

Bill Lucas – A Belgravian 70 Years On

It was on 6th February 1936 that Bill Lucas, then a young man of 19, joined Belgrave and thus embarked on an illustrious career in Athletics, culminating in his running the 5000 metres for Great Britain at the 1948 Olympics in London at the age of 32.

However this was not before he had served his Country well as an RAF pilot in World War 2, being one of the legendary “Pathfinders”, for which he was duly awarded the DFC. It was one of his biggest regrets that he missed the Olympics of 1940 & 1944, which were not held due to the War.

Until his retirement from active competition in the early 1950’s Bill was a mainstay for many Belgrave teams at various distances over Road, Cross Country and Track. He became Surrey champion at 1, 3 and 6 miles and was placed in Southern and AAA Championships at 3 miles.

He was also a prominent member of Surrey CC teams for many years and represented England and Great Britain on a number of occasions

With competition behind him, Bill then devoted his attentions to the administrative side of our sport and after many continuous years service on numerous committees he became,



at various times, President of Surrey County AA, President of the South of the Thames CC Association, President of the Southern Counties AAA and Chairman for 5 years, President of the Southern Counties CC Association, and was eventually made a Life Member of the SEAA.

Other “strings to his bow” included being Surrey County Team Manager, President of the Insurance AAA, a Grade 1 announcer and a graded track referee.

For Belgrave, he was made a life member in 1948 and President on two separate occasions. This accolade has only been awarded to one other person in the Club’s history. Bill was our Road and CC Secretary for 17 years, and has served on our Main Committee, and a number of associated sub-committees, ever since. He is also a Club Trustee.

Not content with the above Bill has acted as toast master at the Club’s annual dinner/dance for some 50 years, and back in the sixties acted as Father Christmas at parties for members’ children. On retiring at 65 from his insurance career he took up golf and played at club level for 20 years.

Even now, at the age of 89, Bill still attends all our Main Committees and gets involved in all discussions, demonstrating an alert and perceptive mind on every issue. In particular he has followed very closely the progress on the current plans to modernise athletics and is very positive in which way he thinks the future should lie.

Bill’s contribution to athletics and Belgrave in particular is truly remarkable and it was felt that this 70th anniversary should not go unmarked. Consequently at our main committee meeting recently our President, Brian Pritchard, presented Bill with a bottle of Champagne to mark the occasion. Brian remarked, “long may he continue to serve” – a comment we all heartily endorse.

Gordon Biscoe

Road & Country

SEAA CC Champs., Bicton Park, Devon, 28 January 2006.

A race too far!

As usual, when it comes to the “Southern,” we seem to find difficulty in turning out teams for the men’s 15 km race; and when the venue is nigh on 200 miles from London the task is even harder. The Belles did manage, it with a foursome that travelled by train on the day. Sarah Murphy ran her normal aggressive race to lead them home and a respectable 13th team place was their lot. Catherine Eastham had a particularly good run.

In the men’s 15 km we had just three runners. Tim Watson protested that he was not really that fit but nevertheless claimed 27th place and took our Endurance Cup as first Belgravian home. For Will Cockerell a nine mile jaunt around the Devon hills was a break from driving from London to Cumberland (taking the silly route) and he was chased hard by Warren Lynch who ran an excellent four or five miles before sagging in the second half.

Men’s 15km. 1 D Mitchinson (Newham &EB) 49:19; 2 W Levett (Bedford &C) 49:24; 3 K Heywood (Bristol &W) 49:25; 27 T Watson 52:16; 58 W

Cockerell 54:16; 129 W Lynch 57:56; 551 finished.

Teams: 1 Bedford &C 165; 2 Newham &EB 218; 3 Herne Hill 223.

Women’s 8 km. 1 L Elliott (Winchester &D) 28:42; 2 J Wright (Shaftesbury B) 29:42; 3 K Hazlitt (Winchester &D) 30:06; 31 S Murphy 32:26; 96 L Cooper 36:39; 102 M Heaton 37:01; 115 C Eastham 37:36; 231 finished.

Teams: 1 Winchester &D) 36; 2 Shaftesbury B 37; 3 Woodford GwEL 88; 13 Belgrave 344.

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Sarah Murphy – first Belgravian home in all four league races, and again in the Southern – and then the National as well,

Women's Surrey Cross Country League, Race 4
Petersham, 4 February 2006.

Belles runners up again

Runners up again! Once again there was no stopping the girls in blue as Ranelagh Harriers rounded off the league season by taking the fourth and final league match comfortably – just as they had the previous three. But if the Belles found the gap unbridgeable in 2005-6, the rest of the clubs in the league found life even more difficult as a similar void was apparent between our girls and the rest. With Ranelagh winners the previous season and the Belles being victorious the winter before that, the league seems to be turning into a two horse race.

Yet again Sarah Murphy spearheaded the Belgrave attack, maintaining her 100 percent record in the Plate Competition, but Caroline Shanklyn provided a welcome addition to the ranks and her 11th place shows that if we can get everyone out next season there is a good chance that we can pull Ranelagh back.

Megan Evans was rewarded for her consistent running in the Under 13 Girls' races by being awarded second place overall in her age group.

1 J Bleasdale (Thames H&H) 20:51; 2 R McNicholas (Herne H) 21:14; 3 J Ronaldson (Ranelagh) 21:20; 6 S Murphy 21:33; 11 C Shanklyn 22:14; 14 J Clark W40 22:22; 17 H Smethurst W40 22:45; 37 L Cooper 23:51; 70 C Eastham 25:03; 155 finished.

Teams: 1 Ranelagh H 35; 2 Belgrave H 85; 3 South L 114; 4 Wimbledon W 114; 5 Thames H&H 127; 6 Stragglers 165.

Final League positions: 1 Ranelagh H 196; 2 Belgrave H 332; 3 South London H 566; 4 Thames H&H 601; 5 Wimbledon Windmilers 639; 6 Stragglers 691; 20 Belgrave H 'B' 1949; 39 Belgrave H 'C'; 43 teams (including 'B' and 'C' teams) took part.

Under 13 Girls. 1 E Gorecka (Dorking & MV) 13:32; 4 M Evans 14:16; 35 finished. Overall: 1 E Gorecka (Dorking & MV) 4pts; 2 M Evans 8pts.

"Sweatshop" Surrey Cross Country League, Race 4
Coulson, 4 February 2006.

Herne Hill take the league win

There was no drama on Farthing Downs and Herne Hill Harriers, who have turned out winning teams right through the series, made certain of their first Surrey League win in a generation.

For the Bels there were two gems. First of all Joseph Taylor-Holland ran an inspired race to take an Under 13 win - and combined with his forward placings in the previous three races this gave him the title of best individual in his age group. Well done to him!

The other was the pleasure of seeing David Anderson in racing mode once again. He tore away from the start, heading up the long slope to the cafe on the hill, with Mike Trees in tow, as if he meant to break away from the field. On the return to complete the first lap, Reigate's Paul Rodgers was two metres ahead of David while our second scorer was still Mike, 20 metres ahead of the Skipper. But Mike was already suffering: scheduled to race a duathlon the the next weekend, he ran the first part of this race very fast to put himself into oxygen debt – the situation in which he would find himself the following week when mounting his bike. Will and Tom Ellacott were making up much ground now while up front Rodgers had got away from David, who then found himself being attacked by Herne Hill's Ian Lockett.

