14:03; 3, B.Smith (Shaftesbury Barnet) 14:12.

### HERNE HILL CC LEAGUE BROCKWELL PARK, 5 JAN 1991

Boys 2.5M: 1, S.Ralph (Medway) 17:03; 2, S.Barden (GEC Avionics) 17:05; 3, M.Linboume (Medway) 17:07; ... 13, S.Booth; 25, S.Debell; 35, T.Earle; 39, S.Pascoe.

Colts 2M: 1, P.Lloyd 16:00; 2, M.Skinner (Blackheath) 16:08; 3, P.Birchall (Guildford & G) 16:15.

### SOUTHERN COUNTIES CC CHAMPS. HAVANT, 12 JAN 1991

Youths 4M: 1, T.Mackin (Old Gaytonians) 21:03; 2, R.Edwards (Southend) 21:05; 3, C.Low (Cornwall) 21:18; ... 159, D.Heeney.

Boys 3M: 1, A.Whitwam (Tonbridge) 16:08; 2, D.McMulk (Southampton) 16:13; 3, K.Stone (Torbay) 16:17; ... 182, T.Earle;

184, R.Downs; 185, S.Debell; 228, B.Cooper.

Teams: 1, Aldershot F&D 91; 2, Tonbridge 112; 3, Medway 116; ... 30, Belgrave 779; 82 teams entered.

#### SURREY CC TRIAL LIGHTWATER, 13 JAN 1991

Colts: 6, M.Collins; 15, C.King.

#### SURREY CC LEAGUE DORKING, 19 JAN 1991

Youths and Boys 2.5M: 1, I.Prowse (Mitcham & Sutton) 14:41; 2, R.Ward (Mitcham & Sutton) 14:57; 3, M.Cooper (Mitcham & Sutton) 15:03; ... 9, S.Booth 15:53; 12, D.Heeney 16:15; 13, T.Earle 16:15; 16, R.Downs 16:53; 26, S.Pascoe 20:23.

Teams: 1, Mitcham & Sutton 15; 2, Hercules Wimb. 46; 3, Belgrave 72. Overall league position: 3, Belgrave 232.

Colts 2.5M: 1, P.Lloyd (Belgrave) 15:46; 2, A.Joyce (Mitcham & Sutton) 15:59; 3, M.Woods (Mitcham & Sutton) 16:12; ... 17, D.Clack 19:21.

Teams: 1, Mitcham & Sutton 31; 2, South London 50; 3, Hercules Wimb. 54; 4, Belgrave 112.5. Overall league position 4, Belgrave 295.

## Track & Field

After the early rounds of the Woolworths YAL, the Thameside League and the various county championships, the season has started off with a very large bang. The number of youngsters attending training sessions at Battersea has increased steadily over the last year. Added to this has been the influx of coaches from Epsom and the new group at Kingsmeadow - plus the growing number in the Chris Knight group - plus the new faces introduced through the Coaching Foundation and the Schools Matches!

As I write we are top of the Colts Thameside League, having beaten Croydon and in the same league the Boys team are 2nd, their best ever position. We have now recorded two wins in the Woolworths YAL, and are in 4th position in the league - the first four are promoted.

There are many fine performances to report but the Colts relay team take pride of place with a new 4x100m Club Record of 53.1. They are a good team

### "... off with a very large bang ..."

and practise baton changing under the watchful eye of Chris Bentley. Let's hope that they move through the age groups and eventually break every record. Our last YAL match is at Battersea and we hope that we can celebrate promotion to Division One and the start of a new era in Belgrave's long history.

#### THAMESIDE LEAGUE BATTERSEA PARK, 4 MAY 1991

##### Boys.

100m: 4, G.Mensa-Powell 14.3. 200m: 3, P.Lloyd 27.2. 400m: 2, P.Lloyd 59.1; 1, R.Milner 62.6. 800m: 2, S.Debell 2:22.8; 2, J.Drake 2:34.3. HJ: 2, S.Debell

1.50; 2, R.Milner 1.05. LJ: 3, P.Lloyd 4.70. SP: 3, S.Pascoe 6.15. DT: 3, S.Pascoe 15.64. JT: 3, S.Pascoe 26.78. 4x100m: 3, Belgrave 53.8.

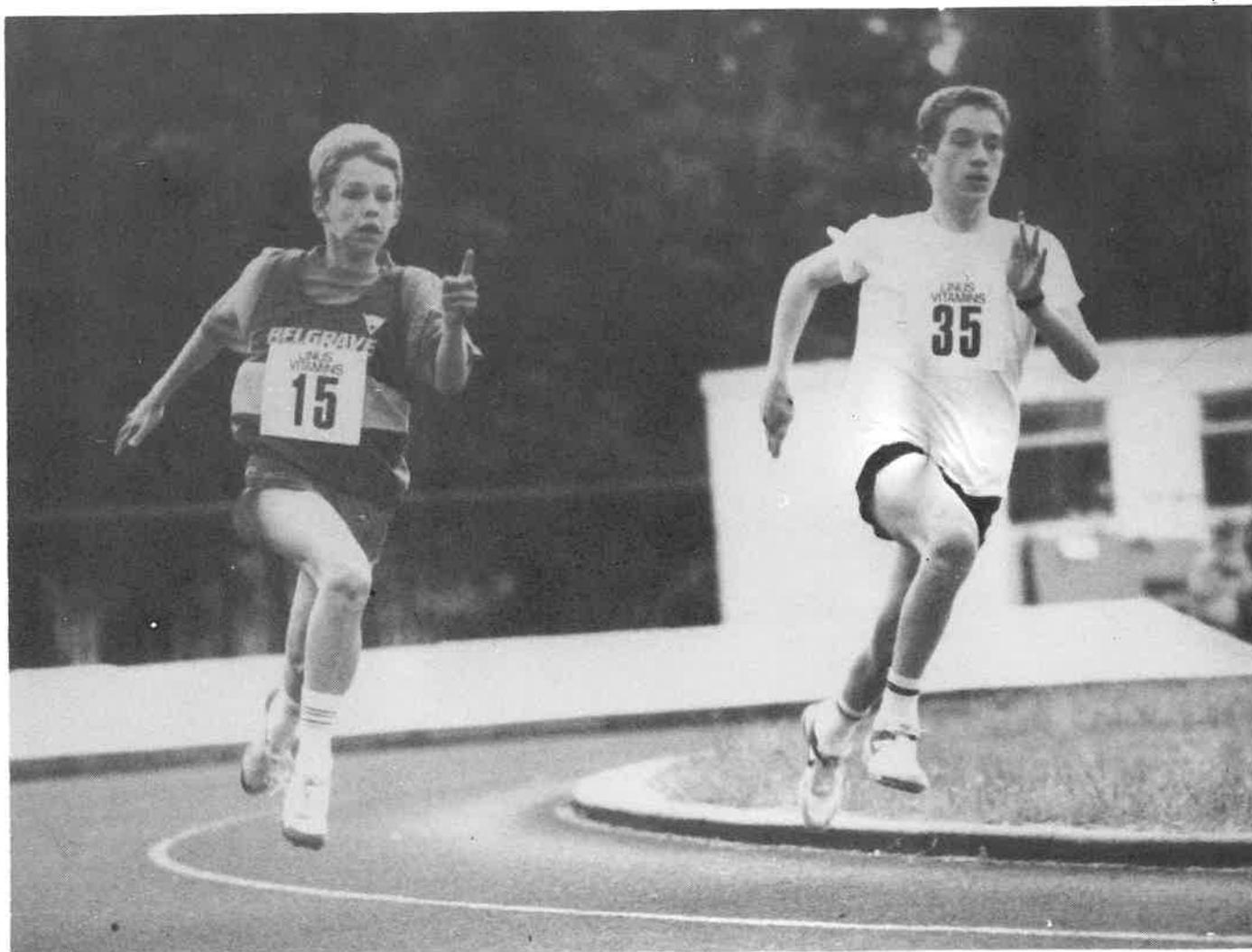
Teams: 1, Croydon 144; 2, Richmond 91; 3, Belgrave 70.5; 4, Queens Park 65; 5, Paddock Wood 51.5; 6, Southwark 49; 7, Heme Hill 3.

##### Colts.

100m: 1, S.Scott 13.9; 1, D.Thompson 14.8. ns (a) 3, J.Bryant 15.8. (b) 1, S.Moodie 14.4; 2, S.Taylor 15.1; 3, M.Elgar 15.5; 4, C.Driscoll 16.1; 5, J.Pascoe 17.4; 6, S.Mitchinson 18.7. (c) 4, R.James 17.3; 5, J.Debell 18.5. 200m: 2, S.Scott 29.6; 1, D.Thompson 30.5. ns 1, C.Driscoll 34.0; 2, J.Pascoe 36.4. 400m: 2, A.Hill 66.9; 2, S.Taylor 79.0. ns 1, R.Bentley 68.0. 800m: 2, M.Elgar 2:39.9; 2, R.Elgar 2:48.6. ns 1, T.Muts 2:56.5; 2, J.Debell 3:19.0; 3, C.Drake 3:25.4. ns 5, G.Mathias 5:27.5. 80mH: 3, S.Taylor 15.3; 1, M.Elgar 15.8. HJ: 1, A.Hill 1.25;

*continued on next page ...*

**Stars of the future in action at the Club Championships. Ross Bentley (15) and Peter Lloyd (35) storm away from the 400 metre start. Both ended up as winners because Ross is a Colt and Peter a Boy, and both races were combined.**  
*photo: Alex Apperley*



**Young Athletes continued ...**

1, S.Taylor 1.15. LJ: 3, W.Blythe 3.72; 4, J.Debell 2.98. SP: 3, A.Hill 5.47. ns J.Bryant 6.15. JT: J.Bryant 18.22 4x100m: 1, Belgrave 58.4. ns 1, Belgrave 62.3; 2, Belgrave 66.6.

Teams: 1, Belgrave 110; 2, Croydon 67; 3, Paddock Wood 66; 4, Richmond & Twickenham 65; 5, Queens Park 41; 6, Southwark 25; 7, Herne Hill 6.

**NATIONAL YA LEAGUE  
DIV. S.THAMES 2  
KINGSTON, 12 MAY 1991**

**Youths.**

100m: 3, R.Head 13.5. 200m: 3, M.Williamson 27.6; 3, J.Breeze 31.0. 400m: 2, J.Breeze 67.0. 800m: 2, R.Head 2:15.2. 1500m: 2, R.Head 4:43.8; 2, N.Browning 5:32.2. 3000m: 2, M.Anderson 11:01.2. HJ: 2, M.Williamson 1.45. LJ: 3, M.Williamson 4.71; 2, M.Anderson 4.40. TJ: 3, J.Breeze 8.46. SP: 1, O.Megafu 11.42. DT: 1, O.Megafu 29.04; 2, L.Archer 23.20. JT: 2, L.Archer 36.80. HT: 1, O.Megafu 25.46. 4x100m: 3, Belgrave 52.7.

**Boys.**

100m: 2, C.Griffin 13.0; 1, A.Eve-

lyn 13.4. 200m: 2, C.Griffin 25.5; 2, B.Marijetic 26.1. ns 2, W.Timmers 29.0; 3, C.Elliott 29.4; 4, T.Evans 30.8; 5, J.Bryant 34.6. 400m: 1, M.Hancock 59.0; 2, R.Milner 63.2. 800m: 1, M.Hancock 2:16.9; 1, P.Lloyd 2:19.2. 1500m: 1, P.Lloyd 4:45.1; 1, T.Earle 5:08.1. 3000m: 2, M.Collins 10:47.8; 3, J.Selassi 12:18.5. 80mH: 2, C.Griffin 12.7. HJ: 2, P.Lloyd 1.50; 2, R.Milner 1.40. LJ: 1, B.Marijetic 4.59; 3, T.Earle 3.80. SP: 1, D.Fallon 9.68; 1, B.Cooper 6.94. DT: 1, D.Fallon 24.12; 1, B.Cooper 17.94. JT: 2, D.Fallon 22.36; 1, S.Pascoe 20.50. HT: 3, T.Earle 12.64; 1, S.Pascoe 11.46. 4x100m: 2, Belgrave 52.3 ns 1, Belgrave 56.6. 4x400m: 1, Belgrave 4:13.1.

**Colts.**

100m: 1, S.Scott 14.1; 1, D.Thompson 14.6. 200m: 1, S.Scott 29.6; 1, A.Hill 29.5. ns (a) 2, T.Muts 33.1; 3, C.O'Driscoll 33.7; 8, S.Mitchinson 40.6. (b) 4, D.Wilkinson 34.7 (c) 1, S.Moody 29.5; 3, W.Blythe 32.2; 6, J.Pascoe 35.2. 800m: 1, J.Drake 2:28.2; 1, M.Elgar 2:41.9. 1500m: 2, M.Elgar 5:16.0; 2, C.Drake 6:26.7. 4x100m: 1, Belgrave 56.3. ns 1, Belgrave 54.1.

Teams: 1, Havant 264; -2, Belgrave and Cambridge 231.

**SURREY CHAMPIONSHIPS  
CROYDON ARENA,  
18/19 MAY 1991**

The sight of our colts storming in line abreast in the sprints was reminiscent of John Regis and Marcus Adam in Auckland. Lads to watch for the future. Sean McLean sailed over 2.00 for the third time in three weeks to stamp his authority on the Youths high jump and it was pleasing to see Mark Jackson run a pb in the junior 1500m.

**Juniors.**

200m: 6, S.Dominetto 24.6. 400m: 5, M.Bowers 55.5. 1500m: 5, M.Jackson 4:11.2.

**Youths.**

HJ: 1, S.McLean 2.00.

**Colts.**

100m: 1, D.Jackman 13.3; 2, J.Hilson 13.6; 4, R.Bentley 13.9. 200m: 1, D.Jackman 27.5; 2, J.Hilson 28.0; 3, R.Bentley 28.5. 800m: 3, J.Drake 2:27.7; 11, A.Breeze 2:48.5.

**THAMESIDE LEAGUE  
15 JUN 1991**

**Boys.**

100m: 2, A.Wallace-Lewis 12.7;

1, M.Baldock 13.3. 200m: 2, A.Wallace-Lewis 27.0; 2, M.Baldock 25.5. 400m: 1, P.Lloyd 59.9; 1, R.Milner 61.6. 800m: 1, P.Lloyd 2:15.2; 2, R.Scott 2:22.3. 1500m: 4, T.Earle 5:12.9. HJ: 1, R.Scott 1.45; 1, B.Amsco 1.25. LJ: 3, A.Wallace-Lewis 4:32; 3, T.Earle 3.88. SP: 6, S.Pascoe 7.11; 3, J.Bryant 6.09. DT: 2, M.Baldock 22.28; 1, S.Pascoe 15.02. JT: 2, S.Pascoe 16.16; 2, J.Bryant 16.10. 4x100m: 1, Belgrave 54.2

Teams: 1, Croydon 123; 2, Belgrave 120; 3, Queens Park 95; 4, Herne Hill 54; 5, Paddock Wood 44; 6, Richmond & Twickenham 43; 7, Southwark 21. Colts.