And so we ran out fourth - and ended up third overall. Our new Vice Captain David Anderson seemed a little disappointed - but with only a month's training behind him it hinted at huge possibilities for the big events on the horizon. Will's grip on the Cross Country Plate is now unassailable and he doesn't even have to turn out for the "National" to hold on to his prize - though we'll bet he does. Truly, nobody seems to be able to beat the Cockerpillar and his triumphant tour around Parliament Hill will be his 30th consecutive "Plate Run."

1 P Rodgers (Reigate P) 27:59; 2 D Anderson (Belgrave) 28:07; 3 I Lockett (Herne H) 28:13; 14 W Cockerell 29:18; 20 M Trees M40 29:38; 22 T Ellacott 29:43; 26 P Willis 30:03; 41 T Weeks 31:01; 43 W Lynch 31:07; 53 M Humphrey 31:37; 59 J Webb 31:59; 84 S Ryan 33:40; 86 M Taylor M40 33:58; 98 J Lynch 35:31; 105 R Norville 36:04; 118 H Corbett 38:45; 124 L Rehn 40:56.

Teams: 1 Herne H 151; 2 Thames H&H 262; 3 South L 313; 4 Belgrave 343; 5 Guildford & G 474; 6 Reigate P 550; 7 Kingston & P 550; 8 Walton 597.

Final League positions: 1 Herne H 684; 2 Thames H&H 949; 3 Belgrave H 1351; 4 South L 1416; 5 Guildford & G 1892; 6 Reigate P 2034; Kingston & P 2206; 8 Walton 2428.

Under 13. 1 J Holland-Taylor 17:21.

Chichester 10 km inc. AAA Championship, 5 February 2006.

Girls strike gold in AAA 10k

With our men's team collapsing around our ears as the race neared, any hopes of medals for a fifth successive year seemed to be slipping away - Hassan Raidi pulled out with a bad back and Al Stewart was ruled out by the onset of a cold. But we still had three men, even though Stephen Sharp's journey down to Chichester was marred by a puncture and a slight calf muscle problem was bothering Richard Ward, who tried himself out the day before with a nippy 5k in Bushey Park. Auckland Karl O'Connell made up the bare minimum required for a team. We had four women in the race but with two of them having run in the previous day's cross country league, medals here were not even thought of.

But if we had problems then so did others. Highgate were without Ben Noad, the Beagles lost a couple - including the previous week's SEAA Cross winner Dave Mitchinson who was racing on the continent, Team Southampton were down to two men - and so it went on.

It was a classy race, nevertheless, with the real eye-opener being Kent AC's Jermain Mays, stepping up in distance to claim third place. Team of the moment Wells City had obviously romped it and Altrincham had the Norman brothers right near the front (but were missing Jason Ward racing at Dewsbury). Amazingly, when the times were added up, we

realised that we had maintained our five-year streak of medalling in this event.

What a debut for Karl O'Connell - closing in our team in his first race for the Bels. and picking up a AAA gong.

Birhan Dagne found herself in trouble, suffering from the return of a knee problem, but as it was a one lap course there was no point in pulling out. She slowed but kept going forward, completing the race two minutes slower than in 2005. What a good job she did, for with 'Jules' Clark and Tilly Heaton finishing not too far behind, the team were amazed to find that they had snaffled silver medals - and were a mere seven seconds behind the winners, Arena 80. But there was more drama to come as two days later it became clear that the results showed an ineligible runner among Arena 80's squad and the Belles were upgraded to GOLD!

Men. 1 P Riley (Leigh) 29:02; 2 K Cullen (Highgate) 29:24; 3 J Mayes (Kent) 29:40; 11 S Sharp 30:09; 29 R Ward 31:51; 40, K O'Connell 33:27; 840 finished.

Teams: 1 Wells City 1:31:14; 2 Belgrave 1:35:27; 3 Newham & EB 1:36:34.

Women. 1 H Yelling 32:31; 2 N Harvey (South L) 33:53; 3 J Wright (Shaftesbury B) 33:57; 10 B Dagne 35:47; 19 J Clark 2nd-W40 37:57; 31 M Heaton 38:58; 88 C Eastham 44:49; 534 finished.

Teams: 1 Belgrave 1:52:42; 2 Brighton & H 2:03:18.

National CC Champs., Parliament Hill, 26 February 2006.

The 'National' - a satisfactory day

All in all, the 2006 edition of the "National" was a satisfactory affair. Parliament Hill is a tough course and its tendency to degenerate into a quagmire after half a dozen races, together with the long uphill start, has meant that it has never been a favourite for our teams in spite of it being "local". But the mud is nothing like as bad as in days of yore - a view reinforced by warriors from the '60s who invariably gather around our tent, mulling over old battles - and although the last time we raced the "National" here our men placed a lowly 28th - this time around, both our men and women maintained good team placings and we had a record turn-out of runners.

At an hour known only by milkmen and early rising sparrows, our tent party gained the prime car parking position on Highgate Road. Eight a.m. saw claret, gold and blue canvas flapping in the raw, blustery breeze - and by 9 a.m. it was bacon sandwiches and a brew, al fresco, at the bandstand cafe. All was under control.

A missed chance for Greg - but Kris shines

There had been great hopes for Greg Billington in the Under 17 Men's race. Our young East Anglian has not been beaten this winter, but as race time neared, neither he nor coach Mick Graham had arrived. It transpired that Greg and his family were stuck on the M11 after it had been controversially closed due to an accident. Greg's race at the final UK Cross Challenge, which doubles as the Inter-Counties Championship, now becomes even more meaningful.

Next up it was Kris Gauson in the U20 Men's race. Having erased two of John Gladwin's famous club bests from our record books, Kris doesn't have to prove himself to Belgravians but his name is obviously still unfamiliar to the announcer at Parliament Hill who reeled off the names of the contenders as they completed the first lap but referred to Kris as "the Belgrave man." The race distance of 10k was a long way for Kris - who recently ran 4:11 for an Under 18 indoor mile in Boston - but he held up well for a final placing of 8th and has two more years in the age group. Could we be looking at a future Scottish winner of the English U20 Championship? Most of the guys ahead of him will not be eligible for the World Cross Championships and with the confidence gained from this run, Kris has everything to go for when it comes to the trial at Nottingham in two weeks time.

Another solid placing from the Belles

It's only in the last few years that we have seen our women completing teams in the National and much of this is down to Team Manager Catherine Eastham - who celebrated another solid team performance by closing in the quartette herself. The men's Team Manager is keen to make it known that he has no intention of trying anything similar!

Again Sarah Murphy was first home, resulting in a Grand Slam in our Women's Cross Country Plate Competition - 120 points out of 120. Tilly Heaton and Helen Smethurst preceded Catherine, with Louise Cooper out of the scorers for a change, suffering from a foot problem that we hope will be clear by Marathon time. Sarah Gailey, who races everything from 400 metres upwards, seemed unperturbed by the mud, and two laps of the all-weather oval will never seem so hard after this.

There was great interest at the front end of the field as well. Gemma Phillips, Mark Miles' girlfriend, had a storming run and was truly delighted with her second place. Belgrave congratulations go to her!

Young lions gain experience

And so to the men. It was always going to be unlikely that we'd be able to turn out a winning team but yet another position well inside the top ten shows that we still have the potential to repeat our 2004 win and there is a tremendous will within the squad to "do it again." It surely will come.

Going "over the top" held no terror for our courageous young lions Darren Gauson and Phil Wicks, and as the 1,300 field climbed the shoulder of Kite Hill, led by Salford's Andi Jones, both these Belgravians were in the 'teens. After a couple of miles things had settled down and one of the pre-race favourites, Peter Riley of Leigh, had grabbed the lead. Phil was in the early 30s, Darren ten places in arrears, and David Anderson keeping an eye on both, just a few seconds behind. Tim Watson had run an uninspired 4th in the Inter-Services Champs. the previous day but back on the Heath where he has run so well before, he was having a good day in the 60s, thirty places up on a Paul Freary who seemed below par. And then it was Pete Willis making up the six with the Skipper close behind.

Sadly Lee Greatorex was already out of the action. Having returned from a calf injury and a cold, a bad spike wound to his heel put an end to his race.

Setting out on the second lap Phil and Darren had both slipped a few places while our next three men were making ground, most notably David Anderson, even though he was suffering from a shoe that was biting viciously into the back of his foot.

The team race was already over as Leeds City had packed their entire team into the top sixty. It was by no means clear which squads would fill the remaining medal positions - Notts, Bedford, Altrincham? It wasn't going to be the Belles though, as our tally was around the 420 mark. Will had now pushed Pete Willis out of our scoring six but with Tom Ellacott and Tom Hadfield going well, our nine to score chances were looking more hopeful.

While Riley continued on his winning way to the very end, the leading Belgrave duo suffered. Phil held on to win the Parker Bowl as first Belgravian home and at not quite 22 years of age he must be one of its youngest ever winners. But he was being closed down by Vice-Captain Anderson all the way to the funnel and what a pleasure it is to see him back in action and enjoying his racing again. Tim Watson had also run well and had moved ahead of a Darren Gauson who later said that at every hill and with every blast of wind, he felt himself getting knocked back - at any painful point in any future middle-distance race he'll be able to tell himself: "it is nothing as compared to that run on 'Parly Hill.'"

A very satisfactory team performance then, all things considered. As we chew over the results the future is looking bright. We have some young men eager to make their mark in the sport and with the exception of Wells City's Frank Tickner (22 years of age), who placed 2nd, the remainder of the top six were over 26 with three in their 30s. It takes more than courage for a high placing in the National. It takes experience and our team certainly gained some of that.

Senior Men. 12 km. 1 P Riley (Leigh H&AC) 38:53; 2 F Tickner (Wells City H) 39:10; 3 S Vernon (Stockport H&AC) 39:37; 4 R Whalley (Bristol & West AC) 39:42; 5 B Noad (Highgate H) 39:52; 6 K Cullen (Highgate H) 40:00; 41 P Wicks 41:38; 44 David Anderson 41:43; 60 T Watson 42:07; 70 D Gauson 42:19; 92 P Freary 42:58; 134 W Cockerell 44:05; 166 P Willis 44:54; 180 T Ellacott 45:13; 192 T Hadfield 45:23; 223 M Byansi 45:57; 278 W Lynch 46:54; 935 Don Anderson M50 58:27; 979 H Corbett M45 59:08; 1085 S Baxendale 1:01:43; 1290 finished.

Teams at 6 to score: 1 Leeds CAC 234; 2 Salford H&AC 348; 3 Altrincham & DAC 361; 4 Notts AC 367; 5 Shaftesbury Barnet H 377; 6 Bedford & CAC 387; 7 Belgrave H 437; 8 Sale H Manchester 456; 9 Bristol & WAC 524; 10 Wells City H 531; 100 teams closed in.

Teams at 9 to score: 1 Leeds CAC 566; 2 Shaftesbury Barnet H 837; 3 Bedford & CAC 848; 4 Belgrave H 966; 5 Salford H&AC 983; 6 Sale H Manchester 1073; 45 teams closed in.

U20 Men. 10 km. 1 A Vernon (Aldershot F&DAC) 32:49; 2 A Hickey (Southend-On-Sea AC) 32:55; 3 K Gerrard (Manx H) 33:19; 8 K Gauson 34:15; 177 finished.

U17 Men. 6 km. 1 L Carey (Nuneaton H) 21:52; dnf T Barry; 282 finished.

Senior Women. 8 km. 1 E Hall (Herts Phoenix AC) 32:12; 2 G Phillips (Kendal AAC) 32:45; 3 T Krzywicki (Charnwood AC) 32:52; 4 J Clague (Liverpool H&AC) 32:59; 5 S Thomas (Sale H Manchester) 33:13; 6 J Potter (Charnwood AC) 33:19; 47 S Murphy 36:26; 88 M Heaton 37:57; 116 H Smethurst W40 39:18; 180 C Eastham 41:28; 211 L Cooper 42:47; 260 S Gailey 44:37; 444 finished.

Teams 1 Charnwood AC 68; 2 Shaftesbury Barnet H 148; 3 Highgate H 154; 4 Bristol & WAC 179; 5 Sale H Manchester 206; 6 Telford AC 219; 15 Belgrave H 427; 47 teams closed in.

Cross Country Plate Competition 2005-6

Women		Pts			
1	Sarah Murphy	120	13	Lee Greatorex	28
2=	Louise Cooper	92	14	Jason Webb	24
2=	Mathilde Heaton	92	15	Stephen Sharp	20
4	Catherine Eastham	86	16	Kevin Nash	19
5	Juliette Clark	73	17=	Matt Whiting	18
6	Helen Smethurst	67	17=	Sean Ryan	18
7	Amy England	30	19=	Knut Hegvold	17
8	Sarah Gailey	26	19=	Lars Rehn	17
9	Caroline Shanklyn	19	19=	Darren Gauson	17
10	Heidi Cayzer	18	22=	Chris Axe	16
11	Erica Fogg	17	22=	Paul Freary	16
12=	Helen Alsop	14	24=	Peter Fallenius	15
12=	Syreetta Stracey	14	24=	Harry Corbett	15
14	Chrissie Foster	13	26	John Charles	14
15	Nina Mills	11	27	Tony Barden	13
			28=	James Fairbourn	12
			28=	Robert Norville	12
			28=	Joe Lynch	12
			28=	Tom Hadfield	12
			32=	Terry O'Neill	11
			32=	Malachi Byansi	11
			34	Tom Fordyce	10
			35=	Frank Ward	9
			35=	Don Anderson	9
			37=	Junior Galley	8
			37=	Paul Beaumont	8
			37=	Sam Baxendale	8
			40	Tim Watt	7
			41	Tim Lines	5
			42	Jamie Stevenson	3
			43	Nick O'Halloran	2
Men		Pts			
1	Will Cockerell	107			
2	Phil Wicks	79			
3	Warren Lynch	77			
4	Peter Willis	64			
5	Tim Weeks	59			
6=	Mark Humphrey	39			
6=	David Anderson	39			
8=	Eliot Lyne	38			
8=	Tim Watson	38			
10	Mike Trees	36			
11=	Matthew Taylor	30			
11=	Tom Ellacott	30			

Awards won during the winter season – Cross Country Plates, Endurance Cup, Parker Bowl, etc will be made immediately after the SEAA 12-Stage Relay at Milton Keynes.