100m: 2, J.Hilson 13.8; 2, M.Dickson 13.4. 200m: 2, M.Dickson. 400m: 1, M.Elgar 72.2; 2, R.Elgar 76.7. 800m: 2, M.Elgar 2:42.3; 1, R.Elgar 2:47.1. 1500m: 5, J.Debell 6:41.2. 80mH: 2, S.Scott 16.1; 1, M.Elgar 16.8. HJ: 1, J.Hilson 1.35; 1, C.O'Driscoll 1.15. LJ: 1, J.Hilson 4.74; 1, S.Scott 4.34. SP: 3, H.Cavalier 7.17; 3, C.O'Driscoll 3.99. 4x100m: 1, Belgrave 55.5.

Teams: 1, Croydon 115; 2, Belgrave 105; 3, Paddock Wood 69; 4, Herne Hill 51; 5, Richmond & Twickenham 35; 6, Queens Park 31.



## Jon Ridgeon - back on the track

**CHARLES DICKINSON** recently caught up with the man who raced to a silver medal at the 1987 World Championships and then suffered years of injury and illness.

On Saturday May 11th Jon Ridgeon stepped out onto the track in the British League match at Barnet Copthall and raced for the first time since January 1989. When this filtered through to the athletics press, few items of news can have been greeted with such widespread relief and pleasure. For Belgravians there was also the satisfaction of seeing Jon racing in Belgrave colours for the first time since he joined the club in the summer of 1989.

This appearance, hopefully, marks the first stage of a successful comeback after two and a half years of battling against illness and injury. Indeed, Jon has not really been fully 'right' since his wonderful silver medal in the World Championships 110 metre hurdles at Rome in 1987 at the age of 20. The following winter he was struck down with a virus which hampered his preparations for the 1988 Olympics. Despite this Jon did remarkably well to finish 5th in the final in Seoul, but since January 1989 two very bad achilles tendon injuries have kept him out of competition altogether.

I talked to Jon just after he ran at Barnet; he exuded determination and a mad passion for athletics. It has been this single mindedness that has brought him through these years of injury. Now he has set his mind on returning to the very top level of competition, nothing less will do.

As a boy, Jon was always been keen on sport and encouraged by his parents. His mother Margaret had been an English schoolgirl hurdles champion. He took up hurdling seriously at the age of 15 in

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*"... a mad passion for athletics ..."*

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1982, while attending the local secondary school at his home town of Newmarket and won the English schoolboy hurdles title. He became European Junior Champion in 1985 when 18, and was runner up to Colin Jackson in the World Junior Championships the following year. After leaving school, Jon spent a year studying in America then returned to read Geogra-

*Left: World Championships silver medallist at 20 years of age, Jon is now working steadily to get back to the top.*

phy at Cambridge University. Here Jon combined serious study with very hard training and shot to fame in 1987 with his World Championships silver in what he considers to be his best season. He also lowered the United Kingdom record three times finishing with his best time of 13.29 and was awarded the accolade of British male athlete of the year.

Jon feels that his injury problems may have been brought on by the combination of hard study and flat out training.

Athletes at the very top level make such enormous demands of their bodies that they really need medical backup, physiotherapy and regular massage. Without these, weaknesses such as Jon's thin achilles tendons become easily susceptible to injury.

Jon's injury problems certainly went on and on. After recovering from a debilitating virus in 1988, he then suffered a ruptured left achilles in the winter of 1989. It was operated on in June that year and with no medical aftercare offered or available in this country Jon was fortunate enough to be given a scholarship worth \$20,000 from the Canberra Institute of Sport in Australia. The Institute is funded by Federal Government and has recently appointed Rob de Castella as it's director.

The outstanding performances by Australians in the Commonwealth Games in Auckland bear testimony to the central support given to athletes in that country. Jon spent five months at the Institute receiving six hours of physiotherapy every day. At first progress was slow and painful but eventually recovery was complete. Jon was glad to be able to partially repay the scholarship by giving youngsters some hurdling coaching.

Jon had only been back in England four months when disaster struck again, his right achilles broke down and had to be operated on. This time he financed the return to Canberra himself, leaving in September and not returning to England until April this year. Again he went through months of the same slow recuperation including weights, circuits, cycling and pool work. Life in Australia did have its compensations and in between ses-

sions at the Institute Jon learned to love the Australian outdoors, made many friends and made sure that he enjoyed life.

Jon has been a member of Belgrave since he left Cambridge in the summer of 1989. He moved into a house off Clapham Common and was influenced to join the club by the friendliness of such athletes as Marcus Adam, Abi Ekoku, and Phil Goedluck. Whilst recovering from his injuries he has been able

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*"After recovering from a debilitating virus in 1988, he then suffered a ruptured left achilles in the winter of 1989."*

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to support himself by doing some work for the media including athletics commentating for the radio.

This year Jon is simply glad to be back competing again. He is training at about 70% of the load he was undertaking in his best years, being very cautious not to build up too quickly. He still has the enthusiasm and ambition to want to become the best in the world and has targeted the 110 metre hurdles at next years Olympics as his goal. Jon is very philosophical about his future, if he is not able to achieve the top level he will be unable to support himself as a full time athlete and will have to look for a career outside athletics, possibly in the media. And if he has another major injury?

"If that happened I would just have to pack it in, I don't think I could face another six months of rehabilitation."

But for the moment, Jon is gradually chipping off the hundredths with every race and although only training since April he is fast getting back to very respectable times. It may be too much to expect him to make the British team for the World Championships this year but he will be lining up at Birmingham on July 26th in the trial and giving it his best. We'll all keep our fingers crossed. It's wonderful to see him back. What a great asset he is to the club.

# Ladies Section

## Cross-country

### SURREY LADIES CC LEAGUE TILFORD COMMON, 13 OCT 1990

Seniors: 75, J.Smiter 27:00; 99, J.Stone 29:19.  
Girls: 36, T.Dowdall 16:30.

### SURREY LADIES CC LEAGUE EWELL COURT, 24 NOV 1990

Seniors: 4, J.Coppinger 18:25; 8, W.Cotterell 18:35; 18, G.Collinson 18:57; 53, J.Smiter 20:48; 60, S.Clack 21:15; 76, J.Stone 22:09  
Team: 4, Belgrave 137.  
Girls: 18, J.Dash 16:05; 49, T.Dowdall 18:35  
Teams: 11, Belgrave.  
Minors: 23, L.Clack 15:04.  
Teams: 12, Belgrave.

### SURREY LADIES CC LEAGUE BAGSHOT, 19 JAN 1991

Seniors: 4, W.Cotterell 24:21; 5, G.Collinson 24:37; 13, J.Coppinger 25:07; 63, S.Clack 28:48; 74, J.Stone 29:25.  
Teams: 5, Belgrave.  
Girls: 11, J.Dash 14:14; 40, T.Dowdall 16:58.  
Teams: 9, Belgrave.  
Minors: 39, L.Clack 11:58.  
Teams: 13, Belgrave.

### SOUTHERN COUNTIES WOMEN'S CC CHAMPS. OXFORD, 26 JAN 1991

Seniors: 45, W.Cotterell 24:30; 65, G.Collinson 25:17; 81, J.Coppinger; 200, J.Stone.  
Teams: 12, Belgrave 391.  
Girls: 122, J.Dash ; 161, T.Dowdall.

### SURREY LADIES CC LEAGUE FARTHING DOWNS COULSDON, 24 FEB 1991

Seniors: 2, W.Cotterell 24:29, 11, J.Coppinger 25:22; 48, J.Smiter 29:24; 92, J.Stone 34:50; 93, S.Porter 35:07.  
Girls: 27, T.Dowdall 21:28.

• Sue Clack was first home in a Veterans' cross country race held on 26th January at Wimbledon Common.

• Tammy Dowdall travelled all the way to Birkenhead to compete in the National Cross Country championships on 16th February. She placed 299th in the Girls event.

## Wellington International Relays

Ostend, Belgium, 14 Apr 1991

Unlike last year the event was held in midwinter conditions, writes *Harry Porter*, with strong winds, no rain but very cold and overcast.

A year ago our first expedition onto the Continent saw heatwave temperatures and the team finished 11th in 7 minutes 38 seconds. However, the cold weather this April seemed to bring out the best in our team who finished a very creditable 10th in the international race, guaranteeing an immediate invitation to return in 1992. In spite of the wind they were only 7 seconds slower than in 1990 and just 27 seconds behind Ashford AC's 7 minutes 18 seconds.

The total distance was 2,750 metres and approximate split times were as follows:

600m	Jacintha Coppinger	1:52
150m	Jessica Dash	21
150m	Carmine Bazin	22
200m	Monica O'Brien	27
300m	Nina Christou	50
600m	Wendy Cotterell	1:55
300m	Jackie Stone	42
200m	Vanessa McIntosh	34
150m	Jacqui Smiter	26
100m	Cindy James	16

Outstanding cross-country season from

## Wendy Cotterell

Current star in the Ladies team is 21 year old Wendy Cotterell. Wendy, who comes from New Zealand, had an outstanding cross country season, becoming Ladies Champion of the Surrey Cross Country League in her first winter in this country.

Wendy's main event is the 1500m and she proved this recently by winning the Surrey title in 4 mins. 36 secs., close to her pb of 4 mins. 32secs. She also came second in the Surrey 3000m.

As a junior in New Zealand, Wendy placed second in the National Women's U20 1500m and 3000m and also came second in the National U20 6k road race. Just after she arrived in England in May last year Wendy was selected to represent New Zealand in the Oceania Games held in Fiji in July. This meant having to travel all the way round the other side of the world again but luckily her home town club, Wainuiomata, which is near Wellington in the North Island, raised half the money for her fare. Wendy rewarded her club and country with first place in the 3000m and second in the 1500m.

With her boyfriend Gavin Teahan she will return to New Zealand at the end of this summer but both plan to come back to England in a couple of years. Her attitude and enthusiasm for athletics have been a fine example to our younger athletes. We wish her all the best in New Zealand and look forward to seeing her running in Belgrave colours again in future years. C.D.

Wendy soon managed to transfer her form onto the track. Here she powers around the final turn in a race at Battersea Park  
photo: Charles Dickinson





Nine-tenths of Belgrave's Ladies Wellington International Relay team.

photo: Bill Laws.

## Track & Field

### SOUTHERN WOMEN'S LEAGUE DIVISION 3 BATTERSEA PARK, 27 APR 1991

#### Senior Ladies.

100m: 4, C.James 13.7; 4, N.Alexander 15.7. 200m: 4, J.Stone 30.0; 4, J.Smiter 31.0. 400m: 1, N.Christou 64.3; 1, J.Stone 65.9. 800m: 2, W.Cotterell 2:22.9; 3, J.Coppinger 2:31.8. 1500m: 1, W.Cotterell 4:47.7; 2, J.Coppinger 5:12.1. 3000m: 2, J.Smiter 11:55.0; 2, S.Porter 14:38.0. 100mH: 2, C.James 16.2; 3, A.Patten 22.2. 400mH: 1, J.Stone 71.9; 3, J.Smiter 79.5. HJ: 2, J.Smiter 1.45. DT: 3, S.Bradley 31.86; 2, A.Patten 22.54. SP: -2, S.Bradley 9.20; 1, A.Patten 7.42. JT: 4, A.Patten 22.86; 5, N.Stacey 5.70. 4x100m: 4, Belgrave 60.7. 4x400m: 3, Belgrave 4:27.6.

#### Girls.

100m: 3, S.Stracy 14.6; 4, M.Simon 15.5. 200m: 4, S.Stacey 29.2; 2, S.Simon 28.7. 800m: 2, J.Dash 2:35.6; 5, S.Simon 2:56.9. 1500m: 4, T.Dowdall 5:52.2. 75mH: 3, J.Dash 14.1; -, A.Mensahbonsu 16.0. LJ: 3, P.Patten 4.20; 5, C.Stracy 3.33. HJ: 2, P.Patten 1.35. DT: 5, M.Simon 10.34; 4, T.Dowdall 7.50. SP: 5, S.Simon 4.97; 5, S.Stacey 4.20. JT: 5, A.Mensahbonsu 7.58; 4, T.Dowdall 5.54. 4x100: 1, Belgrave 54.2. Teams: 1, GEC Avionics 185; 2, Norfolk 140; 3, Worthing 135; 4,

Belgrave 128; 5, Yeovil 99.

### SOUTHERN WOMEN'S LEAGUE DIVISION 3 ST. IVES, 11 MAY 1991

#### Senior Ladies.

100m: -, C.James 13.4; 4, C.Bazin 14.1. 200m: 5, C.Bazin 29.0; 3, C.James 28.1. 400m: 5, J.Stone 65.1; 5, S.Scott 80.7. 800m: 1, W.Cotterell 2:21.2. 1500m: 1, W.Cotterell 4:55.9; 1, J.Coppinger 5:11.1. 3000m: 1, J.Coppinger 11:12.0; 1, J.Smiter 11:55.1. 100mH: 2, C.James 15.8; 3, A.Patten 20.4. 400mH: 2, J.Stone 71.8; 2, J.Smiter 76.8. HJ: 2, J.Smiter 1.50; 3, P.Patten 1.35. LJ: 4, P.Patten 4.56; 3, C.Bazin 4.51. SP: 3, S.Bradley 9.45; 3, S.Simon 5.53. DT: 2, S.Bradley 32.32; 2, P.Patten 19.40. JT: 1, Patten 26.58; 1, -Wheeler 21.86. 4x100m: 5, Belgrave 54.7. 4x400m: 4, Belgrave 4:30.7.

#### Girls.

100m: 4, S.Scott 13.8; 5, M.Simon 15.2. 200m: 2, S.Simon 29.8; 4, P.Friel 28.7. 800m: 1, J.Dash 2:40.7; 1, T.Dowdall 2:45.3. 75mH: 3, J.Dash 13.6; 2, S.Stracy 16.9. HJ: 5, J.Dash 1.15; 4, T.Dowdall 1.10. LJ: 2, S.Simon 4.58; 2, S.Stracy 4.25. DT: 2, P.Keeler 15.h6; 2, S.Simon 13.08. SP: 3, P.Keeler 7.47; 4, S.Scott 4.76. JT: 5, M.Simon 6.46; 4, T.Dowdall 6.06. 4x100m: 5, Belgrave 58.3.

Teams: 1, Colchester 162; 2, Hun-

tingdonshire 161; 3, East Grinstead 141; 4, Belgrave 140; 5, Cambridge H. 109.

### ROSENHEIM LEAGUE BATTERSEA PARK, 22 MAY 1991

A team of four ladies turned out for this match but amazingly - they won!

200m: 2, J.Smiter 30.5. 400m: 1, J.Stone 64.7. 1500m: 1, J.Smiter 5:30.9. 3000m: 1, W.Cotterell 9:56.5. DT: 3, S.Jones 17.5. Teams: 1, Belgrave 27; 2, Herne Hill 23; 3, South London 12.