The Belgrave thrower who had to face a Magistrate

Athletics write Bob Phillips profiled British Hammer star of the late '50s Mike Ellis in the recent issue of *Track Stats*. His article highlighted the problems faced by athletes who practice an event involving whirling heavy chunk of metal on a length of wire around their heads and letting it go flying off into the distance. He mentions the unfortunate experience of Belgravian Percy Porter, the country's 12th ranked hammer thrower of 1954:

"Percy Porter, of Rushcroft Road, Brixton, who holds the hammer throwing record of Belgrave Harriers, was summoned at the South West Magistrates' Court today for 'wantonly throwing a missile, to wit a metal ball attached to a wire' at Battersea Park, contrary to the London County Council Bye-Laws. A park keeper said he saw Porter throw the hammer at the back of the athletic ground in the park. After he had thrown it three times he stopped him".

The magistrate dismissed the summons, saying that Porter was obviously a skilled hammer thrower and his throwing could not be described as 'wantonly'. Even so, added the magistrate, Porter should not be allowed to throw in such circumstances and some way had to be found to stop him. The outcome of the court case prompted Ross McWhirter, co-editor of the monthly magazine, "Athletics World", to launch an amusing investigation into whether throwing events were actually illegal in England, and he concluded that hammer throwers were not transgressing the law in any general sense but that "they must watch out for the punishments applicable for breaking valid bye-laws, for breaches of the peace, and for committing a public mischief." Included in the article were some witty lines of verse written in Dickensian cockney vernacular which began thus:

*"This is the tale of Percy Porter,
Who threw his hammer where he didn't oughter.
The L.C.C., showing no mercy,
Sends a summons to poor old Percy.
Determined they was to stamp out this lark
Of hurling metal in Battersea Park."*



With the relays just around the corner it's great to have "DA" back in the team. Let us hope that David Anderson's injuries are a thing of the past and that he can get back to where he belongs.

Skipper's Corner

"That's one heck of a set of lungs you got on you, sir ..." - February 5, 2006

It's good news that we've kept up our fine sequence of results in the national 10k by nailing yet another silver, and many congrats to the girls for their inspiring win. Two big welcomes this weekend, first to Kiwi Karl O'Connell who closed in our 10k team. We hope you enjoyed it Karl and that you'll be back for much more. And welcome back to the racing fold to DA! His Surrey League race was an absolute beaut, and we're all delighted he seems finally to be on top of his Achilles problems. The ease with which he popped that 4:41.38 opening mile had jaws sagging. Ok, so it was a 5.6 mile race, and DA had to start singing a little louder for his supper thereafter, but it ain't often that Gordon Pirie's old hunting ground sees such natural talent.

Herne Hill smash us all

So the Surrey League ends for another season, and Herne Hill have smashed us all. How long will they dominate? When will Belgrave's time come again? We're getting more people out for cross-country than almost ever before, but our engine room has rather spluttered so far this winter. The middle order's what it's all about, and boy, have Herne Hill got one. But can their famous "super-vets" go on forever!? They show no sign of slowing down, but I think we could yet be in for three-way battle royale next season.

Grumpy old sod

I had a lovely chat with HHH's Dave Robinson during the race. I do like it when people are happy to have a natter. "It's me and you again, Dave," I observed. "We just can't seem to get enough of each other." "Yeah it's funny how it always works out like this," Dave replied. "Me and you always side by side, that old bugger there always just ahead..." [Ben Paviour, we love you really]. Then a little later we had company, as what sounded like a herd of angry wildebeest came to crash our party. "Is it necessary to make quite so much noise?" I enquired to Ian Harkness. "Yes it is!" he barked, before stomping off into the distance. Grumpy old sod.

Go home sir, the machine never lies

I enjoyed the hospitality of SLH's flash upstairs clubroom after the race, and felt that I kept up extremely well in the drinking stakes... The police promptly stopped me on my journey home for running a red light. "Have you been drinking tonight, sir?" said the three eager coppers who leapt out their van and encircled me like hungry hyenas. "Yes!" I declared proudly. "I was keeping up with everyone!" They looked at me suspiciously, not believing that a Belgrave boy could mix it with the best. "Prove it - blow into this. Orange light, you've drunk heavily; and red, you're over the limit." I took an enormous breath and excitedly blew with great gusto. "Whoaaaa! That's one heck of a set of lungs you got on you, sir: any alcohol you've consumed since *Christmas* is gonna show up on this!" The wait seemed interminable. Just give me that red light I thought - or at least orange - show me that I'm a *real* man. Finally the answer came: a bright, glaring, taunting, damning green light.

"There's something wrong with your machine, officer, you need to hit me again," I pleaded. "I had an entire pint of shandy, under two hours ago, and a dozen people to vouch for me."

"Go home sir, the machine never lies. Your reading is zero."

Ahh, the National, sweet National - February 27, 2006

Ahh, the National, sweet National. What a fickle beast. I love it so much and always enter with such high hopes, only for the

same thought to be with me a mile or so in: "Oh God, just let me finish..." Of my eight consecutive frolics only one has been a blinder - my first, when, as a relative newcomer, I felt I could run all day and kept wishing that the tremendous competition would never end. Since then delusions of grandeur set in: this is a race I could actually do well in! I thought, after my tasty debut in 278th place... But the National requires impeccable technique, pedigree and fitness, and you don't break into the promised land of the top 60 unless you've got at least one of the above. The first two are beyond me, but the last I can do ... one day. And this loophole is what makes running such a great sport: anyone, potentially, could excel.

A spanking field

What a spanking field it was at Parly Hill. Mays 34th, Hennessy 49th, Major 83rd ... Wow. And then there was the fellow who refused to greet me at Kentish Town Tube because the level of dedication required to reach his standard did not permit him to fraternize with the likes of me. And he finished in three figures. My great thanks to all who were there: 15 starters - the most in our 119 year history by two! Well done to the gutsy girls, and humble thanks to the support staff. Pat, your lemon cake has me hallucinating ... oh when will I see her again? Man of the match for Saturday? At first glance a very tricky decision, but then blindingly obvious. It goes to the fallen soldier who was so cruelly and bloodily cut down in the trenches... A hat-trick of awards now for our Lee.

Six top 10 finishes for the Bels in the National this Millennium

So... that's six top 10 finishes for the Bels in the National this Millennium. A very juicy stat. And it has me thinking ... We must be right up there with the most consistent 'National' clubs of the 21st Century. A glance back through the years supports this. My analysis tells me: There are 5 clubs who have now separated themselves from the rest of the field. The surprise is that cross-country giants Morpeth and Bingley aren't among them. But for some reason they have gone AWOL at the National in recent years. Shaftesbury press their noses up against the glass but also pay for their inconsistency. Special mentions go to Altrincham, Notts, AFD and Blackheath... So who are the big 5? Well, there's an almighty battle between clubs 4 and 5 for who takes which spot, but due to our lacklustre '03 National, it's Bedford who edge out Belgrave for fourth spot. We have our sacred win though, while Bedford oddly enough haven't medalled, but do have four top 5 finishes and have never been out of the top ten. (Oh for Huw Lobb on Saturday!) Another almighty battle occurs between clubs 2 and 3. They have both totted up a mere 35 points in National finishes this decade. But Tipton get the nod over Salford for two wins to Salford's one. And you needn't have me tell you who wins by a country mile. Check out Leeds' sequence: 5th, 4th, 4th, 1st, 2nd, 2nd, 1st. Pretty incredible.