### SOUTHERN WOMEN'S LEAGUE DIVISION 3 DARTFORD, 1 JUN 1991

#### Senior Ladies.

100m: 3, P.Dowden 13.2; 1, C.Thomas 13.1. 200m: 5, J.Stone 30.9; 5, N.Alexander 31.2. 400m: 3, J.Stone 63.5. 800m: 5, N.Alexander 2:51.9. 1500m: 2, J.Coppinger 4:58.7; 1, J.Smiter 5:30.4. 3000m: 1, J.Coppinger 11:13.7; 1, J.Smiter 11:42.1. 100mH: 2, C.James 15.3; 3, A.Patten 20.6. 400mH: 3, J.Stone 70.1; 2, J.Smiter 76.7. LJ: 5, P.Patten 4.40. HJ: 2, J.Smiter 1.45; -2, P.Patten 1.35. DT: 4, A.Patten 19.74; 4, S.Jones 19.28. SP: 4, A.Patten 7.58; 3, S.Jones 6.82. JT: 2, A.Patten 24.02; 3, S.Jones 19.76. 4x100m: 3, Belgrave 54.6. 4x400m: 4, Belgrave 4:34.0.

#### Girls.

100m: 2, S.Scott 13.4; 3, S.Tracy 14.3. 200m: 3, P.Friel 29.5; 1,

S.Simon 28.5. 800m: 1, J.Dash 2:36.2; 3, T.Dowdall 2:43.2. 75mH: 1, J.Dash 13.4; 5, S.Stracy 18.5. LJ: 5, S.Simon 3.88; 5, S.Scott 3.48. HJ: 2, J.Dash 1.28; 5, T.Dowdall 1.15. DT: 5, S.Simon 12.96; 5, M.Simon 10.94. SP: 5, S.Scott 5.94; 5, P.Friel 4.50. JT: 5, M.Simon 5.80; 5, T.Dowdall 5.10. 4x100m: 1, Belgrave 55.4. Teams: 1, Ashford 179; 2, Hayes 152.5; 3, Bexley 136; 4, Bas\MH 129; 5, Belgrave 123.5.

### ROSENHEIM LEAGUE CRYSTAL PALACE, 6 JUN 1991

200m: 1, J.Smiter 31.9. 1500m: 2, J.Smiter 5:27.4.

Teams: 1, Herne Hill 18; 2, Belgrave 11.

### THAMESIDE LEAGUE 15 JUN 1991

#### Girls.

100m: 1, S.Simon 13.7. 200m: 2, S.Simon 29.0. 800m: 1, J.Dash 2:35.3. 75mH: 1, J.Dash 13.3. HJ: 2, J.Dash 1.35; 2, T.Dowdall 1.10. Teams: 1, Herne Hill 97; 2, Paddock Wood 55; 3, Queens Park 48; 4, Belgrave 44; 5, Southwark 30; 6, Richmond & Twickenham 20.

#### Minors.

100m: 3, S.Stracey 14.4; 3, M.Simon 14.5. 200m: 3, S.Stracey 29.3; 3, M.Simon 31.3. Teams: 1, Paddock Wood 68; 2, Herne Hill 62; 3, Richmond & Twickenham 57; 4, Belgrave 16; 5, Southwark 14; 6, Queens Park 10.

The London Schools Cross Country Championships were held at Parliament Hill Fields in North London where Jessica Dash ran to a creditable 2nd place in her race.

Belgrave ladies placed highly in the Surrey Ladies Cross Country League league as individuals this winter. Wendy Cotterell was first Senior with Jacintha Coppinger third, and in the Junior ranks Jacqui Smiter was third. As a team Belgrave placed 10th.

## Club Championships

The Club Championships were held over four separate evenings in May and June at Battersea Park and as luck would have it every one of those evenings was cold, wet and windy; times and distances were badly affected. **CHARLES DICKINSON** recalls some of the events.

The Mens 10000m was dominated and won by Roger Alsop showing great confidence after a fine p.b. in the Surrey Championships two weeks earlier. In cold and very windy conditions, Roger led from the start and was easily able to cover attempted breaks by Martin Lake at 17 laps and Charlie Dickinson at 5 laps from the finish. Roger put his final effort in with 600m to go and won with ease. A very well deserved victory.

Easily the best Club 5000m Championship race for many years was won by Marcello Bizio with a devastating sprint in the final straight.

A closely matched group of many of Belgrave's improving new middle distance runners assembled at the start of the race. This time the conditions could be described as cool and wet. A determined looking Gary Pitts, fresh from some good Spring road race performances and early track form, cut out the pace from the start. With 1600m covered in 4 minutes 50 seconds, however, it was not quick enough to shake off a bunch consisting of: Roger Alsop, Marcello Bizio, Martin Lake and the two New Zealanders Gavin Teahan and Mark Anderson.

Still leading at 8 laps Gary Pitts surprisingly pulled out of the race which left Gavin Teahan and Roger Alsop gradually pulling away with Marcello from a hard chasing Martin Lake and Mark Anderson. Then, over the last lap, Gavin made his effort and it appeared for a while that he had gone clear. Marcello never once gave up the chase though. He had gone under 50 minutes for 10 miles on the road only the day before and now he unleashed a magnificent sprint to win in the last 50 metres.

Roger Alsop chased hard for 3rd place and Mark Anderson used his 800m pace to overtake Martin Lake with a 61 second last lap.

There were some good 800m races on another cold and windy

evening. In the Senior Ladies race Wendy Cotterell proved to be too strong for Jacintha Coppinger and there were other convincing wins by M. Hancock with 2:16.9 in the Boys race and an almost solo 2:02.1 by Youth F.Nico who looked very impressive.

The Senior Men were led through the first lap by Nigel Clarke in a fairly modest time but the field began to stretch down the back straight when efforts came from Australian Brandon Reid and New Zealanders Gavin Teahan and Mark Anderson. It was Mark who made the decisive move at 200m and he just sustained it to the finish, holding off a fast final sprint from Brandon.

(a) = 1st May, (b) = 29th May,  
(c) = 3rd June, (d) = 12th June.

### SENIOR MEN

100m: (b) 1, J.Carr 12.0; 2, C.Husbands 12.1.

200m: (b) 1, J.Carr 24.0; 2, C.Husbands 24.3; 3, N.Clarke 25.2.

400m: (d) 1, J.Busk 51.9; 2, C.Husbands 54.9.

800m: (b) 1, M.Anderson 2:00.1; 2, B.Reid 2:00.4; 3, G.Teahan 2:01.5; 4, N.Clarke 2:03.0; 4, C.Bond 2:07.3; 6, J.Coy 2:09.1; 7, A.Stone 2:29.8.

1500m: (d) 1, G.Teahan 4:08.1; 2, M.Bizio 4:11.2; 3, R.Alsop 4:12.6; 4, B.Reid 4:14.9; 5, N.Clarke 4:15.3; 6, A.Armstrong 4:22.6; 7, T.Williams 4:39.0.

5000m: (c) 1, M.Bizio 15:12.4; 2, G.Teahan 15:15.6; 3, R.Alsop 15:16.5; 4, M.Anderson 15:18.1; 5, M.Lake 15:28.9; 6, A.Luce 16:11.7; 7, L.Lyons 16:17.2; 8, A.Armstrong 16:22.4; 9, T.Williams 16:24.7; 10, G.McGurran 17:05.0; 11, A.Stone 17:29.9; 12, J.Coy 17:46.0; -, J.Brindley (guest) 19:25.7; 13, F.Black 19:49.1; 14, I.Atkins 24:43.6.

10000m: (a) 1, R.Alsop 33.03; 2, M.Lake 33.09; 3, C.Dickinson 33.11; 4, T.Williams 34.22; -, I.Arbuckle (guest) 34.45; 5, D.Williams 35.01; 6, L.Coy 37.11; 7, T.Stone 37.20; 8, V.Butcher 37.44; 9, C.Walker 40.02; 10, L.Mann 41.44 3000mSC: (b) 1, L.Lyons 10:25.0; 2, G.Teahan 10:35.8. DT: 1, C.Husbands 24.61.

### JUNIOR MEN

100m: 1, S.Dominetto 12.1; 2, I.Atkins 14.0.

200m: (b) 1, S.Dominetto 24.2; 2, D.Winson 24.8; 3 I.Atkins 28.7.

400m: (d) 1, M.Bowers 56.5.

800m: (b) 1, D.Winson 2:06.2.

LJ: (b) 1, I.Atkins 4.36.



*Jacquie Smiter is one of the mainstays of the Ladies team. Always willing to help out she competed in no less than seven events in one early season track and field fixture.*  
photo: Charles Dickinson

JT: (d) 1, I.Atkins 17.48.

### YOUTHS

400m: (d) 1, F.Nico 53.7; 2, N.Browning 62.0.

800m: (b) 1, F.Nico 2:02.1; 2,

M.Anderson 2:28.6.

1500m: (d) 1, R.Head 4:49.2; 2, M.Anderson 4:54.6.

HJ: (b) 1, M.Anderson 1.35.

LJ: (b) 1, M.Anderson 4.33.

SP: (d) 1, L.Archer 9.01; 2, R.Head 6.27.

DT: (d) 1, L.Archer 25.84; 2,

N.Browning 15.78.  
 JT: (d) 1, L.Archer 42.44; 2,  
 N.Browning 17.82.

### BOYS

100m: (b) 1, C.Elliott 14.4.  
 200m: (b) 1, C.Elliott 29.8; 2,  
 T.Evans 30.3.  
 400m: (d) 1, M.Baldock 59.5; 2,  
 P.Lloyd 60.0; 3, E.Vanson 60.6; 4,  
 R.Milner 60.8.  
 800m: (b) 1, M.Hancock 2:16.9; 2,  
 E.Vanson 2:23.9; 3, T.Evans  
 2:24.9; 4, R.Downs 2:36.1; 5,  
 D.Todd 2:42.8; 6, G.Mathias  
 2:46.3.  
 1500m: (d) 1, P.Lloyd 4:56.5; 2,  
 D.Todd 5:21.8.  
 HJ: (b) -1, R.Downs and  
 B.Cooper 1.20.  
 LJ: (b) 1, R.Downs 4.31; 2,  
 D.Todd 3.78.  
 TJ: (d) 1, M.Baldock 9.56; 2,  
 R.Downs 8.58.  
 SP: (d) 1, D.Fallon 10.19; 2,  
 A.Barnett 9.86; 3, B.Cooper 6.85;  
 4, R.Downs 4.30.  
 DT: (d) 1, A.Barnett 25.78; 2,  
 D.Fallon 24.66; 3, M.Baldock  
 22.18; 4, B.Cooper 15.58; 5,  
 G.Pascoe 14.78; 6, R.Downs  
 14.68.  
 JT: (d) 1, S.Pascoe 26.92; 2,  
 A.Barnett 24.36; 3, R.Downs  
 22.78; 4, M.Baldock 19.38; 5,  
 A.Maidment 18.90.

### COLTS

100m: (b) Race 1. 1, D.Jackman  
 13.5; 2, S.Scott 13.8; 3, R.Bentley  
 14.1; 4, J.Pascoe 17.6; 5, T.Knight  
 20.2. Race 2. 1, A.Hill 14.5; 2,  
 W.Blythe 15.3; 3, - 15.8; 4,  
 R.Elgar 16.0; 5, M.Elgar 16.8.  
 200m: (b) Race 1. 1, D.Jackman  
 28.7; 2, S.Scott 28.9; 3, R.Bentley  
 29.2; 4, C.O'Driscoll 33.2; 5,  
 J.Pascoe 37.6. Race 2. 1, A.Hill  
 29.5; 2, M.Elgar 33.6; 5, R.Elgar  
 33.8.  
 400m: (d) 1, R.Bentley 67.9; 2,  
 C.Drake 87.4.  
 800m: (b) 1, J.Drake 2:30.5; 2,  
 M.Elgar 2:45.1; 3, R.Elgar 2:50.6;  
 4, T.Muts 2:55.1; 5, G.Roberts  
 3:05.9.  
 1500m: (d) 1, J.Drake 5:44.6.  
 LJ: (b) 1, S.Scott 4.06; 2, R.Bent-  
 ley 3.96; 3, D.Jackman 3.90; 4,  
 W.Blythe 3.68; 5, C.O'Driscoll  
 3.51; 6, J.Pascoe 2.97; 7, T.Knight  
 2.77.  
 HJ: (b) 1, A.Hill 1.25.  
 JT: (d) R.Downs 13.64; 2, R.Bent-  
 ley 13.44.

### SENIOR WOMEN

100m: (b) 1, C.Bazin 13.8; 2,  
 F.Turquet 14.7.  
 400m: (d) 1, J.Stone 64.0; 2,  
 W.Cotterell 64.1; 3, J.Smiter 69.1.  
 800m: (b) 1, W.Cotterell 2:22.1; 2,  
 J.Coppinger 2:27.7; 3, J.Smiter  
 2:35.5.  
 1500m: (d) 1, J.Coppinger 5:04.4.  
 5000m: (c) 1, J.Smiter 21:34.5.  
 HJ: (b) 1, J.Smiter 1.45.  
 LJ: (b) 1, C.Bazin 4.41.

*Into the second lap of the Senior Men's 1500 metres with, left to right, Gavin Teahan, Marcello Bizio, Brandon Reid, Adam Armstrong (hidden), Nigel Clarke and Trevor Williams still in contention.*  
 photo: Alex Apperley

JT: (d) 1, J.Christou 12.34.

### GIRLS

100m: (b) 1, S.Scott 14.0; 2,  
 P.Friel 14.2; 3, S.Simon 14.6.  
 200m: (b) 1, J.Dash 28.1; 2,  
 S.Scott 29.0; 3, P.Friele 29.1; 4,  
 S.Simon 29.7; 5, C.Coon 31.0; 6,  
 M.Simon 31.7.  
 800m: (b) 1, T.Dowdall 2:50.8.  
 1500m: (d) 1, J.Dash 5:32.2; 2,  
 T.Dowdall 5:53.8.  
 75mH: (d) 1, J.Dash 13.7; 2,  
 M.Simon 15.3.  
 HJ: (b) 1, F.Turquet 1.40; 2,  
 T.Dowdall 1.10.  
 LJ: (b) 1, S.Simon 4.05; 2, S.Scott  
 3.85.  
 SP: (d) 1, S.Simon 4.70.  
 DT: (d) 1, S.Simon 12.58; 2,  
 M.Simon 10.31.

### MINOR GIRLS

100m: (b) 1, M.Simon 15.4; 2,  
 B.Simon 18.5.

*Jessica Dash leads Tammy Dowdall in the Girls 1500 metres.*  
 photo: Alex Apperley

*Running indoors in Seville on February 28th John Regis got in some winter speed work, clocking 6.71 to place 4th in a 60m won by Linford Christie in 6.57. In his favourite event, however, he had the beating of the British Team Captain 20.66 to 20.83. A couple of days later he was treading the boards again in the GB v USA Vauxhall International at Kelvin Hall. This time he powered to a clear victory over American Thomas Jefferson 20.83 to 21.07 but this proved to be just a loosener for the relay. Teaming up with Christie, Darren Braithwaite and Ade Mafe, John ran a storming 20.1 split for his leg in the 4 x 200 metres to not only beat the Americans again, but take the World Record in 1:22.11.*



# Veterans' Results

## PORTFOLIO VETS. 10K BATTERSEA, 12 AUG 1990

A good run from Tony Stone who finished 19th overall in 36:17, 4th in the over 45 group, before travelling over to West London Stadium to take first place in the VAC 5,000 metres in the same age group. Twenty-ninth in the Battersea 10k was A. Hardy in 37:42 - 7th in the over 50s.

## VETS. AC CHAMPS WEST LONDON, 12 AUG and 9 SEP 1990

1500: M55 1, 4:34.8. 5000: 2, L.Lyons 16:38; M45 1, A.Stone 17:23. 10000: 2, L.Lyons 35:11; M45 1, A.Stone 35:30; M55 1, L.O'Hara 35:17.

## NATIONAL VETS. HALF-MARATHON SOUTHAMPTON, 19 AUG 1990

1, M.Hurd (Bridlington) 1:07:26; 2, A.Roper (Swansea) 1:09:14; 3, A.Amraoul (Devonia) 1:09:30; ... 33, R.Pearson 1:14:47; 93, A.Stone 1:21:28; 222, A.Bruce 1:33:41; 307, G.Piddington 1:45:10; 387, D.McMullen 2:02:06.

## SOUTHERN VETS. RELAY ALDERSHOT, 29 SEP 1990

It was good to see three Belgrave teams out for the southern relays. The over 50's did very well, coming 10th with Laurie O'Hara doing the 6th fastest time. In the over 40's Leo Lyons ran a good first leg in 20:04.

Over 40: 1, Brighton & Hove 78:16; 2, Aldershot F&D 78:25; 3, Verlea 79:24; ... 24, Belgrave A (L.Lyons 20:44, A.Stone 21:31, A.Painter 21:34, R.Pearson 20:37); 53, Belgrave B 90:56 (R.Bale 21:28, D.Maughan 23:01, B.Webster 22:40, L.Coy 23:47).  
Over 50: 1, Cambridge H 86:02; 2, Vale of Aylesbury 86:49; 3, Aldershot F&D 87:44; ... 10, Belgrave 90:29 (C.Cross 23:49, M.Newton 22:51, A.Hardy 22:48, L.O'Hara 21:01).

## SURREY VETS. CC PETERSHAM, 13 OCT 1990

An excellent turnout of Belgravians on a very warm and sunny afternoon in Richmond Park. This event has become one of the most popular veterans fixtures in the South of England. The race featured another good run from Tony Stone who was third scorer for the over 40's. Leo Lyons showed great courage to keep up with the lea-

ders early on but suffered for this later in the race. A promising debut as a veteran came from Jamie Stevenson. You may remember Jamie as a very useful middle distance runner a decade or so ago; he should be a great asset to the relay squad.

1, S.Knight (SLH) 33:50; 2, R.Hartford (Ran) 33:51; 3, U.Previati (Wok) 33:55; ... 17, C.Dickinson 35:47; 19, L.Lyons 35:58; 27, A.Stone 37:04; 39, A.Painter 38:08; 40, J.Stevenson 38:11; 47, R.Bale 38:42; 48, J.Wasbrough 38:52; 58, L.Mann 39:32 (9, M50); 64, F.Barrett 39:50; 68, S.White 40:10; 69, M.Newton 40:13 (15, M50); 71, A.Hardy 40:28 (16, M50); 92, M.Hutton 43:26; 98, E.Stroud 44:30 (20, M50); 100, C.Walker 44:56 (4, M60); 108, D.Gordon 48:03 (6, M60); 121, G.Pearson 55:37 (M70); 123, C.Manning 55:56 7, M60).  
Teams: Over 40: 1, Woking 22; 2, SLH 22; 3, Ranelagh 34; 5, Belgrave 52.

Over 50: 1, Woking 15; 2, Hercules 20; 3, SLH 28; 4, Belgrave 32.

## HOG'S BACK 9.125M GUILDFORD, 9 DEC 1990

What a day to celebrate a 50th birthday! On a day more suitable for winter sports, Tony Stone (whose birthday it was) and several fellow Belgravians managed to brave the weather conditions to take part in this popular race. It wasn't too bad until the long downhill stretch which was like one of the runs on 'Ski Sunday'. T.S was one of many who came a cropper.

Rex Bale ran a very good race and was the first of our vets but there were also good performances by several of our non-vets: Mick Nouch (53:37), Trevor Williams (53:43) and Vic Butcher (59:05). Vic has not raced for many years and is fast approaching the veterans category.

40-44: 75, D.Maughan (418th overall).

45-49: 10, R.Bale 55:13 (95).

50-59: 9, A.Stone 57:27 (169); 30, T.Newall 1:02:25 (391); 79, D.Davies 1:08:58 (699); 88, P.Kirman 1:10:01 (741); 116, R.Faithfull 1:14:47 (914).

## CAMBRIDGE H VETS 4 x 2.4M RELAY ROCHESTER AIRPORT, 22 DEC 1990

A big thankyou to everyone who turned out on a cold windy day at Rochester just before Christmas, especially Bill Laws who although not fully fit, turned out with only 12 hours notice after injury and

illness to other team members.

The over 50 team were rewarded with an excellent third place behind the very strong Cambridge and Aldershot outfits. Tony Verdie was 5th fastest of the day and led the runners home on the initial stage. After solid performances by Bill Laws and Mike Newton we were just behind the Cambridge 'B' team in 4th place at the start of the final leg but Tony Stone soon brought the team up to 3rd place, earning everyone a joint of pork as a prize.

Over 40: 1, Cambridge 51:00; 2, Aldershot 51:17; 3, Blackheath 52:42; ... 8, Belgrave 55:34 (C.Dickinson 12:44, A.Painter 13:51, R.Bale 13.42, A.Fairclough 15:17). Charlie Dickinson was 5th fastest of the day.

Over 50: 1, Aldershot F&D 52:59; 2, Cambridge 56:16; 3, Belgrave 58:08 (A.Verdie 13:46, W.Laws 15:18, M.Newton 14:49, A.Stone 14:15).

## TADWORTH 10M 30 DEC 1990

43, A.Verdie 57:44 (2, M50); 251, C.Cross 67:22; 410, D.Manning 73:58; 510, R.Faithfull 78:04; 676, D.McMullen 92:39.

## BVAF NATIONAL CC CHAMPS AMPHILL, 10 MAR 1991

Only two Belgravians made the

journey to Amptill for this year's national. The course is one of the toughest cross country venues and includes the famous 'heartbreak' hill four times. Both Tony Stone and Charlie Walker ran very well, with 32nd in 40:45 in the M50 and 9th and 46:21 in the M60 respectively.

## SCVAC CC CHAMPS. LLOYD PARK, 16 MAR 1991

Unfortunately this fixture had to be rearranged from its original February date due to bad snow. With so many Belgrave veterans involved in the London Marathon, and therefore concentrating on long road races, it proved difficult to turn many out for this fixture. The over 50's team included Charlie Walker who is, of course, over 60. They all ran well on this difficult course, Bill Laws obviously returning to something like full fitness again.

M40-49: 4, C.Dickinson 34:13 (3, M40); 25, A.Painter 38:12; 29, R.Bale 39:20 (9, M45); 32, J.Wasbrough (11, M45) 40:29.

M50-59: 10, A.Stone 38:00; 16, W.Laws 40:39; 22, C.Walker (5, M60) 42:29.

Belgrave 5th team.

## FLEET HALF-MARATHON RUSHMOOR ARENA, 24 MAR 1991

156, A.Verdie (3, M50) 1:17:52;

*Veterans AC has received sterling support from Belgrave runners this winter.*

*In a cross-country match against Ranelagh Harriers over 7.8 miles on January 5th, Charlie Dickinson led home a good turn out of Belgrave runners who helped VAC to a close victory in a race run in an 80 mph gale.*

*1, C.Dickinson 45:30; 2, R.Hartford (Ranelagh) 46:20; 3, W.Harvey (Ranelagh) 47:16; ... 7, A.Painter 48:17; 12, A.Stone 50:02; 20, M.Newton 54:08; 27, F.Barrett 54:29; 29, E.Stroud 55:12; 40, L.Morris 59:12.*

*Charlie continued in winning vein a week later when he took the Veterans' AC Cross-Country Championship by a two second margin with no fewer than eleven other Belgravians also taking part.*

*1, C.Dickinson (Belgrave) 25:44; 2, S.Warzee (Guildford) 25:46; 3, P.Hamilton (Blackheath) 26:43; ... 13, A.Painter 27:33; 21, A.Stone 28:17; 34, R.Bale 29:08; 42, A.Hardy 29:58; 52, J.Wasbrough 30:20; 54, M.Newton 30:32; 65, D.Maughan 31:50; 72, C.Walker 32:00; 79, E.Stroud 32:58; 93, L.Morris 34:25; 120, D.McMullen 47:13.*

*Against Hillingdon AC at Ruislip on January 19th Alan Painter scored well with 33:07 from Laurie O'Hara 4th in 33:16 and Charlie Walker 18th in 38:51, and a fortnight later, on February 3rd, Alan took 5th in 31:02 against Cambridge H at Bexley. This race also featured C. Walker, 22nd in 38:07, and E.Stroud, 26th in 38:40.*

*At West Wickham on March 2nd Tony Stone was 24th against Blackheath with 39:28 and E. Stroud 53rd in 44:46.*



**The Saturday pack. Left to right: Tony Stone, John Davies, Bruce Webster, Mark Hutton, ?, Chris Taplin, Graham ?, Pam Davies, Charlie Henn, Mike Newton, Fred Riach**

232, R.Bale (9, M45) 1:20:19; 1168, D.Maughan 1:37:30.

**BVAF NATIONAL  
5K ROAD CHAMPS.  
DUNSFOLD, 14 APR 1991**

You can bet your life that if a race is taking place on an airfield there will be a howling gale! Runners had to head into the strong wind both at the start of the race and down the long finishing straight, so times must have been affected.

Highlight of the afternoon was the second place achieved by the over 60's team. Charlie Walker, getting fitter with every race, and Pat Newall, making a welcome return to Belgrave colours, both ran outstanding races. Denis Jones kindly made up the scoring three and thoroughly deserved his silver medal.

The over 50's needed just one more scorer to close for a team prize but again, the London Marathon just one week away took many of our runners.

M40: 1, D.Hill (Thames H&H) 15:13; 2, K.Penny (Cambridge H) 15:16; 3, A.Whitfield (Chester le Street) 15:29; ... 12, C.Dickinson 15:55; 96, D.Maughan 21:36.  
M45: 64, R.Bale 17:24; 87, A.Fairclough 19:18.  
M50: 1, L.Presland (Aldershot F&D) 16:03; 2, P.Lancaster (N.Shields Poly) 16:33; 3, M.Wrenn (Tipton) 16:56; ... 16,

A.Stone 17:50; 36, A.Hardy 18:51. M55: 37, M.Newton 18:52.  
M60: 1, J.Chandler (Waverley) 18:57; 2, D.Thomas (Cambridge H) 18:59; 3, J.Taylor (Liss) 19:09; ... 5, C.Walker 19:23; 9, P.Newall 19:44; 38, D.Jones 23:51.  
Teams: M40-49 8; Belgrave 144pts. M60+ 2, Belgrave 14pts.

**VETS OPEN 10M R.RACE  
TOOTING BEC, 4 MAY 1991  
Inc. SCVAC and VAC  
Individual and open team  
champs.**

A great race and a very successful day with Belgrave scooping both M40-49 and M50-59 team prizes. Individual awards too for Leo Lyons, making a welcome return

after injury, and Tony Stone, running in his fifth race since the London Marathon. The day was cool, showery and sunny, and the course consisted of four laps of just over two miles and one lap of just under, all run on hard paths, absolutely safe with marshalls at every corner and times given every two miles. Recommended as a runners race with everything considered; also easy and always in reach of supporters.

M40: 1, A.Rich (Walthamstow) 54:40; 2, S.Badgery (Hercules Wimb.) 55:36; 3, L.Lyons (Bel-

grave) 57:55 (2, VAC Champs and 1, SCVAC Champs).  
M45: 1, G.Wooton (Thurrock) 54:58; 2, D.Rogers (Aldershot F&D) 55:03; 3, A.Matson (Crawley) 57:58; ... 8, R.Bale 62:26; 10, J.Wasbrough 64:29.  
Team: 1, Belgrave 184.50.  
M50: 1, A.Stone (Belgrave) 61:08 (1, VAC and SCVAC Champs.); 2, E.King (Medway) 65:35; 3, D.Button (Elmbridge) 66:35; 4, D.Davies 67:36; 6, L.Mann 68:51. M55: 4, E.Stroud 68:24.  
Teams: 1, Belgrave 198:23  
M60: 6, C.Manning 92:06. M70: 3, D.McMullen 101:26 (2, VAC and SCVAC Champs.)

**Veterans on the track**

**At RAF Cosford on March 10th Snowy Brooks scored a fine first place in the BVAF Indoor Pentathlon Championships. Competing in the M45 age group he scored 3644 points with: 60mH 9.46, LJ 5.87, SP 10.90, HJ 1.62 and 1,000m 3:27.94.**

**Belgrave athletes were well to the fore at the SCVAC Championships held at Kingsmeadow Track near Kingston on June 2nd. The middle distance events saw Belgravians pick up no less than four medals. Wins came from Charlie Dickinson and Leo Lyons in the M40 age group 5,000 metres and 3,000 metres steeplechase respectively. The times were good too - 15:38.4 and 10:29.6. Laurie O'Hara ran a winning 4:40 in the M55 1,500 metres and Tony Stone picked up second place in the M50 5,000 metres in 17:21.7. Bill Laws also ran in the latter race but we don't know the details at present. But it was not just on the track that our vets. put up a good show. Iron-man Snowy Brooks threw 40.22 metres to place 3rd in the M45 javelin and went one place better in the discus with 34.94 metres.**

### AAA VETERANS ROAD RELAY CHAMPS. SUTTON PARK, 11 MAY 1991

With 150 veteran teams from all over the country and all the top runners competing, this event has become the biggest vets' fixture of the year. Belgrave sent teams in all the mens age groups, fittingly making the journey up the motorway to Birmingham in a "Help the Aged" minibus.

Although fielding a strong team in the over 60's, we were perhaps a little disappointed with 6th place. Arthur Bruce on the first stage was rather unfit and both Pat Newall and Charlie Walker ran slightly below their recent excellent form. Not enough hills on Clapham Common where they do their training! However, the opposition was tougher than ever, and the team still did very well.

Highlight of the day was the performance of the over 50's squad. Although slightly under the weather, Bill Laws gave the team a good start on the first leg; nice to see Bill fit again! Then remarkable runs by Tony Verdie and Tony Stone on legs two and three brought the Belgrave team up to 2nd place just two seconds from the lead. Mike Newton and Tony Hardy both ran very solid legs but unfortunately we had no sixth runner to make up the team. Mike bravely went round again and the team had to settle for an "unofficial" 12th place. If only Laurie hadn't been working!

M60 (3 stages): 1, Barnet & Dist. 55:42; 2, Solihull & Small Heath 57:03; 3, Cambridge H 57:14; ... 6, Belgrave (A. Bruce 20:54, P. Newall 19:48, C. Walker 19:35) 60:17. 11 teams completed. Fastest laps: 1, D. Wood (Barnet & Dist.) 18:03; 2, J. Day (Tipton) 18:25; 3, D. Thomas (Cambridge H) 18:39.