Skip

Welcome ...

... to the following new members who joined in February.

Paul Aylieff, 41, interested in road running.

Michaela Hutchison, 21, of Hillingdon AC, joining as a Higher Competition Athlete for UKWAL middle-distance.

Simon Jones, 22, interested in middle-distance on the track and road running all distances up to marathon.

Lada Leyens, 18, from Spain, interested in race walking and running.

Matthew Taylor, an Honorary Member, interested in coaching, road running and cross-country.

Super breakthrough from Neil Speaight

The 1500m at the Norwich Union Grand Prix at Birmingham was far more than a showcase for Kenyan talent as Andy Baddeley, James Thie and Neil Speaight battled it out for a place in the British team for the IAAF World Indoor Championships in Moscow.

A hot pace was set by Laban Rotich (Kenya), Osmar Dos Santos (Brazil) and Daniel Komen (Kenya), with Speaight, Baddeley and Thie running together back down the field.

At the bell Neil Speaight made his move and a powerful last 200m took him all the way through to 3rd position in a personal best – and a place on the World Indoor Championships team.

“I am over the moon with that. I was just trying to run sensibly and not try to do too much at the start,” said Speaight. “My job was to come and beat James, one of my best mates, and to use my kick at the end... when I saw Heshko coming back to me I couldn’t believe it!” - *Quotes from UKA website.*

Neil's time of 3:38.65 makes him the 5th fastest Briton ever indoors – and removed a further whopping three seconds from his 1500m club record. Only a week earlier he'd reduced Matt Yates' record 3:44.0 by a similar margin.

Successful England debut for Phil Wicks

The decision to take an U23 England team to Germany to compete in the Neukirchener Cross, thus encouraging up and coming athletes, reaped instant rewards.

Held over 8.5k – five laps of 1.7k – the course was a typical European one with concentric loops, lots of tight bends, some difficult banks, a man-made hill, several bales of hay as barriers and some long straights. The competition included teams from England, the South of England, Germany (also a German Army team), Switzerland, Norway, Holland and Belgium and the race was also open to local club athletes including two seniors from Kenya. The weather was dull and rainy and by the end of the race the organisers had switched on floodlights!

It was a fast pace from the beginning but the England team of Tom Humphries (Midlands), Ryan McLeod (North), Phil Wicks, Kelvin Hardy and James Ellis (South) soon settled in towards the front of the field. Humphries moved ahead, splitting up the field, and fought hard with the Kenyan guest runners until the very end when they got away for a narrow 1-2. England debutant Phil Wicks had a tremendous race to secure 5th scoring place, third Briton home, and he was absolutely delighted with his run.

Jonathan Blackledge on song

Following his recent wins in Cardiff and the BUSA 4km, Jonathan Blackledge set the fastest time at the Hyde Park Relays in London.

The event website states: “This is an annual student road running relay organised by Imperial College Cross Country Club. The race was first held in 1949. Since then the event has grown considerably and today attracts hundreds of students from all across Europe.” This year was the 58th race. Apart from UK Universities there were teams entered from southern Ireland, France, Poland, Holland, Germany and Italy.

Its very similar to the 6-Stage with 6 legs each of 5,164 metres around the Serpentine and the Bandstand area of Hyde Park. Jonathan ran 2nd leg for Oxford University. Also on his leg was Andy Vernon of St Mary's/Aldershot. Jonathan started off some 23 seconds behind Vernon and by the finish had closed the gap to 5 seconds. His finishing time was 14:53 and

Vernon was the 2nd fastest individual on the day with a time of around 15:11. St Mary's won the team event, with Oxford less than 10 seconds adrift in 2nd spot.

Unfortunately, it is not possible to compare Jonathan's time with the historic race records as the course has been changed over time. It seems the present course was only established in 2004. It is clear that it was a much shorter lap in past years as otherwise the winning times from years ago would have been well below the then world records!

As if he had not had a busy enough day already, Jonathan then had to do a swift change into dinner jacket and black tie and head over to the 'Oxford and Cambridge Club' in Pall Mall, where Thames Hare and Hounds were holding their annual dinner. They had invited the captain of Oxford University Cross Country Club to speak after-dinner at this function. Unfortunately, the captain was ill and Jonathan was given 24 hours notice that he, as club vice-captain, would have to speak instead. The captain had prepared no speech either, so Jonathan had to compile his thoughts for that on the bus journey down to London for the race. He said the event went well and he was able to make a humorous reference to the fact that as a Belgravian he did not expect to be guest speaker at this rival club's dinner!

Going back to the BUSA Championships, it seems that Jonathan was Oxford University's first individual winner for a long time. As far as we can see, Oxford have only ever had one previous winner and that was Simon Mugglestone in the long course race in 1990.

- *Info from Mike Blackledge*

John Bicourt in AAA of England bid

At the AGM of the AAA of England on March 18, John Bicourt will be standing for election to the position of Chairman.

The current Chairman is George Bunner who has occupied the post since March 2004 and is best known for his introduction of Sportshall Athletics for youngsters.

John Bicourt has twice competed in the Olympic Games and was British record holder for the steeplechase (his 8:22.82 remains our club record to this day). He is the Coaching Secretary of the Association of GB Athletic Clubs (ABAC) and applied for the post of UK Performance Director last year.

John disagrees fundamentally with the plans to set up England Athletics and doesn't see how it could operate in tandem with the AAA. He insists that the AAA of England is there for the clubs and should not be sidelined by the formation of the new body. “I'm all for modernisation but it should be slick and efficient, not with more layers of bureaucracy.”

George is an example to us all

Racewalker George Beecham, 74, of Canvey, is a perfect example for the older generation of how to keep fit and healthy. Coach for Castle Point Athletics Club, Mr. Beecham first joined Belgrave Harriers Club at the age of 17 and has been taking part in gruelling events ever since. Mr. Beecham, who turns 75 in a few weeks time, is still competing competitively and will be taking part in the demanding Nijmegen March event later in the year; the equivalent of 5 marathons in 4 days.

He puts his active lifestyle down to enthusiasm and working with youngsters at the athletics track. He said, “If you mix with young people then you think younger in general. I think you sleep better if you exercise, your general well-being improves - mentally and physically”.

- *As reported in "Essex Walker"*

Kassa moves on!

We were surprised to find that after many years with us (he joined us nearly 14 years ago as a junior - the World Junior

Half Marathon Champion in fact), Kassa Tadesse has resigned from Belgrave Harriers.

We have come a long way as a harrier club over the period he's been with us and of course he has shared in, and contributed to, some glorious results along the way. He became Junior National Cross Country Champion and as a senior there were times when he was our first scorer in the National Cross when we hadn't finished a team for years, he led the St. Valentine's Day Massacre in 1998 when we supplied every medallist in the South of Thames Cross Country Championship and won both six and nine to score titles; that was the first of a hat-trick of wins not achieved in this race since 1894. There were times when he was a member of our gold medal winning half marathon and relay teams – and there were other times when he could not get into our medal winning squads at National races from 5k to half marathon.

Kassa's decision was not taken lightly. He has signed up for an Italian club – Badio Citta Futura – where he hopes to earn some prize money. The Italian federation (FIDAL) has a rule whereby an athlete may not be registered for two different clubs affiliated to federations recognized by the IAAF. So although the UKA rules would allow Kassa to compete for Belgrave and BCF, the Italian rules would not.