M50 (6 stages): 1, Wirral 1:42:38; 2, Heaton 1:44:54; 3, Morpeth 1:45:19; ... unofficial 12, Belgrave (W. Laws 17:29 16th, A. Verdie 17:09 5th, A. Stone 17:16 2nd, M. Newton 18:35 5th, A. Hardy 18:24 5th, M. Newton 19:46 12th) 1:48:39. 41 teams completed. Fastest laps: 1, S. James (Co. Hull) 15:41; 2, M. Wrenn (Tipton) 16:25; 3, M. Hawkins (Bromsgrove & Redditch) 16:26; ... 28, A. Verdie 17:09; 33, A. Stone 17:16.

M40 (8 stages): 1, Aldershot F&D 2:06:12; 2, Tipton 2:07:08; 3, Salford 2:07:36; ... 63, Belgrave (C. Dickinson 15:25 5th, L. Lyons 16:08 8th, J. Wasbrough 18:07 40th, P. Gilbey 17:39 50th, R. Pearson 16:46 43rd, A. Fairclough 18:51 50th, T. Grant 20:20 68th, S. White 17:57 63rd) 2:21:13. 85 teams completed. Fastest laps: 1, D. Fowles (Cardiff) 14:36; 2, P. Banks (Coventry) 14:50; 3, M. Noble (Stockport) 15:00; ... 19, C. Dickinson 15:25.

## Veterans' Age Factors

by **BILL LAWS**

When Charlie Walker returned from the 1990 World Vets Championships, held in Eugene, USA, with an England team silver medal for the 10km cross country he didn't stop talking about it for a fortnight. Certainly he carried the thing to all his races and if you took the trouble to ask how he got on then you were in for a step by step repeat of every detail of the actual performance. It is astonishing that at the age of 60+ Charlie is as enthusiastic about our sport as when he was winning Surrey Championships 40 years ago. It is interesting to speculate whether age has diminished his relative performances. Not an easy question - well not until now that is. At Eugene the Heptathlon and Decathlon for all age groups were scored using factors to relate all age performances to that of senior athletes at their best. These factors have now been worked out for all events and ages up to 90! So now, if you think someone's performance is good you can equate it to a 'prime time' (or distance) using these tables. The full list is too comprehensive for this article but take the 800m, 5km/10km for men. The listed factors by which times should be multiplied to give 'prime time' are as shown at the foot of this page.

So if Charlie ran 39:20, his 'prime time' equivalent for the 10km would be;

$(39 \times 60) + 20 = 2360 \times .8038 = 1897 \text{ secs.} = 31 \text{ mins. } 37 \text{ secs.}$

It would be interesting to know if he ran that time as a senior.

So there it is, you can compare yourselves directly with the John Regis's, John Gladwins and Paul Evans's of this world. Even more interesting, they can see what they might be doing in 20 years time!

#### FOOTNOTE:

If you want a full list of factors for all events and ages send a stamped self-addressed envelope to; Martin Duff, Bridge Cottage, Stonebridge, Dorking, Surrey.

Prime time factors		
Age	800m	5km/10km
below 35	1.0000	1.0000
35	0.9578	0.9724
40	0.9285	0.9430
45	0.8985	0.9124
50	0.8670	0.8804
55	0.8312	0.8441
60	0.7915	0.8038
65	0.7505	0.7622

Helen Maskrey and Mike Newton ran through the finish of the Nottingham Marathon on September 23rd in 3:40:06

The General Portfolio Marathon at Harlow, October 28th, saw R. Pearson place 3rd in the over 40's with 2 hours 50 mins. 45 secs.

A fine run came from another Belgravian over the classic long distance event on October 7th. Tony Verdie had been suffering from a series of injuries but was back to form with 19th place in the Flying Fox Marathon and a time of 2 hours 51 mins 18 secs. He was the second over 50 home.

On the same day in Hyde Park, R. Bale clocked 37:37 in the World Runners 10K. He was 2nd vet.

Tony Stone raced to a course record for the over 50s group in a half-marathon at Bolbec in France on September 1st. His time was 1 hour 22 mins. 13 secs. and he placed 37th overall.

And whilst dealing with international news we must mention Arthur Bruce's 6th place in the New York Marathon (over 60's); his time was 3 hours 11 mins. 13 secs.

Carl Cross took first prize in the over 50 group in the Lanzarote Half Marathon - 1 hour 33 mins. 51 secs.

Bill Laws had a busy time at the Long Grove Road races at Epsom on April 10th. He clocked 5:49 for 12th place in the 1.1 mile event and over twice that distance ran 12:34 for 13th.

The Mizuno Masters Grand Prix '5' took place in Battersea Park on May 5th and in the field was our own Tony Stone, 30th M50 in 31 mins. 40 secs.

The Dorking 10 on June 2nd gave Tony Verdie another chance to shine. He took first place in the over 50s with 58 mins. 35 secs.

We don't really need to remind readers of the severity of the Isle of Wight Marathon but Helen Maskrey must have been really pleased with her 3:29:29 this year.

## Wellington International Relays Ostend, Belgium

**BILL LAWS reports:**

The 12-stage relays held each year on the grass racecourse at Ostend provide the first sharpener for our track runners following their winter preparations. By Belgian standards this is a big day out warranting coverage by local T.V. Six relays cater for boys, girls, junior men, veteran men and the two main events - international senior men and senior women.

Following victory in the men's event in 1984 Belgrave has always been there or thereabouts but finished 6th in 1990 due in part to Darryl Maynard having the baton knocked out of his hand on the first 800m leg and trailing home in 42nd place.

Everyone was hoping for a repeat of the glorious 1990 weather when the 1991 event took place at the later date of April 14th. It was not to be. Fifty mile per hour winds were whipping sand from the distant beach causing dust clouds. Running into the wind was a nightmare, and with it a doddle. Times meant nothing but positions were important and we finished a creditable 4th only 4 seconds off a win.

	1990		1991		
1.	800m	D.Maynard 2:06	42nd	D.Maynard 2:02	5th
2.	600m	A.Paton 1:33	36th	D.Scott 1:30	7th
3.	200m	G.Warr 24	32nd	G.Warr 25	5th
4.	350m	S.Garcia 45	26th	I.Wells 50	3rd
5.	300m	I.Wells 35	22nd	M.Bazire 34	4th
6.	1200m	P.Taylor 3:02	7th	C.Sweeney 3:17	4th
7.	1200m	S.Paton 3:13	5th	S.Paton 3:25	5th
8.	1100m	J.Chaston 3:01	6th	J.Gladwin 3:02	4th
9.	800m	O.Foote 2:07	6th	A.Paton 2:15	6th
10.	400m	M.Ramshaw 54	6th	J.Busk 49	4th
11.	400m	A.Reader 60	6th	M.Ramshaw 55	4th
12.	200m	M.Bazire 23	6th	M.Sinclair 29	4th



## The London Marathon

Richard Pearson retained the Belgrave Marathon Championship shield, leading home a large club contingent. The race was held on a very cold day with a nasty headwind facing the tired runners in that last stretch along the embankment towards Westminster Bridge. The quality of the race, which this year was held in conjunction with the IAAF World Marathon Cup, was outstanding. No less than 48 men finished inside 2 hours 15 minutes. Perhaps the best Belgrave performances were by 2nd claim member Jim Estell who ran 2:25.31 and 54 year old Tony Verdle, in such good form at present and who ran 2:50.51. Jim, a recent recruit to Belgrave Harriers, runs for Dulwich on the road but can represent us first claim on the track.

Jim Estell (2nd claim)	161	2:25:31
Richard Pearson	866	2:46:26
Tony Verdle	1183	2:50:51
Jeremy Wah	1204	2:51:03
Rex Bale	1709	2:56:12
Fred Riach	1744	2:56:32
Derek Clack	3287	3:09:34
Mich Graham	3339	3:09:54
Leo Coy	3508	3:11:14
Alex Luce	3785	3:13:13
Mike Newton	3969	3:14:24
Tony Stone	4536	3:17:42
Lionel Mann	7217	3:33:19
Charlie Henn	11468	3:55:09
Pam Davies	12603	3:59:53
Dave Davies	13658	4:05:39

Thanks to Charlie Henn for helping to collect the results. Sorry if you ran and we missed you out. Next year please phone Charles Dickinson with your result, it will save searching through thousands of names!

**STUART PATON reports on the social scene:**

## The Gentlemen's Evening

It is my job as Social Secretary to try to get members of the club to socialise. To date we have held discos, race nights and the odd meal. In an attempt to try something different it was agreed to hold a 'Gentlemen's Evening' at Belgrave Hall.

The date picked was the 4th May, which gave me 8 weeks to organise everything. Firstly, I contacted Footlights Entertainment to organise a comedian, a girl, a girl, a girl, and another girl! The next problem was to sell enough tickets to break even. My special thanks here to Gerry Adams and Chris Sweeney, even if the latter is a Tipton Harrier. Those two became the marketing department and anyone who saw the posters and literature displayed in the club hall couldn't fail to be impressed! With Gerry and Chris helping we sold enough tickets to break even so when the 4th May came we crossed our fingers and it was all

systems go!

On the night, three girl friends of mine volunteered to run the bar and so much was drunk that the bar was drunk dry. It is doubtful whether that has happened before even when Keith Sinclair was in his prime! It is fair to say that we took a great deal of money behind the bar. The entertainment lasted about three hours and was enjoyed by all.

Once everyone had left, the hall looked as though a bomb had hit it. It was a real mess. The clearing up was left until the next day, Sunday morning, and Marcello led the way by washing and hoovering all the floors and Gerry and I washed every single glass. Thanks lads! The general consensus was that it was a very successful evening so another one will be organised in the future.

If you have any ideas for a social event, or wish to hire the hall, just give me a ring. If I can help I certainly will.

Darryl Maynard, had the baton knocked out of his hand, in the 1990 Wellington Relay. Here he sets off on another BAL 'A' string 800 metres. photo: Alan Mead.

# Road and Country

“... a moderate winter ...”

**CHARLES DICKINSON writes:**

In what might be described as rather a moderate winter season, Belgrave finished 6th out of the 9 teams that contest Division 1 of the Reebok Surrey Cross Country League. Scores were calculated after three matches, the final fixture at Happy Valley being cancelled due to the snow in February. Boxhill with their close packing and good team spirit dominated the races from the outset.

Apart from a fine win by Gary Staines at Wimbledon and an excellent series of races by Frank Ward who finished in 4th place overall, Belgrave lacked support from the better athletes.

However, there was some encouraging improvement made by several of our younger runners such as Jonathon Hobbs, Owen Lewis, Roger Alsop etc., as well as good support as usual from our growing band of New Zealanders. Amongst these middle order runners there was a good team atmosphere and with a possible improvement by say 10 or 20 places per athlete the team has the potential to do better next season.

## SURREY ROAD RELAY WIMBLEDON PARK, 8 SEP 1990

7, Belgrave A (M.Lake 12:41, A.Paton 13:59, C.Millbank 13:05, P.Sanders 12:56, C.Bond 14:27, G.Teahan 13:04); Disq. Belgrave B (D.Anderson 13:44, R.Harding 14:22, A.Stone 14:40, L.Coy 16:18, M.Lewington 13:51 and 15:14).

## CLUB 5.75M R.RACE WIMBLEDON, 15 SEP 1990

1, P.Sanders 29:46; 2, D.Anderson 31:22; 3, A.Stone 32:46, 4, J.Wah 33:02, 5, C.Dickinson 33:49; 6, T.Dowdall 34:05, 7, R.Bale 34:33, 8, B.Webster 34:56, 9, V.Butcher 36:04; 10, L.Coy 37:59; 11, G.Piddington 43:22.  
Handicap: 1, T.Dowdall (8:15) 25:50; 2, A.Stone (5:15) 27:31; 3, D.Anderson (3:30) 27:52.

## YACHT 3M HANDICAP WIMBLEDON, 6 OCT 1990

1, A.Luce (actual time 16:34) 22:34; 2, P.Whiston (17:35) 22:35; 3, R.Alsop (16:16) 22:36; 4, N.Clarke (16:37) 22:37; 5, M.Nouch (16:51) 22:51; 6, F.Ward (15:24) 22:54; 7, M.Lewington (16:41) 23:01; 8, C.Bond (17:06) 23:06; 9, J.Wah (17:14) 23:14; 10, C.Dickinson (16:49) 23:24; 11, D.Burns (18:36) 23:26; 12, V.Butcher (18:27) 23:27; 13, J.Coy (18:41) 23:41; 14, T.Palmer 23:57; 15, D.Davies (20:29) 23:59; 16, D.McMillan (19:12) 24:12; 17, S.Booth (19:44) 24:14; 18, J.Stevenson (17:40) 24:15; 19, L.Coy (19:18) 24:18; 20, B.Gorman (19:52) 24:22; 21, D.Gordon (21:52) 24:22; 22, S.Zealy (17:56) 24:41; 23, T.Dowdall (18:10) 24, D.Jones (22:57) 24:57; 24:45; 25, T.Grant (20:58) 25:58; 26, A.Nas-

ser (22:04) 26:34; 27, C.Manning (27:05) 27:05.

## SURREY CC LEAGUE DIV 1 RICHMOND PARK, 20 OCT 1990

1, S.Rayner (Hercules Wimb.) 26:44; 2, H.Jones (Ranelagh) 26:53; 3, S.Fury (Boxhill Racers) 27:10; ... 13, F.Ward 27:31; 23, J.Hobbs 28:14; 25, M.Kinnane 28:23; 38, Martin Lake 28:49; 55, G.McGurran 29:18; 75, G.Teahan 29:56; 81, Michael Lake 30:15; 87, M.Lewington 30:28; 92, O.Lewis 30:42; 104, N.Clarke 31:13; 113, D.Anderson 31:33; 117, R.Alsop 31:38; 132, J.Wah 32:28; 139, T.Williams 32:45; 141, C.Dickinson 32:51; 144, A.Stone 33:09; 149, D.Winson 33:22; 153, T.Dowdall 33:35; 159, D.Clack 33:53; 172, J.Coy 35:29; 176, L.Coy 36:02; 185, A.Grant 38:41; 188 finished.

Teams: 1, Aldershot F&D 231; 2, Boxhill Racers 244; 3, Herne Hill 392; 4, Thames H&H 425; 5, Ranelagh 436; 6, Hercules Wimb. 509; 7, Belgrave 526; 8, South London 600; 9, Mitcham & Sutton 732.

## ZATPEK ROAD RELAY 21 OCT 1990

1, Luton United 92:53; 2, Newham & Essex 96:26; 3, Belgrave (Pitts 15:47, Hobbs 15:26, Kinnane 15:39, Stone 18:02, Williams 17:43, Teahan 16:01) 98:38.

## PRIORY RELAYS REIGATE, 3 NOV 1990

1, Brighton & Hove 77:26; 2, Boxhill Racers 77:44; 3, Medway 78:32; ... 12, Belgrave A (F.Ward 12:48, G.McGurran 13:41, M.Lewington 14:21, M.Bizio

13:15, J.Hobbs 13:14, O.Lewis 14:11) 81:30; 38, Belgrave B (R.Alsop 14:07, D.Scott, 14:39, I.Dent 14:07, C.Dickinson 14:18, T.Williams 14:48, A.Stone 15:31) 87:30; 53, Belgrave C (S.Zealy 14:45, J.Coy 15:46, P.Williams 16:56, D.Anderson 14:27, L.Coy 16:07, N.Holland 14:17) 91:20.

## SOUTH OF THE THAMES JUNIOR CC CHAMPS HAVANT, 10 NOV 1990

1, D.Heath (Blackheath) 26:20; 2, S.Fury (Boxhill Racers) 26:22; 3, L.Elliott (Medway) 26:35; ... 7, J.Hobbs 27:24; 25, M.Webb 28:06; 29, G.McGurran 28:15; 35, G.Teahan 28:25; 55, L.Lyons 28:59; 67, R.Alsop 29:20; 68, C.Dickinson 29:20; 69, M.Lewington 29:21; 88, J.Wah 30:01; 90, D.Anderson 30:05; 99, S.Zealy 30:25; 128, T.Williams 31:33; 136, A.Stone 31:50; 143, J.Coy 31:58; 183, L.Coy 34:13; 215 finished.  
Teams: 1, Medway 59; 2, Boxhill Racers 78; 3, Portsmouth 81; ... 6, Belgrave A 96; 21, Belgrave B 370; 35 teams closed in.

## SURREY CC LEAGUE DIV 1 WIMBLEDON, 17 NOV 1990

1, G.Staines (Belgrave) 26:23; 2, S.Fury (Boxhill Racers) 27:00; 3, K.Penney (Boxhill Racers) 27:01; ... 11, F.Ward 27:27; 35, J.Hobbs 28:38; 40, M.Bizio 28:47; 46, M.Lake 29:03; 53, G.Teahan 29:19; 56, P.Sanders 29:25; 58, M.Webb 29:28; 61, G.McGurran 29:31; 68, C.Millbank 29:43; 78, I.Dent 29:57; 80, J.Gladwin 29:59; 87, M.Lewington 30:20; 93, R.Alsop 30:30; 109, O.Lewis 30:58; 115, J.Wah 31:11; 127, D.Anderson 31:35; 137, N.Clarke 31:57; 142, M.Nouch 32:12; 144, D.Clack 32:26; 150, S.Taylor 32:47; 165, R.Bale 33:37; 174, J.Coy 34:03; 177, L.Coy 34:20; 204, J.Hutchinson 40:09; 207 finished.  
Teams: 1, Boxhill Racers 139; 2, Aldershot F&D 339; 3, Thames H&H 356; 4, Herne Hill 369; 5, Belgrave 404; 6, Ranelagh 489; 7, South London 576; 8, Hercules Wimb. 678; 9, Mitcham & Sutton 745.

## BELGRAVE 7.5M CC CHAMPS. WIMBLEDON, 1 DEC 1990

1, M.Bizio 44:19; 2, L.Lyons 45:26; 3, C.Dickinson 45:33; 4, I.Dent 45:42; 5, M.Lewington 46:22; 6, R.Alsop 46:40; 7, J.Wah 47:07; 8, T.Williams 48:00; 9, N.Clarke 48:14; 10, M.Nouch 48:14; 11, A.Stone 48:58; 12, D.Anderson 50:14; 13, S.Taylor 50:18; 14, R.Bale 51:58; 15, L.McLean 52:25; 16, L.Coy 53:38;

17, D.McMillan 54:26; 18, D.Maughan 56:28; 19, L.Mann 58:00; 20, J.Sexton 59:48; 21, C.Walker 59:56; 22, D.Davies 61:36; 23, G.Piddington 62:53.  
Handicap: 1, C.Dickinson (7:50) 37:43; 2, L.Lyons (5:50) 39:36; 3, N.Clarke (8:20) 39:54.

## SURREY CC CHAMPS HAPPY VALLEY, 8 DEC 1990

1, C.Hensby (Woking) 38:48; 2, K.Penney (Boxhill Racers) 39:01; 3, A.Thomas (Thames H&H) 39:34; ... 13, F.Ward 40:42; 27, M.Bizio 41:36; 32, M.Hayes 41:50; 40, G.McGurran 42:26; 44, K.Sturman 42:35; 56, M.Webb 43:19; 62, G.Teahan 43:43; 66, C.Dickinson 43:58; 73, M.Lake 44:26; 94, D.Anderson 45:29; 98, R.Alsop 45:49; 108, J.Wah 46:32; 129, D.Clack 47:37; 240 finished.  
Teams: 1, Boxhill Racers 48; 2, Woking 100; 3, Herne Hill 183; 5, Belgrave 204; 19 teams closed in.

## HOG'S BACK 9.125M GUILDFORD, 9 DEC 1990

1, D.Bird (Bournemouth) 46:28; 2, J.Boyes (Bournemouth) 47:21; 3, T.Davies (Guildford) 48:06; ... 17, M.Lake 51:18 (22nd overall); 42, M.Nouch 53:37 (62); 44, T.Williams 53:43 (64); 139, V.Butcher (227). See Veterans' section for

\* Four Belgravians were among the 634 finishers at the St. Alban's Marathon on December 2nd: Mike Newton was 280th in 3:22:27, Helen Maskrey 322nd in 3:28:23 and then Pam Davies and Charlie Henn ran in together at 473rd/474th in 3:52:53.

\* At the Epsom '5' held at Ewell on 24th February Marcello Bizio led home a trio of Belgravians by placing 2nd in 26:53. M.Webb was 4th, 27:22 and G.Morgan 9th, 28:28.

\* Another 2nd place came Marcello's way in the Cambridge '10' on June 2nd. He was clocked at 49:55. He certainly likes to mix his events - only the next day he was taking part in the club 5,000 metre track championship.

\* News of our Commonwealth 5,000 metre Champion Andy Lloyd: back on 28th April he placed 7th in 29:30 in a 10k road race in Borobudur, Java, an event won by Abebe of Ethiopia in 27:43.

further results.

**SOUTHERN COUNTIES CC  
CHAMPS.  
STAUNTON COUNTRY PARK,  
nr. HAVANT, 12 JAN 1991**

1, A.Bristow (Brighton & Hove) 44:09; 2, J.Downes (London Irish) 44:25; 3, J.Sherban (Shaftesbury Barnet) 44:41; ... 164, M.Webb; 299, M.Lake; 366, R.Alsop; 419, N.Holland; 436, D.Anderson; 444, N.Clarke; 510, J.Wah.  
Teams: 1, Shaftesbury Barnet 100; 2, Highgate 146; 3, Boxhill Racers 253; ... 51, Belgrave 2128; 55 teams closed in.

**SURREY CC LEAGUE DIV 1  
BOXHILL, 19 JAN 1991**

1, D.Clarke (Hercules Wimb.) 28:58; 2, K.Penney (Boxhill Racers) 30:02; 3, D.Cowan (Boxhill Racers) 30:04; ... 15, F.Ward 31:08; 28, J.Hobbs 31:47; 31, G.Adams 31:54; 37, O.Foote 32:13; 49, O. Lewis 32:46; 58, P.Sanders 33:16; 65, C.Dickinson 33:26; 68, I.Dent 33:29; 71, G.Tierman 33:41; 72, C.Millbank 33:46; 75, R.Alsop 33:52; 83, G.McGurren 34:16; 84, M.Lake 34:17; 97, T.Williams 34:42; 100, D.Anderson 34:56; 101, J.Wah 35:04; 104, N.Clarke 35:10; 115, N.Holland 35:41; 122, D.Winson 36:23; 136, D.Clack 37:21; 140, J.Coy 37:47; 148, A.Stone 38:50; 168 finished.  
Teams: 1, Boxhill Racers 86; 2, Aldershot F&D 414; 3, Ranelagh 435; 4, Herne Hill 445; 5, South London 465; 6, Belgrave 476; 7, Hercules Wimb. 511; 8, Thames H&H 527; 9, Mitcham & Sutton 736.

**FINAL LEAGUE POSITIONS.**

1, Boxhill Racers 469; 2, Aldershot F&D 984; 3, Herne Hill 1206; 4, Thames H&H 1308; 5, Ranelagh 1360; 6, Belgrave 1406; 7, South London 1641; 8, Hercules Wimb. 1698; 9, Mitcham & Sutton 2213.

**BELGRAVE 10M CC CHAMPS.  
WIMBLEDON, 26 JAN 1991**

1, G.Teahan 60:26; 2, C.Dickinson 61:22; 3, M.Anderson 64:06; 4, J.Wah 65:05; 5, T.Williams 66:01; 6, R.Bale 66:53; 7, F.Riach 67:01; 8, D.Clack 68:55; 9, V.Butcher 69:32; 10, D.Anderson 71:54; 11, M.Graham 73:19; 12, J.Sexton 78:19; 13, D.McMillan 78:59; 14, L.McLean 79:09; 15, L.Morris 82:09.

Handicap: 1, G.Teahan (4:15) 56:11; 2, C.Dickinson (4:00) 57:22; 3, R.Bale (9:15) 57:38.

**SOUTH OF THE THAMES  
SENIOR CC CHAMPS.  
WEST WICKHAM, 2 FEB 1991**

1, M.Harris (Portsmouth) 35:52; 2, B.Reynolds (Tonbridge) 35:53; 3,

**Paul Evans: fastest  
half-marathon in the world  
for 1991**

Paul has been showing some cracking half-marathon form. On March 10th in cold, wet and windy conditions at Hastings he set up what was the fastest time by a Briton for the year - 63:30 - despite the course being hilly and not particularly to his liking. Put firmly into the minor places were Chris Robison, Simon Robert Naali of Tanzania, who was third in last year's Commonwealth

Games and who has a best of 61:47, and Nick Rose.

A £10,000 bonus had been on offer for anyone breaking 62:00 at Hastings and Paul's thoughts of possibly having had a go for it proved to be perfectly realistic when just a week later in Lisbon he ran an astounding 61:44! Four thousand runners took part but as the finishing stretch was reached it was down to a bunch of five until Paul kicked his way clear. Some well known names featured among the vanquished - Dave Long, Steve Jones, Hugh

Jones - and his time placed him at 6th on the all-time British list for the distance and fastest in the world for 1991 so far.

Other classy runs came on April 20th when the Belgravian clocked 47:17 for 7th place in the Trevira Twosome '10', set in New York's Central Park, and May 22nd when he failed to match the final kick of Paul Davies-Hale and Dave Lewis and was forced to accept an 8 second defeat in the Blackburn 5k road race; his time was 13:53.

S.Fairbrother (Boxhill Racers) 36:55; ... 32, O.Foote 38:39; 58, M.Lake 39:30; 63, I.Dent 39:36; 72, M.Webb 40:05; 76, P.Sanders 40:14; 91, D.Anderson 40:46; 97, N.Holland 40:55; 121, J.Wah 41:47; 141, T.Williams 42:37; 144, D.Clack 42:43; 208 finished.  
Teams: 1, Boxhill Racers 89; 2, Blackheath 195; 3, Thames H&H 220; ... 10 Belgrave 392; 18 teams closed in.

**NATIONAL CC CHAMPS.  
STOPSLEY PARK, LUTON,  
23 FEB 1991**

1, R.Nerurka (Bingley) 43:11; 2, D.Lewis (Rossendale) 43:21; 3, M.McLoughlin (Liverpool Pembroke) 43:29; ... 334; M.Webb 49:06; 532, G.Teahan 50:26; 713, R.Alsop 51:41; 955, J.Wah 53:07; 1020, D.Anderson 53:36; 1678, N.Clarke 58:17; 2170 finished.  
Teams: 1, Bingley 175; 2, Westbury 403; 3, Tipton 408; ...105, Belgrave 5232; 236 teams closed in.

**5x3.5M ROAD RELAY  
CHINGFORD, 9 MAR 1991**

1, Highgate 82:43; 2, Enfield 82:50; 3, Shaftesbury Barnet 84:00; 4, Belgrave A (M.Bizio 17:11, D.Maynard 16:52, J.Hobbs 16:42, F.Ward 16:40, O.Foote 17:14) 84:39; ... 2nd B team, Belgrave B (A.Paton 17:50, I.Dent 17:22, G.Pitts 17:15, M.Hayes 17:16, P.Sanders 17:59) 87:42; Belgrave C (M.Webb 17:35, M.Anderson 17:46, G.Teahan 17:03, J.Coy 19:47, L.Coy 20:54) 93:05; Belgrave D (R.Alsop 17:24, D.Anderson 19:03, V.Butcher 20:02, A.Clayton 19:30, no 5th runner).

**BELGRAVE  
5.75M CHAMPIONSHIP  
WIMBLEDON, 16 MAR 1991**

1, F.Ward 28:26; 2, M.Bizio 29:55; 3, C.Millbank 30:03; 4, R.Alsop 30:33; 5, M.Anderson 30:51; 6, C.Bond 32:40; 7, T.Williams 32:42; 8, D.Anderson 32:54; 9, D.Clack 33:03; 10, J.Coy 33:14;

11, V.Butcher 34:43; 12, L.Coy 35:07.

Handicap: 1, J.Coy (6:30) 26:44; 2, F.Ward (1:20) 27:06; 3, D.Clack (5:45) 27:18.

**TVH ROAD RELAY  
CRANFORD, 30 MAR 1991**

No Belgrave runners under 17 minutes on this sunny but blustery Easter Saturday. Perhaps the best performance came from 58 year old Laurie O'Hara who ran 19:09 in the 'C' team.

1, Swansea 81:05; 2, Boxhill Racers 82:54; 3, Highgate 83:02; ... 17, Belgrave A (G.Pitts 17:16 29th, C.Millbank 17:33 23rd, J.Gladwin 17:53 25th, G.Teahan 17:24 18th, J.Hobbs 17:27 17th) 87:33; 37, Belgrave B (R.O'Hara 18:28 56th, M.Anderson 17:39 41st, G.McGurren 19:08 49th, C.Dickinson 17:45 40th, O.Lewis 18:22, 37th) 91:22; dnf, Belgrave C (A.Armstrong 19:12 65th, A.Clayton 19:27 63rd, L.O'Hara 19:09 60th, S.Taylor 19:45 60th).  
Fastest times: 1, N.Adams (Swansea) 15:37; 2, I.Hamer (Swansea) 15:55; 3, P.Brett (Swansea) 15:57.

**BELGRAVE/SOUTHERN  
12 STAGE ROAD RELAY  
WIMBLEDON, 6 APR 1991**

1, Aldershot F&D 4:09:09; 2, Highgate 4:11:12; 3, Boxhill Racers 4:12:02; ... 6, Belgrave (F.Ward 25:08, G.Pitts 16:36, M.Bizio 28:05, S.Paton 16:34, J.Hobbs 26:05, I.Dent 16:55, G.Staines 23:54, C.Millbank 16:55, P.Evans 24:11, G.Teahan 16:40, O.Foote 26:44, D.Maynard 16:26) 4:14:13.

Fastest laps: Long. 1, E.Martin (Basildon) 23:43; 2, J.Sherban (Shaftesbury Barnet) 23:53; 3, G.Staines, (Belgrave) 23:54; 4, P.Evans (Belgrave) 24:11.

Short. 1, M.Rowland (Phoenix) 14:59; 2, S.Crabb (Enfield) 15:03; 3, I.Manners (Highgate) 15:35.