We understand that Kassa will not now be representing England in the Commonwealth Games marathon in Melbourne.

We wish Kassa success and of course will always have a place for him should his plans change in the future.

4:11.14 indoor 1 Mile from Kris Gauson

Our young star from East Lothian celebrated his 18th birthday a day early in Boston at the Winter Games Meet on 28 January, racing to 5th place in an U18 1 Mile that had drawn top athletes from around the globe. For indoor competition this places him 4th on the all-time UK list for Under 20s, just 7/10ths behind Dave Moorcroft, and top of the Scottish all-time list.

When compared to outdoor times he has a way to go to catch fellow Scot Graham Williamson's UK best of 3:53.15 from 1979 - but let's face it, he has two more years to try to reach this goal!

We haven't previously had a Junior indoor mile listed in our records – so Kris clears that up – and he is only 2 seconds away from John Gladwin's outdoor Junior mark of 4:09.5. Having already taken Gladwin's outdoor bests for U17 800m and 1500m, we wouldn't bet against the U20 marks going the same way.

Results Roundup

Road & Country

January 2006

- 27 **Serpentine Last Friday 5 km, Hyde Park.** 1 R Cousens (RSA) 15:41; 2 R 5:46; 4 P Fallenius M40 16:16; 5 T Hadfield 16:27; 170 J Hall M55 25:44.
- 28 **Bushey Park 5 km.** 1 R Ward 15:57.
- 29 **Romsey 5 miles.** Mike Trees found that he had Belgrave company in the form of Kevin Nash for his local 5 miler. Hoping to get into shape to make the A team for the SEAA 12-Stage, our veteran World 10k Champ from a couple of years back hung on to Nasher for as long as he could, just fading away over the last part of the race. Both were disappointed with their times, hoping for something a minute faster - but the blustery wind put paid to that.
1 K Nash 25:10; 2 M Trees M40 25:41.
- 29 **Epsom Oddballs Perch V 10.05 km.** 1 S Ablitt (Aldershot F&D) 33:58; 7 M Webb 36:55.
- 29 **Scottish Champs., Bellahouston Park, Glasgow.** 1 S Plummer (WGwEL) 11:48; 3 D Gauson 11:59.

February 2006

- 2 **Royal Navy Champs, HMS Raleigh, Tor Point.** Just five days after winning our Endurance Cup as first man home in the

"Southern", Royal Marine Tim Watson won his first Royal Navy CC Championship. The race distance was 6 miles and Tim defeated the holder Mark Croasdale (30:11) by running away from him over the last lap. It was the first time that 30 minutes had been beaten on this course.

- 1 T Watson 29:50.
- 4 **U23 International CC, Neukirchener Cross, Dusseldorf, GER.** 8.5 km: 3 T Humphries (Cannock & S) 27:39.23; 7 Phil Wicks 27:55.23; Team 1 ENG 1:51:51.39
- 4 **BUSA CC Champs., Stirling.** 4.5 km: 1 J Blackledge 11:37. 11.3 km: 1 F Tickner (Birmingham/Wells) 31:47; 22 K Gauson (Edin/Belgrave) 34:00.
- 4 **Bushey Park 5 km.** 1 R Ward 15:17.
- 5 **Regents Park 10 km.** 1 S Barrett (Serpentine) 33:12; 4 P Fallenius M40 34:10.
- 5 **Longleat 10 km.** "This has got to have been the toughest 10k I've ever done," Paul told us afterwards. "It was all bl***?@ hills." But the man also told us he's in good form and is looking forward to the 'National'.
1 P Freary 32:38; 1069 finished.
- 5 **Watford Half Marathon.** 1 K Kyereme (Shaftesbury B) 1:08:05; 7 T Hadfield 1:13:29; 50 M Byansi 1:21:23; 1929 finished.
- 5 **Scottish East District League, Livingston.** 1 R Russell (Central) 25:26; 2 D Gauson 25:59.
- 11 **Love Run 10 km, Battersea Park.** Women. 1 V Clarke 37:15.
- 11 **University Relays, Hyde Park.** Men. 5.164 km. Fastest: J Blackledge 14:53. Women. 3.464 km. R Powell 13:30 and 13:51.
- 11 **Bushey Park 5 km.** 1 R Ward 15:13.
- 11 **Metropolitan CC League, Horsenden Hill.** 1 D Dalmedo (Bedford & C gst) 25:51; 3 S Omar (Belgrave gst) 26:18.
- 12 **Sidcup 10 miles.** Men. 1 M Boucher (Aldershot F&D) 54:09; 110 P Cross M50 1:09:07.
Women. 1 M Pannett (Tonbridge) 58:17; 6 H Smethurst W40 1:06:19; 353 L Lucas 1:38:46.
- 12 **Wokingham Half Marathon.** 1 H Lobb (Bedford & C) 1:06:07; 3 S Jones 1:06:27; 486 L Rehn M40 1:38:18; 870 D McMillan M55 1:48:71; 1681 finished.
- 12 **26.2 Winter 10 km, Chessington.** A change in the weather brought rainy conditions that were not conducive to fast times but as the field tore out of the Chessington World of Adventures car park and onto the A243, Richard Ward and Phil Wicks had already grabbed a 15 metre lead on Stuart Major of SLH. After 2k the runners faced a climb to the highest point of the course ... and at 3k Phil went clear. The late Ed Prickett's course record of 30:17 was not under threat, thanks to the weather, but Phil's winning 30:51 looked very easy and his best of 30:29 will surely be revised before too long.
Richard was pleased with his own performance. He's still suffering from a hangover of the glandular fever which has kept him well below par over the last couple of years – a continuing chest problem which means that he's taking a course of antibiotics – but it looks as if we'll see him right back to his best this coming spring and summer.
The conditions did not hold back Catherine Eastham who took a full minute off her best ever for the distance.
Men. 1 P Wicks 30:51; 2 R Ward 31:25. Women. 1 S Branney (City of Glasgow) 37:22; 14 C Eastham 42:52.
- 18 **Scottish Cross Country Champs, Callendar Park.** Senior Men's 12 km. 1 S Plummer (Southampton) 39:10; 2 D Gauson 39:42. U20 Men's 8 km. 1 A Hay (Central) 24:52; 4 K Gauson 25:55.
- 19 **Brighton Half Marathon.** Men. 1 R James (Lewes) 1:12:26; 136 A Porteous 1:28:27; 420 P Cross M50 1:36:53; 927 D McMillan M55 1:45:41.
- 19 **Bramley 20 miles.** Men. 1 J McFarlane (Thames H&H) 1:46:14; 6 T Hadfield 1:55:12; 14 J Wolf 2:01:13.
Women. 1 H May (City of Bath) 2:02:52; 10 H Smethurst 4th W40 2:18:12.
- 19 **Valencia Marathon, ESP.** P Fallenius M40 2:34:09.
- 24 **Serpentine Last Friday 5 km, Hyde Park.** Men. 1 M Almond (Rugby & N) 15:31; 6 K O'Connell 16:15; 7 J Webb 16:44.
Women. 1 S Musson (Tonbridge) 20:00; 5 M Noel W40 21:35.
- 24 **Inter-Services Champs, Tweseldown Racecourse, Aldershot.** 9.6 km. 1 T Lowe (Army) 30:02; 4 T Watson 30:48.