**NATIONAL  
12 STAGE ROAD RELAY  
SUTTON PARK, 27 APR 1991**

1, Tipton 4:04:13; 2, Shaftesbury Barnet 4:05:57; 3, Swansea 4:06:17; ... 34, Belgrave (G.Teahan 28:34, S.Paton 14:50, G.Adams 27:24, G.Pitts 15:16, O.Lewis 29:42, M.Bizio 15:10, J.Gladwin 27:23, O.Foote 14:44, M.Anderson 28:33, J.Hobbs 14:59, M.Lake 28:57, A.Paton 15:26) 4:20:58.

Fastest laps: Long. 1, E.Martin (Basildon) 25:03; 2, M.Hudspith (Morpeth) 25:11; 3, J.Sherban (Shaftesbury Barnet) 25:14.

Short. 1, R.Hollingsworth (Notts) 13:55; 2, B.Hussain (Stockport) 14:00; 3, M.Quinn (Highgate) 14:07.

**4x2.2K RELAY  
MORDEN PARK, 12 JUN 1991**

*JOHN WASBROUGH reports that Belgrave failed to maintain their grip on the Morden relay title, being pipped by Croydon Harriers for honours in blustery conditions. Croydon left it late in the race to make their mark after Belgrave had led from stage one until the fifth leg. Jon Hobbs, with a superb run of 6min 42 seconds, the fastest of the night, hoisted Bels in front from the start and then Mike Hayes increased the advantage to 53 seconds with a second leg in 6 min 52 sec. Bels continued the bright and breezy laps, though Croydon had trimmed their lead to 20 seconds by the end of the fifth leg. Suddenly the pressure was on the home club. Ron Harris came in at 6:54 for Croydon on the sixth leg to put his club 30 seconds clear and they held this lead over the final two laps.*

1, Croydon 57:20; 2, Belgrave (J.Hobbs 6:48, M.Hayes 6:52, J.Wah 7:17, I.Dent 7:07, D.Clack 7:25, V.Butcher 7:48, J.Mather 7:24, M.Lake 7:15) 57:56; 3, Colingwood 59:02. Belgrave 'B': P.Gardner 7:28, T.Grant 9:24.

Veterans 4x2.2km: 1, Belgrave (T.Stone 8:01, C.Taplin 8:09, J.Wasbrough 8:23, B.Laws 8:28)

# Track and Field

*"The team is on a roll ..."*

**BILL LAWS** reviews our start to the track and field season. The next edition of "The Belgravian" will provide full coverage of our Track and Field teams and individual members' performances. We have, however, included as many early season results as possible, and as we go to print the first indications are that this will be a bumper season for our men.

The first British League Division 1 Match was surrounded by controversy with Phil Spivey, Gavin Teahan and Marcello Bizio being declared ineligible to compete due to a rule change and administrative problems. We won't bore you here with the details as a protest has been lodged, but nonetheless Belgrave finished in second spot way behind a full strength Haringey, but with one of our chief rivals - Birchfield - finishing in 8th spot. Surely a position they will seek to rectify in the matches ahead.

As usual, there are four British League matches in the season with 6 Southern League matches. To avoid fixture clashes the Southern League starts first - usually the first weekend in May, and by the end of May two matches have been completed and patterns emerge. Clearly our 'B' team, promoted last year to Division 1 of the Southern League, looks to be more than able to hold its own in some elite company. Indeed after two matches the 'B' team is in 5th place in Division 1 of the Southern League.

Good though that is, things look even brighter in Division 6 where our 'C' team men are really enjoying themselves having clocked two wins to be a close 2nd at the third of the distance mark.

The months ahead will be very eventful for all our track and field team members and we look forward to reporting some fine performances, both individual and team at the end of the '91 season.

## BRITISH ATHLETICS LEAGUE DIVISION 1

BARNET COPTHALL STADIUM, 11 MAY 1991

*League and Club Records from Mike Edwards*

*Ridgeon makes his Belgrave debut*

100m: 2, L.Paul 10.47; 6, M.Bazire 11.01. 200m: 1, J.Regis 20.93; 2, J.Ridgeon 22.12. 400m: 5, J.Busk 50.46; 7, M.Bazire 50.59. 800m: 2, D.Maynard 1:53.21; 6, D.Scott 1:58.50. 1500m: 3, J.Chaston 3:54.9; 2, G.Adams 3:55.89. 5000m: 1, P.Evans 14:18.02; 4, F.Ward 14:51.5. 110mH: 2, J.Ridgeon 14.23; 6, A.Carter 15.27. 400mH: 5, P.Beaumont 54.24; 2, N.Hammersley 54.16. 3000mSC: G.Teahan and M.Bizio both disqualified. HJ: =3, A.Hutchinson 2.00; 3, S.McLean (Y) 1.95. LJ: 7, M.Edwards 5.36; -. TJ: 8, D.Browne 14.00; -. PV: 1, M.Edwards 5.36 (BAL Record) SP: 1, A.Ekoku 16.56; 3, P.McKay 14.48. DT: 2, A.Ekoku 55.18; 2, C.Symonds 47.54. JT: 3, N.Bevan 69.62; 3, J.Bridges 54.16. HT: 6, P.McKay 45.64, P.Spivey disq. 4x100m: 4, Belgrave 41.72. 4x400m: 7, Belgrave 3:27.26. Teams: 1, Haringey 402 (8); 2, Belgrave 282 (7); 3, Thames

Valley 275 (6); 4, Shaftesbury Barnet 265 (5); 5, Woodford Green 244 (4); 6, Newham & Essex 238 (3); 7, Wolverhampton & Bilston 230 (2); 8, Birchfield 215.5 (1).

ENFIELD, 22 JUN 1991

*Bels. 2nd Again*

With the GB v Germany match on the previous Wednesday, the Belfast meeting the day before and the selection meeting for the World Student Games team the day after, it was clear that we would be well below strength in several events and so it proved. But although we were lying last for half the match, some excellent performances squeezed us up to second place, (the first time we've gained two second places in one season) to put us in clear second spot in the league.

In the sprints it was great to see Marcus back winning the 'B' with Lennie proving the point that he should have the 'A' slot with a marginally faster time. But in the 200 metres Marcus powered round the bend, coasted the straight, and ran a new BAL record of 20.86 to erase John Regis' 20.88. The wind, at +2.2mps was reminiscent of the positive conditions at Auckland but nothing should detract from

Marcus' welcome return to form. Jon Ridgeon jettied in from Belfast to win the 'A' 110 metre hurdles in a best time since his welcome return from injury while Paul Beaumont made it a unique hurdles double by winning a fine 'A' 400 metre hurdles in a season's best.

Stuart Paton is back! He's been sidelined for some time with illness but after keeping off the pace and following for most of the race we saw a flash of the old change of speed and our man was there. Another win.

Marcello had a bet with Bill Laws that he would break 9:20 but in bad conditions it wasn't to be. He did, however, run a pb to get 3rd in the 'A' and the bet was off! A fitting reward.

Paul Evans ran a superb '5000'. Winding up the pace five laps out, he recorded a sub-14 effort running the last mile in 4:16. Ollie Foote ran a 62 second last lap to reel in Gentry of Newham to gain a fine second place in the 'B'.

The field events saw several of our new members making their debuts. Ray Chambers acquitted himself well in the javelin while Darrin Morris threw a lifetime best to win the discus in 58.58 to push the UK's European representative down to second place. Sadly Abi missed his first BAL match due to injury but Chris Symonds showed what a great Club man he is by doing all throws and massing vital points which helped us to beat Birchfield by just two points.

Another newcomer, Dylan McDermott, provided us with a unique double, winning the 'B' pole vault - again in a season's best of 4.70 metres - behind the ubiquitous Mike Edwards who somehow managed 5.25 metres despite a stomach muscle pull. What a competitor!

Otherwise, the jumps were generally decimated by injury with the exception of the high jump where Warren Caswell leapt a season's best of 2.15 metres to get close to Dalton Grant. But perhaps the most gratifying moment was seeing



*The take-over zone. In the middle of the melee Jay Busk hands the baton to Darryl Maynard in BAL match 1. photo: Alan Mead*

Ian Wells gain his 400 metre hurdles place on merit. A team manager's dream - always turning up and covering a whole range of events having scored many points at his specialist events. This year he has run several personal bests, much to our pleasure. The team is on a roll and its members are glad to be part of it!

**100m:** 4, L.Paul 10.43w; 1, M.Adam 10.47w. **200m:** 1, M.Adam 20.86w; 4, P.Goedluck 22.06. **400m:** 8, J.Busk 50.69; 7, I.Wells 50.58. **800m:** 6, D.Maynard 1:53.68; 6, D.Scott 1:57.06. **1500m:** 1, S.Paton 3:55.96; 5, C.Ogle 4:00.98. **5000m:** 1, P.Evans 13:59.21; 2, O.Foote 14:31.76. **110mH:** 1, J.Ridgeon 14.01w; 2, A.Carter 15.20. **400mH:** 1, P.Beaumont 52.23; 3, I.Wells 54.30. **3000mSC:** 3, M.Bizio 9:26.46; 2, M.Hayes 9:40.70. **HJ:** 2, W.Caswell 2.15; 6, M.Davis 1.50. **LJ:** 8, A.Aitken 6.31; 7, M.Davis 6.21w. **TJ:** 7, A.Amadi 14.08w; 8, A.Aitken 12.71. **PV:** 1, M.Edwards 5.25; 1, D.McDermott 4.70. **SP:** 8, C.Simmons 14.17; 6, D.Morris 13.02. **DT:** 1, D.Morris 58.58; 4, C.Simmons 46.14. **JT:** 5, R.Chambers 63.82; 8, C.Simmons 30.70. **HT:** 8, C.Simmons 32.92. **4x100m:** 3, Belgrave (L.Paul, P.Goedluck, J.Ridgeon, M.Adam) 40.99. **4x400m:** 5, Belgrave (J.Busk 50.80, D.Maynard 49.00, D.Scott 51.00, P.Beaumont 48.92) 3:19.72.

**Teams:** 1, Haringey 359 (8); 2, Belgrave 295 (7); 3, Birchfield 293 (6); 4, Thames Valley 281 (5); 5, Shaftesbury Barnet 258 (4); 6, Woodford Green 234 (3); 7, Wolverhampton & Bilston 230 (2); 8, Newham & Essex 206 (1).

**BAL - positions after two matches**

1	Haringey (761)	16
2	BELGRAVE (577)	14
3	Thames Valley (556)	11
4	Shaftesbury (522)	9
5	Birchfield (508.5)	7
6	Woodford Green (478)	7
7	Newham & Essex (444)	4
8	Wolverhampton (460.5)	4



**SURREY CHAMPIONSHIPS PART ONE KINGSMEADOW, 20 APR 1991**

The highlight of this low key part one of the Surrey Track and Field Championships was Frank Ward's bronze medal in the 10,000 metres with Roger Alsop in 6th place passing the '5000' mark in a pb. Frank was the front runner for all but the last 300 metres when he was jumped first by Woking's Terry Booth and then by the eventual winner.

**10000m:** 3, F.Ward 31:04; ... 6, R.Alsop 32:31.2.

**SOUTHERN LEAGUE DIV. 1 CROYDON, 4 MAY 1991**

**100m:** 5, G.Warr 11.6; 3, M.French 11.3. **200m:** 5, G.Warr 23.1; 3, M.French 23.0. **400m:** 4, M.Ramshaw 53.7; 3, D.Grierson 54.6. **800m:** 4, D.Scott 2:00.3; 2, A.Paton 2:03.1. **1500m:** 5, D.Scott 4:15.2; 1, A.Paton 4:15.5. **5000m:** 2, J.Hobbs 15:38.5; 2, J.Estall 15:20.3. **110mH:** 3, G.McKernan 16.9; 4, C.Knight 21.9. **400mH:** 4, M.Ramshaw 59.1; 2, C.Knight 62.4. **3000mSC:** 1, M.Bizio 9:36.6; 1, C.Millbank 9:40.1. **HJ:** 1, S.McLean (Y) 1.95; 1, G.McKernan 1.90. **LJ:** 2, T.Blanchard 6.95; 3, M.Davies 6.21. **TJ:** 3, A.Amadi 13.22; 3, M.Davis 11.36. **PV:** 1, G.McKernan 4.00; 4, R.Bridges 2.10. **SP:** 1, M.Small 12.34; 3, S.Brooks 9.26. **DT:** 3, M.Small 35.34; 2, S.Brooks 32.78. **JT:** 4, M.Small 42.62; 1, S.Brooks 42.34. **HT:** 2, M.Small 42.56; 4, R.Bridges 21.30. **4x100m:** 5, Belgrave 46.0. **4x400m:** 3, Belgrave 3:31.2.

**Teams:** 1, Blackheath 123; 2, Belgrave 116; 3, Ilford 104; -4, Harlow and North London 94.

**SOUTHERN LEAGUE DIV. 6 WALTHAMSTOW, 4 MAY 1991**

Individual results are not to hand

at the present and will be published in the next issue but the match resulted in a fine win for the "Claret and Gold"

1, Belgrave 150; 2, GEC Avionics 136; 3, Eton Manor 113; 4, Loughton 72. Mitcham & Sutton did not show up.

**SURREY CHAMPIONSHIPS PART TWO CROYDON ARENA 18/19 MAY 1991**

Our men acquitted themselves with distinction. It was great to see Graham Adams back after illness and Ollie Foote defending his 5,000 metre title with gritty determination. Duane Hart looked good in the 400 while Gavin Teahan surprised with a classy 3,000 metre steeplechase.

It was in the field that our new members gave us a glimpse of a rosy future. Leith Marar won both the shot and discus, and Andy Hutchinson the high jump - all with first class performances - while the gutsiest performance went to Dylan McDermott who vaulted to silver with a broken finger.

**100m:**hts. L.Campbell 11.5. **400m:** 1, D.Hart 49.3; 3, J.Busk 49.9. **800m:** 3, G.Adams 1:53.8. **1500m:** 11, R.Alsop 4:10.8. **3000mSC:** 2, G.Tiernan 9:15.1. **5000m:** 1, O.Foote 14:28.4; 3, S.Paton 14:41.8; 8, F.Ward 14:52.5. **110mH:** G.McKernan 16.8. **HJ:** 1, A.Hutchinson 2.10; 6, G.McKernan 1.90. **LJ:** 3, S.Wyld 6.64. **PV:** 2, D.McDermott 4.60. **SP:** 1, L.Marar 15.01; 3, G.McKernan 11.68. **DT:** 1, L.Marar 47.82.