March 2006

- 2 **Armagh International 5 miles Road Race, Armagh, N. Ireland.** The 16th Armagh International 5 mile Road Race lived up to its name with six Russians, five Americans and a South African in the first twenty. In a setting described as unparalleled in Northern Ireland, on a course run on the Mall in the city centre park, the Russian Vyacheslav Shabunin had the beating of two Americans with Bristol & West's Rob Whalley first home for Britain in 6th, 14:14. A terrific personal record came from Simon Jones, working hard towards the up and coming London Marathon. He was 4th Briton home with Stephen Sharp just eight seconds in arrears, separated from his team mate by another Russian.
1 V Shabunin (RUS) 14:09; 10 S Jones 14:21; 12 S Sharp 14:29.

Race Walking

December 2005

- 10 **Birchfield Christmas Races**. 5 km. 1 M Williams (Tam) 23:09; 2 D Fotheringham M75 32:05.
- 10 **Cambridge H League 5 km, Bexley**. 1 A Goudie 23:58; 4 C Lawton M55 26:50; 5 P King M50 28:47. Team: 1 Belgrave 10.
- 11 **Dick Hudson's 8.5 miles, Bradford**. 1 D Turner (York.WC) 72:32; 2 C Lawton M55 78:25.
- 18 **Essex League 10 km, Chigwell Row**. 1 T Jones (Hill) 52:26; 2 J Hall M55 53:14; 6 C Lawton M55 57:00. Team: 1 Ilford 12; 2 Belgrave 16; 3 Surrey WC 42.

January 2006

- 1 **New Year's Day Walks 10km, Victoria Park**. Men 10 km: 1 N Silvester (Aldershot F&D) 52:24; 5 C Lawton M50 56:20. Women 5 km: 1 E Viljoen 26:06.
- 8 **Met Police Open 10km, Imber Court**. Men 1 N Ball (Steyning) 45:39; 8 A Goudie 52:29; 12 C Lawton M55 55:27. Teams: 1 Ilford 30; 2 Steyning 30; 3 Belgrave 38. Women. 1 S Hales (Steyning) 50:57; 2 E Viljoen 51:39; 4 M Noel W40 1:02:18.
- 14 **Surrey Walking Club 10 miles Monks Hill**. 1 C Lawton M55 95:27; 2 P King M50 96:36.
- 21 **Steyning 15kms**. 1 N Ball (Steyning) 68:37; 5 E Viljoen (1st Woman) 77:45; 8 C Lawton M55 84:02.
- 28 **Enfield & Haringey League, Enfield**. Men 1 S Davis (Ilford) 39:35; 7 C Lawton M55 45:28; 10 P King M50 46:42. Teams: 1 Ilford 30; 2 Enfield & H 30; 3 Hillingdon 32; 4 Belgrave 34. Women. 1 F Bishop (Aldershot F&D) 50:05; 2 M Noel W40 50:17.

February 2006

- 5 **City of London Walks, Victoria Park**. Junior Women 5 km: 2 L Leyens 29:38. Senior Women 5 km: 2 E Viljoen 25:53; 3 M Noel W40 31:08. Team 1 Belgrave. Open 10 km 1 Dom. King (Colchester) 43:03; 17 C Lawton M55 57:49; 18 P King M50 57:49.
- 11 **Cambridge H League 5kms, Bexley**. 1 N Silvester (Aldershot F&D) 23:46; 5 C Lawton M55 27:14; 6 P King M50 28:14.
- 18 **Steyning 10 km Track Race, Horsham**. 1 J Tomlins (Dartford) 54:38; 2 C Lawton M55 56:14.
- 19 **Essex/Middlesex/Essex League 10 miles, Chigwell**. Men. 1 S Davies (Ilford) 1:20:25; 5 J Hall M55 2 Middx 1:29:32; 9 C Lawton M55 1:34:28. Women. 1 M Noel W40 1 Middx 1:41:23.

Indoor Track & Field

January 2006

- 27 **Reebok Boston Winter Games**. 1000m: 2rA T Bayley 2:21.65 [UKAT 18].
- 27 **Danubius Hotels Indoor Athletics Gala, Budapest, HUN**. 60m: 1r1 J Ellington 6.74; 2r6 6.74. 60mH: 4r1 W Sharman 8.00 [UKAT 45=]; 3r5 7.86 [UKAT 24=].
- 28 **Reebok Boston Winter Games**. 1 mile: 9 N Speaight 3:58.49 [UKAT 14]. U18 1 mile: 5 K Gauson 4:11.41 [U20-UKAT 4].
- 29 **adidas SPRINT London, Sutton**. Men. 60m: Series 1. 1r4 H Aikines-Ayretey U20 6.92; 3r5 K Adjepong 7.45. Series 2. All age-groups graded together. 1r2 H Aikines-Ayretey U20 6.85; 1r6 R Thomas U20 7.10; 4r8 A Mohammed U17 7.30; 3r10 L Sargeant U20 7.36; 1r12 M Debrah U20 7.32. HJ: 1 J Everard 1.87. LJ: 1 R Danso 6.88. TJ: 2 J Everard 12.08. U20 Men. 60m: 3r3 M Debrah 7.42; 1r4 R Thomas 7.14; 2r5 L Sargeant 7.36. PV: 1 J Ive 4.50. U17 Men. 1r5 A Mohammed 7.28. Veterans. SP: M50 1 M Small 14.74. Women. Series 1. 60m: 3r1 S Porter 8.02. Series 2. 3r4 S Porter 8.04.
- 29 **Indoor City Cup, Manchester**. Men. 60mH: 5 R Dinham 8.73. LJ: 5 A Phillips 6.75. SP: 1 C Gearing 17.89 [UKAT 26]. Women. 60m: gst 1 J Whitlock 7.93. 200m: 5 J Whitlock 26.0. 400m: 4 J Culley 57.7. 800m: 1 C Robinson 2:09.35.
- 29 **ELÁN Miting, Bratislava SVK**. Men. 200m: 2r1 J Ellington 22.17. 60mH: 1r1 W Sharman 7.83 [UKAT 22=]; 2r4 7.83. Women. 60mH: 1r2 J Hollman 8.52; 7r3 J Hollman 8.70. LJ: 2 J Hollman 6.32; 6 S Wellstead 5.82.
- 31 **Indoor Classic Vienna 2006**. Women. LJ 3 S Wellstead 5.90.
- 31 **City of Manchester Open, Sportcity**. 60m: 1r1 D Girdler 7.17. 60mH: 1r1 D Girdler 7.95.

February 2006

- 2 **GE Galan, Stockholm SWE**. 1000m: 3 N Speaight 2:22.93. U20 60m: 1 H Aikines-Ayretey 6.82.
- 4 **Saucony Open, Loughborough**. Men. PV: 1 L Eving-Jones 4.45. Women. 60mH: 4r1 J Hollman 8.61.
- 4 **New York NY USA**. 1 mile: 1rB T Bayley 4:00.56 [UKAT 26].
- 4 **Fana NOR**. 60mH: 1rA D Girdler 7.87 (4h1 8.30).
- 4 **Indoor City Challenge, Cardiff**. 1500m: 1 C Moss 3:48.89. 60mH: 1 W Sharman 7.78 [UKAT 17=]. HJ: 6 K Sempers 1.90.
- 4 **Windsor SE&H Open, Eton**. Men. 60mH: 5r1 C Minn 8.97. Women. 60m: 4r11 mx J Whitlock 7.82; 4r8 mx J Whitlock 7.80.
- 5 **Jeff White Int. Trophy, Cardiff**. 60mH: 1 W Sharman gst 7.88.

- 11 **Boston USA**. 500m: 1r3 T Bayley 1:03.23 [GBR best]. 3000m: 2 A McLean-Foreman 8:12.90.
- 11 **Midland Open, Birmingham**. 200m: 2r1 P Doorgachurn 22.73.
- 11-12 **International Multi-Events Competition, Prague, CZE**. Louis Eving-Jones moved up to 6th from an overnight position of 9th with a powerful second day that enabled him to beat Du'aine Ladejo's club record. Louis is now 3rd on the UK all-time list. Multi event success wasn't confined to Louis, however. Returning to the venue where she set her previous best ever Pentathlon performance of 4392 in 2001, Julie Hollman added over 100 points to smash her own club record and move closer to Kelly Sotherton's British best of 4733. Men. Hept: 6 L Eving-Jones 5663 [UKAT 3] (7.14, 7.09, 12.27, 1.99, 8.40, 4.60, 2:37.26). Women. Pent: 2 J Hollman 4498 [UKAT 2] (8.53, 1.85 [UKAT 18], 12.23, 6.36 [UKAT 14=], 2:21.10).
- 11-12 **AAA Champs. & World Champs Trials**. a=11, b=12 Men. 60m: a 3 H Aikines-Ayretey 6.70 [UKAT-J 6] (3s3 6.74, 3h6 6.79); 6 D Chin 6.74 (3s2 6.75, 1h6 6.78); 3s1 W Bennett-Jackson U20 6.80 (3h3 6.77 [UKAT-J 16=]); 7s2 J Ellington 6.86 (4h1 6.90). 200m: b 2 D Gillick 21.47 (2s1 21.36, 1h5 21.37); 2h1 J Hussain nt. 400m: a 5s2 R Thomas U20 48.85 (4h4 48.95); 4h3 G Selway 49.77. 800m: a 3h3 G Oudney 1:53.99. 1500m: b 2 N Speaight 3:41.76 (a 1h2 3:51.04); 4h1 C Moss 3:54.00. 3000m: b 5 S Sharp 8:16.07. 60mH: a 2 D Girdler 7.93 (2h1 8.01); 8 W Sharman 26.29 (1h2 7.87). HJ: a 2= S Oni 2.16. SP: b 3 C Gearing 16.37. Women. 60m: 3h4 J Whitlock 7.76. 200m: b 3h4 J Whitlock nt. 800m: b 4 C Robinson 2:04.56 [UKAT 24] (a 3h1 2:05.8 [UKAT 42=]). SP: b 3 E Massey 15.22.
- 13 **Brno CZE**. Men. HJ: 13 B Challenger 2.15.
- 14 **RAF Invitation Match, Birmingham**. Men. 3000m: 2 R Ward 8:18.92. 60mH: 1 W Sharman 7.83. HJ: 5 K Sempers 1.90. Women. 300m: 1 M Carey 38.73.
- 17 **Bloomington ID USA**. TJ: 1 D Wellstead 14.03.
- 17 **Metro Atlantic Athletic Conference, New York NY USA**. 800m: 1 T Bayley 1:50.21.
- 18 **Norwich Union Grand Prix, Birmingham**. Men. 60m: 7=h1 D Chin 6.81; 7h2 H Aikines-Ayretey U20 6.82. 1500m: 3 N Speaight 3:38.65 [UKAT 5]. Women. 800m: 3 C Robinson 2:04.82. LJ: 3 J Hollman 6.47 [UKAT 12].
- 18 **Irish Champs, Belfast**. Men. 200m: 1 D Gillick 21.45. Women. SP: 1 E Massey 15.54.
- 19 **UK Inter-City Final, Sheffield**. Men. 60m: 2 D Chin 6.90. 400m: 6 R Dinham 49.29. 1500m: 1 C Moss 3:50.77; 3 R Ward 3:51.20. 60mH: 1 W Sharman 7.77 [UKAT 16=]; 2 D Girdler 7.95. LJ: 4 R Danso 6.90. PV: 4 J Ive 4.60. SP: 3 C Gearing 16.29. Medley Relay: D Chin (200m) 22.0. Women. 400m: J Culley injured in warm-up.
- 19 **Midland Open, Birmingham**. 60m: 1r2 P Doorgachurn 7.08. 200m: 2r3 P Doorgachurn 22.41.
- 22 **Manchester**. 200m: 1r1 P Doorgachurn 22.30. HJ: 1 S Oni 2.10.
- 22 **Uxbridge**. Women. 100mH: 3r1 J Hollman 14.2. Second series. 3r2 J Hollman 14.10.
- 25-26 **Birmingham Games**. Men. 60m: a 1 J Ellington 6.84 (1s1 6.81, 1h1 6.87). 200m: b 1 J Ellington 21.30 [UKAT 38] (1s1 21.40 [UKAT 45]), 1h1 21.67). U20M. 400m: b 1 G Selway 49.48. Women. 800m: b 1 M Hutchison 2:08.65. SP: a 2 J Hollman 12.46.
- 25-26 **U23 Multi-Event International, Eubonne FRA**. Heptathlon: 6 K Sempers 5016 (7.21, 6.58, 11.87, 1.86, 8.33, 4.00, 2:56.77).
- 25-26 **BUSA Champs, Sheffield**. 60m: sf D Chin 6.88. 200m: 5 P Doorgachurn 22.48 (ht. 22.33). 800m: 4 G Oudney 1:51.74. 3000m: 9 R Ward 8:44.65 (ht. 8:56.01).

Outdoor Track & Field

January 2006

- 7 **Canterbury NZL**. 200m: 5 P Coughlan 29.99. 800m: 12 P Coughlan 2:17.84.
- 14 **Canterbury NZL**. 400m: 5 P Coughlan 64.59. 1500m: 10 P Coughlan 4:29.22.
- 26 **Canberra AUS**. 400mH: 2 M Douglas 51.01.

February 2006

- 10 **Canterbury NZL**. 800m: 10 P Coughlan 2:15.55. 1500m: 10 P Coughlan 4:32.28.
- 11 **Melbourne AUS**. 400mH: 1 M Douglas 51.29. LJ 1 P Idowu 7.46/?w.
- 11 **Nigerian Champs, Abuja, NGR**. HT: 1 J Osazuwa 62.00.
- 12 **Thurrock Open Meeting**. JT: 1 J Everard 58.18.
- 17-19 **Victoria Athletics Champs, Melbourne AUS**. a=17, b=18, c-19 400mH: b 3 M Douglas 51.02 (1h3 a 52.98). TJ: c 1 P Idowu 16.90/-0.2 (16.71/-0.4, 16.90/-0.2,p,p,p) Q b 16.19/-0.2).
- 18 **Sandown, Isle of Wight**. HT: 2 M Jones M40 70.19.
- 25 **Ballarat AUS**. 100m: 1r3 P Idowu 10.60/1.4.

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- 3 **Brisbane AUS**. Men. 400mH: 5 M Douglas 51.78. TJ: 1 P Idowu 16.55/1.6. Women. JT: 1 G Sayers 56.30.