**ROSENHEIM LEAGUE BATTERSEA PARK, 22 MAY 1991**

**100m:** 1, M.Bazire 11.3. ns. (a) 1, M.Antoine 11.9. (b) 1, J.Carr 12.4; 5, I.Atkins 14.0. (c) 3, T.Blanchard 11.9. **200m:** 1, M.Bazire 22.8. ns. (a) 1, C.Husbands 25.2; 6, I.Atkins

**Gavin Teahan stretches the field in a Rosenheim League 1500m.**

photo: Charles Dickinson

29.1. (b) 5, J.Carr 24.3; 6, S.Dominetto 24.6. **800m:** 1, B.Reid 1:58.0. ns. (a) 2, D.Clack 2:06.5; 3, S.Booth 2:07.8. (b) 3, M.Bowers 2:05.9. **1500m:** 2, D.Scott 4:07.7. ns. 1, G.Teahan 4:02.3; 2, R.Alsop 4:13.3. **3000m:** 6, A.Luce 9:28.9. ns. 17, D.Anderson 9:56.9; 18, D.Clack 9:59.6; 20, A.Stone 10:04.3. **TJ:** 1, T.Blanchard 14.17. **PV:** 3, C.Husbands 2.80. **DT:** 2, M.Small 39.20. **HT:** 2, M.Small 45.68.

**Teams:** 1, Mitcham & Sutton 48; 2, Belgrave 44; 3, Croydon 41; 4, Hercules Wimb. 39; 5, Herne Hill 36; 6, South London 33.

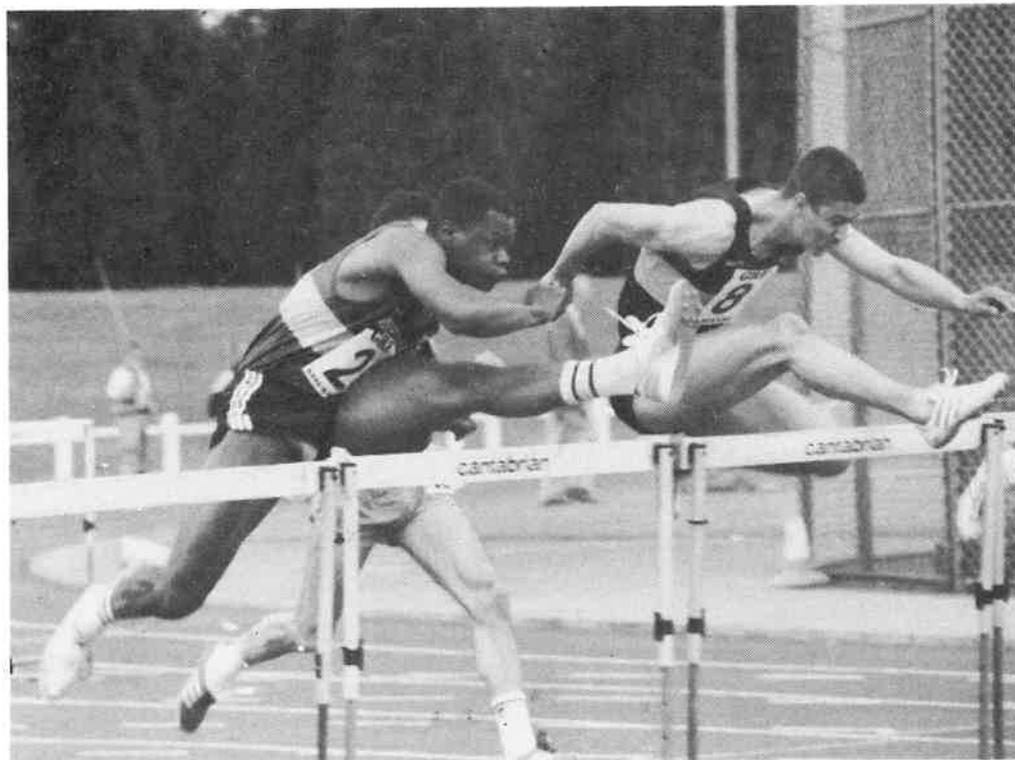
**SOUTHERN LEAGUE DIV. 1 BASINGSTOKE, 25 MAY 1991**

**100m:** 2, P.Goedluck 10.8; 4, M.French 11.3. **200m:** 1, P.Goedluck 22.2; 4, M.French 23.2. **400m:** 1, D.Hart 49.6; 2, C.Knight 51.9. **800m:** 5, M.Anderson 1:57.8; 3, A.Paton 1:59.8. **1500m:** 1, S.Paton 3:53.7; 3, J.Barry 4:21.4. **5000m:** 5, G.Pitts 15:42.2; 3, C.Millbank 16:09.3. **110mH:** 4, I.Wells 15.5; 3, G.McKernan 16.4. **400mH:** 2, I.Wells 55.0; 2, C.Knight 58.7. **3000mSC:** 4, C.Millbank 10:13.7; 3, L.Lyons 10:37.6. **HJ:** 1, W.Caswell 2.10; 1, H.Lindo 2.10. **LJ:** 4, A.Aitken 6.42; 3, S.Wyld 6.33. **TJ:** 3, A.Amadi 13.35; 1, A.Aitken 13.30. **PV:** 1, D.McDermott 4.50; 2, G.McKernan 3.45. **SP:** 3, M.Small 11.47; 3, S.Brooks 9.59. **DT:** 2, M.Small 40.74; 3, S.Brooks 31.98. **JT:** 5, M.Small 44.14; 4, S.Brooks 40.12. **HT:** 3, M.Small 44.22; 5, S.Brooks 18.22. **4x100m:** 3, Belgrave 44.2. **4x400m:** 1, Belgrave 3:24.4.

**Teams:** 1, Hounslow 144.5; 2, Belgrave 116; 3, Basingstoke 112.5; 4, Medway 90; 5, Newham & Essex 75.

**SOUTHERN LEAGUE DIV. 6 HORSHAM, 25 MAY 1991**

**100m:** 3, S.Dominetto 12.1; 3, G.Sagar 12.3. **200m:** 1, S.Dominetto 24.0; 3, G.Sagar 24.7. **400m:** 2, D.Winson 53.5; 3, N.Clarke 54.9. **800m:** 2, N.Clarke 2:01.6; 2, M.Bowers 2:07.8. **1500m:** 2, A.Armstrong 4:16.5; 2, O.Lewis 4:25.0. **5000m:** 2, R.Alsop 15:31.5; 1, M.Lake 15:48.7. **110mH:** 1, M.Lindsay-Bayley 18.5; 3, R.Bridges 23.3. **400mH:** 4, R.Harding 67.0; 2, M.Lindsay-Bayley 72.2. **3000mSC:** 2, R.Harding 10:23.1; 1, T.Dowdall 11:18.1. **HJ:** 3, M.Lindsay-Bayley 1.65; 1, G.Sagar 1.60. **LJ:** 2, M.Lindsay-Bayley 5.64; 2, J.Druce 5.43. **TJ:** 1, J.Druce 12.51; 2, M.Lindsay-



**Adrian Carter takes the second flight in the BAL match 2 B high hurdles. He gained 2nd place with 15.2 photo: Alan Mead**

**Track and field results continued ...**

Bayley 11.03. PV: 4, R.Bridges 1.50. SP: 3, M.Lindsay-Bayley 9.16; 2, G.Sagar 8.96. DT: 4, M.Lindsay-Bayley 20.78; 4, G.Sagar 20.14. JT: 1, G.Sagar 38.73; 3, M.Lindsay-Bayley 28.94. HT: 4, R.Bridges 21.88; 5, M.Lindsay-Bayley 15.76. 4x100m: 5, Belgrave 56.6. 4x400m: 3, Belgrave 3:36.4. Teams: 1, Belgrave 122; 2, Cambridge 119.5; 3, Queens Park 117; 4, Redhill & Surrey 104.5; 5, Thurrock 59.

**ROSENHEIM LEAGUE  
CRYSTAL PALACE,  
6 JUN 1991**

100m: ns. (a) 3, M.Antoine 12.1 (b) 2, S.Dominetto 12.1. 200m: ns. (a) 1, J.Carr 23.9; 2, S.Dominetto 24.1; (b) 2, M.Antoine 24.3. 400m: 3, T.Palmer 53.3. ns. 2, R.Alsop 57.1. 800m: 1, S.Paton 1:58.0. ns. 1, D.Winson 2:00.9; 2, W.Clarke 2:01.4; 3, R.Alsop 2:03.8; 5, D.Clack 2:05.5. 3000mSC: 6, D.Anderson 10:12.2. JT: 5, I.Atkins 14.32. Teams: 1, Croydon 61; 2, Hercules Wimb. 45; 3, Mitcham & Sutton 43; ... 6, Belgrave 15.

**PEARL ASSURANCE UK  
CHAMPS  
CARDIFF, 8/9 JUN 1991**

The outstanding Belgrave performance in the UK Championships was the 200m win by John Regis. Held in very windy conditions which affected times in all track events, John stormed round the bend into a 3.5 m/s wind and then

eased as he approached the tape, comfortably holding off Michael Rosswess and Roger Black to win in 21.24 sec.

100m: 6, L.Paul 10.76; sf. 6, P.Goedluck 11.24. 200m: 1, J.Regis 21.24 (21.17ht); 4, M.Adam 21.76 (21.62ht); ht. 4, P.Goedluck 22.06. 800m: ht. 4, D.Maynard 1:53.00; 5, D.Scott 1:54.17. 3000m: 8, J.Chaston 8:24.29. 10000m: 6, P.Evans 28:56.69. 110mH: 5, J.Ridgeon 14.37. 400mH: ht. 5, I.Wells 55.01; 4, P.Beaumont 52.98; 4, N.Hammersley 54.31. HJ: 5, A.Hutchinson 2.10; 6, H.Lindo 2.10. PV: 7, D.McDermott 4.50. DT: 3, D.Morris 52.82; 14, C.Symonds 45.12. JT: 11, R.Chambers 58.80.

**SOUTHERN COUNTIES AA  
CHAMPS.  
CRYSTAL PALACE,  
14-16 JUN 1991**

The high jump turned out to be a parade event for the Bels. with Roger Tepuni leading the way and winning the event at 2.15 metres. He had cleared 2.00, 2.05 and 2.10 all with first attempts before requiring three efforts at his winning height. Second and third places went to Andy Hutchinson and Warren Caswell, both having cleared 2.10.

Our other win of the meeting came from Fred Salle; not only was his winning leap of 7.60 metres in the long jump 37 centimetres clear of the next man, but every one of his other five jumps would also have given him first place. Lenny Paul found himself outgunned by up and coming youngster Jason Livingstone in the 100 metres. Two days earlier in

Limerick, Ireland, Lenny had comfortably beaten his rival 10.59 to 10.81 to win in the Ireland v England v Russia match, but back at the Palace Livingstone turned the tables to gain a two metre victory.

100m: 3, L.Paul 10.56. 400m: ht. 5, I.Wells 49.99; 3, J.Busk 49.54. 800m: 4, R.Turner 1:52.07 (1:51.26 ht); 8, D.Scott 1:54.96 (1:54.50 ht). 5000m: 16, O.Foote 14:56.42. 110mH: 7, I.Wells 15.44. 400mH: 2, P.Beaumont 53.36; 6, I.Wells 53.89. 3000mSC: 6, G.Teahan 9:18.37. HJ: 1, R.Tepuni 2.15; 2, A.Hutchinson 2.10; 3, W.Caswell 2.10; 9, G.McKernan 1.80. LJ: 1, F.Salle 7.60; 16, S.Wyld 6.24. PV: 3, D.McDermott 4.60. SP: 9, C.Symonds 14.23. DT: 8, C.Symonds 46.60; 10, G.McKernan 39.32. JT: 4, R.Chambers 59.08.

**The Welsh Championships at Cardiff on June 1st gave Justin Chaston the chance to show off his steeplechasing skills. He was first through the tape in 8:54.0**

**Promising a fine season to come, Mike Edwards cleared 5.30 in a pole vault competition in Oregon on February 17th but then in the opening British League fixture on May 11th he took the league record, club record and his personal best to new heights with 5.36m.**

**22.79 for Regis!**

It was in an unaccustomed 3rd place over 200 metres that John Regis found himself at the Welsh Championships on June 1st - and with a time of 22.79 as well! There had been the little matter of ten flights of 2'6" barriers to negotiate along the way, however. The race had been set up as an attack on the 1960 World Best of 22.69, set by American Glen Davis when he was Olympic Champion. The other main contenders, apart from John, were Colin Jackson and Nigel Walker. Our man used to hurdle at school and was reported before the event to have stated that once around the turn, Jackson and the rest would "just see my back". As it turned out though, European 110 metre hurdles Champion Jackson was in top form in his first race of the season and it was he who set new World figures with 22.63. Walker came home in 22.77 while John's time equalled the old European Best set in 1982 by Axel Schaumann of the Federal Republic of Germany.

**Marcus finding good form**

Marcus Adam has been laying down a platform of solid performances during the early season and it could well be that we will see him spring right back into the spotlight come the races that really matter. In Europe's first IAAF/MOBIL Grand Prix of 1991, held at Bratislava on June 4th, he placed 5th over 200 metres in 21.18. At Dijon in France on June 15th he raced to a clear victory over the Bulgarian champion Nikolai Antonov, 20.63 to 20.82. For good measure at Dijon he also took the "C" 100m race, facing a 2.3mps headwind, in 10.64. Incidentally Marcus's 200m time at this meeting equalled his legal pb, although his Commonwealth Games winning 20.10 was only marginally wind assisted.

**Gary Staines cracks his 10,000m best.**

Grand Prix meetings get off the ground a little earlier in the States, of course, and at San Jose in the Bruce Jenner meeting on May 25th Gary Staines clocked an outstanding 7:47.20 for 3000 metres. In the GB v Germany match at Crystal Palace he clocked an almost identical 7:47.95 but was outkicked in the closing stages by Rob. Denmark. Gary went on to place second in the European Cup 5000 metres, the only man in the field prepared to attempt to go with Antibo of Italy, and he was rewarded with 13:35.08. But then the real stunner came at the Bislett Games in Oslo on Saturday 6th July when he smashed his pb and club record for the 10000 metres, finishing 6th in 27:48.73 and removing just over 24 seconds from his previous best in the process.

**European Best and then the fastest man in the world falls to Regis.**

John suffered a defeat by Linford Christie over 200 metres at the Palace in the match v. Germany but bounced back a few days later to break the European Best for 300 metres in Belfast on

June 21st. His time of 31.99 put him well ahead of Roger Black, the previous holder of the "record". Then came another slightly disappointing performance at the European Cup where John did not like being pushed into 2nd spot by France's Trouabal. A scintillating 21.12 clocking in Lausanne on July 10th then hinted that he was back at his very best and didn't the 100 metre World Record holder Leroy Burrell know it after he had been shunted into the also-ran spot at the Parcelforce Games. Things are looking good for the burly Belgravian.

**Bill Lucas stars at the Palace**

While Jon Ridgeon was running the B hurdles at the Parcelforce Games, and Mike Edwards was getting over 5.20, and Lenny Paul, Fred Salle and new signing Ikem Billy were in action, a member with a few more years services than those was also putting in an effort along the Crystal Palace home straight. Yes, it was Southern Counties Life Member Bill Lucas - presenting awards to some of the victors. We did not notice him following one of the latest trends, that of handing out autographed photographs to the eager spectators!



*Above: Chris Husbands watches his discus wing its way into the lead in the Club Championships at Battersea Park. photo: Alex Apperley.*



*Left: Paul Evans (1) drifts to the front of the pack before turning up the heat. He took the A race comfortably in the first two BAL 5000m races, backed up well by Frank Ward (2), also shown left, in match 1 and Ollie Foote in match 2. photo: Bill Laws*

